



# THE FATIGUE SUPER CONFERENCE

**The 7 systems of healing**  
Guest: Dr Deanna Minich

**Alex:** Welcome to The Fatigue Super Conference and I'm super excited for this conversation I'm talking with Deanna Minich and just to give a little bit of her background. Deanna has more than 2 years of diverse well-rounded experience in the fields of functional nutrition and functional medicine, including clinical practice, research, product formulation, writing and education.

Her doctoral PhD research focused on essential fatty acid absorption and metabolism and her Master of Science degree allows her to explore the health benefits of the colourful plant based carotenoids.

She has authored six books on health and wellness and over 15 scientific publications. Currently she is Faculty for the Institute of Functional Medicine and The University of Western State. She has developed an online certification programme for health professionals so they can apply the colour coded seven systems of full spectrum health in their practice, and I'm sure we're getting some of that today.

Her lectures are heard by patients and practitioners throughout the world Dr Minnich's passion is teaching a whole self approach to nourishment and bridging the gaps between science, spirituality and art medicine.

It's always my worst bit of interviews having to read out biographies. So Deanna I would love to hear a little bit about what inspired you to become a practitioner in the first place? You have a very broad reaching experience, which I'm really excited to talk about, but I'm curious as to what was the original draw and pull for you to come into this area.

**Dr Minich:** Yeah I'm a researcher first and foremost and then secondarily came into the clinical world of seeing clients and helping them with nutrition and lifestyle. I would say the way that I got into health in general is probably through my own personal endeavor trying to get well, so having a number of chronic conditions since I was a teenager. Some of that was emotional and

some of that was physical and some of that was wrapped together, so I would say really my pursuit came from trying to figure out my own health and then once I found a way to be healthy really feeling wow I want to study this, I want to share this.

So I think that's kind of a pattern for so many people in the fields where they had something going on with them and then that caused them to start looking under all of these different practices and looking at practitioners and looking at systems of thought and that's exactly what happened to me. I have always liked science too, I must admit. There's something about the inquisitive nature of looking into something very deeply that always intrigued me so being a scientist really means for me being able to just kind of scratch under the surface of something and to get to that level of granularity to really understand it.

But then at some point I also felt that science wasn't enough and I began to venture into ancient systems of medicine looking into yoga, getting into art, which was part of my healing path, and so I would say right brain creative person mixed with that left brain logic person. We all are it's just a matter of how we bring those two together into our everyday.

**Alex:** One of the things I really appreciated as I was diving deeper into your work is how you've kind of gone into a lot of the facets of the healing process and kind of organized those into a kind of seven system way and I like the way you've brought colours and structure to it. As a way, as I understood it, of ensuring that people are not just getting lost in one piece, we talk of health being like a jigsaw, and people getting just a few pieces and missing the fact there are other pieces.

So I'd love to hear a bit from your perspective within lifestyle medicine how do you see fatigue from the root causes and when you're working with people what's the system and how do you start to identify which pieces are going on for them?

**Dr Minich:** Yeah wonderful. Well here's where I think we could take a tour through the seven colours. So this is a sheet, which you've already seen, this is my operating system, this is what I teach to, this is what I use in clinical practice. I do think as a functional medicine practitioner in the way of looking at root cause and also individual biochemistry and individuality, but then my mode of application is to be looking at each of these colours, each colour represents a body system. So our physiology, our body, what you can see, it represents emotions and psychology and the core issues of life, and also represents food and lifestyle so this is a way that I can bring together all those holistic pieces and then under each colour there's that kind of system right.

So fatigue is a complicated one in some ways because it is and it isn't, and I think that for some people they may have a certain framework or a certain perspective. The gut people always go to the gut and say well fatigue is because of the gut, the brain people go to the brain and they say well it's because of your neurotransmitters or your brain's on fire you're inflamed or you're depressed and that's why you have fatigue. The heart people focus on the heart and maybe the stress of living or whether or not somebody is living out their life's passions, if we're looking at a more psychological angle. So I think there are certain practitioners which look at clusters and you know if you have a hammer everything looks like a nail so I do think that fatigue can be looked at from any one of those perspectives. My framework is a spectrum, so I feel like fatigue can enter in at multiple points, there can even be interacting points and so if we kind of go through the seven systems and explain where fatigue might enter in and maybe some tools to help people with some basics of how they can understand where fatigue is coming from.

A lot of my work too, you know I have a book called 'Whole Detox' and I got into detox because I was working on it in the clinic, I had published some papers on it in scientific journals, one of the things I noticed with detox was that most people would want to do something primarily because they couldn't figure out what the root cause was. So for me as a practitioner it's always been very fascinating to look at fatigue because it's pervasive, it's one of the number one reasons why people seek out care from multiple practitioners because nobody has a silver bullet approach to fatigue. It's multi factorial and that's really how I look at it.

**Alex:** Funnily enough I was reading 'Whole Detox' last night, I even have a copy right here.

**Dr Minich:** Oh wow.

**Alex:** One of the things that I really liked about it was you were giving examples of people who had followed a detox programme that had worked temporarily and then their symptoms would come back again and they would go onto something else and maybe that would work temporarily. What I liked about your approach was that, and maybe it's something you could say more about, it's a kind of going wider and deeper in a sense. Of understanding the deeper picture and the different facets of what might be going on.

So maybe before we come to a bit more detail on the seven systems it would be interesting to hear about why it's important to not just look at, for example, detox pathways and trying to optimize that without looking at emotions, for example.

**Dr Minich:** Yeah well I've learned that lesson the hard way. So when I was seeing clients in the clinic years ago putting them on a nutritional detox and really only looking with my physical eyes what I would notice is that many people would start to shift emotionally. Like nine days in to the programme there would be some huge catharsis, some emotional revelations and some upheaval even and so then I started to think about detoxification from a more spiritual perspective because I mean what is detox. It's one of the oldest methods of cleansing and purifying and resetting the body, we see this in the medical tradition with the humoral theory, which goes back to the ancient Greeks and Roman's of how they thought that we got sick because we had this bilious humours or melancholic humours within us, right, kind of an elemental theory. Also in spiritual traditions this idea that we need to come back to centre within ourselves and so what I was doing with people was nutrition and focus and that is my scope of practice but I was noticing that when you change somebodies eating you're actually changing their lives, and when you change their lives chances are you're going to have this ripple through effect.

What I really like about discussing fatigue specifically as it relates to this holistic approach is the idea that you think of what is fatigue, it's the absence of energy or it's where one of the most valuable currencies that we have, which is ATP energy, is exhausted so we can't perform. So energy, to look at physical energy in the way of ATP and kinetics and mitochondria but then we also have emotional energy. Being with certain people and all of a sudden feeling depleted, like I just went to this part or was just at this business conference or was at this meeting and I just got depleted. Or maybe it's a thought form which we keep thinking the same thought and we realise how depleting and how it's just sucking us of our energy.

So I started to see things in a much broader way because it was all very interconnected and that's what functional medicine is, that's what ancient traditional systems of medicines cultivated. Was the idea that we are more than our physical body and that the physical body is kind of networked within and webbed to all of these other parts of ourselves. So I like the idea of energy because it connects to Chi in the traditional Chinese medicine system, it connects to Prana in the Ayurvedic system and it connects to simply ATP within the physiological functional medicine currency of thought. So really when we talk energy it's a system wide, cross platform discussion and so that's why I do think we have to bring in all the colours, we have to bring in all the ways to think about it because it has been thought about in so many different ways over the millennia.

**Alex:** That's a great entry point, perhaps we could break down the seven stages and perhaps for people that are watching either we can link the handout below your interview or people can go to your website but it would be good to have a place people can visually see it as we're talking.

**Dr Minich:** Yeah absolutely, they can have it as a free download. So the first system of health that primarily, there are some of these systems that connect to fatigue I would say more than others, at least in my clinical observation, and the one that we'll talk about first is one of those.

It is the colour red, the colour red connects into our physical body, it connects to our adrenal glands, which many practitioners think of when they think of fatigue. I actually don't always go to the adrenal glands immediately because the adrenals are kind of downstream. The adrenals take on the signal from the hypothalamus, right, and so then the hypothalamus works through the other endocrine systems and we finally get to the adrenals to squeeze out whatever stress hormones we need in order to function best for survival. But that's where we are with the physical body, it's the fight or flight, being on guard, you know just case in point I was in a car accident about a month ago now and I was rear-ended in traffic and after that event it was amazing how on guard I was. You know somebody's coming up behind me just even walking behind me or what's happening behind me and it's amazing all these traumas that create stress take our energy and keep us on guard and how we may not even realise how much energy we're expending into past events that are traumatic and in some way our brain and our body are engaged in that even though its not palpable in the physical moment. But it's with us, there's some kind of memory around that.

So this is the place of, as I mentioned, it's the physical it is I would say more the protein and mineral components of the body, it's what you see. So you know you see my skin, you see my hair, you see my nails, you see the protein components. You can see if I'm fatigue because I might be manifesting that through my posture or through my face. So our physical body gives us alerts on whether or not we're fatigued.

So when I think about life issues I think about, security, I think about community, you know there's so much about community can uplift us and support us, it can also drain us and deplete us so that's why I do talk about within 'Whole Detox' I give some discussion in there, in fact I dedicate one whole day of the 21 day programme to community because if we do not have the right relationship with the people around us that can be an exhaustive factor.

Let me just give a quick tool here for everybody, and this is something I talk about as well in my books, I like really practical by the way because I feel like if you're just hearing it and not doing it, it just kind of stays in the thought realm and it doesn't make it's way into the body and it's got to be in the body, it's got to be in that route part of us. So one thing you can do, just very quickly, is make a list of all your relationships all of the people that you interact with. So you can even as a cluster right down maybe it's Facebook or Social Media sites, do you get positive energy from them, do you get drained energy from them, do you get kind of mixed energy plus or minus.

So making an exhaustive list of all the people that you come into contact with on a weekly basis or do it on a monthly basis, and just do a quick qualitative survey. Like OK my partner, my spouse, my group of friends, my book club, is that a positive or a minus. So I think evaluating that is key.

Then of course nutritionally, just to close the red system, making sure that you have the nutrients to help you with fatigue and for this particular system protein. We need protein to help us with neurotransmitters, I mean basically every function of the body is connected into protein. Vitamin C which primarily is contained in red coloured foods, there's a rich abundant supply of Vitamin C in those foods. So our body is more fortified to deal with fatigue if we have the nutrient reserves to bolster its function.

**Alex:** That's awesome and I just wanted to respond to something also on the community pieces because I think particularly with fatigue related conditions, particularly as you get down the more severe end of that spectrum, the cultural misunderstandings around fatigue and what it is, the medical system says there's nothing wrong with so it must be psychosomatic, you must be making it up. The kind of invalidation of people's experience can have a remarkably negative impact where normally when one is in a difficult life situation, if someone gets a cancer diagnosis or something, generally that's met by a lot of emotional softness and support and nurturing, that's often not the case with fatigue so that community piece I think could be really quite challenging for people.

**Dr Minich:** You know and that is unfortunate isn't it, that as we move along the preclinical trajectory potentially towards disease, that we're kind of in that very labile zone of feeling like we know something is awry but we don't have the support to help us, we don't have an advocate for our own being. I see this a lot with women who juggle, they multi-task, but I also see it with men. I know that women get a lot of attention when it comes to fatigue because they tend to take on a lot with family, with job, with personal interests, but men also have that driver, driver sense of wanting to get things done, provide, be

out there in the world, and there's constant physical stress for everybody I do think.

I think it's one of the things that can align to as a human species is that we're doing, doing, doing, and that requires energy and if we're not getting energy back from the experience we're getting depleted. It's like our energy bank account is going down, we're not saving we're spending, and that's where the plus and the minuses come in. It's a very simple activity of really giving yourself time to reflect on whose in your community and whether or not they need to be in your community and if you can't avoid them how do you bring more nurturing supportive people to really help you through it. We're an interdependent species, we do need connection with other people.

**Alex:** Yes, yes. So that's level one, what comes next?

**Dr Minich:** That's red. Next is orange and orange is all about emotional health. So when I think of orange it aligns to the reproductive organs, it aligns to water, to flow, it's kind of how we move around in the world. So if we think of the water compartment of the body we think of fertility, we think of fats and oils so we think of Omega 3's and helping us reduce inflammation. Many times fatigue can be due to being inflamed and not having the proper levels of fats and oils. It could also be due to not being properly hydrated. I mean there can be some true physical causes to of fatigue and so sometimes it's really nice to know that because those seem to be easier fixes often than something like the emotional expression.

So here's where the emotional layer and fatigue would interact. So lets imagine if we look at all the different sampling of emotions that we have some emotion or emotional events that haven't quite processed through us and so we kind of hang on to those things, right. What can happen is those sink our energy just like anything else we're hanging on to and so if we could think about anger or resentment going back maybe to our childhood or grief is one of those emotions that is literally heart wrenching, it does take a lot of energy. So trying to find ways that cultivate healthy emotional expression I think can be helpful for fatigue.

There are some studies on crying and how when we cry we release inflammatory cytokines through our tears. Many people don't take the time anymore to cry, to process, there is a general feeling society I think, what I've observed, is that emotions are less than and intellect is greater than. So let's hurry up and process and intellectualized emotions rather than really feel and be with those emotions. I mean emotions are powerful, they actually determine our behaviour, so if we're not expressing that creates whether it's stagnation, stuckness, and all of that can lead to fatigue and I do think that's

more discussed in things like traditional Chinese medicine. There is discussion about organ systems, emotional correlates and one of the things that I have in the 'Whole Detox' book that I talk about is an emotional inventory. This is really quick, this is at the end of the day, you just go through this list of about 20-25 different emotions and you identify what you felt. Most people don't even know what they feel and the literature would suggest that the more we know what we feel, the more that we can connect into self-regulation of those emotions.

It's not like they can ever really be squashed, it's just like finding ways that they can be expressed in healthy ways but first I think we have to identify what we feel because energy in motion, emotions, those things need to move and if they're not moving they're just creating this stuckness, this heaviness.

**Alex:** And that sometimes just learning to feel something, to name it and to be able to communicate it can be quite a challenge when we've spent our whole life not. It can sometimes be like learning a new language, it's like literally you have to learn the language to communicate to yourself and to communicate to others what you're experiencing.

**Dr Minich:** Absolutely and sometimes we can't even find the right words to communicate it. You know there is no language sometimes for feeling and that's what happened with me. So in my late 20's I was going through a lot of emotional ups and downs and upheavals and one of the things that worked for me, and I just gravitated towards this kind of organically, was I started painting. I started painting on large canvases, bright colours, huge shapes, I've never gone to school to be a painter I took an art class and dropped out of it because the teacher was telling me how to paint and I didn't like that.

Then later I am painting, I wasn't even trying to figure out how to get out emotions it just kind of happened. I had been to therapists, you know I've done all the talking which I think to some extent was really good for me but then there was a piece where it was like I had to be in the no talk zone just feeling, letting my body talk. It had to do that through colour, through shape, through non language forms and everybody has their own way to do that. Maybe for some people it's dancing, maybe for some people it's just walking in nature. I know I get a lot of insights and a lot of release when I'm just walking amongst the trees and I'm just in that state of no mind, I can process things better.

**Alex:** I think there's something that's very and powerfully soothing and calming to the sympathetic nervous system when one is at peace and harmony with themselves, right. I mean that is the embodiment of being in a



healing state when one is just at peace with their own truth, their own feeling, their own expression whatever that may be in that moment.

**Dr Minich:** Exactly, and not judging it. So many people when they hear my story about painting then they start thinking OK what kind of easel did you get and was it acrylics or oil paints. We have this sense of perfectionism and needing to get something right but back to what you just said, if we can just be in that place, and for most, painting is one area of my life where I don't care what people think about my paintings, I really don't. It's kind of like that is my space to express and people can say what they want and it's just like that's where I was in the moment and that's what came out.

In many areas of our lives we feel constriction, restriction and I do think that that wears on us and leads to fatigue because we're so busy trying to figure out what everybody else is thinking and how to manage expectations there has to be a place where we can openly express who we are, even if it is to a journal, through something that we're writing or it's something that we're painting, or it's something out in nature. Whatever it is we need to find that space to know that we are free, we can be who we are.

**Alex:** And I think it's easy to underestimate actually what a powerful impact that has. It's interesting talking to so many experts as part of this conference and pretty much every interview so far that we've recorded there's been points made about the impact of stress and the importance of calming the sympathetic nervous system. It's easy for people to go well taking supplements and changing food or getting to the bottom of what's happening from a kind of functional perspective is more important. Well it's all important but actually if one's still in a state of stress the bodies not going to do much use with all of that stuff anyway.

So I think it's super important and just thinking back to the context of the seven systems I don't know if it's helpful to keep moving through or if there are specific ones you want to emphasize?

**Dr Minich:** Yeah the next one is really relevant for fatigue, this is the yellow colour, and it corresponds to the digestive system or to what I would consider the fire element. So again red was Earth physical body, orange was emotions flowing water and now we're into more like the solar plexus are where we've got a lot of digestive organs that spew out a lot of acidic yellow substances. Whether it's stomach acid, bile, you know we are steamy and we've got all this energy to transform and that's what we're doing when we take in food. It is the process of transformation, figuring out what we're going to take in, right. We need heat and heat breaks things down and transforms it, right.

We get energy, we're supposed to get energy from eating but what happens as it relates to fatigue is that because people are exhausting themselves in so many ways we don't have enough Chi, Prana, life force, ATP left over to burn (food) and so we start getting sticky and damp in the way of not having good digestive fire and so now we see lots of discussion around gut health, like you know we do really need to start with the gut. I do think there is something to that but that's one easy, well I say easy, it's one frontline approach, something that somebody can start with as soon as possible because we all know how we feel when our gut's not right. Whether it's indigestion, we get reflux, we get acid, I mean these are all signs that our body is letting us know let's stop here because if we keep going we could get into this from a fiery state of inflammation and into a depleted state of fatigue.

It's kind of like this continuum of yang to yin and so here I think about yellow foods and all the depletion that we're causing through sugar, highly processed foods, a lot of them happen to be yellow (laughs). Whether it's breads or cakes or pastas, I mean you name it a lot of these yellow quick burning foods are actually costing us energy and that's leading to fatigue. It's kind of a false hope because we think we're going to get energy and then we eat those foods and a couple of hours afterwards it's like 'oh my gosh I'm so tired'.

**Alex:** It's like negative nutrition right, it takes more energy to break it down and process and dispose of it than it actually gives us.

**Dr Minich:** That's right, that's right. So this is the centre of hydrate and this is where I see so many people have tapped into carbohydrate in order to get energy because they are fatigued but again it's like a shimmering stone but there's nothing there. It's giving us only temporary relief to cause more permanent long term exhaustion.

So I would even say look in here, what are we eating, getting tested for food sensitivities, working with a practitioner to really make sense of what foods give us energy and what foods take energy away. Much like we talked about with the red and community, now we do this with food and we say OK when I eat strawberries do I get a histamine inflammatory response, I mean that's mine, and sometimes we can get immediate responses from food, mine is 6 hours after eating, and other times it's a delayed response, like 24-48 hours so many people don't always connect the dots of taking in some kind of food and then feeling fatigued later. But there can be a correlation even after a couple of days. I often hear from people with sugar, anything that contains sugar, and then people say later oh my gosh why did I eat that, it cost me energy, it made me not sleep well, it made me moody. When we are fatigued we do get moody and we can't sleep well, it's almost like fatigue says so much about how we're going to perform in a day, right.

The yellow system of health is really important for helping us to understand food, digestion and how that all creates fatigue.

**Alex:** That's great and I think the next is green right, after yellow.

**Dr Minich:** Yeah and green is the heart and when we think of the heart, green, I think of green leafy plants and vegetables, which contain substances called nitrates, these are good healthy naturally occurring nitrates, we take them into the body, they help the blood vessels to open wide and expand. So that's what we want the heart to do is expand, we don't want to be contracted in right and so when I see the heart I think of how many of us over extend ourselves, how we take on this compassion fatigue, especially if we're practitioners or in the service industry anyway. Even a businessperson who is in the healing arts and even a financial realm can feel like they're coming from their heart and that they're doing all this work and really there's no self care to balance all of that service and compassion.

So nutritionally here's what I think about magnesium, I think about blood vessel health, anything to keep us open because the moment that we contract the blood vessels we can get things like high blood pressure, we can get things like inflammation, not having good circulation of the blood and not having good oxygenation through the blood can lead us to feeling fatigued. So the goal is to keep open and that's why exercise is so important, I associate physical movement as the modality here with the colour green. I think of being out in nature, breathing in fresh air, you know being oxygenated, deep breathing. Oxygen is one of those nutrients that doesn't get very tangible recognition within nutrition because it's not seen as a physical substance but it's one of the things that can lead us to feeling energized.

**Alex:** Yeah, it's a funny one. No one can patent it, no one can bottle it, no one can sell it and therefore it's easy to miss unless someone's in fatigue one of the most energizing things one can do is to go and get fresh air and get their body moving, right.

**Dr Minich:** And this is one for me personally that I struggle with. When I think of where I struggle with my own personal system, you know sometimes when I'm sitting at the desk you're mentally engaged but then it's like oh wait a minute my bodies feeling kind of achy and I'm not feeling the same energy level I had in the morning.

One of the best things to do is just to get up and go and do something else and get oxygenated, right. Again it's something we often overlook and we don't want to be distracted from where we're at but that can actually be the best thing for us because it resets us in a way but it's one of the things I personally

struggle with. Even though I love to be outside I also like to be engaged with ideas and creativity so I often have to remind myself like OK I need to do the things I love. I don't like going to a gym, so we live in a wooded area with lots of trees so I have many opportunities to just go outside and just be in the garden, there's nothing that makes me happier physically than doing fun fitness, where I feel like who I'm getting something done and at the same time I'm breathing deeply.

**Alex:** It is so easy for people to undervalue the importance of those pieces, right, it's easy to get caught in the kind of track of doing complicated sophisticated and very valuable functional medicine work but not move ones body, not get fresh air, not get sunlight and to diminish the importance of those pieces.

So that's the green level, what comes next after that?

**Dr Minich:** Yeah so next is blue/green or turquoise or aquamarine and I connect that to the throat area. So the throat, I'm just again chunking out the body systems, so I'm thinking about the mouth, how we eat and often times we're fatigued because we're not eating or we're taking in too much too fast. Oh my gosh I see that with so many people, they'll have the best most colourful meals but they are scoffing it down and they're not actually taking time and that doesn't help digestion and back to the fire down below.

This is also, it's not just about how we eat it's about how we speak and what I have seen for so many people and I've struggled with this even in my own past is all the words that we keep locked within us, the inability to really speak our truth, because again we're so concerned with what other people are thinking, expectations, am I going to offend somebody or how do I say this. All of those things from a psychological perspective can also keep us very locked up and sometimes we have fatigue and energy issues through TMJ, you know a lot of issues even with the jaw and the tightness we hold here and even in the next.

So what I do think is relevant for people here with fatigue is to be loosening the neck, again looking at posture, getting massage, even if it's jaw massage and doing that on your own, focusing on how can you speak your truth, maybe it's just even within the confines of your journal, but really noticing what words. Within the 'Whole Detox' often times I will talk about swearing, I'll talk about lying, exaggerating, you know some of the toxicities that can come through that don't feel so good in that area and again if we keep saying certain things or we're not saying certain things it requires energy in some way, in some capacity.

**Alex:** There's also, going back to what you were saying earlier in terms of emotional expression right, that if one's holding back their truth that takes energy. To hold that back is like trying to hold back a dog that's trying to run away, it gets hard after a while.

**Dr Minich:** It gets harder and harder, yeah, and one of the people I like very much who has really influenced my path, Caroline Myss, she's written a number of books and one of the books I love is 'Anatomy of the Spirit', I remember how she talks about our choices, what we say and how we voice them. I mean this is really, many people think that love is most important but we have to choose love, she talks about, and it's so true, you know what do we choose, what do we verbalise.

Then if I think physically and just like what's in this area outside of the jaw and the neck it's the thyroid gland, right, nestled here in the throat area. Many times we have thyroid issues, whether it's because of endocrine disruption, toxin exposures, some people just have a natural proclivity towards having dysfunction in the thyroid, they have more susceptibility for various reasons. Maybe they need nutrients like iodine or Vitamin A or selenium, zinc, you know there can be any number of things that can be off here, or maybe they have an autoimmune condition. That can deplete people as well, I've seen clinically, just more and more people with autoimmune type of conditions where you have auto antibodies to the thyroid gland.

So then I started thinking about metabolism and energy production, so much is corralled through that thyroid gland so getting the thyroid to be healthy is important for energy.

**Alex:** Absolutely. So then I think we have blue, is the next level after turquoise right?/

**Dr Minich:** Yep. The next one is kind of the colour I'm wearing, like an indigo, a blue purple, which I connect to the brain. So here we go to the hypothalamus, the pituitary gland, the master control regulatory centres of temperature, of neurotransmitters, of kind of really looking at the cycle neuro endocrine space, there are so many different tissues that are working together and then signaling to other parts of the body I'm really intrigued with those areas and so when I think of blue/purple foods I think of things like blueberries. There are studies on blueberries showing that those pigments that make blueberries blue lead to changes in learning, memory and mood and so sometimes our brain does feel on fire because we're eating a very inflammatory diet, we have a lot of stress in our life, and so that's why when we were talking about the red in adrenals I say lets go up to the brain, lets sleep well.

Here's where I talk about sleep in 'Whole Detox'. Many people don't have energy, they have incredible fatigue because maybe they can't sleep well or they're just not allowing themselves to sleep well. I mean sleep is one of those things, this is where I'm really good, I'm good with food and sleep. Those are things I don't compromise, I probably compromise on the physical activity more, which I'm always trying to improve, but sleep is like oh my gosh when you're sleeping you have a fluid around your brain, the glymph, the glymphatic fluid that expands and it allows for a lot of those toxic metabolites to move their way out of the brain matter to excrete it through this fluid. So if we have a toxic brain and we're not giving our brain the time to process amyloid and whatever else is accumulating then no wonder we could have fatigue and so I think it's really important to look at sleep.

**Alex:** Yes, absolutely, and it makes totally sense and of course when the nervous system goes out of balance one of the impacts of that is then sleep goes out as a result of that. I think often people are so concerned around why can't they sleep and often the way I think about it is well sleep is a result of what's happening the rest of the day. Sleep's a natural product of the end of the day, if the systems constantly stressed and over stimulated all day it's not going to then switch off at night.

**Dr Minich:** It's so true and it primes your next day, it book ends your life really and truly and I do think that in the way of emotions here there's a lot of dream work, a lot that can be done and processed through sleep, and so sometimes if people are fatigued they're just processing and they're emotionally processing. For some people who like to go deep, like I'm doing a whole retreat on this, this year in September, where for the whole weekend we're going to focus on dream work, we're going to focus on mood state, blue/purple, we're going to be the net sphere because there's so much here and there's greater depth than I think most people are touching upon.

So I do think that working with a trained person to kind of get into that space can be very healing and once you bring that stuff up from the shadow or from the dream space it's kind of like oh wow there's so much transparency and there's just so much illumination as to what was gnawing at you, whether it was symbolically or literally. Sometimes that can just feel like such a great witnessing.

**Alex:** Yeah absolutely. So then final level, tell us about the spirit.

**Dr Minich:** Yeah. So the last one is the colour white and so that is purity, clarification, this is no food, this is fasting. If we look at those spiritual traditions that cultivate fasting and I know right now intermittent fasting or

time restricted eating is such a huge thing going on and lots of discussions, and I do think that there's something there with fatigue. In fact even for myself I was experimenting more last year as to how is my energy level when I'm eating at certain times of the day. So I need to have an 8 hour window of feeding, what really makes me feel energized and I was always kind of feeling like oh I need to eat for energy but then I realised I didn't need to eat to have energy, that when I was paying attention to my body rhythm the diurnal 24hr rhythm I just became much more connected into my energy level and I do think that sometimes the cycle being the 'when' of eating.

So when do people start eating, when do they stop eating, this can tie right into fatigue because if we're eating really late at night and we don't have that digestive fire to process, transform and burn all of that stuff brightly it could just end up making us not sleep well. I mean it just cascades into so many different things and so this is the moment of stillness is fasting, withdrawal, psychologically I see this as having space for silence.

Having space for silence because so many people they're just on autopilot, everything is fast and they don't have time to process and synthesize and meditate and pray. You know whatever you prefer to do within that silence, that's up to you, but it really is creating a space where we can do more on the receiving rather than the output. I think that the output is what really fatigues people, when they're always outputting and they don't get enough of the input, the inspiration, the intuition, the creative impulses, that come through those bouts of stillness of when we're in the no mind zone.

So that's not one just because there's no nutritional direct correlates, I do think about the fine wiring of the nervous system the things that are invisible. Like electro magnetic fields, how that can deplete us, electricity depleting us depending on our blue light, I'm sure that you've heard about this through your other speakers and you know about this as well, just the issue of light and how that transforms us through the pineal gland, which is when I think of white I'm thinking white light, I'm thinking of how do we prime our body systems through the element of light.

**Alex:** What strikes me as we've been going through the system is that it's a really helpful map for check listing that someone is covering all bases, right. I just think in terms of as we start to sum up how someone works with this as kind of ensuring they're not kind of going down the rabbit hole of one area that's actually either in conflict with other areas or just missing other pieces of the jigsaw.

**Dr Minich:** Yeah and thank you that's a really good realization of seeing the whole and seeing how things interrelate and that's why I like for people to do

the 'Whole Detox' questionnaire because, it is quite length it takes about 20-25 minutes, it's a hundred and twenty five questions but people can, and it's broken out into sections of food, body, psychological areas. So even though you're not seeing that directly you get a score on how you did in the red or in the orange or in the yellow and from there you can better navigate your path.

You could say well out of the seven systems I'm really high in two of them but let me just pick one and one has the ripple through effect. So even if you chose to work on blue/purple and sleep that's going to change how you crave foods and so many of the other systems, right. So there's no wrong approach, there's only an all embracing web like interconnection of all these different systems so you can pick which one you feel most inclined towards.

**Alex:** Very, very cool. I wish we had more time but I'm mindful of time so Deanna for people that want to find out more about you and your work where's the best place to do that?

**Dr Minich:** Yeah I would say going to my website, which is [deannaminich.com](http://deannaminich.com) and on there all of my social media links are there, my blogs, all of the info, all of my courses, classes, programmes and this is again hopefully we can make this available for people I just have it as a download even on the website. I think it's a nice navigation map for people, it's in my books as well but I think having this on the refrigerator, just having this as a reminder of even to think about what colour are you drawn to today and taking that path in through that system, through that aspect of colour.

**Alex:** Fantastic and I know you've written a number of books, we mentioned this one 'Whole Detox' and it's got the questionnaire in there and I just happened to pull it up on the page it's also another place people can go to, to get the map.

Deanne Thank you so much for your time I really appreciate it and I appreciate your ability to take the academic and to write the research pieces but to also put it together in a way that is accessible for people. I think it's been really valuable so thank you very much.

**Dr Minich:** Well thank you and I so appreciate you putting on this conference for people with fatigue, like we started out with it's incredibly pervasive and people need tools and so I think if they can just think of one or two things from this whole conference that really speaks to them and go further with that they'll start to see a shift.

**Alex:** Dr Deanna Minich thank you very much I really appreciate it, thank you.



**Dr Minich:** Thank you.