Opening on stress and heart disease

Well, this is clearly something that's well documented in thousands of studies, in peer-reviewed journals. Like, This is not debatable that the things like anxiety, fear, worry, stress, anger, depression, social isolation, PTSD, all increase the risk of cardiac events.

Why aren't the mainstream doctors talking about this? Crisis, absolute crisis. Well, I think the main reason is because they don't know what to do about it.

They have no answers. There's no pill for it, there's not solution. You know, it's a deeper well and you actually have to dig it and go into it And either they're afraid, they dont want to touch it Welcome to the Natural Heart Doctor show.

I'm cardiologist Dr. Jack Wolfson. Heart problems don't come from a drug deficiency. They come root causes where cardiologists never look. On this show, I sit down with experts who challenge the mainstream rhetoric and talk about what actually builds a heart built to last.

Get ready for a dose of cardiac longevity. Hello everyone, Dr. Jack Wolfson, cardiologist and founder of Natural Heart Doctor. Welcome to another episode of the Healthy Heart Show, where we give you the best heart health and longevity information, and we bring on some spectacular guests.

And in this episode, I've got a wonderful guest for you.

Introducing Dr. Shanna Baird

Her name is Dr Shanna Baird, is one of the physicians over here at Natural Heart Doctor. And as soon as I met her, I instantly just kind of gravitated towards her approach.

We're going to talk all about it. Certainly, if you like Dr. Shanna and want to work with Dr Shana, she will be available to you to help people. She is busy with her family and other commitments, but is certainly very interested in helping people, Dr, Shannah, welcome to the Healthy Heart Show.

Thank you, Dr. Jack, for that warm welcome. I really appreciate that. And it's wonderful to be here and get to know everybody a little bit better and let you get know me.

We can work together to make your heart health the best it can be. You obviously want that 100-year heart, but then there are so many things that we can talk about to support you in that, so I'm here to just be a plug along the journey and expert to give you more information.

Um, thank you again for having me. Well, I'm very excited to talk about a lot of things. And I think you bring a very unique approach because we all love to debate the food side of the story and how much sunshine and sleep, but I really like the fact that you're what I would consider an expert in the think well category.

So before we dive into all the aspects of how you, you help people live their best lives mentally and with the appropriate mindset and stuff like that.

But let's kind of reverse a little bit and tell us about yourself. What got you into natural medicine? Who is Dr. Shanna Baird? Sure. Yeah. I love that question.

So natural and health in general, to be honest, like. feel like that's been quite the journey for me.

From conventional medicine to naturopathy

And it started for when a friend of mine at church actually, she was a paramedic and she told me, hey, you know, I know you're interested in health and you want to learn more about it.

I was in the middle of doing all of my prerequisites for medical school at the time. And she was like, why don't you go to paramedic school and check that out?

And I was, all right, I'll take a look at that. So I started and did that whole program and realized that there were some really big flaws in the system.

It actually was very eye-opening to ride along and go and pick up the same patients week after week. They would take them to the ER and they wouldn't get better.

you know, they'd patch them up or do one little thing or give them a new medication or something like that. And then we brought them back for the same problem.

So for me, I was like, well, this system feels like it's broken. I don't like this at all. and I didn't want to be a part of this. so I started to look into alternatives like what else can I do?

I got a job at that time working for a natural health food store just to learn more about nutrition, learn about supplementation. You know, it was a long time ago and just kind of diving into understanding, you know what does it take to be healthy?

And how do we actually get people on the right path? And I just learned so much in that experience. And then what ended up happening was people started coming to me for like health consults.

I was like, I'm not a doctor. You know, just a lay person essentially who has some information from some medical school prep and that type of thing. So I didn't feel comfortable answering some of their questions.

They were like get me off this medication. Like I can't take you off your medication, you know. I can recommend this supplement. I could recommend that.

And so it was apparent to me I needed to get more education. So I decided at that point that I was going to go to medical school. For me, natural medicine was the next step.

It was like, okay, let's go get a naturopathic medical degree and really be an expert in this and be able to help people. with problems that most people can't get help with.

Like they don't know what to do, they're stuck on these medications. I'm sure, you know, that's common in especially heart patients. Well, let me ask you, did you ever consider going to a conventional or mainstream medical school versus the naturopathic route?

Yeah, that's actually a really good question because I toured a whole bunch of mainstream medical schools before I decided that none of them were for me.

And for the reason for that was I was looking for a sense of healing and like alive feeling. that we're actually going to help people, right? I had this ambitious heart for really helping people and I didn't find that in any of the medical schools.

Like I would go in and it just felt dead and cold and, uh, it didn t make any sense. And so the first place I actually got that feeling of like warmth and aliveness and like we re gonna help was the school I ended up going which was at the time the Southwest College of Naturopathic Medicine in Tempe, Arizona.

And I'm from North Carolina, so that was a big move, but you know, I made the move and did my time. I consider

myself, I did my time in Chicago. You went from North Carolina to Scottsdale, Tempe or Phoenix, Arizona.

So you haven't done the time like I've done. The time before we get into kind of what you do, let me kind. Who, who is your ideal person right now? Who you think would you would be?

I know you can help anyone and everyone, including myself.

Who benefits from her approach

But who is kind of the ideal person who work is really going to be listening to what you do first? Give me who? we're talking to. Sure, absolutely. So I really feel like there has to be a willingness to want to make changes.

And this is changes not just in lifestyle, but mentality and like your heart posture, like who am I and where do I come from? And what does this mean to me?

Like we actually want purpose in life rather than just a band-aid effect or, you know, moving in a direction of You know, that sounds good, but I'm not ready to make the commitment.

Right. And so. It really comes down to, are you fed up with what you've been fed? You know, like lifestyle mindset, heart set. And then I think there's also a faith component for me that's really big because it's like, I can only go so far when someone can't dream bigger, right?

And so there has to be an understanding, a mutual understanding that There's some God is bigger than all of us and ultimately health is in his hands. So it really does come down to these tenets of willingness.

Because if someone wants something, but they're not willing to do what it takes to get it, then I can't magically give it to you. That's not how it's going to work, right?

Well, let's kind of get a little bit more detailed as far as how the mindset struggles, how your mental wellness, How that is impacting heart health. And then we'll discuss how working with you and your information.

Sure. I think a big component with the heart is stress. And where does stress come from and how does it impact your physiology? Everyone has a different way that they manage or handle stress.

And a lot of the coping mechanisms that we've been taught are really not effective, right?

Mindset, stress, and heart health

Or just things that were picked up because we didn't know any better. You're a kid and you're trying to survive through a stressful life situation. I'm thinking of a couple of different patients where it's been like, okay, I had to manage all of these things at a very young age that this is not something I should have to managed.

So then how do I cope with that? And so then everything that gets piled on top as the years go by, we continue to accumulate. And, so we have pull those layers off to get to the truth and the core of who you really are.

Because there can be identities on the top of that. Like I'm the strong man, I am going to take care of everything, right? That's an identity. or like a lot of self-reliance, especially with heart patients.

I find that to be, you know, they were raised with values that hold them in a place where they're the one that is maintaining everything. And so then more stress comes in and there is no balance.

An out of balance heart is an unhealthy heart, regardless of what your health bill says with the labs and stuff. If you're out a balance, you are not sleeping well, all of the tenants, right?

You're not getting enough sunshine. You are working too hard. You know, the stress, fear, anxiety, those are all

really big components. And it can even mess up your heart rhythm.

Like, AFib, there's a huge fear component to all of that. It does start in the mind. The thoughts is like the origination of all that, so we have to be aware of what we're letting in.

I think of it more in terms of the gates in our mind, right? If you open a door to something and you don't realize that door is open and all sorts of stuff came in through that, we have to get the stuff out and close the door.

And so that can be, you know, unhealthy patterns, healthy habits, the motivations, even drives like people that work harder than they should because they feel the pressure to perform.

So just a couple of thoughts on that. All the things that we never, ever, talk about in conventional medical training. That's for sure. Yet whenever I take a history on someone who's had a heart attack or a stroke or heart failure, there was always some kind of.

Acute stressor on top of chronic stress. And I know you're familiar with the two kind of stress related diagnoses, one, you know, broken heart syndrome or Takotsubo cardiomyopathy, 40 to 60 year old woman who gets in a fight with her spouse or her boss or something with a child, and boom, she suffers a massive heart attack and arteries are clean, but there's probably some kind vascular spasm or clot that formed and then there is spontaneous coronary artery dissection.

How do you approach people because there's nothing we could do about the last event. Now we can help them because now they're really facing two problems, right?

They still likely have the stressor that got them into that condition in the first place and this stresser of the fact that now, they've had some semblance of their own mortality and they are concerned, obviously, the post-traumatic stress of a health related event, Yeah, yeah, we definitely have to address that because the medical system has done a great job of putting people in fear.

And then this medication is going to manage the fear, right? Because look, if you take this, then you're going be okay. But it's not true. Unfortunately, it comes to having sort of face and look at and dig into what is the truth, and understanding that you know, going deeper into an understanding of who you are and what makes you you and how does that play into your health.

There's a bridging between the physiology and the mental emotional components. So it's that bridge that sometimes it is broken. The connection is broke and there is no understanding between here and in the body.

And so we have to reconnect and reestablish that so that communication is back online. Sometimes it's a disconnect between the heart and the mind. And so it is like, you know, the hear is putting out all of these desires and ideas and everything, but the, mind is in a totally different place and there's no connection there.

That can be because of trauma. I think that trauma can get a bad rap because people can think, okay, it just, these, like all the things that adverse childhood things, that happen that are so big, right?

But it doesn't have to be big to trauma and it's still traumatic and can still completely traumatize you. It can be one experience and that experience was so traumatizing then you never recovered from that.

And the heart takes record of all of these things. So we have to clear out those records. We can't hold those record. And it's very healing for the hearts too.

Obviously in combination with, you know, the supplements, I think that there's a lot that we can do to really actually heal after an event like that, heal the actual tissue.

I know obviously you believe that or we wouldn't be in business together.

Healing after cardiac events and trauma

This is clearly something that's well documented in thousands of studies, in peer-reviewed journals, like this is not debatable that the things like anxiety, fear, worry, stress, anger, depression, social isolation, PTSD, all increase the risk of cardiac events.

Why? What if your heart could actually get better, not just managed? What of your recovery didn't depend on adding more prescription drugs, but on finally understanding why your is struggling in the first place?

I'm Dr. Jack Wolfson, cardiologist at Natural Heart Doctor, and we believe heart disease isn't random, it's a message. It's message that inflammation, toxins, nutrient deficiencies, or lifestyle stressors are driving your symptoms beneath the surface.

That's why our approach goes far beyond the band-aid typical cardiology approaches. What we do is if we want to prevent treat and reverse cardiovascular disease, we help you develop a natural evidence-based plan to help your heart recover.

So if you're ready to move past fear, past confusion, and past just take this and wait, you deserve real answers. Visit naturalheartdoctor.com forward slash discovery and get the answers you've been searching for.

the answers that can help you achieve your best heart health. Your next chapter with a simple free discovery call should start now. Well, I think the main reason is because they don't know what to do about it.

They have no answers. There's no pill for it, there's not solution. You know, it's a deeper well and you actually have to dig it and go into it either they're afraid, they do not want to touch it you know they always say keep doing what you're doing when you are doing something that's good but I don' want know it is, right?

Like don''t tell me about, just keep do that, because it''s working. And so kind of looking at it like, you know, imagine you had no answers and you have no tools and nothing and somebody came to you and said, hey, help me.

And you couldn't give them anything, except, oh, look, but I do have these pills, right? And they say they work, so it's kind just a sad state of affairs.

Their training is all not adequate for what is actually needed for people are really facing. And like you said, it's a crisis because the epidemic of that, impacts the immune system.

It impacts, you know, the pain that we feel in our bodies, all that kind of stuff too. So the way that it is all related and looking at how Sometimes, you know, I think that that the system is so mechanistic, right?

It's like, okay, but it's your heart. So it can't be related to anything else. It is just the cardiovascular system. That's all we're going to address.

And it is like but your hear and your immune system and you're nervous, it like we all are one system, one body. The mind is can you separate the thoughts from the body?

They go hand in hand. it was all designed and built that way. I, think maybe some of it you know, ego and pride, like we know what we're doing, we've got these meds, this is what were gonna do, right?

And then some of it is just not wanting to touch things that make them uncomfortable. It's not comfortable to talk about your pain. It is not to comfortable talk your grief and your mom dying or whatever happened that was the event that led to the stress.

Or it's uncomfortable to look at, you know, how did your family impact you? Everybody wants to say, my parents did the best they could. My parents were great.

But then it is like, and they always come in with that story. Like that's the first thing they say when I ask them about their parents. And then, it starts to unfold.

Okay, well actually there was all this dysfunction. And all of this dysfunction played into all these patterns. And usually it's family patterns that we're seeing, especially with heart health.

Your cholesterol, your blood pressure, like grandma, grandpa, uncle, Joe, whatever, they all had the same thing. So it is patterns, and mental patterns is a big part of it.

Emotional patterns are a part, behavioral patterns a bit part. Those all go hand in hand with what expresses in the physiology and how do the genes express themselves.

Excellent. And when you take on a new patient or client, whatever we want to refer to people as a, when, you, take out a person. What's, what is that initial consultation look like?

So I'm sorry. Let me, let me just again, like rephrase it. If I am someone with maybe, again the classic person, I think that we're talking to at natural heart doctor, somebody with cardiovascular issues.

high blood pressure, coronary disease, atrial fibrillation, cardiomyopathy. And then we're going to work with them because maybe they're also suffering from anxiety, fear, worry, stress.

past trauma, current trauma and ship issues. I mean, all these different things. So kind of how does, how is that person, which is pretty much everybody, right?

They've got cardiovascular issues manifest. And then when you dig just a little bit, if it's not showing on the surface, you did just the little. Where are you coming in with that initial evaluation?

Okay, so I really like to look at everything when people submit all their information. I'm not one of those people that's like, Oh, yeah, I'll look My thing is, what is the overarching picture?

Like, What does this look like? Who is this person? And what are their symptom pictures showing me? So, you kind of have to take a step back and look at it through that wider view and get that perspective.

And then once I gain that prospective, which is through my experience and through the analysis of the information and their symptoms and what does everything look then I can formulate my seven-point plan.

And my 7-Point Plan, we're going to address seven different aspects of your life and you that affect your health. I always start at the densest part of you, which is obviously your physicality, and then we go all the way down to the least dense, So it's the physical, the mental patterns, emotional stuff, all of the baggage and trauma and things like that are linked in there.

The seven-point evaluation process

And then we look at genetics and how does that impact you, patterns that play out there, and then I look your connection to your world, so where do you belong, how do fit in, your family dynamics, energetics which is what have you absorbed from your environments over the years that have impacted who you are and then spiritual and so that's like what is your relationship with God like or what do you believe what are your background can you connect to love a lot of people are so disconnected they can't receive and being able to receive is important like you can get what you need if you looking at it through that lens of the seven-point plan, then that's where we're going to break down and we are going look at everything in detail.

And you will go into what I call the mind-heart deep dive, which is looking how do these mechanisms work, what is not working, and what needs to be reconnected, you know.

What is going on with the physiology? Because the Physiology is like It's being run by something, like something is

passing signals, information, hormones, whatever, from the brain up here, you know, this great, amazing machine that we have, right?

But it's not working properly. Otherwise everything would be operating smoothly. And that's just obvious. So like where are the wires crossed? What do we need to uncross?

And just basically working backwards to get you back to health, that is the objective. And I think that so many people are eating really well and they are getting better sleep and are being active.

And they're avoiding all the different toxins that we talk about, environmental pollutants and plastics and phthalates and glyphosates, and all these things.

What kind of, you know, the elephant in the room is this You know, this kind of think well component, the mindset component. The different aspects that you're talking about in your seven, uh, you know pronged approach.

That's yeah, just mainstream is clearly missing. And there's really no one else at a doctor type level. Cause you can't go to a psychiatrist because you'll just going to get pharmaceuticals.

You could go to some kind of masters in social work or, you know, a logist, but I think that's what makes you so fantastic is that you've got all this naturopathic medical training and such a huge toolbox, yet also.

looking at that toolbox as part of the picture, but so much of that picture gets really into this kind of peeling back these layers of onion. How long and how many visits?

So we have the initial consultation with you and that's obviously this big overarching and where you're formulating the next phase of a plan because nobody's, you know, nobody can snap a finger.

I mean, this isn't the hypnotism where it's like, okay, well, I'm going to snap my fingers through whatever kind of thing we're going do. And now all of a sudden, the fact that you have had All these emotional traumas and you've suffered a cardiac event because I've often said this having a heart attack has to be a really big deal.

Like that's got to Be recognizing it or not. It's gotta be sitting back here somewhere in the brain or maybe up here. Somewhere in The frontal lobe where it's sitting there and it causing a lot of a havoc or Maybe again, it in a midbrain.

Its in some of these primordial, you know, survival structures. Sure. Yeah, absolutely. I feel like that's something that people don't address enough, like looking at, you know, how has their body been affected and their relationship with their bodies based on what they've been through, right?

Because people just take their own body for granted and, okay, yeah, it's here. It's going to keep working. My heart's gonna keep beating, and so you there isn't like any sort of consciousness put into what is my relationship with my body.

So really bringing that online so that people can tell how their body actually feels because some people don't even know what they feel in their bodies.

And when I ask them like where is that in your body or where do you feel that They can't, they're numb. And so, you know, that might be a layer of things that because of trauma, like we're built to survive, right?

So we have all of these mechanisms built in that make sure that we maintain survival and so that means that sometimes the like processing of things that needs to happen doesn't happen because we're in the moment surviving that moment especially with a heart attack or an ablation even where there's a patient that had multiple ablations and she is not okay her heart you know like her body is That was very traumatic and, you know, it's just the burning of your heart, right?

Like, no big deal, we're just going to zap it with fire. And so when I kind of put it in that perspective for her, she was like, oh, yeah. Like and then like all these other deep seated things that were tied to why that was scary for and how horrifying that started to come to the surface.

So I feel like that's very commonly brushed under the rug. We can just move on from this. We're not in a hospital anymore. we survived it, right? But then like, what are the repercussions?

And so that's where I'm going to actually look at those and we're going understand how that has affected you. But, then we are going clear it. It's not going stay with you, it's going leave and because we going acknowledge it and I think acknowledging it is something that It may be the hardest thing to do.

And that's why, you know, I'm a little hand holding in that way. Like I'll hold your hand. We'll acknowledge it together. and then we'll say we don't want this anymore and we're going to let it go.

Why mainstream medicine misses the mental side

we are going release it out of the body and I have a lot of mechanisms for that. I am trained in Chinese medicine. So I use the acupuncture points as release points, just energetically.

That's really cool because they're all over the body. It's like another built-in mechanism for releasing things. And then the breath, like we're designed to breathe, right?

So we can move things out with the breaths. Really powerful because it motivates the person's will. Like you need your will and that's part of your soul to align with this release.

Otherwise, we are still going to hold on to it. and there's so many different things that people need to let go of like unforgiveness is a big one especially with the heart because people will hold on to bitterness and anger and those types of things and then they're all of a sudden they are like having heart attack after heart and they don't know why and it's like Okay, well, who haven't you forgiven in your life?

What record of wrongs are you holding against this person? And it's a biblical truth, right? Hold no records of Wrong. Love holds no record have wrong.

And so like teaching people, like going back to that foundation and like, okay, let's let this go. Like your mother is dead, you don't need to hold this grudge against her anymore.

What is it doing for you? It's not doing anything except for hurting you. So let us let that go, and It's a walking through process. Like we walk through it together.

So as far as like number of sessions, I will usually put in the seven point plan, roughly like two points per seven. so there's 14 different things that are on there.

And then I have in. In the package that I formulated six. deep dives. So if we did, you know, probably a series of several packages, we could probably get through that whole list.

But it also depends on the person. Like, are they ready to let this go? Or do we need three sessions on one topic? Like if We need 3 sessions, on 1 topic, I'm not going to rush them through it and be like, no, We're done now.

We cleared it. They didn't clear it, then we needed to work on that more. And sometimes there's stops in the body too. where the body can't process this.

Like you need to go get a massage. You need go do something physical. Go run, go exercise, something like that. So I usually give space between my sessions because we go deep fast and a lot of stuff comes up.

And so I'll give like a recap of what we went through so that they can process it in the weeks while we're off. And

then we come back fresh and we are ready to either tackle the next topic or they want to talk about something.

It usually all just blends together like this next to the topic because we were peeling off the layers. This topic is connected to this topic, this layer is connect to that layer, if that makes sense.

Well, I think everybody wants the quick fix. And I, think what you're identifying obviously is that there's not, and I like to tell people, you know, it took you 40, 50, 60, 70, 80 years to get into this situation.

It will take time to, get you out of it. And I also say that it's not like either or it is not a matter of, well, I'll just take a Prozac and just deal with it that way.

The problem is that method fails and we know that clearly in the medical literature and where they fail, you know, that's where you Dr. Shanna will continue to succeed.

If there's one tip that people could take right now. to immediately take it down a couple notches. You know, stressors and anxiety and fear and worry.

Is there one thing that people can do right now? Oh, definitely. There's, there's a lot of things, but the one thing that I really love the most is dealing with the vagus nerve and because the Vegas nerve runs from the brain all the way down through the whole body and connects the more vital parts of us to our brain.

Vagus nerve and lymphatic support

And so, um, if the Vagus nerve is not functioning well or out of tone, like vagal tone is a thing, you know, talked about frequently, But what is that?

Right? The nerve itself, not being there, there's a concept like friability or full of like. You know, when your nerves are on edge and everything's jingle jangly, or you're taking too much caffeine and you know.

It's like that nerve can't be in that state or, you can be at peace. Right. And so there's, I think that some of the best ways to tone the vagal nerve is singing and humming.

Honestly, like worship is like, that component for me. You can sing your heart out and praise your hard out, and love your art out on God. That's where you are going to really.

make a connection to your physiology. And so, you know, You can sing and hum in any capacity, but I really feel like when we pour ourselves out for God, like that is where that mechanism that was built into our body by him, it comes down online.

It starts to really work. So deep breathing, Obviously, people are like, well, that's obvious, but people don't do it. They don' like if you just sat and breathed, you know, relaxing the catecholamine from the adrenal glands because it all ties into the glandular system as well.

getting yourself in a posture of like gratitude and I think singing and all of those things work together to tone the vagus nerve and and i think toning the vegas nerve is going to be your your best bet for having a system that functions well together like from head to toe because it informs the rest of the body another thing and having the lymphatics to be able to move stuff out of the body.

So I really love dry skin brushing for that. And that's like a gentle upward motion. You're moving the limbs to the main lymph ducts, which are in the chest, like in a central mediastinal cavity.

I'm sure you know that, but to let everybody else know, there's some large ducts and so we want to move because the lymph, if you're not exercising, you are not moving your muscles, the length doesn't move itself and most people are getting enough exercise.

And what I love with lymphatic brushing is you can use it as an act of self love. Like I loved myself and I'm going to spend this time and really move through this process, sweeping all of this stuff to the heart and starting to cleanse out the It's the fats in the body get stored in there.

The immune system is part of that and it connects to the nervous system and the blood as well. So it's all interlinked, but that's like the forgotten system.

Like people just ignore their lymphatic system, and their system gets blocked up. And then they're like, why am I sick all the time? It just this reverberating door of, okay, well you didn't take care of.

You don't even, you're not even acknowledging that you have this part your body and runs throughout all of you. I really love dry skin brushing for that.

Well, I mean, what I really got the most out of what you just said really is the continued appreciation that the body is not a composition of silos. It's not, well, let's, you know, under cardiologist, Let's focus on the heart or I'm the neurologist on, the brain or the nephrologist, pulmonologist gastro neurologists.

You're we're so good at this. Compartmentalization of all these things, but you've just kind of talked about these various aspects of, you know, we're talking about the lymphatics.

We're, talking, about, the vagus nerve. we are talking. About the brain, We are, Talking about energy at a cellular level, at, a mitochondrial level. But, all, these different areas that are involved in how you can encompass all of that.

And then also, yeah, just, kind, of getting back into. brain, not only as a control center, but just as that your thoughts do create our health and our experiences.

So I'm just so grateful to have you on this interview and at Natural Heart Doctor, and then people who want to, you know, I often say, my father told me this years ago, the best thing is just to get a consultation.

You get in consultation with Dr. Baird, You have a great experience. and you continue working with her. Same thing with Wolfson or Letanza or anybody else on the team at Natural Heart Doctor.

And if for some reason you don't have a good experience, well, then you go on and you find someone else who provides, you know, what you need. But I think everyone who just listened to you would understand that you're a very caring, compassionate, a well-educated physician.

Uh, and, uh, when, When you are not busy helping people, who natural heart doctor on the health related issues. What are your favorite outdoor or what are you favorite other activities when you're not busy helping people?

So I have three beautiful children. So playing with them, interacting with, them just like being their mother, whether that be, and two of them are really little.

Patient partnership, gratitude, and closing

All the little kid stuff is like my joy and pleasure to take them to the park, to play in the splash pad, go run around outside, kick those soccer ball around, play basketball with my oldest one.

It's really fun to engage with them and really be grateful for them as little people in my life that I get to help raise. So I think motherhood for me is like a big component.

And then also my church, I'm really plugged in there. I love serving, on the events team, helping with the baptisms. There's anything I can do to plug in and support there and then I also really love and enjoy just reading a good book.

There's so many great books in the world and just sitting down and letting yourself absorb what God gave someone

else to share with the word. It just brings you back to gratitude.

I feel like cultivating that heart of gratitude is something that I've been on that journey for the last several years hard and in a the more that you can appreciate the, more, that, you, can love and the, more, that, you, can, love, the. more. you. can. expand and kind of growing into that.

And, and I feel like that spills over into my patients. Like I love my patience. I loved them, like no question. and, I'll get to know you and we'll spend some time together and you'll know that I care because.

I'll remember your name, like I remember those details. I know, you know what you told me last time and we'll talk about it again, if that's something that needs to be discussed.

You know? I feel like one of the biggest disservices the doctors do is just treat their patients like a number. The experience is supposed to be therapeutic.

Like being in the presence of your physician is suppose to bring you peace because you know that they've got your back and that you're working together and it's going to a team effort.

And I think that I bring that to the table. And speaking of books, I know that your book will be coming out at some point, hopefully in the near future.

So we're all very excited to read that. And again, your comments are just so refreshing about. this kind of a really good relationship, you know, with our patients and really taking the time and so many people who interact with us, they're coming from a not positive patient physician interaction.

It's always been this dictatorship. And I like to say that, no, this is a partnership. is and how we help people, you know, and that's how, how are we going to succeed.

So thank you again, Dr. Shanna Baird. Anyone who's interested, I highly, highly highly encourage you to work with Dr Shana. And again, I'm just, so blessed that God has brought us together to work together and really tackle the number one killer in the world.

And, again I am just so appreciative that you're on this journey together with all of us at Natural Heart Doctors. So, thank you again. Yeah, Thank you Dr.

Wolfson. Yes, no, of course, so anywho, you can look under the consults tab on the website NaturalHeartDoctor. You can email us, check us out on social media.

Links will be in the comments section here as well. So another great episode of the Natural Heart Doctor's Healthy Heart Show, and we will see you next time.

And until then, cheers to your 100 year heart. Thanks for listening to the Natural Heart Doctors show. If this episode challenged what you thought you knew about heart health, make sure you follow the show so you don't miss what's next.

And if you're ready for a deeper personalized approach, you can schedule a complimentary discovery call at naturalheartdoctor.com forward slash discovery.