

Women, Lyme, and COVID-19

With Dr. Ginger Nash

Webinar Transcription



Dr. Christine Schaffner:

Well, we'll get started and I'm so excited to do this webinar with Dr. Ginger Nash. She is a dear friend and colleague and we have been talking about collaborating for a number of years. I actually knew Dr. Ginger from when I was a student. I used to listen to her recordings. She used to speak for Seroyal and she inspired me so much and really tapped into my passion for drainage and looking at the body in this whole other way rooted in naturopathic medicine.

So it was really fun to actually get to know her as a friend. We've been collaborating because Ginger actually is actually on the east coast, so she is in the front lines of Lyme disease, and her practice has really evolved to not only do her wonderful work with drainage in women's health but also in Lyme disease.

We have been talking about collaborating with a class we're still working on called Women in Lyme. Given the current circumstances of the world, we have decided to really jump in and connect with everyone and share our thoughts and create a dialogue together on this concept. We have a lot of female patients, we have a lot of female patients with Lyme, and now we have our female patients in the world of COVID. And what does that mean for all of us?

So that was our intention and we have a format that we are going to go over today, but I just wanted to introduce Dr. Nash to everybody, and I wanted to give you the platform Ginger to share a little bit about who you are, what you are up to before we dive in.

Dr. Ginger Nash:

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Yeah. Thank you, Christine it's a pleasure to be doing this with you and to be sharing this valuable information in the wake of this crisis. I think it's important more now than ever that people embrace the tenets of naturopathic medicine, and I'm just really eager to jump in.

A little bit about myself- I won't bore you too much. I am a naturopathic doctor of course. And I went to school out in Portland, Oregon graduated from NCNM, which is now NUNM in Portland, Oregon in '98. So I've been in practice in Connecticut for 21 years, which is kind of mind-blowing, it's gone really fast. And never a dull moment.

Christine had said this thing to me a couple of years ago that has always stuck with me because I know we both work with a lot of people with complex chronic disease and it's like some days we feel like we could spend all day just learning about one patient and the complexities, especially for women. So that's become a passion of mine, to really dive into women's health and the way women are different in terms of their health challenges et cetera. As Christine mentioned, I am also at the epicenter of Lyme disease and that's become a kind of a catch-all phrase for a lot of different processes that are going on in the body. We'll definitely jump more into that today. And I'm sure all of you that are fans of Dr. Schaffner and are on her list and in her world know a lot about the complexities of that.

It was just a perfect time for us to come together and immediately start to share some information about the complexities of this phenomenon that we are experiencing now which is this new virus, which is here. It's not going away, and thankfully all the patients that I've been working with have been mild cases, but as we now know, they're calling double pneumonia mild now. For some people, it can be quite a significant illness even if you're not put into the hospital or need a ventilator et cetera. So in the wake of this crisis, I've learned even more about the immune system and some of the things that we can do. So I think Christine is going to go a little bit of a recap of the kinds of things we've been doing in this past month now.

Dr. Christine Schaffner:

Absolutely. So Ginger and I thought it would be fun to discuss a few topics today. So one of things that I want to share is the role of bile in our health and how that really applies not only to women with Lyme. Ginger already mentioned this. We say Lyme and when I use that word it's a broad term, but I think it's still a useful language to use when we see this world of complex chronic illness. It's important that we think it's a modern epidemic of chronic illness that has more than just Lyme or borrelia, it's not only these stealth pathogens but it's a consequence of the environmental burden that we're all up against. And of course, that's multifaceted and that's a big part of the work we want to continue to share.

And as we jump in, I just want to mention to my patients who have had Lyme in the wake of this crisis, some of them have made the comments Patients are already the Canaries. They're already the people who are going to be the most affected by all of the things that we continue to educate people about.

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And some of my women patients have already confided in me how they're feeling. Really this is just an unprecedented in time, but they're saying, like, for once people might have a window in my world. I have to be mindful of my health on such a profound level in my environment. For everybody, they'd be thinking about their health. There's just some sense of, wow, like, maybe the world will get what I'm going through right now.

Dr. Ginger Nash:

I've heard similar things from a number of patients like, I'm managing kind of fine because this is my normal, I go through this all the time. And in some ways at the societal level people understand now, not just what you've been going through, but not being able to eat a certain diet, not being able to go do certain events, not being able to have as much energy or stamina, et cetera. I'm sure a lot of your patients too have been kind of preparing for taking care of their health in this way for a long time.

Dr. Christine Schaffner:

Yeah, absolutely. So that's a theme we're seeing in our patients, and we thought what we could do today is talk about the role of bile in the health of the female Lyme patient in the wake of COVID, and why that's actually a very important part of our body that we want to be resilient right now to protect us. And then we're also going to talk about the lymphatic system. This is one of Ginger and my mutual passions. She's been at this a little longer than I have. But the lymphatic system seems to be still one of the most overlooked systems in the body and still such a fundamental piece of recovering someone's health, especially with Lyme. And then supporting resilience in our immune system in the wake of COVID, it's a really important thing to just talk about today.

And then the other things that we want to talk about is the role of stress. So how is stress impacting all of us right now, and especially women, and how we know our mindset has a huge impact on our physical health and creating more resilience in our immune system. Ginger is also going to talk about her work with genetics and looking at the immune system, looking at the difference between the male and the female immune system and bringing that into the conversation.

And then we want this to also be a dialogue toward the end, we'll offer solutions from our perspective, but we will welcome feedback to anyone who wants to share how we can all navigate this together. Because I think even though we're all in our own home, in our own individual worlds right now, I think there's such a need more than ever to come together collectively to really create together what is our new reality in this pandemic? So that's what we have in store for you. Did I miss anything, Ginger?

Dr. Ginger Nash:

No, I think you've covered the intro quite nicely. The outline quite nicely. So yeah, let's talk about bile.

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Dr. Christine Schaffner:

I think you've heard me say, of course, a couple of times now the role of resilience. So when I come back to just themes and the things that my patients have told me over the last decade, it's really that what we're striving for is that health is resilience. So we're never going to live in a perfect environment free from infections and toxicity, but how can we create a resilient physical body and also the energetic, mental, intuitive and spiritual body in the wake of just being on the planet? Resilience is a really important thing to me that I'm always reflecting on.

And then another concept that I am always reflecting on is this concept of flow in the body, and that's where we're going to be talking about- bile flow and lymphatic flow. Disease happens in a system that is stagnant. So when there's stagnation in the body, that's when things break down. And I didn't mention this already, but Dr. Klinghardt has been doing awesome lectures. He did a really great one that we just I think posted on [Sophiaeducate.com](https://sophiaeducate.com), and he gets into the nitty gritty of what he's really over the last three months come up with. I'm really impressed and grateful how his mind works and how he put together really great research and protocols and things to think about, especially if you have COVID. If you have somebody you know who has COVID. If you're a practitioner want to treat COVID, etc. So to go into more of that detailed information, please refer to that.

Since he did that I just want to take some of those pearls and how that applies to our women patients with Lyme. And so bile. I cannot not talk about bile, most of my patients, many of you know I do ART which is Autonomic Response Testing and even beyond lab work, I find that most of my patients have a sluggish gallbladder and really a sluggish liver gallbladder system.

And bile is such an important part of our health because it's not only a part of our digestion, but it's also an elimination route. And so we need bile to basically be flowing properly for many functions. I've done a couple of talks on this, and so I have a few notes in front of me around the importance of bile.

And I want to give credit to those I've learned from. I've learned a lot from Dr. Chris Shade and Dr. Kelly Halderman, they both have done extensive work in looking at what detoxification. When we think about detoxification, we have three phases, phase one and phase two and phase three. Very oversimplified phase one is when we take a toxin and we activate it. Phase two is when we conjugate it, and phase three is when we eliminate it. And so the elimination pathway, part of that is bile. And bile basically gets secreted into the intestines and gets eliminated through the stool.

Kelly Halderman. Her work talks about this phase 2.5 detoxification, which I'll talk about in a moment, but that's a step where a lot of my patients get hung up with. But why are we talking about bile? The bile, of course, just some overview it helps for fatty acid metabolism. It helps with gut motility. So a lot of constipated patients will have sluggish bile flow. It helps with fibroid hormone activation. That was something I learned from Dr. Kelly Halderman. So it helps to convert T4 and TT3s. So a lot of women

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with Hashimoto or hypothyroidism, it's not only looking at the thyroid and the endocrine system but looking at getting the bile to flow.

And then some other pros and why I wanted to talk about this and the relationship of the COVID crisis is that we actually know that bile is part of what makes up our lung surfactant. And so surfactants are basically the alveoli where we exchange oxygen. Surfactant is a kind of a protective layer that allows us to inhale oxygen by keeping external toxicants and pathogens away. So we want healthy surfactant levels in our lungs as a preventative.

And so a lot of light bulbs are going off. Dr. Klinghardt has been talking about dandelion as a antiviral in this time of COVID. And we know dandelion is actually a bitter herb, and it helps bile flow. But it also helps our lungs, because if we have healthy bile flow, the surfactant is actually made up of phospholipids and cholesterol and bile and so it's all interconnected. The body so wise, so I just thought that was a really fascinating connection that I wanted to reiterate.

And so, just going through the lens of a female patient, we know that women are more prone to gallstones. So I think it's about two to three times higher risk of gallstones. And so why is that? So estrogen we know increases biliary cholesterol. So part of what bile is made up of is cholesterol. And so if estrogen is increasing that cholesterol, there's more prone to basically create a sticky sludgy gallbladder environment where we're more prone to stones.

And so we know when women are pregnant, they can get something called intrahepatic cholestasis, which is this backup of bile that affects the hepatocytes, and then people get extremely itchy because the bile gets thrown into the blood.

And then also hormone replacement or oral contraceptives can make people more prone to that. So women with Lyme, because of not only being a female and having estrogen as a primary hormone, we're going to be a little bit more prone to sluggish bile, but a lot of our female patients are estrogen dominant. And their estrogen dominant for a lot of different reasons. But how I oversimplify this is, a lot of times female patients with Lyme have to deal with not only just regular metabolism, right, but we also know we can be affected by mold toxins. And we know that mycotoxins have to go through all these pathways. Heavy metals are shown to also plug up these pathways. So when you think about, estrogen and mycotoxins and heavy metals and biotoxins, also fungal infections, or parasitic infections, those are affecting all of these pathways that basically result in good bile flow.

So I just want to rewind this. I know I'm sharing a lot of information. And I've gone into this in more depth in some detoxification classes, but the short version is to have a resilient body right now, especially as a female patient with Lyme, we should all be really working on our bile flow.

Dr. Ginger Nash:

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And it's a vicious cycle because then the more estrogen that is building up and causing the sluggishness and the status in the gallbladder and the bile acids and the bile salts, then the more you're not able to clear your estrogens and eliminate them. So then they get recirculated and it's like this vicious cycle with the bile.

Something I was also reading about recently was that once you get to the stone formation point with the bile, they're very porous and so they become, again another vicious cycle, they become a site for parasites, bacteria, even some live bacteria to overgrow. And then that just creates another focal point of infection in your body potentially.

And of course, people with SIBO, with small intestinal bowel overgrowth, sometimes the reason for imbalances in the gut flora can be a lack of bile acids and bile salts being secreted properly into the intestine, which is that phase three elimination point.

Dr. Christine Schaffner:

All great points when I think about how to support bile flow. A lot of the times in my patients with ART we use a suppository called Nexus BioPure suppository and it's artemisinin and then garlic and we actually use it as a way to clean up fungal or parasitic overgrowth in the biliary tract in the gallbladder. I absolutely see that and I think that's such a great point and often overlooked.

When we think about treatment strategies, we think about bitter herbs. So, bitter greens, there's a lot of great herbal formulas we use. A lot of Chris Shade's products, he has Quicksilver BitterX and Bitter9. And BioPure just came out with a liposomal herbal tincture that not only has bitters, but it has a couple of antiviral herbs as well. Viruses also have to be excreted through the biliary system. So obviously at this time. And then the other things I think about are tadka or taurine...

Dr. Ginger Nash:

Yeah. I use a ton of glycine and taurine for that phase two conjugation point is really important. Yeah.

Dr. Christine Schaffner:

Then on binders, of course, so binders are a staple of our protocol. If you ever just take one thing away from the work that we do at Sophia, it's just take binders. So, binders are going to be things like chlorella, zeolite charcoal, modified citrus pectin, there are certain specialized silicas that we use in binders. You take them on an empty stomach so that they're sitting in your intestines before you eat food. And then when you're eating food and stimulating bile excretion in the intestinal tract, the binders are there to basically absorb or bind to whatever is getting excluded out of the bile.

Because what Ginger already alluded to is that part of this natural cycle is what's called the enterohepatic recirculation. So we naturally reabsorb bile acids. And with that, we can reabsorb our

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toxins if we're not having healthy elimination or systems overloaded. So, binders essentially help to bind to these things and assure that they get out through the stool.

I find that binders are really important when we think about the liver, gallbladder, and then we, of course, think of all of our naturopathic treatments. So, castor oil packs and coffee enemas. We're doing a liver flush adventure for our patients in our community with Sophia. You want to do a liver flush in a guided way, but I've seen that really helped, which helps to really stimulate bile flow. So we get a lot of that sluggish and stagnant bile out of the body.

Bile, I think is foundational to health. It's definitely more important now than ever to keep our bile flowing to maintain a resilient and healthy immune system. And it finally feels like spring in Seattle. I don't know how it is-

Dr. Ginger Nash:

Yeah, it is here too. It's a little windy today.

Dr. Christine Schaffner:

So just the natural rhythm of looking at the cycles seasons there's ... different seasons have a different theme in our health. And spring and fall tend to be the best seasons to really cleanse the liver. And so this is a really great time to even take some of maybe your maintenance strategies up a notch and do a little bit more intensive protocol to support your body. Did I miss anything, Ginger, about bile?

Dr. Ginger Nash:

Yeah, I just want to mention, there will be a replay sent out to everybody. So don't worry about that. No, that's great. And I love, yes, the way you frame this whole thing in terms of resilience and I agree wholeheartedly springtime is liver gallbladder time. It's a great time to do cleanses and castor oil packs and all the sort of basic naturopathic type of support. And then in addition, these more targeted therapies like the herbals. I don't think you mentioned Chanka Piedra which is great and Collinsonia is another really excellent botanical.

Dr. Christine Schaffner:

One thing- Did you know melatonin has a relationship with bile?

Dr. Ginger Nash:

I did just see that. yeah.

Dr. Christine Schaffner:

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All roads lead to melatonin.

Dr. Ginger Nash:

I know, I was just gonna say as we've been talking so much about melatonin, and Christine turned me on to these melatonin suppositories again, we're all about suppositories today. Melatonin at higher doses is a really really potent anti-inflammatory, antioxidant. So it doesn't surprise me that something with antioxidants would have effects across so many different tissues in the body and that it could have a benefit in bile acid production as well.

Dr. Christine Schaffner:

So yeah, my note here says that melatonin may also inhibit gallstone formation, and increases the conversion of cholesterol into bile salts. So, my comment about how estrogen increases that cholesterol in the bile and makes it more sluggish and stagnant. So this could help be preventative. If you turn to Dr. Klinghardt talks around COVID, he'll talk about how melatonin is not only an antioxidant and antiviral, but it also helps to really turn off that NLP neural pathway.

Dr. Ginger Nash:

Yeah. And just a quick aside, because I know so many women, unfortunately, have had their gallbladder removed. And so there's an additional burden and a number of my Lyme patients have had their gallbladder out. Not to bash on traditional medicine, but whenever an organ isn't functioning optimally and then it's removed, then you've got an even bigger burden on the body.

So, sometimes in some women, there'll be a little outpouching of one of the bile ducts that will sort of act as a secondary gallbladder. Again, the body's wisdom, sometimes it'll try to make a little bit of reservoir for those bile acids and bile salts so that when you do eat a fatty meal, it's secreted. But for some women, that doesn't happen, and so you can have really long term effects, pain, and improper digestion, especially once you've had your gallbladder removed. So I would imagine, Christine, you would say the same thing that if that's the case, you just need to be extra diligent about your gallbladder and liver health because you're at a little bit of a greater disadvantage if the gallbladder has been removed.

Dr. Christine Schaffner:

My cadaver in Gross Lab had their gallbladder removed and I saw that basically secondary reservoir.

Dr. Ginger Nash:

Oh, interesting.

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Dr. Christine Schaffner:

So that was imprinted in me very early on that you, of course, make bile, you of course still use bile, it's just that, the body tends to create its own gallbladder. Just because your gallbladder is gone doesn't mean that the sluggish bile isn't gone. And so still making sure to treat that. And then if you've had your gallbladder removed, I do neural therapy in my office and that's how scars can affect our fascia and our lymphatic system, can also hold emotional trauma. And so if you are having a lot of challenges still post gallbladder removal I would also look at the scars and have somebody either treat the scars with neuro-therapy if you don't have access to that other systems work.

Dr. Ginger Nash:

I do acupuncture and the same thing around scars and there's a whole gallbladder channel, of course, and G40 is a big, big point at which I'm sure you've injected. I'm sure you've seen scars over it, and I've certainly done acupuncture, which again, is going to interface with the connective tissue and all of that too. And somebody asked what specific bile salts. I really like actually a product called GB41 Salt.

Dr. Christine Schaffner:

I use that all the time.

Dr. Ginger Nash:

Yeah, from Physica.

Dr. Christine Schaffner:

It works really well, I use that with a lot of my patients.

Dr. Ginger Nash:

Yeah, it's an excellent, excellent product and it's got not the bile acids, but the bile salts and it's also got the cofactors, the glycine and the taurine and it's got the Chanka Piedra and a couple of the other botanicals. So it's a really good product. And you can say though that I've had a couple of women if they have a really sluggish gallbladder or without a gallbladder to start really slow. And I'm sure all the people on here with the complex chronic disease know that sometimes you have to be careful because your system is a little extra sensitive. So I just wouldn't go taking a lot of bile salts without ramping up slowly.

Dr. Ginger Nash:

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So should we transition to our other favorite topic

Dr. Christine Schaffner:

I know, I know.

Dr. Ginger Nash:

We could obviously spend an hour on bile and gallbladder.

Dr. Christine Schaffner:

I know. Scars can affect our fashion or interstitial and our lymphatic system but yeah, Ginger, take it away with lymphatics.

Dr. Ginger Nash:

I love this conversational aspect of things. I don't like to hear the sound of my own voice for too long in a row but I have gotten used to it after many years of teaching. But anyway, so yes, a shared passion of both of ours is the lymphatic system.

One of the most amazing things about the lymphatic system, in my opinion is just how it penetrates into every part of our body. It's just this delicate, sensitive system that is basically the whole waste carry system in a waste removal system of the body. So again, with eliminations being so important in the work we do, if you've got sluggish lymph, then you're not only not removing the waste products from your system that we're all exposed to, as Christine said at the top of the hour. You know, we live in this toxic environment, we've all got to be paying attention to our lymph like at all times, sadly.

But then if you have sluggish lymph or lymphedema or sluggish lymph nodes, then it makes you more susceptible to infection and to problems with the immune system because it's the lymphatic system that carries all of our immune cells around. So it carries the lymphocytes and the natural killer cells and the dendritic cells and the immunoglobulins.

And so when they're picked up in these delicate vessels, and when they're focused into the lymph nodes, which are basically like these little sponges along the delicate lymphatic channels, and that's really where specific immunity happens, where antibodies are made. And some of the things that I've been doing a lot more reading about recently, in preparation for our course on women in line is the differences between men and women's immune systems. And even though women have a greater resistance to many infections, we do have the tendency and I don't want to stereotype us here to overreact.

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So it's long been known that women have much higher rates of autoimmune disease. And this can be a problem with things like lupus and rheumatoid and Sjogren's. And certainly the way again, we're looking at Lyme disease, is it you have a chronic infection or do you just have a chronic overreaction or hyper reaction of your immune system?

So you're getting either autoimmune reactions where your body is reacting to benign substances, or you're reacting to things that are self that you shouldn't be. So there's a really, really complex set of things that can occur with the immune system of women. So it's kind of a double-edged sword, like we may have lower rates of infection, but then the way the immune system reacts might tend to cause a little bit more long term problems if we're not able to clear those infections.

And of course, part of this is because of the fact that we have children, that we can get pregnant, so our immune systems are a little bit more immediate. So we have more of humeral immediate reactions.

And then part of it is also that we have two X chromosomes. And this is where the genetic piece really comes in, which is that a lot of these very small pieces of DNA called micro RNAs are found on that X chromosome. And when the human is developing, when all of us men and women are developing in utero, there's a dampening down effect. There's a closing down effect of that second X chromosome, but it doesn't occur across the board.

And so for some women, there are certain genes that are more active and some of those genes, actually, a lot of those genes are the ones that are associated with immune functions, the genes that regulate our immune response. So we have more amounts of micro RNA and we have a better immediate defense system. So this may mean that we have a little bit more active lymphatics and the lymphatics might be more important in terms of women's health.

I also wrote an article a few years ago, which we can put in the links to the replay for about DNR about women's health and life and how the hormonal effects of our bodies can be shifted along with lymphatics and it's possible that the lymph carries more progesterone than estrogen. So again, with the estrogen dominance piece, it might be more important for women to have their lymphatics moving and healthy. And of course, the lymphatics dump tremendous amounts of the lymphatics in the breast tissue.

And so breast health as we were talking about a few days ago, Christine, is obviously such a huge part of women's health, it's connected to the whole rest of our bodies. We don't look at the breast tissue in isolation from the rest of the body and one of the major ways we want to support healthy breast tissue is to support the lymphatic system. And also back to the gallbladder and the liver there's always lymph around all of our organs as well and so we want to support lymph for overall organ health.

So how do you know if your lymphatic system is sluggish? Because there's no blood test for lymphatics function. I've used and I think at Sophia health, you still use, regulation thermography as well which is a

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different type of thermogram that doesn't just take a picture and show hot and cold spots in the body but you have pre and post temperature measurements over 120 points on the body. A lot of those points 32 I believe on the breasts. And it will show the lymphatic regulation. Christine, you mentioned ART, I'm sure you do your testing for various lymph points, there are lymph alarm points on the body. Those of you that get chronic sore throats or chronic swelling in the armpits and the axilla, or the groin, those are where there's a lot of lymph node aggregates.

And then chronic immune function if you've got low white cells, low lymphocytes, of course, we see that a lot with our chronic Lyme patients, I'm sure, you can be sure that the lymphatic system is being overtaxed if you've got these chronic immune-modulating systems. So I'm sure that you do too, Christine like almost in every single treatment plan, there's some aspect of addressing the lymphatic health. And that includes the glymphatics, which penetrate into the brain. And so for women who have a lot of brain fog associated with their Lyme even with this some COVID virus, a few people that I've talked to that have been sick, a couple of them haven't had tests that I'm pretty confident are struggling with the virus.

They were finding that the fatigue was very profound and that also some of them had brain fog as well. So anytime there's any kind of biotoxin from a virus or mold or Lyme or Babesia, Bartonella, any of that you want to be sure that the brain is draining. And I know you made that beautiful Sophia flow cream for that very reason to apply to the neck and the lymphatic chains that are going to help drain the lymph from the brain.

So there's a lot of reason when we're talking about supporting our immune systems and resilience, to have the lymphatic system be part of what we need to address.

There's also some really interesting research about rebounding and jumping on a mini-trampoline how that can reduce your risk for breast cancer and I'm sure that's because of the improvement of the lymphatic flow and any exercise, even brisk walking is going to be beneficial for moving the lymph.

And again our favorite castor oil pack is great. Castor oil has a specific affinity for the lymphatic channels as well so that can be another excellent support along with dry skin brushing. And then there's a ton of lymphatic supportive botanicals. And some of the ones that I use a lot are poke oil, which I've had women apply to the breasts and do self breast massage with phytolacca and poke oil.

I use an herbal combination again from Physica Energetics called Trifolo Intrinsic which has cleavers and red clover and some poke and dandelion which you also mentioned is great for the gallbladder. That is a wonderful combination of herbs that will really help drain the length of the breasts and the whole upper lymphatic channels. And then there's lots and lots of other botanicals, Essiac Formula and I'm sure I've used a lot of the Stefnia and Red Root from BioPure as well. So there are tons of ways to support the lymph. But it's really crucial, I think, for women, in terms of just the epidemiological evidence of toxicity and breast cancer rates. I know I live on Long Island Sound and the South Shore of

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Connecticut and the North Shore of Long Island has actually the highest rates of breast cancer in the country. I know, so protect your breasts, and part of the way you do that is with lymphatic support, and it's also going to protect your immune system at the same time.

Somebody's asking about sipping hot water all day. Yeah, lemon water, I use a lot of electrolytes and micro minerals. Again, just for pretty much every cell in the body. So basic elimination support and drainage support. Those things can be critical too. Did I mention dry skin brushing?

Dr. Christine Schaffner:

Yes

Dr. Ginger Nash:

Yeah. So those are just some really easy, simple things you can do just to get your lymph flow started, there's tons of YouTube videos about how to how to do a good lymphatic massage. And of course, there are people that are trained in MLD, which is manual lymphatic drainage, and there are various machines. There are other technologies that will also move the lymphatics, but exercise is a really great way to do that. So yeah, so what else did I miss about lymph?

Dr. Christine Schaffner:

Nothing that's awesome and I think just to reiterate scars wherever you have scars in your body that can affect the lymphatic system. One of the things that most of our patients come to us that's often overlooked still is anything in their mouth that could be affecting their overall systemic health. And we see the mouth can drain, lymphatics can drain into the breast and that can affect breast health. So always doing a checklist. Do you have amalgams, root canals, wisdom tooth cavitations? Of course work with a biological dentist and either naturopathic doctor or functional medicine doctors who do this all day long because you really want to have that level of support.

And so those are a couple of things to think about. And you've already mentioned different herbs which are awesome. And then even castor oil, putting castor oil on the breasts at night. I've seen that really help with women who have either like during PMS they have either swelling of the breast or right there could be these benign cyst called fiber adenomas that can form and that can be a sign of lymphatic stagnation. So castor oil is really inexpensive and easy to find. So you can just put your whole body in castor oil.

Dr. Ginger Nash:

Getting your IR sauna too, don't forget about that.

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Dr. Christine Schaffner:

Yeah. So Sauna therapy, of course, can be helpful. So I think internal herbs and then also the topicals from the flow cream to castor oil, to BioPure also has that deodorant stick. I don't know if you've ever used that. But I have patients who do that at night where they put on their neck, their clavicle, their underarms, even their breasts and then the bikini line because there's a group of lymph nodes there. That and then the bottom of their feet that can be helpful.

Dr. Ginger Nash:

And Jade rollers, there's those jade rollers too.

Dr. Christine Schaffner:

Yeah. I have them. I have mine on my desk.

Dr. Ginger Nash:

Oh, you have your Jade roller? The thing about the lymphatics, we're saying all these home treatments, which is great, they're very superficial right under the skin. So you don't want to press too hard. And if you've ever had an MLD session from a trained practitioner, you'll know that the touch...the pressure is very light, because you don't want to squash them. So that's why dry skin brushing is very, very light strokes, and everything is toward the heart to get the lymphatic flow to dump properly into the central channels and drain and the rest.

Dr. Christine Schaffner:

I completely agree and one thing we've learned over the years is that we do a technique called Sophia Matrix at Sophia, which is it focuses on the abdomen first before opening up the head, the neck in the extremities. And so we find that there can be this big pulling of limbs in the abdomen especially if you have digestive issues, and also, you can be thin and still have really congested limbs. I think sometimes people think they have to have this huge belly for this to be happening, which it does happen, of course, too. So we have our therapists work on the abdomen first. And they actually use a little bit of deeper pressure in the abdomen just because of the nature of where the root of the mesenteric is.

Dr. Ginger Nash:

Yeah, yeah, that makes sense. Because you've got to get through this subcutaneous fat layer and all of that.

Dr. Christine Schaffner:

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That was new over the last years we find to be helpful, but we just call it Sophia Matrix, but there's traditional, like abdominal massage, if anyone's ever gotten that before they focus on the abdomen, the lymph. And the abdomen, and, again, castor oil packs and coffee enemas are another way to move that lymph in the abdomen as well.

Dr. Ginger Nash:

And you brought up something which I meant to say earlier, which I just think is so important and something I try to teach my patients on a daily basis, about this idea of working on the abdomen first before doing other areas because there can be a pooling. And when we work with patients, and I'm sure you're aware of this as well, we want to be sure that the elimination routes are open and flowing. So the patient is not constipated and they can sweat and they can urinate healthily, and their lungs are working well in order to go deeper into some of the deeper detoxes and even antimicrobial therapies, et cetera.

Dr. Ginger Nash:

Because if you just try to detox someone and push those liver pathways, it's not artificially per se but a little bit more aggressively, then you can really get a wicked, wicked aggravation. And I've just seen people try stuff on their own. Of course, it's springtime. It's great. Let's do a detox and take a bunch of strong liver herbs or whatnot or even antiparasitics, those kinds of things. If your elimination pathways aren't open if your gallbladder isn't functioning well if you're not digesting if your lymphatics aren't flowing, and if you're not peeing, pooping, sweating, and emotionally releasing healthfully, you can really, really get a tremendous aggravation

So it's not only that we apply these effective natural therapies, it's the order that we do them. And that is really so important. Because for people that are extra sensitive, you can throw yourself into quite a tailspin and make five steps backward before you can get a little further along in the healing process. So I'm really glad you mentioned that about the matrix treatment that you do at Sophia Health. I love that.

Dr. Christine Schaffner:

Thanks, Ginger. Um, so we've just highlighted the role of the lymph system, we talked about biome, those systems are completely interconnected to both of those systems functioning and flowing for more resilience in your body. And then we wanted to have a conversation and just kind of looking at the time, we can maybe tie these two ideas of how what we're all experiencing right now is affecting all of us and the stress of that, and really not only acknowledging the stress and having a dialogue about that, but also solutions, as well. Because I think we have to feel what's going on. But this is a time to also redirect these feelings into actions that can help us feel empowered and really see the gifts and the

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silver lining on where we can ... I think I'm an optimist. So I try to live my world that way. Even though it's hard, but I think Ginger and I want to have a conversation around that. And so I guess I'll just maybe briefly start and I know Ginger, you wanted to talk a little bit too about the vagus nerve and all of that.

So when we tap into what's going on and you know, Seattle, I think this started about March 17th is when the lockdown happens. So here we are, April 10. So we've been in this for three weeks now. And so there's been definitely layers of emotion. But one of the things that we're still ... I think all of us are trying to navigate through is this really collective fear that is permeating our news, our interactions with people, and how do we deal with that. And so, when I was thinking about what I just wanted to say, one of the early ... I remember reading the book, *Molecules of Emotion*, I don't know if you've read that book, Ginger.

Dr. Ginger Nash:

Yeah, I forgot about that book!

Dr. Christine Schaffner:

I remember when I was doing my exploration when I was younger, that was one of the books that really imprinted me and Candace Pert, she's passed away. But she basically discovered the opiate receptor. And so she really was the mother of psychoneuroimmunology. So this whole idea, there wasn't a language around this until really, she came out with this. And so it's this whole idea of how our endocrine system really is tied into our nervous system and our immune system. And her book was called *Molecules of Emotion*.

And so how we really can feel empowered. So I was looking at her website and she still has her website up even though she passed away. And she talked about psychosomatic wellness. So we know that our thoughts can lead us into all of these. And the research is there. We know how fear can absolutely impact all systems in the body. And I was reading the paper about how stress can produce the same response as infection as far as the cytokine profiles.

So we know that this is a powerful part of how we're wired. Right. But I'd love to reframe like this psychosomatic wellness. So if we know that our feelings and our thoughts can affect us negatively, they can, of course affect us in this more powerful way. And she wrote, since emotions are in every system in the body, don't underestimate their power to treat and heal. I, of course, want to understand the facts, I want to try to digest them in my own way, we probably all have different opinions of what's going on and how everyone's handling this. But there's a common theme of fear and lack of control and uncertainty that we're all affected by.

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So how do we acknowledge that but choose a different way of interacting with that. And so I would love to hear ... even Ginger and I can dialogue about solutions and things like we're sharing with patients. But we also want to hear from you how we're all navigating this.

I love Lynne McTaggart's work as well and I interviewed her for the Body Electric Summit. And for people who are not familiar with her work, she wrote a book called *The Field* and also *The Power of Eight*. And I signed up for her intention masterclass. And we're in the part where we're actually in groups of eight now.

Dr. Ginger Nash:

A number too, I love eight.

Dr. Christine Schaffner:

She's an investigative journalist, so she's not like this esoteric person. She's really through her own research really found there's a formula that works and how we can collectively come together to really put our intention into what we want to create. And I think that's just a really powerful concept to explore.

However, this resonates with you. We're just sharing information but I'm really trying to work to not stand in fear and of course, my mind goes to all the places because I'm a doctor, I'm a business owner, I'm a mom, I'm all of these roles in every role. I've had to rethink and reinvent.

Dr. Ginger Nash:

Yeah, what I'm hearing from women too, is like, they feel like they have five jobs now that now they're in the house, which traditionally, a lot of women do the lion's share of the domestic organization and stuff like that. And so now the kids are home and they're having to do online classrooms and online pediatrician appointments and still doing whatever work they may do to get paid for.

So it's like a really, really incredible time and I agree with you so much that it's all about learning how to navigate the waves that we're all collectively writing. And some of us are a lot more privileged than others to be able to socially distance without having to go to work, or losing a job and not having an income right now, which as I'm sure everyone knows the unemployment claims in the last three weeks have surpassed anytime in history

In the last three weeks, 16 million people have applied for unemployment. And that was more than the two years run in 2008, during the recession. So yeah, we are facing this societal level change. And that's part of what we're doing here is to co-create some new possibilities, some embracing some new ways of being. And it all starts with holding our center and finding our place of balance in the imbalance. And it's not that we're going to feel good all the time or never have a fearful thought, or never have an

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anxious moment, or never have a moment of overwhelm but just to really recognize that and live in an embodied way. And then start to see the possibilities and the openings for the creation of what can come, because this is showing a breakdown in our system. There's no question.

The medical system, we've been talking about this for years, we're naturopathic doctors, we know how broken the system is. So that's definitely one of the things that we want to be all about, is riding the wave of empowering people on how to take care of themselves in the wake of this. And we're having to figure that out for ourselves at the same time. I've been doing meditation for many, many years. But I've also heard from a lot of patients who, we all dabble in different things and different things work for us, whatever spiritual practice you have. But people are really getting more in tune with their spiritual practices, which I think is phenomenal.

Sometimes it does take a crisis for us to come back to those things that are really rock solid important in the core of us. And it's really important for us to find ways to do this kind of community-level grounding. So I've been reaching out to my communities more, we have a immediate network in my neighborhood that actually my husband organized. He's an organizer, so that comes to him by nature. I mean, literally, he's an organizer, he does a lot of political organization. So he was like, right on it with the signal group and, connecting people on a micro-local level. And then thank goodness, we can do things like this, where we can share our experience and expertise and in ways of grounding.

I know that you have some close friends that are tapping people, and I agree, I love that approach. There's specific tapping videos. I know you like Julie Schiffman. She's been great. I since you turned me on to her. I've watched some of her videos. There's also the guy in Connecticut. I can't remember his name, but Nick...

Dr. Christine Schaffner:

Nick Ortner.

Dr. Ginger Nash:

Nick Ortner. Yeah, he has a lot of free resources for tapping. There's tapping around specific issues, whether it's the financial aspect, the virus, the health issues, et cetera. And then of course, any kind of practice that's going to put you into a deep place of rest and rejuvenation is super important, even if it's just a few seconds a day to have that ability for your nervous system to calm down to deregulate a little bit.

And like you said earlier, the vagus nerve has a lot to do with that. and one of the cool things about the vagus nerve for those of you that are unfamiliar with the vagus nerve, it wanders all over the body the

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route. Vagus is, you know, vagabond. And so it's the wandering nerve and it connects up to many, many organs in the body but its central function is to give information back to the brain from the body.

So even if your brain is revved up and anxious and you're thinking all these thoughts over and over again, even if you can just lay down and get yourself into a relaxation space, use a visualization. Use your breath, which is an amazing way to increase your vagal tone and help your body's nervous system calm down and there are various breathwork practices.

One of the simplest things is to just count for five in and count for five out. Deep breath practices, alternate nostril breathing, all of those things are going to calm the nervous system and improve your vagal tone. And your brain will get the message from your body. So it's kind of like fake it till you make it.

If you just get yourself to lay still and breathe, your brain is going to get the signal, "Hey, I'm okay, I'm safe and I can breathe through this a little bit." Now, if you've got somebody that has had a lot of trauma that can be sometimes a little bit more difficult to get into that space, and this is where the tapping can really be beneficial or EMDR, Emotional Freedom Techniques. All of those therapies are excellent ways to manage the mental-emotional aspect of things as well.

Dr. Christine Schaffner:

Yeah, well, all good stuff, Ginger, and one maybe tangible thing to think about too is and again, I'm just shooting for my own experience is creating a consistent practice. So whatever that is going to be for you. So for me, it's the morning. So I wake up before my daughter wakes up. I have a couple of things that I do in the routine. So I have my cards, my gratitude journal, kind of looking at the day, having my visualization. I love Tony Robbins, I've been a fan of his work, and he has this video that's free on YouTube called Priming. And that's really getting in you in this hard-centered space and then thinking of the three things you're grateful for. And then envisioning the three things that you would like to see happen and feel them as if they do.

A lot of my patients follow Joe Dispenza. A big part of his work is that your brain, essentially when you create these visualizations and you employ emotion.

Dr. Ginger Nash:

You're actually having the experience so you're teaching yourself how to have that experience.

Dr. Christine Schaffner:

Yeah, your body doesn't know that difference, right?

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Dr. Ginger Nash:

Yeah.

Dr. Christine Schaffner:

You're creating this kind of new physiology based on what you're able to create in your mind. And his research is wild. He is really doing the work that I really have seen some of my patients shift very deeply with not only doing our work but his work. So there's definitely something to that.

And then just my only enclosing comment and, Lynne McTaggart talks about this, too, is this whole idea of altruism. So when we're all suffering and just we can get hyper-focused on yourself right now. Whether it's your business or your life or whatever, everything seems to fall apart. How can you have acts of altruism in your day, however small or big, you're able to do because that actually, in Lynn's work, she shows that intending for someone else is more powerful than focusing on yourself. So I just think that's a beautiful universal law to just embody.

Again, I'm just speaking from my experience. So we live in Seattle. So we have this neighborhood, I have businesses that of course been affected by this, but I'm thinking, okay, how do I support my local businesses right now?

Dr. Ginger Nash:

Totally.

Dr. Christine Schaffner:

Because that's really important right now because I want them to be there when life opens up again, they can be very simple acts of kindness. But I think that that feels better than the alternative right now. And I think I just encourage everyone to find ways to connect with your community and your family and figure out how you can give your own unique gifts right now.

Dr. Ginger Nash:

Absolutely. That's a beautiful, beautiful message, Christine, for sure.

Dr. Christine Schaffner:

Thank you. Well, we're already at 11 can you believe it, Ginger? Two o'clock, your time and so on. I'm happy to take a few questions if you have a few minutes Ginger?

Dr. Ginger Nash:

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Yeah, I do.

Dr. Christine Schaffner:

Yeah, let's use the Q&A. And thank you guys for all the comments and I see people that I know and I'm so grateful. Ginger and I are just talking to each other. It's so nice to see you guys in here from home.

Dr. Ginger Nash:

And now it's like I see some patients, I see some doctors, I see some people that I don't know, lots of people that I don't know. So it's great to get to know some of the people in your community too, Christine. So thank you for that.

Dr. Christine Schaffner:

Of course. Of course. So Jennifer Sharp- Would you mind sharing some of the supplement names when you send the replay? Yeah, Darcie is really wonderful. So Darcie, who is another wonderful powerful woman helping us behind the scenes, but she will help us with that. How to use BioPure ZeoBind? So in Dr. Klinghardt talks, we use ART binders a lot and he's finding that ZeoBind for whatever reasons seems to be testing the most strongly for people with COVID right now. And so ZeoBind is a very special form of zeolite powder that we always want to be careful with, the source and so binders are always taken away from food. And depending on your individuality I often have patients do one teaspoon twice a day.

But if you're going through detox protocols, if you're moving a lot of bile, if you're having a Herkimer reaction, you may increase that or if you're constipated, from the one teaspoon twice a day you might want to back down. And then also increase magnesium or some other things to help with that we want to, of course, have healthy elimination and that makes you constipated, essentially.

Dr. Christine Schaffner:

Agatha says, is rebounding a good way to move the lymph? I think we've already mentioned that

Dr. Ginger Nash:

Yeah, definitely, yep, yep.

Dr. Christine Schaffner:

Lorraine says any thoughts about Qigong? I don't practice Qigong on myself. I've always been super intrigued. I know Dr. Klinghardt has recommended that to patients, but I think anyway that you can

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connect with your own energy system and really interact with that I'm all for. So you just find what works for you. Do you use Qigong, Ginger?

Dr. Ginger Nash:

I don't use Qigong. But I have a patient a longtime patient who's a Qigong practitioner and teacher and it's the only thing that she does exercise wise and it's just made a huge difference in her overall health and she's a thyroid cancer survivor has had a ton of problems with fatigue and poor exercise tolerance. So, those old Chinese men and women in the parks in the morning like that can really, really move your energy. So Qigong is excellent. It's so gentle. I did some of it in school. Our teacher Dr. Heiner FrouHoff taught us to do some Qigong exercises. We would do the full moon Qigong where you would stir the stars of the universe with your behind, so everybody would be like moving and doing repetitions is like, "Okay, getting to know you at naturopathic school."

Dr. Christine Schaffner:

Yeah, right. Oh, gosh. So Dr. Driscoll is talking about red clover.

Dr. Ginger Nash:

Yeah, I saw that.

Dr. Christine Schaffner:

Any comments about that?

Dr. Ginger Nash:

I don't have any issues. A lot of the herbs when I use them, it's not in these high doses. First of all, so I'm usually not worried about estrogenic stimulation. And red clover...almost all plants have some of their own phytoestrogens. And red clovers are actually pretty safe in terms of estrogen stimulation.

I'm not so concerned about that, especially in the doses that I use. And there's this whole concept of modulating estrogen. So if phytoestrogen binds to the estrogen receptor, and it prevents the own body's estrogen from binding to that receptor, it can actually lower total estrogenic activity.

I do a lot of Dutch tests in my practice. So if I've got a beat on where someone's estrogen metabolism is, especially with a breast cancer survivor, or somebody who's concerned about their breast health, if I know how they're metabolizing their estrogens and they're not at risk, I'm even less concerned about using some of the phytoestrogens.

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It's hard to find a plant that doesn't have some growth hormone in it for its own growth. So, look at the research, but I'm not concerned with ... especially with that Trifolo Intrinsic that I mentioned, it's only one of, I think eight or so herbs. And those are not used in very high dosages. They're almost like drainage remedies. They're so formulated to be more gentle on the body.

Dr. Christine Schaffner:

Okay, and then, let's see, maybe one or two more questions. So Barbara's talking about my Lyme patients who are mothers often have Lyme infected children. Would you consider doing a zoom on the topic of supporting children during this time? Also, I'm a former patient of Sophia, but I've been doing biophoton therapy very helpful. Gallbladder went from 17% to 85% efficiency.

Barbara, thank you for those comments. I think that's an awesome recommendation. And, I see a handful of children in my practice and then we have two other doctors at Sophia who primarily see children. I think it's absolutely an important time to support kiddos right now. So that's a great suggestion.

And then biophoton therapy that's awesome. I'm so glad it was so helpful. We're incorporating more photodynamic therapy and photobiomodulation at Sophia, is another passion of mine right now looking at light and how we can incorporate light. We're using the Webber medical laser, which also has a home unit. We also use sauna space there in infrared light. I'm wanting to learn more about color puncture, and Dr. Klinghardt has always had some kind of light. Light is a way to transfer information and our bodies are meant to receive and respond to light. So Barb was just talking about how we can use light actually to heal ourselves.

Dr. Ginger Nash:

And sound too. And I use some tuning forks in my practice.

Dr. Christine Schaffner:

Yeah, yeah. Yeah. Ginger I had Eileen McKusick on My Body Electric Summit and she has a whole world called Biofield Tuning, and she uses tuning forks, basically to see where there's breaks in the flow. And then also how to create harmony and basically create resonant frequency to realign your body. So sound is absolutely ... One of the things I love to do is go to sound baths. They're great. Tell people about that.

Dr. Ginger Nash:

Yeah, so I'm Dr. Montague Smith is an osteopath. He's based in London, he's become a good friend to and I've done some training with him and also have met and been trained a little bit by his teacher,

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Peter Gold who is also a resident in the UK. So yeah, just like you're saying, finding areas of dissonance over the body and the biofield all of our organs and our systems resonate at certain sound frequencies as well.

And I've noticed doing acupuncture treatment and then doing sound work with the forks while the person is on the table with the needles in, I'm seeing some really improved amazing results with that.

Dr. Christine Schaffner:

Sign me up. I would love to.

Dr. Ginger Nash:

Yeah, you got to work with what you got, so I'm like, okay, I can't do injections and Connecticut as a naturopath so I'm going to learn this sound work and it's so in line with my ideals of clearing and elimination. It really helps move as Jeff would say, the schmutz out of the body. So it's really great. It's really great to use all of these sound, light, water, and all of these basic elements. And this ties in a little bit to my love of shamanic work as well, the elements are the ultimate cleansers and clears of things.

So that's another thing that I've personally been doing during this crisis is some practices of letting go and letting go of the vision of what I thought life was going to look like in the spring of 2020 and embracing what is actually happening. So yeah, that resilience and that being open to change and being flexible, I think are the most important things that we can help ourselves and help teach you all how to stay healthy and even improve.

Dr. Christine Schaffner:

Well, no, I think that's a wonderful closing remark. And we're going to send this replay out very soon. We just appreciate everybody who joined us live. And Ginger and I are going to be doing more of this. So we are still working on our women in Lyme class. And we're going to announce that and share that when the time feels right. But we feel like we just want to connect with everyone and share information during this time.

And please, we welcome feedback. I do a lot of webinars, and I do a lot of summits and all of these things. But this is just a new collaboration with Ginger. And we're really open to feedback or suggestions on topics and we just want to connect with everyone right now.

Dr. Ginger Nash:

Awesome. Thank you so much. From the west coast to the east coast.

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Dr. Christine Schaffner:

I know. We got it covered. I will be talking to you soon, Ginger and thank you, everyone. And again, we will be sharing this recording very soon. So thank you.

Dr. Ginger Nash:

And enjoy your weekend. I hope everybody has a good weekend.

Dr. Christine Schaffner:

Yes, absolutely enjoy this springtime wherever you may be.

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