Rejuvenate Your Body Through Detox Transcript

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Introduction to detoxification and genomics

Welcome back, everyone. So we're going to do something really cool here when it comes to genomics. We're always talking about innate cellular health and how our detox pathway, phase one, phase two affect like here's where everything starts without the cell information.

Why does inflammation happen? Got to get rid of all these toxins. So we're going to take a look at the body from a new lens. Dr. Christine Schaffner is here with us and we're going to reexamine the body through the lens of detoxification.

And you're going to put away who you think you are and understand it is a different structure that we're going to pull out of this thing that we're going to show you.

It's going to be really cool insights into how the body works and how that whole these dark detox system works, sort of head to toe. So thank you for joining us.

Thank you for having me. Yeah, it's awesome that you're here. You know, all of what we're doing in this summit is trying to help women understand how to get healthy, you know, traversing disease, whether it is preventing disease.

And my mom had this. My aunt had this. I don't want to go there. You know, those are the things. But you in your clinical practice are constantly working with complex chronic condition type issues where people are kind of stuck in this detective work to dig in and figure it out because they couldn't get it figured out anywhere.

So it's really awesome that you're here and a lot of this is done for the lens that we're going to go everywhere, but for the lens of detox at high level, what are we even talking about when we say detox?

Yeah, yeah. So great question and then so much to unpack there. Right. So I think of, you know, health and healing is, you know, it's complicated, but there are some simple principles.

Right. And, you know, at the end of the day, we're really only as healthy as we're able to eliminate. And so how do we look at elimination in train engine detoxification as a way to, you know, keep our intracellular and our extracellular environment as healthy as possible so that our best epigenetic expression can occur on a regular basis?

Right. And so I look at it through the lens that modern life is quite stressful, right? We have the stresses of modern life and then we have really the onslaught of environmental toxicants that we all are exposed to from really preconception.

What detox means and why elimination matters

So really from our pre before we were conceived to the environment of our womb that we were in through our birth and then through all these factors that made us who we are and what we were exposed to kind of becomes what we call like what I call in the system medicine.

I've been trained in like archery and it was like 25 I think that they did a study. So like here we are recording this in 2023 there was 287 chemicals in the, you know, in cord blood, right?

So of a newborn. So, you know, just think about that trait and think about today, you know, we have the glyphosate and and the atrazine and the microplastics and the aluminum and the, you know, mercury in the lead and the, you know, the parabens and the PFAS and the phthalates and all of these things, right?

They bio accumulate and they have different impacts on this over time. And what I found is that to keep our bodies healthy, we need to have strategies for elimination.

And it starts with some foundational principles. I can just go right into, if that's cool with you. Sure. Yeah. Yeah. So you you started off mentioning the intracellular environment, which I loved.

You know, I love that conversation and the way that I was trained is really like, okay, our cells are bathed in what we call this extracellular environment.

And at the end of the day, we're only as healthy as that extracellular environment is able to drain lymphatic fluid and waste and to be able to remove toxicants that gets settled in that space.

And if the garbage builds up in that space, backing the lead to, you know, just a perpetual cell danger response and a perpetual kind of breakdown in communication.

So one of the best things that we can do to address that is to keep our lymphatic system healthy and moving. And I can share like this is where I really start with classification.

So, you know, we have this body wide lymphatic network, which is this really beautiful system, is highly interconnected. It's all about drainage of waste.

And this is a really big part of our immune system. So we have lymph organs and glands and nodes and muscles and all of that, and it's tied into our circulatory system.

So we need really good blood flow. And as that blood pumps, you know, it helps our lymphatic system. However, the lymphatic system doesn't have a pump.

So it's really reliant on our movement and our facial movement to create movement within the lymphatic system so the body can cleanse and manage our immune response and recirculate this fluid.

So what we find often in modern life, there's a lot of things that create stagnation in our lymphatic system. So that's one area that I often unpack. And then I also look at our organs of our elimination and how we can support our organs of elimination, which are liver in our bile, in our colon and our kidneys and our lungs and our skin.

And how do we keep all of these systems healthy and moving? So that whole list of what I just shared that we can be eliminating as fast as kind of our bucket is filling up.

And again, that's just an overview of many things we can rabbit hole in. But that that's really the overview when I see a it's a lifestyle, it's not like you just do a cleanse like once a year.

It's it's really a lifestyle of how do we support our body, what it's naturally inclined to do and how do we reach our bodies if we start having symptoms where we need support.

Yeah. From listening to you, you know, light bulb goes off, which is so there's just, there's threats, there's stuff coming in and we know we're walking around with these innate capacities to get rid of those threats.

But when you listed off the past, the phthalates, everything that we're actually dealing with, the reality is that we as our genetic code are not currently caught up to the environment.

We're not we're now in. Yeah, that's. Right. And so and I know you look at this quite a bit, but essentially it's like you can't take for granted that your detox system is designed for today's context.

It was designed for you to be on a farm 300 years ago. You're trying to pull it back behind the fence. Right, right. Right. So we haven't adapted to this toxicity yet.

Yeah, yeah, yeah. So what do you think genetically where you know, where do people need to focus there? Because we have a lot of thoughts there, obviously, because we do this work.

But I know you have some unique experience in clinics.

Genetics, susceptibility, and detox pathways

It'll be interesting to hear what you'd say there. Yeah, you know, genetic is really it. Genetics are really fascinating to me and I think there's so much to explore.

You know, how I look at, you know, genetics, of course, tests like the one that you guys do, the other DNA company and just these, you know, more and more on the market that really kind of look at the landscape of where you might have more vulnerability.

So I look at it as like a vulnerability or a susceptibility, but often, you know, when you paint the picture of genetic snaps plus toxicants, right, you could not have a genetic snip for a certain like, let's say like gluten, biomass, transferase, but you're full of mycotoxins and you know, metals and that's going to slow that phase two pathway down, right?

So it's this interplay between our environment and our genetic expression. So I'll often do genetic testing and I'll often look at, of course, the obvious ones like MTHTFR and comt and CPS and sulfate and sulfite metabolism.

Also look at, you know, fast food chain and clean and how regenerative the body is and, you know, healing cell membranes and, you know, the nervous system, obviously, phase one, phase two, detoxification is huge.

So those are the ones that I that really stand out. You know, in my practice, some of my patients are really challenged with depression and anxiety and neuropsychiatric symptoms.

So sometimes we'll look at like and the okay and then, you know, serotonin, you know, metabolism and GABA and, you know, all of that can be, you know, really important as well.

So, you know, often we'll see genetic testing, we'll think about key supplementation. And but I'm really I'm very, very much focused on, okay, how do we look at that?

But how do we also optimize and through lymphatic therapies and treatments, therapies and detoxification, we can you can have like the credit, you know, phenotypes and genetics, and we can change that, you know, and that's what's so empowering.

Yeah, that's awesome. Especially, I mean, with your knowledge and skill, you know, actually know what is to turn the people to those changes. So I like what you said that it's a lifestyle.

Yeah. You know, the reality is it's like your car. You don't change the oil once. Right. And that okay done is constant ongoing maintenance and make it part of your habits like a habitual practice that something will catch up with you maybe when someone's coming working with you clinically. I understand you're unwinding this problem.

You're helping them to get better and thrive. How to carry that with them? And like what does this lifestyle look like? What are the actual habits? Yeah, yeah, absolutely.

So there's like so many and I think there's so much knowledge now that is like more mainstream than it ever has then to, like, lead a lifestyle of detoxification.

So one of the things that I kind of have like a checklist, so like I think about like environment because it's very, you know, hard to detoxify when you're in a toxic environment, you know?

And again, we just work with what people are capable of and what their reality is. But if we can improve the

environment that a person is in, so removing and avoiding exposure, right?

So for mold and mycotoxins, identifying that in your home enough, I consider a toxicant at this time. So how do we reduce our exposure? We can we don't live in a bubble or in a Faraday cage.

And, you know, we are, you know, probably adapting to the stress as we evolve. But it is quite stressful for humans. And, you know, I think that it's cumulative exposure over time.

Lifestyle foundations for detox support

And so how do we create breaks or create some lifestyle tips like turning your wife at night after night or not putting your cell phone by your head using speaker?

You know, I'm using I'm I'm connected to Ethernet. And while we're doing this, you know, how can we just limit our exposure over time? And then so we we look at environment that that can be, you know, a large, large conversation.

But I think those two things are like the most important is far as my patients go. And then I look at are there sources of internal to talks to vacation like so in bio regulatory medicine we're trained to look at will recall interference and one interference cell that is so common and so common around women is that this, you know, modern and conventional dental practices, unfortunately, can create a lot of toxicity in the body.

So I always survey my patients. Do you currently have a silver are amalgam fillings in the they're an amalgam of metal. I'm one of the metals obviously being mercury, which is like one of their biggest neurotoxins, you know, on the planet that we have right in your brain that, you know, makes a lot of sense.

Right. And, you know, the conventional community is always said, oh, it's a nerd. It doesn't, you know, off gas. But there's been plenty of research to share another story.

And I've just seen clinically how impactful that can be. So we look at, you know, doing the little survey in the mouth. Do you currently have or have you had?

So metals are you know, again, we can talk about metals in more deeply, but just for the checklist here, often people will be like, Oh, I had my amalgams removed, I'm good.

But just for you to know, like heavy metal detoxification is definitely a marathon, not a sprint. And it's just step one to get your amalgams removed.

And then there's a lot of work to do there, though of course, I'm happy to share more. And then we also look at other areas of toxic location in the mouth, like root canals can often be full of really harmful microbes that congregate over time.

They're not sterilized. Teeth are that teeth harboring bacteria, and those can produce bio toxins, which is another form of, you know, more stress on our detox pathways.

So if you're, like, full of all these environmental toxicants and then you throw bio toxins on top of that, it's just like a it's not a fun party, right?

So we look at root canals, cavitation. So just looking at all of that, I also look at other focal infections that people have, like chronic congestion, like in their tonsils or their sinuses and how that can affect their system.

Another big part of also like getting people prepped for lifestyle and detoxification is looking at scars and how scars can impact the functional index and can create kind of a traffic jam in that area and just make them be more congestion in the tissues in the in the whole body.

So I do that checklist like, hey, let's try to avoid and minimize exposure. Do you have any sources in the body for, you know, a neurotoxin or a bio toxin producing tooth?

Or do you have like areas of disturbance from scars that are going to affect your lymphatic system from draining? And then we think about, okay, how do we live on that system?

So the lymphatic system needs movement. So walking is great rebounding, vibration plates, dry skin brushing hydration is really important. There is also like the glass shards now the stones that you can be stairs.

Also, we have got a device in our company called the Flow Vibe and it's vibration on the body. So it's kind of more like a handheld tool. So there's just different ways on the body and like that you can move your limbs, which is really great.

And then we look at your organs of elimination, right? Are you again hydrated for your kidneys and drinking like a good, clean, filtered water? Like we got to get the fluoride and the aluminum out of the water, you know, good clean filter that can do that.

You can go down the water rabbit hole like I, I love water. I'm like into structured water, deuterium, depleted water, hydrogen water, you know, like that's a whole other conversation.

But at least get a water filter and, you know, have some good minerals and salt, you know, for your kidneys, if you can tolerate that. And then, you know, for liver support, you know, we really want to support bioflow.

And a lot of my patients have congested bile and also a lot of women. Right. Can have congested bile. And if you have trouble with estrogen metabolism and detoxification, that can create a lot of congestion in your biliary ducts.

And so we want to use techniques to support bioflow so that can be different herbs, it can be capsule packs, it can be a number of tools. I'm happy to go in more depth and then we want to keep the bowels moving.

That's really important. You know, the health of the microbiome, the motility of the bowels, breathing, you know, people don't breathe anymore. And so taking moments to, you know, get those deep belly breaths if you meditate or, you know, if you're throughout the day, just, you know, take a moment and breathe, you know, and then, you know, the skin, right?

The skin is really a great way to detoxify, you know, sauna therapy and spend, you know, tested throughout the time I'm getting the body temperature, core temperature where you are sweating.

You know, there are studies and skin out specifically, I believe Finland. And they showed the impact of they looked at a cohort of men who sonnet at least 4 to 5 times a week and they have a culture of that.

So that's easier in that culture. And they reduced Alzheimer's and cardiovascular disease. They saw a decline in that cohort. And so not only the blood flow in the circulation, but the excretion of the toxicants that I described is quite helpful.

So sort of therapy and then you know, in my office will also like do I like ionic foot baths, they actually like work, you know, the dynamics of acids and great way to detoxify I, I think photo bio modulation is also a really great tool between red and infrared light therapy that gets, you know, not only like mitochondria rebooted, but it's good for circulation, which is going to be good for lymphatic flow.

Also, it's great for creating exclusions on water in the body, which actually creates more flow in the body, more energy to do the work and we need to detoxify.

So that's just like a kind of a short checklist. Yeah. Thank you. And I feel like we made a mistake here, and we should have created an entire summit of you doing 15 different projects because there is, like, all these rabbit holes you just lay it out of, like, where do we go?

I know there's so many rabbit holes. And that's where, you know, I love doing these summits because I get to share, you know, what I observe, you know, I'm a practicing physician and I learn from my patients and my patients teach me everything that I share, you know?

And, you know, the the importance of lunatic health. You know, I saw patients do somatic therapies in their life changed. And, you know, you have to start listening of, you know so but yeah, no I always love sharing what I know.

So, you know, I can help anybody in like sharing the time to getting them, you know, better that I feel like, you know, very seldom and that. So for someone that's like sitting at home hearing this for the first time, are there triggers in terms of, okay, they can come get tested, right?

Symptoms of congestion, metals, and mycotoxins

So they'll know what's going on, but is a symptom allergy different for heavy metal versus micro toxin versus lymphatic need is a great question. There's some intersection that I can kind of share, like I can break it down, you know.

So we'll start with one that of congestion. You know, it can be like anything, right? It can be like insomnia, depression, anxiety, allergies, sinus congestion, constipation, cellulitis, pain.

All of that can be lymphatic congestion. People who have high mycotoxins. I see that often and with their an active mold exposure. If they're colonized, they can have a lot of respiratory issues and sinus congestion.

They can also have yeast overgrowth in their gut. They can also have a lot of mass cell activation and they can be very highly sensitive, reactive people who can smell perfume like way and can feel a cell phone.

And, you know, they're just like highly sensitive. They often have estrogen dominance as well. So and a lot of brain fog, you know. So Mycotoxins can, you know, present that heavy metals are interesting.

They're like in the background, weakening the immune system and creating more kind of opportunistic, you know, pathogens. So people who have low white blood cell count can have a high heavy metal load.

Also, neurological symptoms are very predominant with heavy metals. I've had patients with like burning pain that very, you know, gets better only killing them also, you know, just even fibromyalgia type pain that can be heavy metal.

I'm related, you know, since we're talking to women, you know, women need to be very careful, like when they're going through the menopausal transition, we, you know, increase our osteoblasts activity and break down bone.

And if you've been storing a lifetime of lead, you know, in your bone, you can actually start breaking down your bone and getting wet in your bloodstream and then your tissues.

And then you can have this kind of like reverse auto intoxication and and people can feel quite I'm toxic brain fog, you know, just neurologically impaired.

And I've, you know, treated a lot of women who have high blood lead. And it's not from a current exposure. It's from a very past exposure that's getting at least a while.

So it's a lingers. And then that outcome is like it could be pain for years. And then and then the reverse of that, which is, okay, now they're working with you or somebody and they're eliminating that stuff.

How resilient is the body? Okay, I've been dealing with lighter metals for 20 years. What? They didn't realize. I feel horrible. Yeah. I come to you and everything gets cleaned up and put away.

Am I bouncing back? Does it take some time to feel good or. Yeah, it takes time, right? So it takes time. So, you know, we're always searching like how can we make that, you know, more elegant for people, like how to how can we shorten this time?

I mean, there is definitely like, you know, healing is nonlinear in many ways, but I see a trend often in my patients like, you know, up and down while you're kind of going, you know, upright.

And so, you know, detoxification is along those lines. And I think, you know, what I observe and kind of what I sit with and I, you know, I wish, you know, we have like hundreds of millions of dollars to do research and all of this.

But no, we don't at this point. But, hey, you know, one day we might you know, we we look at we like do a heavy metal steps, right? And we say, like, okay, there's a lot of lead or mercury in that person.

And we think, okay, we have this line and we're just going to go whittle away, wait this line, and then they're done. But metals come out in waves, right?

And so that's just like a snapshot of, you know, the day when we, you know, do provocation tests, collect the urine and, you know, see what's coming out.

But the metals that are hard to come out are often in the heart or the brain or in the, you know, fatty tissues or in the fat, you know, that. Take time.

Something I want to caution just again, like spider webbing. But I, you know, I want to share with people if you lose weight fast and then become symptomatic, it's often a release of toxicants too quick, like too quickly in your system without enough support.

I've seen that so many times where people have a great weight loss, which we're all happy about, but, you know, we store toxicants in our fatty tissue.

And so if you're mobilizing that and not having a key to a way to eliminate that, you can have, you know, redistribution and, you know, you can have symptoms.

So so, yeah, this can take time. You know, with like mycotoxins, you know, we're always supporting the liver, the bile we use a lot of binders. Squatting is quite helpful.

The foot baths, colonics, coffee enemas with heavy metals, all of that. In the backdrop, we will do evacuation when it's warranted to sometimes to bulk the body.

There's also oral accumulation, high dose melatonin, surprisingly, is really a wild, you know, way to detox the brain and the central nervous system. And that's the hardest place to get metals and toxicants out.

So we've seen really cool things. Again, do that with the doctor because you don't want to have any indications for that or you want to also have the support.

So that's another way. And then I guess two other thoughts on that. One is, you know, getting people to sleep naturally helps their lymphatic system to detoxify better.

So that's going to piggyback on whatever we do to get metals out of it or other toxins out of the brain. And then we're you know, we're always searching for better, wiser tools to detoxify the body.

Recovery timelines and advanced detox therapies

And there's two strategies that are like kind of cutting edge. One is called IBU Therapy, and that stands for Extracorporeal oxygenation in isolation.

We have a unit in my office and it's been so fun to use and it has one access and one vein and then it goes through a filter and then you get ozone. Why that?

And then it goes back to your other vein. And when we do the training, you know, it's like a lot of ozone. If you're familiar with major auto heater monotherapy or EVP.

Hi, it's like 30 either is like one treatment and then we have this filter and we began don't have the knowledge to study, but you can see what's coming out of people's blood.

It's all different instances of foam. It can be different colors. And I want to get, you know, some research behind this to see what's coming out, because the people who sell the equipment are like, oh, the filter, that's nothing, you know, but it's all about the ozone.

But I think the filter is actually quite impactful. See, inflammation, labs change and all sorts of cool things. I might have some patients who demonstrated mycotoxins go down with these tests. So, so that's like a really exciting treatment.

It's called IBU. You can Google that and see if anybody locally has that and then it's only available in Europe at this point. There is a really brilliant doctor, Dr. Straub.

He was he's in Germany and he created a machine and apheresis machine that they now sell and it's called anus freezes and it's using different filters.

So it's the same idea, but it's going to be these different filters and they're very much they don't do ozone. It's just all these they're like three different filters, I believe the blood goes through.

And then they have this blue water bag of what comes out of the blood and they measure it and they they say, like, you're full of aluminum and glyphosate, Visine and Mycotoxins and all of this junk, but now it's inside of you.

So you also I have some patients who are blessed enough to be able to go over to Europe and do these treatments. And I really feel like, honestly, that's the future.

If we can get some type of blood filtration technology. Sounds like it should be mandatory. Like that's like. Yeah, I feel like if we can get that on like every alternative clinic, like, yeah, every, you know, kind of like alternative clinic.

I think that can help us with like the long COVID issues to the toxicant issues. And I think that, you know, there's so much exciting opportunity there.

Again, I believe in the power of the body and the resilience of the body and all the great work that tasking does and all these technologies and tools that I shared.

But this one is really, I think, leading edge, especially if you have a chronic condition. It sounds incredible. That's like that sounds like a functional medicine dream.

Take my word, filter it and put it back. I know. And the blood. Like in the EPA, the blood is different color. Thank you. Have your blood, like, kind of like purple.

And then it gets this, like, high amount of oxygen. What those and it's like bright red and you can see like the blood is like beer, you know, going into your body.

And you mentioned long COVID. Are you finding that? Obviously, we're seeing that a lot of people, the spike protein and various aspects of all of what we went through are causing crazy inflammation.

Yeah. So is there a whole other set of learning you've had to do or is it more like taking armor and applying it to this problem? Yeah, you know, a little bit of both, right?

You know, so I'm really grateful I had this kind of knowledge base. I treat a lot of Lyme and co-infections and like chronic infections. So a lot of these have also been considered, you know, over time, like Post-Infection syndromes.

And I feel like we had that framework and understanding. So when long COVID came, like we're like, oh yeah, of course it's going to happen. You know what I mean? We were surprised.

So but what we've had to do with long COVID, it's it's interesting. So there's a couple like categories that I really focus on for people. One is like the toxicity from the spike protein.

There's many papers talking about, you know, how toxic it is to the vascular system and the immune system. And I've used ivermectin, you know, for that.

That can help. And then there is you know, we look at D-Dimer fibrinogen, you know, all the vascular inflammatory markers in the blood. And so if you have long COVID and you haven't done that because often the blood gets stickier and thicker and, you know, on top of like modern life already did that. Right.

And then there's a part of the blood vessel called the endothelial glycol, Calyx, and that can become damaged by spike protein. So that can affect nitric oxide.

So if you have sludgy thick blood in a inflamed tube, you know, that can, you know, impact many systems in your body and also your lymphatic system, too.

So we we test all that. So I put people on like a lot of enzymes and things to get the blood moving ozone can be very helpful. Obviously we look at the mitochondria and you know, I've used lots of tools for many data methylene blue, the coke you tend to you know all the things and you know, that's where snips can also help you to look at, you know, what people need.

And then, you know, a big part of long COVID is not only like the fatigue and the vascular inflammation, but how it's latent infections flare. So if you don't know you have been exposed to Epstein-Barr before or like co-infections, all of a sudden that's on masks because of how the immune system shifts.

And so we I use like a lot of peptides and a lot of our goal therapies and sometimes even medications to help people unwind their immune system. But, you know, I have like one or two patients who've really taught me a lot because they're those patients who've had long COVID.

They've gotten COVID like four or five times, you know, like they're just like the they they teach me, you know, a lot. So there is there's something about all of the things I've shared in some patients too, really.

Well, with hyperbaric oxygen like that, oxygenating the blood and the blood in the body, in the brain can also be quite helpful. So your I mean, your arsenal, it just keeps going and going and going.

Yeah, it's like overwhelming. Where do you start? But but I guess what it is, is that you can see with precision what exactly is going on. That's why you need all these tools.

Yeah, well, yeah, yeah. You know, and again, I'm really grateful. My patients often go and try a lot of things. So by the time they come to see me, they've tried a lot of things.

So I have to be very resourceful in my, you know, ability to think outside the box and get them better and so that's really what's guided me. And, you know, of course, things like pattern recognition and there is, you know, definitely similarities among my patients.

And, you know, if you're a good listener, you can tend to tune in to what patients need. But I not only rely on, you know, all the blood work that we can do and all the specialty labs and slumps in genetic testing, all the things that we can do.

Long COVID, inflammation, and immune support

But I often rely too on bio energetics, and I think that's an emerging field, looking at the biophysics of the body and how physics is part of the regulation for our chemistry.

Right. And if we can look a little bit upstream, we can get more information. And I have I have a couple of by resonance devices and I also muscle tests that help me to prioritize with my patients.

And again, they're probably working on many different levels to help me, but they're just part of my process to kind of get more in tune with that person and also prioritize what the patient needs.

So those bio resonance devices, are you referring to something that like emits a certain frequency or what? Yeah, there are different technologies. Those like non-AO scans and different technologies that use the principles of resonance and they a couple like one has like a voice technology where you actually talk to that, a cloud based system on the computer and it, you know, has a way of looking at where there are disturbances and different field interactions.

It's really in the body field or the body. And then AO scans is looking at resonant frequencies. So I'm looking out like there this optimal range of like healthy liver.

Sounds like we have you know, we emit frequency, right? We emit electromagnetic information, bio photonic information, probably much more than we realize and are able to observe.

So there are brilliant people. I don't pretend to understand how the technology exactly works, but I understand the principles of what we're measuring.

Right? And so the A0 scan looks at these ranges of like, okay, this is a healthy liver, this is a healthy nervous system, this is a frequency of this imbalance.

And then it scans the body and then gives the body information and the friend hears resonant frequency information, you know, do you balanced with that?

And then the the things that stand out after that information has been inputted. And that's the stuff that we really focus on. And so the the combination I found of mass and scan kind of help my brain when I go to the, you know, my massage table over there, you know, and have people lay down on the table and muscle tells them that I have, you know, when you muscle test, you only are muscle to see what you know.

Right. And so you have to have a knowledge base and have to have, you know, the computer of your brain to, you know, evaluate, right. What you're perceiving.

So that just helps me and I've learned to trust it because it leads me in the right direction, you know? So nothing is perfect. Nothing is 100%. But it is definitely more helpful than guessing.

It's very cool. So it's like we went through this whirlwind tour of Sorry, it's awesome. And then we started looking at some things we've heard about girls drain our lymph systems. I'll get through an hour.

We're biohacking and yeah, the future of medicine, which is awesome. And you're already using this stuff in practice. So in that world, you know, when you think of the bio hacker, you picture this like 25 year old tech millionaire.

Yeah. So and in women, it's a very cold and masculine space. Yeah, right. I agree. Yeah. Yeah. And but women need more support than men right now, more than ever, because of all the hormonal disruption and all that's going on in women.

So I just feel like it's awesome that you make this, it's very welcoming and open and you yourself are doing it. So

how do women start doing this stuff?

Because it's not a female centric world. Yeah, no. Thank you for saying that and honoring that. And I have a group of really dear friends and colleagues and, you know, we talk about that and, you know, there's a time and you mentioned the future of medicine, and I think it's the combining in biophysics and biochemistry.

But I also it's like leaning in to the divine feminine nature of healing. Right. And not into the very masculine conversation of fixing things right. And I, I think for women, you know, many women can relate to the energy and emotion that we feel, whether you're a mother or you have a partner or you're, you know, whatever kind of scenario you are in life.

You know, women are, I think, wired to connect and feel from their heart. And even though sometimes society, you know, and life events can take us away from that.

But when you really study what I just shared, really, we're the strongest frequency generators, humans, right. And the heart is, you know, the great conductor of our field and of the way that we can really organize our brain and organize our body and really live in a state of coherence and harmony and health, you know?

And so what I would suggest, if you're like, okay, how do I make sense of any of this? I would say that if you don't have a meditation practice already, you know, really giving yourself the gift of even like 10 minutes a morning or 10 minutes a night and getting quiet and focusing on your breath and really getting it out of space, of going through, you know, these states of gratitude, love, appreciation and sitting with that.

Right.

Biofield tools, feminine health, and daily routine

And that is like hygiene for our field, you know, because we have a bio field and I talked about that. We have a bio field that we have an electromagnetic field that we generate really stems from our heart, you know, our heart, basically.

And it's the strongest electromagnetic field. And our heart actually informs brain. And we have more on a physical level information going from our heart to our brain than a brain to our heart is wild.

It's beautiful. So I think, know, maybe some women can connect out there with these principles and, you know, give yourself the gift of time and that the gift of peace and the gifts of gratitude and really make that part of the hygiene just as much as like going to the sauna or, you know, working on your limbs.

It's important. And it sounds kind of like a little too optimistic and almost too simplistic. But I've seen a vaccine in research and and seen I've seen how that can change people, you know, and change your physiology.

So I don't think that's a small part of the equation. I think it's it's a bigger one than we realize. Well. One last thought from you, if you don't mind.

Yeah. So I know you're you're very busy healing people all day, all night. You probably even in your face sometimes. Yeah. I like all of those, right? Yeah.

So what I'm wondering is, what does your routine look like? What are you doing for yourself? Thank you for asking. Yeah, you know, I. I try to walk me like, you know, I'm not perfect, but, you know, I wake up and I meditate, so I'll do either, like a dispense a meditation or I have the brain type or I have this neuro visor that is really cool that is led light and sound, and that creates a whole interesting, you know, experience.

So I'll do that. And then I always exercise and I have a four year old, right? So she'll wake up whenever she wakes up and I just, you know, bring her part of the mind, my experience.

And she goes, Mommy meditates in the morning and I try to ask her what she's grateful for. And but I make that time for myself. And, you know, I do all the things like I have my structured, filtered hydrogen water tank, you know, with my electrolytes I have this is just like my best friend and recreation, you know, for my lymph, I you know, I have wonderful people in my office who will work on me.

I try to get to acupuncture once a week. I'll go in and out of I intermittent tasks, but I, I'm not out faster yet, you know, like I don't do the 24, 48 hours.

I've had some work that I've had to do with my endocrine system and my adrenal. So it feels like a little too much. But intermittent fasting is good. I've gone in and out of I'm more of the ketogenic diet and I do feel good from that.

But I, I don't stay in that. I'll rotate, you know, I'll, I'll try to, you know, switch it up and then, you know, now that I'm ibu I've been getting it too every now and then, you know, that's been fun.

Yeah. It feels like it takes a layer off and so, so yeah I try to anything that I'm sharing, I try to explore within my own body as well. It's very cool.

I feel like I've been through a detox process recently and like, I lost a few pounds. Yeah, I know. You look lighter. Yeah, yeah, yeah. So anyways, this awesome.

And like I said, like, we can just keep going because there's so many things that we opened that we didn't even get into. But maybe go around to. We probably have more to talk about.

Yeah. Yeah. So thank you for joining this was awesome eye opening in exactly what people needed to hear. I don't. So we keep talking about working with patients.

Can people reach out to you if they want to work with? Yeah, I have a clinic in Seattle and YouTube telemedicine as well I have a bunch of license in other states and my clinic is called Eminence Health, which means the divine within.

So you can find this there and we'd love to help you also. Thank you so much. This is amazing. Thank you so much for having me.