Introduction and Guest Welcome

Hello. Hello. Welcome back to Mastering Your Menopause Transition Summit 2.0. I'm your host, Dr. Sharon Stills. I am thrilled to be here with you and have another informative, amazing interview to share with you.

You know that I am grabbing all the experts from all the areas and I was just talking with Dr. Christine before we came live saying I tried to get her for last year and our schedules didn't match and we made sure it happened because I also wanted her to be a part of this.

Many of you probably know her, and if you don't, you're in for a real treat. And if you do, you know you're going to learn something amazing. And outside the box now. Dr.

Christine Schaffner is a natural naturopathic physician like me. We actually met at a bar in Germany. So it were. On this journey. We both have been studying tourism based medicine and European bio regulatory medicine for since we were, you know, baby neophytes in medical school.

And so we did we actually met in a bar in Germany, maybe drinking a German gluten free beer. Yeah. Yeah. I think that happened. As did Proust. And we've been friends and colleagues ever since.

And she's really a pioneer and does so much. She has an amazing network of Clinton's clinics called Immanence Health, and she has her own podcast. And she's just a visionary and a luminary and one of my dear friends and just a a tireless advocate for for all of you to to really help heal and, like me, searches all ends of the Globes to bring you the things that really matter that you might not be hearing about.

So we're honored to have you with you. Thank you so much, Sharon, for that really warm introduction. And the feeling is so mutual. You were I always looked up to you while I was in school.

And it's just very like kismet that we are, you know, soul sisters on this journey to, you know, bring this medicine to mainstream. Yes, absolutely. Absolutely. So let's just start, you know, how like tell us your story.

Because, I mean, I know you could spend the whole interview telling us your story, but maybe just like little to. Yeah, your story is is quite powerful.

Yeah. Well, thank you. So, you know, I have my story leading up to being on naturopathic doctor, which really, you know, I wanted to really go to root cause medicine and I found that this was the best venue of my training.

Christine Schaffner's Healing Journey

And then I, you know, I'm up in practice 13 years and I had seen a lot of chronic illness. And, you know, we were dealing with like Lyme and co-infections and all the, you know, stealth pathogens out there and then culverts on the block.

And so now we have that, you know, terrain issue. And, you know, we've been busy. And, you know, about a year ago, I actually was diagnosed with a brain tumor, which sounds so intense, right.

Pituitary tumor. I was a benign. But as a macro adenoma, so is 3.2 centimeters. I'm in the middle of my third eye and the senator sico where the pituitary gland sits and it was squishy in my pituitary and putting stress on my optic cables and, and I was, you know, two days later talking to a neurosurgeon and how I found that I had this tumor was my menstrual cycle actually was interrupted.

So, you know, our hormonal system, our endocrine system as women is this beautiful parameter that is a

messenger. Right. And if we see irregularities a lot or symptoms around shifts in hormones, you know, I think as women, you know, especially in our culture, we're like, oh, that's just normal.

Just put that under the rug and and, you know, get through it. But, you know, that that, you know, I was listening and I didn't know that it would lead to this.

But again, you know, I was meeting with a neurosurgeon here I am a natural path, you know, talking about train work. But, you know, it was my path and I learned a lot and surrendering to that process.

And, you know, two weeks later, I was actually going through surgery and they've, you know, brilliant people have figured out how to go through your nose, you know, through the sinus and take out the tumor.

But what I did during that time was a lot of my train based work and a lot of a lot of modalities. I mean, I only had two weeks to prepare that were probably more in the realm of what we're calling probably quantum physics, where science and spirituality are meeting and intersecting.

And it really was around leveraging, you know, group healing, energy healing, intention thought and in my whole experience was quite validated when I went to my follow up. And. Dr.

Ferrara, you know, asked, you know, I asked him like, okay, what are the pathology of say anything you want to know? And he was like, you know, actually, I want to be I want to study the tumor for a long time.

And I'm like, okay, why is that? I want to know why it came out so easily. And he does 400 of these areas so that to me was a huge validation because a lot of the work that we were doing was focusing on this to be useful and for this tumor to be removed easily.

You know, I'm a mom, I'm away from I have a doctor, I have a whole life ahead of me. And, you know, even though this was, quote, routine for him, it was still a quite a, you know, and based surgery.

So so I come to this conversation as I become increasingly more passionate about is that we are just really on the precipice of kind of this knowledge that's really ancient.

But, you know, we're having a renaissance of this time and how can we really integrate our bio regulatory medicine, which holds space for these concepts already?

But, you know, really bringing the forefront of the healing conversation, like how do we work with these principles of how to work with our thoughts and our emotions and energy?

And, you know, this connection that we have to what we call the fields around us and within us, and looking more from a biophysics level. So, you know, I've been through a quite a transformation.

So I was just kind of one part of a three year kind of cycle that I've been through. But it it really, you know, when we are through these experiences are so afraid, I believe that it strengthens our faith and medicine and our our trust of the body and also gives us more to share with our patients, which, of course, is extremely valuable from my perspective.

Absolutely. I was just talking about that with one of my patients and I was telling them what I've been going through healthwise and, you know, and they're like, you know, you suffer so I can heal, right?

Yeah. It's like. You know, we kind of we learn and grow and then we share it. And that is is very powerful. And, you know, there is I think it just also brings home like there's a time and a place for everything.

Yes. Like you didn't call me and say, hey, we got to shrink this tumor, you know. Give me some. Homeopathic or a. Sticks. Yeah, yeah. So, you know, there is a it's like a beautiful puzzle.

But when you put those two pieces together and when you're really focusing on the terrain and I think as our time goes on, it's like you said, we're kind of spent new information.

It's just like we're cycling back to it. But in something that has been coming up and I knew it would come up talking with you, but it's really interesting.

Every single person, pretty much who is an expert on this summit, even if we're just talking about, you know, something physical like exercise or blood sugar or some of the more, you know, just real biochemical physiology like it always ends up getting into, you know, it's your mindset, it's your brain, it's how you think.

Yeah, it really it's like I should have called it the mind body menopause. Yeah. Hey, I love it. That would be year 3.0. Right though. So yeah. Thank you for sharing that.

Yeah, yeah, yeah. Absolutely. I've been I have come to this conversation very in touch with the, you know, hormonal system. So I have a lot to share. So tell us, like when it comes to the hormones and menopause, be it perimenopause or menopause, like how do you how do you view that and how do you kind of approach that with a patient?

Yeah, you know, I think there's still like so much confusion, right, about hormones and how to support women through this time. You know, I go back to, of course, always, you know, my foundation of treatments and how we approach a patient is very similar, right?

So we're always looking at what we call like our terrain based modalities and kind of how do we support somebody from that perspective. And, you know, so I'm always looking, of course, at the lymphatics and the organs of elimination.

And when we think about hormones and supporting the woman during this journey, you know, we really focus on the lymphatic system and also the like, the liver and the biliary system.

And, you know, I feel like almost like a broken record often in my office because I'm like, you know, how do we get your limbs flowing? How do we get your bile moving? Right.

And, you know, I think that's a really great mantra.

Hormones, Menopause, and Terrain-Based Care

And it's charity, you know, for all the reasons we know, you know, our liver is such an important part of the break down, you know, and processing of hormones.

And when the liver is taxed with modern life. Right. We have you know, so many environmental toxicants are all up again. So, you know, do you have mold exposure and or even possible exposure?

And are mycotoxins also competing for those same pathways? And, you know, do you have other infections that have pyro toxins that again, go through those same pathways and then the onslaught from P to, you know, plastics to, you know, mercury led, you know, all of these things are, you know, overwhelming our our detox processes.

So we use a lot of, you know, drainage and, you know, different types of, you know, herbal methods and supplements to get that liver and bile system moving.

And then in concert with that, you know, the lymphatic systems. I could talk all day and I know you could to sharing because our patients. Right, our patients have taught us this is such an important part of the healing journey.

And, you know, really, it's also a transport process, you know, for our hormones, especially progesterone. And so if we have, you know, congested bile that can affect a lot of estrogen metabolism and if we have, you know, congested lymph that can affect a lot of progesterone, you know, shuttling in the body.

And so those are, you know, again, two very important reproductive hormones in the orchestra of, you know, everything else fibroid adrenals and, you know, pituitary hypothalamic, you know, orchestration.

So I'm happy the deeper dove in any of those, but that's kind of my first start because you cannot throw, you know, and I believe in bioidentical hormone replacement.

One is done methodically with the right support at the right time. And you know that all the right information, I think that women have been really misguided.

You know, that they don't need hormones or that all hormones are created equal and there is significant risks. Right. If our hormones are low as we go through life to our bones or brain or heart and so forth, but all hormones are created equal either.

And again, if you throw them on top of a body that's very struggling and congested, you know, that can be that can create problems. And I'm thinking I'm just a patient the other day who was a dear friend and, you know, you kind of shortcut things for your friends because you're like, Oh, they know and this and that.

And now I did not follow my process. And this, you know, this, you know, backfire because, you know, like the terrain needs to be supportive before you really approach harm at all.

You know, prescription, in my opinion. Yes, yes, yes, yes. That's why so many women that I'm sure you see and I see, you know, even if they're on bioidentical hormones, they might not be getting the benefits from them or the side effects from them because their whole body has been looked at and been looked at.

And the terrain the terrain is queen. Yes, I love that. I love that. It as clean love. It is clean. So I actually want to because there's something I'm thinking that you do a lot of that.

I do a lot of that we haven't talked about on the summit yet, which is scar therapy. Oh, yeah. Yeah. And not actually that patient that I'm thinking about.

And your friend very evolved and just, you know, she just haven't done a lot of this before. You know, we needed to inject her scars. You know, that was a really big kind of opening for her to be able to move through and move through this process and to be able to receive the hormones.

So I would love to talk about scars. Right there. Of therapy. Scar there. Go. Okay. Right. Okay. So this is, you know, wonderful treatment that is, you know, really a foundation by regulatory medicine, which is the medicine that Dr.

Sharon, you know, definitely teaches us all about. And it came out of, you know, Austria, Germany, Switzerland. And again, it's like a combination of so many healing modalities.

But we're always coming back to the principle that the body knows how to self-regulate and heal. And, you know, when there are obstacles or roadblocks in that, in the way of the body's communication that works, then that's where we see break down of, you know, communication, and that often leads to disease.

And so with scar areas and scar therapy, you know, I turn to the pictures always of Dr. Jean Claude Alberto, who was a French hand surgeon who really studied human living, the posture rather than the dead, the posture that we all study in cadaver lab.

And, you know, you could YouTube this and see these beautiful pictures of white living in partial looks like. And in his book The Architecture of Human Living Posture it almost I'd already been doing neuro therapy for years but it kind of brought this point I never thought to share to really illustrated it, that we have this beautiful social fabric and then when we get injured or we have a surgery or a traumatic event, the body's job is to plug that hole.

Right. It's not going to be similar to the beautiful original fascia. I mean, you know, thank goodness the body knows

how to heal us, but it's usually more dense, irregular, less, you know, movable.

And so it can create kind of stuck energy and this really continuous fabric called the social network that really is a highway for information in our body.

And so what happens when we have a scar? It can be a disturbance in the local tissues so it can affect the limbs and the fascia and the autonomic nervous system communication and the local tissue.

But because we are highly interconnected and if you can think of Saran Wrap, right, like a we have a crinkle in one area, it kind of crinkles the other area.

So it creates, you know, tension and affects, you know, tense everything and all these beautiful properties of the body and this denser, more irregular scar tissue can also hold and store toxins.

It can also be kind of like a safe home base for more pathogens like know climbing, co-infections and other that gravitate to, you know, collagen and all of that.

And then because of the structured water in the fashion, it can hold memory. And so there is something called fashion memory that many people are trying to describe and understand the mechanism.

But as clinicians, we observe it all the time. And so this treatment called neuro therapy, is using injections to inject scars, also ganglia or doing other segmental patterns as well.

But when we actually inject a scar so we use something called broken. And broken is a local anesthetic. We get it compounded, it's preservative free, it's 1%.

You can also combine homeopathic and if you'd like as well and you actually almost thread and inject that scar tissue and protein has some magical properties like brain blood flow and circulation and also helping with the cell voltage and the membrane potential of the cells in the scar.

So it has this kind of like flushing of the tissue where like all of a sudden the tissue reconnects with the, you know, the neighboring tissue in a different way.

And there can be a release range of not only getting the blood flow and circulation and then getting more movement in that tissue that can help reduce pain and all sorts of wild phenomena.

And I remember always injecting like a melanoma scar in one woman on her shoulder blade and her heart palpitations went away, you know, so there is this kind of unwinding, unraveling that happens in the body, you know, but also, you know, one of the biggest, I think, benefits of this treatment is the release of emotional trauma that can be stored in that tissue from why that scar was created and that letting go, that happens in the body is very you know, it creates so many downstream positive effects right there.

There's now less stagnation and congestion in the tissue and more movement flow. And, you know, life is complicated. Health is complicated, but it's really simple.

Like we need to unblock congestion and stagnation and get more flow and movement in in a safe way. That's not going to be too fast. You know, I'm furious.

But so we we do a lot of scar therapy. So you can kind of take a mental note, like, do you have any scars in your body? Have you been through any traumatic events?

Have you had any surgeries? And, you know, not all therapy can be a very brilliant and rewarding treatment to pursue. Unfortunately, there are not enough of us who know how to do this yet, but there are many people.

And then I can give you some hacks too.

Scar Therapy and Emotional Release

If you don't have a neural therapist near you, how to at least start to do some at home things as well? Oh, yes. And I want those hacks. But before I just want to say, like with the scar is especially for women.

One of the things I see where a lot of the emotions are held are in the C sections. Yeah. Yeah. That's a really important one to do. Yeah. You know, so even if you're menopausal and you're like, well, that was 30 years ago, you know, a lot of times we have our birthing plans and they don't go, you know, birthing plans typically don't go as planned because that's your introduction to motherhood.

And now learn to speaking of flow, go into flow and maybe guide the way. Yeah, even if it's something that was a long time ago. But it's a way when we're talking about clearing the field.

Yeah, that's the first things I do. When I look at a patient, it's like, okay, what's going on in your mouth? And what do we need to clear the air? Yeah.

Where are the scars on your body? Like just because that's going to set the tone for healing. So if you have a neural therapist near you, that's amazing.

Yeah, you know, there aren't enough of us, but if you don't, I would love for you to share some of your at home. Yeah, yeah, yeah. You know, absolutely.

And so, you know, couple to start, you know, is obviously identifying the scar and there you know, if you don't have a girl therapist, there's often acupuncture, it's available and they know how to thread the scars.

So that wouldn't be quite like neural therapy, but it's a start to start breaking down scar tissue, creating more movement and awareness in that tissue.

So just fly high there. And then, you know, I've created a few products that, you know, what can be used topically and they can start creating movement.

So one is called lymph Flow that I created with Dr. Ruggiero that can be applied, you know, topically to the scar. And that can be, you know, really a great tool.

I know traditional natural therapies always abuse wheat germ oil, which is not about gluten. That's more about the vitamin D content that can help break down that tissue.

You can massage the scar. We have all sorts of different tools now, like those gua sha, but using it at home can create some movement. We have vibration and one I don't have it on my desk at some of the things on my desk, but not that one that you can create, you know, you know, some movement there and you know, minor.

In the mail. Yeah, yeah. I got to. They've been so popular. We've been having so. Much fun with them. And then, you know, I've also created some plans, stem cells that you can, you know, do take orally, but you can actually apply the lymph one topically.

We know that the skin is such a great route of delivery downstream in the body. And so you can do that as well. Light can be helpful, red or infrared.

Infrared can penetrate more deeply into the skin. So if you have an infrared light or a red light or a combination of both would be ideal. You can apply red light and infrared to the scar that can create more movement and blood flow.

So the goal is how can we create awareness and also how can we create some regular ritual that, you know, we tend to the scar and we, you know, tend to this tissue to help create more flow in that area that can have some suck energy.

So I always think it's interesting as I'm interviewing you, the recycle, I don't know if you could hear it, but the recycling truck just oh, you're done like.

Yes, the recycling they're creating. Yeah, yeah, yeah. Every level I go, right. Totally. Totally. Yes, it is. They're fantastic ideas. And so let's talk you said because I know you also have a product for the screen know and I'm like this flame like clean love because we don't really you know.

Are there summits on clean? Well, no. We talk about the liver, the bile, getting its day lately is coming more. But if you could explain, first of all, like, what are plant stem cells?

Yeah, yeah, absolutely. And then second, like, what's up with the spleen? Why is to make a remedy for the spleen? Yeah or. Yeah, thank you. Thank you.

So when we think about plant stem cells, they're a form of botanical medicine. So a lot of our modalities and by regulatory medicine is to get the body moving and draining and draining space is called the extracellular matrix and the lymphatics.

And in these areas of the body that can get congested and again, that's where disease starts. And so plant stem cells are is this are these beautiful remedy is and how the ones that I work with get made are that we work with a supplier in Italy.

And these beautiful people tend to the these plants and the plant stem cells use the freshly buds of the plant. So they're going to have different properties than the foreground mature plant in that there is a lot of embryonic information and this like full vitality, like a life force potentials, like in the buds of the plant.

And so the woman I work with, Jennifer Pear, she often talks about like, think of a baby, right? A baby, you know, gets a scratch and they're like healed in like an hour, right?

There's like all this stem cell activity and fresh energy to heal. And so what we found about the bones of the plant, they have specific extracts and properties that can also help to not only train different body systems, but regenerate different systems as well.

So they're they're very healing for the body and the people who pick them, you know, just, you know, are very mindful of the plant and don't pick them.

And then they put them in what we call glycerin and alcohol macerated. So they're getting extracting from not only alcohol, but glycerin. And then the remedies that we use, they burn down the plant matter that's left and they create a through a process called your.

And then that is full of like minerals. And so they they add those back to the, you know, the plant stem cells. So the end of this whole combination is a very vibrant, vital, nourishing, generative mix.

And, you know, I had I had worked with plant stem cells when I was younger, and I always had this idea of adding phosphatidylcholine into them, which is I'm making them a liposome, because that can make them more potent for this time, because people are really toxic and drained and sick.

And so we're kind of amplifying in the power plant stem cells with adding versatile collagen, which helps to yeah, just get them better absorbed into lymphatics and go into tissue where they are needed for support.

So, you know, I've really focused on creating a product line for the lymphatics system because, you know, we have all these beautiful lines that we work with and I'm just kind of finding the holes of where I feel we need some good, you know, support and so I have one for the lint, I have one for the gallbladder because, you know, again, I feel like you can't really, you know, complete lymphatic drainage without, you know, bile movement.

So I did that. And then one for the spleen. And the spleen is like this unsung hero on the body, right? It's this

forgotten organ often, and it's part of the lymphatic system.

So we have, you know, different organs and glands that are part of the lymph. And what happens is our, you know, blood gets filtered through, you know, complex processes in the spleen.

And the the spleen has a big job of saying, okay, you know, do any of the either plasma or red blood cells and, you know, are blood are they infected?

Are they damage? Are they not adding health to the system? And can we filter them out? And, you know, not only take out the trash, if you will, in the blood, but also if we have any pathogens that are circulating in the blood, we can mount a proper response.

We often think of the Lynch system as a detox and drainage system, but it's a really big part of our immune system. Right. You know, when you have swollen lymph nodes, if you have a viral infection, you know that, you know, there are even in extreme cancers that are like lymphomas and there are, you know, activity in the you know, the length.

And so a big part of that, you know, having a healthy body is to get that lymph moving and draining and circulating. And then also that our immune system can recognize itself.

It's not so much foreign and actually have a proper response so that we don't have infections go chronic, you know, or if we have chronic infections that we can actually, you know, heal our immune systems.

And you know, not a proper response. So that was my inspiration around the spleen to just get the, you know, the blood and the lymph moving, you know, give some love to the spleen.

Because when you're dealing with chronic infections all day long, you know, the spleen often comes up because you name it Epstein-Barr to the Busia takeover, you know, long haulers, all of these things have really put a lot of stress on their spleen these days. Mm.

Yes. The unsung hero that. I like, that woman talks about this. Yeah. I can still it's forgotten. Like, you can't really palpate it unless it's like inflamed, you know, it's kind of it and.

You don't really like there's no yes. It's totally kind of like the lymphatic system. Like we all become obsessed with the lymph because we ran an thermography.

Is that actually the lymph and saw that every once is inflamed.

Plant Stem Cells, Spleen Support, and Lymphatic Drainage

So I know it's so important to give the spleen some love and you know, it's chronic because in my acupuncture training and Chinese medicine, you know, the spleen is everything is obviously diastole and, you know, you don't know what to do.

Just, you know, if everyone has a dim sleep, you're going to get better if you, you know, drive that spleen out. So it's the spleen is such a central figure there and so I'm glad you're yeah.

In the to of oh my. I don't know many acupuncture points but I know like spleen 69 right. You know those are really you know, you can do neuro therapy in those points too, you know, so.

Yeah, I mean so spleen point is like the meeting of all the major meridians down by the foot and you know, there's so much importance that yeah, exclaim yeah, yeah, I'm great.

So you mentioned and I think, you know, I'd like to touch on because you know, we're talking, you know, we're here because we're worried about menopause. But hopefully by now, you know, that I look at menopause as, yes, this time where we need to balance our hormones.

But also this time where we need to pause and kind of just evaluate our health and our and how we're doing things. And, you know, Christine story from the beginning, you know, shows that like even a brain tumor, like, you know, look at her, she's like vibrant and healthy and beautiful and, you know, doing so much like and so nothing has to, you know, there's always an answer.

There's always a way. And maybe, like, if you've been struggling with whether it's chronic infections or autoimmune disease, like opening up to this whole new way of looking at the terrain and dreaming and moving things and your limbs and your spleen and your scars, you know, could really be this like huge as you're stepping into your sacred second act of menopause, like, oh, my God.

And now I've also, like, developed this new way of looking at how I can heal. And I have. So I would like to talk because you have a machine and you work a lot with Lyme and chronic infections and you have an IBU, which is kind of a new kid on the block.

Yeah. You know. I've been getting personal treatments from and I'm going to put one in my new clinic when it opens. And of course you are, you know, you're already on it.

You're already doing It. But I think, you know, I'm sure a lot of the women listening are like Ibu. What you know is that your dog like what's in your.

You know, not. Absolutely at night. And I think it's such a great, you know, time during the menopausal transition, too, because of, you know, again, as you said, like you take stock of where you're at and how to make that transition smooth.

And we know that, you know, we're only as healthy as we're able to eliminate. And, you know, we we bioaccumulation toxicants for lifetime. Right. So it's a good it's an amazing gift for yourself.

So even stands for Extracorporeal blood oxygenation those nation and it's beautiful treatment where you have two venous accesses so you have to have decent veins for the treatment and somebody will take, you know, have a catheter here and then the blood travels through a filter and it also gets those are needed.

And there is many schools of thought of why this is so powerful. But when the blood goes through this filter, it's creating more surface area for a large amount of ozone to come into contact with the blood.

And we're doing about, I believe, two liters of, you know, blood, you know, through this treatment. So it's a significant amount. And what happens, though, which I think is part of the magic, that we have to have a lot more research because there is just as anything, you know, an alternative medicine.

We don't have the big research institutes to measure everything that we're doing. We have to just you know, we're just trying to get our patients better.

And so the filter actually creates a filtrate and it looks different compared to many people there. I think one group has demonstrated that it removes beta two macro globulin in macro globulin, and that's an inflammatory protein.

But you know, again, it's it's foam. It can be a different color. There can be different amounts, you know, depending on the person. And I think there is kind of a filtration effect that it's almost like a super spleen.

Right? It's filtering your blood. Right. You know, and you were excreting toxins. We are hypothesizing and and, you know, inflammatory byproducts that we need to get rid of.

And so when the blood returns to the other arm, it's bright red. You know, that can be the effect of ozone and also the filtration. And so you're getting this like health, the oxygenated blood, you know, back into your body.

So this has a huge effect on inflammation. You know, why we started paying attention to this treatment. I give a lot of credit to my friend Dr. Yoshi Ram, who was one of the pioneers.

He kind of, you know, made one in his office and, you know, he was treated like a long haulers. And I referred and I met a handful of patients to him, and I just saw them get better.

And, you know, Dr. Sharon and I both know about the heinous racism that races in Europe that we're not able to have in the US yet. And so it's kind of this happy medium of the tool that we can have for, you know, I think again, one of the most elegant ways to off of the body is through a treatment like this, because, you know, our bodies are you know, you could be leading, you know, the healthiest lifestyle.

But none of us are immune to, you know, the things that are in the air we breathe and, you know, we can filter our water. But, you know, there's going to be just exposures, right, that we just are on the planet at this time.

And, you know, it's perfectly imperfect, trained. And so I feel like Hebrew is just such an important therapy to watch. And really, you know, if it's if it resonates with you, please pursue it because it really can reduce inflammation.

I believe it's reducing a body burden of toxicants. We don't know yet again in hypothesizing, but it's kind of what I see and it's a really beautiful tool.

Most people feel like energy reduced brain fog, less inflammation, and it's a statement on treatment. Some people feel better from one, especially if you're relatively healthy.

You know, people who have more chronic issues, they might need to do a satire series or have a tune up every so often. But it's it's been a really fun treatment to have in the office.

And we've been really seeing some really great things. We just got ours this year as well. And, you know, I think for this time, like every clinic like ours, Sharon, you know, it has to happen.

You know, we need have these in every clinic to support, you know, the needs of the, you know, our patients right now because it just shortens the time of detox detoxes.

It takes a long time detox. And I feel like this can create a little bit more of an elegant path for that. MM Yeah. And again everyone is listening, we're, we're concerned about our hormones and rightfully so.

But this, you know, we're all exposed, as Dr. Christine is saying. And so this time is also like, Oh, how am I going to care for myself? So I can age gracefully and I can feel good and, you know, totally B. S.

that old menopause. And now I'm going to get sick and fat and cranky and tired of these things like that doesn't have to be if you have the right tools and lifestyle and mindset implemented.

This can be a beautiful time. And and by the time you're going through menopause, you know, you're in your forties and fifties beyond, you know, you've probably bio accumulated quite a bit because that's just, you know, like you said, the perfectly imperfect.

Well. Now, you know, I know and you know this like as physicians, what we're dealing with, there's a new normal.

EBOO Therapy for Detox and Inflammation

And having dealt with COVID and, you know, whether you've had the the disease process and you're dealing with ramifications or long haulers, as it's called, or you've been inoculated and have had side effects, like it's a new like we've had to retrain the way we think and diagnose as physicians.

And so this is important for us to be, you know, this is what we're dealing with as somebody. And so our hormones are not in a vacuum. They they exist and, you know, in a body.

Yeah. Totally supports them and detoxes them. And so I really hope I mean, that you're taking a lot from this talk, but that you're really taking that, you know, that my hormones to be balanced live in a terrain and that terrain is the

foundation, you know, just like we build a house, we have to have a strong foundation.

And just as we're building health and vitality in this new stage of our life, we have to have a flowing and open, open foundation. Yeah, love it. Love it.

And you know, again, as I mentioned, you know, the all the assaults, some kind of our blood flow and everything, it really does help to reduce vascular inflammation, which is so key and foundational.

Like your lymph is tied to your blood. I can talk for an hour how that all works. But you know. Healthy, healthy. Blood flow to have healthy lymphatic flow and all the things.

So I'm so glad that you're receiving the treatments. I've had a few myself. I had some after my I had on, you know, a treatment. So if here somebody out there having to go through surgery, again, I'm not a medical person.

So I hear you earlier, I should say. I don't I don't tend towards medicine. I'm like, I'm not the person to take, you know, ibuprofen, Advil, you know what I mean? I'm taking my herbs and all that.

So I had to go through like get a gadolinium MRI and and a shot and I had to have some painkillers. And, you know, my liver enzymes went slightly up. I'm just in the high thirties, which were, you know, higher than my liver enzymes tend to be.

And so I did an Ebo with my friend Doctor Sarah before I got one and my, you know, it was for me her than my first one before I knew about all this and before I had surgery and my liver enzymes went down, you know, and I felt better, you know, so.

So if you're somebody who has to dance between conventional and alternative medicine and go through, you know, conventional procedures, this is a like a really good tune up afterwards.

You know, I wish they were, you know, the hospitals would embrace them one day. You know, one day I was thinking that. And you're saying like, gosh, you know.

Yeah, we're just. At the beginning, like, we got to get them in all the clinics, but oh my gosh, if they were actually like the hospitals, you know, it's like, you know, they do dialysis for the kidney, right?

I mean, this would be easy for them, you know, to do. I know that being a patient and going through like, you know, some hospitals, a place that I stay out of, you know, and so, you know, going through that gave me, like, you know, immense gratitude.

Again, I'm grateful that I had neurosurgeon who wants to operate on brains like, thank God there are people who love to do that. Right, right. So grateful.

And you know what? I just thought like, wow, like, what if we can really, like, join forces? Like, you know, the pre-op room is like this sterile, like, really comfortable place where you're about to get in a situation like, you know, we should all be having acupuncture, meditation and getting unglued.

As I mentioned before, you know, we're about to have our liver is, you know, like, you know, overwhelmed, you know. So there's there is a vision that I think many of us who are optimists hold that one day, maybe ask where the I believe the future of medicine is beyond that.

And, you know, looking at, you know, kind of like the bio energetics, but I think there's still such an opportunity to integrate more and that might be a silver lining in COVID, because you can see there were, you know, even frustrated medical providers because they didn't have as many tools as they needed.

And, you know, we had a lot of tools during this time. Yes. I think side project, we're going to start a hospital. I know, I know. Right nations doing that.

Right. It's okay. Let's you know, maybe they could be on board. Well, just tell me, you know. I know, but but it's true. I really I hear. You at the New hospital like that.

I actually you know, again, I'm a my dream in to kind of what I fell into. And, you know, during the COVID time, I was just like, we need like the new hospital, like have like even just like they don't have to go down the blue rabbit hole, just like hyperbaric.

Maybe some vitamin C IV is that alone? I don't know. It would be like, so transformative, you know? Now, if you're listening, help us transform that. If you. Yeah.

Oh, that hospital or M. D., you know. Yeah. Pretty blue. Yeah, totally. Totally. That's how it I mean, that's how I learned about a number of things, especially when I was earlier in practice, know patients would come to me.

I was fresh, a little puppy at a medic school and patients say, I mean, that's how I got into practicing bioidentical hormones and helping women through menopause.

I was only in my thirties at the time, but a patient came and said, Hey, have you heard about this? And when we you know, when we ask our doctors, it opens, you know, hopefully they're open minded enough to say, yes, I have or no, I haven't, but I'm going to go learn.

Yeah. Totally. Well, as we're just wrapping up, do you have any last words of wisdom for women during this time that you'd like to share with them? You know, you you know, you touched on it, right?

And I think that, you know, society paints all these different pictures of women during this time and how it has to be hard. And, you know, you have to suffer and you have to give up things and you know, you're not going to feel and look your best.

But I think really like seek out an amazing provider, whether they're naturopath, a functional medicine deal that really listens to you and you know that you can, you know, work in collaboration with to, you know, not settle right.

Like this is an amazing opportunity to get into this next chapter and have, you know, you can feel good, you know, during this time and it can open up this whole other to tool kit for you that actually almost will be a whole opportunity to prevent any future illnesses down the road.

So it can be a really an important time to increase your longevity and your life if you embrace, you know, but sharing and the Maya teaching today and I think, you know, that's what we want for everybody with healthy, vital lives.

There's so much wisdom. You know, you've gone to this point in your life, you have so much to share. And, you know, I think to still lose sight of that.

Immense that emphasis on the opportunity for prevention. So where you are everywhere. For those of you, which hopefully is all of you who are like, oh my God, I need to know more about this by regulatory medicine, about this beautiful doctor.

Christine, where can we where can we find you? I know you've hosted your own summits and your podcast and clinic. Yeah, thank you. Thank you, Sharon. I am you know, I have a few sites, but I have a clinic in Seattle.

Closing Thoughts on Menopause and Finding Support

It's called Immanence Health. Immanence Means the Divine Within. And so, you know, we we do all the things we talked about today by regulatory medicine and we incorporate a lot of, you know, cutting edge modalities and really, you know, treat you as an individual.

And so we're in Seattle and we do a lot of telemedicine as well. I have a podcast called The Spectrum of Health

Zones and on the podcast and I also have a supplement store, it's called ipothecarystore.com.

And you can learn more about lymph flow and the plant stem cells and all that good stuff. Yay. Well. I love you and thank you. Thank you so much for having me.

It's always so fun to connect with you. It is. And thank you, everyone, for being here and opening your minds and learning new things. That's what we're here for.

That's what this summit is about, to help you today and tomorrow and for you to think about things for the younger people in your life. And, you know, we share this wisdom because as Dr.

Christine said, you know, this is not a time when we have that feedback from our cycle. It's our bodies saying some things out of balance. It's not normal to menopause is not a diagnosis.

It's not a disease. It's a natural transition. So thank you for being here. Thank you for listening and thanking you for caring about your health and making a difference so that we can be a vital tribe of postmenopausal women who are rocking the world and making things happen.

So thank you and I'll be back with another interview. So stay tuned Bye.