## Introduction and Dr. Schaffneru2019s Background

Welcome back to our Reversing Mast Cell Activation Syndrome and Histamine Intolerance Summit. I'm your host, Dr. Meg Mill. And today I'm joined by my esteemed colleague, Dr. Christine Schaffner.

Dr. Schaffner is a board certified naturopathic doctor who has helped thousands of people recover from chronic, complex illnesses. Dr. Schaffner goes beyond biological medicine, pulling all systems together to heal her patients with her EECO methodology, and I'm so excited to share her EECO methodology.

There's some really interesting things we're going to talk about today, and I'm so happy to have her join us. Thank you for being here with us, Christine.

Oh, thank you so much for having me. It's always so fun to share information and just to have these conversations. So thank you. Absolutely. Well, I'm so excited to get started and to get into all the good stuff and learn about your EECO method.

But before we jump in there, could you just give us a little bit about how you got to where you are today? I know there's we all have these personal stories that are there.

So nice to share. Yeah, absolutely. Meg. So I you know, I grew up in a family medicine. My father's an oncologist. My mother is a nurse, and she was a nurse educator and taught nursing.

And so I was just always around it. And I loved science. But, you know, when I was in my high school years, you'd find me in the Barnes and Noble section of the, you know, science and spirituality.

You know, reading all those, you know, esoteric books. And I was always, from a young age, like asking those deeper questions of why we're here and what is the body, you know, truly about.

and so, you know, I found through family members that there was a path through naturopathic medicine to become a doctor. And so I went through kind of all of, you know, that decision making process at a young age.

And, you know, I, you know, I came to that decision that I should be a naturopath and a natural path at school. I just always remember, you know, really wanting to treat like the root causes of why people are sick.

Not just like diet, but go really deep to understand why people are so sick today and how we can access this beautiful human organism. and the greater consciousness that we're swimming in, for healing.

And so I was really impacted by Doctor Louisa Williams when she wrote her book, Radical Medicine. When I was in school. I would it was before Kindle, so I would carry that around.

And she talked about this European by regulatory medicine. We look at where we look at regulation and we look at interference fields and all of these concepts that I, you know, became, very intrigued by.

And, and I ended up having the foundation of my practice. And so I've been practicing for 14 years now. And I see patients, who really are, you know, struggling with these complex, multi systemic chronic illnesses.

And, you know, these are beautiful people who've tried so many things. But, often they cannot figure out how to prioritize and how to get on the right healing path, because we're really changing the paradigm and really making this up as we learn about the human body and the stressors that plague us right now.

And they just seem to be ever increasing. But also our knowledge, you know, is ever increasing on the invisible

fields of information and energy that we are surrounded by and that we emanate within us.

And we're surrounded by. And I'm really true in my own personal story, too, you know, over the last four years, I feel like everyone's been through their, you know, really transformation, and transformational journey just with the, the astrological insights and, you know, how our whole society has shifted with Covid and all of that.

I think everybody, you know, that I talk to has gone through their own microcosm of that really macrocosm shift that we've all experienced. And, you know, I went through creating a new practice.

I actually, had a pituitary macro adenoma and I had to go through, brain surgery, which is so intense. Right.

## EECO Method Overview

But it was, through that personal experience that I also learned about leveraging, collective healing and, seeing the greater, aspects and insight when we look at life from this interconnected viewpoint and that we are swimming in this unified field and there is unlimited potential and whatever you want to some people like in that to God or source or the divine or just physics, you know, whatever you want to name that.

But, science is beginning to be able to understand it more and more. I mean, we have a long way to go, but, that was huge for me. And so I can't look back and I try to, you know, bridge really that world with my bio regulatory and naturopathic like functional medicine.

We're on to really, not only assess and get people on the right path, but also give them tools, to work with these, fields and forces. So that's kind of where I'm at today.

That's great, I love that. I mean, there is more than one approach and we see that. So we can, you know, we if you're really looking at data or you're looking at patient outcomes and all of the different things, there's more than one thing.

And I love that you're taking different modalities and putting them together, because I think it's when we get that short sighted, like, this is the only way that we lose a lot of insight around what's possible.

Yeah, yeah, absolutely, absolutely. I think people need to have hope. Right. And, you know, there's so many people struggling out there. And I just think hope is such a important piece of, access in these, these fields in this potential.

Yeah. Well let's dive. This is so interesting. And, and we're talking about it. So let's dive into it. Do you want to tell us a little bit about let's just start kind of with the basics of your EECO method and go, yeah.

Yeah. And you know, every year I kind of evolve my thought process. And so I'll share kind of this ecosystem. And then I'll also share a little bit about kind of where I'm, I'm kind of going from there.

And so EECO is kind of a terminology and an acronym for Environment and Terrain Energy Systems support. and then clearing the blocks and optimizing flow.

And so it's just a kind of a way to give people buckets and categories to, you know, look at how we treat people. So I'm, I'm trained in terrain theory.

So I'm very much into, the body's ability to self-regulate and heal and that we can strengthen the body and make the body more resilient and adaptable to whatever, stressors come our way.

And so, regulation and resilience and, the adaptation is really what I believe health is. and so we look at, you know, environmental toxicants and we look at the pressures on our immune system and our, you know, personal health story and also our, you know, personal story and our trauma history and our ancestral trauma and our, you know, really where trauma gets stored in our in our fashion and then our, amygdala and limbic system and then our vagus

nerve and in our bio field and all of these places, that we need to, you know, bring awareness to and bring the strategies to, liberate the energy that is, stored in the body that's blocking the body's ability to regulate.

And he also, you know, we look at the environmental aspects, you know, the terrain, we acknowledge that the body is, you know, communicates with electromagnetism and photons and phonons and probably so many other quantum packets of information that we still have yet to explore.

And so that we, you know, have energy systems, and we can look at the ancient, subtle energy systems and look at, you know, chakras and acupuncture and the naughties and, you know, the aura.

And you know, what we call these kind of summation of fields and modern day is the bio field. So we're working with the bidirectional communication within, the body and around the body.

And looking at where root causes could be, you know, there. and then we look at, you know, clearing the blocks. And so that's my bio regulatory medicine doing a really good interference field. history.

So looking at the mouse, looking at, you know, a mountain, billions and root canals and habitations in the Bight and, looking at things like the tonsils and the sinuses and looking at scars and seeing if there are blocks and impediments to, the body's ability to, heal with that conversation.

And that's big. That's a big overlooked area. And then optimizing flow is all about drainage and detoxification and really focusing on the fascia, the lens, the extracellular matrix, organs of elimination.

You can't really do any protocol without addressing that. And and it goes nonlinear. It's just these buckets that we look at and, you know, my kind of next iteration of this is, you know, of course, spring boarding on these concepts and just everybody, you know, is always like, how how do you do this?

And, you know what I mean? We're trying to communicate how we practice. And it's sometimes really difficult. And so I keep on thinking about how I share.

And so I've come up with like a little bit of a twist on EECO right now. And I, you know, I start with regulation. So regulation is bio regulatory medicine and signaling gene that our body can self-regulate and heal.

And we often turn to the autonomic nervous system for that capacity. But I'm really interested in looking at the fascia as ability to regulate inhale.

And that is in some circles in some papers we a faster communication network than the nervous system. So we're looking at those systems and removing obstacles in those systems that prevent that capacity, to work to its fullest extent.

So regulation is acknowledging that and looking at interference fields, which I shared about. And then I'm saying drainage, which, you know, I think everybody who's listening is probably, you know, heard that word.

That's awesome. I, I started the drainage club in my school when I was in Bastia. And, it was a very new topic, but it was such a profound topic. My friend Juliana and I just, we're so inspired by it and, and knew that this was, like, such a foundational way to look at the body that the spaces between the body and getting that fluid moving and draining and delivering oxygen and nutrition and removing waste and removing the buildup of toxicants and removing stagnation, is such a part of cellular communication and healing and repair.

And, so drainage is about the extracellular matrix and the that it's in the fascia. Of course, you can't talk about one without the other. and then of course, you know, the liver, the gallbladder, the colon, the kidneys, the skin, the, you know, lungs, all of those systems are really important.

and then, you know, I've added these kind of twists, so I've added resonance. And so I use a lot of bio resonance tools as well as, muscle testing and resonances.

This idea of prioritization, can we get a vibrational match for, you know, the treatment and what needs to be treated? with our strategy. And can we use bio resonance technologies or, assessment tools to help prioritize?

I find prioritization is the hardest part. And these, protocols, you know, someone will, you know, go through this illness, they'll have a PhD if, you know, hunters kind of looking and reading and, you know, becoming self-educated.

But all that knowledge is useless if we can't listen to the body and actually prioritize and unwind and, you know, kind of support the body in the way that it needs to be supported.

## Fascia, Scars, and Mast Cell Sensitivity

And then I added coherence because I think coherence is a big principle that we need to understand about how we're wired to heal and how we're wired to connect to inside, and how that allows us to connect to the greater fields, around us.

And so that is all about alignment and efficiency and, you know, accessing this, principle, you know, we can think about heart brain coherence, you know, in when the electromagnetic field with the heart and trains the brain, and then and trains the fashion, the field, and, you know, the the body can communicate, you know, there's no blocks in the communication network.

And I, I find a lot of my patients who are sick, the they're the most spiritual people, but they have a hard time connecting and they feel kind of lost from source.

And it's really, really quite sad. And here we are trying to tell them to connect the source and meditate and do all these things to heal, and they can.

And so I have also kind of the thought about coherence is how do we add coherent information to the body so that the body can, you know, over time build up and, you know, get that support and get that reminder.

So that can be sound and light and frequency. and, you know, many other forms of therapies. and then, you know, I, I'm kind of going back and forth on what the last one is, but I, I have landed on regeneration because the body gets beat up, you know, by all the, you know, the, the cell mass, you know, it takes a toll on our connective tissue and our minds and our on our spirit.

And there are more and more regenerative techniques that are more available to access and stimulate the body's capacity, heal and repair. So that can be as simple as peptides and gland chillers to, exosomes and stem cells.

So, you know, just whatever works for that person. so that's a long winded answer. But, Meg, about, you know, kind of where I am with, you know, kind of, looking at the narrative in the context of healing at this stage.

Yeah. That's wonderful. I'd love to get deeper into some of those and talk because, yeah, I think a lot of people are probably like, oh, okay, well, how do I, you know, how do I do that?

So when you're looking at the fascia, first of all, is that something you're doing physically or is that something people can start to become like? I think people might not know if they're having fascia problems.

Yeah. Yeah. Yeah, absolutely. So the fascia is this continuum that connects from our skin to the nucleus of ourselves. So it's this tissue that's, you know, primarily full of collagen.

however, it also, delivers structured water to our tissues and our cells. And this is the highway for a lot of the, energy medicine concepts that I shared.

It's kind of the conductor. for the transport of, like, electrical information, light and sound. And so when we think about the fascia, the fascia also works in concert with the lymphatic system to move the lymph through that, you

know, the, the lymphatic network that doesn't have the pump to move the lymph like the, circulatory system does.

But it is, you know, the movement in the muscles, in the fascia that kind of moves the lymph through the network. So when we think about, okay, do you have an issue with this, system?

You know, anyone who shows up in my office often does. But the symptoms that you can have are pain. you can have brain fog, you know, insomnia. You can have inside depression, allergies, sinus congestion, sore throats, any digestive system, symptom, bloating, constipation, you know, abdominal pain.

you can have cellulite. You could have, you know, allergy is, you know, got Marcello issues. You know, all of these things you could have, you know, if there's, you know, a stagnation in the system.

One of the things that we also do is a scar history. So scars are basically, you know, a plug into the fascia, so the fascia gets injured and then our body, repairs the, that plug there, that area of injury rather what's kind of a, a fascia that's not like the original fabric.

It's more dense, a regular, thicker, and a can, you know, more storage, toxic and trauma and pathogens in that area and then create more, you know, or maybe I should say less movement or motility in that area, like adhesions or restrictions and kind of block the flow of communication.

So we use neuro therapy, which is an injection technique that helps to alleviate and support, scar tissue. there's also other. Excuse me, other things.

I've been talking all week. You know, there are other things that can help with the alleviation of, scar tissue. So, you know, I've created some products that can help.

There's also some manual, and different vibration, topical, equipment that we use, or even those washers or acupuncture or infrared light or, you know, massaging that scar tissue or, so forth.

So that can be very, you know, important so that, you know, that's kind of an overview of kind of like, okay, do I have an issue in my fascia? Have I had an injury?

Do I have a scarred or am any of these symptoms. And then Ethan built a plan on, you know, repairing it. Yeah. That's great because I think a lot of people aren't necessarily when we're talking about this subject considering that.

So, you know, I think you think when you're talking like, oh, I have back pain or I have, yeah, sore muscles or things that I'm relating that or even there's more awareness of the cellulite relation to the fascia.

But you're thinking that but then bringing that into like, okay, where else in your health and maybe, you know, making you more hypersensitive, making your immune system less regulated things, things like that.

yeah. Really bringing that in and that that's an interesting. Yeah. The word of mouth sells, you know, travel throughout the connective tissue. Right.

You know, there in the hotel and then the connective tissue. And, you know, Jill Carnahan, when she did a lecture for one of my, you know, and programs or community, she, she put it all together.

And I was observing all this, but she, showed a picture of a mast cell from a paper on Aids and how, over time, our mast cells become hypervigilant because they're not only stressed by allergens by, but by parasites and viruses and toxicants and everything that we've been talking about.

And these mast cells, you know, if you like, kind of go to the microcosm of the extracellular matrix and you see that space where, you know, the lymph is starting to come out of the circulatory system and bathe the cells and drain into the lymphatics.

You know, the mast cells are very active. And seeing, you know, if there's, foreign invaders in our body and in our toxins that, like bee venom or, you know, things that are stimulating and response and, you know, kind of what I observe observed in my patients is this hypervigilance, you know, that this lowering of the threshold to trigger comes from this kind of over a sort of all of these stressors, that the mast cells continue to swim in.

I also think the mast cells, are sensitive to vibration. And so, there are some papers and theories and thoughts around the mouth potentially being a trigger as well.

to the mast cells. So they're these kind of first line, you know, immune cells that are there to protect us. But in our modern life, in a modern world where there's so many stressors at play, especially for people who have weakened connective tissue or on the spectrum of beads or, just have a propensity to bio accumulate or just have never treated their limbs can have a buildup of these things.

And then, the mast cells can become hypervigilant. And, you know, we have to find strategies to, support them, while we're cleaning up the terrain and, you know, supporting the body.

Yeah. Yep. I agree, I totally agree. Yeah, yeah. And that's what we see. And so when we see this sensitivity start to come up, you know, our immune systems is firing at everything.

So we're working on retraining and the retraining the nervous system retraining the immune system. Do all of these. And then where would you fit in your bio energetic approach with that.

Yeah. Yeah. It's a good question. So with the bio energetic piece, you know, I use a couple different bio energetic tools in my office. whether people are remote or in person, we have different tools.

So right now, you know, I use, a system called the AOE scan. I also use NAS, and then I have the bio. Well, and so I use these, bio resonance technologies.

They all slightly work, in a different way. But it's this idea that every thing in life has a signature frequency. Right. That's kind of like your thumbprint in life.

Every every living thing has a, you know, signature frequency. And so there are brilliant people who have studied, especially a lot of this comes out of, you know, space research because they're trying to figure out how to treat astronauts, you know, and, you know, environment where we can't draw blood and do things like that.

And so, they, have come up with looking at and naming these resonant frequencies with a lot of, you know, systems or cells or tissues or microorganisms or toxicants, and they can, you know, basically assess where there could be possibly a priority or the body's mobilizing.

You're stuck dealing with something. So I use all of those tools. The bio well, looks at, this is currently in photography to look at the light emissions from the fingers.

and then Doctor Kirchhoff made a algorithm that looks at assimilation of the biofilm.

## Bioenergetic Tools and Mast Cell Support

We can see where there's too much light or not enough light. you know, basically, coming out of the body. And that can translate to different organ systems that need help.

So I use that, you know, the, you know, those technologies and then you know, these are, you know, the people who have nasal or histamine intolerance are sensitive patients.

Right. And so, there's a couple of thoughts I, I'd like to share around, one is that many of my sensitive patients, once we get them on the healing path, they they realize they're, you know, empaths and energy sensitives, and they can, you know, become they they tune in to life.

And sometimes that can be very overwhelming. And so they learn how to navigate that and also, really tune into their body. And they are really, really fun people to treat because they know a lot more than I do about their body, but they give me clues so I can help come up with the therapies and treatments.

And so, you know, it is on the flip side of how hard it is to navigate life with that sensitivity. Once you get on that healing path and learn how to navigate it, it can be a very beautiful gift, you know, to navigate life.

but it it is a very hard thing to feel. Cell phones and feel every toxic and, and, you know, stress in your body and to just have these very, you know, quick, responses, you know, so and so I just wanted to share that and then, you know, with sensitive patients too, you know, we use these tools and, you know, I always start very slow with remedies and, you know, protocols to really slowly introduce them into the body.

and then we can also, I find that these patients often love the realm of, different tools of use, some that can be something like the flow press. So I have in my office.

So that can be a combination of compression, infrared and, you know, vibrational technology. It depends. But we have to call it that. So, settle information to start moving the lymphatics and getting the body into a deep parasympathetic state.

That can be very helpful. often people in this camp, can respond to sound. I have some really sensitive patients. I, I'm not trained in this form, but there are some people who do, you know, find the frequency in the form of sound to actually treat the body.

And they might, I think one is called Spiral Path. Sorry. Or is it, you know, as easy as going on YouTube and googling, you know, taking the sound bath and that, you know, drops them into parasympathetic, right.

So using, you know, sound or using a sound better, you know, so forth. and then, you know, to different degrees light. I mean, again, you have to introduce the slowly because these can set people up just as much as a remedy.

and then we use a lot of frequency remedies. So that could be in the form of homeopathic drainage or that can be in the form of a vibrational remedy. So mass creates these vibrational remedies that just have information.

they're not actually substance. And we can use and use it in that way. and then, you know, again, working with people who know how to navigate the subtle energies in the body so that could be trained in sacral or acupuncture network chiropractic, you know, getting a team around the the person to, gently but potently, you know, move them forward.

with all of my patients, though, I'm in light of all of these different tools, I try to always find like, what is their cocktail of mast cell stabilizers?

I think that's, you know, really important for the sensitive patient. so that can look like, you know, Qatar Defender Crumlin or Claritin or Am Lexmark or Cfpb or quercetin or Dao or what have you.

You know, there is, you know, a range of things that we have as tools. And then we have to, you know, layer them. And, you know, I use muscle testing to figure that out, to support the body and finding that combination.

So then they can tolerate treatment. So yeah, that's all those are all great points. I, I you said something that I think really would resonate with everyone listening here. And I feel like I, feel this way too.

So when you, you put it in such a nice way. So I'm a very sensitive person too. And that's what brought me to, you know, and, but but I would feel frustrated.

And it's so frustrating because sometimes you feel like your body's against you. You're reacting everything. Why am I the one that reacts when everybody else doesn't?

But you're but you are more in tune with your body, too. And some of that fine tuning and actually, like you're saying, flipping it around and saying, okay, yes, I have to be more vigilant and I have to make these changes, but I also have the awareness of how I'm going to how I respond.

And I can work with this response, and I can get the things that are right for me and and using it as a tool rather than subconsciously, like subconsciously, always thinking it as a burden, which it can feel like that.

So I'm not trying to minimize the fact. Yeah, yeah. But it can be used as a tool and you can be in tune. And if you're using it the right way and getting all of these things in place, there can be a huge change.

Yeah. No absolutely make I you know, I don't want to, as you mentioned so much, you know, respect you know, everything to the people are sensitive. I know it's it feels like a burden while you're figuring out how to navigate that, but, you know, once, you know, like, I think you and I are just, you know, for the people who are hearing us giving you permission like, this isn't a defect.

This is actually, you know, a really beautiful gift. And, you know, I often think we talk about, you know, people who are in the chronic illness world or.

Oh, yeah, the methylation defect or you don't make enough glutathione and or whatever. And I'm like, no, they're actually responding, you know, to environment that doesn't support life.

And we should be listening to them. You know, where the people who are not sensitive, just the boiled like the frogs getting boiled in this, you know, environment slowly.

And so the canaries in the coal mine that you know, that have a message, you know, and share, you know, like, hey, this isn't good for any of us. We have to have strategies, to, you know, create an environment that supports life, you know, and that is a very big, you know, multifactorial, issue that many brilliant minds are trying to come together to, you know, think about.

But but no, I, I, I think once you just kind of like, have compassion for yourself and to know that this is a gift and you have a message and you're not crazy.

This isn't in your head. This is totally, real experience. how can you have fun with it? And how can you, really use this information and try to harness and channel it, not only for your treatment, but also just to tune into, you know, your higher self to, you know, the support of energy that is available for you out, out there in the world as well.

Now, I wanted to jump in because I know that you have do you have plant stem cells in your apothecary line that contribute to your to this? So if we could talk a little bit about that.

Yeah, yeah. Thank you. So you know, when I started that drainage club, you know back in Basseterre, you know, one of the remedies, that was really, you know, beautiful to me was the more these plant stem cells.

And I had had an experience before going to naturopathic school with a dear friend, who was my natural path and is still is Doctor Marie Rodriguez. And I was having some endocrine issues and she had prescribed these GMO therapies, and I was still tuning in.

I was very young, I was in my 20s, and I was still tuning into my body and, you know, figuring out what what was the path for my own healing. And and, you know, I was surprised with how fast these worked and how how much better I felt when I took them.

And so I was just, you know, on a quest to really utilize these in my practice. And, you know, you get busy in the sources change and then, I have a dear friend, Jennifer Paya, and she and I connected a few years through a dear friend, Petra Davila. And, she also loved these plant stem cells.

So. Gemma. Gemma is a Latin word for bud.

## Plant Stem Cells and Lymphatic Drainage

And so these are not gemstone. They're beans. They're GMO therapies, which are actually, plants that are picked, the fresh buds of the plant. So in, botanical medicine, we often use the mature roots, your flowers or leaves, and we extract those for the medicine and, GMO therapy or plant stem cell use the buds, which are the plant stem cells.

They're the fresh bud full of potential before it becomes a flower or a leaf or a tree. And so you, you can pick these and the we found this Belgian dye back in the day.

Henry Paul found that, you know, when he picked these and put them in an alcohol glass or macerate, which is just kind of, you know, muddling the, the bud and extracting and, and glycerin and then alcohol.

and there are these very healing properties of these buds, and they have these, kind of a likened to growth hormone constituents and other, constituents that help to drain the tissues of the human body.

And also regenerating repair as well as I believe they have a vibrational quality. So they have an intelligence that you actually navigate within your body how to work.

And then when you kind of see, you know, life like that, there is more power that you can observe with these remedies. So, plant stem cells. Jennifer has a company in nature, provides trees, in North Carolina, and she works with this Italian source of plant stem cells where they pick the buds and the, Italian Alps and spring biodynamic leave with the moon cycle.

And then they lovingly prepare them and they create these beautiful, remedies. And she and I, work together. And I thought of that. A way to make those, plant stem cells more potent is, you know, again, the life, people, we need more and more tools.

so, we combined a few, combinations with past the title Colleen. Facilitator. Colleen is non-GMO, but it is soy derived, and it doesn't have the soy protein.

So if you're sensitive to soy, you're often not sensitive to this. It's just kind of the phospholipid structure. And we create a nano myself with the herbs, or the plant stem cells so that they can get into the lymphatics and they can get absorbed better.

So I created with, Jennifer and the Italian sauce, I created a lymphatic drainage one, which helps to support drainage of the entire lymphatic system, a gallbladder one so it helps to support bile flow.

I find that the lymphatics and the biliary system are not only key to health, but also they work in concert. And I find many of my patients, I'm often saying, have you moved your limbs?

Have you moved your bile? You know, because that's like the really the foundation of, you know, tolerating treatment and getting healthier. So we created a gallbladder one and then we created a spleen one.

The spleen kind of gets that often overlooked. We often just think about it. If you've had mono but it's one of the, you know, it's the largest lymphatic organ and it drains in, the blood and helps to remove, red blood cells that have been infected by viruses.

So we, created one for, the spleen. So I have kind of like a little trio, and, you know, my good friend reminded me we can totally use these topically.

And, Kelly had a an issue with her own spleen, and so she, you know, it's like I can totally feel and use these topically as well as internally. And so if we're if you're sensitive out there, you can totally work with the plants.

you know, topically. And I have, you know, I have many sensitive patients, but one of my most sensitive patients, she loves the plant stem cells. And she just really taught me, like, I could be I could use many of them to support

the body.

And they have mast cell combinations. They have allergy combinations. there there is a whole toolkit there that supports like every system in the body.

And they work really well with a lot of your other, you know, therapies as a remedy. So if you're stuck or you just feel like you need more support or some tools to get your system draining and moving, these are really, really beautiful.

Great. We can actually we have a summit resource page so we can link them. Okay. Yeah. So that we can people because it is a great, great resource. And the fact that you can sometimes put topically will be better if you're really sensitive to supplements.

And so that's a nice thing that you're set like a good option to try and check them out. Yes. And then let's just jump into connection a little bit because actually that's something that I haven't heard anyone else on the summit talk about.

And I love that you brought that up, because there's really just different avenues of healing in so many different ways. Yeah, yeah. You know, connection can be, you know, multifactorial.

so I think where I'll start is, you know, I, I've done many seminars myself and I've enjoyed interviewing, people like Lynn McTaggart and, she wrote a book called The Power of Eight.

I did her course, and I'm still part of an intention circle every Monday. And I, you know, saw the impact within my community and her community and within my own life.

And I, you know, offer that to my community free of charge. You know, every Monday, 12 to 1, Pacific time via holds intention circles. And so that is this idea that we can come together and a collective energy field and no matter if you're in person or far away on zoom, we can be entangled and connected in this coherent, container, to, you know, help somebody access and bring into fruition something that they, they need or that's in their heart.

So often this is, you know, I'm interested in in healing. So this is, you know, if somebody needs, you know, healing support or that could also look like, you know, healing within them, but it would also look like getting them lined up with the right, you know, providers, the right treatments, the right, you know, path.

Right. And so, we do that. I in my own journey, as I shared, I, you know, got really into the work of Doctor Joe Dispenza.

## Coherence, Connection, and Collective Healing

And I'll go to those retreats. And I do use those meditations, and I often recommend to my patients that he does a coherence healing, program. So he just has volunteers doing this idea of kind of like Lynn, but it's a little different. You don't have an intention.

You just, receive and so they're just basically accessing, their heart and bringing in through, divine love or whatever you want to call it. You know, that's what I call it, to, directed at that person.

So when you get into a room of people who are in a state of heart brain coherence, accessing their heart field and sharing love to that person, all sorts of wild things happen.

I did that before my surgery, and, I did it feel like I did many things, but I feel like that was impactful. So I've, I've, I interviewed somebody on my podcast, Julia Darby, she was a patient, and she has stage four cancer, and she, had a really profound she and the in with the, these coherence healings and why, you know, I know everybody probably has an opinion.

And Doctor Jefferson said that I you know why I've been connected and resonate with that message is because I've seen like, more healing in that community than any other community, people who have, you know, intense sensitivities, you know, have healed in that community.

so, you know, those are like collective free type healings. and then, you know, I believe that, you know, I did a summit, went after Roland McCready from Heart valve on coherence.

And I really feel like, you know, we are the ultimate tool. We're the ultimate biohacker, right? We have them. We have the most access. And I understand sometimes we need support to acknowledge that.

But what if we can really get into a state of coherence on a regular basis? So that is, you know, closing your eyes, you know, getting into a comfortable space and, thinking about people or things or experiences that you just can have profound gratitude for.

So I think of my daughter, my husband, or, you know, my healing and, you know, bringing that up and, you know, really, you know, the hard part is we live in our brain all day long.

And I have a very strong brain. Not that, I'm saying, you know, other than, like, I have a strong, strong mental feel that I'll say, like, more like that.

And so my work has been like, you know, how do I continue to just feel and be guided from the heart space? Right. And that's where we have this, really profound intelligence.

the heart actually communicates more information to the brain than the brain does to the heart. And in many schools of thought, when we get into these states of a coherent heart rhythm.

So when we're in states of gratitude, our heart rhythm, in our heart rate variability translates into this very beautiful sign with which that electro electrical field and that magnetic field, get into that coherent pattern and then that and trains our brain into coherent brain waves, and then that also in trains, our field and I, I've kind of made something but I do think it's true.

It and trains are fascia which are fascia. Remember it touches the nucleus of our cells. So we can affect our epigenetic expression and our biology by getting into these states of coherence.

And so we can access them, we can create them. And so I think, you know, once you feel up for it, you know, doing some type of practice, whether it's meditation or just five minute gratitude exercise, you know, that can be really important.

you know, also, if you're stuck, you know, if you can just go in ten for another go, pray for another person, go help another person that can sometimes get energy moving in your your body.

I, I find that you know to be true in my own lives and and what I've witnessed. Lynne McTaggart talks about. She's studied in an ultra ism she thinks is a very much a superpower.

Like, the more altruistic you are, the more you know. Life just keeps on providing, you know, for you. and so, you know, those are kind of, you know, the places I would encourage you to look if you have them.

And again, if you are feeling not up for it, find an intention circle and find a coherence, healing. Find, a doctor or a practitioner who can, talk to you about these things and also support you in these ways.

And there's many paths right to roam. But, I really believe that in my lifetime, and I, I really hope in my lifetime, and, that this is just normal, you know, this is not the afterthought, like, oh, we've tried everything and you're still sick.

Let's go to the energy medicine. But we actually start with the energy medicine, and we start with understanding that we are part of a greater whole. And the more that we understand that, that greater whole is there to support us.

And we're never alone. the more that we can be put on the path of our purpose in our lives, you know, work and, you know, I have so much compassion for people who go through their life and part of their path is recovering from a chronic illness.

It's not easy work, but you are the pattern interrupters. You are the lineage breakers. You are the canary in the coal mine. And don't ever think that your healing doesn't matter.

It's part of a collective whole and we need you to heal. And so I just feel that so deeply in my heart. And so, so yeah, I think that this is like not a small thing.

It's like, yeah, the reason why we're here, you know, you're, you know, it's. it's the biggest thing. So, you know, our bodies are a barometer of that greater, you know, for me.

And so, yeah. So thank you for giving me the space to talk about it, you know? Yes, absolutely. And I think in this world, it's it's more and more important because we are we are just becoming so much more disconnected.

Yeah. Just by the environment we're in, we're living in. So really coming back to that. So I hope everyone took that in and took some time to to hear that message.

Thank you so much. You've been such a joy to talk with and giving us such great information. Can you share where everyone can find more about you? Yeah. Thank you so much, Meg.

It's really lovely to connect with you. so I have a website drchristineschaffner.com. You can find more about my podcast. I have a clinic in Seattle called Immanence Health.

We, see people in person and do telemedicine as well. And then I have a line of products for the lymphatic system and, you know, other, you know, things as well.

iapothecarystore.com. so thank you so much. Meg. Yes. Thank you for being with us today. Thank you.