Spiritual and Emotional Growth through Generational Connection: Bella's Story Transcript

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Opening and Podcast Introductions

Yeah. So like two years ago, I just started writing. Just journaling. Who am I? Like, what led me here? What is my my love language? What do I want? And I realized the inner girl inside me didn't really feel beautiful at the time.

So when I hear Bella now, like she was saying, like it activates that new program. Beautiful. Like I am a new inspired. Welcome to Doctor Talks, the podcast where every episode leads to a healthier you.

Join us as we navigate the world of optimal health, uncovering groundbreaking strategies to conquer chronic disease. In each episode, we'll bring you the latest insights from leading health experts, medical innovators, and wellness warriors.

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This is Doctor Talks, real talk from real doctors on the issues that matter to you most. Welcome to the Two Queries M. D. podcast. I'm Doctor Ali Smith and together with Doctor Soraya Aman, we are asking the unasked questions.

We are physicians applying the lens of narrative medicine, exploring innovative practices in psychedelic treatments in healthcare. And together with our guest and today's guest is Bela Viviano.

Bela's Name Change and Spiritual Awakening

We weave new learnings from stories, expertise and the sciences. And with the wisdom from holistic and alternative and conventional medicine. We are here to challenge the status quo.

So what are you curious about? And, we'll be talking with Bela today about her story in holistic healing and what brought her to that path. And if you're ready, let's dive in.

Let's dive in. Welcome, Bela, to the To curious MDS podcast. Thank you for having me. I appreciate you guys so much. Thank you. We've already kind of, checked in, and.

But I want to just tell our audience that Bela is coming to us from, O'Fallon, Missouri. And we're both coming to you from Sacramento and Los Angeles.

So this is truly a kind of, beautiful event that that we're, having. And, Angela or Bela and we'll discuss that, shift from one to the other. Is a public empowerment speaker and life mastery coach at.

She heals the world to inspire humanity. And, Bela, just in the few minutes that we've had to connect with each other, I truly do feel inspired and, ready to dive into just the story and how you're bringing everything that you've learned to help people to illuminate the world.

And to really, hold so much that goes all the way from the basics of biology and the amino acids and the heart energy and the spread of love. And then going into the nutrition, I mean, just this ability to hold so much as a holistic healer, right?

And I just love that we get to approach this from all the different ways that we have learned, and that we can find so many commonalities and connections and really weave together, just as beautiful web and continue to just hold each other.

So it's just beautiful to be here with you. Thank you so much for being here. Thank you as well. So as we dive in, I'd like to ask you about your name.

Bella, as you said, Angela and Viviana, you said, spoke a little bit about choosing your name and and how that came to be. Yeah. So, my legal name, my parents gave me Angela.

But at about, a couple of years ago, I went through a heartbreak and and through that heartbreak, I really wanted to protect that inner girl, Angela. And so I lost 60 pounds, and I actually felt a higher calling where my higher power God was selecting me to call myself Bella.

And when I go out to go out into the world and say, Bella, it's basically trying to be mindful of protecting all souls, all lives. And that's why I picked a different name, because when I was, when I went by Angela, to me, that's more like a I need to protect Angela.

So a lot of people know my formal self and my former self, I, I more I didn't know how much how the world can be and sometimes the world can place us under a lot of trauma and a lot of disasters that we were talking about.

And we don't always know how to process those emotions. So when I say, started going more on the spiritual path, I made a commitment to my higher self.

So Bella's more like my higher self that I am going to protect all lives. And it led me on to not only just like, not only just like I am, that's Sophie, so Sophia Z.

So her name is Sophia, and Sophia actually means wisdom and I picked it because I.

Healing Through Journaling and Inner Reprogramming

I feel like we can never get enough wisdom and, and you know, also I always say, like when I chose the name Bella was when I started really seeking to God, and I was like, I need to protect my Holy Spirit because there is so much animosity in this world.

And when there's animosity and we feel abandoned, that it can lead us into despair. And I went through a lot of, depression over the years, and it taught me to be calm and overcomer and never allow anybody to take advantage of me anymore.

And then I started connecting with other fundamental health doctors, because my family was in a lot of pain, and it just seemed like when they were going to different doctors that they could not find the solution to their pain.

And I wanted to be able to offer them some type of relief. So I started studying into like different breathing techniques, and then I started getting like offering all these, influencing roles with a marking and studying about the microbiome with the gut.

And then, like, I was also a testimony because I wasn't just sitting here telling you how to do it, like I was actually putting in the work myself. And I have the before and after where I lost 60 pounds and I targeted the gut.

And then, you know, my my dad had a five heart heart way bypass surgery. And it was like it almost like to me, it's not just like living through the motions.

This is life or death to me. And that's like how I view life, and that's how I just I really wish humanity would focus on that. You know, just like you said, the cellular level, our biology, like we're automatically adapting to the environment that we're around or the people that we're around.

And so it's I'm sorry, I just can't keep going. But really, I think what I'd like to say is your calling, your first calling was of your spirituality, right?

Of your spiritual access. Protecting that Angela. Bella seems to be another persona of really strength and and access to, you know, a greater view or, you know, and protecting, not just even for yourself, but even bringing in elements of your life and your family and all the people that are important to you and that connection.

You know, I just love the way that how you described it, you know, first it came from this pain. But then reaching out to source, whatever source that is for anyone.

But it gave you it definitely sounds like it gave you a path of confidence. And to access the information and resources that we're surrounded by. And that's there, that's present, you know, the holistic, element of of healing, which does go down to that cellular level.

I mean, we talk about this in in trauma, and trauma has an impact on cellular at the cellular level. Your body needs to remember sometimes the impact of that trauma has on the body because it's a it needs to recognize it just like it does when you get a virus or an antibody.

You know, if you get a virus, which is the trauma, it attacks your body. And in order for your body to protect itself, it has to do have to be able to respond to it.

And if it if it comes again. And so that makes a memory, and that memory is again a way to protect it. And it has an impact. And then over time when that process becomes too much of a one way response, recognizing that now, you know, how do you heal from that scar or that wound and recognizing that your body has ability to do that as well?

Right. And yes, to respond in, in a self-directed way. So I love how you you bring that in. Tell us more about, you know, your your work. You mentioned the 60 pound weight loss, working on your gut, and what you learned about yourself in that experience.

And right before you do that, I do want to note one piece of flagged is the, what's really bubbling up for me is that the word Bella unlocks this place in yourself.

Yeah. It's like a technology key, right? It's like a key to your own energetics. You're like, oh, okay. We have this other way of being. It's the default.

We become that way because of a certain pattern that we were adopted to. But here's a different pattern. And we know how to activate that. And Bella, just one word can just activate an entire system in your body where you're like, oh, the energy is going to flow in that direction.

Now let's do. And it's really you befriending your body instead of fighting it instead of suppressing it. And then I love how you even said like the trauma is leaving an imprint, but if we listen to it and if we give it what it needs and what it what it's asking for, then it responds back in turn and you can trust that place.

Like with our until it intelligence and our understanding, we can really get down to that place and really take care of what's there. Yeah. Is that intergenerational?

Is that what is that? Is that grief? Is that, you know, trauma? Is that a story that's just like kind of a broken story, never got to be told. So let's tell the whole story right?

There's like, there's a whole story that never got to be told. I love that idea, of how narrative, you know, writing that story out of your body. Really let's.

It is just so Bella is kind of just like, just the button we push to get to. That's an intricacy that's in there. And I love that. Thank you, thank you.

Yeah. And again, in narrative it's like, how did you get to Bella. Right. And then what what what is who is Bella. You know the story of Bella. Yeah. So it's funny that we're talking about the narrative and the new name change and all

of that.

Yeah. So like two years ago I just started writing. Just journaling. Who am I like, what led me here? What is my my love language? What do I want? And I realized that inner girl inside me didn't really feel beautiful at the time.

So when I hear Bella now, like she was saying, like it activates that new program beautiful. Like I am a new inspired, and emotional, intelligent woman that doesn't lash out anymore, doesn't suppress it, but is more like assertive about what I want and who I want to help in this world.

Trauma, Family Healing, and Ancestral Connection

And so when I started journaling, ladies, I will tell you I have like 800 pages now because I just started pouring all of it out. And I realized that like first it was like, okay, I need to just heal this inner girl inside me so I can attract better.

I want to attract more like, like minded people and I knew that the more that I insulated my spirit and I was able to get more wisdom, because wisdom is really what inspired me to lose all this weight.

I would pray every day and I, I like tapping into like a higher realm and divinity. And I started doing this shamanic healing. And I like these ritual cord cutting and recreating these new contracts.

And I didn't even realize it was like these karmic agreements that I kept, like retracting of same type of partnerships. And I'm like, I want to change.

And because I want to give hope to my family. So when I started, you know, doing that, I started attracting better partnerships and then, just started growing like crazy with telehealth and life coaching.

And then it also led me to a justice path with our, you know, with our government officials, because I started feeling very, like, godly, confident, I guess, like, I was like, nobody can tell me no, like, we gotta fight for what's right.

And and so like, there was I saw so much injustice in my neighborhood. And so I started speaking up about my neighborhood of like, how my neighbors and I, we were being mistreated.

I took it to, you know, the local authorities. And then I took it to the city officials, and I took it to the state officials and, and went to the U. S.

Department of Justice. And then I went to an international level. And then I was just trying to be like, you know, no justice, no peace, because we all have to if we learn how to process our thoughts and calm down our emotional regulations and know that everything that we need is inside of us, that we can like literally heal our own bodies.

If we if we really focus on helping ourselves one another and I just, I, I'm really passionate about giving people a voice because I know what it felt like to not have a voice.

I was, I actually went to an event with, I call her my spiritual warrior. She's my best friend. I've been friends with her for 12 years, and we're just praising God last night, and I'm just singing and all of a sudden I could.

Because I start, like, imagining. Because I'm going to go to the Missouri Capitol on Tuesday and I am going to it's called Empower Missouri, and we're going to discuss about different bills of addressing poverty.

And, affordability for housing. And so it's like like what I'm saying, it didn't even just work. It just like led me on to this whole I'm like, change your life, inspire the world.

That's how it all like, went. And, I know I'm it was just this is what Bella is calling into. Your life is power and empowerment of yourself. And once you empower yourself, like the word empower, right?

Like it's like a light bulb going on and it just can't help but shine into the dark places, right? Because the light is the only thing can shine in the dark places.

So you're just taking that light right into where they need it, where it's like, you know, the color, the injustice. It's like, are you all seeing? What I'm seeing is I don't think we're we're talking the same language right now.

So, I mean, we all have this ability. We all deserve to be taken care of in a certain level of just humanity. Right. And when you see it cross the line into inhumanity, you have to speak.

Otherwise that power within the flow, right? It needs to have justice to flow towards I love that, I love that I have to bring in that this weekend. February 21st is International Mother Language Day, which like binds kind of our two cultures together in like, you know, some really hard times.

You know, it's like, you know, one of the things that Aliya and I really kind of haven't even spoken about, but I think as spiritual sisters, as you said, we already have an agreement on is that we've learned a lot about, trauma in the South Asian continent just from the the kind of breakdown of families and relationships and culture and trust and history and just like all of that.

Right? I mean, and we can we can do two things with that. We can either walk around and we have to mourn it. You know, we have to market. We have to remember it's important, but we also have to move on from that.

And how do we heal from that and what needs to heal. And there's just such a deep level of healing that then becomes available. So I think that's, you know, and honoring our ancestors.

I mean, what's shining through, right, is really like the work that our ancestors have done that we get to carry and you get to tap into that too, with, you know, our higher selves are really that.

Yeah. In Inner Medicine, you also talk about the the Hero's journey, right? And the style of, how that is written. The story is written whether that's written as a restitution narrative or if it's a meaning.

You were this one person, something happened to you and you know, you got cancer or you got, you know, and then you you heal from cancer and you go back to who you were, right?

Which is the restitution. Then, you know, there's this chaos narrative where, you know, no, everything's fine. Something happens, and then everything goes to chaos. Right?

And the story is chaotic, and, and, you know, how does the hero work through that chaos effect of that that event has on on the system or on their own?

They're like the the story. And then comes the, the, the quest narrative, which is where I think your story lies, is in that quest of seeking, you know, something traumatic happening.

And what emerges through that, and how you're not going to be the same. You're going to be something else. And, and it's it's it remains a quest and the story goes on.

And, and yet what emerges is something even more beautiful, right? Which is Bella, you know, and, and Bella's story, which is so it's so many, so many people.

Story two that you can people can connect with and and visualize and and you embody that that story for, for a lot of people and speaking to that, not just even for your family, but for your community.

And I think that's kind of the the beauty of storytelling and narrative has in healing is, is recognizing, you know, that aspect of the hero, the arc of that growth and, and where one is in that and of course, it's always a, a fluid, a fluid changes.

And yeah. So, you know, your story has a lot of that power, in it. So what was it like for you then? In spring I'm going to bring a few concepts together.

Yeah. So you say a lot, and I have to interpret each one of you guys. I love your spirits. Like I can see. I'm just sorry. I just have to say, I love you guys. So.

I love you, too. This is just so beautiful. Because what I'm feeling, you know, as you're talking about, Aliya, you know, the hero's journey. Let's talk about that. Right?

Like we're even getting to ask that question of, like, what's the need to be a hero in this world in this time? And even this idea that our souls chose to be here, right.

Like, you really get to connect with this, but this really deep notion is like, we get to be here right now, and that is a complex place, just like it always has been and always will be.

And how we engage with it is really how we change it, in essence, right, if we're going to be here for any purpose. And so you're always brought back to reality.

We're always brought back to a what does this really mean? Okay, I found this, I found breathwork, I found this this connection to a deeper self. What does that really mean?

You know, you're responding to that. And that is what the story always demands is like it always asks a question. Well, now you know, this. Okay, so this is real.

Resonance, Narrative Medicine, and Psychedelic Healing

What are you going to do with it? What are you going to do about it? Right. And I think that's where the quest really becomes like an inner quest that then, you know, is also like, the I love with this word, you say where you live into a story, right?

Like so you've now created the boundaries of this story and you're feeling into it. You're living into it. You're like, oh, every single day. It's like, how can I push here? How can I push there?

Oh, there's more here that, I didn't even recognize in myself. And it really is like self-discovery, right? Like when you're writing your journal and you've got those 800 pages and you can see the patterns inside yourself, you can be like, wow, okay.

For the last six months, I've been stuck in this one pattern. What is going on? Let's figure this out. Why is this happening? You know, and once you figure out that pattern, you can make that little bit of a change.

And that's a switch, you know, and to a different place. You're like, okay, I can now deal with a different part of the story. All right. I can move on. So yeah. Yeah.

So there's a lot of inner work here that we can appreciate. Yeah. When we're able to identify the patterns and reprograming going down to our daily habits and our, our lifestyles and just, you know, I started catching my thoughts more about a couple of years ago.

I'm like, where are these thoughts coming from? And I'm like, they're not even my thoughts. And when I started, like unplugging all of it and I'm like, oh my gosh, it was because my aunt or my mom or something that was said like, yeah, a couple weeks ago.

It's lingering in my brain and it's I actually, in a way, can be paralyzed if we don't know how to rise above those thoughts and knowing how to, we have to release, one way or another.

And so like, and I also want to bring up like so last year, right before the day before Thanksgiving, my grandma,

she had an unexpected death. And we all had to visit her in the hospital and stuff.

And, and while she was hooked up, she could still hear us, you know, like, sometimes I can still hear you. And I was telling her about all the unfair circumstances that was going on in my neighborhood, and, and our heartbeat started going like crazy.

I said, grandma, don't worry about me. I'm a warrior. I'm a warrior. And then, right before she passed away, I. I performed a little bit a hit hypnotherapy with her for her to connect with her mother right before she passed.

And you know, her faith. That night, she went into septic shock, and she passed away. And to me, it was the first time I ever saw her not have worry anymore.

Her face just relaxed. And to me, it gave me this closure that I desperately wanted with my grandmother. So like. Like how we're bringing up ancestors and everything.

And that's really why I'm passionate. Because like, when you feel your ancestors inside of you, like, I could go on and on. I'm like, I've done a lot of just a lot of kind of like cleaning healings.

I really started going all over the place. But I really, I just feel like the spiritual realm can be so enlightening. If we're with having an open mind of knowing, like we can really heal our bodies through, like carrying drums or, you know, and so I was doing some shamanic healing and she was like walking me through it.

And she was like, think about somebody that like some one in your family that you still need healing from. And so I thought of my grandmother and how I needed healing from that.

And she was like, and now pretend that you are giving her a gift and that you are watching her float away on a ship with the guardian angel. And she was like, now you can open your eyes.

And when I open my eyes on the on my work screen, I saw my grandmother's last name and I started get like so many chills where I'm like, people are like, why are you just so passionate about this stuff?

Like, just start, you know, just they don't understand because, you know, a lot of people are we're in this generational conditioning all of these years.

So when you start going down like a different spiritual path or a holistic path or a justice path, you're going to get that resistance because you're doing something from your generation that they've never seen before.

Your ancestors or your family's never seen. And I'm like, I'm like, I'm doing this for my grandma cause I feel like my grandma is with me. You know? Yeah, it's just kind of when you it's like deeper, you know, it's just like.

And when you know that you're protected, like, divinely protected and guarded and. And when I'm even, like, connecting with women like you, it's just it does something.

And to the universe and to the magnetic field more than what we even know. Like right now we're thinking we're just doing a podcast, we're just talking.

But now I feel, I honestly feel like somehow it taps and deeper into the universe. And next thing you know, tomorrow we're probably gonna be hearing about you'll be hearing Bella, or we'll be hearing about, you know, just it's just weird how the world really sends us messages like that.

And it's the intentionality and it's the quality. You know what it is that that is being sent out. And I feel this bubbling up, this idea that it's a combination of love and intelligence, you know, it's like you're tapping into both and then, yes, we recognize it's happening is when there's a resonance, when there's an amplification, when there's, somebody reflecting back to you and then you can trust it.

You're like, wait a second, this sounds better. Like, you know, when you hear something that really taps into your soul, you connect with it, you're like, oh, what is that?

Let me let me tap that. And that may not be anything from your own culture. It may not be anything from your own, you know, history. But seeing in the realm in, in the field that you're in is connecting with you.

And that is it gets ancestral. And you may look like this form right now, but there are other forms of you that are, you know, from previous ancestors, right?

Like our ancestors go back to Africa like we have, you know, like different parts of ourselves that are always here, that you just kind of like unpeel and, you know, like it's like a tree, like we're just kind of going all the way down to the the inner circle of what built this tree.

And that has a different element to it. It has a different force and different kind of, material being. And you can tap into that. But I'm also going to bring up a point here of what you said, Simeon resonance.

What what is resonance? Resonance is a sound vibration, right? A vibration it starts with one frequency. Say, you know, and something nearby. It also picks up that frequency.

But initially there's a little bit of, you know, there's a little bit dysregulation. Is that resistance. Right. That you describe like in the family and people seeing this path, but eventually it tries to resonate together.

And then that has again that vibratory pattern is and they're not even touching, you know, this this resonance could be somewhere downstream somewhere else.

And it's also picking up that resonance when it's sensitized to it, when it knows it's there. And how these this, this is the community of of story. Right. Story has resonance.

It has a resonance factor. It connects people of all from all parts of this world, in this planet, and someday in the universe, you know, as we'll see.

Think about it. Yeah. You think about each story having its own resonance, right? It's like it has the field that it's creating and it's connecting with other fields that are similarly on that same healing frequency and creating it in their own worlds.

And I feel like we see this in psychedelic medicine, right? When one person starts to heal within the system of relationships, like, you know, as you started to heal in your mind and body and spirit and soul kind of just like all came together, that sends out a healing frequency.

And then you hear the resonances your body does and you're like, wait, I'm not alone.

Grandmother's Passing and Closing Reflections

There's there's more here that I can connect with. And that on a spiritual level, that's your warrior self. That's those myths. Those are those ancestors.

Those are those kind of like energies that then arrive. Because now you're, you're connected into a larger field. And if in a nutshell, if you want to know what psychedelic medicine is, it's what you've been doing, you know, you've been doing it with with the, you know, we have the ability to induce these chemicals in our brain.

Yeah. Yeah. The ability to do it through breath, through movement, through nature, through words, through imagery, mantra, music, movement, you name it. Right?

Like even even the shamanic practice that you described, that hypnotherapy, that connection you made with your grandmother at her bedside was a resonance moment.

I would call that, you know, a resonance moment where she connected with you spiritually. You were able to see it on her heartbeat. You know, she you recognized she you connected.

And as she even passed, you know, giving her that connection to her mother was a resonance moment where she was able to release and let go into the next realm of her, her spirit, her her energy.

It's something that you shared was a very powerful moment. And thank you for doing that, because it really brings in to light that that pivotal point, I would call it, you know, where you're able to demonstrate, not even for your grandmother, but for the your entire community, something that's deeply, spiritually felt that we think is singular.

We think it's a singular effect, but it's not. It is the it is when once we have that spiritual feeling, that mystical, we know that we're not alone. Right?

And in every realm of this, this spiritual connection is there and that it's that mystical experience of the wow, the all right of and there's so many levels again, of, of that spiritual experience.

But that really was a deeply spiritual, pivotal experience you describe. And I love I invite you to write more about that or share that next story with us.

Absolutely. Please. That that and I love how you, when you're describing that spiritual moment of just remember that all your cells are feeling it, that you're not just feeling it in your mind.

It's not just a thought you had, but literally in that moment when your grandmother passed and she connected to that, that, you know, all three of your souls were connected and resonating.

And what to heal is like, it's it's bidirectional, you know, it is bi directional. There is healing going in. And because you saw that piece that appeared on her on her cellular level as soon as that happened, you just saw her body become peaceful and allow itself right to to just pass, to flow through you.

Yeah. And complete and and feel complete in her journey here because she was the anchor between the two realms. So while to feel like you're an anchor between two realms.

Right. This is deeply like powerful place to know at the end of your life. Like, yeah, I did, I did well, yeah. Well, thank you for sharing your story, your narrative in your healing, and in the empowerment that you exhibit in the work that you're doing.

And really moving it forward, I would say we really appreciate you being here, sharing your story with us. And to a larger audience, I think these are deeply personal stories, but they they matter so much.

They matter to you. They matter to your family, but they matter so much to so many. And I hope that, the listeners of our audience can also, resonate, and also connect in that way as well, I believe.

Yeah, I believe we should end with the word because I'm reminded that, it's the body that we live in, but then the word that activates it, right? And just like Bella activates, when she activates, what would you like to leave us with?

You know, what are you calling in to your life? What would you like our listeners to really just, resonate with right now, in this moment, as you're finding yourself sharing your story?

And, you know, it is such a kind of, I think, an inspiring moment, too. Because when you share your story, you give it power and you move it along and it gets shared and gets listened to.

So I feel like, this podcasting format really gives us this really powerful human to human voice to a voice connection and to really you said you sing maybe, maybe that would be something, whatever is coming to you as there's something in offering that you would like to share into the world look like that.

Yeah. So I, I would like to close it off of saying that healing is accessible to all. Remember who you are and know that you are divinely protected at all times.

And right before my grandma passed away, I was rubbing her heart in my third singing tour and I said, come back home to your heart and soul where you are safe and home.

My faith is in control and I let all doubt go. And then she repeated my faith as in my mother, in Jesus. And then she passed away. And I just people to know that their ancestors are still with them, and to know that they are worthy of healing no matter what you've gone through, no matter how they tried to tear you down and say you weren't worth it, to know that you are appointed, chosen, and anointed for your future and that you are a bulldozer for your ancestors.

And I can't wait to see where our divine assignment is going to take us. It's to heal this world, and I know it that that this requires just a moment.

Just to pause a moment and, you know, love to know your grandmother's name. Of course, you know, in her memory as well. But you shared truly. Thank you.

And my grandmother's name. Her name is, Almeda. And I helped her connect with her mother, which was my great grandmother, Juan Aida. So it was just a.

And right before she passed, I told her, because I could tell that she had some regrets of how she, you know, raised her brother because she was a lot older.

And I go, you did a great job raising your brother. And you could just, you know, it's we underestimate the power of encouragement, encouraging one another.

And and if I could give anything into this world, it would be hope to give hope. Anchor hope. Anchor hope. Well, thanks for joining us. Love. Sorry I felt so much of that love for how hard people try.

Yeah, right. Sorry to interrupt. How hard people try and sometimes just saying thank you for how hard you try. And I see you is just such a beautiful.

Just a moment that we can always have. I see you how hard you try. And thank you. Thank you. So now, thanks for joining us on the Two curious MDS podcast.

We hope today's episode inspired you to ask new questions and explore fresh, fresh perspectives. We challenge you to ask those and ask questions that you're curious about in your healing.

And wellness. If you enjoyed our podcast, don't. Don't forget to subscribe! Share it with someone just as curious and leave us a review. And it helps us to keep the curiosity alive.

Thank you. Stay curious and we'll see you next time. Bye guys. Bye. Thank you for your time too. Love you guys buddy. Thanks for joining us on the Two Cuties and podcast.

We hope today's episode inspired you to ask new questions and explore fresh perspectives. We challenge you to ask us those and ask questions that you're curious about in your medical practice, condition, health and wellness.

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Lister. Comment with a question or curious inquiry that you have and seek to explore or learn with us. Stay curious and we'll see you next time.