Understanding Fungal Infections: They May Be There To Protect You Transcript

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Introduction to Fungus Myths

Welcome back to the conversation. Today, I have Dr. Sharon Stills. Hi, Dr. Stills. Hi. So glad to have you here. This is going to be a fun talk because we always have fun when we talk, but it's going to be a really informative talk about fungus and Candida and all those strains of fungal problems that you can have in the body and why they're there and how to get rid of them.

And we're going to break some myths today and we're going to share kind of what people don't really understand or know in the general functional medicine space about fungus.

So before we jump into that, let's just chat a little bit about who you are. You're a natural plastic medical doctor. You have extensive training and background in European biological medicine and pro aging therapies.

You founded and ran one of the largest and most successful naturopathic clinics in the country for a decade. And I happen to know you're about to do it again here.

Your birth in a huge clinic right now in Arizona. So you're going to be back in the brick and mortar business again. You're the host of the Science of Self Healing podcast.

And one of your biggest passions is helping perimenopausal and menopausal women stay strong, healthy and sexy while aging backwards. I'm really excited about this conversation.

And, you know, as we get started here, let's just start with myths. Let's start about the common myths, about fungus. What do people think is causing it and what are people doing to treat it that isn't working? Hmm.

Well, it's lovely to be here and be with you, as always. And I love Purple and you. That is a beautiful color. Thank you. So, yeah, myths. I mean, I think we've kind of just been taught if we have anything going on with our gut, we must have Candida.

And so I should take sugar out of my diet and I should take some antifungals. And if I'm more in a natural strain of things, I'm going to take some oregano oil rather than I fluke and or something that's more harmful to the body.

And we stop to kind of just go or we forget to stop is what I should say, to just go like, whoa, like, what is going on here? And where is this fungus coming from?

And who are we in relationship to the fungus and to all this bacteria? And so I look at it from a very different perspective. I look at it from a Pleo morphic perspective and a terrain based model which has served me very well over the last.

I think it's 22 years in practice now. And yes, diving back into another brick and mortar, I feel like everyone is swimming away from brick and mortars and I'm swimming to one.

And it's just the the cycle that I'm in as a physician. And I say cycle because I think everything in life is cycles. And to me fungus is just the end result of a cycle and it's a cycle of not having a balanced meal, you not having a balanced terrain and not being in harmony or symbiosis with with our microbes.

And so it's kind of become like the microbiome has, you know, it's having its heyday, which is awesome. I love the microbiome. And so we're learning more and understanding that, yes, we actually are more bacteria than we are human cells.

Terrain, Milieu, and Pleomorphism

And these bacteria have a very fast rate of turnover in the body and are constantly changing. But if we step it back to just who we are as human beings on every level, and then we start to think about organisms that have become symbiotic with us for their own survival and also for our survival.

And so, like the first myth is that we have to kill, right? We have fungus and we've got to kill it. And I'm not about killing things in the body. I'm about finding out why they're there and then inviting them to to to go somewhere, if that's what's needed.

And so so we have these, these organisms and one of the main ones that has had has parasitized us for millions of years is Mucormycosis and Mucormycosis it needed us to stay alive.

And it also we need it because it is responsible for all flow in our body for oxygenation, for for hemoglobin, for fibrin, for clotting or not clotting.

And so all the cardiovascular issues and we're seeing a ton of cardiovascular issues now post COVID and post COVID shots and things. And I always am like I was just in Germany and I was like, we just need to, you know, instead of like chemtrails that we see in the sky, I just want to go up in an airplane and just drop mucormycosis the remedy to kill all over the whole entire continent because everyone needs of it.

How do we get it? Where is it? So it's actually so. So I mean, so we have this organism because your question is about fungus. And so this organism actually lives in symbiosis with us and it lives in a terrain, in a milieu, if you will.

And so I'm going to ask you to define some things for us real quick, because you threw out some terms that may be new to people. So pleomorphism, terrain and milieu, if you could talk about milieu and terrain right now, we'll get back to pleomorphism ism in a minute.

But define those for people who might know what that is. So milieu terrain, I kind of use those interchangeably. You can say the ground matrix, you can say that extracellular space, passenger space, these are all different words for talking about the the soup that the cells are bubbling in.

And so these are the spaces around our cells. So we're very focused on cellular health, but we forget that the health of the cells comes from where they live.

So the typical analogy you could use is a river and the fish are in the river and they're all happy and they're jumping and they're playing and then the river gets polluted and the fish all die.

And so you got to clean the river. I'm thinking of a Dr. Seuss book right now. I'm thinking of The Lorax and the fish jumping and happy. And then. I may have been thinking of that, too, but.

I love Dr. Seuss And so but and so in the human body, the terrain is impacted by numerous things. It's impacted by our fatty acid level, it's impacted by trace minerals, it's impacted by our flow and our facial restrictions and lymphatic flow.

It's impacted by our protein either too much protein or not enough protein. Often it's too much protein or protein that's not being utilized properly.

It's impacted by our emotions and our energies and bio photons, and it's impacted by our pitch. And so there's a lot of things that go into impacting our milieu.

And of course, it's it's harmed by heavy metals and by viruses and toxins and things that are allowed to set up. But how do they come? Is the answer to what is pleomorphism?

So we have these organisms, we have this mucormycosis that is within us. And when the pH is balanced out and when there's flow and there's ample minerals and all of these things that I talked about, all the good things in health, then mucus symbiosis actually lives with us and helps us, helps us clot, helps our heart speed, all these

important things with which without we would die.

But if the terrain is impacted in a negative way, if the pH starts to go off, then mucormycosis goes through a pleomorphic cycle. And so so our whole science, our whole medical field is based on monomorphism.

And that's because they will take the bacteria and they will stabilize it with some stain and put it on a mike under a microscope. And you will just see it in it's one form.

And then we're taught take a take an antibiotic and it will kill it and you can go on your merry way. And we could talk about all the harm that comes from a and, you know, a simple antibiotic use in a second. But so we have it there and it's living and it's happy.

And if the milieu goes off, it goes through an upgrading. So it's the same symbiotic organism that's helping us live, that's helping our cardiovascular system and our liver and our gallbladder, just not cardiovascular.

But that's a main focus. And then it it will start to become a bacteria and a virus. And ultimately the the ultimate pathogenic expression of these organisms is fungus.

And so so something so let me just unpack this, because I think people's minds right now are like, what did she just say? So what you're saying is a pleomorphism process is where something starts as one thing and it transitions into something else.

At the simplistic level. Is that the way to describe it? Exactly. It's like a caterpillar to the butterfly. Okay, great. So there must be a purpose for polymorphism in our body because it's so intelligent and it's so smart.

Why would something pleo morph into like a why would a bacteria pleo morph? Why would a. It's the organism, it's mucus, it's the organism's way of staying alive.

Root Causes of Fungal Overgrowth

And so if the, if the hotel's getting dirty, it's like I'm getting out of here and it's climbing out, and as it climbs out, it's getting becoming more pathogenic.

And so when someone has a fungus, the first thing I do is go, What's going on in your terrain? What allowed that fungus to grow? And I don't kill because when we kill, we leave debris and this debris becomes a metabolic hazard, it becomes a metabolic stress.

And ultimately, this debris is going to go through its own pathogenic and I'm clear morphic experience and it's going to become another disease process in the body.

And so I'm you know, I have patients who are like, oh, I just took an antibiotic. You know, I had a sinus infection and I didn't want to deal with it.

And I'm like, and I understand, like, we're a quick fix society. And so we take an antibiotic, we have a urinary tract infection, whatever. But we don't realize that when we take an antibiotic or we take an antifungal these harsh medications that we're we're just killing the expression of what's actually going on that's allowing this to happen in the body.

And then when we, for instance, use these kind of medicines, we don't always kill off. You know, we hear about super bacteria and some of the bacteria doesn't get killed off.

And so then what happens? We the bacteria becomes the antibiotic. We'll take care of the cell wall. And so but then we have a cell wall, deficient bacteria.

So now our immune system can't even flag it. It can't see it. And so these cell wall deficient forms are like, what's

this? It's party time. And this is where a lot of autoimmune disease grows from.

This is where super infections grow from. And so we we just have to really think like when we're looking for that quick fix, what that's going to do down the road, it's the same.

I talk a lot about because it drives me crazy suppressing our fevers and we suppress our fevers because we don't want to feel achy or hot or sweaty or whatever it is.

But we don't realize that we're telling our immune system, you don't matter, you're not important, you don't need to work for us. And then we're growing cancer or we're growing autoimmune disease, or we're growing other chronic illness.

And it's all from back when we were kids and weren't allowed to have a fever. And our immune system never learned how to how to respond to anything. So I want to take it back to a point that you said that the fungus is kind of the ultimate expression of what I would say being unwell.

So there's an underlying reason that you have fungus. And in the Western medicine world we give antifungals, anti needles, we give drugs to kill fungus.

But we're not looking at the underlying reason that this fungus is there in the first place. In the functional medicine world, many functional practitioners just trade one medicine cabinet for another or one prescription pad for another, and they're giving botanical antimicrobials and telling people to be on a low sugar diet.

And it's not really solving the problem because they're still not getting underneath it. So the whole purpose of this summit, Silent Killers, is to talk about what's underneath chronic health and health problems and inflammation and those categories that our speakers have been unpacking are things like toxins, chronic hidden infections, nutrient deficiencies usually caused by the first two, and then hidden traumas and stress that are unresolved.

So in terms of the fungus, PS What is the root of the root? So what is underneath that? Screwing up the terrain, the mildew that's creating the polio morph ism into a fungus that's now hurting us?

Well, I mean, it's many of those. It's different for everyone. And so just before I answer that, I just want to say so when I'm dealing with fungus in a patient, I'm not killing.

I'm giving remedies that are reducing the high valence, the high phase of the of the mucosa most. So the Aspergillus Niger or the Candida Harrop silicosis or whatever organism it is, I'm giving remedies that are reducing it back to symbiotic and out of the pathogenic phase.

And while I'm doing that, getting to the root. Is that like reverse paleo morph, isn't. It? It's technically called it's disc. It was discovered it's copulation.

So it's actually like they have sex and then they reduce to the bottom. And all this was discovered that I started to say like about my microscopy this is all based on Gunter underlines work in the dark field microscope and so using dark field microscopy, which is not staining, which is looking at live blood and allowing it to go, you can see the paleo morph is happening and we all have these or we have these organisms in us, right?

Like they are affecting us whether we pay attention to it or not. So my hope is that at least now you'll be like, Oh, I need to know more about this because this is happening in my body.

And so what is the root of the root? It it can vary things that I see very commonly are heavy metal toxicity. Mercury is a big one with fungus and candida and it's often can be the body's protective mechanism because the body's pretty wise.

So that's a big one. P, H and diet and overconsuming protein and not eating healthy proteins and not digesting proteins. So I see a lot of patients. It's like such a super eating protein.

Interesting, because most people aren't even eating enough protein. So sarcopenia, you know, muscle wasting to happen, especially in women as they go through menopause.

And so it's interesting. Are you speaking into like the carnivore diet or. No, no. Just over protein, like not good proteins, not grass fed, finished, not chewed, not metabolized.

So not enough hydrochloric acid, not enough bile acid and pancreatic enzyme activity so that the protein is becoming like it's just a metabolic stress to the body and mucus racismo cysts actually likes protein, it feeds on protein.

And if there's too much protein, it will actually cause an upregulation of that towards fungal. So I'm not saying don't eat protein, I just see a rash like of every one almost doesn't have enough hydrochloric acid is not chewing their food properly.

So over in Europe they do. Meyer M a y are fasting and I went to a lecture on it. It's always been something that's fascinated me. It used to be the bread diet where you just like they would give you bread, but really when you break it down, I was talking to the guy, it's really that people don't have the digestive capacity.

We don't have hydrochloric acid and we're not chewing our food. And it's like such a simple thing. But seriously, like, everyone is like, are you chewing your food?

Are you chewing your food to where it's liquefied or you gobbling your food, my man, you know, two bites in it. And so just the act of slowing down, chewing and liquefying your food, it sounds like, you know, it sounds so silly, but I challenge you like I bet you're going to try to do it and you're going to fail at first because it's. So.

Foreign to what we do and how we eat. But if you did just that, it would like change your life to really learn to. I mean, they even have you chew your liquids.

So it's like so it's really, you know, learning to and our whole digestive process starts out in the mouth with chewing with hydrochloric acid kicking off.

We talk a lot about being alkaline and yes, you want to be alkaline in a lot of areas in the body for good health. But acidity in the stomach is what allows that alkalinity to actually happen.

So we need to have that acid in our stomach and most people don't. I know in the Western world has demonized stomach acid. So everybody thinks they need to be on a proton pump and hit or inhibitor or a H2 blocker.

I mean, in my opinion, one of the most dangerous things that has ever happened in the history of the world is to put these things over the counter, like let's just set the world up to have disease.

Let's make it so they can't digest anything. I mean. Well, it's good for the pharmaceutical companies. It is. It's such a simple thing. And, you know, we could talk more about other, more complex underlying root causes.

But sometimes these simple things are just like huge, huge game changers.

Heavy Metals, Detox, and Drainage

And sometimes we overlook the simple fix. It's like, well, it can't be that easy right now. I need something really complex. And so I'm I most people who are taking antacids actually need hydrochloric acid.

It's the opposite that burning your feeling is undigested protein. And it's not that you have too much stomach acid. It's just like one of the biggest fallacies out there.

Oh, my gosh, this is why I love you so much. I should be transparently tell everyone watching right now. Sharon is my doctor too. I nominate I met Sharon at a at a functional medicine kind of mastermind group and then started,

you know, mentoring with her in bio regulatory medicine.

And one day said, Can you be my doctor? Can I just require you to be my doctor? So one of the reasons I want you so in the last few minutes, we have in the first part of the of this talk because we're going to go even deeper.

But I want to make sure we package something up for everyone. And this is the the chorus of Moses. So I say that right now, of course. You chorus of Moses. Okay.

I need to understand a little bit more about this, where it comes from, how it gets in our body, how we get more of it and support it. Like, I feel like this is kind of an on like this is a big question mark for people watching right now because I never heard of it and know most people listening have never heard of it in public.

What is this? They want to go look it up. So tie that up in a package for us before we end the first part of our talk. So it's something that's within everyone for millions of years.

It's a it has Paris a ties to us. It's a we call it the Indo by and it lives within us. And it found that if it could come and be part of us, just like we have all the bacteria in our gut, it's just part of who we are because we are we are nature.

And so this is our connection with nature, with the cycles. And it's very like from an anthropological point of view, it's straight up buildings. So it's what grows us.

That's what keeps us healthy. It's from a Vedic perspective, it's related to kava from a homeopathic miasma or just homeopathic perspective, it's related to like carbs.

So there are these characteristics of it and it is, it's like anything. So in, in balance, it's helping with flow. It's helping with our arteries when it when too much of it, you know, it's like the Goldilocks effect.

So too much of anything is no good. And so when we get too much, when it becomes unchecked, when because the home we're in is not healthy is when it starts to go to these higher balances, and that's when it becomes pathogenic.

And so the remedies I'm using are. Isaac Catholic remedies. There's specific remedies. They're homeopathic prepared, but they're not actually homeopathic because homeopathic are just energetic remedies, they just have energetic frequency or signature.

These actually have physical constituents. So there is a company in Germany that has has the organisms and makes these remedies. And so it's Germany always. Stop against us in Germany.

That is true. And so that's how you're reducing them. But it's not just so much. And we can talk after the break. It's not just so much about taking the remedy and reducing them.

It's about, like you said, why did it get there in the first place and what's going on in our milieu overall? So what I'm hearing is we're born with it, it's with us.

And when you say it's parasitized us, it's not a bad thing, but it uses us as a host and it's something that we need. So I think when people hear parasites, they're thinking bad.

So now I want you to think, yeah, I want you to think good. Yeah, it's good. It's good. Like there's some animals I can't think of any right now off the top of my head.

But there's some animals in nature that require a Paris, a parasitic relationship with another animal in order to survive. And I can't think of them right now.

Something's coming up about a shark or something like they're in my mind. I'm trying to think of of a good example, but there's definitely animals that require parasites.

You know, to live. The organism is very closely related to hemoglobin. Hmm. Okay. So what we've learned today so far is that when this paleo morphs because of something upsetting, the terrain, the milieu and those some things could be toxins, heavy metals, environmental toxins, emotions, infections, whatever, then then this can be become something that actually makes it harder for us to thrive and feel good.

And now tie it to fungus. And what I'd also just like to leave those of you that are leaving us with is that, you know, that you walk away from this without the like, I'm going to strap on my semi and kill the things that are not working in my body that you realize that they are an expression of.

And so the fungus the fungus is that highest level of of of imbalance of the polymorphic expression that it is just they're saying to you, there's something really out of balance, like, don't kill me, work with me and become curious, inquire why I'm here and see what you can do as the host to make me want to downgrade, to make me not want to be here.

Because if you have a balance, a balanced body coast to live in on every level, then you're not going to have this explosion of fungus that are pathogenic, that are harmful to you.

So if you take nothing else and if you're a little confused, you know, just to kind of have that, oh, so basically what they've taught us that bacteria are bad and we have to kill them is B. S.

And, you know, monomer physics, which is what science and antibiotics are based on. You know, you can go back and look, it was like Louis Pasteur and it was Beauchamp, Antoine Beauchamp.

And they were like the two conflicting and Pasteur and antibiotics and mono morph ism one out and you know they say that he said on his deathbed, you know, that he was wrong.

The terrain is everything. But, you know, I wasn't there. So I don't know if he actually said that or. Look over my body. I feel like I was wrong. I was wrong.

And all science is predicated on this concept at this point. It's like and people have knockdown, drag out fights about this. Yes. We really, you know, and from a like from a humane perspective to yourself, like, you know, these things are in you.

There's good and bad. And so not to come at it with, I just got to get rid of this. It's like. What do I got to do here? What? Where am I out of balance that my body is spiraling?

Mm hmm. Okay, we're going to pause right here before we keep going, Dr. Stills, I want to thank you so much for joining us today for this talk on fungus terrain, polymorphism, just blowing everyone's mind to our audience.

I hope you found our conversation insightful and helpful. If you're a summit purchaser, stay right here because we're about to dove even deeper into this discussion with Dr.

Stills. If you're not, click on the button on this page to get access to a continuation of this conversation and many others, and really get the tools you need to reclaim your health.

If you're watching this continuation of my talk with Dr. Stills, thank you for being a valuable member of our community, and we're going to dove right back in where we left off of minds blown.

Okay. Since we're not going to be killing things, can you? Killing is not going to solve the problem. You're killing fungus. It's there to serve us. It's there to help us.

It's there because something else is deeply wrong. And that's what needs to be repaired. So for our community of viewers here, thousands and thousands and thousands of people, not everybody can come and work with you and your clinic in Arizona.

But we'll tell people how to get a hold of you. Okay. So we need to give people some some tools here and some hope on what to do. So can we start to talk about what are the things that people can start doing right now that can start shifting this and get the reverse polymorphism?

What did you call it? I can't think of a word for that. So so we usually just say it's downgrading. It's like. Downgrade. How do we downgrade that budget.

Back into a benign. Little innocent puppy? I really think, you know, looking at your heavy metals is super important and doing pre and post heavy metal testing with a challenge in your and a urine collection after the challenge.

In the end, the reason why we do pre and post is because the pre is just a urine catch to see if you are getting exposed. And unfortunately I see a lot of patients who are just getting exposed to things on a daily basis.

And my my newest thing I'm seeing a lot of is like cesium and thallium, which I learned is put into the water they used for fracking to like spray the green veggies in agriculture as they're harvesting them.

I just did a test. I haven't done a toxin test in a while. Cesium and thallium showed up on my test. Yeah, it's like, you know, I've been doing this so long, so it's like, I see the trends and this is like a new thing that I'm seeing all of a sudden.

So it's like, you know, they're just always finding different ways to get toxins into us. So really and then doing your post test after you do a challenge, we use DMC as our challenge to see what you're storing and then to realize that if, let's say your lead was five before the challenge and then you did the challenge and your lead was 28, and now it's like in the red range and significant to just realize that like that is the gold standard way of checking for heavy metals.

But there's limitations even within the gold standard and that we don't really know like that post level. Is that your whole iceberg or is that just the tip of the iceberg?

And so when you then start detoxing and pulling these metals that that number I like to check patients like every three months when they're detoxing, that number may go higher initially.

So that's something really important right now. And I just want to focus on this. You like to test people every three months when they're detoxing. So basically what you just said to everyone is this is not a two week or a three month process.

This is a longer process. And, you. Know. Every three months. So strap in, put your seatbelt on and get ready for the long haul to undo everything that has accumulated in you since you stepped foot on this planet.

This is not a quick fix. So I have to say that. Yeah, no, no, no, absolutely. I'm glad you said that, because heavy metal detox is not like it's not something you do in a weekend or in a five day cleanse.

It isn't. And you don't want to overwhelm the body. You want to make sure the among arteries are open. You want to make sure you're. Okay not to tell everybody what in among three is.

Serious. Just all time. That's your Catholic word for your elementary organs. You want to make sure your lymph is flowing and your kidneys are very important.

When we're doing heavy metal detox, that you're giving them drainage remedies and support and that you're staying hydrated, appropriate. Shortly you want to make sure your liver is okay and your gallbladder has good bile flow and you're doing breathing.

Excuse me. And you know, if you're a menstruating woman, then your uterus and your monthly shedding is another way of detox that we often forget about.

Obviously, you want to make sure you're pooping, so you just want often just doing all these things like really focusing on them. Like people feel a heck of a lot better just from doing all that, but you want to do that before you, you know, especially if you're new to this before you start pulling metals and you don't want to pull them quickly.

You want to encourage your body to detox in a level that's comfortable. So, yeah, it's you know, the other thing I just also want to say, because I see this a lot in practice is, you know, you know, I always talk about the teeth even though I'm not a dentist, but actually.

I they bring on we have a biologic dentist here. Oh good. That Sandra Moldovan came on and did a whole biologic dentistry talk I think you know Sandor.

Good. Yes. So I think it's is good for people to hear it from a doctor because you're like, well, of course the dentist is talking about the mouth.

Nervous System, Emotions, and Hope

But as a physician, I will tell you that part of like, I don't know, 60, 70, maybe 80% of chronic illness is all happening here. And and I just brought this up because we're talking about heavy metals.

And so a thing that I have seen frequently is like a patient will come in and say, yes, I had my mercury removed and hopefully they had it done with a biological dentist and not just with a well-meaning family dentist you've been seeing for the last 40 years.

So if like you're listening and you're new to this and you're like, Oh, I have Mercury. Oh, I don't want have heavy metals. I'm going to get my mercury out.

Like make sure you do it with a dentist who is smart, certified, who's a member of the OMT, who is the biological dentist who preps you. He uses the right drills, you know, interview them, because I'd rather you keep the mercury in your mouth.

And obviously I don't want that, but I'd rather that than have it improperly removed and get a whole huge exposure. But one of the things I see is that after people have their mercury removed, they're like, Oh, good, I'm done.

And no one ever goes in and does a heavy metal test after that. And, you know, you've you've taken the faucet out, you've turned the faucet off. But what about all the drippings that were happening over the five, ten, 15, 20, 30, 40 years?

So it's really important that you go back in and you do a pre and post heavy metal test because pretty much all the time there's going to be a body burden that still needs to be addressed.

And just like you said, like you know, even before we step foot, you know, while we're in the womb, we're being fed through the umbilical cord. I mean, it's heartbreaking.

But all of these toxins and so I had a patient a couple of weeks ago who I did a pre and post heavy metal test on and the post test didn't show any mercury or lead.

And my initial response as a physician is, wow, their detox pathways must be really shut down. Yes, clogged. Because like we were just talking about cesium and thallium.

But like everyone has a lead in mercury. It's it's just a matter of how much are you taking steps to get rid of it, to keep you know, to keep detoxing because it's a toxic world and it's just, you know.

And what are other things that are affecting our terrain that we often don't think about? It's it's the invisible. So it's the dirty electricity and the EMFs and that whole barrage that's coming at us that because we can't see it, we don't think it really hurts us, but that, you know, taking steps to have good EMF hygiene and to protect your house and

to, you know, maybe get like legalized separation from your phone.

You know, you know. All these. Things are. Really important. There's all these pieces that we didn't have to think about even 20 years ago. Plus, when I started practicing, you know, EMFs have just exploded and I don't even think I had a computer when I first started practicing.

So when we had paper charts, I can remember when I very first started, we had a paper chart and a pen and paper. There was no computers, there was no. Phone.

I went through my school. I went through medical school without Google. I'm like, How do I like out? How do you want. Me to write? I typed my term papers on a typewriter.

Right. You could have a computer. I know. I don't look old enough to have typed on a typewriter. That's how I learned how to type and went through college.

The Internet didn't exist. So we just have to be. Thinking about those things. So and of course, our diet, I mean, we, you know, and sugar, you know, there's really not a lot of place for sugar in our diet.

So it's not to say, oh, that's silly advice and you should disregarded it just needs to be taken in the context of looking at the big picture. And so you do need to get, you know, so what can you do?

Like don't go so me going to go see me go see a biological dentist and get your mouth cleaned up, which is how it works in Europe. The dentist is in the clinic.

They work together. You get you know, I was taught that when I was still in med school, you know, have your patients get their teeth cleaned up because going to make your job a lot easier and if you're seeing someone who is, you know, doing the body stuff, but this hasn't been addressed, like you're never going to get to that level of cure or healing that you're looking for.

If you have, you know. So we're looking for what are blockages healing, what it's blocking the terrain. And this is one of the biggest blockages I see time and time and time again, of course, we have scars.

And so scars are a huge area also that block cellular membrane potential, block the flow of energy, block the flow of meridians, hold toxins, fold emotions.

So when I look at a patient, I'm kind of looking at, you know, how are we going to clear the field so that we are have the best possible way to go in and then do the herbs or do whatever it is we're doing so that they're going to be utilized effectively.

And so, you know, making sure you don't have nutrient deficiencies. And if you have heavy metals, you know, the metals are, you know, competing. So for your selenium and your calcium and things for your zinc.

And so often these metals are taking over and they're displacing the minerals. And so you are d mineralized when you have heavy metal loads. And what about radioactivity, uranium and radon and all of this that's in the environment?

I think that's a big huge. Yeah. When you think about is Chernobyl right. And I think about people living in that area. And if you go to that area now, the thing that's living there is fungus.

It will grow in a radioactive environment. It's the one plant or fungus, it will grow. So it's, it's there for a reason, right? Because it thrives on radioactivity and the same in the human body.

Like I've worked with people who lived in Eastern Europe or lived near Russia where this occurred, and they have very high levels of Candida in their tests, in their organic acids.

I think here we go. They have high levels of. Did I freeze for you? You did? Yeah. Okay, we fix that. So they have high levels of Candida in their bodies.

And so the first thing that we do is we start opening up their drainage pathways and start creating support in their bodies so they can start to get the toxins out instead of just going for a straight kill for candida.

Yeah, I like them for uranium. I think colon hydrotherapy is really beneficial because some of these are harder to get out than others. And also we've seen, which is is a weird thing, but it it works because I've seen it and done it is constitutional hydrotherapy, which is another old time naturopathic.

So we talk a lot about today like hot and cold, doing a cold plunge, doing a hot sauna and constitutional hydrotherapy is an old time naturopathic treatment.

It's just using like ten stimulation on the adrenal glands and then it's just using hot and cold and wrapping you like a mummy, but it encourages detox.

And part of that also is balancing the nervous system. So we haven't really mentioned the nervous system, but you know, and, and all of this is nervous system regulation and making sure that you have parasympathetic network capacity that you're not stuck in sympathetic, which is where most especially, you know, I know you're watching from all over but and I have patients from all over, but definitely, certainly the Americans are stuck there.

So, you know, that's a whole nother but that's that's really important. You can't heal if you're stuck in the stress response. Yes. And we have speakers coming on talking about the stress response.

So I'm glad that you brought that up and how important it is as part of this healing process. So we got about 5 minutes left or so. So I want to make sure that we cover anything else that you think is critical here. I mean, I know people tuned in to listen to this. Okay.

I'm going to learn how to get rid of my Candida and we just completely leave their minds on. No, we're not going to give you an antifungal. Nope, oregano oil isn't going to solve it.

Nope. A sugar free diet is not going to do it. You got to do the detox work and you got to go searching for the problem and say. You know, I always say symptoms as are sacred messengers.

So it's just your body saying, hey, there's something out of balance here and if you kill it, it will either come back or it will just burrow deeper into your body and show up in a different manifestation.

So, you know, killing, killing doesn't work. It just kind of kicks the can down the road. And we know that from like Hans recordings like coma toxicology chart and looking at the body and how, you know, inflammation and fever and puking and pooping, you know, this is the body excreting and these are good things.

And when we shut that down, we start to march towards disease processes. So killing something, not addressing the root cause, it just, you know, a typical example of that is a baby has eczema.

We put a corticosteroid cream on the eczema and it just suppresses it. It doesn't cure the eczema. It just suppresses it into the body. And then two years later, that same child now has asthma because it's just found another place to express itself.

And so that happens in our bodies as well. And then, you know, the other thing is we didn't really talk a lot about emotions, but I feel that the emotional, energetic lives we have and again, that's our, you know, sound and light in both bio photons and things that we we don't really see.

But we're going to be having in my clinic in Scottsdale, we're going to be doing curling and photography, which comes from Germany, and where you can actually see bio photon emissions on the fingertips and on the toes and you can actually read the story, the journey of the trauma.

And when it happened is it pre-conception prenatal in the womb, one years old, three years old, nine years old. And you can. See. What's happening. And, you know, that's a whole I know we're like a few minutes left, but I just want to throw that in there because again, what I see is that that's every one.

And so it just depends like, what is your relationship with a chronic illness going to be and are you just going to constantly be trying to fight against it, or are you going to get curious and become open to why is this happening?

What is my body trying to tell me? What's the lesson here? What's the gift? What, what, what's what's the deal? And why is this? And when we shift that, when we can shift to that.

You want to talk about doing the nervous system regulation work, just shifting from killing to understanding and being curious. You know, just as I'm talking about it, I can feel my body relax differently.

And so we have to we have to change the way we we deal with illness and we look at illness. And we have to relax into it. And I know it's very difficult and I have been chronically ill myself.

And so I understand what it's like to not get out of bed for three months. So I'm not you know, I know if you're listening and you're struggling, you might want to like be punch me in the face right now through the screen.

So I'm not discounting what you're experiencing. I'm just saying bring bring this piece and bring this slice of a organic, gluten free dairy free grain free pie in you know, that this is an important how we how we do you know what's that saying how we do anything is how we do everything.

And so how we act or behave as a patient or someone who's suffering. It sets the tone for how we live our lives, when we are feeling better, and that, you know, there always is hope.

I guess I just want to end on hope. There's there's always hope. There's always an answer. If you haven't found it yet, you know, maybe you just haven't asked the right question or haven't found the right person or been connected to the right things.

So, you know, don't give up because and, you know, I see patients who are told they're going to die and, you know, they don't. And so we have to we have to leave open for for miracles.

But even just for, you know, maybe you're told you're never going to get better because people aren't looking at the right thing. And my teacher in Switzerland always says, you know, you can't you you have to see differently to treat differently.

And so if you don't see these things, you're not going to think about them. So find someone to work on your dentistry. Find someone to do doc field microscopy, find someone to inject your scars.

All of these things are going to help open up your field. Or end right there. So tell Me. Is there and so what we're in our audience find you because I know you're online, you have a virtual practice, you are opening after how many years out of the brick and mortar practice?

I mean, ten years on, 12 years off. So another ten years. And then my cycle, you know, I believe that life is a book and every ten years is like, okay, let's do a new chapter.

So, okay, so this chapter is opening and when does your clinic open and our audience get a hold of you? So drstills.com is, you know, my website which makes look like I just do menopause but I do everything but the clinic is going to be, you know, a full service where you're going to have so many fun toys and they're from diagnostics to therapeutics to living Zen Gardens that you can really regulate your nervous system and so on.

But it's probably not going to be open until like fall of 2024. And, you know, it's it's truly birthing. I was saying before we came on air, it's like birthing quintuplets. So I can't wait.

I'll be there as much as I can. And delivery day, it will be a lot of fun. Yes, yes. Until then, I'll see you at your house, I mean, in January for a treatment, so can't wait for that.

So drstills.com, D R S T I L L S.com is where people can find you. And yes, you are a menopause specialist, but you do everything. So thank you so much.

Menopause happens in a terrain, right? You know, like everything needs to be looked at from the terrain perspective. It does. Thank you so much for just being so fun to interview and so open.

Like, can we talk about this? Absolutely can talk about. I'm not Laura so. Thank you. I think this has been an enormous benefit to our audience to have this eye opening experience.

You so I'm sure they love you as much as I do at this point. Either that or they're like, I don't know about this. This is a lot, a lot to do it again.

Again, you know, do you research? And, you know, sometimes when we hear something so opposite or, you know, we resist and I, you know, I often say whatever we're resisting, we probably need to breathe a little and step a little into and see what that's about.

Exactly. It's the right direction. If it poke the bruise a little bit. Poke the bear right. All right. Well, until next time, everyone good care. Bye, Sharon. Bye.