Introduction and Summit Welcome

– Welcome to this episode of The Long Haul Chronic Fatigue Syndrome Summit, I'm so happy to have with me today. Dr. Sharon Stills, she's my co-host, she's my friend, she's another naturopathic doctor Welcome Dr.

Stills. I'm so happy to have you here today. – Thank you. It's a pleasure to be here. And instead of being interviewing, being the interviewer, I'm being the kiwi and I'm very excited about that. I'm so excited about this summit and all the amazing information we're bringing to so many people in need, – Truly, I'm just so happy. It feels like a blessing that we can do this summit because it's information that's sort of it's not quite out there, so we're trying to spread the news to help people heal from this, what I would call this a second pandemic long. Covid.

– Exactly. It's certainly. – It is. So will you please introduce yourself to the audience? – Sure, so I'm Dr. Sharon Stills, I'm a naturopathic medical doctor for oh my goodness, Over 20 years, I think it's like 21 years now, which still blows my mind when I say that I also specialize in bio regulatory medicine, which is kind of the functional medicine of Europe.

Long COVID as a New Pandemic

And so we can we can talk a little bit about that because it definitely plays a role into how I'm helping people these days and those of you in the summit world, May and they recognize me from my menopause summit that I hosted and so I'm very passionate about hormones, but all in all I'm a general practitioner, I feel like it's very difficult to not be a general practitioner when you're a naturopathic physician because we subscribe to treating the body as a whole and uncovering root causes and knowing that you really can't just say oh I specialize in hormones but I wouldn't help someone with long haul because the immune system, mitochondrial function, um cardiovascular health, it's all intertwined.

And so I'm actually coming out of semi retirement. And part of that is because I feel that we are we are really looking at a tsunami of patients who need our help because of long haul and what's being activated and what's going on in. I feel like I have answers and I can't just sit on the sidelines and watch. So I am in the process actually I've been doing telemedicine for like the O. G. Telemedicine. I've been doing it for like 10 years way before the pandemic or when most people we were forced to do it.

But I'm going to actually open up a brick and mortar to start utilizing a lot of the hands on tools. I have to help patients because I think we're we're what you just said it is a second pandemic and we're just starting to see what's happening and I don't think it's going to stop unless we get out there and get in the trenches and help people.

Dr. Stills' Background and Naturopathic Approach

– I agree and we are already in the trenches, you and a lot of the doctors, most of the doctors on the summit that we've interviewed, there aren't too many of us.

And so were the ones who are here helping to teach the public and other doctors on how to do this. And I just feel so blessed for our naturopathic education, because we're primed to help people came as no surprise to us, right? – Oh, yeah.

Oh, yeah. And I mean, if you think about it long haul or a post viral chronic illness is not is not a new thing. I think it's finally getting attention because there's so many people, there's like this critical mass of people. And yes, it's getting out there into the mainstream. But we've I've seen this since I've been in practice. Never been better since Mono.

You know, we have homeopathic remedies for these these keynotes. Epstein Barr that chronically plagues you. I mean, so it's a not a surprise of what's going on.

– Right and then what you just mentioned the Epstein Barr virus, Mono, other infections, these have popped up for people in long haul. So, you and I are very familiar with the territory of of treating these other infections that are chronic in people or the inflammatory state that they're in.

– Yeah, it's a huge issue. I mean, that is definitely one of the things that we're seeing that these herpes viruses, which includes chronic fatigue, Epstein Barr are, and things that you wouldn't necessarily think Epstein Barr and herpes but it's all member of the same family and we're seeing shingles and all these things are being unearthed. And so it goes back to thinking about if the whole immune system is being taken down then of course we're going to see these viruses popping up. And so you know we think about who's being affected and I think there's there's different groups of people who are being affected. And so one of them is definitely someone who who has had Lyme or dealing with co infections or has had a history of Epstein Barr and all these issues. And so a lot of these vie viruses they kind of are just laying there and they're dormant and if you are under good treatment and you're working on your terrain and your terrain is balanced, they're fine.

But as soon as you get an assault like the spike protein from Covid and even the infection itself they're just the immune system gets overloaded. And so it's you know you can look at it either it's like the straw that breaks the camel's back or I like to look at it as our pot is boiling over and so we all have you know depending upon our constitution, we all have a pot were born with a soup pot and we can put into it stresses and E. M. F. S. And toxins and spinal subluxation zand viruses and parasites and depending upon how you big your pot is is once it gets filled it flows over and those are symptoms and so long Covid is this boiling over of the soup pot and it's making a mess of our stove. So to say – I love that analogy.

And as you're as you're talking about I'm thinking that I'm thinking them boiling over the pot is being each person's individual expression which then has to do with genetics.

Why Long COVID Reactivates Hidden Infections

So the inflammatory cytokines or the toxins or the infections pulling the trigger on our genes and then different people showing up at our doorsteps with different manifestations of long covid.

– Yeah I mean I definitely look at you know from a my as Mick perspective from homeopathy and whether it's sore IQ or tubercular nick and I think we're seeing a lot of tubercular nick my ASM showing up now and tubercular nick my as as patients who are there de mineralized and they are they're antsy they're uncomfortable and they can't spike a fever. And so they have these swollen glands and this chronic viral and their immune system is not sufficient enough and that's that's what we're seeing now and part of that just goes back to basic naturopathic medicine of allowing ourselves to have a fever and not shutting down a fever.

And when getting covid. And so you know I was thinking about this we were talking before we came on air my patients in my clinical practice who I took through Covid, who I treated with natural methods, who I encouraged to to ride their fevers out and to have that fever.

I don't see them having long covid issues. And I'm doing lots of things with them that I would be doing always. But they've, they've had Covid and I'm included in this. So I also had Covid.

And it was before a micron. So it was the, was the delta version. So it was the rougher version and I wrote it out and enjoyed my fever. I watched a lot of lot of shark tank. I was on vacation.

I was on vacation with my daughter in law and my, my one granddaughter at the time, my other granddaughter wasn't born yet. And we got stuck. We traveled and then ended up having Covid. And so we were holed up in the house and discovered this 24 7 shark tank, which I had never seen before.

So we just lied around, you know, nurtured ourselves, took our car, homeopathic and our shots and all the things that we know and you know, and that was, that was that. And there was an allowance of my terrain, not having the fear, but knowing and trusting in my body, trusting in my balance, terrain, trusting and all the things I've always done to care for myself that, you know, we're gonna, we're gonna be okay with this.

And we were, so what I was starting to say and I got my shark tank distraction. But what I was starting to say is that so the patients who I have taken through this um who have just trusted in their innate immune system, who didn't take any external things to try and ward off but trusted and used only natural methods.

Um They they're fine. I don't see any long covid, what I? M seeing is a lot of people who chose to use the M. R. N. A. On technology, having a lot of problems. And so I'm treating from long covid brain fog, post exertion, all malaise um reactivation of Epstein Barr to very severe pulmonary fibrosis, ventricular tachycardia cancers popping up. So it's really and it's not to say that malaise is not serious because we you know, I had Epstein Barr I I know what it's like to have the event of the day be to get to the sink and take shower and so, you know, this was years ago. So I know, but you know, so I'm not saying that's not serious, but you know, I'm also talking about I'm treating very life threatening acute issues that are that are popping up that are a major concern.

– This is a big deal. You're talking about spike protein injury, whether it's from Covid itself or perhaps the vaccine, we know that the spike protein can cause inflammation in multiple systems of the body.

Spike Protein, Microclots, and Cellular Damage

We know it can get get stuck in our body. – Yeah, and I think it's a very, you know, it's a very new area. So it's like we're all, you know, we say we're in the trenches and we're learning as we're going and so I'm seeing their things that I'm doing that are really helping people to reverse, but I feel like we are, we're just scratching the tip of the iceberg, especially a spike protein that is artificially induced from, from VM RNA. And so we're seeing glycoprotein from that we've just never seen before and how they're affecting the body and one of the major areas and a place that I'm seeing a lot and um working with a lot of patients and very successfully is, you know, looking at the like, okay Alex, which is the inner lining of the of the arteries, and this is an area where we know the spike protein is doing a lot of damage, and this area, when I think of the extra cellular matrix, which I talk a lot about about from a bio regulatory medicine perspective from a terrain perspective, this is the area around the cells.

This is the way we talk about soup, this is the area that the cells are bathing in, and it's my experience and that this is where health truly begins and ends, and this is where the cells get their impulses, this is where the mitochondria gets the impulse to function and have a healthy cell have energy or not. And this is where toxins need to be excreted from the cell and then they need to be carried out through the among stories through the eliminate torrey organs of our bodies. And so that Black oak Alex from a perspective of the cardiovascular system is like an extra cellular matrix of the cardiovascular system and is really contributing and controlling the flow of blood. Whether or not we have permeability and we have leaking and we know that the spike protein can damage those membranes and cause permeability cause sludge itchiness of the blood cause you know we have the vessel constriction, we're seeing loss of nitric oxide and so we're having blood pressure issues and stroke issues and all sorts of issues. And so um there's a machine called the glide go check that you can use. It's noninvasive, just like a little gun that goes into your mouth and it actually can measure.

It's a direct measurement of the glide coke Alex and is a very good way to see what's going on there. And I feel like these are now things funny. I was talking to my son who is also a naturopathic physician you know 21 years out, he's about two years out. So I mentor him a lot and we were having this conversation just the other day and I was saying this is the new norm.

So this these are the things now that have to be on the intake, that you have to be asking your patients that you have to be concerned about, that you have to be monitoring for. We're in a new unfortunately, but we're in a new realm of medicine and this is, it's not to say we're not going to see other things, but this is, you know, this is that tsunami, this is that huge tidal wave.

And we are responsible as physicians to to get up to speed, to get educated and to get on board to help all of you who are listening, who are suffering like to have the answers for you and I feel like we're off to a very good start. – I love what you're saying here, okay, about it being a new wave that we have to understand on top of everything that we've already known.

I think there's too many doctors around here who are not, we're not considering this Sharon, like you and I are

considering it, that they're just going on with their patients. As if it's the pre pandemic days, but this pandemic and the spike protein, the inflammation it causes the micro clot that it causes micro clots that it causes throughout the body.

The toxicity that can, that can induce it puts this whole new layer on top of illnesses that are already there or on top of inflammation that's already there and I'm just so happy you brought this up because I think you might be the first person on this summit who actually brought this up, that we have to consider this on top of everything else the patient already has, right? – So we have to be doing all the things that we're normally doing. And so when we're thinking about detox, we have to be moving the lymphatic system, moving the bile, making sure the kidneys are functioning, making sure the gut is moving and we're pooping and the skin and the breath and all of these things that we normally think about.

But then we have to think about this spike protein and this specific action on these specific areas, such as what I'm seeing a lot of his pulmonary issues, cardiovascular issues, hormonal issues, I'm not so much seeing it, but I know colleagues are seeing like these spontaneous abortions and I'm, you know, I'm reading about it, I'm hearing about it, the the epidemic of infertility and miscarriages that has just uptick.

Testing and Monitoring the Immune System

We're seeing, I think it's like a 40% increase in sudden acute deaths that are just coming out of nowhere. And so we we really have to and I, you know, probably if you're listening to this, you're probably struggling, you know, maybe you're not, maybe you're here for, you know, just for education and you know, as a natural path.

It's if we can always make it about prevention, it's always a better option. And so like I was saying before like these are things now that I am just we don't know this is so new so we don't know if the deed I'm er is not up three months after, you know, is it going to spike these? These are questions are is interleukin six.

So these are things I'm measuring, I'm doing lymphocyte mapping. So I'm really breaking down and looking at you know th one th two balance and the natural killer cells in cd four and we're seeing a lot of suppression of b cells of natural killer cells. So these are things that I'm going in and specifically boosting but I we're kind of learning and with anything it's like you're learning in the moment and then you get to look back and see even more and oh look at what just came up here. So I'm constantly and I you know, I don't mean to concern anyone but my experience in my clinic is that patients who have had the M. R. N. A. Inoculated into them, that's where I'm seeing a lot of issues. And so even if they're not seeing issues, I'm still much more hyper vigilant because we don't know with molecular mimicry when if you know an autoimmune disease is going to set in or potentially cancerous growths and so I just feel like my my monitoring has been you know, I'm like really the overbearing, jewish mother right now because I just wanna I'm always like that. Like I'm always watching because you can see small changes before big pathologies set in. But I feel like now more than ever we you don't though those of you listening like really getting your doctors to be doing those deep dives into your inflammatory markers, into your immune system, into your viral loads and antibodies to see what's going on.

And it's kind of I do a lot of thermography scans, computerized regulation thermography from Germany and I always say it's like it's your thumbprint of your autonomic nervous system and we want to get a thumbprint and we want to keep watching to see like is anything going to change because that's how we can really pick up and be more in the preventative manner than in the treatment manner when we see microscopic changes and and now that has a whole new meaning when we're thinking about all these micro circulation changes that are occurring and and the issues that are coming along with them.

– Thank you for that. You know what I tell my patients is you know you've come into me most of my patients have complex chronicles. They've got lime autoimmunity, other tick borne diseases or parasites and I say to them um you know I can't look at you the same as I did prior to the pandemic.

We've got this whole other layer on top of it have to look at your inflammatory cytokines and the lymphocyte map just like you were talking about, measure everything we can to see how the patient might be further affected how their illness might be even deepened, right? And the spike protein does decrease the natural killer cell activity,

right? – Which is first, you know, So it's not a huge surprise that we're seeing this uptick in viruses and cancers because our first line defense, our our surveillance is being suppressed.

And so I'd like to talk about. So one of the things that for the glencoe Calix, which I think is really important, you know, I really like like arterial O sil is a really good product. It's made of like a base of the special green seaweed has lots of other things in it, but it's just supportive.

So I'm always looking at like what can I be doing to support? So I use a lot of the Germany's empathic remedies which are really helping support circulation and cleaning out the extra cellular matrix and draining.

And another thing that I found very valuable is cell therapy. And so cell therapy is an older therapy and a lot of us here of stem cell therapy, but cell therapy is is real specific.

Therapies for Circulation and Tissue Repair

So my son does stem cell therapy here in phoenix and he sees amazing results. So I never really got into stem cells and like you can handle that. But I love cell therapy and I am, I used to send patients over to Europe to go have the cell therapy where they're using organs from, from the animal from from the sheep or the pig.

And then when you inject those in, it's regenerating your own organs. And so I've been using this now with these patients with very good success here because we can do inter muscular injections and so whether it be to repair the lungs or to repair the veins and the arteries and the heart muscle. And so excuse me.

So I just wanted to bring, you know, this is something you can be asking your physicians for because I'm seeing excellent results as we're draining and detoxing but also building up and giving new impulses and change. You know, our bodies were constantly ourselves are constantly changing and so we are not who, we were 30 days ago, you know, on the long and seven years ago, all our cells change. And so by using cell therapy, it's a really good way to rebuild damaged tissue.

– I love it. So we're manipulating if you will are our expression in in positive ways and beneficial, healthy ways because we actually have access to that with certain medicines.

– Yeah, we want to be coming at this from the health and disease is always multifactorial, but again, more than ever. And I'd like to um talk about hormonally for a moment because estrogen if you look at like who fared worse or who is faring worse.

A lot of it is post menopausal women or men who and what, you know, what's the, what's the common denominator between those two, there's a lack of estrogen and men have some estrogen but not to the degree that women do.

And postmenopausal women, if they're not being replenished with bio identical, then their estrogen is, you know, tanked off the cliff and we know that estrogen is anti inflammatory, it's supportive of the immune system and helps support the antiviral components of the immune system. And so and so we um we have to be thinking about that like again, globally.

What are the things we can do? What were the weak links if we're dealing with post covid long haul. And you know, when I think about like the brain fog and the muscle and joint pain and the fatigue that's very similar to a postmenopausal woman who comes to see me and doesn't have any estrogen.

And so again, it's like what can we do to refill our tank to clean out our soup pot? So there is room for it to cook and bubble over and taste delicious. And so making sure, you know, if you're a man listening also, but certainly for women and certainly if you're in that perimenopausal postmenopausal age to be working with someone to get the right bio identical hormone replacement and you know, also progesterone testosterone DHT a but specifically estrogen it's a huge one. And I don't think we ever really think about estrogen and the immune system. We think of that estrogen and be incurred the or we think about estrogen when we're having hot flashes.

So we have to remember which is part of what I'm constantly, if you've heard me talk before, you've probably heard me say this, but I'm constantly preaching that replacing the hormones is not just to get rid of the hot flashes. It's to support our brains, It's to prevent alzheimer's it's to support our bones, it's to support our immune system.

It's to support our blood sugar regulation. And we know we're seeing a big issue with long haul and blood sugar regulation. And so it's all these things and blood sugar regulation and your diet is another really, really important one.

And I don't have mine in now, but I've been playing around with a continuous glucose monitor.

Hormones, Thyroid, and Blood Sugar Support

I like to play with things before I make patients play with them. And it's really important to have, you know, to be on a continuous glucose monitor, really, see what your blood sugar is doing from what you're eating. You might be surprised.

Some things that you think are good for, you may not be so good for you and vice versa. Some things that you thought you couldn't have, you might because we're all biochemical individuals with different blood types with different genetics with different my as ums with different psycho emotional issues going on. And so these are just some areas you really want to be looking and you know we don't feel good.

We want we want the big guns and I think the big guns like Eboo are really important. Which I think are you doing that in your clinic? Do you do that? – No, we're not doing the Eboo.

– Okay but – Recess and we do tend pass and we've got we've got all kinds of toys but not – So I think any kind of ozone Eboo like you're saying that you know these things are all really important. Another thing that I have seen um have great great potential whether it be birth treatment or it be for long haul or prevention is thymosin al, which is a peptide.

And I just think we should be you know, just like pouring that stuff from the skies, you know, instead of the instead of the kimchi aerials and things we should be, you know, in the the E. M. F. S. Which we can talk about.

But thymosin alpha, which is a peptide, you know, it's reducing inflammation. It inhibits cancer growth. It improves micro circulation, it improves tissue healing and repair, let's see what else does it do?

It improves host defense to infection. It inhibits viral replication. It's like it increases glutathione production and antioxidant production things that we know are helping to detox out the spike protein and so like to me it's you know, it's such a like one stop shop, it's um decreasing, you know the the cytokines that we were talking about, you can see reduction of the inflammatory cytokines.

And so this is another big big one. It also is really good for all of the viruses. You know, like I was just saying, but like if you have had or I'm seeing I'm sure you are too like I'm seeing a big resurgence of I G. M. Epstein Barr, so it's becoming reactivated and so this is a great way. You know, another tool that I don't think gets talked about enough and I'm not sure why because I'm like this is like you know my my superman, my wonder woman. – I love appetite therapy.

Yeah, sometimes I have to because my patients already have line, most of them already do. That's just who my patients are. I have to calm down their muse system first before I can even give them time.

That's enough for one. So just as to the patients out there who are listening, make sure you're working with a doctor like Dr. Stills or myself or other ones who know the peptides which ones to introduce to you at the right time. – Yes. Yeah this is not yeah, I mean and I am a big proponent of like empowering you as the patient and there's so many thing things you can be doing at home from getting your sunshine to getting red light therapy, to putting your feet on the ground to staying hydrated to getting good sleep, to eating a good diet, to finding gratitude to rewire your nervous system even in the midst of such stress and suffering, but when it comes to dealing with something

like long haul and this suffering, I really do think you need to have a physician guiding you because you can see I you know, I've gone from like A to Z two J two L like we're all over the place because there's so many components and a lot of it kind of depends always like think it's so weird when patients come in and they like yeah the doctor said there's nothing they can do, you know, it's all in my head, it's part of getting older or they're just, you know, they're stumped, they don't know, and I'm always like, gosh, that is like so far the opposite. Like to me it's like what do we do first?

And that's part of my job Dr. Nafysa job is to really figure out like what is impacting you, what's the window we're going to step into to start helping you and clearing the field and clearing the terrain to the biggest biggest potential to give you relief and you know, speaking of hormones, like another thing I'm seeing really affected is the thyroid gland and so that's another area you need to be looking at and we think of the thyroid gland we think of like a fat woman, right? She's like frumpy and fat and that's not always the case. And so most people know about like the loss of the outer third of the eyebrows. You can have sub orbital below the eyes, adama puffy, pale face. Even gout can be a sign of low thyroid hyperlinks laxity in your fingers and heel fissures which can also be a sign of lymphatic congestion, yellowish souls. There's lots of physical signs you can see.

And so you really want to make sure you're getting a proper thyroid evaluation because we see that so often and so like your long covid you know it can be a reactivation of Epstein Barr, it can be that your thyroid is blown out and brain fatigue and sluggishness and depression and fatigue in all.

And so like a lot of these duplicate can be toxicity, it can be a circulatory issues so you really gotta kind of, it can be complex things.

Fear, Terrain, and the Mind-Body Connection

It doesn't you know if you're lucky, it's just one thing, it can be more than one thing and so we really need to be working and looking and looking at our temperatures and looking at thyroid and looking you know, is it an actual thyroid issue or is it an autoimmune mediated issue is the are the antibodies up whether it be the thyroid globulin or the anti peroxide.

These antibodies We have to look at reverse T. three because I'm seeing a lot of that and that's one that I don't see run enough. But stress and this virus, this spike protein is stressed to the body. And so often the thyroid is like putting the brakes on and it's going to not produce regular free T.

Three. It's gonna reverse produce reverse T. Three which is like a mirror and but doesn't do the same thing. And so you have these low function but it's not because you're not producing enough T.

Three. It's because your body is stressed and it's it's creating reverse T. Three. And so then the treatment for that becomes very different because if you just give more T. Four you just make more reverse T.

Three. So you have to give actual T. Three. You have to be looking at iodine levels. And so again it becomes very complex. And then if you're you know it's like just go go go.

Like then if you're treating the thyroid well you better look at the adrenal glands because if you read the thyroid and you haven't paid attention to the greenalls, you're gonna further depress the adrenal glands and what's going on with your electrolytes and how is your kidney functioning. And so it gets very complex and it's not something you want to go at on your own. You really you know you want to work with someone who's gonna work with you and guide you but also listen to you because a lot of, a lot of what ails us also isn't what we see.

So you have to really look at, I think covid in general kicked off. I think one of fear, the disease of fear. And so we have to really be going in and fear is related to our our kidneys and our bladder and, you know, from a traditional chinese medicine perspective.

But we have to go in and really look at, you know, how do like how do we respond and what are our thoughts on health and death and life and dying? And do we really believe in this germ theory? Like I know, you know, and I felt

quite grateful that I um was a bio regulatory naturopathic physician for many, many years when this happened.

So when it happened, I wasn't afraid because I know my health begins inside of me, my health is in my terrain, it's in my extra cellular matrix, it's in the choices I make for myself. And so I just thought, I'm just going to keep strengthening myself, make sure I'm eating extra healthy, make sure I'm moving my body, make sure I'm getting sunshine.

But if you don't trust in your body and you're afraid of what's coming at you that unfortunately it also suppresses your immune system. And so sometimes we need to really go in and look and you know, from a energetic or a psychological level of how we're dealing with illness and what were we wired with as a child to think about illness.

And you know I grew up a very sick child and some people who grew up sick they you know they learn to like not want to be sick but like being sick is comfortable, you get love, you get attention, it's a very comfortable space.

You know I see yelled at for being sick, it was like I was afraid to be sick. So like that's not something but we have to look at all you know what was your experience and how does it play out? And so a lot of these invisible things like our thoughts which can be the most damaging the most suppressive of the immune system, the most acidic causing in the terrain we have to think about E.

M. F. There's all these invisible toxins but the E. M. F. S. Are you know we don't see them but they're attacking our nervous system, our hormonal system, our fertility levels, the D. N. A. And our cells.

So there's all these and I don't mean to like have you leave this conversation like holy crap this is overwhelming but you know knowledge is power and so what I hope you gain from this is that like if you haven't gotten your solution yet, if you're still struggling that not to give up hope because there's probably so many doors that haven't been opened for you that are gonna be the key to your healing.

– Yes. And this is what it is to be a true naturopathic doctor doctor. You know they're starting to they're learning from us naturopathic doctors really it started with naturopathic medicine with the bio regulatory medicine where we're looking we're uncovering I just love this interview sharing because you're talking about how we uncover everything.

We uncover the biochemistry, we uncover the hormones, we look at the genes, lifestyle, the thoughts, the mind body connection, how how the mind is affecting the biochemistry and the hormones and the other infections.

Integrating Ancient Healing with Modern Tools

And it's really beautiful for me to listen to you speak because it's naturopathic medicine and it's right it makes me so happy to to be this with you and to be walking walking this terrain with you to help all of these patients.

And we have the tools – And I think you know I mean how we think and how we approach things is such a key. We don't talk about enough like yes you need to make sure your vitamin D. Levels are optimized.

I like them between 80 and 90. You know make sure you take your K. With your vitamin D. You need to be taking glued with the ion or N. A. C. Or both sometimes.

Um and geographies and optimize your zinc check it in a red blood cell. Like I can give you all these things and they're all important but how you think about your healing journey and how you you know because when you are sick and you don't feel good like the way you know having gratitude when feeling crappy sounds weird but it actually you know can increase your empathy for yourself.

It can improve your sleep, it can rewire your brain, it can enhance the law of attraction, of attracting to you what you need for your next step. And so who we are as we are healing is is equally as important if not sometimes more important than making sure we're getting the right um injection or the right therapy.

And and I you know I said at the beginning I'm opening a clinic so I can put all my toys so I can help you all with it. Like I'm you know, I'm very much for that. I just picked up an abyss in machine which you put, I don't know if you're familiar with it, but you put your hand into this machine and you get this vacuum and it increases through the venous plexus, the arterial venous plexus in your hand, it increases micro circulation and it's helping all all of these venus issues that we're seeing and and circulatory issues.

And so like I'm constantly like, oh my God, there's so many good things and so it's it's marrying the mind and the body it's marrying what you're doing, you know, I'm wearing, I don't know if you can see but I'm wearing my weber laser, it had just and so I'm constantly it's like I'm giving myself an ivy and the blue is antiviral and the green is helping oxygen capacity and the yellow is increasing nitric oxide. And so I'm constantly doing things like put my hand in my absence, I got this on, I got my foot bath, you know, so sauna, all of these important things and so these are crucial but they need to be married. The mind body must be married and it must be married with how you approach coach your illness, not feeling good and regulating your nervous system. – We're talking about bringing cutting edge technology with down home healing.

That's ancient bringing, bringing the old healing methods, maybe meditation, prayer. If people like to do that, singing whatever is holistic and I would say ancient to humans with the cutting edge technology, it's really beautiful when we can merge those together. – Exactly. And that's, you know, my 20 plus years experience have shown me with thousands of patients that's truly how we heal because we want to heal all the planes of our body, our emotional, mental, spiritual and physical, not just the physical.

– Exactly that thank you so much Dr. Sharon so much fun, – You're welcome. I know I'm like we we both got places to be, I could talk all day. – We're gonna talk more later on our own.

Just fun but just thank you. Thank you so much for being here and co hosting with me and bringing your experience at the table. – Well, thank you for inviting me to be a co host and for all the work you guys have put into this Summit. I know it's a it's a labor of love and caring and so it's very much appreciated. – Thank you.