The Better Question: How Can Resiliency Be Measured? Transcript

(Transcripts are generated by AI and may contain errors)

Opening on Health Strategy and Podcast Intro

A lot of people have a strategy for their finances. A lotta people a have strategy, for how they're gonna get the kids to all their things that week. One of the things I see that most people, or a lot people are missing is a strategic for health.

And it's probably the most essential pillar, foundational things, that you have going for you. Because without your health, none of it matters. Welcome to the resiliency method, the truth about healing.

I'm Dr. Erica and we are here to uncover the root causes keeping you stuck. Together we'll restore your energy, your focus and your resiliency so you can finally heal, regenerate and feel truly alive again.

Your conventional lab results came back normal. Your doctor said, hey, everything looks fine. But you still feel terrible. And that's because conventional testing isn't designed to measure your health.

It's designed determine whether you qualify for a drug or surgical procedure. And what it's missing is everything that actually matters for longevity.

Welcome to the Resiliency Method, the Truth About Healing podcast. I'm Dr. Erica. And today, National Sales Director of Vibrant Wellness, Suzy Hansen, is joining me for this conversation.

The better question we're asking today is, are you living in the band-aid approach or do you actually have a strategy for your health? And we are going to break down what conventional labs miss.

95% of immune reactions that standard celiac tests overlook, 300 plus microorganisms, a standard stool test, culture can't detect, and a metabolic detox efficiency that the standard hormone panel never measures.

So we're also going to explore the foundation zoomer, the toxin zoom, or the neural zoom and why antibodies crossing your blood brain barrier show up in 50% 6% of Hashimoto's patients decades before Alzheimer's and dementia develop.

And we're unpacking why sensitivity and specificity are the two most important words in laboratory testing and why testing at peptide level instead of protein level eliminates the molecular mimicry that sometimes sends patients on endless elimination diets, chasing the wrong foods.

Now, if you've ever thought your labs were normal or you'd been told that, and so your health must be fine, well, this episode's going to challenge that idea.

And if your ready to proceed with the vibrant wellness testing we discussed today, you may place an order online using the link drericaonline.wellprose.com.

You see the show notes for that information, but just one more time. It's d-r-e- r-i-k-a online.wellprose.com forward slash patient forward, slash home.

See the show notes for more information. And if you're enjoying the Resiliency Method podcast, we'd really be grateful if he would take a moment to leave a quick five-star review on Apple podcasts.

Introducing Susie Hansen and Vibrant Wellness

Your support will help more people discover this show and join this important conversation with us. Thank you so much for your continued support. Welcome back, everyone.

Thanks for joining us today. I'm Dr. Erica. We are excited to have with us Susie Hansen. She is the National Sales Director at Vibrant Wellness, where she spent the last 11 years helping drive the company's growth and expansion.

Through her tenure, she has played a key role in introducing and establishing vibrant wellness and international markets, including Japan, Singapore, and Australia.

And with her extensive experience in sales leadership, market development and strategic partnerships. Susie is passionate about advancing innovative health care solutions and supporting practitioners around the world.

She is quite experienced in having owned a couple of her own diagnostics companies in the past, one of them formerly the Priority One Imaging. Welcome Susy, you've come with a wealth of experience and we're glad to have you here today.

Yeah, thanks for having me on. I'm excited to be here. Absolutely. Well, you know, today we really want to get into and educate our listening audience on what are the best tests available in terms of measuring resiliency and measuring longevity.

And I couldn't help, I thought of you because I know how you're sweet of of lab testing that you have available through Vibrant Wellness is top tier. So I'd love to turn it over to you, give us a little bit of background on Vibrate, what sets you guys apart, and really let's start talking about what are those things that we really want to be looking at in regards to those areas?

Yeah, awesome. If you do not know anything about Viberant, Vybrant is a one-stop shop laboratory. We really are changing our focus on body systems laboratory, So we are 100% cash lab.

We got sort of sick of battling with insurance companies on what patients could not get covered. And we really felt that in order to get the best patient outcomes, we needed to make us very transparent of what that cost would be and then be able to cast a really wide net to offer to practitioners that we could get best patients outcomes.

So that being said, that is a little bit of the vibrant. I will tell you the one thing vibrant has done a really, really good job with is we've definitely mixed the Western medicine and Eastern medicine differences and sort of you know, have done a lot of research to say, this is the gold standard in Western medicine, but could we compete with that gold standards in a blood test and give higher sensitivities and specificities without having to do biopsies on patients?

So in the functional world, that is not heard of very much with labs. So Vibrant does have their own research facility. We've done over probably 300 and some publications.

that we're really trying to bring better tools to practitioners to get quicker patient outcomes. Awesome. You mentioned a couple words there I want to define for the audience, sensitivity and specificity.

Can you go into that a little bit more? Because that's a really important marker when you're evaluating diagnostics. And I think it's worth saying to the audiences, too, that not every test is equal.

There are certain things that you want to be looking out for. So I'll let you explain those two measurements, those evaluations, and why those are so important, Susie.

Yeah, sensitivity and specificity are huge because you can have a very sensitive test. But if your specificity is very low, you're actually, when we're giving doctors information, we can have a 99% sensitivity.

But, if you specificities in the 20s, We are basically telling them, let's say a pathogen, that we are giving them information that it is the wrong pathogenic.

We know something is positive in a body.

Sensitivity, Specificity, and Better Food Testing

But our specificity of determining what the pathogen is, there's some type of mimicry or biofilm that's causing a reflection type thing that saying, you know, it's candida where it is actually a different strain.

So, Vibrant has actually done a very, very good job of saying our specificity, we want to make sure that when we're giving you the type of pathogen, were 100% specific that that is the path gene that we are detecting.

And then the sensitivity is us detecting it at a high, high level. So that's really where I think Vibrant has set themselves apart. That we can be very sensitive in defining the problem in your patients, but the specific city of what the We have high, high levels of specificity and making sure that we're directing the doctor to the, you know, giving them what could be causing that issue in those patients and you're not continually chasing your tail.

I love that. And I'll share some clinical experience that I've had just with using diagnostic testing alongside muscle testing. One of the areas that kind of deterred me from doing any sort of food sensitivity testing was that, I was seeing that the old tests that we used to use 15, probably some are still being used quite frankly.

And it depends, you know, what kind of tests you're using for food sensitivity. So you wanna be selective because some of the tests even that probably are sold in the market really are not accurate in sensitivity and specificity.

Because I'm a muscle tester, I could also see somebody's lab results from some those tests and see that they weren't actually backing up the muscle test and vice versa.

and it really was your test and I think discussions with you I know I expressed when we first met concerns about that and you really assured me and then I could see clinically too that the results that we were getting on your tests actually were supported in the clinical realm as well via the the muscle testing so both of them actually backed each other up and that's how I like to use tests We like to use it for additional valuation, what we're finding clinically through muscle testing, and then vice versa.

So that's very helpful for us in that context. And I will say and validate that your food sensitivity testing I think is top notch. Yeah, and what is the difference actually in traditional food sensitivity tests, usually tests at a protein level?

And that's where it comes that sensitivity and specificity. So patients, they probably have food sensitivities, but where they get caught up is this specific city on those.

There's a ton of molecular mimicry in foods. And if you tested a protein level where like wheat and corn, they look very, very similar. And so you might tell the patient that they are sensitive to corn where it's actually wheat.

So they eliminate corn because they're like, hey, my doctor said I'm sensitive corn. But wheat was actually the problem and you continue to do this elimination diet.

The benefit of what you're saying is we test a lot of these specific foods at peptide levels. And when you're testing at a peptide level, instead of that singular protein, we're, you know, testing over 50,000 peptides.

That helps with eliminating that molecular mimicry that we see a lot of times in food sensitivity testing. You also have some structural changes to raw versus cooked food limitations.

At a peptide level, that is no longer problematic. You can determine if they're reacting still based on what they are consuming. And then when we go to the sensitivity and specificity, those tests have a 99% sensitivity, 100% specific, and we can say, we know this person is reacting to wheat.

This is where the problem comes. You can actually, with a lot of those different proteins, you can link symptoms to the patient and help with saying, hey you came in and said you had eczema, psoriasis, adult acne, I can see on your wheat zoomer your transglutaminase 3 is high.

I know that is directly correlated with skin issues. And so I think you can really help guide a patient and it is based on, you know, what are they reacting to and what the symptoms coming in that you link and say I can tell this is probably very problematic into the foods you're consuming.

Love it. Which has revealed like 95% of immune reactions that standard celiac tests miss, 300 plus microorganisms that a standard stool culture can miss.

A metabolism detox efficiency that's standard hormone panel misses. From a longevity standpoint, what are the most common and surprising findings you see in people who think that they're healthy based on conventional labs?

And let's face it, that's where a lot of people are evaluating their health from. And what they're missing is that conventional lab testing, guys, is used to help you really determine or help your medical doctor determine if you qualify for a drug.

or a surgical procedure. So you really have to understand that that is not the grade that you're looking to achieve resiliency and longevity from. But I'll turn it over to you and give us some more information on that too, Susie.

Yeah, so we just in the last six months created a test. It's called a foundation zoomer. And like you said, it does have your traditional biomarkers in it.

Foundation Zoomer and Root-Cause Inflammation

But when we were thinking about creating this test and bring it on, we're like, what are some of the missing links that in a foundational test, when you're looking at just CBCs, CMPs thyroid, cardiovascular, What extra biomarkers can we give practitioners really to help with decreasing inflammation, putting these fires out and helping patients not assume everything is fine.

When we know there's some root cause stuff that we could provide. So in the foundation Zoomer, what we ended up adding was a leaky gut panel. So that includes zonulin, actin, lipopolysaccharides.

I would say. over 50% of the population has problems with this. That's even higher than that. Yeah, I want to be cautious by what I say, but I think when you are looking at triggers of cardiovascular disease, autoimmune triggers, foggy brain, metabolic issues, if your gut is destroyed.

You know, you have, they call it intestinal permeability. It is something that needs to be addressed to start putting out these fires. And it's some of these things like when you tap into, like I said, mold and toxins, the timeframe for optimizing patients can be nine, 10 months.

Sometimes these leaky gut panels or these intestinal permeability panels, even a 90-day reset can be very, very beneficial to these patients. And I think it gives them hope that there is small things we can do and some can a little bit more, you know, involved in that.

But I do think people will see changes relatively quick with just looking at those markers. I also think with this test, we included IL-6 and TNF-alpha, which are cytokines, and we know cytakines are very problematic in triggering inflammation.

We know so many of these diseases are triggered by inflammation, but where is that inflammation coming from? And with this test what we did was we wanted it is more of a road map for practitioners to look at the patient's body systems.

Find the problematic areas. And then vibrant does offer if there's you know we're looking at hormones were looking a neural we looking it hair and skin we are looking metabolic where are the problem areas in this patient.

based on the results and symptoms and where can we go higher level that we could get, you know, some optimize

all these body systems for the patient to create longevity.

That was the thought process behind that test. And I do think it, one, it shows patients where their biggest problems. And then, like, let's say this person had a gut issue, we then could go and do an in-depth stool.

Drill down. Yeah. This is where we want to focus initially, and then the longer you run the foundational test, What the provider in that patient can do is work through optimizing all these body systems to help improve longevity in the patient.

Are you tied to treatments, protocols, and gurus who promise results but don't deliver? You're not alone. For years, I struggled with my own long-term illness and I know how frustrating it feels when nothing seems to work.

That's why I developed the resiliency method. It's a science-backed approach to combine the best of Western and ancient medicines to restore your body's natural intelligence.

Patient after patient has discovered what's possible, living stronger, brighter, and more spiritually connected than ever before. Whether you're facing autoimmune issues, hormonal imbalances, weight struggles, or just feeling stuck, you don't need another quick fix.

You need a clear path forward. Take the first step with a discovery call at drericaonline.com forward slash discovery. That's D-R-E- R-I-K-A online. com forward.

So discovery or dive deeper with the full initial consultation at Dr. Erica online dot com board slash initial dash consultation because your health, your clarity and your freedom cannot wait.

I love it. And then in the context of that, so that'd be a good one to just run even as a baseline, it sounds like with what you're saying, even before determining potentially where you might even drill down further.

I know a couple other tests that you guys have, and this is probably really relevant to a lot of my clientele. We've gone into deep, really deep layers of detoxification that we, I quote unquote, earn the right to get to.

That mean by that like toxins, BPA, plastics, mercury, aluminum that are stored deeply in brains and neural tissue and body fat. We are getting people to that level and we use one of my favorite tests is your ToxZoomer.

The one clarification I want to make for my listening audience is that the tests that we're doing for like, for example, Toxtoomr is assessing blood. So the important thing to note is, that even though something may show up as being high in blood or being in a normal range, in blood.

If it's present, we assume it could be stored in the deeper body fat and brain and such. So we don't use that as a indicative of whether or not we should do a deeper level of detox on some of those metals.

We pretty much assume, but we also are aware that those toxins leach into the bloodstream. The vibrant test can actually help give us a lay of the land, a map.

and help us understand what we're looking for at that level of detox. So very important one that we are using to really assess that terrain. And that can also give us information, you know, if we have toxins stored deeply, we also know we oxidation, acceleration and cellular damage.

Tell me about those two tests that you have, Susie, and how you're look at and what that gives us in terms of resilience and longevity.

Toxin Testing and Detox Burden

Yeah, so we have a total tox burden, which that one is more of our basic toxin test. It looks at about 30 mycotoxins, 20 heavy metals, and right at 40 environmental toxins.

That's a one-time urine test, we use mass spectrometry, in testing, Vibrant can get down to picograms, where a lot of other labs only go to nanogram. So we get to very, very low levels of determining what is that patient's toxic load look like?

You would be so surprised. People don't think about it. But in that test, you're trying to optimize hormones. Toxins are so problematic. Endocrine disruptors are huge.

And when you're trying to optimize hormone, if you are not looking at the toxic load on your patients. We then added a small toxic burden panel to our hormone panel because we know somewhat of the missing link to optimizing hormones that a lot of people don't think of.

So that is one thing and I'll go a step further in that test also because we have been talking with infertility clinics and everybody always looks at the female.

But you forget to look at male. And toxic load can be so impactful on sperm count. And so we really are encouraging people like, hey, if you guys are looking at this type of stuff and you're trying to get pregnant, we can't just look at the female.

We need to look the male. And the toxic burden on them is a huge problem if that load is too high when you are trying So we went down that rabbit hole too, but I think it's something that needs to be brought to light to really help people and saying, hey, there's some other things we can do to help that not many providers look at.

In February, we then created a larger toxin test. It's called the Toxin Zoomer. And so we still do the mycotoxins, the heavy metals, and the environmental toxins, but we added on PFAS chemicals, which are those forever chemicals that the body does not break down.

Where you can see a lot of those, is in water systems. Even if you have filtered water, it's not enough. You're consuming it every day. And so we really want to look at, you know, what are those PFAS levels in your patients?

And what can we do to decrease those levels to get better patient outcomes? Water is very problematic in that portion of that test that we added on. Got it.

Now that makes sense. And then we also were talking about the use of like the oxidative stress panels, or I'm not sure if I got the title of the test correct.

Um, and then also looking at just like cellular damage too. How would you use those into assessing, um, your body for, uh, from a standpoint of longevity?

Yeah, so we did, we created another zoomer. It's called a cellular zoom. Okay. And that is actually an oxidative stress test and organic acids. So when you're at adrenal fatigue, you are looking at mitochondrial function, which is the, your powerhouse of cells, and then looking your oxidatives stress levels, which is your sleep patterns, stress level.

that those are huge players in determining your longevity. And so I do think with that test, it gives you a snapshot of like, Hey, are these levels that, you know, we have a teeter totter and you need to be like this.

And a lot of times people are tilted because their oxidative stress levels are so high, which could be triggered by your toxic load. So if your topic levels, they're really high.

A lot times it's contributing to a lotta your oxidated stress issues that you could dealing with. That is the other test we offer. Yeah, just to point that, make that a little clearer for people who are a bit more novice in this construct.

Think about oxidation as like how quickly you're rusting, you know, is a good way to kind of think about that. And yeah, we see that too. We also see what chronic adrenal stress is oftentimes not just driven by lifestyle.

It can actually be, and we're seeing this more and more clinically, damage to the vagus nerve, to brain stem by some of these toxins we've mentioned. These things can lead you to a point where you're always in overdrive.

You're oftentimes driving too much in sympathetic dominance and not enough in parasympathetic, and you are not making that transition well. Then that can drive up the stress on the adrenals over time.

Even toxins stored in the basal ganglia of the brain can also have an impact on cortisol levels. So we're seeing that it's not just an adrenal gland issue, it is actually stemming from the nervous system and the toxicity levels of those areas.

If we can understand the lay of land, what we are dealing with, we start to chip away at getting this stuff out of body and at the deepest levels, so that's awesome.

Great.

Oxidative Stress and Cellular Zoomer

And then any of your other tests that you think that we need to hear about to, Susie, that are ones that aren't available easily in the marketplace and other places, what would be some of those distinctions?

that you would feel. And I'm going to tee you up because I really think I'd like you to go into the neural zoomer a little bit more. Maybe we spend a bit of time on the cardiac too, just because both of those are obviously key players in how you age.

So tell us a lot more about those two tests, will you? Yeah, the neural zoomer is an antibody test, looking at antibodies that cross the blood-brain barrier.

And so we are talking earlier about leaky gut. This test can look, do you have leakey brain? And if the barrier of the brain is destroyed, we need to do a heel-and-seal fix it and get these antibodies out of brain.

They should not be in the But there's so many correlations with the neural zoomer. And I put it and I give statistics because a lot of people are like, oh, I have to have a foggy brain in order for me to do this test.

But even your people that have Hashimoto's, 56% of those people have antitubulin in the brain. It should not be in their brain, this tests detects it.

So you can correlate it as an autoimmune, but you could look at thyroid and those people have antitubulin in the brain, it should not be in their brain.

Then you start getting the Alzheimer's, the dementia, these risks where they've been in there for many, many years. So if you do this test and you detected it early stages, there's a lot of actionable things you an do to get these antibodies out of the brains.

Yeah, and everything starts at the brain. There isn't really any organ, gland, or tissue that does not function without some kind of signal from the mind.

So it's really important to be looking at your brain when you're talking about even a condition that is very isolated, diabetes, Hashimoto's, any autoimmune condition, quite frankly.

And then we often stress the importance, too, of looking the thymus gland as well as an important piece of the whole autoimmune and cancer pictures. So I love that.

And then the cardiac one also is very informative, especially, and the way I always tell people to kind of make a decision about, because sometimes we have to prioritize which tests we're going to do right now versus later.

I tell always people, you know, if you have the cardiovascular diseases in your family or you more the neurocognitive stuff, that's your first priority and we want to get the lay of the land in that context.

Yeah, the Cardio Zoomer really Heart disease and stroke, you know, heart disease is number one, stroke is in the United States. And a lot of it is preventable.

But the only way it's preventible is knowing the risk and attacking the fire very, very early. So what this test was intended to do, it looks at all the stages from like metabolic risk, all of the way to plaque formation.

So I will say the couple of things that we added in this that a lot of people are not looking at that is like a newer type of thing is looking.

Neural Zoomer and Brain Barrier Antibodies

At ceramide levels, ceramides are a huge predictor of cardiovascular disease. It's sort of new and upcoming that. A lot. Of people. Are looking, but those are like something that vibrant added on their tests because we feel it can give them that picture of like, what is that risk of that patient?

and looking at those levels, there is actionable things you can do for this. We of course look at your apolipoproteins. Um, we have your sterile balance.

So it gives you a roadmap of what level of disease is that patient at and risk and how aggressively you need to treat them to prevent them from having an event in the future.

Amazing. Yeah, and we're seeing too that a lot of that epizelial tissue damage that's involved in cardiovascular diseases is often happening from toxin exposure.

And so we are getting to revolutionary areas where we were working with inhalation of hydrogen therapy to help break up plaque. We're starting to assess that via carotid artery scans that are also giving us some information in more detail.

in those areas. And then we also do something in our office called the heart sound recorder, which can give us information about rhythm, rate and tone.

So I love it. In that combined with that type of test, man, you're like really equipped to have a plan for aging well. That's the thing, right? It's like, some people are still, I feel like a little behind the times in terms of going, well, i don't really have symptoms.

I think I'm healthy, and the most important The best strategy you can have really is to start looking at this stuff earlier, sooner than later, because otherwise, if you don't do anything with your health, guys, you're limiting your ability to reverse things as you get older.

And look around, it's not great. We're not getting great statistics when it comes to aging, and we're all buying into this collective story that that's normal.

It's no normal, there's things that we can do to really offset these things we are seeing in our elderly population. Well, I laugh a little bit about a statement you said there, because you say you're waiting for symptoms.

Well it's called the silent killer for a reason. You usually do not have a lot of symptoms! One thing I will tell you about when we're talking about heart disease and we were talking foods, and you know, vibrant, definitely sometimes it is not casting just a one test and then you have all the answers for patients.

You know, when you're trying to get to root cause issues, sometimes you do have to cast a wider net in order to determine like, hey, where are some of these issues stemming from?

But when your going to the cardiovascular and earlier we are talking about our food testing at the peptide level and then our foundation test that tests that leaky gut panel, one of the markers in there is actin and anti-actin.

And I will tell you, and the paleo cardiologist actually preaches on this, because when you're looking at someone's cardiovascular risk and what their diet looks like, if actin is high, we know actine directly affects smooth muscle.

What are the coronaries made of? actin. So when we have high actine levels, the patient has increased inflammatory markers, their cardiovascular risk is high.

One actionable thing you could do for your patients, they need to eliminate wheat and gluten because basically it's disrupting smooth muscle, increasing their risk of plaque formation in your patient.

Cardio Zoomer and Cardiovascular Risk

When you're trying to look at putting all the puzzle pieces together, This is where these tests help each other out to say, I can see your actin in the leaky gut panel is high.

You have a cardiovascular risk. One thing that we can do right away is eliminate wheat and gluten because we know that's triggering smooth muscle disruption.

And so these linking things are so awesome when you can start putting the puzzle pieces together and really helping getting the best patient outcomes.

Absolutely. Yeah, and that's what we call as a place to start level one. We call it healing where we're looking at and identifying those problem foods and how they're contributing and playing out, getting that lay of the land.

Ultimately, through our process, the resiliency method, we actually reverse the food sensitivities because we are going to a deeper level of nervous system exploration and thymic gland involvement.

And we've had a lot of success with reversing those food sensitivities for people, which is just a better sign of resiliency and adaptability. So yeah, we always say, look at those things first, maybe take them out for a short period, but we work a little differently than some clinicians who might leave those out forever and really look taking down the toxic burden of glyphosate in the body has been really instrumental too when it comes to wheat sensitities.

Uh, so yeah, and then we always recommend people, you know, if you're going to continue to eat it, You're gonna probably have some level of exposure, uh, to those chemicals over time.

But that is something that we've seen great success with doing clinically. So I love that. And it's really important to understand those things and I'll say the diagnostics still are a piece and it is the starting point for y'all.

You have to go beyond. It's not going to give you the answer to what your treatment is. The treatment where you're going get the result. So you really need to be working with somebody that knows what they're doing and how to take these tests and then use that data to then make it into a results driven treatment plan for yourself.

I love that. Great. Now, Susie, I know we've got to probably wrap up here. There's a couple more things I wanted to ask you about. A lot of people are being able to get, you know, some of these tests or more, more I would say, not maybe not your tests, but they're getting access to tests beyond the CMP, the CDC panels that their medical doctors usually run for them.

And they're working with companies that are what we call direct-to-consumer. But explore with us, if you will, the limitations to doing those tests versus working a provider like yourself via a healthcare professional.

Yeah, we've seen that pop up in the last few years where patients can go on, order their own labs. You know, which it's great that they're offering that, that patients have access to it.

Vibrant has taken and drawn a hard line in the sand. We feel in order to get the best patient outcomes. we wanna offer high-level labs, but we 100% wanna make sure that the patient is being directed by a doctor.

There's just so many things and they can get really, really complex where you can try to treat yourself, you try AI treat your self. And when you don't have the whole picture, You can a lot of times make yourself worse than what you were starting off.

Especially like when your talking about detoxing, Patients can get very, very sick if you detox too quickly. Our goal is to provide providers with the best testing, the highest sensitivity and specificity.

to give you guys the tools then to come up a treatment plan to get the best patient outcomes. And we feel that the provider has to be involved in this stuff in order for us to, you know, give the care to patients to those outcomes and we see it too often.

You give people tests, even like with our neural test, You can't just look at the biomarkers and have an idea and take a pill to fix it. A lot of times you need to dig deeper and you to look up foods and toxins and see what is causing these antibodies to cross the blood-brain barrier.

It's just too complex of a disease. and to try to deal with, you know, with chat GPT. It doesn't work. There comes a place for it though, and I think, I love AI, it's awesome, but I do think you have to use it in limitations when you're dealing with people's lives and treatment plans.

providers need to be involved. And I think experts are an expert for a reason. AI is only going to as good as the questions you, as a novice in the world of health, can actually ask it and prompt it on.

Provider-Guided Testing vs Direct-to-Consumer Labs

I use AI for my marketing, for day-to-day living, to help me make financial decisions, and I even use it for creating healthcare curriculum for patients.

However, It's only as good as what I prompt it and what i ask it to do and that comes from my 15 years of clinical experience which is what is really going to help move the needle for your health your own personal health is to really be thinking outside the box and with that clinical Experience and savvy so And AI is going to only recirculate the most basic common knowledge out there too.

So oftentimes what I call it's a level one discussion on health. And most of us, no, I would say all of need to go deeper than a Level One discussion about our health, yeah.

Yeah. What is one question that you think our listeners should be asking themselves about? Laboratory testing their health whatever it might be What would be the thing that?

You would answer how would you answer that question? you know I I always are you living your life in the band-aid approach are You? band aiding your health Because there is so many things you can do to get to a root cause, to better patient outcomes, digging a little bit deeper.

And I know a lot of people, you know, for your anxiety and depression, are we just taking a pill? For your weight issues, Are we taking just a pills? And there is, I think there's so many, and I'm not against medication either, but I do think we live in this world where it's just a Band-Aid is gonna fix everything and we stop there.

And we don't say, hey, let's dig a little bit deeper to get even better than what I am getting now. And so testing has came so far, resources have came, so protocols have changed that really you don't have to live in that hamster wheel.

You can create a better longevity, but you have detect, figure out where those fires are, those problems are in order to get to the root cause to then improve what you're currently doing.

I love it. And what you're saying there kind of prompts me in thinking too, a lot of people have a strategy for their finances. A lot people who have the strategy or how they're going to get the kids to their older things that week.

One of the things I see that most people or a lotta people are missing is a strategies for health. It's probably the most essential pillar foundational things you have going for you because without your health, none of it matters.

Closing Thoughts on Avoiding the Band-Aid Approach

Fair? Fair. Fair, fair. I love it. Yeah, good. Well, thanks so much for being with us today. You always have a lot of great information to share, and we appreciate you.

And if you're a listener and you are a current client or you were interested in just knowing more about your body, see the show notes. We'll have some access to being able to interact with or work with on getting some things and going deeper into your health.

Thanks so, much Susie. Thanks for tuning into The Resiliency Method, the truth about healing podcasts. If this episode spoke to you, follow, share, and leave us a review.

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