



Conscious Life presents

How Your Lymphatic System Impacts Your Hormones

Guest: Dr Christine Schaffner

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[00:00:10] Alex Howard

Welcome, everyone, to this interview where I'm talking with my friend, Dr Christine Schaffner. And we're talking about the relationship between our lymphatic system and hormones. To give you a little bit of Christine's background, Dr Christine Schaffner is a board certified naturopathic doctor who has helped thousands of people recover from chronics or chronic or complex illnesses.

Through online summits, her Spectrum of Health podcast, a network of imminent health clinics, and renowned online programs, Dr Schaffner goes beyond biological medicine, pulling from all systems of medicine and healing modalities.

Dr Schaffner completed her undergraduate studies in pre medicine and psychology at the University of Virginia in Charlottesville and went on to earn her doctorate at Bastar University.

With her diverse skill set, Dr Schaffner seeks to improve access, outcomes and speed of recovery for patients struggling with chronic, complex and mystery illnesses. Patients travel from all over the world to reclaim their health using her eco methodology. So, firstly, Christine, welcome. Thank you for joining me.

Dr Christine Schaffner

Oh, thank you, Alex, so much for having me. It's always so fun to connect with you.

Alex Howard

Yeah, likewise. So why don't we start by exploring the connection between the lymphatic system and what's happening with our hormones. And maybe you just want to say a few words to what the lymphatic system is and what it does, and then we can bridge that connection.

[00:01:45] Dr Christine Schaffner

Yeah, absolutely, I'd love to. And this is a really important topic for me. I've made a course over the years to educate people about the connection with the lymphatic system and your hormonal health.

And I think it's often missed. And sometimes, if you're not getting the results that we want when you start bioidentical hormone replacement, we should really look in this system, and I think it holds the answers for you.

So kind of every talk I get to do, I really love to educate about the lymphatic system, because I've observed over 14 years of my clinical practice that this is one of the most rewarding systems to treat.

And so it's this body wide network that is full of what we call lymphatic capillaries and vessels and nodes and organs and glands, and it works intimately with our fascial system as well as our circulatory system. So both of those systems are key in its movement and its regulation.

And I find that it's such a beautiful system to look at because it's really the intersection between drainage and detoxification and the removal of metabolic waste and environmental toxicants that we get exposed to.

And also it's the intersection with the immune system. So it's a big part of our lymphatic system has to do with our immune health. So it has to do with basically what comes out of our blood and what we're exposed to in our environment, as far as microbes or stealth pathogens, that makes its way to our lymphatic fluid.

And our body gets the opportunity to recognize this as foreign and to mount an appropriate immune response through T cell and B cell activity. And so our lymphatic nodes and our organs are kind of mini cities trying to recognize and create this response.

And kind of a topic maybe your audience would be really interested in is that I also think the lymphatic system holds trauma in the body. It's one of the many systems in our body that can hold trauma.

The interconnection between the structure and water within the kind of the water that bathes our cells and also the fascia that kind of is intermeshed with the lymphatics. I feel like this is a very common place where trauma is stored.

So this area gets sluggish as we go through life, and it relies on our movement. We don't have the heart pumping the lymphatic fluid like it pumps the blood, and it relies on our movement and different techniques that we can go through to create movement and relieve stagnation.

And I find health is really complicated. There's a complexity. We see people with multisystemic, multivariable issues, but there's an elegance in life as well. And when we see stagnation in the body, that usually creates disease or poor health.

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And when we see movement and flow and drainage and this movement of fluids within the body that doesn't get impeded, we typically see health arise. And one kind of last point to bring this to life, especially as we talk about hormones.

So I'm a big fan of teaching people about the extracellular matrix, and I've thrown a lot of words out. And more or less, we think of the body as systems and compartments, but there's really a continuum of connection. And so the lymphatic network is in the fascial network. The fascial network is really interconnecting our skin to the nucleus of the cell.

And then really where the lymphatic system starts is in what we call the extracellular matrix. And this is the area where lymphatic fluid leaves the capillary space from the circulatory system. It becomes pre lymph for what we call interstitial fluid. It's bringing nutrition and oxygen and all the good stuff to the cells and really helping to remove metabolic waste.

Also, as life builds up and as we get more and more exposed to environmental toxicants that can build up in this fluid. And basically these things, like heavy metals, can lodge themselves into the extracellular matrix proteins through charge differentials. We could talk about the mechanism if we want.

But what I'm trying to paint here is that the importance of keeping this fluid moving and prevent it from getting stagnant is really important when we think about hormonal health. Because when we are looking at hormones, we are actually giving the body an exogenous hormone, or it happens internally as well, of course.

And that hormone has it to make its way to what we call a receptor on the cell membrane. And that engagement of the receptor and the hormone actually triggers a response within the cell. And that's what we're trying to create. And that cellular exchange and that information turns on an effect, whether it's thyroid hormone or adrenal hormone or progesterone or estrogen or testosterone, that's really where the action lies.

And when we're giving somebody a hormone or we're wanting their hormones to work better. So if we get a build up of toxicity and stagnation in this space, that can affect our cell membranes, our receptors, and we can need either more hormone to create an effect or we get a lack of effect with our internal endogenous system, because the hormones that we have are not actually getting to the target.

So I could talk on and on, but I'm hoping that paints a picture and that shares really the importance of why we connect the lymphatics with hormonal health.

Alex Howard

Yeah, I think one of the things that I really want people to recognize in what you're saying is that there are all these different connections between our bodily systems. And sometimes people can come into a clinic like yours or like ours, and they'll come in and say, "I just don't know, why am I so unlucky?". It's like "I've got these issues with toxic low, but my hormones are also out of balance. My digestion is also an issue".

And people see these as separate things as opposed to an interconnected network where when one piece is out of balance, it has systemic effects on these other systems.

[00:08:08] Dr Christine Schaffner

Yeah, and the lymphatic system really teaches that because if there's stagnation in one area, it can affect the whole system. And that's why we really look at really, health as the whole body flowing and communicating. And when we have stagnation, compartmentalization, that's where disease starts or imbalance starts.

Alex Howard

Yeah, maybe we can go a little bit deeper into some of the hormones and how they can have this relationship with, for example, immune function. So estrogen, progesterone, maybe. There are a couple of good examples.

Dr Christine Schaffner

Yeah, absolutely. And it kind of depends where you are, especially as a woman. I mean, I hope that we educate men, too. Men absolutely need hormonal support during these times where there's so many endocrine disruptors or things that are lowering men's hormones as well. But I see a lot of women. So this is going to be really more geared towards women.

So women who still menstruate really have shared and taught me. I see a lot of patients who have chronic illness. So they'll have things like Lyme or mold or POTS or dysautonomia or mast cell activation or all of it, right, and we're really focusing on their immune system.

And what I just learned from observation of my patients over the years is I would hear these young women the week before their period, they would have this huge flare in symptoms. It would be their worst week of their whole month, and they would plan around that time because they felt so poor.

So I did some investigation, since I've created these courses, and obviously trying to help my patients. And what I found is there's a relationship, especially when we think about the menstrual cycle.

So the first half of the menstrual cycle is all about estrogen, right? So it's the follicular phase. If somebody has, not many people do, but if they have a 28 day cycle, like the first 14 days are going to be all about building estrogen. Estrogen is a time where our immune system is going to be more hearty. It's ready to fight. It's before the possibility of implantation.

So this is a time where patients feel the best, their immune therapies work, their body is really ready to do what it needs to do to clean up microbes or stress. After we ovulate, women start secreting progesterone.

And progesterone is really very much needed in our hormonal system, especially with people who are going through the chronic illness journey, because it helps with anxiety, insomnia, it's a neuro

steroid. So if people have had brain injury, concussion, traumatic brain injury, blood brain barrier issues, progesterone is very critical, and I use it a lot.

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However, in theory, a woman could get pregnant after ovulation. And so progesterone slows things down. It actually has an immunosuppressive effect on the immune system. So as that progesterone is building and that one week before your period, there's starting to decline, because women bleed when there's a decline in progesterone.

So it's kind of like this suppression happens, and then there's a waking up of the immune system that happens. And this woman, I want to give a lot of credit, because nobody, I could not find any papers, but this woman in around 1999, around 2000, and we still don't have it. Popular language...

Her name is Dr Marylynn Barkley, and she came out of UC Davis, University of California, Davis, and she studied women with Lyme and saw this...and she found that women were most symptomatic because there was this suppression and then reactivation, that almost the immune system came on more strong to the chronic infections. And she found that this was the time that it was most potent to actually get a positive Lyme test for patients.

So we deal with, again, the relationship between estrogen, progesterone and the levels that's really important. But there's this whole other story around the immune system. And what I found in my practice for these women is that I would give more immune therapies during that week.

So I use different herbal combinations, and I would say this is the time to double your dose or to increase your immune support. So you're not surprised that your immune system has support, as it doesn't feel alone to wake up to what it had forgotten about almost when you have a chronic illness.

And so I just hear that story all the time, you know, Alex, and I feel like it's relevant to share with people. So that's one really big story.

The other thing I wanted to share with the mast cell story, more and more people find themselves in this hypersensitivity, this hyper vigilance. I used to see patients in my early days, it would probably be one out of 200 who were this sensitive. And now I would say it is the majority of my patients.

These are the people who could feel the cell phone a couple of doors down, who can react to small amounts of therapeutic interventions. And we have to start very small. And the mast cells are surveying our immune system, and they're part of the first line of defense, and they're surveying our body, and they live in the mucosa and the connective tissue. So in that fascial kind of lymphatic network.

And often what we find is that we use a lot of different mast cell stabilizers and different nutrients and medications, but progesterone actually helps to suppress or kind of stabilize the mast cells. So that's another kind of indicator of can also work for us to kind of stabilize and to help that hyper vigilance of our immune system as well.

[00:14:19] Alex Howard

I'm going to re-spotlight the same point I made...another really good example around how what appears to be an overreaction or hypersensitivity in the immune system, where, yes, there may be a place for mast cell stabilizers, there may be a place for a low histamine diet or various things that one might do to try and bring to kind of calm that fire.

But what you're saying is actually bringing hormones back into balance, for example, if progesterone's got too low at certain points in the cycle, then actually that can in of itself directly...which makes us wonder what's actually mediating that reactivity in the first place.

Dr Christine Schaffner

Yeah, I'm still fleshing out my understanding, but I was reading papers and mast cells, when they're triggered, they also release T3. So it's kind of like there's this whole dance of - I'm a terrain person, so I trust the body's intelligence, and my job is to remove obstacles and let the body do what it's way smarter than I could ever be to do, right.

And I think, as you mentioned, there's this constant regulation and balancing that the body is trying to compensate. And it could look like an overreaction or it can look like an imbalance, but it's also the body's attempt to regulate.

So what I'm sharing there is that you're absolutely right that when people get to that point of hormonal distress, balancing the hormones can have broad sweeps and help regulating symptoms. You still have to keep going deeper to underlying causes, but they can absolutely help people feel better.

Alex Howard

So someone that is watching this - we'll come to some of the interventions, some of the pieces we can do in a little bit - but someone that's watching this, where maybe there's mast cell issues that may be presenting as reactions to anything from perfumes to foods or so on, but they've also clearly hormones are out of balance, there's also maybe energy issues (you mentioned you work a lot with chronic illnesses).

How does one, and also for clinicians that are watching as well, from your perspective, how does one start to unravel this picture? I'm curious. As a clinician myself, I'm always really interested in people, how different practitioners approach these cases. Like, how do you look at it, and how do you assess where you start?

Dr Christine Schaffner

Yeah, it's a great question. And I am kind of in this inquiry, and I kind of always evolve my ideas based on what I've observed. And I'm in this kind of new way of kind of sharing what I do, and it's just kind of putting it together. So I'm happy to share this with you, Alex.

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So I mentioned I'm a naturopathic doctor, I trained in bioregulatory medicine. So this is the medicine out of Austria, Switzerland, Germany, that looks at the body's innate intelligence, and they look at this idea of regulation. So when the body gets sick, there is an imbalance in the body's ability to really restore homeostasis and enact this self-healing capacity to its fullest extent.

So we think a lot about the autonomic nervous system when we think about regulation. I like to invite us to also think about the fascia when we think about regulation as well, because some people - I'm reading papers - think that it might actually transmit information faster than our nervous system, and I see that in practice. So I'm a believer that that is true.

So I start with regulation. So I need the body to be able to communicate with me in order to sequence my treatments. So this is identifying and mitigating in what we call interference fields. So that's the mouth, the tonsils, the sinuses.

There's also looking at scars. I'm a really big proponent of scar therapy, especially before a bioidentical hormone replacement. I had a friend who started bioidentical hormone replacement. She was really excited and wanted to. She had gained weight and wanted to start therapy, and she wasn't responding. She was actually having the reverse reaction.

And so I was like, she probably has a release of heavy metals from her bones that are breaking down from the lack of estrogen, and also her scars are impeding her lymphatic flow. And we did scar therapy, and things started to move and work better. So I could talk for a whole hour about scars, but I'll just point that piece...

So we look at the autonomic nervous system interference fields. I use a lot of vagus nerve support. There's a product I love called Parasym Plus that has the thiamin hydrochloride and huperzine and things that helped on regulation.

So I also would say lymphatics are part of regulatory medicine as well. So I'll start with lymphatic therapies as well. So that's kind of where I start. I actually have put my mast cell therapies in regulation these days because so many people have mast cell activation.

So I will often start with everything I shared and then make sure the mast cells are happy and stabilized so I can actually get through that layer, because people become very hard to treat when they have mast cell activation. So we just start there.

Alex Howard

And just to interrupt you there, Christine, so what are some of the key pieces there? Is that primarily with mast cell stabilizers? Is that primarily with low histamine diet? Both...

Dr Christine Schaffner

Yeah. So I see mast cell reactivity as really a symptom of an underlying infection. So I often think there's this really awesome picture from a paper I've read. Jill Carnahan showed me that paper, but somebody owed a connective tissue disorder, and looking at all the triggers of mast cells.

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I find the most common triggers of mast cells in my patient population are parasites as well as mold. Not to say there can't be allergens or other factors, but why the body becomes so hyper reactive and hyper vigilant is because of the constant stress in the terrain.

So I'll use things like ketotifen and cromolyn. I'll sometimes compound things like Claritin for people. I like BPC 157, which is a peptide. KPV sometimes works for people as well. And then I'll use different things like, of course, quercetin, DAO, and looking at different strategies to get through that treatment.

There's another peptide called amlexanox that I found to be very helpful. That vagus nerve supplement Parasymp Plus can be helpful, too, because of the anti-inflammatory action of the vagus nerve. So I start with regulation, and regulation can include lymphatic drainage, as I mentioned, and then I call it drainage.

So that's all my naturopathic medicine. So making sure there are good lymphatic strategies supporting bile flow is huge for these patients. It's really huge for hormonal success. Bile is a route of elimination.

And if you're estrogen dominant and your bile isn't flowing as well, that can increase estrogen dominance, as well as if you don't have good bile flow, that can affect your make-up of your estrobolome, which can actually detoxify your estrogen in your gut.

So bioflow is really important for liver health. I look at the kidneys, I look at the colon, I look at the lungs, the skin, all of those emunctories that we call them the organs of elimination. So that kind of sets the stage.

And then the kind of things that I've built upon is, I say resonance, coherence, regeneration. So I use resonance modalities to prioritize. So that is the hardest part of this work, is you can hold all of this information and you don't know where to start, or you do too much and you're not having a dialog with the body.

And so I do all my doctor stuff. I do all the labs, of course, and I find my job is - at this point - as pattern recognition and intuition. And so I use bioresonance tools that look at resonant frequencies of the body or different stressors, and that can help to prioritize or help me pattern recognize based on my experience. What needs to be treated, is that Lyme? Is that a parasite? Is that mold? Is that just nutrition and getting the body more balanced with deficiencies?

I use the AO scan right now, that helps me. It's simple to use and it works. So I've been using that, and then I also use - I know you're familiar with, most likely - NESS. So NESS, that helps me to look at the trends and the patterns in the energy body and where that could be stuck or stagnant. It has a body map that helps me.

What I also like about the NESS, it also looks at the structure. So a lot of my patients can have cervical spine issues. So if your atlas is off or you have a CCI or cervical instability, that can also affect your autonomic nervous system function.

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So I use AO NESS with every patient, if they're in person I have a Bio-Well camera, so that's Kirlian photography, to look at the map of the biofield using light emissions from the fingers. And then I muscle test.

So I've been trained in muscle testing. I've done it since I was day one in practice. There are many different modalities. If you're a clinician, I just suggest you find one and just stick with it and work with it because it's like a muscle, and then it becomes an extension of you.

And my husband's funny. He works for Amazon, very different than me. And he's like, "I think muscle testing works for different reasons, why you think it works?". I'm like, "I don't care..." because it's getting out of my mind and getting into another extra sensory perception that I've developed over the years.

And especially if people are in person, I always use an assistant to help me muscle test, and I'm a big believer of like, okay, I have a biofield, they have a biofield, the assistant has, and we're all coming together with the intention of helping this person.

I always say, like, I am at my desk thinking about a thousand things, and then it becomes very clear. Or I get information that I wouldn't get if I was just sitting at my desk trying to make a plan.

And Covid has made me get very creative and how to utilize quantum entanglement and to do this remotely, and I wasn't sure it would work, but it absolutely works remotely. You just need some energy or information from the person to use in the circuit.

So resonance is this dance of prioritization, and this is not for the faint of heart. I mean, the unwinding a body who's been sick for decades takes time. And I'm always really excited about how we can shorten that time.

But there's an unwinding of these stressors as we're healing the nervous system and getting the body back online. And I'm a big believer in trauma work as well.

And then this idea of coherence. So I think I did a whole summit on coherence. I think health is coherence. This is alignment of information in the body. It's alignment. We can do exercises to align the field of our heart with our brain and also with our fascia.

And there's this idea of when we're in alignment, we can create with a greater consciousness or fields around us, whatever you want to call that, and get information not only to propel our life and give us momentum, but also to give us an upgrade in our body.

And so one of the things my patients often tell me is that they're, like very spiritual people, but they can't connect. So I find that there is a timing that their body can connect a little bit more easily.

But in that meantime, it's like, how do we add coherent information to the body so that they can experience it and remember and remind themselves and also support their body as they're going through that.

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So that's through frequency, that's through light, that's through sound, that's through healing, working with a healer of some sort, even with the body. So those are really powerful techniques.

And then I'm kind of any major regeneration right now, because the body gets so beat up in modern life. And, yes, all these techniques and tools can stimulate regeneration in the body.

However, I feel like in the US, it's becoming a little bit more common, that we can use exosomes and umbilical stem cells in our country; that used to be not allowed, and it's not for everyone but people who've struggled with a neurological issue for a long time, or they have chronic wear and tear in their joints from Lyme disease or what have you, there can be a place for using these kind of...I was laughing with my friend.

I mean, this is what we joke about, but it's kind of like modern day glandulars, right? We need this strong of information from the source of humans or early life to actually stimulate a healing response.

So that's kind of how I've laid out how I work with people. And where I'm in the weeds and where I'm in the nitty gritty is this resonance kind of idea of pattern recognition and prioritization. That, I think, is the art of medicine and I think we can do a lot DIY now. There's a lot more education out there. There's a lot of great people sharing how to go through a chronic illness.

But if you're stuck or struggling out there, I really highly encourage you working with somebody who sees this every day and can look at your blind spots. I can't treat myself. It's too hard to treat. I have all these tools, and I have my own blind spots.

And so I think part of the healing process is being seen by another person and reflected back where we need to bring energy and attention. And we're human, we want to hide from our blind spots, we don't want to look at them. We want to keep them in that quiet corner and compartment in our body.

And it takes somebody you trust and have good rapport and that you can develop a coherent exchange between each other to unfold and bring that to light. And so, this is what I know now, Alex, I'm sure if you ask me...it will be different, but this is kind of how I walk through a patient journey.

Alex Howard

So for someone that's watching at home, that wants to start taking some of these principles, and particularly this piece around the relationship between the lymphatic system and hormones - and there's lots of dialog and conversation in this conference around also working directly with hormones, I know that's something that you also do as part of your work - but maybe particularly some of the practical things one can do for the lymphatic system, things people can do at home in terms of movement and so on.

Maybe you can speak to some of those pieces.

[00:29:53] Dr Christine Schaffner

Yeah, there's so many incredible tools and so much more awareness. And find what works for you and what you'll do. So movement is definitely great if you have a chronic illness out there, even get up, walk around your house, take the stairs, whatever you can do.

But movement each day, getting out in nature, I think grounding also has an effect on getting the electrons in through our skin and helping to propel exclusion zones in our bodily fluids to propel movement.

Hydration. I'm a big fan of drinking structured water or filtered water or hydrogen water or deuterium depleted water. Whatever you want to drink, just drink some healthy water on a regular basis.

I think light, especially infrared light or the infrared sauna, can be another way to move the lymphatic system and also increase that exclusion zone in your system.

Castor oil. So castor oil is pretty attainable these days. And putting it on your liver, your abdomen. If you're a woman with breast health issues, if you have fibroadenomas or concern about cysts, I always look upstream, in your mouth, so make sure you don't have any amalgam fillings, root canals or cavitations that drains into the breast.

There's even a breast tooth in the back in the mouth that we relate in that organ acupuncture, dental chart that actually rings true. So you can put castor oil on your breasts. For women too, for breast health, it's all about your armpits and your drainage in your armpit.

My friend Kelly Kennedy always talks about, do you have pits or puffs, right? And so if there's not that indentation in your armpit, that means you need to do more lymphatic drainage. So don't wear aluminum deodorant or antiperspirant.

And then there's different topicals or different tools that you can do. Biopure has a deo cream that pulls toxicity out of the armpit. I created a lymphatic drainage cream called Lymphflo that you can put on the clavicles and the cervical lymph nodes to drain your brain at night.

And then there's also my good friend Desiree De Spong that Kelly introduced me to. She's in New Zealand. I'm at my home office, so I just have this on my desk. It's called a Flow Orb. These are...its vibration. So you can actually put in your armpit, you can put it over scars, and that can really help. There are gua shas these days that you can get the facial gua shas. I have a person I interviewed who created a stone body gua sha. So that works.

Dry skin brushing works. We have a system called the Flowpresso. That's compression, infrared, and then vibration plates. I just would err with caution with the vibration plates, that they're not too much for you or they're not dangerous. If you're somebody who's not balancing your system at the moment, if your neurology is a little compromised, don't get on a vibration plate. You could fall.

And then I work with plant stem cells. Those are awesome, to drain the lymph, letting go of your rigid patterns and the areas where you have stuck energy in your life, knowing that your body is a

barometer of your emotional health and not being afraid to go to those places, and working with a lovely person who can help you do that.

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And if you're sick out there, get manual lymphatic drainage work. Work with a skilled person. Go spend the money. Invest in yourself. That will accelerate your path. The scars are really important. So you could either put the lymph flow cream or gua sha or use a tool like this that can mitigate the drainage.

I do neurotherapy that's not very common, but it's an injection technique that helps to break up the scar tissue that can be very powerful. Acupuncture has a technique called surrounding the dragon, I think they call it, where they do put needles in a scar that you could ask your acupuncturist about.

So that's just a few things that you can do to restore your health. But women, when you think about your lymphatics, we need your lymphatic network to deliver progesterone to your tissues. The fatty progesterone gets basically delivered in the lymphatic network.

And you want to think about all of these things, and then you want to think about your armpits, your breasts, those are really key areas. And then in the groin or the bikini line are groups of lymph nodes and if you have any pelvic floor issues, that's a really important place to look.

Castor oil over your abdomen and lower abdomen can help bring circulation to your ovaries and your uterus as well.

Alex Howard

So many good examples as well, I was just thinking as you were talking, around how addressing hormones directly at the level of hormones is important. It's kind of a recurring theme through this conference, but we have to look at these other pieces.

And you said a few times in the interview about the importance of the terrain, and it reminds me of that famous supposed quote of Louis Pasteur on his, where he says that, I think it's "the germ is nothing and the terrain is everything"...

Dr Christine Schaffner

Yeah...It's amazing. I mean, he came full circle in his lifetime, supposedly. And we get so afraid of our culture, so in germ theory, and I do not observe germ theory. I observe terrain theory every day in my practice.

You can see couples; one person has a whole different response in a moldy home than another person. It's really the inner environment. It's a way more empowering look at your health than just we're destined to be destroyed by microbes.

Alex Howard

It's more empowering, but I think it's also just the truth, right? We still have to deal with those pathogens, and if someone is perimenopausal or so on and really struggling, they may well need

bioidentical hormones. But it's not the magic piece, that's the only thing that matters. And I think this is a really good example of looking at a multi-systems approach, but also particularly looking at the lymphatic system.

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So I'm mindful of time, Christine. So I just want to ask you, if people want to find out more about you and your work, where's the best place to go, and also what's some of what they can find?

Dr Christine Schaffner

Oh, well, thank you so much, Alex. And thank you for having me. So I have a clinic in Seattle. It's called [Immanence Health](#). Immanence means the divine within, and we do telemedicine. If you're international, we can see you as well. And I have a supplement company called Ipothecary. It's like Ipothecary with an 'I,' So [ipothecarystore.com](#). And I created a whole line on the lymphatic system because I felt, like, so passionate about this topic.

And then I have a podcast called [The Spectrum of Health](#), you can find anywhere you find podcasts. So thank you.

Alex Howard

Amazing. Dr Christine Schaffner, thank you so much. I really appreciate you, and I appreciate your time.

Dr Christine Schaffner

Thank you, Alex.

