You Need This For Optimal Health Yet It Is Rarely Discussed Transcript

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Introduction and Guest Background

Hi. Welcome. I'm doctor Roger Murphy, down the host of freedom from fibromyalgia. I've got Doctor Sharon Stills here. Doctor stills is a naturopathy physician in Tempe, Arizona, and she specializes in European biological medicine.

So I would, pick your brain about that once before on a summit or podcast, I can't remember. We had the opportunity to, interview each other a couple times now, and I've always enjoyed our conversations, but I really want to pick her brain about European biological medicine.

And we're going to have a conversation about how she would approach someone with fibromyalgia, including some of the things that you've heard on the summit, that we've really not gone into a lot of detail about detoxing the lymphatic system.

So we're going to talk a little bit about that today as well. So Sharon, thank you for for being here. Welcome. I'm so glad to get an opportunity to spend some time with you.

Thank you. Yes. Great to be here and chat with you again. And I know it's like was it a summit? Was it a podcast? We're so busy trying to spread the word and educate people.

It all starts to get exactly. It does. You know, it's it's it's good to have the opportunity to be able to get your message out. And, you know, this is one way to do it on a summit or, or in one of the podcasts we've been on.

Well, tell me, how do you first, I want to know a little bit about share about European biological medicine, because that's something different people don't really know what that is.

So can you talk a little bit about that? I would love to. It's one of my favorite things to talk about. So, I am a natural graphic physician, but when I went to medical school a long, long time ago, back in the late 90s, I, was very fortunate to get introduced to physicians from Switzerland and Germany who were doing holistic medicine, natural path medicine of Europe.

And so it's called European biological or bio regulatory medicine. And it is something that I became very passionate about because I saw that they were doing a lot of stuff that was deeper and on different levels that work so much better than just naturopathy like medicine or functional medicine.

And so I took my natural perfect, my functional, my European, and kind of meshed it all together to come up with what gives me a very comprehensive approach to helping someone who maybe isn't getting the help they need.

What European Biological Medicine Is

And so one of the first things with European by regulatory medicine, which I'm happy to say I see has become more available and more talked about in the alternative worlds in the States is, bio regulatory or biological dentistry.

And so this was something that I learned about back in the late 90s, and it just wasn't really talked about in our circles as much. And so dentistry is such an important problem.

And if you're dealing with fibromyalgia, you're thinking, what is my teeth? What does my mouth have to do with the aching pain and the fatigue and brain fog and everything that I'm going through?

But the mouth is so central to everything we experience in our body. So much so that the clinic I was associated with in Switzerland, when I would take a patient over there, the patient would go see the biological dentist first and

the dentist and the doctor was under the same roof.

And the reason for that? Well, one, the physician was like, I want to have good results. And if my patient doesn't get their mouth cleaned up, it's going to be much harder to get the good results I'm looking for.

And to that, there are so many focal infections or blockage is that occur in the mouth. And so from a European, by a regulatory medicine perspective, we're not just diving in and saying, let's see what nutrients you're deficient in or let's see what's going on, in your gut or your food sensitivities.

We're we're taking this real global look at a human being in a physical body. And we're saying, first of all, you have to open the field. We have to open the terrain, we have to allow flow.

So we are setting up the the field, the soil, if you may, for for healing to occur. And so we're looking at blockages. What is blocking regulation of the nervous system.

What is keeping someone stuck in sympathetic mode rather than being able to flow back and forth between the sympathetic and the parasympathetic nervous system.

And so the mouth, whether it be amalgam fillings, whether it be just simply gum disease, whether it be root canals, whether it be cavitation, which are infections in the bone or galvanic currents, which means you have a lot of different metals in your mouth, and it's setting up electrical currents in your mouth.

And so looking there, there is often a huge correlation between issues going on there. Most people, not all, but most. I always do like a little bakery when someone comes in and they're like, I have no root canals, I've never had fillings or I've had fillings, but they were properly removed because I think a lot of us, as we're on this journey, we look at, we find out, putting mercury in amalgam, silver in your mouth is not a good idea.

And so we go and get it taken out. And many people go to their, their family dentist who means well and just drills it out and doesn't protect them, doesn't prep them, doesn't do aftercare.

And so they have them improperly removed and it's better to not have them removed. Which sounds crazy, but it's better to not have them removed, have them in properly removed.

And then one thing I just like to say, because I see this a lot in my practice, is once you've had them removed and hopefully they've been properly removed, it's really important to then follow up with a pre and post urinary test of your heavy metals because you've removed a source dripping mercury toxic mercury into your system.

But it's been doing that for a while, and there's always a body burden. And so often the first step is really releasing and getting rid of the source.

But then you have to go in and do cleanup. And I have seen a lot of patients come in who've never had that second step. They've just had the amalgams removed.

But you got to go in and then take care of the body. So one thing and I could talk for about dentistry forever, so I'll kind of keep moving. But dentistry is a huge part that we are always looking at.

It's not an afterthought. It's not well, we've done everything. We've done your food sensitivities, we've balanced your hormones. But maybe it's your teeth.

It's kind of like, no, we're going to look at your teeth first and foremost, and we're going to get that handled because it's going to take a big load off of your body.

Then we're looking at energetics. And so we're looking at the energy between the cells and bio photon communication and light and sound. We're looking at the extracellular matrix, which to me is where disease and health begins and ends.

And so again we're not so focused on this. All I mean yes, we get focused on the cell. But before we focus on the cell we focus on the environment or the house where the cell lives.

And so this is the you might have heard it referred to as ground stop substance or the internal milieu for the extracellular space, the extracellular matrix.

Biological Dentistry and Oral Health

There's lots of terms for it. But it's basically if you think of all your cells in your body, they're floating in a soup in a soup pot. And so we are looking at the soup pot, which often gets overlooked.

This is a real, central tenant of European by a regulatory medicine that the the matrix has to be moving. It has to be flowing, the fascia has to be flowing.

The lymphatic system needs to be flowing. The pH needs to be regulated. We need to be mineralized. We need to be in an alkaline state. We need to be thinking properly.

And so I spend a lot of time focusing there, and making sure that good things can get in because, for instance, if you take some coke, you ten and you want to feed your cells and your mitochondria, but the highway, the extracellular matrix is blocked, there's a traffic jam, there's a truck overturned.

Then whatever you're taking in is not going to get to that receptor site. It's not going to be taken in, it's not going to be utilized. And then on the flip side, when the cell has waste products, it needs to excrete.

It needs to excrete into the lymphatic system, which is kind of like the garbage disposal. And it needs to be able to gotten out and to the curb. Right, right.

So two two main things I think they're really kind of different than what we'd see in even in functional medicine, in westernized functional medicine.

The one thing is this, this whole start with the oral cavity, start here in the mouth. And we've looked, you know, studies had been out for I remember 20.

I've been in practice 32 years. And I remember 30 years ago seeing research showing that the bacteria in your mouth can create inflammation in the body, and it's associated with heart attack and stroke.

Now, the dentist took, you know, they all got on board and they were all excited. Hey. Yeah. And then they kind of lost some momentum. People weren't talking about that.

But now it's making a comeback. One of the people I interviewed for my summit for the Lung Summit lab this past year, Thomas Levy, he, he was talking about making sure that you use hydrogen peroxide, rinse your mouth at 100 to kill any of that bad bacteria.

And then I remember a lot of talk kind of tied together. I remember, gosh, it's been at least 25 years ago, studying with people who, you know, would reference how Huggins, who wrote the book all about mercury toxicity.

And in our medical practice, when I had my medical practice, we had a very difficult time referring people out. We would do ki lation. We do, a challenge test to see if they had heavy metals and so many of them had mercury or lead.

And we we had the most difficult time finding any dentist here in Birmingham, Alabama, that knew how to do that protocol and really knew how to take it out.

There's change. There's 2 or 3 of them here now, but they're still not a lot. So we still got a lot of work to do to get that message out. Don't with yes we do.

You know, and I think that sometimes people just run, they hear something about that. They go take it out and it's very expensive. You know, it's it's not very much fun.

I've had a man taken out. But you really need to be careful about who you go see. And they do it the right way. They put the the rubber dam in my load up on vitamin C prior to having it done.

I mean, there's a there's a right way to do it in a wrong way to do it. Yes. And you know, you can go to the AA, OMT. And that's a place to start. Someone who's smart, smart, certified.

But, you know, it's just like with anything, there are fantastic biological dentists and there are those that kind of get it, kind of don't get it. And so you really have to do your due diligence and make sure the person you're working with, really understand is because, yes, the bacteria is so important.

But for instance, root canals, a biological dentist that's going to do a root canal is not really a biological dentist. And so and it just keeps changing.

I remember being in Switzerland, oh my gosh, like in the early 2000 years and years ago. And they had just taught us we were in a classroom there at the clinic, and they had just taught us that titanium implants were almost as toxic, if not for that.

Yeah, yeah, yeah, yeah. And they're all like, oh my God. Great. And then they were like, yeah, but you can't get them in the States. And now you can. Now ceramic and zirconia implants are available.

But even within the ceramics or CompTIA there are good ones or better ones. There are certain ones that work better for certain teeth. And so you it's really you can really go deep deep down the rabbit hole.

And so you just want to make sure that you're, you're finding someone who really understands it because it is quite prolific. And I'm a physician. So I can't tell you necessarily which ceramic plan to use for which tooth.

But I can tell you, you know, which dentists I like and who will know what and what's important and so forth. And so it is a huge thing. So someone has had a root canal is to have that in their history.

What do you share with them to help them overcome that? What's the what are some of the steps they can take to help with that is that they have to go to biological dentists, and that has to be, dealt with with them, or are there some things that they can do or some things that you can share with them over the counter, or they can do so if you've had a root canal, you have to first remember, and I mentioned energy.

And so you have to remember that each tooth has a acupuncture meridian running through it. And so there is a connection and we see it. And especially correlation with cancer and or colon issues or lung issues.

And so if you have a root canal, one of the things that I do for my patients is I run, computerized regulation, thermography scans on them. And this is a test of the autonomic nervous system of regulation.

And so regulation is how are the organs, how is the nervous system regulating responding. And so this is something that if you're not regulating properly, you're going to be marching down the the pathway towards pathology, towards seeing enzymatic levels go up in the blood.

Work towards seeing things on an X-ray or an MRI where in regulation we can catch it before because it's starting to detach, period. And so I do testing on all the teeth.

And I can see especially if someone comes in and has a root canal, I can see, okay, this is regulating. So that's good. But let's see what tooth it's connected to.

Let's see what you're dealing with. Let's see what your family history is or your genetics may predispose you to. Let's go have a cone beam which is a 3D scan.

So we can really take a deep look and see because we know there's infection there. There's always infection. And so from my training in Europe, you pull the root canal tooth, you don't leave a dead organ which is teeth is an organ.

You don't leave a dead organ in your body ever. And we tend to think the teeth aren't organs, but they are. And so you pull it and you have it pulled properly, and you have it with the periodontal ligament being attended to, and it's cleaned out with ozone and homeopathic remedies and then you have to do something about putting in a ceramic implant.

And so, depending on the tooth, like I had a tooth that needed a root canal and I pulled it. And it's been a few years. And I don't really need the tooth for biting, so I'm just we're watching to make sure, like, my teeth aren't collapsing around it and it's not going to throw my bite off, and then I'm going to need to put something in there.

So, some people will say like if the tooth if the tooth is not regulating, then I'm like, off to the dentist. You go like, here's my proof and here's my case.

If it is regulating, it's never no one wants to go to the dentist and don't want their teeth cold. Like, this is not fun. No. No fun. So it's a conversation.

And then the end of the day, you know, I do think it's better to get it out of there because I practice preventative medicine or from a preventative mindset, and I don't want to, you know, you could say, well, it's regulating now and it's fine.

So we'll just wait and see. And if you start to have lung issues or breast issues, then we'll pull it. But in my perspective it's like, no, this should go on the to do list of cleaning up your body and being preventative as as we grow older.

So always, always a unique come vacation. Yeah. Well, so I mentioned that website again about where they could go to to find a, dentist who really is trained in this biological say I a o m t.

And then the Bio Regulatory Medicine Institute, which I sit on the board of and that's who I host my podcast for our website is b r m I dot online, we're totally nonprofit and we have lots of information there.

Like if you want to spend the rest of your life reading about by a regulatory medicine, that's the place to do it. And we have lots of information there about dentistry and an interactive dental chart so you can look and see, oh, I have a root canal.

Fascia, Energetics, and the Extracellular Matrix

Let's just say in my front tooth. Oh look, that's connected to the kidney bladder or oh where my wisdom teeth were pulled because a lot of us have had our wisdom teeth pulled and a lot of us have cavitation, which is, infection in the, the bone where it was pulled because it wasn't cleaned out properly.

And the wisdom teeth are related to the small intestine and the heart. And so that can be a big contributing factor. We have an epidemic of intestinal issues and small intestinal bacterial overgrowth.

And our immune system, our pyres patches line our small intestine. So you can see how it all starts to click together. And when we're thinking about fiber or myalgia, this diffuse muscle pain.

And we have to look at the whole body like it's all connected. And so muscle pain can simply be because the fascia is so polluted, the lymphatic system is so polluted that it's building up this, these toxins and it's affecting us.

And we're in chronic pain. Let's talk about the fascia real quick. So I had Diana handsome is only I we talked a bit about fascia and I'm trained in myofascial release by John Barnes.

Some people may recognize him, if not John Barnes. Just Google John Barnes. I think it's M4, dawg, I think. Yeah, yeah, a legend, you know, with people with fibro, they'll say, I can't handle massages too much, or they'll say, oh, I just need a deep tissue massage to get all those knots out.

And then they get a massage, and then they can't get out of bed for 2 or 3 days. My fast release is a totally different dynamic. I mean, it's it's to me, it's the only massage I'd recommend on lymphatic and we'll talk about that.

So let's talk about the fascia. What. So people who didn't see that other interview, what is the fascia. What's its responsibility. What does it do. Why is it important.

So the fascia is our is our antenna. It connects us through sound and light. And it's the antenna from the external terrain to our internal terrain. And the easy way to describe it is if you just think of Saran wrap and it's like this Saran wrap that is wrapped around every organ, there's deep fascia, there's more superficial fascia, but it's wrapped.

And so if your saran wrap is really tight and really dirty, nothing moves. But if you're Saran wrap kind of flowing, I think of like, a curtain blowing in the wind and you have this free flowing, flexible fascia, then you're going to have good communication between your internal and external environment.

And I love I always like if someone wants to get treated for their fashion, they say it's someone who is trained by John Barnes or the Up Ledger Institute.

I'm like, yeah, yeah, yes, go go go. That's that's good. And so I also like, trigger point work because I think there can be a lot of underlying trigger points.

And so by releasing them and not with cortisone or shots like that, but by using homeopathic remedies, by using magnesium, that going in and releasing also helps to contribute to unraveling the fascia.

And we need our fascia. We need our wrapping to be flowing. So if you're stuck and and it all to me, the physical and the emotional, they they are interchangeable.

And so if you're stuck in your life, if you're not flowing in your life, it can show up as tight fashion. If you're fascist type because you have a lot of toxicity, then it can show up, you know, vice versa.

So the mind affects the body. The body affects the mind. They are they are inseparable. They are not not to be thought of as one thing or the other. And so the lymphatic system, which I was saying is our garbage collector also needs to be flowing.

And so again, I go back to my thermography scan because there's no other diagnostic tool that can measure the health of the lymphatic system. We don't have a blood test, we don't have a stool test.

We can look at some symptom. Do you have cellulite? Are you tired? Are you puffy? But the thermography machine that I use, which comes from Europe, actually tests the lymphatic. And you can.

And how I got so obsessed I'll say it's a good word with the lymphatic system is because when I started running these scans, I saw that everyone, not like everyone, had inflamed, congested lymph.

And I was like, we are just we don't have a lymph. Just that we see like we see the cardiologist or the gastroenterologist. And the lymph is such an important, important system in our body.

We can't have health or heal without moving it. And so I can measure it. I can do things. I can remeasure it again and see it open up and see the system start to drain.

And we have the glimpse in our brain that we have to also pay attention to, which only drain during sleep and so we have to, you know, when I think about someone coming in, and that's often an issue as someone who's dealing

with fibromyalgia, they're not sleeping.

And so we have to make sleep a real priority, so that we can start to heal and we can start to drain the brain where a lot of these toxins like to go and cross the blood brain barrier and become an issue.

So I did a, a presentation for Shivan Sarna and on her lymphatic summit, and I did a master PowerPoint presentation. I remember my opening line was, you've heard of the cardiovascular system.

Everybody knows what that is. They can say, oh, was the heart heard about the musculoskeletal system? People can name a couple of bones and maybe, maybe a muscle or two.

If you mention lymphatic system, people just look at you like, what is that? And yet it's one of the most important systems. And as you mentioned, there's no lymph biologist.

It's not in the conversation is never brought up. When you see your physician, unless you're seeing someone that's trained like, Doctor Seals is, is something that I pay a lot of attention to because it's, as you mentioned, it's the highway that is the garbage collector and the garbage highway to get stuff out.

And we're in the fibro. We're really looking at what can we do to lighten this toxic load is creating a lot of this inflammation. Number one on the list to me is deep, restorative sleep for the very reason that you said, I mean, the brain literally shrinks so that the lymphatic system can do what it needs to do to pull these toxins out.

Lymphatic Detox and Drainage Strategies

But if you're not getting that deep, restorative sleep, the body's never able to get those toxins, especially out of the brain, which can create all sorts of problems and neurotransmitters, brain chemicals, being able to speak to one another are released messages.

There's already a disconnect between the nervous system and the hormonal system. And fibromyalgia. This just makes it worse, right? If we can't get that lymphatic system working, what are some of the things that people can do to help stimulate their own lymphatic system, to work more effectively?

So one of my favorite toys that I have is the flow. So which is a, a compression wrapping, system where it's kind of like a way to put yourself into parasympathetic, a way to heat up and get things moving.

And by pressing, because we know the lymphatic system doesn't move unless we move it. So it's, you know, pressing like I'm doing, but it's all wrapped up.

It's a nice thing to do for yourself. So if you have someone near you who offers that, you go check that out. But in your own home sweating. So whether it be in a nice warm bath and I love baths, if someone's dealing with fibromyalgia, like a nice Epsom salt bath and you can take a nice Epsom salt bath, you can be drinking hot akili a tea, which is yarrow and that is a diaphragmatic, so it helps to open up things and get you sweating.

And then after the bath you can kind of I got a heavy sweater because it's cold here in Arizona today, but you can bundle up a few sweatshirts and go to bed and kind of just increase that sweating process.

It's really important. It's kind of like, did I brush my teeth today and have a bowel movement today? Did I sweat today? It should be something on our consciousness.

I also love, love, love castor oil packs. I think they're one of the most profound treatments to help detox and move the lymphatic. And they are very inexpensive and they are a beautiful act of self-care to yourself.

So that's certainly something you can be doing, making sure your hydrated and flushing, making sure you're moving a vibration plate where you're shaking things.

Just the simple act of walking and moving your body is is super important. And so taking drainage remedies. So drainage remedies are part of European bio regulatory medicine.

And they're different than taking something like milk Sasol or tadka. They are complex homeopathic remedies and they're vibrational as well as having physical constituents.

And they go in and they drain the organs, they drain the lymphatic, they drain the milieu. And so combination of doing these drainage remedies of maybe taking fight, a lack, a nice, lymphatic nerves and whether you're ingesting them or using them topically, of course, you want to do that under someone's supervision because some of them can be toxic, like fight a, like a, so, but taking them or staying hydrated, doing the movement using light beam generator or lymph star, I do color puncture for patients because that really drains the lymphatic system.

So what my experience has been, because I know we all talk about dry skin brushing and jumping on a trampoline and those are not bad things. But my experience is those are never enough.

Like I never saw people doing that move the dial on their thumbs when I was doing it. Yeah, it's an easy thing to do and it's something you can, you know, people feel at least they're doing something proactive.

But really, I think the soreness in the castor oil back to me and my two most favorite things and getting in an absence of that, as you said, I think is really helpful.

And anybody can do that. The soreness people get really hung up on doesn't need to be addressed on it as it may be infrared. Personally, it doesn't matter to me if you if you know, if you're going to buy one that infrared.

But if you're going to the gym and all I have is a dry sauna, that's fine. And you know, if you can do that 1 or 2 days a week to really open up, you know, your lymphatic system, really get this drainage going, you're going to really benefit no matter which type of sauna, castor oil packs, how to get how do people use those?

Can you give us a that kind of a play by play because people get, oh, I don't know. You know, what is that? And they get all bogged down and it's really not that complicated.

It's very simple, actually, and I'll answer that in a second. I just want to say yes, I agree with the sauna. Like best case scenario, you purchase an infrared sauna for your house and you have it and it's fantastic.

But if that's not a possibility right now and you belong to a local gym, yes, any sauna is better than no sauna and then follow it with a cold plunge, which is one of my favorite ways to do everything I mean, not that not that cold.

Plunging is like my favorite thing to do, but it's good for you. And so that's also going to really get in there and help reset your nervous system. So as far as castor oil packs, you heat the castor oil, you soak the well flannel, you put it on the body part.

So you a lot of times we put it on the abdomen, we put it towards the right side, the lower ribcage where the liver and gallbladder are, I have people put it on their necks.

There's so much lymphatic flow in here under your arms, on your breast. I mean, sometimes I'm just like, you need to be a castor oil mummy. You know, depending upon how big someone is when you unfold it, you know, I'm little, so, like, you know, one pack covers a lot of ground on me.

Sometimes you need two packs if you're longer, so. And then you cover it with I like to use parchment paper. It used to be plastic. The plastic is toxic.

And then you put a hot water bottle. Or if you can find a low EMF dry heating pad, and then you just sit with it on you for 45 minutes. And it was a, it was a channeled therapy from Edgar Casey.

So you can pop in Edgar Casey and read all about him. And he said to do it four nights on three nights off. And so I

trust the source and that's how I do it.

And sometimes my patients are kicking and screaming and they're like, I don't have time. It's too messy. But then you really got to take a look at it.

What do you have time for? And what do you mean to messy? And where does nurturing yourself? Where does slowing down? Where does looking at where pain and what does that mean to you and how are you interacting with it?

And so then that gets into one of my favorite forms of medicine and things to pay attention to, which is mindfulness. And what are you paying attention to.

And so we often have patients do food diaries. But I like to have people do like activity daily life diary because you don't have time to do 45 minutes of something that is going to give you great benefits, but add up all the time that you spend scrolling or mindlessly doing something or.

And I'm not saying we shouldn't have mindless time because we need that time. We need time to just kind of space out and daydream. But I was just talking about this to my son last night, who is also a physician, and like, we can all do better in how we manage our time.

And when I say manage our time, I don't mean 6:00. I wake up and I meditate. 615 I'm doing my clock plunge. 630 I'm looking at sun. 645 I'm doing my meditating, journaling.

And because then we're overscheduled and then these things just come. Okay, I'm just going to check this off again. I'm going to just check this off. So we want to have this really nice balance of doing things that are nurturing us, but giving ourselves space to really be present.

Mindfulness, Pain, and Fibromyalgia Recovery

And so even with with pain, which I, I understand and have experienced and I it it is not fun. But if we can change our relationship to pain, if we can start to inquire, communicate dialog with the pain, if we can start to breathe into the pain.

And so sometimes we, we, we, we teach what we need, right? We we we become doctors because we need things ourselves. And so this is something I have worked a lot with, because the initial reaction when we have pain is to contract and to complain and to stop as pains, pain.

Oh my God, it hurts so bad. What can I do to get rid of it instead of breathing and exploring and inquiring and starting to just the simple act of and it's it's simple, but it's not simple.

It takes time to build the mindfulness muscle in the inquiry muscle. But exploring. Is there a color to this pain? Does it have boundaries? Is it sharp? What does it feel like?

When we start to inquire, you'll notice that the pain starts to shift. And so this is just another. And I'm not giving it justice. I know we're almost done here, but I just wanted to put it out there because it is such an important piece that we have to we have to tie in.

And so healing is is complex. It's multifactorial. It is a commitment to me. If you're in a physical body, it's something that's always in process and it ebbs and flows.

So sometimes we have healing when our body calls to us, when our body's in a lot of pain, it's more prevalent. And it's something that has to take center stage.

And sometimes when we're not there, it can step back a little. But the problem is we don't want to step back entirely. We always want to be thinking about our healing.

And how are we, how are we pushing the dial forward for good health and a good aging process? And so and we didn't even cover, hormones and heart. You know, everyone knows me from hormones.

And, you know, there's just it's multifaceted. That's what makes fibromyalgia so difficult. And really, I think the only really long term success that would guarantee success, I should or should, make it more possible to have success because are no guarantees in medicine, but is to test and to see where you're broken down, because this can be more than one thing.

But the thing we're sharing today is everybody should be doing you should be taking care of your oral cavity. You should be doing that. You should should be making sure your lymphatic flow is, is, unstuck and doing what it should be doing, which is helping you to, to detox.

And then I think everybody can benefit from realizing that we are what we think about. And so many of us get caught in the maze of this negative thinking, and you get caught in a maze of your just thinking about your condition or the pain.

You focus on the pain. And we've had people come on here talking about how cells wired together fire together. And you set up this pattern where you just you're so focused on the pain.

That's what you're focused on. And this like, this recording, this just plays over and over and over again. At some point, though, if you start to apply some of this mindfulness thinking and these, relaxation techniques, you can see that sometimes it will help you pull the needle off of the old LP and get it so it's out of the groove, it's not going over and over again.

And so I really do think that part of that is acknowledging what is happening and realizing this is a warning sign, and it's trying to get your attention.

But by focusing on that and letting your body know it's okay, it's okay, it's okay. That's one big step, I think, of getting out of the maze, just acknowledging that you're in the maze, you're in this this thinking, which I totally understand.

It's not to making me feel bad. I mean, when you feel bad, it's hard to think positive. It's hard to to think of your pain as being an opportunity for you to grow.

Maybe, you know, spiritually or you know, in your spiritual, journey. But it is I mean, it's an opportunity if you treat it that way. Yeah. So for anyone listening, like, don't be harsh on yourself if you have not already today, if you have a minute where you just were able to like breathe into it one minute, like it takes time, it's very easy to sit here and say, oh, breathe in to your pain and talk to your pain.

It's another thing to actually do it. And so give yourself grace, give yourself space to even if it's just for, even if it's not a minute, even if it's five seconds, it's five seconds that you did that.

And so we need to be kind and gentle with ourselves. And and it is so multifactorial. I find all of the disease processes or conditions are multifactorial, and what works for someone else may not work for you.

And there are people who, just with the power of mind, overcome their pain. And there's other people who rebalance their thyroid because that's something I see always, always, always with, five myalgia, condition going on.

I was taught that in medical school, and that's like stuck in my head. Always check the T3 and the reverse T3 and I find it time and time again. And so we never know.

That's why it's so important to work with a doctor who's so multifactorial, or to have a team so that you're addressing the mind, the physical, what's going in your body, the viruses.

There's it's always so interesting because a mainstream doctor says nothing to do. Here's an antidepressant, right? Or here's some pain meds. And from our perspectives it's like, oh my goodness, where do we start?

There's so many different ways to view and there's so many things we're going to uncover. And so it becomes this journey of really helping your body to get back in balance.

Right. And there's some common steps that really have been shown to be helpful across the board with with those with fibromyalgia. And yet everybody's fibromyalgia is different.

You know, just because you got the name fibromyalgia doesn't mean you're going to be exactly like the next person. And so there are some steps and we've talked about some of those today.

And really I would I would discourage you from going out and just getting your amalgams pulled without working with somebody. I see people who spend thousands and thousands dollars go off on tangents doing all this crazy stuff and all these detox programs, and there's a time and a place for that.

But make sure at the end of the day, is that really going to move the needle where you want it to, to where are you really going to be able to tell a dramatic improvement in your symptoms, not just a little bit here, a little bit there?

I want to make sure we're going to run our time to make sure, tell us the website, because we want people to reach out. You got so much information on your website and, a lot of free resources.

Where, where do they need to go to learn more about European biological medicine and some of the things that you've talked about. Yeah. And I just wanted, as you were saying, that, you know, you want to you want to be working with a physician who's like your quarterback so that you're ready, you know, that you're draining.

You know, you're a monk. Doors are open. So then you get the mercury removed, because just like what you said, it's like you want to have a system. You want to have someone quarterbacking for you.

Because it breaks my heart when someone's come in and spent thousands of dollars and it's like, oh no, that wasn't the right step in the right place. So it's important to get that support.

As far as finding me, my, website is Dr. Stills. Very simple, doctor stills.com. I do again want to say Burmese online. If you are interested in lots of free resources about everything via regulatory medicine.

I also host the Science of Self Healing podcast for the Bio Regulatory Institute. So I have lots of I just hit my hundreds, episode. So if I take there's I'll be a bit over that.

And so I've got lots of amazing interviews on there. You can go as deep down the rabbit hole as you would like. So yeah, and I've gotten to listen to a few of those and they're really good.

Really well done. So well Sharon, thank you so much, Doctor Steels, thank you for being part of the summit and really enjoyed this conversation. I hope folks will check out your website and check out some of what you mentioned today.

I think you will find it beneficial. And again, these are just some steps you can take to help you in your quest to feel good. Again. Thank you. Nice to be here.