Introduction to Reversing Chronic Gut Conditions

Welcome back. We're continuing our conversation on Reversing Chronic Gut Conditions, especially Crohn's and Colitis. I'm your host Sinclair Kennally. And today I am joined by my very wonderful friend and colleague, Dr. Christine Schaffner, our amazing co-host.

Thanks for doing this with me. Oh, thank you so much for the invitation. I am so excited to share the knowledge that we've, you know, extracted from our speakers.

And it's such a important topic with so many people having inflammatory conditions these days. It's so true. And you and I, the focus of both of our practices is really about those sensitive folks, right?

These chronic conditions that you and I both know are reversible. But, you know, if they're going to other corners of medicine, they may have been frustrated in the past.

Yeah, especially I feel like with gut conditions. Right. Because, you know, I really, was excited to say yes to be your co-host because I had a personal, experience, that really made you compelled that we have to get more and more options for these patients.

I was, allowed to kind of advocate for a young boy whose parents were working him that for, Crohn's and inflammatory bowel disorders, and they were at a hospital, and they were close to Mayo.

So they transferred him, and they were just thinking they were they were getting more information and, you know, helping him on his journey. And then all of a sudden, CPS was showing up and the doctors were saying that they are going to remove his colon and that's going to save his life, and that he's at risk for blood clots if they don't.

And they asked me to talk to the gastro, pediatric doctors, to advocate. And I work through all of my, you know, thought processes. And, they had already made their mind and I it was just a formality for me to talk to them.

And so they went ahead and removed his colon. And just as a mother of a young daughter, I just couldn't imagine if I was in that position. And they really only understood infection if they could biopsy and see the, you know, infection and the sign.

They didn't understand this kind of really like. Just there's. So many layers to where these chronic infections can hide and the damage that they do that we don't have, all the tests to demonstrate at this time.

And, you know, we work in kind of the realm of both science and, you know, bioenergetics and bio resonance is emerging in scientific field.

Personal Advocacy and the Need for More Options

Of course. And so, I just when you asked me, I was like, I think this is just like, you know, the universe really, wanting us to, you know, share this story and dedicate really, this segment to this young boy.

And, there's so many more, people out there like him and his family. And so I really hope that we can really change the course for many people out there.

I totally agree. thank you so much for sharing that. It's it's a really scary time, I know, to be a parent navigating these different fields of medicine.

And it's frustrating because the the solutions are actually more available than ever. But you have to sort through so

much competing information to find them.

So we hope, for those of you are listening, just taking your health into your own hands, or if you're one of our beloved summit junkies, has been around for a while and you're just looking for that next nugget, you know there's something in here for everybody.

Yeah, absolutely. And, you know, I always love learning when I'm on these summits. And I think that, you know, it's really fun as we can evolve our practice immediately after doing the, you know, kind of talking to some of our colleagues and friends and hear what they're doing.

and so I, you know, of course, had those experiences during these recordings. And so, but since you created this summit and you're the host, and, such a wonderful, summit producer, I'd love to hear, like, what are some of the clinical pearls that you took with you, that you think are really, highlights of the summit?

Yeah. You know, I think that, some of the brightest minds working on Crohn's and Colitis today are on this summit, and there's just wonderful practitioners out there and researchers.

But a big theme was, were we're stepping over dollars to pick up pennies in terms of the small things you can do to take back control over your own health.

And, you know, a dear friend and colleague, Nick Pineault, you know, the the EMF guy I interviewed him and he, he and I were we're talking about that research like this is in PubMed.

This is not edgy. This isn't like maybe someday we'll know for sure. Like it's been scientifically proven that, you know, our we have pathogenic strains of bacteria that preferentially grow and are upregulated in the presence of Wi-Fi and other smart device signals versus some of those key stone strains that help us producer vitamins and balance, and healthy gut microbiome.

They actually down regulate and they grow more slowly. And so we're seeing for so many of us the backdrop of like, why are we all so sensitive all of a sudden?

Why why is chronic illness exploding in this day and age of like technology and affluence and, you know, supposed access to resources, you know, and we're actually experiencing the opposite in health.

It is against this backdrop, isn't it? You know, and it's not to throw out your tech. We're both on tech right now. It's about tech hygiene. Yes. And protecting your body while it's trying to heal, which is when you're sleeping.

You know. Read more what you were saying that, you know, I of course, I'm on the same page as you, but I was thinking it's like a reverse right machine, like killing the good guys and the bad guys, you know?

You know, you call a staff strap, they're all growing faster. And like all of our beautiful bifida guys. Are, like, down regulate. I know. I know, I know.

This. I know, I know, I, I, you know, I think of the mast cells too. You know, we talk about all these stressors on mast cells, but they're vibrationally sensitive as well.

And I think EMF has been a huge, trigger of increasing sensitivity. along with, like, the whole aspect of psycho neuro, you know, endocrinology how, like, thoughts and our emotions can affect our, our physiology and the cellular level.

So I think the vibrations of life have to be taken into account.

EMF, Tech Hygiene, and Microbiome Stress

I agree, you know, we're electrical beings, that the bio electrical is in so many ways, not just influencing the

biochemical meaning. Guys like our nervous system and our bio field is not just influencing our gut and our microbiome, but it's actually regulating it, right?

Every aspect of our immune system and our digestion is actually regulate it by the nervous system. So of course, as electrical beings, we want to have some tools in our toolkit that help us honor that.

And our microbiome. I mean, we were studying more and more how they, respond and they produce their own electro magnetic field. We call it electro genic, you know, bacteria.

And then we have cherry bean on, on the, summit. And she's a big, teacher and educator of quantum biology. And, you know, we don't get enough light to, especially EUV on our abdomens these days.

You know, you know, we, you know, we could, at home, use our same space photon or whatever, your favorite light for red or infrared, and then, you know, get out in the sun.

And if you're nervous or embarrassed, just, you know, in privacy to get your, that microbes, exposed to, you know, basically the spectrum of electromagnetic energy from the sun as well.

I know, and it sounds like, oh, that's too simple. That must not make a difference. But it's free and it's respecting the fact that your body is nature.

We're a part of nature. Even though we moved indoors we're still nature. So we want to be synced up with that, right? Yeah, absolutely. So, a big, you know, kind of Perl is this idea around EMF.

You'll learn a lot in the summer. And Sinclair, there's so much great educating about this topic. And then what's another clinical problem you learned?

I think it's really important that you bring up mast cells because they're under more stress than ever before. But, you know, I think there's a lot that we still get to learn about what is overstimulating mast cells.

And also and remember that histamine is not the enemy. You know, we have. To have. It to survive. So we want to be careful about the stories that we're telling ourselves in our bodies about, you know, certain strategies that we need to stay alive where our bodies are, not the enemy.

So I just encourage you to be discerning as you listen to experts out there. And that's part of why. Dr. Christine, I have been so intentional about the experts we selected here.

Because your body is your subconscious. It's not. The subconscious is somewhere in the body. You know, like maybe it's listening. Like, no, the body's always listening.

And, so we want to be really intentional about the stories that we tell, it about how resilient you are. So we selected people to discuss mast cells that deeply believe in your own resilience.

You know, Meg Mill did a lovely job of covering just mast cell function. And, you know, histamine is a great primer for folks. And I just want to remind you that, you know, freshly remembering myself.

That. There are root causes to mast cell dysregulation, mast cell dysregulation itself and overactivity is not a root cause. Just like Candida is not a root cause, leaky gut is not a root cause.

There's always a reason behind the body's response that way. So that's my my favorite thing to remember, you know, and that along comes down to parasites.

Pretty favorite. So I know I know you love getting rid of people's parasites. They know it's just. So. Satisfying. It's a rewarding area of medicine to treat, you know, people like first of all, they're like, really?

Yeah, I have them. Then they're, you know, so I'll do anything and then they respond. So many like random symptoms that you would never think, it's a parasitic infections.

you know, like no cell activation. you know, really, you know, get better to proper treatment and for the next time as well. Do you have any favorite clinical pearls that we haven't mentioned yet that you picked up over the segment?

You know, you know, check out doctor Jill Kerman. You know, she is and I are friendly colleagues, and I'm always impressed about her story of resilience.

she survived cancer and mold exposure. And she also had inflammatory bowel disease herself. that she believes was really induced by her chemotherapy that she, had.

And so she is a really wonderful, inspire ING story of resilience. And there's always a way and to find those root causes and don't give up and be your own advocate.

she also touched on something called Pearl pearls around CFO on small intestinal fungal overgrowth.

Mast Cells, Histamine, and Root Causes

that, you know, we're seeing more and more of, Sibo is really popular, but, CFO is another, place that can get, hidden fungal overgrowth that can create a lot of the, imbalance in the body.

So I love her. Really? Good point. Yeah, yeah. we also had Doctor Hamil Patel, who is pioneering a mitochondrial test. which. I know you're going to talk about him. He's so great.

What a gem. Yeah, I know, he's really. I'm learning a lot from him. And, you know, mitochondrial dysfunction is very, you know, really, one of the root causes of why we have low energy, the heal in our body, and the energy to do the work that we need to, heal.

And so he's, also thinking about the microbiome and its metabolites have a regulation effect on our mitochondria. So that was exciting to hear. And then, you know, there is also this, you know, really poignant point.

He said he said, you know, the longevity folks are and thinking about all the information in the nucleus, right? Our DNA, all of that. But he thinks it's outside the nucleus in the cell with, cell membrane in the mitochondria, mice to the micro tubulin to, but he, you know, really kind of as you know, shared a little bit about that, which I think is kind of a new frontier of, I mean, really from recovering, really poor translations of, genetic expression both in the DNA and mitochondrial DNA.

inside the cell, you know, and it's, you know, of course we can learn more about it. We can shift it. there is always, a way, to heal her body in a very cellular level.

And so, yeah, I agree. Yeah. It's really, it's a great point. We need to spend more time, helping people to understand and explore the other secondary functions of mitochondria.

They're not just our energy power plants. And so when they become exposed to toxins or, you know, a traumatic injury being a trauma or a physical injury, then they enter that cell data response cycle, you know, there's, there's actually a cascade of behaviors that shift at the cellular level.

It's not just, oh, I'm tired because I don't have enough energy, because I'm not as efficient at making it anymore. And we're literally expressing ourselves differently in the DNA level, aren't we?

Yeah, yeah. And, you know, we love water, too. And, you know, the, mitochondria have a big role. My friend Patria Davila, who's down on this summit, but on many other conversations, you can Google her, I think is one of the best experts, aside from, of course, would say Claire.

Michael. Teacher. deuterium in the, you know, metabolic water and power, modern day and living. You know, we have to use a lot of these quantum biology bio field, you know, energetic tools to, enhance our depletion of, deuterium in the mitochondria, which can also restore, the energy that we have to heal, such autoimmune conditions that are, really the body's intelligence trying to wake you up to some underlying cause.

Yeah. Yeah, that's a great point. I mean, I wonder how many people know their mitochondria make their own water. Yeah, I know my own smile. And if you go to Claire's house, she will give you the most clean.

You know, this, you know, distilled, structured, coherent, you know, oxygenated 100. What's really right where we're living in time, especially with Covid in our terrain, of hypoxic times.

Right. And, you know, there is, lowering, on the micro circulatory level of oxygen in our tissues. And we need that, you know, oxygen to be delivered for our body to transform it into more and more energy.

yeah. It's a great point. It's true. You guys should all come over to my house and. Yeah, but our. Water bar, we don't have a wine bar. We have a water bar.

What would you like to do with your water and how would you like to optimize it? We have a lot of fun. Yeah. We're such nerds. Yeah, totally. And you know, one thing that, Sinclair was so keen to allow me to share with the summit.

we have a sound bath. we're probably the first summit to include a sound bath. So this is, you know, a must have because you can purchase the summit and then listen to this, time and time again.

And it's one of the most potent forms of therapy. And I regard this sound. I think this really shifting, clear energy in a way that is, so, elegant and it can really shift, distorted patterns in the water in our body and really, change them, for more of a healing response on many, many levels.

So, thank you for allowing us to. Oh, I thought it was a beautiful idea. Thank you so much for your creativity around that. But I always love frequency support and therapy.

So like, yeah, that's cool, but I really didn't like prioritize it until I saw the clinical effects of actually using sound therapy to shift somebody into that parasympathetic dominant state.

Parasites, SIFO, and Mitochondrial Dysfunction

And you guys, if you have a chronic gut issue, this is essential for you to understand, you know, such a Patel talked about on my interview with him on this summit, how when the body goes into sympathetic overdrive, what happens with your blood flow?

Well, it goes away from your digestion organs and you actually down when you regulate your blood flow so much. So you go down to 10% of the blood flow for your liver and your kidneys.

It's it's almost comparable to that for your gut as well. So of course you're not digesting well and you're not detoxing and draining when you are in stress.

So it's essential that we take back this capacity to rest. Digested you I love it, I love it, and I, I, I, I'm at the same conclusion from different kind of levels.

We talk a lot about drainage and lymphatics and. Well, you're the president of the drainage club. So yeah, that was a while ago. but you know, but if the blood isn't moving, right, and we're not getting, like, healthy, blood movement, you know, we're seeing so much more, willow and sticky, stagnant blood with inflamed vessels, an oxide environment that we're not for fuzing.

And getting that oxygen to those tissues, that the lymph comes from the blood in many spaces in the body. It's also generated in the gut. Morrison. the liver. But, you know, we we we need to tender our blood to we do. And, really

appreciate you underscoring that because, I mean, so many of your products, for example, are really good at setting up the body to finally drain again what you must have and or and a high quality one or and a half functioning digestion.

And I think people still are like, oh, okay, drainage probably is a good thing because I probably need to detox, right? But it's so much bigger than that.

This is really fundamentally about your body's capacity to heal. So when in doubt, focus on drainage and make sure that you have enough protocol support to do so. Right?

I mean, your products are great because even the most sensitive people can really benefit and start making some progress with them. Yeah. You know, and I think what we've both learned in clinical practice, I had a wonderful patient I visited with this, this week, and she was one of the most sensitive people I had seen in a long time.

And she was on a path of healing and during her journey, she was almost better. And then some, treatment really, activated, huge, nasal flare. And she was, you know, about to leave her parents, and and she lived back in her, you know, parents, and she was, so creative and so, determined to, figure this out, and she, you know, gets on Facebook forums and educates people, to help them, you know, heal like she has.

And she has just learned this way, titration and microdosing because we all kind of think more is better, right, these days. And it's that titration of a dose.

And I've been humbled, you know, in my earlier in life, I'm like, how could this be real? But you know. How such a. Small dose can create a huge flare in somebody.

And so. It's. Very small and you work up. And I also, love using the skin because, that's a kind of a way to get into the lymphatics. without going through the diet.

And then, plant stem cells are like the most vibrationally kind of into products that really even the most sensitive people can either start topically or even, like one drop at a time.

And, you know, I, you know, I like, find the holes in products. Right. And so. Yeah. You know, found like, okay, we got to get people sleepy, we got to get their limbic training.

And then, you know, when we move the lymph, we have to move bile, like, you know, more than anyone. And then, you know, the spleen is a forgotten, lymphatic organ.

in this whole lot idea, especially with the chronic infection piece, the blood has to get filtered in the spleen, and the spleen gets very overwhelmed from chronic infections.

And so to support the spleen, we know love the spleen, is also like, very important, you know, healing that system. So, that's kind of what I tuned into.

And I'm sure more will evolve over time. But I think, you know, our big message messages, you know, there's always a dose, there's always a product, there's always a way.

You know, we we will always find that, you know, and so if you're one of those people out there who's highly, highly, highly sensitive, become, you know, you're super powered and your inner navigation system, but before you are, you just have to, you know, go slow and you will get there.

Yeah. But you maybe share for us, because the world of somebody who has Crohn's or colitis, like your, your world really does is like shrinks to the size of your symptoms.

Right? You have to do so much to avoid a flare or try to, you know, survive a flare so you can get back to normal life again. for someone like that, could you share as an example how to use like your training to support products?

on the sensitive side of dosing, like topical application, like how much and where?

Water, Sound Therapy, and Nervous System Regulation

Not that it's medical advice, but maybe like a case study just for reference for people so they can explore on their own. Thank you. Yeah. Well, you know, we have, the drainage remedies, you know, that are the plant stem cells.

And, they come kind of as a, unit. And I, you know, get my patients. Teach me. Of course. So you had one patient teach me that, we have a lymphatic flow clean, and they put a drop of the lymph gem out and in the cream as a delivery.

And then they have some swollen lymph nodes, and they apply that topically. And then you train them overnight, which is wow, that was smart. and then you can put them over, like the gallbladder general.

You can put over the liver, you know, kind of in that, right, area like by your lower rib, that would be awesome. You can put the spleen remedy. Our friend Kelly, who has some spleen trauma in her life, she started putting it on her spleen, and I was like.

Oh, I hadn't. Even thought about that. So, and patients, you know, I always say that are, sensitive. Start with one drop, literally one drop needle. But don't underestimate one drop.

You get confident with that one drop, then go to two drops. It's confident with that three drops. You know there is you know all divine timing in this.

And if you accelerate or try to be like I'm going to get better faster if I do 15 drops before I, you know, work up to that. you know, that is you know, we don't need to be that heroic.

Now, we you'll, actually kind of set yourself further back then if you really, you know, go low and slow, then, you know, I, you know, I kind of call this, you know, system now, like regulation, drainage, resonance, coherence, regeneration, kind of what we've talked about, regulation and drainage is so important.

But I think part of regulation now is finding mast cell stabilization tools. Like I think that's. What you. Part of it is, you know, I learned that probably 4 or 5 years ago, if you do not stabilize the mast cells, you cannot do it anywhere, you know, and it's not a long term treatment, but is a treatment strategy.

So you can actually tolerate treatment and get you where you need to go. So I've found that to be quite helpful. I think it's really true. That's why every single protocol we provide, whether it's in practice, you know, 1 to 1 or in groups, we're always doing a nervous system support layer and also an environmental mitigation layer in addition to supplementation.

Because you can if you can calm down the nervous system, you have a shot at regulating mast cells. So much better, right? Without interventions, you know, that are you know, we don't want to be on and also, you know, the environmental piece, if you can lower the incoming load and isn't to set off the mast cells, often those indirect pathways to mast cell stabilization, you know, we get great results.

And I just love how much you underscore like more if not better, especially with this population. You know. Yeah. And that's like a very American way of doing things.

But you know like yeah, you know, if you can just slow down, you know, some of my sense, most sensitive patients become the most finely tuned, you know, instruments, you know, with their body and navigation of life.

They have this inner guidance system that I think all of us would love. You know, they sense and feel what they need at the right time and, you know, can feel the vibration of, you know, on things.

And yes, that can be overwhelming if you don't know how to use filters and, you know, figure out how to work, with

that. But once you do, I mean, what a gift, right?

To know what you need, when you need it, to know who's going to be in resonance with you and who's not, you know, that's such a gift to have on the other side of this really horrific, experience.

That's really beautiful. Way to say it. Are canaries in the coal mine. I know you, yeah. Bemoan it when you're the sensitive person because you don't want to be the most sensitive person in your family group.

Drainage, Sensitive Dosing, and Healing at Your Own Pace

But, you know, on your work trip where you're worried about, oh my God, what am I going to eat all the time? But at the same time, as soon as you get enough through the healing process, you realize, like you have a huge advantage over everybody else.

Yeah. Because you're really in tune with what your body's trying to tell you all the time. And you can listen to whispers instead of shouts. Yeah, I'm in full.

Symptoms. Yeah. Yeah. Beautiful. Yeah. So no, I just applaud you for, you know, creating the Summit. And I think, you know, we have a really great, panel of experts and, you know, just I always say go at your own pace and figure out who resonates with you and start there and don't feel like you have to listen to every speaker at once, because then you know you're getting into a pattern of stress.

You know what I mean? Which we don't want you know, just, you know, get this for your library and just enjoy it. You know, Sinclair does an awesome job of how many someone's happy for you to know. But for ten, I don't know.

How many of you created. Your Summit queen. One, but only six year. I've co-hosted maybe five, so I don't know. We're probably neck and neck, you know.

Pushing question up there. Yeah. Yeah, I know, I know I didn't actually yeah realize that. But now what a great topic and what a great service for so many people.

I'm really glad we got to do this together. I've been thinking about lately how every Summit I've ever done is really a love letter to the person who's struggling the way I used to, and how desperate I was searching for information.

And if we can make it just a little bit easier for you. It's the small steps, guys. It's the small nuggets that change everything. So take it at your own pace and, put this together with so much love and intention and strategy for you. And, I just love what you said about, like, choosing what resonates.

It doesn't it's not all going to work for you, but, you know, some of it can absolutely change your life. So let's just start there. Yeah. Yeah, I love it.

And thank you so much for, sharing this. And, you know, you're an inspiration for so many people. You're you've been right there with them. And, you know, you have this really full life now.

And, you know, we just want that for everyone. You know, Sinclair and I get to do everything we love every day. and we've, you know, both had our healing journeys on many levels.

And so, if we can do it, you can do it. So don't ever lose hope. Some people. that I know, I was down to three foods, and I tell people I was a really big loss.

I it's not perfect. I was looking for the shortcut, the Band-Aid. Like, I would look at a supplement pill and be nauseous. So I know if I can do this.

Everybody can do it because I was not the ideal patient. Yeah. Doctors and practitioners tend to be the worst patients. You convince me. Why do I have to. Yeah.

That was me. Yes. Treat them. Yeah I understand. Yeah. You know I'm so. Grateful for this and for life and for your friendship. And thanks for doing this event with me. Yeah.

Oh thank you so much I really enjoyed it. Thank you.