Introduction and Dr. Stillsu2019 Background

Welcome back. We're continuing our conversation on Reversing Crohn's and Colitis. I'm your host, Sinclair Kennally, and today I am joined by my wonderful friend and very esteemed colleague, Dr. Sharon Stills, who's a licensed naturopathic medical doctor with over two decades of dedicated service in transforming women's health.

And she has been a guiding light for perimenopausal and menopausal women, empowering them to reinvent, explore and rediscover their vitality and zest for life.

Her pioneering RED Hot Sexy Meno(pause) Program encapsulates her philosophy: to Reinvent your Health, Explore your Spirit, and Discover YOUR Sexy. This unique approach has revolutionized the way women experience their transformative years.

Making her a sought after expert in the field. She has such a rich background in European biological medicine, pro aging therapies, and bioidentical hormone replacement.

Doctor stills has successfully guided thousands of women through gentle transitions using all natural methods. Her expertise is recognized globally, evidenced by her invitation to take part in as the co-lead North American lecture for the Paracelsus Academy in Switzerland.

When the academy was up and running. She's also a long time contributor as a physician expert at Women's Health Network. Her influence is also felt in academia and professional circles, sitting on the boards of bi regulatory medicine Institute and the Archive of Healing at UCLA.

Dr. Stills continues continues to share her knowledge to the annual Mastering Your Menopause Transition Summit. And as the former host of The Science Of Self Healing podcast.

she's also got the Stills Health Clinic, her new 7000 square foot clinic opening in sunny Scottsdale, Arizona in the late fall. Actually, we might be more like early 2025, as what I'm hearing now.

Is that right? Yeah. So stay tuned because this is totally worth the wait. And what this bio is not sharing is what, an amazing reputation Dr. Stills has as a force of nature in the field of bio regulatory medicine at large.

She's also a force of nature in natural healing from cancer. She's, quite the force to be reckoned with. So I really wanted you to get the benefit of her insight today, because I know that this is a paradigm that everyone deserves to be exposed to.

And that's what I wanted to do today, is just explore with you. From a clinical perspective. How does bioregulatory medicine look at an approach resolving Crohn's and Colitis?

So welcome sweetheart. Thanks for being here with me. Thank you. It's always so great to be with you. My sister. And I was like, well, listen to that bio.

I'm like, are we gonna talk? I'm like, I have a clinic opening up and I'm glad you I'm glad you mentioned that because. Yes, we do. Really going. And so and it is because I wanted to really bring bio regulatory medicine, into the trenches to where we can really, you know, benefit from the diagnostics and the therapeutics and all the things in person.

sometimes. Yeah. Need so that's, that's my, my newest exciting thing. And, you know, menopause is one piece of that. But the way, the way I look at the body is and we were talking before we came live.

But, you know, when we talk about Crohn's or IBS, you know, IBS is such a oh, we don't know what's wrong with you.

Bio-Regulatory Medicine and the Root Causes of Gut Inflammation

So it's like that trash can or diagnosis where we just, you know, we call it IBS because we can't figure out what's wrong. And from my perspective, from your perspective, like it's almost the opposite.

It's not oh, we can't figure out what's wrong. It's like there's so many options of what could be happening, why you're having inflammation in your gut.

And look at it from like 30 million different perspectives from the different planes, from energy, from structure, from physiology, from the energetics, from anatomical.

And so it's always like, if you're listening to me, it's always like, if you've been given no hope, there's always so much hope. It's just the right piece.

The right key hasn't been put in the lock to figure out why you're experiencing this in your body. And so I love what I do because I get to kind of, you know, be, be a detective with you and figure out what's going on.

And we always get these beautiful gifts from from a disease process, from a diagnosis, if we allow them to, to sink in and we allow the journey to, to teach us and to heal us and to listen rather than to be, I got to get rid of this.

What can I take? How do I get rid of it? And, you know, that's that's a piece of it. It's like I have my, you know, my list and I can, you know, talk about it because I know everyone always wants to hear.

But, you know, what are some of the, the remedies or supplements or hormones that, you know, can help calm the inflammation? But to me, it's such a bigger piece.

I had a patient who flew in the other day, and no one had looked at her as like a being. She was just looked at like, oh, you have a B vitamin deficiency.

We'll give you B vitamins. Oh, you're low in probiotics, we'll give you a probiotic. And no one ever looked at her as like this organism. And so from a bio regulatory perspective, you're an organism and you have this terrain.

And we talk a lot about the cells. But it's really the space where the cells float, the space where the cells kind of call home. That's this where our fascial network is and our lymphatic system is, and where we have balance and where we have flow and movement and where it's really the deciding factor of whether we're going to get those nutrients to the cell or we're going to get those toxins out of the cell.

And so we have to first kind of open up this system. So from a bio regulatory perspective, which really differs from functional medicine. And you know I have functional medicine in my my tool bag.

Right. Because you know there's there's good pieces in there. But we're not just saying what are you missing. We're saying right now, how is your system operating.

How are you regulating. How are you responding. And one of the first things we look at is what's blocking that. So what's blocking your regulation. So not so much about you know do you need this vitamin.

But how are you going to regulate. And that goes into everything from how your energy meridians are flowing to how your chakras are spinning, to how you're and you know, this is you know, your childhood trauma and your your prenatal trauma and your your past life trauma.

And how is this all affecting you? And what are your emotions and what are the scars on your body, both, you know, physically and energetically on in your mouth?

You know, we we can dive into it, but so we really look, at the whole picture. It's kind of like, you know, you are this masterpiece of a body. And how are we going to tune you up?

And so beautiful. This is the part where, I'm always grateful to get to talk to you because so few other people are actually talking in terms of bringing somebody into regulation and looking at the whole being.

And I almost never hear anybody say anything about the gifts that come from chronic illness. And I'm, I feel like I'm the only one out here saying that, like, isn't it great that you got really sick?

Because look at all the amazing things that happened. I deeply believe that my chronic illnesses were exactly what I needed to become, who I really wanted to be, and it was the path of initiation that I chose.

So I like to say that illness is an initiation into the deeper self. I love that, and you've probably heard me say it before, but I always know with a patient, whether it's cancer or it's an autoimmune disease or, you know, chronic, whatever it is, when they're like, hey, Dr. Stills, I'm really glad I got this disease.

Like I it taught me. And like when they get to that point and they like are verbalizing that, I'm like, yeah, happy dance. Like now we're getting somewhere because, you know, I can talk about like curcumin, right.

Because curcumin will inhibit, you know, in K kappa B, which is an inflammatory marker. And it can help calm down your irritable bowel. And you can go take that and make sure you get a good one and all these things and like, yes, that's a piece of it.

But we really I'm going to go on a tangent now. I can feel but like we've really we've really been like so brainwashed by allopathic medicine that our healing that our Savior comes in a bottle.

And so patients come to me and they're like, we like your bottle better, you know, your bottles got herbs, your bottles got vitamins. It's got drainage remedies.

It's got, you know, and which, yeah, my bottle is better than a pharmaceutical, but that bottle is not, you know, is not the be all, end all the, the whole system of you taking the rain, you know, and it's like if you came to my house, it's funny like patients come and right now I'm seeing patients while the clinics are being built at my kitchen table.

And so, like, you know, I give them this whole talk, but like, in the background, they see, like, you know, I've got, like, all my supplement bottles laid out, I'm recovering from cavitation surgery.

So I got to make drainage remedies and all the things are there. And it's like, so I'm not, you know, I don't want anyone to walk away and think I'm not into taking supplements or the right remedies because.

We can't skip that layer. We're still biochemical. But that's not all we are. It's a piece, right? It's a piece. But we really have to look at the big thing.

And that is a lot of that is the unseen, you know, not just the seen, but it's the unseen. It's the thoughts we're thinking. It's the lifestyle we're choosing.

It's our relationship with technology and with Wi-Fi and with dirty electricity.

Assessing Crohnu2019s and Colitis Holistically

It's our relationship with our self. It's our relationship to the environment, to community. And so it's all these things. And so when we talk about, you know, IBS or Crohn, you know, autoimmune Crohn's or IBS, this inflammation, it's like, well, what are these things that are why are you inflamed?

Where's the water? Why are you on fire? And I like to be on fire, but there's a good fire and there's a not so good fire. And when we're talking about things like this, you know what's going on?

Where's the water? You need to give yourself to, to, to heal and to come into harmony. And so we need to be going to a doctor like me or you and, you know, looking at the big picture, not just saying what's the magic pill I need?

but really understanding that breath is just as powerful, probably more powerful than taking her human. If you really harness it and utilize it properly.

Yeah. Thank you so much for sharing that. I agree with you. It's so I don't worry guys. Everybody listening. We're I'm I'm going to pick doctor. So spring for you about her favorite tools in her toolkit that are you know which bottles why you know how did she arrive at that.

Because she's extremely discerning. Just like me. Like we're still picking. So I'm. I will make sure that she rattles off that list for you. But first I want to zoom back out again and ask you, from a regulatory medicine perspective, if if somebody came to you with, you know, severe Crohn's or colitis, what would you be assessing?

You know, as you looked at them holistically before you got to that protocol and what elements would be in that protocol besides just the supplements?

Well, I'm definitely looking at, so I'm looking at their lungs because from a traditional Chinese medicine perspective, the lungs and the colon are paired organs.

And so I'm looking at what's going on because there can be an inverse relationship where you, a child who had asthma and it got suppressed by corticosteroids, and now it's showing up a different way.

Are you someone who doesn't doesn't allow your body or your body was never allowed to be inflamed? And so I think of it like from from a homie, a toxicology g perspective of how we build disease and how we get to the ideas.

Right. The and there's the idea of acute inflamed. And then there's the idea of chronic. And so something like colitis is a chronic inflammation. And so it really goes back to do you excrete.

Do you allow your body to drip mucus. Or. To sweat or to poop or to puke or to sneeze or to cry, you know, do you allow these natural processes to happen?

And if you do, that's great. But if you don't, if your body is shut down, the next thing that your body's going to try to do is create a fever. It's going to try to create fever in the connective tissue.

And here we have our our acute itis. So we're not at colitis here. You know maybe we're at a gastro enteritis. You have an acute experience. And what do we often do here.

We suppress the fever. So if you take nothing else from from this talk and I will give you some, you know, rattle later. But when was the last time you had a fever?

Can your body get a fever? If you get a fever, write the fever. Or are you suppressing the fever? Because that too is something that I say all the time.

you know, the gift of the illness, but also I every it's not even like an exception. Always. Any patient that ends up in my office who's got a diagnosis of cancer, it's like.

It's like they say the same thing. I don't understand doctor stills. I don't understand how I got cancer. I'm never even sick. I haven't been sick in 20 years.

And I'm like, therein lies why cancer grew in your body. Because you didn't sweat. You didn't puke, you didn't inflame, you didn't have the itis. And what happens that those toxins that stress, whatever form it is, gets deposited into the extracellular matrix?

And that was what I was talking about before. This is that vast network where the cells live that has to be healthy.

It's the highway can't be congested.

And so when we get this deposition in there, you know, we start to get things like maybe we have gallstones or maybe we have cysts and we don't know why or what packing on some weight and so on and so forth.

And if it doesn't get handled there, then it goes into the cells and then we start getting, I call it impregnation where it starts affecting the cells.

And that's kind of where we're at when we're at a ulcerative colitis, where we've have this, you know, IBS going on. And so I'm looking at you again like, how did you grow this?

How did this get here? What else that's repressed that it's now coming out through here and then of course we're talking about digestion. So it's like, you know, I mean on the physical that's on the physical level.

at this point, it's pretty much an epidemic. No one's producing hydrochloric acid right there. No one's producing optimal stomach acid to digest. Pancreatic enzymes are low, bile is sludgy.

It's not flowing. So like on that physiological level, I see it's such a it's like it's expected. Now I kind of expect to see it because I see it so often, you know, and then on the energetic level it's like, what are you not digesting?

All right. What are you what are you not okay with in your life. And you can't take it in. And so it comes out through this through this inflammation.

And then of course we have, you know, just lifestyle. Right. Are you eating too fast or are you eating too much or are you not chewing your food, you know, over in Europe, there's the Meyer fasting technique, which is a great way to reset your gut.

Neural Therapy, Scars, and Dental Blockages

And it's all about chewing your food and liquefying your food. I mean, they even chew their water. And so it's like, you know, are you just gulping? Are you in a sympathetic state and not letting yourself get to the parasympathetic when you're eating and resting and digesting.

And so it's, it's it's layered. And if you can handle a lot of that, then the supplements you need becomes fewer. I totally agree, I think most people coming into yours or my practice, you know, we inherit a lot of people don't we, from other other approaches.

And most of them are on entirely too many things. And there's not enough focus on supporting the body's own strategies. I appreciate you acknowledging the limitations of functional medicine.

For example, I call it substitute of medicine because it's simply looking at, I mean, if allopathic medicine. So Western medicine is suppressive medicine.

So there's suppress ING the pharmaceuticals or simply within the context of chronic conditions right now guys. So don't lynch me for not ordering Western medicine because it's just it has its place. Right.

But we're talking about resolving chronic conditions. So that's suppressive medicine. Then you go to functional medicine which is substituting medicine.

And now we're in regulatory medicine which is about supporting the body's own wisdom. So it's needs to be elegant, the least number of elements to empower the body to do what it already wants to do.

And like for substitute of them. It really is you know, and it's, it's it's a step in the right direction. Absolutely. And it works for some people. But it doesn't work for everybody in that.

And this is why. Yeah. Exactly. Exactly. It's to it's not looking at Constitution. It's not looking at elimination and or excretion. It's not looking at energy.

It's not looking right. It's not taking into account the bioelectrical of the body at all. So what are we doing? Yeah. And that's a big miss. Getting feisty at the end of the day here.

Yeah. Sorry. Functional medicine. Guys we love you. Come take our classes. Go learn with Doctor Sharon in the clinic. Thank you. Okay, so let's, since we brought up the bio electrical, is there anything you want to comment on?

You mentioned energy, like meridians. Is there actually electrical pathways, guys? And yes, we're talking about subtle energy. And we're also talking about the bioelectrical level of the body.

So bio field, bio photons, electricity, nervous system. We see these layers going from the subtle into the physical. What are some of your favorite tools in that those realms?

Before we get to the supplements we're. Gonna make it wait till the end. Yes, we are, because we want to learn something. Damn it. So I'm a huge you know, I like my needles, so I like, you know, to go in and look at neural therapy and just get things flowing.

Can't wait. Oh, wait. This is so important. What is neural therapy? Because this could change somebody's life. Explain. So neural therapy is a technique from Germany, and it's looking at, you know, on its very basic level.

It's looking at scars on the body. Then it goes into more segmental field. So, you know, whether it's over your lungs or your abdomen. and then we're looking at ganglion.

So, you know, deep nerve ganglion that can really change someone's life. And so, you know, it could be as simple as injecting your tonsils, which sounds horrible, but really is not that big a deal.

And so, and the tonsils, actually, I'm glad I brought them up. You know, when we're thinking about the gut. So what's happening? If the gut is being overwhelmed and the gall can handle it, and the pyres patches are stressed in the small intestines, we will get tonsil swelling because it's all connected.

And so, you know, what do we do? We pull out the tonsils, right? Kids have those big tonsils. They have, you know, we call them kissing tonsils where they're so big.

They're kissing. They're touching each other. And when we do, we pull them out and give them cows milk, dairy to and Jell-O to heal. That is a sign in a child that there is a problem and going on in the gut.

And that's what I was kind of mentioning before. Like, we can trace things back in our history, like you started out with eczema and then you got the corticosteroid cream, so got suppressed and then you ended up with asthma.

And then they gave you more inhalers and then it moved to the gut. So if we suppress we don't get rid of we just like, you know, it's like covert. We think we got rid of it, but it will show up again somewhere else.

So neural therapy is typically using prochain. And you can use I always put homeopathic remedies in as well. And it's doing injections to the areas that are blocked.

And these blockages are affecting the nervous system. They're affecting regulation. And you can have a scar here that could be affecting your gut because it just went through the lung meridian.

And the lung meridian is connected to the colon meridian. You can have an issue in your teeth, right. Because every tooth is connected to an organ meridian.

And so the but you know, we can look at I can look at the lips and like there's the whole topography of every organ on the lips. You can do it on the ear, you can do it on the hands, you can do it on the feet.

You can do it in the eye with ideology. So we can, you know, we could just look at the face and see different signs. And so neural therapy is a way to go in and inject and open up and reset the nervous system.

And like so for women a lot of well first of all we all have the original scar. We have the belly button. So that's and you know, and interestingly so I also love color puncture, which is the use of colors and crystals and different into different meridian points and areas and the body.

This is from Germany. Most of what I learned is from Germany. but in color puncture. We do some mother father treatments and they're all around the bellybutton.

Surprise, surprise. Right. You know, and that's that trauma we're carrying from, you know, our parents who, you know, weren't as perfect as we needed them to be because they're just human beings, too, dealing with their own stuff.

And no one got a handbook on how to how to do this life. And so neural therapy will open the field. Like from a bio regulatory perspective, we're looking at, you know, regulation.

And so what is blocking regulation. And anything we can do. So some of the big things I see are scars or tonsils. So I run thermography scans and I can see what's regulating and what isn't regulating.

And maybe the liver is blocked or the pancreas is blocked. And I can go in with my trusty little needle and inject remedies and open up scars and get things flowing again.

And we can actually test it. We can, you know, we do before and we do treatments and then we do some after and we see that things are moving. So I love to do, you know, neural therapy open things up.

I also love to, you know, I'm a I'm like, I'm not a wannabe dentist because I don't really want to be a dentist, but I'm like a doctor who is, like obsessed with your mouth.

Right?

Key Tools: Supplements, Hormones, and Diet

Because you and I both know how so many regulatory blockages of why you're not getting better can be right here in your mouth. And. In your gut that you're experiencing the problems.

But it's coming from here. Whether it be toxic metals, whether it be because you've got too many metals in your mouth and you're creating galvanic currents, whether it's periodontal gum disease, whether it's cavitation, whether it's root canals, whether it's the wrong kind of implant.

I mean, there's so much that goes on here. And we were always taught, you know, this is just about getting a cleaning and getting your, your cavities filled, if you have any.

But a lot of health. You know, I learned this a long time ago from my mentors over in Germany and Austria and Switzerland, that you take care of this.

First you pull the teeth. and we were talking about this for obviously you get ready to handle it, you make sure you're eliminated, you know, you're eliminating and your bile flowing in your lymph back.

To our obsession with drainage. Guys. It's unrestricted and you're pooping and you're sweating and you know, all the things we don't make sure, you know, if you're a menstruating woman, that your periods, you know, that's another way of drainage from, you know, shedding your uterine lining.

but, you know, then we go in and we handle the teeth because it can be hard to fix something in the body if there's blockages here. And this is just on a, you know, physiological, anatomical level there, there's the whole other realm

of what's going on energetically, emotionally, what are you carrying with you?

And, you know, it's like you said, sometimes this functional medicine works, right? So it's everyone's different. You know, that's what makes the job interesting. Right?

Because everyone is interested is different. And I don't have, you know, I don't have the sheet doctor stills. This is what you get if you come in and you've been diagnosed with Crohn's.

Now, of course, there are like certain things like so from an autoimmune perspective, we're looking at, do you have cell wall deficient forms because you took too many bacterias?

And do we need to re flag those to fit cell wall deficient bacteria and get your immune system to recognize them? We're looking at you know, you probably need some B12 shots because you know where Crohn's affects and we're in you know we're not absorbing B12.

Right. And so, you know, do you do you need curcumin? Yes, it's a good one. Butyrate enemas. I'll do a little rattling now we can do the rattling portion of.

Yes. Welcome. You know, so beauty butyrate enemas are beautiful things and you can do more iterate. But you know, butyrate enemas can just really be a game changer if you are struggling.

really undervalued I agree. Yeah. You know, you get them. You know, it's a lot easier take a pill. They might send a patient because like, they come like in this big garbage bag from the pharmacy, they'll have like, these a little fleeting moments.

but you know, LDN right. Low dose naltrexone is a great tool. And can, you know, I like the biggies because the biggies can kind of handle a lot of things.

And, you know, LDN is reducing, pro-inflammatory cytokines and it's helping to reduce the mucosal inflammation. And it's promoting tissue repair. So it's doing it's got a lot of mechanisms of action that are really helpful in this kind of situation.

you know, I got to talk about hormones for a second. So like, you know, melatonin, right? We think of melatonin as I need to take my melatonin because, I'm jet lagged or because I need to sleep, but we produce more melatonin in the gut than we do in the brain.

And it is a very strong, immuno modulated air. And it helps to decrease TNF alpha, which is a huge inflammatory marker that we see expressed in these in these gut issues.

And so Malachi. Had a huge release when I was dealing with my Lyme. I got convinced to play around with really high dose, melatonin, which of course I was doing, and suppositories that I was making at home when I was like cooking them on the stove and stuff, just being a weirdo, you know, and I saw my belly fat and my God was just so engorged all the time, you know, it was really embarrassing.

And it just, like, melted and don't this is not a get like a lose weight quick scheme. Guys. Don't don't get this twisted, okay? But what we're describing is the anti-inflammatory benefits of medically high doses of melatonin when in the context of the correct protocol.

Yeah, yeah. And we don't you know, we we think we tend to pigeonhole hormones or certain nutrients. You know, DHEA is another one that is often very deficient.

And that is, you know, a. Point. Also decreases interleukin six and modulates the immune system. And it decreases inflammation and DHEA and cortisol, you know, play this nice little game.

And cortisol. So a lot of times you know they're giving you if you have inflammatory bowel disease, they're giving

you high doses of prednisone and they're just shutting everything down and they're trashing your DHEA.

They're not even thinking about your DHEA. And that's a really it it's an over-the-counter hormone. It's an anti. You know, it doesn't even need to be prescribed.

I do recommend, you know, working with someone not just self prescribing, but, you know, that can be a big game changer in irritable bowel issues. vitamin D is another one that can be really important.

And, you know, looking at your cortisol level, are you secreting way too much cortisol and burning through your gut lining, or have you stopped doing that?

And are you not producing enough cortisol? And can some low dose like you talk about low dose naltrexone, some low dose bioidentical cortisone, hydrocortisone, bioidentical cortisol, you know, can be a game changer and help with your adrenals and get you energy and get your gut inflammation under control while you're looking at, you know, the other pieces and giving your system rest and getting, you know, getting the inflamed parts of your life out.

And, you know, we haven't talked about diet, but, you know, that's you know, you are what you eat and you are what you absorb. So I already mentioned about, you know, absorption, but you know, and it's not just what you eat, but it's also like, who are you while you're eating?

What are you eating? What are you eating? When are you eating? Why are you eating? It's like all of those questions need to be answered, you know, how are you eating?

And so diet is. You can't have any conversation about health without talking about the diet. And, you know, finding the right diet for you. And so I never like to get on here and say, this is what you should be eating, because I don't know what you should be eating, right?

You are in a unique individual. you know, if you're my patient, I have an idea and can help you with that. But you know, everyone can benefit from eating and season.

Everyone can benefit from avoiding GMOs and processed foods, and everyone can benefit from eating your largest meal at lunch. When your digestive fire is high and stopping, you know, closing down the kitchen three hours.

Everyone can benefit from getting rid of the alcohol and getting rid of the sugar and staying high, you know? So there's like basic things and sometimes it's like the basic things go a long way.

You know. We want everything to be so fancy, but sometimes we just kind of, you know, start at the basic foundation and just get those things in order.

And then the longer that people struggle with these conditions, and the further they develop and the more things they've tried, I think the more desperate we get.

I remember feeling this way, and I see it in our practice all the time. The longer you be dealing with something, the more you're looking for something complicated and advanced to resolve your condition.

Closing Remarks and Where to Find Dr. Stills

But the the chances are you probably skipped over several really crucial basic things in the beginning. Like still learning about your body. And that's probably where we're going to direct your attention first.

I remember I had a patients remember years ago, but it stood out in my mind and you just made me think of it, he had been everywhere, you know, from every everything to Mayo to and it was like zinc.

Hey. Oh, buddy, I know and you know and oh, I get so and it's like, you know, you have all these lost years and

why didn't they find this? And you know, we can only find what we're looking for right.

And so but yeah, sometimes you know sometimes it is complicated but sometimes it can be simple and, you know, stress I mean stress plays a huge role and I, you know, and it perpetuates itself.

Right. Like I you know, I feel I understand it's like it is no fun to be running to the bathroom all day long and having cramps and being embarrassed.

And, you know, it can overtake your life because you're afraid to go out and you got to make sure you know, or about, you know, I mean, I have helped patients through this and it is not fun and, you know, but, it definitely can be turned around.

I mean, I tell patients with this all the time, and, you know, we can get formed bowel movements, we can decrease the inflammation and we can make it a thing of the past.

It doesn't have to be your story forever. Yeah. It's not a life sentence. No. So this is a good segue. You know, we don't we never want to stop talking to each other.

But where can people find you? well, Still's Health Center will be opening, and, yeah, I guess it was in the fall. But, you know, these things take time.

It's going to be 7000ft². So we're hoping for March of 2025. my website is drstills.com. Sorry menopause centric right now. but the the clinic will, you know, be of service for everyone, whether it's irritable bowel or a vaccine injury or cancer or allergy.

You know, because of how I view the body. I don't say, you know, I'm just a specialist in this. You know, I'm a specialist in helping people heal no matter what their what their label is, right?

We we all are these organisms. And, you know, we're very different, but we're also very similar. So, that's where you can find me. I'll be hanging out in the Sunny Scottsdale.

wonderful. Thank you so much.