

## Summit Transcript from live Q&A

Please be aware that the recoding started about 10 min. into the session.

00:00:00.000 --> 00:00:01.330

Chandra Higginbotham: Avenues such as...

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00:00:02.060 --> 00:00:09.290

Chandra Higginbotham: avenues such as this, for example, this is a way. But that takes time, and another issue is.

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00:00:09.830 --> 00:00:24.329

Chandra Higginbotham: a lot of patients don't want to pay for what their insurance does not cover, all right? So, the insurance coverage... I tell my patients all the time, this is not a healthcare arena, this is a sick care arena, and your insurance is not for your health.

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00:00:24.470 --> 00:00:25.679

Chandra Higginbotham: For your wellness.

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00:00:25.880 --> 00:00:30.930

Chandra Higginbotham: It's barely there for your sickness. So, there has to be a paradigm shift.

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00:00:31.450 --> 00:00:40.580

Chandra Higginbotham: Regarding the populace, and that takes time, and that takes time, so I congratulate all you guys for doing that, number one. Number two, piggyback.

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00:00:41.640 --> 00:00:43.959

Chandra Higginbotham: Trauma begins in utero.

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00:00:44.240 --> 00:00:46.699

Chandra Higginbotham: So, as an OBGYN, alright?

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00:00:47.060 --> 00:00:54.209

Chandra Higginbotham: The trauma... the... it might not even be perceived trauma cognitantly.

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00:00:54.620 --> 00:01:02.720

Chandra Higginbotham: The stress, the inflammatory milieu that goes on in the uterus, alright, in that sacred space.

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00:01:02.970 --> 00:01:16.789

Chandra Higginbotham: is what causes all of these health issues. All of these health issues, high blood pressure, heart disease, diabetes, cardiovascular disease, autoimmune disease, it all begins in utero. And so, I tell my colleagues, I mean, we've got

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00:01:16.860 --> 00:01:24.240

Chandra Higginbotham: An opportunity to make changes, drastic changes, with our clients, but because of the way we're trained.

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00:01:24.340 --> 00:01:28.210

Chandra Higginbotham: We're not trained to tell patients, you need to work on your health at least a year.

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00:01:28.340 --> 00:01:34.199

Chandra Higginbotham: Prec-conceptually, because of all the epigenetic manifestations that occur in utero.

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00:01:34.480 --> 00:01:36.420

Chandra Higginbotham: Yeah, so, there you go.

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00:01:36.420 --> 00:01:37.889

DIANA DEVI: Male and female.

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00:01:38.180 --> 00:01:38.909

Chandra Higginbotham: Male and female.

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00:01:38.910 --> 00:01:41.590

Michelle Hernandez: Yep, and I see... a question.

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00:01:41.590 --> 00:01:59.539

Dr. Patricia May: Let's go with Michelle, and then Holly, and then we have a question in the... actually, I would love... So, the question is about, basically, blood sugar, and, you know, that is... it's... I'm not gonna say that it's simple, but it's... it's... there is a path of being able to heal your blood sugar levels.

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00:01:59.580 --> 00:02:04.849

Dr. Patricia May: And we talked about that a little bit in... well, throughout the summit, too, is that

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00:02:04.850 --> 00:02:23.239

Dr. Patricia May: you know, just something as simple as putting a CGM on. You know, it measures your blood sugar throughout the day. It's right there on your phone, and it'll tell you so much information of what's going on, and I know Dr. Rita Marie is the expert in the blood sugar, because that is her story, so if you want to

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00:02:23.340 --> 00:02:24.820

Dr. Patricia May: You know, address that?

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00:02:25.810 --> 00:02:37.090

Dr. ritamarie loscalzo: Sure, so, you know, here, it's Marlene, right? It wrote in that she's having trouble controlling blood sugar spikes, has Hashimoto's adrenal insufficiency, and that's a very common

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00:02:37.090 --> 00:03:00.510

Dr. ritamarie loscalzo: combination of patterns. I would say, you know, you're working on mold, and those all contribute, but I think that a lot of times, well-meaning, and very smart practitioners are jumping right into mold and Lyme and all these things. We have to go to the foundations. And if we do not have adequate blood sugar control, if our blood sugar is

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00:03:00.510 --> 00:03:18.500

Dr. ritamarie loscalzo: wildly swinging throughout the day. It's inflammatory, so it's going to mess up with the immune system, which means you're not going to deal with Lyme, or mold, or any of those other things, the EBVs and all the other things that gain attention. So I would say, like Dr. Patricia said, get a CGM,

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00:03:18.780 --> 00:03:19.579

Dr. ritamarie loscalzo: That's the first thing.

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00:03:19.580 --> 00:03:21.430

Dr. Patricia May: She does have one.

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00:03:21.430 --> 00:03:36.089

Dr. ritamarie loscalzo: Okay, now you have to learn how to read it, right? And that's where watching YouTube videos and going on Instagram is not gonna cut it, because you're gonna get wildly diverse. Oh, as long as it doesn't go above 180! No!

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00:03:36.090 --> 00:03:41.669

Dr. ritamarie loscalzo: If it ever goes above 110, it's throwing your body into a mystery. 120 may be at the high end.

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00:03:41.670 --> 00:03:49.179

Dr. ritamarie loscalzo: And it's not normal after a meal that's balanced for your blood sugar to go to 150, 160, 180.

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00:03:49.180 --> 00:04:01.769

Dr. ritamarie loscalzo: That's only if your body doesn't handle it properly. You can take somebody who's completely balanced and give them some sugar to eat, and their blood sugar will go up to 110, 120, and come right back down.

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00:04:01.780 --> 00:04:04.820

Dr. ritamarie loscalzo: Right? If they do that every day.

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00:04:05.120 --> 00:04:18.610

Dr. ritamarie loscalzo: then they lose control, right? So I would say, watch it, learn it, learn the patterns. What causes the spikes? What causes that blood sugar to go above 110, 120, and look at, was it food?

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00:04:18.730 --> 00:04:43.680

Dr. ritamarie loscalzo: If it wasn't food, is it a stress response? Did you have poor sleep the day before? Are you in a crazy EMF environment where you're just surrounded by, you know, cell phone towers and, you know, you're sitting in a pool of computer screens and all that, Wi-Fi? All of those things can contribute, and that's the stuff that we all, and those guys in this

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00:04:43.680 --> 00:04:50.260

Dr. ritamarie loscalzo: speaker thing who've been through my nutritional endocrinology trainings, know.

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00:04:50.790 --> 00:04:59.000

Dr. ritamarie loscalzo: do that, right? So find someone that can work with you, someone that you can trust, not the little influencer

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00:04:59.320 --> 00:05:03.949

Dr. ritamarie loscalzo: I won't... I won't say her name, but the little influencer says, I just took my glucose spike!

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00:05:04.210 --> 00:05:17.259

Dr. ritamarie loscalzo: just take my... this thing! It's not a supplement problem. You don't have a deficiency of a supplement. Probably have a deficiency of several nutrients, and that's caused by a lifetime of stress.

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00:05:17.570 --> 00:05:36.440

Dr. ritamarie loscalzo: Lack of sleep, poor diet, eating the standard American diet, the kinds of fats you eat, trans fats, etc, eating differently from what your genetic makeup allows you to eat. I'll give an example. I know Jennifer has a specific gene called ApoE44.

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00:05:36.440 --> 00:05:42.259

Dr. ritamarie loscalzo: She can't do saturated fat, so she's gonna get Alzheimer's and heart disease, right?

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00:05:42.260 --> 00:06:07.009

Dr. ritamarie loscalzo: And so she cuts that down. I have an ApoE23. If I go on a really low-fat diet, it's gonna hurt me, because I need those omega-3s and 6s, right? So it's having, you know, a conversation with somebody who's been adequately trained to truly treat you, Marlene, as Marlene, and put you on the Marlene diet, not the latest trendy diet.

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00:06:07.010 --> 00:06:13.340

Dr. ritamarie loscalzo: but figure out what the Marlene diet is, and again, also address all those other factors. I hope that helps.

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00:06:13.820 --> 00:06:31.869

Dr. Patricia May: And, you know, the thing about all of us, we've all gone through our own health issues, and that's why we're here. And it didn't happen overnight that we got to where we are right now. This has been a long journey for all of us, and a lot of it has been a hard, long journey, because we've had to kind of dig and learn on our own.

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00:06:31.870 --> 00:06:32.610

Dr. ritamarie loscalzo: And.

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00:06:32.610 --> 00:06:40.410

Dr. Patricia May: We are here to make it easier for you in terms of, don't go down those rabbit holes. This is what's good for you, this wasn't as.

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00:06:40.410 --> 00:06:41.670

Dr. ritamarie loscalzo: You're right.

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00:06:41.670 --> 00:06:46.300

Dr. Patricia May: We're here to take your hand and guide you through this journey so that it's

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00:06:47.030 --> 00:06:50.339

Dr. Patricia May: Purposely for you. It's not a cookie cutter.

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00:06:51.240 --> 00:06:53.359

Chandra Higginbotham: Is Marlene menopausal?

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00:06:53.470 --> 00:06:56.629

Chandra Higginbotham: Or premenopausal? What is the age of Marlene?

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00:06:57.340 --> 00:07:00.520

ritamarie loscalzo: Marlene, you want to answer that? Where is she? I saw her here a minute ago.

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00:07:00.520 --> 00:07:01.830

Chandra Higginbotham: I see her in the...

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00:07:01.830 --> 00:07:03.490

Dr. ritamarie loscalzo: There she is. Yeah, I see her.

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00:07:03.930 --> 00:07:06.229

Dr. ritamarie loscalzo: Help, ask her to unmute.

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00:07:06.230 --> 00:07:08.220

Chandra Higginbotham: Unmute Marlene, Ms. Marlene.

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00:07:08.220 --> 00:07:12.839

Dr. ritamarie loscalzo: She may not... she's on a phone, and it's really hard to find where to unmute on a phone, so if you...

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00:07:12.840 --> 00:07:13.750

Chandra Higginbotham: Can I make a comment?

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00:07:13.750 --> 00:07:15.360

DIANA DEVI: postmenopausal medicine.

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00:07:15.360 --> 00:07:16.679

Chandra Higginbotham: Oh, so a comment...

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00:07:16.680 --> 00:07:18.400

Dr. ritamarie loscalzo: Menopausal. She is.

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00:07:18.400 --> 00:07:23.820

Chandra Higginbotham: So, low effective estradiol levels impairs.

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00:07:23.840 --> 00:07:34.500

Chandra Higginbotham: mitochondrial function, blood sugar instability, it causes circadian rhythm instability. So, potentially what can happen is, your circadian rhythms are off.

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00:07:34.500 --> 00:07:48.749

Chandra Higginbotham: You say, I'm a night owl. No, your circadian rhythm is unstable. And you tend to have more cortisol at night, for example. And guess what? You have more cortisol at night, what's gonna happen? Gluconeogenesis is going to occur, and then what's gonna happen?

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00:07:48.750 --> 00:07:56.950

Chandra Higginbotham: your blood sugars, you have... you already have insulin resistance. I would suggest at least 90% of us in America have insulin resistance. Would you guys agree?

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00:07:56.990 --> 00:07:57.740

Dr. ritamarie loscalzo: 93%...

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00:07:57.740 --> 00:08:03.040

Chandra Higginbotham: Especially with all the chemicals that's in our environment, which contribute

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00:08:03.250 --> 00:08:16.679

Chandra Higginbotham: to the insulin resistance. If you go by Dr. Joe Prezerno, and if you do the GGT test, I have so many of my clients whose GGT levels are in the normal range, but they're above 20.

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00:08:16.680 --> 00:08:35.259

Chandra Higginbotham: So, according to Dr. Preserno, numbers over 20 say that, indeed, you are toxic, which all of us are, alright? And that even more so causes disruption of your estrogen receptors. You have estrogen resistance, as far as that's concerned, even more so causing instability of blood sugar.

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00:08:35.700 --> 00:08:37.969

Dr. Lisa Lewis: Yep. So I wanted to chime in.

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00:08:37.970 --> 00:08:44.749

Michelle Hernandez: I'll add into that, I've been waiting here. Marlene, first of all, I want to thank you for having,

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00:08:44.750 --> 00:09:06.989

Michelle Hernandez: writing your story, or part of your story here, I know it is a journey, and sometimes we think we've made all the right changes, and then we don't see the results that we're expecting in our timeline, and we're thinking, what have we done wrong? But what I would say is health is a journey. So with that, keep in mind, especially if you have adrenal issues and Hashimoto, to give yourself the grace.

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00:09:06.990 --> 00:09:24.229

Michelle Hernandez: To add to all this great information, and I want to reiterate, start working with a prac... you may be working with a practitioner if you love them and are getting the answers and they're listening, great. If not, there are so many out there. Find the one that aligns to you. With the adrenals.

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00:09:24.230 --> 00:09:29.279

Michelle Hernandez: Make sure you're also focusing on the mindset, In the breathwork.

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00:09:29.530 --> 00:09:41.809

Michelle Hernandez: even taking 3 breaths before a meal, which you may already do, slowly looking at the food, being grateful, can help that food be received so much better in your body.

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00:09:41.810 --> 00:09:42.140

Dr. Patricia May: with

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00:09:42.880 --> 00:09:51.860

Dr. Patricia May: looking at the food, too. I mean, you gotta smell the food, look at it, get ready for the digestion, get the digestive tract ready for it. Sorry, go ahead.

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00:09:51.860 --> 00:09:56.489

Dr. Lisa Lewis: Can I just add a metaphysical perspective, too?

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00:09:56.990 --> 00:10:11.240

Dr. Lisa Lewis: you know, I also believe that a lot of conditions and most conditions, start in spirit world first, right? Before they manifest in the physical. And so I have my little... my favorite little book, Louise Hay, Heal Your

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00:10:11.240 --> 00:10:26.039

Dr. Lisa Lewis: heal your body, and especially when people present with diseases or diseases like diabetes, one of the important things, I feel, is the emotional and the mental.

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00:10:26.080 --> 00:10:30.150

Dr. Lisa Lewis: And that's spiritual. So... the...

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00:10:30.300 --> 00:10:39.680

Dr. Lisa Lewis: probable cause from Louise Hay is longing for what might have been a great need to control, deep sorrow.

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00:10:39.800 --> 00:10:46.660

Dr. Lisa Lewis: and no sweetness left, right? And so, many times, people go through so many...

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00:10:47.080 --> 00:10:57.069

Dr. Lisa Lewis: They have so many layers of disease and imbalance, things that they've gone through all their lives, and then these conditions manifest, and so...

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00:10:57.070 --> 00:11:19.999

Dr. Lisa Lewis: just really think about, like, where you are in a perspective of positive energy, where you are on the emotional guidance scale, like, where you are daily, are you more in fear? Are you more in anger? Are you more in frustration, resentment? Like, are you in certain vibrational states and energies that are lower on that scale? And...

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00:11:20.000 --> 00:11:23.610

Dr. Lisa Lewis: To kind of really understand that

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00:11:23.610 --> 00:11:32.239

Dr. Lisa Lewis: dis-ease and imbalance is that emotional, mental, physical, and spiritual, and so I just wanted to just chime that in real quick.

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00:11:32.610 --> 00:11:42.980

Dr. Patricia May: We do have another question here, what happens if you have a night job, 7 p.m. to 7 a.m.? That is difficult for that circadian rhythm.

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00:11:43.200 --> 00:11:45.690

Dr. Patricia May: But there are things that you can do to support.

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00:11:45.930 --> 00:11:50.840

Dr. Patricia May: your, your circadian rhythm. And... you know.

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00:11:50.880 --> 00:12:10.719

Dr. Patricia May: Especially when you come home, and make sure that you're getting the sleep. You know, make sure that your room is set up so that, you know, it's completely dark. Get dark drapes, get, you know, don't have the noise, or if you do have noise that's going on, get some kind of a white noise machine to kind of lull you into a nice, deep sleep.

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00:12:10.900 --> 00:12:14.789

Dr. Patricia May: Really important, because during sleep is where we detoxify.

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00:12:15.660 --> 00:12:17.900

Dr. Patricia May: Anybody else want to jump in?

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00:12:20.060 --> 00:12:37.149

Michelle Hernandez: Not just the sleep, it's also the setup to sleep, and also when you wake up. So making sure you have good sleep hygiene, starting to wind down, watching those blue screen devices that are ubiquitous everywhere we go, making sure we're getting our time to relax.

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00:12:37.150 --> 00:12:44.280

Michelle Hernandez: Not be looking at those, not getting that in our eyes when we wake up, waking up without the blue light first, but instead the sunlight.

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00:12:44.280 --> 00:12:55.930

Michelle Hernandez: So making sure we're honoring that sleep and doing it reasonable times. Everyone is a little different, but as a target, if you're not in an overnight job, which we'll come back to, but

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00:12:56.190 --> 00:13:12.640

Michelle Hernandez: trying to get that... well, on the days you can, getting 8 hours or where you can, and knowing that that kind of a schedule will be impacting, as Dr. Patricia said, your rhythm. So, trying to get... going out in the sun. Sun would be what I could say you could do on your breaks.

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00:13:12.640 --> 00:13:19.190

Michelle Hernandez: In the morning, get it that first thing when you come off your job, or in the evening for the sunlight, for the sunset.

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00:13:19.800 --> 00:13:43.069

Holly Niles, MS, CNS, LDN: If I could add, also, I've worked with patients, clients who have these flipped schedules, and we have to say it is a challenge, right? We are working against circadian rhythm, so we want to be upfront about that and say you're really going against nature, but you really have to construct your life intentionally with your fueling, how you eat your meals, because it's sometimes... because you're flipped

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00:13:43.070 --> 00:14:03.209

Holly Niles, MS, CNS, LDN: from everybody else in your life. Sometimes it's easier to do fast food and quick things, but I think you have to be super intentional, you know, when you're going... if you're going to work at 7, like, you need a good meal at 5, you need to bring food with you at your job so you can have good snacks, so that you're not in a depletion mode, because I think that, to me, is just another

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00:14:03.210 --> 00:14:12.250

Holly Niles, MS, CNS, LDN: part of the story beyond some of these other suggestions with sleep. I think you have to be super intentional when you've got a reverse schedule like that, so your body gets

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00:14:12.250 --> 00:14:27.390

Holly Niles, MS, CNS, LDN: Fueled, gets the light, stay away from the, the blue light, the dark-out shades, like, you have to kind of convince your body in the best way possible that it is running, as most people do, more like 7 a.m. to 10 p.m.

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00:14:27.700 --> 00:14:28.899

Holly Niles, MS, CNS, LDN: That's just one thing.

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00:14:29.100 --> 00:14:42.160

Dr. ritamarie loscalzo: Can I throw one thing in? And I know Michelle said to get the light, but I think that that might be counterproductive if when... before you... when you get off your shift, that morning light may be actually detrimental, because it's going to give the body

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00:14:42.160 --> 00:15:06.799

Dr. ritamarie loscalzo: the message to turn off melatonin, and what you need is to turn on melatonin. So you need other things that help melatonin, which would be, you know, soothing, relaxing, dark, right? And that's what's hard, and it is a known fact that people that work those shifts do have a higher risk of other conditions, and heart disease and other things, and so, like, Holly said.

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00:15:07.250 --> 00:15:31.539

Dr. ritamarie loscalzo: it's... you have to be way more intentional and way more careful than a person who has a normal schedule, right? It's like people with a certain genetic profile have to be way more careful about blood sugar or fatty acids or whatever, and the same thing with that schedule, is to be super, super intentional. Like, I mean, if you can, just go right to bed, when you get home, or go in the dark room.

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00:15:31.540 --> 00:15:37.269

Dr. ritamarie loscalzo: and try to get on a regular schedule, and I know it's hard, and that's why the studies show that it's.

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00:15:37.270 --> 00:15:50.099

Dr. Patricia May: Keep the routine, you know, just because it's the weekend and your family and friends are doing... going out and doing whatever, I think it's still really important that you keep your routine. You know, unfortunately.

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00:15:50.100 --> 00:15:59.739

Dr. Patricia May: you know, staying up at night is not something that we recommend, but, you know, if your body is used to that, I mean, you've got to kind of stay in that rhythm.

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00:16:00.130 --> 00:16:06.389

Dr. Patricia May: And when we're talking about getting sunlight, it's like when you come home and you go to sleep, when you get up.

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00:16:06.550 --> 00:16:11.960

Dr. Patricia May: After you're sleeping, get as much of natural light into your eyes as you can.

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00:16:12.890 --> 00:16:15.259

Dr. Patricia May: And we do have another pro-

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00:16:15.260 --> 00:16:36.469

Dr. ritamarie loscalzo: Can I just add something for Marlene made a comment, and she lives in Houston and is looking for a doctor who can help her there, and there's Dr. Chandra! She's amazing, I will tell you. So, you may reach out to her, and she might be able to help you to get, you know, figure out why you're having so much dysregulation with your blood sugar, in spite of all the great things you're trying.

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00:16:36.520 --> 00:16:38.429

Dr. ritamarie loscalzo: Right? So that's what I would say.

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00:16:40.300 --> 00:16:48.140

Dr. Patricia May: We missed, let's see, I'm having problems with reducing gums, they look healthy, no bleeding or inflammation, and...

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00:16:48.320 --> 00:16:53.900

Dr. Patricia May: Despite several cleanings per year, they keep receding. Maybe I have

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00:16:54.160 --> 00:16:58.749

Dr. Patricia May: mouth biome issues. Any answers about what to do?

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00:16:59.630 --> 00:17:09.159

Dr. ritamarie loscalzo: That's a very common problem. People use mouthwash, and there's all kinds of things that disrupt the mouth microbiome, and it's a really important one to get.

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00:17:09.160 --> 00:17:21.709

Dr. ritamarie loscalzo: imbalance, because it has such an impact on cardiovascular and other things, autoimmune, etc. So, there are... there's a test, that you can get for the gut microbiome, and the company is called...

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00:17:21.950 --> 00:17:24.450

Dr. ritamarie loscalzo: by... I think it's just Biome.

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00:17:24.930 --> 00:17:49.379

Dr. ritamarie loscalzo: I'll have to think about it, and I'll get back to you, Pat, and you can maybe post it for her, but there is a test there that you can do, and then so many people do come back. We're about to do that test with about 10 people in our program, and do, you know, some education on it. And I found out when I did mine that I had a low amount of a bacteria called ruteri, lactobacillus ruteri, in my mouth, and it's a super important

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00:17:49.380 --> 00:17:58.169

Dr. ritamarie loscalzo: one, and so I was able to get these little drops to restore that. So, there are definite things to do. Bristol, there you go. Thank you, Jennifer.

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00:17:58.170 --> 00:18:00.290

Dr. ritamarie loscalzo: It's the Bristol test, yeah.

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00:18:00.820 --> 00:18:07.730

Dr. ritamarie loscalzo: Oraldna is another oral biome test. Okay, that's another one, great, yeah. I use the Bristol one, so...

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00:18:07.730 --> 00:18:18.979

Holly Niles, MS, CNS, LDN: Well, the thing about the mouth is really where your gut starts, so it's the start of your gut. So, if you've got oral problems, you've got health problems, for sure. I've,

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00:18:19.190 --> 00:18:43.980

Holly Niles, MS, CNS, LDN: personally been in a dental vortex for the last 3 months, seeing a biological dentist, so not enough time for my story, but I understand the, the surprises of, you know, finding secrets in your mouth. I think there are a few things that we learn about just caring for the mouth, the biofilms in the mouth. One trick is you want to stay away from, like.

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00:18:44.450 --> 00:18:57.399

Holly Niles, MS, CNS, LDN: crackers, and... and I've just... I've been in a deep dive. So, crackers and dried fruit, horrible for the, like, those goldfish crackers, any of those kind of real over-ultra-processed crackers. I've seen the data they create

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00:18:57.400 --> 00:19:14.399

Holly Niles, MS, CNS, LDN: a really intense film behind the teeth. They tend to create a lot of decay in the mouth, dried fruit as well. It's high sugar, so you want to stay with the best whole food things you have to chew that don't have goopy gum, so to speak, afterwards. And then, it seems that the toothpaste

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00:19:14.400 --> 00:19:22.639

Holly Niles, MS, CNS, LDN: that, use, the, hydroxyapatite. There's a few of those, are more important as

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00:19:22.640 --> 00:19:39.480

Holly Niles, MS, CNS, LDN: I was reading Dr RitaMarie say, no mouthwash, the data is really bad on that. You kill, you know, some of the microbes that control hypertension are on the tongue, and mouthwash kills those, so people who use mouthwash have higher rates of hypertension.

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00:19:39.480 --> 00:19:40.950

Holly Niles, MS, CNS, LDN: tongue scraping.

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00:19:40.980 --> 00:19:51.560

Holly Niles, MS, CNS, LDN: Copper tongue scrape, very, very good data on that to get rid of the biofilms. That's the key, is that these biofilms, whether you're missing bacteria or you create

132

00:19:51.610 --> 00:20:04.829

Holly Niles, MS, CNS, LDN: an alteration in your mouth that seems to be really promotive of that bacteria, and to the point of the oral tests, I've seen scenarios where people do an oral biome test and a gut biome test.

133

00:20:04.830 --> 00:20:12.219

Mandy Marziaz: And the bad guys you find in the mouth, you will find in the gut, because you swallow about a liter of saliva a day.

134

00:20:12.270 --> 00:20:28.109

Holly Niles, MS, CNS, LDN: So that will transpose. So if you've got oral problems, it's a really good idea to pursue that biological dentist, because you have systemic problems if you do that, and I'm just telling you that personally and professionally. So,

135

00:20:28.330 --> 00:20:33.940

Holly Niles, MS, CNS, LDN: yeah, it's a... it's a deep subject, but I think it's an important one that we might have missed.

136

00:20:36.550 --> 00:20:43.500

Dr. Patricia May: She also asked, will snacking on a whole fruit spike your blood glucose?

137

00:20:43.950 --> 00:21:08.780

Dr. ritamarie loscalzo: For a lot of people, it will. And not everybody, but for a lot of people, it will. That's why we recommend testing, if you're not going to get a CGM, at least get a blood sugar meter, and then when you have a piece of fruit, test yourself before you eat the piece of fruit, test yourself 15, 30, 45, an hour after, and just see what the... what's happening, and keep testing until it's coming down again. And whatever that peak was will tell you if it's a problem.

138

00:21:08.780 --> 00:21:10.150

Dr. ritamarie loscalzo: problem for you.

139

00:21:10.720 --> 00:21:11.540

Dr. ritamarie loscalzo: Yeah.

140

00:21:11.830 --> 00:21:30.289

Dr. ritamarie loscalzo: Where do you find a biological dentist? There are sites online that you can go and you can put in your location, put in your zip code. I know Dr. Huggins is passed on now, but his... I think his site is still active with doctors he's trained, dentists he's trained.

141

00:21:34.940 --> 00:21:39.050

Dr. Patricia May: Let's see... Oh, do you grind? Oh, it's okay, yeah.

142

00:21:41.770 --> 00:21:45.050

Dr. Patricia May: Just looking at the, the questions here...

143

00:21:47.690 --> 00:21:51.560

Dr. Patricia May: Plus, you know, I want just to add, there... there are some,

144

00:21:51.930 --> 00:21:58.519

Dr. Patricia May: Good toothpaste out there that, help with the microbiome, in the mouth.

145

00:21:58.740 --> 00:22:08.200

Dr. Patricia May: they're... Herbs made from herbs, and so they, you know, promote good bacteria.

146

00:22:09.600 --> 00:22:12.809

Chandra Higginbotham: One thing as well is, what do you brush your teeth with?

147

00:22:13.330 --> 00:22:14.800

Dr. Patricia May: That's... yeah.

148

00:22:14.800 --> 00:22:15.619

Chandra Higginbotham: So, are you brushing.

149

00:22:15.620 --> 00:22:16.090

Dr. Patricia May: Amber.

150

00:22:16.090 --> 00:22:20.660

Chandra Higginbotham: Besides the toothpaste, Right? The, the, the utensil.

151

00:22:20.660 --> 00:22:21.030

Dr. Patricia May: Yes.

152

00:22:21.030 --> 00:22:40.259

Chandra Higginbotham: plastic. You know, the bristles on the toothbrush are plastic, and I'm like, oh my gosh! So, they're bamboo, based, toothbrushes. I'm not sure what other ingredients or what other... what other resources there are. I'm just familiar with the bamboo besides the plastic. Anything else, you guys out there?

153

00:22:41.880 --> 00:22:43.500

Chandra Higginbotham: Besides a cloth.

154

00:22:43.910 --> 00:22:45.990

Dr. Patricia May: No, the bamboo is what I found.

155

00:22:45.990 --> 00:22:49.270

Dr. ritamarie loscalzo: coconut bristle-based ones, I think I've seen.

156

00:22:50.130 --> 00:22:51.519

Dr. ritamarie loscalzo: From the coconut holes.

157

00:22:51.930 --> 00:22:54.090

Chandra Higginbotham: Mmm. Yes, yes, yes, yes.

158

00:22:55.460 --> 00:23:01.930

Dr. Patricia May: And she was asking, also, where do you find a biological dentist? Holly was the one that was talking about that.

159

00:23:02.210 --> 00:23:09.480

Holly Niles, MS, CNS, LDN: I put it... I put it in the chat. That's, I think, the association. That's the one to go to, to look for somebody.

160

00:23:10.690 --> 00:23:14.270

Dr. Patricia May: Stephanie's had her hand up. What's... what's... I want to hear from her?

161

00:23:14.770 --> 00:23:33.709

Stephanie McAuliffe: So I wanted to go back to what, Chandra and Lisa were sharing about the energetic and metaphysical aspects of this, because there are studies that are out there that are show... that show the passage of trauma

162

00:23:33.860 --> 00:23:51.790

Stephanie McAuliffe: There's, nematome studies, there are actually studies that are underway that were looking at how anxiety is passed through sperm from war veterans. And 30 years ago, the CDC began the ACEs study with Kaiser Permanente.

163

00:23:52.170 --> 00:24:07.380

Stephanie McAuliffe: And ACEs are Adverse Childhood Experiences. And there is a plethora of data on the CDC's website, as well as the NIH, that show the long-term effects on our physical health.

164

00:24:08.040 --> 00:24:16.849

Stephanie McAuliffe: From adverse childhood experiences, which include, you know, if there was any kind of abuse, addiction.

165

00:24:17.260 --> 00:24:22.049

Stephanie McAuliffe: There are 10 of them which were the basis of this.

166

00:24:22.310 --> 00:24:39.299

Stephanie McAuliffe: And for people who experienced 4 or more ACEs in their formative years, they're more apt to, potentially go into addiction or alcoholism themselves, have mental health issues, high blood pressure.

167

00:24:39.840 --> 00:24:52.359

Stephanie McAuliffe: and even early death. And so, it's really, really important to look at... you can go on and you can take the ACEs quiz, and see how many of them you experienced, and there's...

168

00:24:52.360 --> 00:25:02.119

Stephanie McAuliffe: And the government knows this, and the insurance companies know this. And yet, the answer a lot of times is a pill, which is sometimes needed.

169

00:25:03.290 --> 00:25:21.379

Stephanie McAuliffe: And yet it's really, I think, up to us to, like I said before, ask questions and do some research, because if you're experiencing, for instance, high blood pressure, and also experienced physical, mental, or sexual abuse when you were a child.

170

00:25:21.660 --> 00:25:26.189

Stephanie McAuliffe: of which the World Health Organization says, I think it's...

171

00:25:27.400 --> 00:25:32.240

Stephanie McAuliffe: 2 out of 3 children under the age of 3 experience trauma.

172

00:25:33.230 --> 00:25:45.599

Stephanie McAuliffe: before even ages 2 and 3. And so we are walking... Around... Carrying these experiences within us.

173

00:25:47.020 --> 00:25:50.450

Stephanie McAuliffe: And it's really taking our power back.

174

00:25:50.690 --> 00:25:55.739

Stephanie McAuliffe: when we say, okay, I'm making this connection.

175

00:25:56.630 --> 00:26:04.150

Stephanie McAuliffe: And I'm going to actively say no to these experiences from the past, so I can...

176

00:26:05.070 --> 00:26:08.580

Stephanie McAuliffe: Really stand in my power now, in my present.

177

00:26:12.210 --> 00:26:15.040

Dr. Patricia May: And I'll put a link to the quiz.

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00:26:15.040 --> 00:26:16.230

Stephanie McAuliffe: In... in the comments.

179

00:26:16.230 --> 00:26:18.369

Dr. Patricia May: Dr. Rita Marie did already.

180

00:26:18.640 --> 00:26:28.780

Stephanie McAuliffe: Oh, excellent, thank you. Because it's really important for us to know this, and this is where, you know, 30 years ago, this study began with 17,000 HMO patients.

181

00:26:29.370 --> 00:26:44.229

Stephanie McAuliffe: And then, Dr. Nadine Burke-Harris has an amazing TED talk on this with her patients, and looking at this with her clients as adults, and their experiences as children.

182

00:26:44.390 --> 00:26:51.280

Stephanie McAuliffe: So there is an incredible amount of facts and data around this long-term effect

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00:26:51.690 --> 00:26:54.859

Stephanie McAuliffe: And we're now in this state of...

184

00:26:56.440 --> 00:27:01.449

Stephanie McAuliffe: trying to heal our present without healing the past. And I think they go hand in hand.

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00:27:01.450 --> 00:27:17.900

Dr. Patricia May: And they definitely do, that's such an important point, and that's why, as, you know, all of us who are doing functional medicine, going and doing that deep dive into the history, because that's where we find it, and, you know, we need to address that.

186

00:27:17.900 --> 00:27:25.769

Dr. Patricia May: To be able to get over those, as you call them, the big T's and the little T's, to get over this so that they can heal.

187

00:27:26.380 --> 00:27:40.019

DIANA DEVI: And I wonder if Jennifer maybe would have a comment about some of the work that she does, because it's a little bit different than some of the other conversations that have happened here, but the way that she works with the body and releases...

188

00:27:40.020 --> 00:27:59.399

DIANA DEVI: some of those traumas and those kinds of things. I don't know, Jennifer, if you want to add any kind of comment about that at all, but I find it intra... I guess my message is there are many paths that can get you there, and looking at one that fit with you and what you need for right now, and then maybe explore other things later.

189

00:28:00.280 --> 00:28:09.300

Jennifer Yagos: Yeah, thanks, Diana. Great, this has been great to listen to. That, I was also thinking of something else, but I can address that first. That, yes, the,

190

00:28:09.430 --> 00:28:22.540

Jennifer Yagos: emotions, the traumas can be trapped in the body, and movement, gentle movement, is what I teach and guide my clients through, is a really great way to release that in a,

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00:28:23.090 --> 00:28:26.770

Jennifer Yagos: Supportive environment with a, a,

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00:28:27.130 --> 00:28:41.490

Jennifer Yagos: what do I call myself? A practitioner nearby to guide that, and I've had some clients really grow a lot by being able to, you know, experience an open chest, and be able to breathe, and to,

193

00:28:41.950 --> 00:28:46.829

Jennifer Yagos: develop a self-love as well, all throughout the process.

194

00:28:47.060 --> 00:28:56.170

Jennifer Yagos: You know, some people just don't even want to, look at their own body after trauma and have a really hard time receiving any kind of touch.

195

00:28:56.230 --> 00:29:13.649

Jennifer Yagos: And learning to do that for yourself first, with the professional guidance, and then developing from there, finally being able to bring other people into your world. So I've seen that help it... seen that happen through my work with... with using the, movement approach that I do.

196

00:29:13.820 --> 00:29:17.960

Dr. Patricia May: Well, you're working with the sympathetic and the parasympathetic nervous system.

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00:29:17.960 --> 00:29:18.750

Jennifer Yagos: Yes.

198

00:29:19.650 --> 00:29:37.729

Jennifer Yagos: Which is what I was going to, come back to here, Dr. Patricia. You said in the beginning about, and, you know, we all agreed, that the... many of the medical professions are saying, well, there's nothing else I can do for you. Some of them say I, but a lot of them say there's nothing else that can be done.

199

00:29:38.320 --> 00:29:44.379

Jennifer Yagos: And the patient leaves thinking, well, there's nothing else, this person is a professional, an expert, there's nothing else.

200

00:29:44.770 --> 00:29:59.179

Jennifer Yagos: A man who had a stroke just came to me a few months ago, and that's what his doctor told him. You're not going to progress anymore, you're not going to use your hands fully, this is you, this is where you're going to be. It's because they didn't know about the other things out there.

201

00:29:59.500 --> 00:30:04.969

Jennifer Yagos: Now, fortunately, this man had run across a book by Norman Deutsch, The Brain That Heals Itself.

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00:30:05.200 --> 00:30:08.280

Jennifer Yagos: And, it really,

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00:30:08.560 --> 00:30:26.500

Jennifer Yagos: you know, hit home to him that, hey, there is more. So he reached out to me and has been taking my classes, his hands are working better, he's walking more efficiently, you know, he'll just have these moments of... I saw him yesterday, of like, wow, it's there! I had this just awesome moment of

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00:30:26.500 --> 00:30:29.719

Jennifer Yagos: walking like I used to, and I could imagine running again.

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00:30:30.490 --> 00:30:33.440

Jennifer Yagos: So it's really exciting. So I just encourage people to...

206

00:30:34.100 --> 00:30:37.499

Jennifer Yagos: Well, professionals, if you're listening to be careful with your words.

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00:30:38.150 --> 00:30:39.030

Jennifer Yagos: You know, it's really...

208

00:30:39.030 --> 00:30:41.080

Dr. Patricia May: Thank you.

209

00:30:42.590 --> 00:30:43.380

Dr. Patricia May: Awesome.

210

00:30:43.630 --> 00:30:44.390

Jennifer Yagos: Yep.

211

00:30:44.610 --> 00:30:48.879

Chandra Higginbotham: To piggyback on that... I'm using that word a lot, huh?

212

00:30:49.070 --> 00:30:54.709

Jennifer Yagos: I learned about this book at one of the SHINE conferences.

213

00:30:54.710 --> 00:30:56.849

Chandra Higginbotham: By Stephen Kessler.

214

00:30:57.130 --> 00:31:01.209

Chandra Higginbotham:: The five personality patterns. Yeah. So, in order to be...

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00:31:01.590 --> 00:31:11.810

Chandra Higginbotham: empowered, we've got to know ourself, as you guys have all alluded to. And I'm just gonna read this. So, there are 5 personality patterns, and here they are. The leaving pattern, that begins in utero.

216

00:31:11.910 --> 00:31:14.499

Chandra Higginbotham: Merge... that begins in the third trimester.

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00:31:14.740 --> 00:31:23.900

Chandra Higginbotham: Right? The merging pattern, the enduring pattern, the aggressive pattern, and the rigid pattern. And this is what I love. So, each pattern

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00:31:24.190 --> 00:31:29.940

Chandra Higginbotham: Was once a brilliant survival strategy that became habitual.

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00:31:30.480 --> 00:31:42.370

Chandra Higginbotham: That's the issue. So, healing involves recognizing when these automatic defenses arise, and here's the issue, learn how to respond from presence.

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00:31:43.000 --> 00:32:02.930

Chandra Higginbotham: Rather than protection. So we are in the defense mode. We're in survival mode, but we're all... not all of us, but a lot of us, because that's what we're habitually taught from childhood. So, first of all, to be aware, and to determine what your pattern is, and it might not be just one, it could be a combination of patterns.

221

00:32:03.010 --> 00:32:06.759

Chandra Higginbotham: And then, begin to unearth

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00:32:06.870 --> 00:32:14.079

Chandra Higginbotham: how to understand, why do we respond so habitually? What is, again, as you guys alluded to, at the root cause of that?

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00:32:17.040 --> 00:32:31.940

Dr. ritamarie loscalzo: That is a great point, and everything everybody's saying just makes me reiterate, what I say all the time, right? Somebody said it early, good health doesn't come in a bottle, right? You have to do the work. And where that work comes from...

224

00:32:31.940 --> 00:32:46.740

Dr. ritamarie loscalzo: is all these different things, and we can't just focus on the trauma. We can't just focus on the movement. We can't just focus on the food. We have to combine all of it, and when we've identified what particular imbalances you.

225

00:32:46.840 --> 00:32:57.219

Dr. ritamarie loscalzo: Wherever you are right now, have, and then we have a systematic approach to identifying all the different aspects that need to be addressed, and in what order.

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00:32:57.220 --> 00:33:21.600

Dr. ritamarie loscalzo: You know, sometimes we get it perfectly right the first time, sometimes we may pick the wrong one and you don't quite get that, you need to do this other. It's a layering effect, and everybody's root is going to be a little different, just depending on that whole sequence of events that's happened. So, I love the reminder about the personality patterns, because it's... it's so true that what we... what we did back then...

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00:33:21.600 --> 00:33:23.820

Dr. ritamarie loscalzo: to survive.

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00:33:23.840 --> 00:33:28.969

Dr. ritamarie loscalzo: We now try to do, and what it does is it knocks us down.

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00:33:29.380 --> 00:33:30.060

Dr. ritamarie loscalzo: Yeah.

230

00:33:30.870 --> 00:33:40.680

Dr. Patricia May: And that's a good point, because then that brings us... I mean, my whole passion of doing this whole summit was to bring all of those things, keys together, so everybody is, you know.

231

00:33:40.680 --> 00:33:55.870

Dr. Patricia May: that's out there that's unaware of all of the pieces that have to be put together, and that that's what we do as functional medicine practitioners, is we put those pieces together for you. We hold your hand through that journey. That's what's important, because

232

00:33:55.980 --> 00:34:14.009

Dr. Patricia May: In my practice, you know, what happens is I'll get, you know, we'll start down the journey, and I, you know, we test, and this is where... a part of what's going wrong. Let's... I think this is where we need to start. We'll start on it, and then all of a sudden, they start getting worse, because a lot of people get worse before they get better.

233

00:34:14.659 --> 00:34:30.400

Dr. Patricia May: And so, if you're not there to hold their hand and say, oh, okay, the reason why this is happening, and explain to them that just give it a day or two, and it's gonna be... you're gonna wake up in the morning and go, oh my gosh, I'm, you know, I feel so different now.

234

00:34:30.690 --> 00:34:37.460

Dr. Patricia May: you know, just holding their hand through this journey is so important. And so you need to find somebody that you really

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00:34:37.600 --> 00:34:55.219

Dr. Patricia May: connect with, you know, because we all have different personalities. I mean, all of us here today, you could pick any one of us and go, I want to work with you. It's, you know, finding the personality that you can work with, that you're comfortable with, and working with them, picking that person.

236

00:34:57.180 --> 00:34:58.140

Holly Niles, MS, CNS, LDN: Well, I just think so.

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00:34:58.590 --> 00:35:16.259

Holly Niles, MS, CNS, LDN: I was just gonna say the heart here, I think, which Jennifer just so beautifully highlighted, certainly a big theme in my work, is the body is very wise, and it knows how to heal. It knows how to heal. It's... we just have to translate the messages.

238

00:35:16.260 --> 00:35:22.079

Holly Niles, MS, CNS, LDN: Get the obstacles out of the way, and I think even in those journeys, if you go down a road and your body's like, hmm.

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00:35:22.120 --> 00:35:41.240

Holly Niles, MS, CNS, LDN: nope, that isn't exactly right, you just tweak it, we don't give up on the body, we won't be like, oh, well, this is a bad body, you just won't get it together. It's really, right, that translation, right? To say, we just gotta figure out how to translate these messages, but, you know, what Jennifer just said is, like, I mean, what a, what a, like.

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00:35:41.670 --> 00:35:51.270

Holly Niles, MS, CNS, LDN: visceral thing to have a doctor be like, well, that's it, you're never gonna get any better. I mean, wow, that just, like, for me, when I hear that, just gets me, right? Like.

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00:35:51.310 --> 00:35:58.730

Holly Niles, MS, CNS, LDN: how does he know? How does he know that he's never gonna get better, right? So I just feel like, for anybody who's looking just

242

00:35:58.730 --> 00:36:15.390

Holly Niles, MS, CNS, LDN: Be encouraged. You know, sometimes when our body's more mature, post menopodile bodies are a little different, right? They... the formula we used to use doesn't work, but just stay... keep heart, always. Your body knows what it's doing, and even these messages it's giving you, you're not really happy with.

243

00:36:15.660 --> 00:36:22.860

Holly Niles, MS, CNS, LDN: That's for a reason. It's talking to you. Even blood sugar spikes, it's wanting to tell you, hello, this isn't good.

244

00:36:22.860 --> 00:36:39.800

Holly Niles, MS, CNS, LDN: We need help, so I just want to encourage everybody, like, it's wise, and it's profound how the body can heal. You just gotta find whether you're entering through movement, or herbs, or whatever road appeals to you of, let's say, this group of practitioners, just trust

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00:36:39.960 --> 00:36:43.130

Holly Niles, MS, CNS, LDN: That there's wisdom there, and that it can shift.

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00:36:44.040 --> 00:37:01.849

Dr. Patricia May: Yeah, and the other part, you know, to, you know, go a little bit further for what, you know, Jennifer and what you had mentioned about, you know, other practitioners that, you know, when they say, well, there's just nothing else that I can do for you, or what Jennifer was saying, that we can, you know, they're out there, there's nothing that can be done.

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00:37:01.850 --> 00:37:06.050

Dr. Patricia May: The problem with that is that they haven't done the research. You know, we as

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00:37:06.050 --> 00:37:18.839

Dr. Patricia May: functional medicine practitioners, we're constantly looking at the new research that's coming out, because it's changing so rapidly. It's just amazing what things... how it changes so quickly.

249

00:37:19.630 --> 00:37:23.880

Dr. Patricia May: And so, you know, staying up to date with the research is very important as well.

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00:37:24.230 --> 00:37:27.949

Stephanie McAuliffe: And this is where it's so important to listen to your intuition.

251

00:37:28.130 --> 00:37:34.450

Stephanie McAuliffe: Because if you're trying something and it doesn't feel right.

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00:37:34.810 --> 00:37:45.599

Stephanie McAuliffe: It may be because this isn't what your body needs, and this is why it's so important to work with someone, like, someone in this group, because

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00:37:46.230 --> 00:38:05.399

Stephanie McAuliffe: use myself for an example. When I went on my own 3-week detox, after a couple of days, I really started to feel awful, and that's because my body was actually letting go of the toxins that it had held onto. And this is why a lot of people quit, because they go and do things on their own.

254

00:38:06.220 --> 00:38:22.389

Stephanie McAuliffe: And don't have the guidance for, this is how your body may feel as you're going through this. And as, I forget who it was, is sometimes we feel a little worse before things get better. And it's also to remember that none of us got here overnight.

255

00:38:23.060 --> 00:38:27.180

Stephanie McAuliffe: So healing will not happen overnight, either.

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00:38:27.640 --> 00:38:29.519

Stephanie McAuliffe: So it's really...

257

00:38:31.020 --> 00:38:38.190

Stephanie McAuliffe: listening to what your body is telling you, because as Holly said, our body knows how to heal itself.

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00:38:38.500 --> 00:38:45.360

Stephanie McAuliffe: And yet, we also have to be willing to say, alright, guide me, because I don't know.

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00:38:51.310 --> 00:38:54.510

Dr. Patricia May: So much great information here, and

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00:38:55.160 --> 00:39:03.960

Dr. Patricia May: you know, like, I'll reiterate, you know, we all do this work, you know, we're all here for the same reason, to, you know.

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00:39:04.420 --> 00:39:08.690

Dr. Patricia May: Help people get better, because we know that it's possible.

262

00:39:08.820 --> 00:39:24.550

Dr. Patricia May: You know, and the whole theme through this was, you know, listen to those knocks on the door. You want to listen to what your body is telling you, because what Holly was saying is true. Give the body what it needs, and it will heal. It loves you, so love it back.

263

00:39:25.120 --> 00:39:43.100

Dr. Patricia May: And, you know, I did want to talk a little bit to Jennifer about feeding the body, because it's, you know, what you're feeding the body makes a big difference, and, you know, I think Jennifer is a great person to, you know, speak about this. She has her own farm, it sounds, you know, so...

264

00:39:43.710 --> 00:39:48.489

Jennifer Whitmire: Yes, and we do... yeah, we haven't really talked about the food much today.

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00:39:48.750 --> 00:39:53.290

Jennifer Whitmire: But that has to be personalized as well. We were talking about stress.

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00:39:53.600 --> 00:40:05.749

Jennifer Whitmire: And there can be stress from our foods, too. And so we can have stress from, I'm afraid to eat everything, I can't have the lectins, I can't have the nightshades, I can't have the gluten, and the list can go, and we're too restricted.

267

00:40:05.750 --> 00:40:24.499

Jennifer Whitmire: And so, it's very important to find someone who can walk you through that, you know, and help you figure out, you know, where did you get this information that you can't

eat these foods? Maybe you can't, but maybe we need to come up with a system to see if they really are right for you, or what's right for you. And like Dr. RitaMarie said.

268

00:40:24.500 --> 00:40:42.500

Jennifer Whitmire: earlier, you know, wearing that CGM to see if you can wear that... eat that fruit or not. I'm one who can eat the fruit. Dr. RitaMarie is one who cannot eat the fruit, and so it really has to be personalized, and there's so much that, we really have to hone in on the individual person and see

269

00:40:42.560 --> 00:40:44.370

Jennifer Whitmire: Where does it work for you?

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00:40:44.430 --> 00:40:51.389

Jennifer Whitmire: I have a couple of rules. Number one is read the ingredients. I know Holly talked about, you know, avoiding the goldfish.

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00:40:51.390 --> 00:41:16.270

Jennifer Whitmire: well, yes, please, of all the goldfish, not just for your teeth, but for many other reasons as well. If we flip over that box and read those ingredients, we don't even know what half of that is. And so, making sure you really know what you're putting into your body, that could be your toothpaste that we talked about, that can be, the products that you bought, anything in a box or a bag, flip it over. Cleaning products, shampoos, you know, all of those different things. We really do have to read the ingredients.

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00:41:16.270 --> 00:41:24.860

Jennifer Whitmire: And so that's not just your food going into your mouth, that's the food in your environment, that's the food that you're absorbing. And that can even include what you're watching on TV.

273

00:41:24.860 --> 00:41:43.059

Jennifer Whitmire: what you're seeing on Facebook, what, you know, what are you stopping to really watch on there? You know, and so it's feeding your soul, as well, and so paying attention to that. My number two rule is always eat the rainbow, and so even if you do find that you can't eat specific foods.

274

00:41:43.080 --> 00:41:55.139

Jennifer Whitmire: find ways to get all those different colors in your foods, too, into your meals, because every color provides a different nutrient. And then, if you do have the irritation in the mouth.

275

00:41:55.200 --> 00:42:09.630

Jennifer Whitmire: the oral microbiome's thrown off, and as Holly said, your gut's messed up as well, too, then we do need to figure out how you can better absorb those nutrients, because if you have damage in your gut, you're not absorbing those minerals, and we have to have ways for you to boost

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00:42:09.630 --> 00:42:17.719

Jennifer Whitmire: those minerals that are so important for all your different body systems. And if you're eating the 100 grams of protein.

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00:42:17.740 --> 00:42:29.259

Jennifer Whitmire: That's great, but what if you're not absorbing it? We need to pay attention to that, too, and make sure we're enhancing all the different ways we can, so that you can better absorb that protein, if 100 grams is right for you.

278

00:42:29.260 --> 00:42:48.130

Jennifer Whitmire: If you have some sort of thing going on with your kidneys, then we need to dial that protein back as well. And then, as Rita Marie said earlier, if you have the specific genes like I do, then we need to cut the meat and make sure you're not eating the animal proteins and the dairy as well. And so, it really does have to be personalized, and so I wish I could give

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00:42:48.130 --> 00:42:59.909

Jennifer Whitmire: A more... a broader thing, but reading the ingredients, paying attention to what you're feeding your body, and then making sure you're getting colors in there, and doing things to help chewing your foods.

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00:43:00.600 --> 00:43:08.359

Jennifer Whitmire: like Holly said, your gut begins in your mouth, chewing, letting those enzymes in the mouth, help you to breaking down those foods.

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00:43:10.650 --> 00:43:22.610

Dr. Patricia May: And, you know, trying to, you know, eat as clean as possible, meaning staying away from the GMO foods, the, you know, try to eat as organic as much as you possibly can.

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00:43:22.680 --> 00:43:34.510

Dr. Patricia May: I think we did talk about the... the Environmental Working Group. They do have the list there of the... the Dirty Dozen and the Clean 15. That's a good starting point there. And...

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00:43:34.610 --> 00:43:38.550

Dr. Patricia May: Yeah. I did want to, this... the comment from...

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00:43:39.440 --> 00:43:46.550

Dr. Patricia May: was, and I feel so bad about this, and OBGYN belittled you, I mean, that...

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00:43:46.670 --> 00:43:59.359

Dr. Patricia May: doesn't sound like the right fit for you. I mean, I don't think that would be the right fit for anybody if your doctor is going to belittle you. No, I would change my personal opinion.

286

00:43:59.360 --> 00:44:09.890

Dr. Patricia May: I would change my OBY doctor, and I think Dr. Higgy would probably agree to that, being an OB doctor yourself.

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00:44:10.960 --> 00:44:16.429

DIANA DEVI: I would take it one step farther and provide feedback to the clinic as to what happened.

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00:44:16.430 --> 00:44:29.480

DIANA DEVI: Because the thing is, is you might be strong enough to go to somebody else, but what about somebody who's going to be totally shattered by that? And we need to stop this behavior now.

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00:44:29.480 --> 00:44:38.819

DIANA DEVI: So, a lot of times there are ways that you can do it anonymously, you can put in a Google review, whatever it is, but,

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00:44:39.730 --> 00:44:43.529

DIANA DEVI: I think we stand up for those that can't stand up for themselves.

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00:44:44.180 --> 00:44:45.150

Dr. ritamarie loscalzo: Great point.

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00:44:45.550 --> 00:44:46.290

Dr. Patricia May: Yes.

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00:44:47.460 --> 00:44:51.180

Dr. ritamarie loscalzo: Great point. And I just want to add one last thing.

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00:44:51.320 --> 00:44:55.960

Dr. ritamarie loscalzo: When your body's whispering at you, it's the time to take action.

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00:44:56.170 --> 00:44:58.359

Dr. ritamarie loscalzo: Don't wait for it to become shouts.

296

00:44:58.920 --> 00:44:59.680

Dr. ritamarie loscalzo: Right.

297

00:44:59.780 --> 00:45:00.490

Dr. ritamarie loscalzo: Yeah.

298

00:45:02.900 --> 00:45:18.060

Dr. Patricia May: Yes, and I hope that everybody that, you know, I hope that you did look at all of the recordings of, you know, the summit. There was a lot of great information, and that was the theme that ran through this, is that if you just start to listen to your body.

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00:45:18.060 --> 00:45:23.109

Dr. Patricia May: You will learn so much, and, you know, then finding somebody that can

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00:45:23.120 --> 00:45:35.739

Dr. Patricia May: work with you, hand-in-hand, like any one of us. I think all of us work online, so, you know, we can do everybody and anybody in the world at this point, and...

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00:45:35.860 --> 00:45:43.750

Dr. Patricia May: You know, if there's any other questions, I, you know, let's ask them now. We are coming up on the hour, and I need to let my...

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00:45:43.870 --> 00:45:55.669

Dr. Patricia May: my wonderful experts here go have their life and bring their Sunday back, but I definitely enjoyed this today, and thank you all so much, I appreciate you all.

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00:46:00.520 --> 00:46:05.000

Dr. Patricia May: Will we have a replay? There will be a replay, yes. You can buy the, the,

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00:46:05.000 --> 00:46:24.309

Dr. Patricia May: the whole summit. It's gonna go up today at midnight for... it's \$37 right now, it'll go up to \$57. It gives you all of the recordings, it gives you the transcripts. It also gives you a month with me. I do one-on-one gut reset as part of the package if you buy it.

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00:46:24.360 --> 00:46:30.749

Dr. Patricia May: And so, you'll get me for a month of getting your gut back on track.

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00:46:31.280 --> 00:46:35.539

Dr. Patricia May: And the replays will be free till Wednesday.

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00:46:37.760 --> 00:46:42.210

Stephanie McAuliffe: There was one quick question back here of how long does it take to heal your gut?

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00:46:42.350 --> 00:46:43.820

Stephanie McAuliffe: microbiome.

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00:46:44.420 --> 00:46:46.769

Dr. Patricia May: It depends on the person.

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00:46:47.830 --> 00:46:51.359

Dr. Patricia May: It depends. It's a... this is an individual...

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00:46:51.500 --> 00:47:00.869

Dr. Patricia May: road and journey that you're gonna be on, and like somebody else had said, you know, I don't know, it could be 4 months, it could be 6 months, it could be a year.

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00:47:01.020 --> 00:47:10.380

Dr. Patricia May: Or maybe even longer, but, you know, it... it all depends on you. There's so many factors involved. What's going on first? We have to test

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00:47:10.530 --> 00:47:12.650

Dr. Patricia May: And find out what's going on.

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00:47:12.800 --> 00:47:24.919

Dr. Patricia May: We have to, you know, figure out what's right for you, because, you know, it can be a roller coaster, maybe that we need to back up what we're doing and do something that'll change a little different. So that takes time.

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00:47:26.280 --> 00:47:37.149

Dr. Patricia May: you may have, like, 5 or 6 different things that are going on, and we need to pick them off one at a time, because you can't overwhelm the body. You want to support the body.

316

00:47:41.040 --> 00:47:44.009

Dr. Patricia May: Any closing comments from anybody else?

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00:47:45.600 --> 00:47:52.490

Dr. ritamarie loscalzo: Bonnie asked if you will include the chats with the replays, because there's so much valuable information in the chats.

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00:47:53.450 --> 00:47:59.940

Dr. Patricia May: I can re-put this chat in there. This is the only live that we have, but I could put the chat in there.

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00:48:04.870 --> 00:48:06.609

Dr. ritamarie loscalzo: Oh, the three dots.

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00:48:06.610 --> 00:48:10.890

Holly Niles, MS, CNS, LDN: Yeah, you just hit... just hit the three dots up at the top in the chat where it says...

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00:48:11.700 --> 00:48:13.950

Holly Niles, MS, CNS, LDN: And you can always save a chat that way.

322

00:48:14.390 --> 00:48:15.110

Dr. ritamarie loscalzo: Great.

323

00:48:19.590 --> 00:48:22.669

Dr. Patricia May: Any... anything else anybody wants to say or ask?

324

00:48:23.030 --> 00:48:39.459

Dr.ritamarie loscalzo: I just want to thank you for putting this on, and putting such a wide variety of people and their healing modalities, because it's important not to just focus on one thing or another when you're looking at a body that's as complex as ours are, so thank you for pulling us all together.

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00:48:39.670 --> 00:48:50.920

Dr. Patricia May: Oh, thank you, I appreciate that. You know, this is the way that I look at how to approach people's health, is to include all these things, and so what better way to include the experts?

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00:48:52.030 --> 00:49:06.260

Dr. Lisa Lewis: I wanted to also make a quick comment about that, and thank you. This has been amazing hearing all the wisdom coming from the practitioners. I just want to...

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00:49:06.750 --> 00:49:08.090

Dr. Lisa Lewis: commend

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00:49:08.270 --> 00:49:22.120

Dr. Lisa Lewis: anyone who's on their healing journey, right, to continue to do the work, because there's so much happening right now in the world, and we need one another, we need to support one another, and we need to do our internal work.

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00:49:22.150 --> 00:49:33.680

Dr. Lisa Lewis: And sometimes it looks like working with multiple practitioners, right? So, I remember a while ago, early in my, in my

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00:49:34.150 --> 00:49:40.469

Dr. Lisa Lewis: healing career, because I always say I graduated and then I started to heal, right?

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00:49:40.470 --> 00:50:00.110

Dr. Lisa Lewis: that a wise man once told me, who's part of my healing team? You're out there supporting everyone and doing all the work, but you need a team. You need to find the people in your world that can support you. So sometimes, like, you're hearing.

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00:50:00.110 --> 00:50:19.570

Dr. Lisa Lewis: all of these practitioners with all their different perspectives and viewpoints, assessing so many different aspects of you as an individual. But the truth is that you may start the journey here, and they may shift over there, and then may... right? And so don't get discouraged. If you work with someone, you get to a certain level.

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00:50:19.820 --> 00:50:42.470

Dr. Lisa Lewis: don't think, oh, my, you know, that person couldn't get me or didn't get me to where I need to be. Maybe your next journey is somewhere else, and as you continue to walk and follow your intuition, your path, your steps will lead you along the journey to where you need to go. So, even if you work with someone and you didn't have the best experience, always believe

334

00:50:42.580 --> 00:51:01.110

Dr. Lisa Lewis: Or if you got to where 50% of your goal, I always believe that if you really listen to yourself, and you really go inside and understand, like, and ask for that, you know, emotionally, mentally, spiritually, ask for that help, then the next step will... will be revealed to you. So, yeah.

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00:51:01.370 --> 00:51:02.200

Dr.ritamarie loscalzo: It's great.

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00:51:02.310 --> 00:51:19.060

Dr. Patricia May: Thank you. You know, and the other... the other thing to mention is that, you know, we're... we... all of us are, you know, we may do the same thing in terms of, you know, and have the same goals, but we're not in competition with one another. Where this is a cooperation with one another.

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00:51:19.130 --> 00:51:35.940

Dr. Patricia May: So, if we were going down that road, and we felt that this wasn't working for you, that the fit wasn't good, then I would probably, you know, it would be probably one of these people that I would say, maybe this person can be a better fit and work with you a little better.

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00:51:39.060 --> 00:51:53.310

Dr. ritamarie loscalzo: Absolutely. That's why in our pro... when we have group programs, we bring in all the different specialties, so Jennifer will do the food piece, and we'll bring somebody to come in and do the trauma piece with people, so I recognize... I don't know it all.

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00:51:57.140 --> 00:51:59.960

Dr. Patricia May: And that's the important part, is that, you know, we're not...

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00:52:00.270 --> 00:52:09.109

Dr. Patricia May: Our ego isn't that big that we... we can't say, you know what, I don't know this, let me either... I'm gonna find somebody that does, or I'm gonna figure this out.

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00:52:09.110 --> 00:52:15.909

Dr. Lisa Lewis: Yeah, because, you know, when you're doing this work, and you invest, you spend your time, you spend your energy, you spend your money.

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00:52:15.910 --> 00:52:32.549

Dr. Lisa Lewis: And you work with someone, and you don't get to that... to that pinnacle, to that top place, right? You might be like, oh, it doesn't work, or oh, you know, maybe it was just that you needed to get to that place, and then go to the next place, and then open up, and one layer has been released.

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00:52:32.550 --> 00:52:46.529

Dr. Lisa Lewis: And now you're working on the next layer, you know, unveiling till you get to the Constitution, right? And so, I just had to mention that, because a lot of people come and say, oh, I work with this, and I work with this, and you know, we probably all see

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00:52:46.530 --> 00:53:03.159

Dr. Lisa Lewis: the person who's been to 5 or 6 practitioners, and they feel like they haven't had any success, but I really helped to let them know that, yes, they did have success, they learned, they grew, they experienced, and now it's just time for them to go to another level. So, yeah.

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00:53:03.420 --> 00:53:08.240

Dr. Patricia May: That is true, yeah. Even... even with my... my... clients, when...

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00:53:08.660 --> 00:53:28.330

Dr. Patricia May: they're a few months into it, and they go, I don't know if I'm really getting better. And then I go to, okay, well, when you first came into me, these are the problems that you were having. Are you still have... feeling this? No. Are you still feeling this? No. It's, you know, it's interesting how we...

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00:53:28.430 --> 00:53:37.390

Dr. Patricia May: don't really relate back to that bad problem, because we're still in this other problem. And we're here to kind of, like.

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00:53:37.890 --> 00:53:40.879

Dr. Patricia May: Gently say, no, you are getting better.

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00:53:41.040 --> 00:53:46.900

Dr. Patricia May: Look at the progress that you've made. You know, let's, let's, you know, celebrate it.

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00:53:52.050 --> 00:53:57.290

Dr. Patricia May: So, thank you all. I know we went over a little bit, but, you know, I appreciate it, and

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00:53:57.890 --> 00:54:10.909

Dr. Patricia May: I hope that we can do this again. I really enjoyed it. I loved talking with all of you, and picked up a few things for myself to add into my toolbox from each of you, so...

352

00:54:11.210 --> 00:54:17.670

Dr. Patricia May: I hope you all kind of looked at each other's interviews and kind of felt the same way.

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00:54:18.790 --> 00:54:20.130

Dr. ritamarie loscalzo: Awesome, thank you.

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00:54:20.130 --> 00:54:20.940

Stephanie McAuliffe: Yes, thank you.

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00:54:20.940 --> 00:54:22.029

Chandra Higginbotham: Thank you very much, Doctor. Thank you.

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00:54:22.030 --> 00:54:22.849

Jennifer Yagos: Thank you much.

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00:54:22.850 --> 00:54:24.070

Michelle Hernandez: And everyone.

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00:54:24.180 --> 00:54:24.820

Holly Niles, MS, CNS, LDN: Thank you.

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00:54:26.070 --> 00:54:27.000

Holly Niles, MS, CNS, LDN: be will.

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00:54:28.100 --> 00:54:29.050

Dr. Patricia May: Bye.

361

00:54:29.050 --> 00:54:30.220

Dr. ritamarie loscalzo: Bye. Bye.