



## **Dealing with Energy Vampires**

**Guest: Dr. Christiane Northrup**

**Alex Howard:** Welcome everyone to this session where I'm super excited to be talking to Dr. Christiane Northrup. Firstly, thank you so much for joining me, Dr. Northrup. I really appreciate your time.

**Dr. Christiane Northrup:** Thank you. Thank you so much.

**Alex Howard:** Just to give people a bit of your background. Dr. Christiane Northrup is a visionary pioneer in women's health and New York Times bestselling author of a number of books, including: Women's Bodies Women's Wisdom, which has just been published in its fifth edition, Goddesses Never Age, The Wisdom of Menopause and particularly Dodging Energy Vampires, which we're going to be touching on some of the ideas from in today's session.

In 2013 Reader's Digest named Dr. Northrup one of the hundred most trusted people in America. And in 2016, she was named one of Oprah Winfrey's Super Soul 100 - a group of leaders who are using their voices and talents to awaken humanity.

Her work has been featured on The Oprah Winfrey Show, The Today Show, NBC Nightly News, The View, Rachael Ray, Good Morning America 2020 and the Doctor Oz show and we're very, very happy to have you, Dr. Northrup, as part of this conference.

**Dr. Christiane Northrup:** Thank you. It's my pleasure.

**Alex Howard:** So I am really keen to get into the subject matter for this interview. I spoke with Dr. Judith Orloff about her work on empaths and highly sensitive people and some people may not watch that interview, so I'd like to in a minute just come into a bit about empaths just as some kind of context.

I think this piece of energy vampires is something that everyone is going to resonate with in some way. I think we all have people in our lives which drain us and have impacted us in difficult ways. And it can be a source of trauma itself, but also I think often those that have experienced trauma can be more delicate or more sensitive. So I think this is a really, really important conversation. Maybe just to open this up say a little bit about what empaths are and also what vampires are, just to kind of set out some of the context and then we can use that as a foundation to come into it further.

**Dr. Christiane Northrup:** So there are many different kinds of empaths and it's a spectrum. And at one end is people who are just particularly sensitive to the environment, to the

emotions of others. And then there is a group called those with Super Traits. And this group has been studied by Sandra Brown, who wrote *Women Who Love Psychopaths* and it is a group whose personality is set in a certain way. They don't see the bad things about others. They have what's called low risk assessment. They don't get that someone is dangerous to them. They are very courageous, very hardworking, very loyal, often to women anyway, they run companies. They're doctors, lawyers, they are very upstanding citizens. And they make the mistake of thinking that the traits that they have, the super traits they have that help them be so good in their work, will work in a relationship and they tend to be attracted to fixer-uppers.

**Alex Howard:** I love that phrase.

**Dr. Christiane Northrup** I can save him, I can save him or I can save her. And so we need to look at the general thing. About one in five people is an energy vampire, empaths are kind of the new normal. And so what we've seen really is that the entire planet has been manipulated by the energy vampires. They're like, if you look at our financial system, so we see the pyramid, everyone down at the bottom is doing all the work and everyone up at the top is making all the money. But in an individual relationship, they are the person who the minute you call them out on their behavior, they might cry crocodile tears, or somehow they have what I call malignant intuition and they're very, very good at targeting the people with the super traits. The people who believe that people are all good at heart and that they hurt people because they themselves have been hurt in childhood. We really believe that that's the only reason why someone would act the way they do and we give them the benefit of the doubt many, many times to our own detriment. And it's interesting to me that, when I wrote this book, *Dodging Energy Vampires*, I'd already written a bunch of huge books on other things, but quite frankly, this is the dynamic here. The empath and the vampire that needs to be brought to the light so that we can heal this dynamic.

Now, generally, what happens with an empath is they are so reluctant to detach from the vampire, because we are healers and we want to do the best possible thing for people. And again, what the vampire does is plays on that sensibility. There's a podcast going around that's very dramatic called *Dirty Jon*. And it is the story of a woman who gave this guy the benefit of the doubt and he'd been married four or five times, good looking. Very often the vampires are extraordinarily attractive, very charismatic. And so what happens is that we empaths have got to look at where we get hooked, where we give them what's called narcissistic supply. Narcissistic supply is attention, sex, money, those are the biggies and they're very addictive. And I believe that there's enormous trauma that is associated with waking up to the fact that, for instance, this person never loved you, if you're married to one for 30 years.

They're not really capable of the kind of love that an empath is capable of. And once you call them on it, once you see it, you have to be prepared for them leaving and finding someone else within fifteen minutes, after you've tried, given them often your whole life. Or let's say that you have a son or a daughter who is an energy vampire. It's your own blood and sometimes you just have to cut them off and it feels terrible. Now people often ask, is there any way any of these vampires ever change?

**Alex Howard:** Can they be cured?

**Dr. Christiane Northrup** Can they be cured? And I think what we have to remember is the answer needs to be NO. And having said that, there are cases where in their 60s, sometimes later in life, they will have contrition and understand what they've done. But it's so rare that Sandra Brown says, "I never want to tell anyone in my groups about this, because the empaths with super traits are the kind of people who will hang in there for two hundred years." If there's a chance that their love and their compassion and their caring or giving them articles about whatever, spirituality, vitamin D or whatever. That will somehow change them.

Many of us have the ability to sacrifice ourselves for years hoping that, oh, if I give him this article or it works the other way around, too, obviously. Men are often in relationship with women vampires, those are known as borderline personality disorder. You can't do right by them no matter what you do it's not enough. And the thing that's so amazing and then I want everyone on this podcast, this session to know, is that they always appear to come out with butter side up, when their bread falls on the floor it's always butter side up no matter what you do, they come up smelling like a rose. Because they do not have the empathy that you have and they put themselves as number one.

So if you are a nurse, a doctor, a healer, an acupuncturist, a massage therapist, chances are very good that you are an empath, you went into this to heal. And these people can cause you enormous trauma until you see how they operate and it's taken me years.

In psychiatry we call the vampire thing Cluster B personality disorder. Now, this is funny because I just saw in my medical literature a drug for narcissists. I thought, oh, my God. I mean, come on, it's a personality disorder, it is not a chemical imbalance. It is not mental illness. They know what they're doing, I think this is the most important thing. They know what they're doing. George Simon, who wrote *In Sheep's Clothing*, said, "think of a cat with a mouse. Is the cat feeling bad for the mouse? No. The cat is very excited, but they make you, they put you on the defensive." But they get excited by conflict and picking a fight and all of that because that gets your energy.

So an empath always, I believe, has to just understand their own super traits, their own triggers. Here's an example, you go to a party and a person who has some empathy but isn't considered an empath will have a guy come up to her and start to complain about his ex-wife, and he went through a divorce and she won't let him see the kids and all of that. OK. A person with healthy boundaries might just say, what a loser, I don't want to go out with him. An empath with super traits will say, "oh, God, I think I can help you with that."

**Alex Howard:** There's something in the dynamic that often I think can happen between vampires and empaths, which is sort of dysfunctional functional in a sense.

**Dr. Christiane Northrup:** Yes.

**Alex Howard:** In terms of the codependency, where it's in a really dysfunctional way it's working that dynamic and that's what can make it so hard for the empath to walk away.

**Dr. Christiane Northrup:** That's exactly right. Not to mention that when you shine your light on these people, they blow up like a balloon with narcissistic supply. So you call them

on their stuff, they start to cry or blame you or do anything. I'll never do it again, get down on their knees and you go, Oh, my God, he gets it. He sees it or she sees it. And they're so good at that, that hope springs eternal and you go back on the cycle again believing that they will change. And this is the golden hook that can then lead to so much trauma. Then also there's karma and there's all of that stuff. Or if you have a parent who's a narcissist then your love object will always be trying to win the love and approval of the parent who's not capable of unconditional love. It's always about you making them look good, being the good little girl or boy.

**Alex Howard:** Which I think is also a really important point both for vampires and for empaths, there is a familiar resonance in certain dynamics of relationships. That you can have an empath that finally sees through this vampire and calls time, walks away and the next relationship they walk into is almost a mirror of that previous relationship, because that's what's familiar.

**Dr. Christiane Northrup:** That is correct.

So that's why you need to work on that part of things so that you will not get bamboozled again. And when you talk to women or men who have been in these relationships, I recently knew a man who showed me pictures of all of his past girlfriends. They were the same woman, I mean, they were literally the same woman with the same dynamic over and over and over again.

So you have to heal that inside yourself, and by the way, many, many times an empath will drag a narcissist, a vampire to couples therapy. And you need to understand that the vampires, the narcissists are incredibly good at telling you what you want to hear. They're so good at it that it takes a very specially trained therapist who understands narcissism. And years ago, George Simon used to teach therapists how to recognize this pattern and he said many times, a lot of therapists would walk out of the room because they couldn't deal with the fact that their view of humanity, that everyone is good at heart, that they were wounded in childhood, their view was so shattered because they went into therapy to find the wounded little boy or girl.

**Alex Howard:** Because they're empaths.

**Dr. Christiane Northrup:** Because they're empaths, right. So they left. I mean, they would leave his seminars. That's not true anymore. I think we've evolved the mental health field in the 80s, people understood about recovery and addiction and that was the thing.

Now, it's understanding the vampire empath dynamic. And don't you find it interesting that there's so many popular books and television shows about vampires? You know, True Blood and I haven't seen many of them, but I read that whole Twilight series. So we seem to know this as human beings and so we need to value ourselves. What empaths do is we tend to put everyone else and their needs before our own and over time. That drains us. So I've written obviously about the life cycles of women and menopause, the perimenopause time is about the time when the chickens come home to roost. And in men, by the way, it's the same time. They just don't have the hormonal changes. It's about age 40 where you go, wait a minute.

**Alex Howard:** I got a couple of years is what you're telling me.

**Dr. Christiane Northrup:** That's right. But we're now, this planetary lockdown is, in my view aided and abetted by vampires who are looking for power over people. Yeah, I think it's a global last ditch of the old order.

**Alex Howard:** Interesting. And actually to touch a bit more into some of the origins behind some of these dynamics. Can you speak a little bit to the role of self-esteem and self-worth? Particularly, I think one of the things that happens in empath is that there is a low self-esteem which is almost propped up by this charismatic and strong and powerful vampire. And it makes it, the more they get beaten down, the very resource they need to walk away is being beaten out of them.

**Dr. Christiane Northrup:** That is perfectly stated. It's that you wait your whole life, if your self-esteem is low. So I'll speak from the point of view of a woman and you think that maybe you're not really lovable. And then some handsome, charismatic guy comes along and chooses you. You think you've been chosen, you've actually been targeted but you think you've been chosen. And so suddenly you blow up because you have this handsome man on your arm or whatever it is, or a man has as arm candy as a woman, and you think that you've died and gone to heaven. And then little, by little, by little, by little your self-esteem gets eroded even more. And you can see these couples when you look around. It's often a very good looking person, unusually good looking and charismatic with someone who is not like that at all.

Or, one of the things that you see in Hollywood is, you'll see two very good looking people together. And that's one of the reasons, I think, why it's axiomatic that in Hollywood someone is together and divorced, and together and divorced. Because there's no real solid thing there. They're just basking in the narcissistic supply that the other one gives them. It's all about image, all about image. Narcissists are very addicted to image, but if they can get somebody to meet their every need and to adore them, to constantly look at them adoringly and give them money, give them attention, give them sex, give them house cleaning, whatever it is, they're going to stay with that person.

But the minute the empath begins to shore up their self-esteem, and we see this in movies, it's kind of one of those themes that you see in movies. I'm thinking of Fried Green Tomatoes when Kathy Bates in that movie finally starts to feel some self-esteem. The other one is Shirley Valentine, that classic where the woman goes to Greece and realizes that she has value and she doesn't need to be beaten down.

I think that's where we are as a planet, is understanding our value and our power as individual humans, and not so much looking outside of ourselves to what we have or the car we drive. And that's the other thing I think is going on, a great awakening to what is really a value and it is community. And I say community equals immunity because we have good studies on that. But self-esteem, it's true, it's a lock and key. It's a lock and key. If you had fabulous self-esteem, you would probably never get very far in this relationship. Now here's a good rule of thumb. Two years, two years, you will see who someone is after two years.

**Alex Howard:** And I think that's one of the things that is particularly challenging when you have people who are vampire-like or perhaps they are not fully embodied vampires, but they're a bit of a narcissist and they're charismatic. They're really skilled at presenting the

person that they think you want them to be, that you want them to present. And it takes time because in time it becomes impossible to maintain that image because the cracks start to appear. But it can take time, as you say, for that cracks to appear. And for one, and initially, if one is invested in and both parties are sort of guilty there. Because the empath wants to see them as being that perfect, wonderful person. So when they see the cracks, they sort of ignore them because they don't want to see them. It takes time for that to crumble.

**Dr. Christiane Northrup:** Or they make excuses. I have a good friend who divorced a narcissist and she said, "oh, my God, it is such a relief." And they have children together, "such a relief to go to a gathering where I'm not trying to make him look better than he actually is." Like to make excuses to pump up the big man, that kind of thing. So the numbers are about one in five is this energy vampire, but about one in 100 is a full on psychopath and that's someone with no conscience at all. And they are not usually mass murderers, they're usually running Fortune 500 companies and all of that.

**Alex Howard:** And there's a lack of, you say, lack of conscience, it's also a lack of empathy. Right? And that means that because I think one of the points that you make here, which is really important, is that the empath feels everything, the vampire sort of feels nothing in a sense. And so the empath just assumes, well, they must have conscience, because they're like me on some level, this must matter to them. And it's very hard, I think, to accept that sort of truth, that actually, they just don't.

**Dr. Christiane Northrup:** That's absolutely correct. And that's one of our things that we have to learn how to manage as empaths. We don't speak up often because we know how awful we would feel if somebody spoke to us that way. So we're always trying to smooth things over, make it better than it was. But it's true, empaths often do not know where they end and the other person begins. And it's a very good practice too, when you've been with somebody, are you suddenly feeling sad? Are you suddenly feeling angry? Are you suddenly feeling sick? Because very often you're carrying the emotions of another. And this is one of the reasons why many, many healers get sick over time.

We have so many opportunities to learn and to clean this up and I'm rather thrilled that the younger generation now won't have to figure this out by themselves, because with my work, Judith Orloff's work, Melanie Tonia Evans in Australia. She runs the groups for empaths who are just waking up. And it's then you find that our empathy becomes a superpower because you then can truly help, but you have boundaries, finally, you have those boundaries.

As a little child, very often you couldn't have those boundaries, because that constant being criticized or constantly being used. Somebody, let's say, who always wanted to be a world class athlete and then they have a child who has some athletic ability. And then their relationship from the age of two is that the parent is going to shine their light on the child as long as he or she wins, or does well at the piano recital. That's why Carl Jung said "the biggest burden to any child is the unfulfilled desires of their parents." And that's pure narcissism, that is pure narcissism, unless, and we know this that children are often born into a family of actors or musicians and it's perfectly fine. But when it isn't, when it's traumatic to the child, then that's encoded as love. You see, oh, my God. I had a friend who literally said to me when I first yelled at her about something, she said, "Oh, oh, now I know you love me because you're yelling at me."

Like what? What?

**Alex Howard:** Wow. You've used the phrase a few times, which I love, you just unpacked a little bit more, because I remember the first time that I heard it, it was so, so helpful. Which is the phrase narcissistic supplies, because I think just to kind of help people understand a bit more of what you mean by that. Because there's also a felt sense when someone's taking narcissistic supplies you can sort of feel it. But just say a bit more about what you mean when you use that phrase.

**Dr. Christiane Northrup:** Yeah. Now, I first heard that word from Sandra Brown in her book, *Women Who Love Psychopaths*. And then a friend who is going through a divorce, who was working with Sandra Brown, called me on the phone and said they want narcissistic supply.

OK, so that is your energy. So just when you're starting, let's say that you're separated from one of these people and it could just be a friendship or a sister or an aunt, because there's one in every family.

So let me be clear on that and they tend to mess up every Thanksgiving and every Christmas, and they're always creating conflict. So narcissistic supply is to get energy because they are utterly empty inside. So that's important to know. So they're filling up an abyss inside that only they can fill up. It's like what you said about self-esteem. We are the only people who can do that.

Yes, we can do it with helpful friends who are not narcissists. So narcissistic supply is when they're picking a fight or one of their favorite tactics is triangulation splitting. So we say on the psych ward at my hospital where I worked for years, you could always tell when there was a borderline on the unit because the nurses would start to fight. So this person is so charming and you think that she's your best friend and then she'll start to split. I had one in my life who actually tried to split me from my children to tell me how bad my children were, so that I would pay more attention to her.

And very often they're so clever and often so well educated with a PhD or whatever that they make you think, oh, maybe you're right. Maybe my children are whatever it is. So there's splitting. Then there's sex, they're often very good at sex. Then there's the image, looking good is huge for them. That's why in families, the families who say "we don't air our dirty laundry." Oh, no. We've got to make sure that we look good for the Joneses. You can very often tell the families where there's a narcissist because they have a perfect Christmas card every year where they all look perfect. And money, of course, is huge, they're not generous people. They like to have money given to them.

They will, however, make big displays of generosity if it's being watched at like, say, a big family reunion. They'll come in and make some grand gesture to get attention. And that's why they are so slippery and so tricky, because if you only see Uncle Pete at this particular time every year and he looks so good and he's larger than life and he brings all these gifts for the kids. You're not going to listen to his wife who's telling you how he really is because you've never seen that. You see, I had a patient once and she said my husband would make women cry when he talked about Bruegel. He was an art professor at a big university and

then he'd come home every night and beat me. So they hide so very well because they're so skilled at knowing what you want to hear and being in the place for the most attention. So that's narcissistic supply, its money, its sex, its attention of all kinds even bad. Talk about me good, talk about me bad, just talk about me.

**Alex Howard:** And it's that sense when your energy is being drained to feed them. That sort of felt like what was happening.

**Dr. Christiane Northrup:** Well, sometimes you actually will fall asleep in your soup. I was visiting a friend once and I didn't know that she was an energy vampire. I didn't know, a very, very famous person. And I'm there at lunch and she had this carrot soup and I could not keep myself awake. I'm digging my fingernails into my arms. I did her tarot cards and her astrological chart and I wanted to lie down on the beautiful Oriental rug and just sleep. Because the energy was so pouring into her from me, in a way that most of us don't know we're doing it because generally we had a parent who was like this. So we were constantly giving our energy to the parents so it just feels normal.

**Alex Howard:** I'd love to come a little bit to some of what people can start to do if they recognize they're in some of these dynamics. Something that you touched on is boundaries. We have to start putting in place, learning to say no. How do people, it can be so difficult to start to do that when we're so familiar, as we've talked about, we're so normalized to these patterns? So how do people start to unstick themselves from these dynamics?

**Dr. Christiane Northrup:** Let's say, I'll give you one that you can use in a workplace because very often you've got one of these people in the workplace. So you do gray rock, the person comes around, they want your energy. You just be a gray rock, you just literally become a gray rock. And I had a person do this and she said "I did it. It worked incredibly well, but I felt so guilty."

**Alex Howard:** The sign of an empath.

**Dr. Christiane Northrup:** Yeah. I felt so guilty. Here's another one, this works great. They usually only call you when they want something, so you might have friends that they're never there when you need them, but when they want something, they will call you, they will reach out. And they often will do this at a time when you, let's say you have planned something else, like you've planned an outing for yourself or whatever. And they call and, oh my God, my moving company backed out. I really need some help packing up the house. Can you come over? Now as an empath you want to help. So what you have to do, you've got to be prepared and this one's called broken wing. And you drag a wing and you say, oh, I would, but I am not feeling well. They will drop you like a hot potato if you have a need, they're gone.

The dynamic is they have a need, you fulfill it, one need after another, but when you have a need, and again, if you're not on your deathbed, you'll still feel guilty. So now remember guilt is felt in the solar plexus that's the part of the body where self-esteem and personal power lives in the third chakra, which also runs the digestive system, the liver and the stomach and that whole area of the body. Which is why, by the way, a lot of empaths sort of overeat because they need an extra layer of protection. Some of the most skilled healers I've



ever worked with had trouble with their weight, they're trying to stay grounded on the planet. So you do the broken wing. I'm so sorry, I'm not feeling well. That will get them off your case very, very quickly. But I think the main thing, then the other thing we need a group of people who see the dynamic. And by the way, you want to ask your friends what they think of this person either at work or because your friends will tell you and you will not want to hear it. So let's be clear on that. There's a part of you will go, oh, I know they're right. But I just you know, I just can't, that sort of beginning stages where you're waking up. And so you have to have some friends you can call like a wing woman, a sister.

So I had a friend who just had me on speed dial as she's going through the divorce, and she would tell me what he just did and I would tell her how crazy that was because they make you doubt yourself. She could never get clear information on the insurance papers and what insurance they had. And every time she'd bring it up, he would move the goalpost. I was working with a sociopath on a business idea and every time I wanted to sit down with a lawyer and get very clear on who was going to do what, what the business structure would be, he would disappear. They constantly move the goalpost and it's important to know that.

And then oh, and by the way, here's another worry that empaths have all the time. Oh, my God, if I leave this person, he will meet another person and then she or he will then get the person I knew who was in there. And then I will have left the best thing that ever happened, but I just couldn't quite figure out how to heal him. And what I want to do is sooth you, anyone who feels in that situation, that will never happen, they will always recreate the same situation.

So in my friend who used to call me for a reality check, her husband, of course, married an heiress and everything looks really good. And now the poor heiress is starting to gain weight and she's got allergies and you know all of that. So it seems like it's going to be better with the next person, it's going to be the same old, same old. And you can just watch because that's what's gonna happen. Now, this guy still sends her cards, he still calls her up and tries to scare her.

This is the other thing, they never really go away. They will contact you 20 years later because they have no shame. They have no shame at all. Hey, how are you doing? And then a little part of every empath, I'm included, will go, oh, they're thinking of me. Oh, isn't this nice? No, it's not. They're calling to see if they can get some narcissistic supply.

**Alex Howard:** And sometimes what it takes for an empath to walk away from one of these dynamics is they see it in a way they've not seen it before. And as you were saying early on, that's sometimes very painful to see because one has to recognize this relationship has been damaging for decades. When there's always that hope that it's going to get better. And it can be very, I think, very painful to recognize the depth of abuse and hurt that's been caused over that many years. And it almost can feel easier to live in denial than to actually see that reality.

**Dr. Christiane Northrup** I think that that is exactly right. And I think that there are those people who actually choose to die rather than see it, it's like it is too much.

There is with these people the concept of cognitive dissonance, which is so uncomfortable for people and cognitive dissonance is in humans. We want our beliefs and our behaviors and our reality to all be consistent.

So you have, let's say, a spouse who has been unloving to you for a long time, but your belief is all people are good at heart and he's just acting like that because he was wounded in childhood. And then the cognitive dissonance is, wait a minute, wait a minute. That's not true. And it's so uncomfortable that you've got to do one of two things to get back into coherence.

You have to decide that the person who's telling you that, is wrong. They just don't know he's really a good man. So you've got to just decide they're wrong or you have to finally say, yep, that's true. I'm just going to chalk that up to life experience. I'm human. This happened to me. This has happened to millions. Get some friends who see the pattern and can help you through it. Because, by the way, for a while, you're gonna have to call up a lifeline over and over and over because they make you feel crazy.

I want to give you an example from my own life that was, it was crazy in retrospect. I got a call on a Saturday night from one of my patients whose daughter was in the middle of labor, at a hospital where I had no privileges and it looked like the doctor was going to do a C-section. And my patient wanted me to call that doctor to stop her daughter's C-section. Now, here's the sick part, I actually thought of calling. Why? Because my experience as a healer, as a doctor, is that I'm very effective. But that is a boundary, that's a huge boundary violation. I didn't do it. But the fact that in my mind, I could even work it around so that that might have been a good idea, that's crazy. And that's the other thing I think all empaths have to finally learn and I think we learn it over and over and it gets refined and refined, but it's the same doll, different dress. And that is we cannot create in another person's life, only they can do the creating.

They choose who they're going to be with, what they're going to eat, when they are going to die. We can't figure that out for them. But people want you to and you cannot.

**Alex Howard:** But one other dynamic I just want to briefly ask you about here as well, which is when you have, for example, a parent, which is the empath and the child, which is the vampire.

One of the problems as well is the child will say, it's your fault, you made me this way, my pain and suffering is your fault. And that can be a very difficult dynamic for the parent to then separate from.

**Dr. Christiane Northrup:** Very. So what you have to do, tough love. So I think we can say that probably by the age of 25, it used to be 18, but let's go with 25. And we'll say, here's what my mother did, which I loved, somewhere around we were all adults. And she said, "look, I've done the best that I possibly could, and I'm very sorry for what I did not know then. But you are now all adults and it's time for you to live on your own." And that was very, very healing because everyone really got it, that this business of blaming mom was over. It needs to be over so the parent needs to step up, be a full human and a parent and say, "I'm sorry. But from now on, I brought you into this world. I did whatever I needed to do to bring

you into this world. You're here now. The cord has been clamped. You are on your own. I will see you this time. I will give you this much money, but you just wheeling in here anytime you want and taking my resources, that's over."

**Alex Howard:** I think that's for some people needed to hear that very, very important. Dr. Northrup thank you so much for your time. For people that want to find out more about you and your work. What's the best way to do that? I know that Women's Bodies, Women's Wisdom is currently in its fifth addition, being relaunched.

**Dr. Christiane Northrup:** Yeah, it's huge. Look at that. That is an encyclopedia of women's health. All right.

**Alex Howard:** So say a bit about what's been updated in the new version.

**Dr. Christiane Northrup:** Yeah, well, I call this the post-MeToo version. So this was after Harvey Weinstein, I felt like I could just put it right out there because I'd been seeing all of those patterns in my patients for years. But I was told that my patients were crazy, just like anyone, a little boy who's been abused, sexually abused by the priest. If his mother's an ardent Catholic, she's gonna make him wrong. Oh, Father John could never have done that to you. We're in the age of the big reveal I call it the big wake up. So this book has all new sections on the Gardasil vaccine, the uterus, ovaries, breasts, childbirth, labor, it's all in there. One whole chapter on menopause. So that's what's in there and I have an online women's health course, like become sovereign in your own body, that's coming up. But DrNorthrup.com, that's where you can find everything.

**Alex Howard:** Awesome, Dr. Northrup, thank you so much. I've really appreciated this interview. Thank you.

**Dr. Christiane Northrup:** Thank you.