



Multifactorial Approaches to Healing Emotional Trauma

Guest: Dr Christine Schaffner

Niki Gratrix: Hello everybody, and welcome to the Trauma and Mind Body Super Conference, and I'm very excited to invite Dr. Christine Schaffner, who is the super duper guest.

She has tons of clinical experience, she's the director of the Sophia Institute, which is a clinic that she actually co-founded with Dr. Dietrich Klinghardt, who's also in the Summit.

Dr. Schaffner, welcome to the Summit, it's an honor and a privilege to have you.

Dr. Christine Schaffner: Thank you so much, Niki, for having me.

Niki Gratrix: Dr. Schaffner, you have seen many, many thousands of patients, you're a very experienced clinician and you work a lot with trauma in a clinical setting. I'd love for you to expand a bit more about how you assess trauma, how you see it impacting the multiple ways that trauma impacts your clients and patients. We'll talk about what you do to remediate that but perhaps share first of all how trauma, what you see the impacts are of trauma on the clients that you see in the patients.

Dr. Christine Schaffner: Yeah, absolutely, Niki. And so by the time someone comes to see us, we see patients who have chronic illness. And so it's a very multifaceted illness when we're breaking it down. So we of course, we look at all of the physical elements. We look at toxicity and infections and the immune system. And a big piece of our work is looking at someone's trauma history. And to really oversimplify, we see such complex patients, but to oversimplify, I feel my job is in a lot of ways to identify roadblocks for the body to self-regulate and heal. And I feel like trauma is one roadblock, an injury to many different layers of our body that we can walk through today.

So I think you probably have other guests talking about how trauma can, and when we're talking about trauma. There's physical traumas, and then, of course, there's emotional trauma. And when we think about emotional trauma, I think about past life experiences that can make individuals vulnerable and set them up to be more vulnerable to a chronic illness.

There's also the trauma of being sick. I mean, that's a very hard time for an individual when they go through an illness. And then we also think about, which we'll talk about this epigenetic phenomenon and ancestral trauma and how that can show up in our lives, on not only an energetic and spiritual level, but also on a physical level.

So I'm happy to talk about all of this. But, again, when we think about my job it is to allow and identify roadblocks for a patient's body to self-regulate and heal. We look at trauma as one insult to many systems. So I am going to go through the autonomic nervous system.

I also want to talk about the connective tissue and the fascia and how trauma can be stored in those tissues. Also, I love talking about the energetics and really how trauma can be stored and what we call the biofield and then circle back on epigenetics. And so when we think about the nervous system, trauma and many people have heard of fight or flight rest and digestion also this freeze mode. And so when we go through a traumatic event, many things can happen, but it can be an injury to our autonomic nervous system.

I love the work of Peter Levine, I don't know if you have him on or anyone referred in his work. But did a lot of what we call somatic body work, and he looks at the somatic theory of trauma. So this idea that essentially some people freeze in response to trauma. And when we think about how we evolved, a freeze mode could be, we're in front of the bear and we could pretend we're dead and freeze in the moment. And then what the animals do in nature is that they have a moment after they've convinced the bear to move on, that they're dead to move away. That they have a moment of complete shaking that energy out of their body. So they restore this kind of regulation in their nervous system again. But what happens is that people can get caught in that freeze mode and never, ever have the opportunity to release that energy and get stuck in this frozen state. And so semantic work looks at the nervous system and how we can really help, not using words, but how do we allow the body to release that trauma and release those stored physical events that created a kind of a frozen state in the nervous system.

And how this shows up, of course, when a patient has chronic health issues, their nervous system is really having a hard time regulating. They're either stuck in fight or flight, they can't get in this parasympathetic state to heal and repair, or they could also be in this frozen mode. So I want to acknowledge the autonomic nervous system, and I'm sure you have other people going in more depth.

There's, of course, the Polyvagal Therapy to discuss and kind of all of these wonderful ways to integrate how trauma affects the nervous system. But before I move on to how it gets blocked in the fascia is there anything, Niki, that you want to add or that I missed, that you want me to illustrate on that point.

Niki Gratrix: No, that's beautiful. I think it's really good the juxtaposition of the contrast you're about to unfold because, we've mentioned summarizing fight flight response where people, the impact of trauma on the nervous system is that regulation isn't happening properly. And we need a nervous system regulated to heal, when we're not in a healing state, nothing else you're doing works.

Even the energetic work won't work as well, even biochemical work you do won't work as well. Make sure you address the nervous system level that has to be addressed.

Dr. Christine Schaffner: Absolutely. Many patients who have a physical experience, I don't know if you're listening out there, but maybe you've found, we can talk about these therapies that we use a lot in our practice. But there's someone who is maybe gifted in body

work and you've had either, cranial sacral therapy or we do trigger therapy or any type of fascial unwinding. And you could be laying on the table and you could be just relaxed. And then all of a sudden you might have an emotion or a thought or a feeling, or a release on some level of kind of the cellular discharge of emotional energy. And that sometimes can be tears or even vocalizations or just the body unwinding. And we're trying to make sense of that from a clinical experience that makes perfect sense and I totally understand that.

But what we're seeing and what people are trying to put together is that actually the trauma that someone goes through can actually be stored in this connective tissue and fascial network. And this is an area I love to just study because of its intricacies, and it's a big part of our work on how we restore communication in the matrix and clean up the matrix so the cells can function better. And a big part of our connective tissue and extracellular matrix is our collagen.

So collagen is this very abundant protein in the body. And the way that collagen organizes itself, it organizes itself in the matrix with actually structured water. And they found that not only does it have a structural component, but it actually conducts electricity in the body. So to very oversimplify, collagen is a semiconductor and can be a way, kind of a fiber optics system in the body.

The biophysicist to May Huang Ho who has written wonderful books, I'm diving into her work more and more as I go down these rabbit holes. But she actually really felt like she had a concept of the acupuncture system based on this collagen fiber optic network. And what she also talks about is the way this protein in this water is organized in the matrix, it actually has the ability to store information. And she talks about this is where body consciousness is held and this is where trauma can be held. And so when we think about my experience of how this shows up in people's lives is, again, they can have a traumatic experience, they can consciously think that they are healed from that, or they don't have a memory of it, or they don't think it's kind of impacting their life. But their body remembers and their bodies still hold in that pattern. And that pattern is actually interrupting the communication network in the body and also it's an unresolved issue.

So the ways that we have found to be helpful is not only body work, but the thing that I can talk about a little bit more, too, is the physical manifestation. I see a lot of scar therapy and how when we treat scars and help not only heal the scar tissue, but there's a huge opportunity for emotional release in those moments.

I'm happy to talk about that more now or a little bit later, but I just want people to have more of a language. And again, this is just an area that I'm always getting excited about, looking at all the ways our body holds information in this collagen and network, this connective tissue.

This fascia system is really, I think, still under appreciated and not as acknowledged, especially when we're talking about chronic disease and how to recover someone's health.

Niki Gratrix: That's lovely because you're also making the connection to water, which I don't think we've got anyone talking about the memory of water and the fact that. We have got Gerard Pollack talking about, there is scientific evidence to show that water carries

memory, for any of the skeptics out there. But that's beautiful because what I found with my clients is, when I do a lot of work to get the emotions out and release unresolved emotions, one of the most important things to do to deal with the emotional detox is water cleansing, sweating, lemon baths.

Things that are sort of high, I think high hydrogen water, or I've got something I use called Wayback water to keep the body flushed out. So that's a very interesting point, a really important point that you actually made that hardly anyone said on the Summit, it's a really important level. So flushing through water and also there'll be other ways that we can talk about it as well. Lovely. So that's another level to consider.

It's amazing that we all multileveled beings, we have more than one body to consider for health. And each of them gets imprinted with trauma and should therefore be supported. And then we'll hit a tipping point and then it will all clear through. So lovely.

Dr. Christine Schaffner: Absolutely. I love that you have Dr. Pollack on and his work has been, he's a friend of ours and his work has been so impactful. And I just take a similar side, I feel like on some level our health is directly related to how much exclusion zone water we have inside our cells and in our matrix. And it's a very fundamental part of our health and I'm glad he's talking about that.

Niki Gratrix: So, yes, hydration is really important for emotional detox.

People don't think about that, the hydration and emotional detox, anyway, carry on.

Dr. Christine Schaffner: So then just going into my thoughts a little bit, again, how trauma affects us. Trauma also affects what we called our biofield, and so we did the Body Electric Summit last year, that was so much fun for me. And it's just, again, giving people more ideas and concepts in a language that, again, we're in more than our physical body.

We have something that is called the biofield and Dr. Rubik outside of San Francisco, she's in Berkeley. She's a biophysicist and studies the biofield and she really coined that term and put that into research. And so the biofield is basically an electromagnetic field that surrounds our body.

There are a lot of people who work with trauma that feel that trauma is actually stored in our biofield. And actually that trauma affects our biofield and affects our communication system and our physical body. So how this looks, as well as Eileen McKusick, I love her work as well, she has something called biofield tuning.

Niki Gratrix: She's on the Summit.

Dr. Christine Schaffner: Great.

Niki Gratrix: Thanks to you.

Dr. Christine Schaffner: Great. Just please listen to her work and she'll do a way better job. But just to introduce this concept, because I think she gives the best visualization of how this all works. And so her work has been able to map out the biofield and she sees patterns.

So if people have different traumas in their life there's actually a pattern and where it shows up in our field. But she uses sound therapy, so she uses actually tuning forks to find where there is dissonance or incoherence in the biofield. And then she uses sound to help create coherence in the field.

So, again, using a tuning fork to shift that energy and create more flow, just to oversimplify. So, again, her work and the work of a lot of other energy medicine experts is that we have this field of energy and information around our body. And this is where the trauma, the memories of trauma can be stored and that can be creating blockages in communication and flow that can affect our physical body.

So I think the biofield has to be addressed. And I know that your work that you do with NES, and all of the wonderful remedies you use really work on correcting and creating more order and efficiency and ease in the biofield. So the body can actually have the blueprint to heal and repair.

Niki Gratrix: Yes, I did after speaking with you after the Body Electric Summit, I actually went and trained with Eileen McKusick.

So I love Biofield tuning, yes. I find it's one of the most powerful ways to use resonance to just oscillate out and raise the frequency of the whole biofield and clear out the blockages. And it's probably the most powerful that I've come across. And I think it gets to things like attachment trauma, so it's super powerful.

Dr. Christine Schaffner: Yeah, awesome that you did that. I have my Sonic Slider on my desk somewhere, I'm always using it. So you should see what's on my desk.

Niki Gratrix: So Eileen McKusick actually demonstrates the Sonic Slider, so if everybody wonders what Dr. Schaffner is talking about, go and watch Eileen McKusick's video. Lovely carry on.

Dr. Christine Schaffner: So then lastly, in the buckets that I fill. I can share with you how trauma affects this is this whole idea of epigenetics. So epigenetics is, we have our inherited genes, but we have all of these epigenetic factors or environmental factors that can tell our genes to be expressed or turned off. And so what we've looked at, especially with trauma, is that trauma affects our epigenetics.

So just like having mercury in your body, a traumatic event can affect your DNA methylation machinery, and so that is the way that genes can get regulated on or off. And then also we can inherit those traumatized genes, if you will, ancestrally.

So if our parents or grandparents even had a traumatic event in their life and that affected them, their epigenetic expression of certain genes, we can inherit those expressions, and that can show up in our present life.

So there was a study I was just looking at before preparing for this talk. And a woman looked at mice that were traumatized. So they were taken away from their mother early in life. And then they found that they had an overexpression of, basically to keep it simple, cortisol receptors in their brain or their hippocampus. And so that traumatic event told their genes to basically upregulate cortisol, so they were in this hyper vigilant and fearful state. So what they also showed is that, that was also the fathers of the mice who had that same experience also passed on those genes as well, so it's like a double whammy.

So the father was traumatized, shared those with the soon to be traumatized offspring, and then they were traumatized. And so it affected their epigenetic expression of cortisol receptors in the brain. But the interesting thing is and the empowering thing is that this can be healed. So these epigenetic mechanisms also, even if they shift this way, they can also shift it in a more balanced state. And so they found in their research that putting the mice in a very stress free environment and, again, they're mice.

So a stress free environment helped to start the DNA methylation to down regulate those basically cortisol receptors in the brain. So it's, on one level, like, really, oh, my gosh, we're so interconnected not only to our parents, but our lineage and this is how trauma can be passed down. It can be like, oh, my gosh, overwhelming. But it can also be very empowering, because we also can, with mitigating stress and then some of the wonderful modalities we'll talk about. We can help flip the switch and create a healthier expression of those genes.

I think that the epigenetic research is still in its infancy to look at trauma and genetic expression. But I think it's one of the most fascinating to look at as well.

Niki Gratrix: Totally agree. And I was just to our point about the rodent experiment. I don't know if it's the same one, but they actually took the offspring and put the traumatized offspring, the sperm that went to the offspring that had been traumatized with a healthy female. And they were brought up by the healthy female and ruled out bad parenting.

It was just passed on purely epigenetically, because people say, well, how do you know it wasn't just traumatized parents bring up, do trauma to their kids through behavior.

So they put the traumatized sperm with good parenting anyway, and showed that it was pure epigenetics. I think it was a different experiment.

Dr. Christine Schaffner: The poor mice, what they go through for our learning.

Niki Gratrix: I know. I agree. So that was lovely, all the levels. Fantastic. Please share what's your top things that you would share for the beauty being that we can reverse the impact of trauma for these levels, right?

Dr. Christine Schaffner: Yes. So when someone comes to see me, I'm kind of holding all these thoughts in my head around how trauma might be affecting them. And again, everyone is so individual, but the work that I do day in and day out is when we see patients, we do ART. Dr. Klinghardt's on the Summit, so he'll talk to you about ART, probably more and all the facets of that.

But we're looking at it again, through ART, it's just a biofeedback exam where we're looking at where there are blockages for the body to self-regulate and heal and how to correct them. And so tying this we can actually find that scars can be what we call interference fields and scars are from surgeries or more removals or injuries. And many people don't really think about their scars.

Then when we see a patient, especially a new patient, I'm always like, we're having a scar tune-up. So most of their scars come up on their first visit. And what we can see is that scars actually can affect the fascia, the connective tissue, and then they can hold emotional trauma. My description of collagen and the interfacial water and how memory can be held in that space in the body. And so the best example that I often see is I see a lot of female patients and a lot of women have C-section scars.

So when we think about the C-section scar, that can just again, affect just wearing the scar, it can affect a lot of functioning of the abdomen because of the fascial restrictions in the abdomen, because of that scar tissue. And then if you have a concept of acupuncture, you can see how that can really block energy flow in the body. And then for a lot of women, not all but some C-sections might have come out of the surprise.

There's a lot of feelings or emotions that might come up with it, it could have been an emergency in a very traumatic event. And so what we see sometimes and again, the body's wise, it's going to do what it feels are the right order and with the right set of circumstances. So often when we inject a scar and the patients open and ready, they can have a very pretty powerful emotional release as we are on the table. And so we, of course, create a supportive environment, but it's very like non-verbal experience.

So it could be crying, it could be shaking, it could be all sorts of things. And then there's a deep relaxation that enters the body after such an experience. And how I make sense of it is that we are releasing these traumatic memories that we weren't even conscious of that also remove some blockages, so then the body can self-regulate and heal better. And then to that point to that, I've kind of alluded to, one of the things that Dr. Klinghardt taught me is that this relationship between toxicity and trauma.

So when we have a body that has stored trauma, we also have a body that has stored toxicity. And he can probably go into that in a little bit more depth in his talk, but what we see is again and we can keep it real simple, too. If we're opening up lymph drainage and blood flow and circulation and helping everything communicate better than the body can detox better. So then we're opening up the channels to mobilize heavy metals or pesticides or some of the things that we often are treating our patients for that are affecting their nervous system.

So what this experience will look like often after I do scar therapy, I will give a patient some binders, just to help ease some of that after effect. But what we see, especially after I've been working with someone for a while, we get to a point where we're getting a lot of momentum and then we'll hit a plateau. And that plateau could be a lot of things, maybe I have among the wrong treatment or maybe they're not ready or maybe whatever. But a lot of times we look at it in the lens of, could there be a trauma that needs to be healed in order for their body to really do this next stage of letting go?

And so once we, and I have seen that time and time again, that once people have these releases or aha moments or these kinds of shifts in their mental, emotional, energy, spiritual bodies that their body can release and let go, and that can look like weight loss or detoxification. But that's just a common experience that we see in the office.

Niki Gratrix: That's so interesting, because it's also since I started doing a lot of sound therapy and biofield tuning therapy. There's nothing like sound therapy to trigger heavy metal detox, I probably get sonic detox. I don't think this could be reached with colonics with anything else. I mean, it's not even cellular, it's like quantum sonic detox. If you want to get heavy metals going, the caution is make sure you work with a practitioner who knows how to properly deal with heavy metals if you're doing sound therapy. But just draw out as well, how do you heal scar tissue? What are you doing to actually heal the scar tissue?

Dr. Christine Schaffner: Yeah. And I love that you've created a whole system, quantum sonic healing.

Niki Gratrix: I made that up.

Dr. Christine Schaffner: I'm sure you're seeing a lot of movement with that. So with scar therapy, I'm trained in neuro therapy, which is an injection technique. So we use a substance called procaine, we get it compounded it's one percent preservative free. And it has the property to help really break down the scar tissue and restore lymph drainage and circulation and blood flow, and helps with probably the exclusion zone water and the scar as well.

So we use an injection technique. However, if you don't have a neural therapy practitioner locally, there's a lot of other modalities. I know an acupuncturist, some of them can thread the scar or do needling on the scar. There's also micro needles and that can be helpful.

There's different creams that you can use topically. We created a flow cream that we have people use on scars, but there's also in traditional neuro therapy, they use wheat germ oil or shea butter to massage the scar. Also, light, so light can be another way to treat the scar. So sometimes if someone's afraid of needles or if it's a child, we'll use basically either red or green light to help start breaking down, essentially helping to do the same thing, but just with light.

So light can actually penetrate into the scar and help to restore flow in that area. So those are some of the things we can do. Neuro therapy with needles, I find, of course, I'm partial neuro therapy with needles is really powerful and it just gets things really moving. But some people just really do well with a gentler approach as well, even if you don't have access to this. But you can use tropicals, you can use light, you can use other needling techniques as well.

Niki Gratrix: Lovely. That's great, it's really amazing, just thinking about the psychology community. Learning that maybe that this kind of real body work causes an emotional release. You do years of psychotherapy and never get to this, because talk therapy, you can't talk yourself out of a blocked emotion, stuck in scar tissue.

Dr. Christine Schaffner: Well said, Niki, well said, I know. Talk therapy has its place, but absolutely, it's like these shifts that we want for our patients, why they come to see us is to allow their body to have these really wonderful releases. I know sometimes my patients are kind of overwhelmed, like, oh, my gosh, that just happened. And I'm like, no, that was like, I want that to happen for every patient, your body was ready, willing and able to do that. So that's awesome.

Niki Gratrix: So I tell me, what are some of your other tools as well?

Dr. Christine Schaffner: Yeah. So when we think about it, so scarred therapy, we do a lot of tapping in the office. So tapping is just like another way to hook up the unconscious with a conscious mind and to create more flow on the energy system in the body. And tapping is a wonderful tool, I think it's really an empowering tool too, so people can do that at home.

They don't have to always work with a practitioner. So tapping is something that's wonderful. I've mentioned a couple of different forms of body work. So we do cranial sacral therapy as well as trigger therapy and these are these cranial sacral and are trigger different, but they're basically different things to accomplish the same thing again.

Cranial sacral is working more with the cerebral spinal fluid in the body and the cranial rhythm, and working with the movements of the cranial bones, and things can become stuck, and basically disharmonic patterns when there's trauma in the body. And so a cranial sacral therapist will invite more of a normal rhythm and flow. And that's a lot of times, people can have these emotional experiences with cranial sacral therapy and then triggered therapy is a really unique therapy.

One of the massage therapists that I've worked with over the years introduced us to this. And she, they call it psychosocial integration, so it's like this deep, they use a lot more, it's not like a massage, but it's almost like they use these wave like hand movements to work with the fascia and the connective tissue. And it's this really deep fascial unwinding that can also help the body to release trauma and to also reintegrate after that release. Those are the more the hands-on physical modalities that we use in the office.

And then, Dr. Klinghardt and I'm sure might talk also about family constellation therapy. So that's another way to clean up our epigenetics. So this is the whole premise of essentially that unresolved trauma can be stored or passed down, rather, to generation.

So if you had a grandfather in World War two or if a great grandmother had a stillborn, or some of these life events that we don't think are affecting us daily, can be impacting us and I see this clinically a lot.

That, again, that plateau happens where at that certain point or we'll see people still keep repeating certain patterns. And they might have done a lot of self-reflection on their own self-limiting beliefs, and their own trauma, and their own subconscious. And then they're still stuck and so that's also the opportunity to look, maybe there's an energy or a trauma that's not yours but you're carrying that from your ancestry and that's affecting not only emotional well-being, but also your physical health.

So we see that a lot. I don't know if we're talking more about constellations, but that can be a really powerful work that people do. And you can work in a group or you can work on one on one.

Bert Hellinger is who taught Dr. Klinghardt this work and he developed this system. And it's interesting this is one system, but a lot of traditional indigenous cultures have some methodology for this work. And so the constellation work is usually working with a group and a facilitator to help tap into that trauma, and to give peace and resolution to the person that they're doing the constellation for. And then you can do that in a one on one setting as well. So it's really fun work.

Niki Gratrix: It is. I've seen amazing things with constellation therapy, the amazing things I've seen are people where the person says it's a mother, maybe does the work in a group setting, and then her son will have a release who's not even present. Or maybe it's a daughter doing work in the constellation therapy and then the father phone's them out of the blue, may not have spoken for 5 years, but somehow, I mean that's incredible. You have to see it to believe it. We are connected, I know it's sort of woo for people to accept. That's what I've seen happen in constellations therapy, it's really amazing.

Dr. Christine Schaffner: I feel like that is absolutely true. For people who are listening, really have a personal experience before you make an opinion, because it is just something that you have to really experience to get the full impact.

I hear you, I see that those types of things happen a lot. And when we think about what's happening, I'm healing the field of the family, the energy field of the family, the summations of biofields of the family. And so that's why there can be these synchronicities or these really unique and curious experiences that happen out of that.

Niki Gratrix: Yeah, that's amazing. So you've covered quite a few different levels that you address things. I mean, obviously, the interesting thing is, I mean, you guys at the clinic, you were working with some of the hardest core difficult situations with Lyme disease, chronic Lyme which is very hard on people, it can be, it can last for years and so on. And the trauma work is fundamental to that.

Do you also find as of interest that sometimes when you do the physical work, maybe somebody needs to have their basic nutrient levels improved, and they need the gut sorting, and all that stuff? That's obviously, it can help with psychology, right?

Dr. Christine Schaffner: Absolutely. And, again, we have to treat everybody individually. But there's a lot of times where also people's physical bodies need to be stabilized before they can even receive, or even get to that level of trauma work.

So it's like you don't want to do this before someone's ready. And so I think getting them nutritionally replete, kind of really helping with some of the things to really support and balance their body can allow them to receive. You don't want to overwhelm or short circuit somebody by doing this work too fast or too quickly, and so I think that's important. And maybe this is relevant, maybe not, but we do a lot of infection work.

So we're looking at different pathogens and how they can affect the immune system. And our goal is to decrease the burden and then help create more immune resilience. And one common infection that we often see that's really overlooked, especially with Lyme patients, is parasitic infections. And parasitic infections can be not only worms, but they can be protozoa, they can be amoebas that kind of thing.

Typically, these are hardy infections that have been with somebody for a while. And so they'll even know, our patients will know, they're really more symptomatic around the full moon and all of these things because of the life cycle of parasites. So one of the things that I see a lot is when people move through parasitic treatment and when they're open and really going through it. There's definitely this not only opportunity for emotional release to happen, but also parasites have their own consciousness. So they have their own physicality and they can also make it very hard for a patient to go through treatment. So they're actually creating biotoxins and making the patient feel very inflamed and very sick going through this process, and it can affect them mentally. So they can then create a whole host of different mental emotional symptoms.

So why I just touch on this here, it's not necessarily trauma related, but this idea that, it's like there's our true inner who we are. And that can sometimes be very confusing when we're going through a chronic illness because these pathogens can actually affect our emotional states. And when we treat those, we can of course come back to ourselves and I see that not only with infections, but toxicity too.

When people are really overburdened and overwhelmed with toxicity, they can feel more anxious, more depressed. And so I swear, it seems so simple, but when we're going through treatment, we might say, do a coffee enema, do your detox therapies, do binder's. And people get back to themselves and they're like, wow, that was dark and heavy, but I'm on the other side of that.

So healing, I mean, I have so much respect for our patients because, healing can be, its work. And you have to sometimes really go through this rollercoaster of experience to get out on the other side. But that's our job too, to support and make sure that they're safe and supported, and that we can help them through that.

Niki Gratrix: Thank you so much Dr. Schaffner. That was that was really good, it was really comprehensive. And we even touched on the end there the really important thing about bottom up. The fact that toxins, and mold that's another one I've noticed, if someone's got lots of mold toxins. Their nervous system will go crazy and they will feel like they're probably going psychotic, or they'll probably get a psychiatric diagnosis and it's not its biological toxicity. So I think that's happening a lot, these toxins and so on. And it's causing psychiatric symptoms, but it's not to be dealt with in psychology. It needs Christine Schaffner to do the work, to help them.

Dr. Christine Schaffner: I was so happy you said that in the sense that, it's like the mental health part that I really hope that as the paradigm is shifting, as we're seeing these illnesses, that our view and our treatment of mental health is definitely. Mental health, of course, is complex and we have to look at trauma, but yes, these diagnoses are often a result of

infections and toxicity that are affecting the brain and the nervous system and creating these mental health labels.

Niki Gratrix: Wow. That's great. Thank you so much Dr. Schaffner. That was awesome, you're amazing. It's a brilliant perspective and framework that you work from in the clinic, I have full respect for what you do there, and you're helping a lot of people.

So keep up the good work, hope you are doing another Summit next year, I'll be behind it, I'll support it and encourage people to watch it.

I'm a big fan of you and your work and Dr. Klinghardt. So thank you so much and tell people where, any events that you've got coming up, where can people find more out about you and connect with you?

Dr. Christine Schaffner: Thank you, Niki and you're so lovely and I always love connecting with you, and thank you for putting this work together.

So I have a website, DrChristineSchaffner.com, I have a podcast and just share information about where to find me. And then Sophia Health Institute is where I currently see patients and we have a wonderful team there.

Niki Gratrix: Lovely. That's great. Thanks again, Dr. Christine, it was so good. And also, thank you, everybody listening. I hope you found that as enjoyable as I did and take care for now everybody and we will see you soon.