



How Relationships Support Healing Trauma

Guest: Razi Berry

Niki Gratrix: Today we have a super guest who I've been truly looking forward to interviewing. It is Razi Berry.

She is the award winning speaker, founder and publisher of the journal Naturopathic Doctor News and Review, which has been in print since 2005.

She's also the publisher of the peer reviewed International Journal of Naturopathic Medicine, and she's also the publisher of the premier consumer faced website of naturopathic medicine, which is Natural Path.

She is the host of Love is Medicine podcast and producer of several online events.

So very interesting, Razi, from a near-death experience as a young girl that healed her failing heart to later overcoming infertility and chronic fatigue syndrome and fibromyalgia through naturopathic medicine, Razi has lived the mind body healing paradigm.

So her projects uniquely capture the tradition and philosophy of naturopathy, the healing power of nature, the vital force, life-force energy in every living thing, and the undeniable role that science and mind body medicine have in creating health and overcoming disease.

So follow Razi at Facebook Razi Berry and join us at Love is Medicine to explore the convergence of love and health and find more out about Razi.

Just a few accolades here as well, she's won many awards. In 2019 she was the recipient of the Rising Tide Award from Mindshare. In 2017 she was the champion of naturopathic medicine, she won the award for that by the American Association of Naturopathic Physicians.

She's also been in 2016, the recipient of the Impact Award, Best Digital Media, again at the Mindshare event. And she's been the Corporation of the Year, as awarded in 2010 by the American Association of Naturopathic Physicians and 2007 as awarded by the New York Association of Naturopathic Physicians.

So she's quite the trailblazer and she's got a truly important message that I can't overemphasize how important it is.

So let's get stuck in and I'll introduce you to Razi right now. Hi, Razi, so wonderful to have you with us today.

Razi Berry: Niki, it's so great to see you again. I love when we get a chance to sit down together.

Niki Gratrix: Yeah, and it is awesome, and you're doing such wonderful work and the project you've got coming up, you're working on the moment I'm super excited about.

So this topic that we're going to talk about, it's right up my street. We're going to talk about how relationships affect biology, psychology, physiology and consciousness. I love this topic.

Razi Berry: Well, it is right up your alley, Niki. That's why I'm so glad that you're part of the project, because you added so much to it.

Niki Gratrix: Well, it was my pleasure. And I just thank you again for bringing attention to something that's so important.

So and your background, your incredible background as a publisher. In all that time you've been doing it for about 15 years and you've published over 2,000 cases over the last 14 years. Share with us from that profound experience what some of your biggest takeaways are.

Razi Berry: So publishing, there's a lot of research published and those are mostly like double blind controlled studies in a research facility. And when I publish, there is some research in there, but what I publish is our cases, naturopathic medicine cases, so an important part of medical doctors continuing education, even training to become a doctor is reviewing cases.

And so for the past 15 years, I've published more than 2,100 cases, which are so different from the research, because it's not in this controlled environment. It's real patients with real doctors with a real health concern, and so it's their real symptoms, their real experience, and their real outcomes.

So I think that this empirical evidence is so important. And so in medicine, as you know, Niki, we largely think that we don't know, we're searching for the cause of an illness. And we largely think that we don't know what the cause is, at least that's what conventional medicine and research says, that we don't really know the cause. And we'll look at these factors like lifestyle and environment. And in fact you and I before have talked together about a study published in the Journal of Pharmacological Research in about 1996 or 7 that said 90 to 95 percent of all cancers were due to lifestyle and environment. But what does that really mean?

What does lifestyle really mean? Well, when I started looking at patterns in how people got sick and how people get well through these cases, I found that there is in every case a type of disconnection.

And the disconnection happened in three areas, which I think allude to what lifestyle really is, because it's how we style our life. How we actually live our lives. It's not just about whether you smoke or not or whether you eat a Mediterranean diet or not. That's what the research tends to focus on, these labels of these diets.

But what I found is the disconnection comes either a disconnection from self.

In my case, I had an eating disorder that led to heart failure when I was a teenager. You can't be much more disconnected from yourself than when you're not feeding yourself or when you're not nourishing yourself correctly which leads to diabetes or many other illnesses that we know were caused from not taking good care of ourselves.

The other area of disconnection is disconnection from others, and you're a real expert in this research, especially with regard to traumatic experiences and traumatic relations, especially relationships early on.

And then our relationship to nature. So we can't be connected to nature if we are polluting the world in a way that leads to hormonal disruption, or where we're abusing a child that leads to future autoimmunity, or we're not paying attention to the way we need to breathe, eat, sleep and move.

So those three areas, in my opinion and in my world view, are sources of love. Sources for love are the world around us, how we spend time in nature, how we eat and take things from nature that help co-create who we are. Some people add God or spirituality, I do into that area. Love between each other, friends, coworkers, family, parents, and then love of ourselves.

But not just love from like, I deserve this. More love from like am I actually making love the root of every decision I make for myself. So that's what Love is Medicine is about.

It's about exploring those areas that are sources of love and how, instead of getting so caught up in all the hacks that we need to do for our mitochondria, for our DNA, for our microbiome, like Niki, the deeper we get into that, we still are getting sicker as a world.

So that science is really great, but unless we pair the science with love, I don't think we're moving the needle.

Niki Gratrix: I couldn't agree more. I'm so glad you said that. The hacking side is like more of the masculine contribution to health, it's almost and it's like forgetting about the social aspect. You can't take a person's health out of this social context.

And if we think about Bruce Lipton and he says, "children need love to grow," literally, they actually need that emotional expression of love, otherwise, their growth is stymied.

Razi Berry: It's so true. And if we look at even art, most songs historically are about love, most paintings are about a beloved or something that we know, love of God, self, country, family. And that's part, too, like writing most books, poems they all come down to this idea of love that nobody can really specifically define, but that's the beauty of it.

In conventional medicine, in the Newtonian perspective of trying to understand the whole by breaking it into smaller parts, sometimes we miss the whole system and the importance of the whole system.

That's why I love your work, Niki, with regard to trauma and relationships and how they affect our health, because they do. And it's not just lip service that we need to give to it, we really need to be focused on the experience in every moment.

I just had a conversation with someone who is an introvert and wrote a book about living as an extrovert for a whole year. And at the end of it, she didn't decide to become an extrovert, but she found ways to connect more deeply with others. And because of that being an introvert, she still enjoys that, that's her personality. But she doesn't have the same social anxiety that she used to have.

So it's just making these decisions, I think, every day that lead to love and lead to health. We can't really define love, but we can experience it.

Niki Gratrix: Yeah. It's so tricky because I suppose love, it can be, it's a wildly overused word and it's so easy to intellectualize the words or rationalize it.

It is very interesting, all the trauma work that I've been researching, the healing is all very right brain work. And I put love, it's a feeling thing, it's not a thinking thing, we could at least say that. And it's very interesting, it's things like music, sound therapy, theater and arts, yoga.

It's not really the thinking CBT type of cognitive behavioral interventions. It's a felt sense inside your body of feeling safe and even the word connected, it's just a word to describe this feelings state.

Because when you say love is medicine, anything else you want to add to that as well in terms of how we try and transmit, because it's a feeling we're trying to transmit, right?

Razi Berry: Yes. So first, I wanted to share another perspective that I have I think helps illustrate for people.

So when we look at animal populations that live naturally in the wild, unless they're domesticated, but they live in the wild. And when we put an animal in a zoo or a factory farm or something like that, we notice some things that happen; when they're taken outside of their habitat, where they're underneath the diurnal cycles of light and dark, when they're on the earth's biofield, when they're eating food that they instinctively and instinctually go toward, then they're robust. They procreate easily. They can hunt. They can navigate towards water in a drought. They know how to migrate back and forth.

So they have a very keen, I guess, self-awareness, you could say, in an animal sense and a lot of vitality. You don't see animals getting stressed out the way humans do and such.

Well, when you take them out of their natural environment, what happens? They become sickly. They don't live as long. They have problems reproducing, their sleep cycles are different and they lose their instincts. They lose their instincts and they eat things that they aren't naturally gravitating to, things that their instinct tells them to do. And I think as humans, we've done the same thing.

We've lost our wilderness, and that doesn't mean that you have to live outside, naked and barefoot, under the sun or live in a yurt or something. But we've extracted ourselves from that.

We've taken ourselves away from the tribe, we're not as connected, and you're a real expert in this area. And we've lost our own instinct because we're so disconnected in these ways. We're always looking to someone else for the answers. We're looking to the doctor, looking to the guru, looking to the next fad diet, how to sleep, how to have a baby, how to lose weight, how to gain weight. Every decision we make, we've suddenly lost our instinct. And what I think that we need to do is just so simple, the love is medicine message is profound, but yet it's so simple.

You find ways to heal the past by what you do in the moment, by the choices you make. And then you can start regaining that sense of intuition to make the right decisions for yourself, the right decisions in your relationship, the right decisions with the job, work, purpose, whatever it is.

And then when you read somebody's amazing book about a diet or about how to heal your thyroid or how to find love, then you can pass that through your own self-understanding and make the right decision for you instead of someone else making that decision for you.

Niki Gratrix: That's so profound. That's such a superb message. That, boy, we've got our work cut out with us to get this message out there.

It makes me think of all the hacking, we're getting reliant now on technology to make decisions for us. Again, it's bypassing the intuitive guidance that is within. If we don't cultivate it right, we get disconnected from it.

And I think, to be honest, it seems like so many people, they don't have the connection to the self sometimes even from the beginning. Like, it didn't come from the start. So we have to transmit that feeling because it is a feeling thing. And then, like you say, I see so many clients even now who are great, they're so compliant, they're committed, but they're asking me how much of this should I take? Is this good for me? I'm going to go and do that course, and it's a very rational decision, but it's not OK. What does that feel like? And then exactly as you say, they go and do the course and it's like they get overwhelmed trying to do all of it and they're trying to fit a square peg in a round hole.

They haven't realized who they are, that's not quite right for them. So it's like maybe self-awareness as well it's part of this, like knowing thyself.

Razi Berry: Absolutely. I think you hit it right on the head, Niki, its self-awareness. We have really come so far from that and we've been taught to not trust ourselves from the time, like, if you're a woman from the time you're pregnant; it's like you need to go to the doctor every so often because they're going to check and they're going to tell you what's going on. And then the baby's born and they're going to tell you how to feed the baby, how to burp the baby. Totally not having us, how the baby should sleep, not relying on instinct.

I'm not saying that medical intervention is not important, but we just so robotically accept that things around us are supposed to be the God to our life. We now have apps and everything. Then, as women grow, it's like we just don't trust our body.

We have a fever, turn it off. We have diarrhea, plug it up. As if there's no wisdom in the body that can lead us to healing. And we know or at least naturopathic medicine says, back from even in the eighteen hundreds, that when you suppress a symptom for a time, you might find some relief but what is it doing? Your body's not able to express what it needs to, and it's going deeper and deeper into the tissues. Which leads from that perspective to chronic disease.

And so you're exactly right. Self-awareness is something like any other muscle, we need to exercise.

Niki Gratrix: Yes. It's so true, I think. And people may not even know that there's a part of themselves that is maybe feeling abandoned. They don't realize maybe there's a part of themselves that is wounded or disconnected. They're into rationalizing everything and not connected to feelings.

So to me, it's like waking up is connecting to a sensual experience of life again, you feel fully alive, and it's not boring. And it's also very much tied to something I want to expand as well.

Another word that I love, it's wildly overused again, but intuition, that's what we're really talking about on one level, isn't it.

Razi Berry: Yes, absolutely. Our intuition is often put into this pile of like 'woo-woo' that maybe isn't real or maybe it's just a psychic phenomenon. And I think it can be that and I think that some people may be psychic. I'm not, but we all share an intuitive ability, it is part of who we are, just like all animals have instincts. And our intuition isn't just about something like in our head or out there somewhere. Our intuition is very much part of assessing and understanding our own physiology.

Remember, we're kind of like this big antenna that takes in data from all around us at every given moment, we're taking in sight, sounds, touch and things like that and those are all really important. And you know all the research about touch and things like that.

Our sense of smell, for instance, is so much more than just something that smells good or bad. Sure, nature design that we move toward something that smells good, it's a reward system in our brain that entices us towards choosing health. If something smells bad or putrid or dangerous, we stay away from that. It's our reward system telling us danger or staying away. But there's even things more subtle in our ability to chemosense.

We can actually sense signals from other people and our environment that give us information, even things about the fertility, the health of another person, even sometimes the intentions. Like this idea of smelling fear that we've been kind of a known human thing for a long, long time. There's even been some research behind that we can actually smell those types of things.

So that awareness, that intuition can come alive again if we reconnect these three areas of love. And we also, part of that is detoxing our environment so we aren't getting wrong signals to the body, whether it's through food, flavor, smell, touch, whatever. And like you say, there's a lot of work to be done to get this message out. But I think that it's less daunting than what we're doing right now. I think we're making it harder than it needs to be.

Niki Gratrix: Yes, I think. Well, it's tricky because I think I don't want to have baseless optimism. I do feel the technology movement is taking people to relying on machines to do the intuition piece for us.

I think we've got a bit of an uphill battle with that because I think I can see that spreading. But there needs to be a group of us that stay with consciousness. Consciousness is so powerful, I think it's as powerful as A.I. It's the only thing that combats it as well.

The consciousness of what you can access if you cultivate intuition. And there's all kinds of different intuitions, as you alluded to, this definitely kind of horizontal, I call it a horizontal intuition where you can feel and sense the feelings of others. And then there's like a vertical intuition where you might, that could include the kind of the psychic stuff, where maybe you get information about things that you couldn't possibly have any connection with. And there's plenty of evidence behind that too.

Razi Berry: Sure, absolutely.

Niki Gratrix: But, what are the ways that people, all the ways that people can increase their intuition? And one of them is like, get off the iPhone all the time, get off the computer, there's so many things. Let's go into that, what are all the ways people can connect back and use their intuition.

Razi Berry: Yeah. So one of the first things that I like to help people do, that's going to sound so simple, but I have them keep a diary of all the times they said to themselves, I knew it, or I should have done this, or I shouldn't have gone on a second date with him, or I knew I should have applied for the job, or I knew I should have taken the freeway and not...All these little feelings that we get in our body mind that tell us, do this but we instead we overthink it and we do maybe what someone else says we should do or we don't trust ourselves.

Make note of all of those, it sounds like it's from the negative.

Well, what it actually does is it builds this body of evidence of every time that your intuition was actually speaking to you, and you just didn't pay attention to it.

So it creates this body of evidence that helps build your confidence in the fact that you do have an intuitive sensibility. And then after you get into that, there's some practices, some are going to be things you heard of before and some might be new.

One, of course, is getting on the Earth more, getting in the sunlight and getting your feet barefoot on the Earth and really connecting to this greater field of life that we're all part of.

We know about sleep and waking, but every cell in our body has a clock and it responds to all these different messages. So really to get as in tune that you can't, don't use lights when possible. And it's not enough to just wear the yellow glasses, because we have receptors in our skin that detect light. So what are you going to do? Be on your computer and wear like a black NASA suit?

So that's the point, Niki, you can't really hack it. You can think like, oh, I'll be in fluorescent light all day and I'll just wear these glasses. But your eyes aren't the only place that's absorbing all that light.

Then I say detox your senses and so I have people remove every bit of fragrance, even for a time, even if it's essential oils. Because like I said, even from your own body odor, you can smell your own body and it's giving you these chemosensing clues of what you need. I mean, your lymphatic system isn't just carrying out waste. When it carries waste through to excrete, it's also giving signals to your body. What do I need more of? What do I need less of. So I have people remove that from their environment and also to remove any kind of flavor.

So I have them even stop using salt and pepper just for a short period of time, a few weeks, and really start to taste the food, it'll take a little time to calibrate. And this might sound silly, but then you start to actually taste the real nutrients in the food and then you start sensing, like what you're craving. And you can think about why this is an emotional craving? Is this an actual physiological craving? And so you're not masking it with a bunch of sauces and flavorings.

So that way you can kind of come more in. It's all about, again, like you said, it's all about self-awareness, being aware of your body, your body is what you live in. And I do believe there's a greater, yes, there's a greater consciousness out here, absolutely, we're so much more. But in this particular space on Earth in this lifetime, that we're sharing right now our bodies are how we're experiencing things.

Now, I think we talked another time that I had a near-death experience when I was a teenager, and we don't need to go into that. But the interesting thing is, a near-death experience is a near-death experience. Even though I had, I believed, left my body, I still had a body, so we're connected to our body in ways that we don't fully understand. And I feel like oftentimes gurus lead us too far, and to detach from it, and I think it's better to just do both. Understand that we are in a body, our brain and our nervous systems are how we connect with each other and it's part of this antenna for the unseen as well.

So the better we take care of our bodies, I think the better we can experience of the unseen that is out there.

Niki Gratrix: I think that's so true. And I think the overwhelming kind of block to our intuition, it seems, is everything that numbs us, and there's so much we're doing to just to numb out.

Whether it's Netflix, whatever we're watching to numb out, to the food, because we don't want to maybe feel the feeling inside and we're so used to it anyway. And then there's so much programming as well going on that's subliminal and even just walking down the street.

I've noticed that this part that you say about self-reflection, it's absolutely key.

So you're almost just being with the body and sitting and feeling it, which is why meditation comes into this as well, just to be completely present in the moment. And then you start to notice little body sensations and maybe bubbling up of joy or you might have a connection to a feeling you had not been connected to.

You have to stop, right? You have to stop and slow down and stop with the rat race. And slowing down is a huge part of it, right?

Razi Berry: Yes, absolutely, Niki. You have to slow down to be aware. I do these little check-ins with myself and I call them like embodied prayers. And I'll stop during the day and I'll try to just notice what my body is feeling.

It's not so much like meditation where you close your eyes and take some deep breaths, that's good. I'm not good at that, so that's why I developed this as a way for me to bypass that, although I still try to do that.

But let's say if I'm sitting during a long day of podcast recordings or working editing on the computer, and I'll do a check-in, and I'll say I got a notice that okay my mouth's a little dry and thirsty. Then I say, thank you, for me I'm thanking God, but others have different ways that they do that. That's like a message and if you go on your whole day, that might seem something simple like, OK, big deal, you know that you're thirsty.

But we know from studying interoception, which is that felt sense, that internal sense of the body. That detecting just subtle clues like hunger, thirst, arousal, tiredness, fatigue are really important to be able to detect, in order to detect the more subtle energies around us as well.

I might be sitting at the computer for a long time doing these check-ins and I noticed, like, my bra strap is digging in. Nobody's going to get an autoimmune disease from a bra strap. But it's a symptom of a larger problem of, like you said, kind of looking away.

Like if you can live every day with a bra that's too tight that's digging into you. What else? What bigger things are you looking away from? And by tuning into these small, subtle things helps you start to become aware of some of the larger choices you have to make.

That's absolutely brilliant and it's so true. I work with fatigue people a lot, chronic fatigue. It's been my long history as well. And this is what we do is a lot of people who end up with chronic fatigue is because over years they learnt not to listen to the body's signals. They overruled stress responses. They got disconnected from realizing they were in stress 24/7.

And that might be because they were in early life stress or they had a traumatic event, but it was like, go, go, go. And there was no stop button and nobody unfortunately in the environment cared enough or noticed enough to say, or had the ability or the awareness to also say, no, you actually need to slow down and stop right now.

So we've got the over-givers that don't realize that they're constantly giving to others and are very compassionate, loving people, but they don't make time for their own needs. Or the overachievers that are sort of the status and the drive, and they must do everything.

It is so true what you say, so I love what you're doing. At the core of those behaviors is a self-love deficit and having to earn whatever it is. Earn by giving to others, earn love by the doing, doing, doing this. So make sure you get everything right, be the perfectionist.

So that's what we were training fatigue people to do was slow down, start to identify what traits you have going on. Where did the self-love deficit start, where you thought you were not okay? And so you had to do all of this stuff. I mean, that's part of it.

Pacing is so important. So people say, well, what's my prescription for pacing? And I'm like, what does your body, if your body is in boom and bust all the time? That's a sign you're doing too much. So this is all we do is tune people in, like tune them in.

Diet, here's a huge one, I'm so tired of the diet wars. So you're going to join me on this. Should I be on a high protein, paleo, keto? I did that, went extreme with it, and then I got ill. Then I went back to, like, doing a high carb thing and I wanted to be vegetarian. Please, please your greatest nutrition guru is you and your body more than any other book.

Do you want to jump in on that?

Razi Berry: Oh, man, I absolutely agree. First, I want to say regarding the self-love deficit. You are the one who introduced me to that, so I'm grateful and you speak about that on the Love is Medicine Project.

So I think that's really important that you're helping people become aware of that, so I'm very grateful for that. But yes, the diet thing, it's like, if we really tune in to our own bodies and it takes a little time to practice self-awareness and sort of detox off the junk signals.

Have you ever had a broken signal? Can you hear me now? It's like, no, your body can't hear you right now. But you start to really feel like what you're hungry for. And nine times out of ten, nine and a half times out of ten, you can tell what your body is really craving. It's really craving the celebration of what that means to you or your craving a little bit of bitterness and a little bit of fat and you can learn. And that way you can still indulge from time to time, but yes, I think the diet wars.

I also believe that when you get more in tune with your self-awareness, your intuition, you'll see that your nutritional needs change over time. Maybe there's a time in your life where you're going through something and you need to eat a lot of richer, not unhealthy, but nourishing foods to help strengthen you through that.

Like, I remember when my father died, I just ate a lot of butter and I realized I'm trying to nurture myself. Other times, maybe after an illness or something, you're craving more like fresh things, sharper flavors, because those help your body to move and detox, and to cool your body instead of warm it.

So maybe there's times where being vegan or being keto or being whatever are good for you. But it's never a one time deal done, you park your car and stay here.

Niki Gratrix: That's exactly it, I couldn't agree more, it's absolutely it. A lot of it is pattern recognition, a lot of it is that. So, for example, eating a diet, knowing what the symptoms are, this is what I teach, knowing what the symptoms are, for example, of blood sugar control being not in balance. And then, this is a simple thing, then help someone to, OK, try a higher protein breakfast, give some recommendations and then let them go and try that. And then they come back and go, gosh, I feel completely different.

So now can you hear your body? This is how your body feels in balance. This is when it's not in balance. And this was the food that did it or didn't do it for you. But it's amazing how, even dogma, people will overrule their own body signals.

I see people who were just being vegetarian for years and years, vegetarianism can be great for some people. But then somebody will stick at it from a dogmatic perspective, even though their body might be breaking down. And they've got flu symptoms and they always are the ones who get the colds when there's a virus around them. Clearly not as healthy as everyone else, but it's no, they'll stick to that diet, whether it's paleo or whatever and it's a sign. Everyone else might be doing that, but it's not good for you and you're not listening to your own body.

Razi Berry: I agree with that so much, yes, people become so dogmatic and I think it's because in part that we have lost ourselves, what happens when we lose ourselves? We look for a leader. And instead of having the leader be our connection to God or Spirit, our connection to nature, our connection to each other and really our connection to ourselves.

We look for something to worship and so we die hard on this protocol or this program or this ideology.

You see it in politics, in sports where people become so intolerant of the way other people view things or eat or what have you and I think it's because when people are so lost, they try to grab onto something.

Niki Gratrix: It's so true. And I'll just pick up one last thing, we talk about the word self-love deficit. That actually came from a brilliant psychotherapist called Ross Rosenberg, who's one of the, probably the top experts on romantic partnerships; where one partner keeps attracting the narcissistic partner, so he's an expert in narcissistic abuse. And just linking what you say there, for a woman or a man to keep attracting partners, that treats us badly, our radar, our energetic magnet is to attract narcissists, that can only come about from a self-love deficit.

But we can take three marriages, three marriages to get to realize, maybe we get to our 40's and realize, there might be a part of me that is afraid to be alone, that feels abandoned, and my radar's off.

So that's where that phrase came from and it's just another classic example. I've actually interviewed Ross and it's very interesting that he's got about 15 million views on YouTube.

Razi Berry: Wow, I have been under a rock.

Niki Gratrix: Well, the narcissist, empath, that dance, if you like, is a really big deal and there's a huge awakening happening. And he's just surfing that and at the forefront because he's been working on it for 30 years.

But that's another very interesting idea of how to attract goodness and the importance of social relations. Again, so many of his people who are following him and he has many with 15 million views, he's inundated with people all the time, and they have a very high percentage of people with chronic fatigue, fibromyalgia, stress related conditions on that spectrum. And that's all down to, it's very stressful in life if you keep attracting narcissists.

When you split up, it's devastating, you lose finances, it's World War Three. So there's no question that is one of the ways people get into chronic illness. And it's because we weren't in tune with what we really need emotionally.

And there's always a narcissistic parent when you attract a current partner like that. And we know the studies there are landmark studies, massive studies showing that the quality of your social support is more important than smoking, drinking, your BMI, all these major factors.

So I just want to validate what you're doing here and that's one of the reasons why it comes in many different ways. And like you say, nature, connection with self and relationships, it's a really good start for people, right?

Razi Berry: Yeah. When I was growing up, my mom would have put a jar of sun tea out in the yard, make some chicken salad, and once a week or maybe a little bit less frequent than that a girlfriend, one of my friend's moms or something or a neighbor, somebody she knew from church or something would come over and they'd drink iced tea and laugh and she'd be so proud making everything look so pretty and they were just really have a wonderful time of connecting.

And I think back on that and think that I try to create, and it's a good reminder for myself to create more of that in my life. Because we send somebody a text or I'll see you, Niki, at the conference next year but we don't really make time to prioritize our connections, our friendships. And that's just a lovely reminder about how just sitting with somebody, sharing a cup of tea, or picking up the phone at least instead of just sending a text, there are just so many ways that we are isolating ourselves.

And then, I mean, look, we find love through an app now. No judgment, but it's not the same as that chemistry between two people. And then we talk about this whole bringing in the wrong person. I mean, high five to you for bringing that into the light. And I think also there's other ways by birth control pills, and hormones, and artificial scents and fragrances. We're changing our microbiome. We're masking the scent of other people we're masking chemical signals from another person that might make us think twice about entering a relationship or furthering your relationship with someone.

There's so many ways that we've also kind of chemically detached as well.

Niki Gratrix: Fascinating. So this has been so interesting. I love this topic, could talk all day with you Razi, it's such important work you're doing.

So tell us, how people can find out more? What would you like to share in terms of where people find out more about you and your work?

Razi Berry: Appreciate that.

So I have a project launching right now, The Love Is Medicine Project, which, Niki, is an important part of, and it's a seven part docuseries that launches September 16th.

I'm not sure when people will be listening, but that's loveismedicineproject.com

I have a website, it's my work and the work of many naturopathic doctors, it's called naturalpath.net. That's a journal which is meant for clinicians, but that's where you can learn more about naturopathic living.

And I have a podcast called The Love is Medicine Podcast, so you can find me, Razi Berry: on social or any of those areas.

I really appreciate this Niki.

Niki Gratrix: Thank you. That's absolutely wonderful. Any final parting words of wisdom.

Razi Berry: That's always such a big question, I think that if you just every day when you wake up in the morning, be mindful of the first decision that you make that can set your whole day.

Like do you press the snooze button? Or do you get up and drive through Starbucks to get a Frappuccino?

How are you starting your day? What are the choices you make? And I think about the classicists in ancient literature, they had this idea of what is good? What is beautiful? And what is true?

That might sound kind of like Pollyanna or Holly Hobbie, but what is true for you?

What does good and beautiful mean? What comes from a place of nature, of coherence? Of coherence between others, of coherence between your heart, brain and gut. I think just being mindful and asking yourself some of those questions, is this a decision based in love?

And if it's not and you make the decision anyway, be aware that you're the one making that decision and feel empowered by that.

Niki Gratrix: That's great. That's a great one, how you start your day. That's a perfect, perfect final moment of wisdom. I look forward to seeing you all soon, take care for now.