



Healing the toxic effects of trauma

Guest: Dr Christine Schaffner

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[00:00:09] Alex Howard

Welcome everyone to this interview where I'm super excited to be talking with Dr Christine Schaffner. Firstly, Christine, welcome and thank you for joining me.

Dr Christine Schaffner

Thank you so much for the invitation.

Alex Howard

It's actually the first time you and I have interviewed together. I know you've been on various of our events and I haven't been lucky enough to do the actual interview. So I'm really looking forward to getting into this with you.

We're going to be exploring the toxic impact of trauma on the body. I think this is a really important piece of understanding the relationship between what's happening in our mind, our emotions, our nervous system, and actually how that's affecting our bodily systems.

Just to give people a bit of Christine's background, Dr Christine Schaffner is a board certified naturopathic doctor who has helped thousands of people recover from chronic or complex illnesses through online summits, her *Spectrum of Health* podcast, network of Immanence Health clinics, and renowned online programs. Dr Schaffner goes beyond biological medicine, pulling from all systems of medicine and healing modalities, helping patients reclaim their wellness and reveal their brightest light.

I really like that bio, by the way. It's the first time I've read it. Christine, shall we talk a little bit just to put some initial context around this, of how an overload of trauma results in toxicity in the body?

Dr Christine Schaffner

Absolutely. And Alex, I'm so grateful for summits like these that trauma is at the forefront of really looking at, when someone's suffering from a chronic illness there's so much education now, even though we still have more work to do, but there's more awareness around the things that really affect people. So my wheelhouse is looking at the immune system and pathogens and toxicants and environmental load. And then really trauma, I think, is just as much of a bucket as I'm looking at someone's aluminum and mercury load. We have to look at the trauma and how that affects the body.

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And so we can have a whole interview about how I view trauma and how that affects the physical body, but we know that trauma can affect epigenetics, so that can actually affect DNA transcription of different proteins and affect people, not only in present life, but also we know from ancestral trauma that can actually affect our epigenetic modulation. So not only again looking at trauma within our own personal history, but also in our ancestral history, which I'm happy to go over more.

We know that trauma affects the nervous system, and there are many parts of that. We know it affects the limbic part of our brain and the vagus nerve. We know that trauma affects the fascia and the lymphatic system and extracellular matrix and can be stored in our tissues. We know that trauma can also affect what we would call heart-brain coherence and affect our heart rhythm and our electromagnetic signature in our biofield. And actually, trauma can be stored in our biofield and also affect our biochemistry from the information that the blueprint in our biofield is communicating.

So trauma is multifaceted. There's no one way that trauma affects everybody. But when we think of all the things that we just shared, trauma really affects not only the physical body but also the electromagnetic parts of our body and the energetic parts of our body as well. I'm looking at this from all of these angles when someone comes into my office.

Alex Howard

And I think sometimes people can have a relatively simplistic perspective. They think trauma affects the nervous system or trauma just affects the digestive system, because often the research that is done is quite reductionistic. It looks at the impact of stress on this particular system. But what you're saying is it's a global impact, really, that in a sense, there's no system that's untouched when we go through a traumatic or a sustained level of stress through our lives.

Dr Christine Schaffner

Absolutely. And I think when we think about the toxicity in the body and how trauma affects us, we can talk about all these mechanisms and how that can add to our toxic bucket. The whole bucket analogy, we're always using that. People think they often get sick overnight but it's this bio accumulation of these stressors that eventually the body gets at a tipping point that it can't regulate, and it can't be in that homeostasis of balance and not having symptoms. And so trauma is part of that bucket.

But I also want to share that trauma can be that vulnerability that invites these other things to take hold in the body. And also when someone is plateaued with their healing, like they're trying to address the pathogens or address the toxicants, but trauma, if that's not addressed, that can put people in a holding pattern there. So there's all of this bidirectional and multidimensional, I guess, and multidirectional effects that trauma can have on our physiology.

Alex Howard

So to zoom in a little bit more on one piece of this, you mentioned epigenetics, and maybe just for those that aren't familiar just define what we mean by epigenetics, and then say a little bit more about how that impact can happen on our DNA.

[00:05:25] Dr Christine Schaffner

Absolutely. So epigenetics is a really empowering viewpoint of looking at how we inherit a genetic blueprint, but that is not just set in stone. So epigenetics is the phenomenon that we can really modulate and really create changes in our genetic blueprint based on environmental factors. And those environmental factors not only include diet and lifestyle, but also trauma and our emotional states and our mental health as well.

There's been many people who've studied this, and I know that Niki Gratrix has talked a lot about ACEs and how ACEs can look at childhood events and how that can look if someone has had a significant adverse childhood event, that can affect their health and make people more prone to chronic illness. So that's actually modulating epigenetic transcription of DNA to make people more prone to those illnesses.

And then there's a woman, Rachel Yehuda, who studied Holocaust survivors and looking at, again this is where this idea of ancestral trauma can actually affect us epigenetically. And they can track in generations of Holocaust survivors have that, I don't have the exact genes that she looks at, but you can easily Google her work and look at it. She studied different parts of genes and looking at different methylation effects on offspring of Holocaust survivors. And so when I learned that, it was like I've learned about family constellations over the years and some people think that's esoteric or woo woo, and it may be, but it has a profound effect on people's healing. But her work and work like hers, really, I think, confirms or validates this idea that unresolved or traumatic events in our ancestry can affect our epigenetic modulation and our health.

So that's, I think, a really powerful insight. And then there's other people who are looking, of course, at PTSD in trauma survivors, actually looking at the methylation changes that happen as a result of going through these traumatic life events.

The high level information is that early life trauma, traumatic events in life and even our ancestral trauma impacts how we regulate our genome. And our genome really is that expression of our body. Our genome is the blueprint of how we make different proteins and the physical structure that we are embodying has a lot to do with how our DNA is read.

Alex Howard

And what I love about what you're saying, and I think it's the piece that, as you say, is so empowering about epigenetics, is that people read that this thing is genetic therefore there's nothing I can do about it. And of course, the point you're making is that whether those genes are turned on or off is shaped by the experiences we have, but also the healing modalities we use to correct those impacts.

Dr Christine Schaffner

Yes. And I think that anyone who's listening who's looking at their history or really going through a hard time, I'm all about empowerment, and yes, this is hard and this is something to look at but there's this whole opportunity. We don't need to settle for the genetic expression that we may be prone to based on family history or current life events. We have this whole opportunity to always create new. Our body is full of resilient stem cells in our organs. Our body is always looking at the opportunity to heal and create new cells, new organs and tissues.

And I think when we look at that, it's just beautiful, the body forgives. Yes, the body holds all of this, but the body is always looking to heal, forgive and move on.

[00:09:32] Alex Howard

You mentioned a little bit about the energetic element, and I think mostly everyone will be familiar with the more standard bodily systems. We've got our immune system, our digestive system, our endocrine system, but there's different levels to our physical body and our energetic body. Maybe we can bring more of that energetic piece into this here as well, because I think it's one of the ways that I think it's helpful to think about how that ancestral trauma, how that history, how that information is stored and held in our bodies.

Dr Christine Schaffner

Yeah, absolutely. And I'm still very much a student of all this, but all my patients, and all the wonderful people in my community have taught me so much. And I think this is a really huge piece. And I think this is the future of medicine. The more that we look at our bodies through this lens and integrate, the wonderful functional medicine, naturopathic medicine, bioregulatory medicine viewpoints, but really, with the pioneer and frontier science of looking at biophysics and bioenergetics. Because I feel like when we integrate those two, the realm of biophysics also offers the opportunity for that accelerated healing. That's when people have miraculous moments or the healing in an instant, or the insight and everything changes. That's happening in a bioenergetic or biophysical nature, not just moving molecules and biochemical pathways tinkering with B6 and magnesium. Not to say that's not important, but I love this realm for that opportunity of healing that it offers the patient.

And so when I look at this, where my brain goes is a couple of places. Number one is looking at this idea of heart brain coherence. So through the work of Dr Rollin McCraty and HeartMath and the work of Dr Joe Dispenza, we know that our heart, even conventional medicine, is very much aware of this, that our heart produces an electromagnetic field. Again, when we have our heartbeat in our heart rhythm, that actually creates a field of energy that can be, some people say, measured 6ft outside of the body. So that's incredible.

And so that field of information and energy that is being produced changes based on our emotional state. And our emotional state, again in very simplistic terms, but it's also very beautiful in the work of HeartMath, when we're in states of gratitude and love and appreciation, our heart rhythm becomes what we call more coherent. We're in a more parasympathetic state. Coherence is an idea about organized information. When things are coherent, we're in flow, we're in balance, we're in health. And so when we're in these states that field again, the field that's generated from the heart is much larger than the field that's generated from the brain.

And I study a lot of neurological illnesses, I treat the brain, I'm always talking about the brain, but I'm like, we've got to talk about the heart if we talk about the brain. Because the brain, the EEGs and the brain waves that are emitted from the brain are only measured inches, not feet away from the body. So what these brilliant researchers have shown is that the heart, the field of the heart, actually informs the brain. And there are also neurological connections. There's a whole neurological pathway from the heart to the limbic system.

So again, when we're healing the limbic system and healing the nervous system, we have to look at heart coherence and the parasympathetic rhythm that we look at when we're measuring heart rate variability and how well people can get into those gears. But very simply, no matter what's happened in your life, the more that you can make time for getting in a state of gratitude, a state of love, a state of appreciation, your physiology is going to work better. And I just think that's just so beautiful how we're wired. We're wired to be in health when we're in states of love and gratitude. So that's the, again, very brief overview of heart brain coherence.

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And then I like to look at it from a whole other layer, too. So we know that we have this energy field around the body. And then through the work of people like Dr Beverly Rubik, who is a biophysicist out of UC Berkeley, and people like Eileen McKusick, who has her biofield tuning. We have a biofield. So we have not only this electromagnetic energy that emanated from our heart and our brain, but we actually are surrounded with a field of energy and information.

And it's not just this information, but it's more of an organizing energy. And people who study this know that the field, the biofield, actually is almost like a holographic storage of memory so that we can actually, people who do this in healing work, they can find that there are areas of incoherence or dissonance in the biofield that either can be measured by biophoton emissions, by looking at sound, sound waves if they're in a state of dissonance or incoherence. If that is in your field, that's creating turbulence and disorganization in your field, and that actually affects your physical body.

So again, I didn't create this. I'm just a student of this. And this works. I mean, patient experience after patient experience. I know this to be true from my own life experience. So let's say something happened in your current life or in your ancestry, that information could be stored in your biofield that's actually affecting your physical body. And so using tools like light and sound in the world of frequency and energy medicine, those offer tools to really identify and to move that through and out of the body so there can be more coherent information, so the body can physically be restored.

So those two ideas for me really land when I'm thinking about the bioenergetic nature of the body. And then I'm happy to take a moment, but I'd also love to share that idea of what I call the living matrix. And that's within the physical body I think where a lot of this is also happening from the lens of biophysics as well.

Alex Howard

Let's come to that piece now. That sounds great.

Dr Christine Schaffner

Okay. Great. So the living matrix is this idea Dr James Oschman has worked through his book, *Energy Medicine*, he really educated me on his terms. And so when we think about the physical body, when we study anatomy, it's like you study systems and compartments, and we think everything's on its own, the nervous system, the heart, all of this. But we're this highly interconnected system. And then the more you learn about our physical body, we are really communicating more with biophotons and fields and electromagnetic energy.

And the living matrix is this idea that our fascial system, which is when we learned it in school, it's like the saran wrap that covers the muscles and keeps our structure in alignment. But the fascia is way more than that. It's this really highly interconnected communication network that not only irrigates our tissues with delivering structured water in our body, but it's also a semiconductor and a conductor of biophotons. And then there is, in that structured water that surrounds the fascia, through the work of someone named Mae-Wan Ho who's past, but she was a biophysicist, and she studied this, that holds information in our body.

And so fascia is a body wide network with the living matrix idea that this is not separate, that it's actually through the skin, through the fascial systems, through the extracellular matrix, when you get into that really small space in the body, there is no separateness, that there's actually the collagen

and the other structural proteins actually bind to what we call integrins on the cell membrane and then go into the microtubulin, and so they're not separate, they're connected. And that microtubulin is then interconnected to the nucleus and that communicates with the DNA.

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So we can affect the body through the field, through the skin, we're actually affecting it through the DNA, and then vice versa. The DNA are actually biophoton emitters that are actually delivering that information through the microtubulin and through the system. And sorry to go down this rabbit hole, but it just makes me so in awe of the body and this communication network.

And when we think about trauma, when I work with a lot of people, there's this common experience. So someone might have a craniosacral session or a body work session or what we would call somatic body work. And they may have a thought or an emotion or a really huge physical release on the table. And it's not in their mind. It's in their body. And how I make sense of that is that when skilled healers are working with their hands and interconnecting with this living matrix, they're able to bring healing, or I would say they're given the opportunity to release areas of stagnation, tension or miscommunication in these fascial networks, and that memory gets released.

And that it's all about again, not stuffing all this down, but it's like bringing this out to the surface. So then that's not just in that space mercury, aluminum, borrelia, mycotoxins, that is all hanging out in there, too, but our traumas are hanging out there as well. When people have these experiences and they have these releases on the table, not only do they feel better, but their body starts flowing. And often I have to clean up their system and have them do a colonic and do binders because all this other stuff starts moving out of their tissues as well.

I feel that we're just at the beginning of these understandings and my goal in my lifetime, in my career, that this is just as much a part of intake and an awareness as looking at people's SNIPs and their OAT test, and they're having metal low that we're looking at the body through these lenses.

Alex Howard

What's interesting as well is you're making a really important point that the impacts of trauma, the toxicity of trauma is impacting us on multiple levels. Which also then means that that healing often has to happen at multiple levels.

Dr Christine Schaffner

I think it's a brilliant point. And I think when you do the work that you and I do, we hold these thoughts, and we hold these frameworks and perspectives. And then there's that dance between the patient or the client and the practitioner or doctor, facilitating, the right timing and the right thing with the right support. Because when you meet a new patient who's traumatized, who's quite sick, who's been sick for 10 years, who's suffering, you don't just go there, at least I don't, I'm open to learning that in the future, spontaneous healing, I'm all for it before, but I don't know that yet.

And so it's this timing of being able for their physical body to withhold these releases and be stable enough for releasing, having an awareness and integrating this information. That's always a caveat, even when we know all this you don't want to open Pandora's box before the body is able to integrate that information.

[00:21:53] Alex Howard

I think you're making a really important point, and it's a point that I always find comes out when you work with people on clinical work. And I always get a little nervous sometimes when people are doing a lot of the academic and the research stuff, but not always looking at, in the clinical reality, what has to really work with where that individual is at.

I find myself wondering, sometimes I ask questions for the audience, sometimes I ask questions for myself and the audience, but I find myself wondering that when you're seeing all these different pieces of the jigsaw, what's your process that you go through in terms of sequencing either the diagnostic piece or the intervention piece? How do you decide where to start when you're seeing so many different potential pathways?

Dr Christine Schaffner

It's a great question and I am always reflecting on, OK, what's the roadmap? What's the roadmap? How do we really get people from A to point B? And really can we replicate that scale, that research? It is there, not a cookbook, but is there? And at this time in my life, unfortunately, the answer is no. But there's a lot that we do.

And I use bioenergetic assessments in my office. So I have a Bio-Well camera that looks at the biofield, I have an AO scanner. Harry Massey just gave me a test, so I'm looking at that. And then I also use automatic response testing. So when I'm working up an individual, I'm doing a lot of my basic clinical work. I do a lot of lab work and all the basics and make sure all the big red flags have been ruled out and all of that. And then I do this bioenergetic assessment, really looking at where the body is prioritizing.

But I love the framework that the bioregulatory medicine group looks at. And that is the body is always trying to self regulate and heal, and water in a way. And so I often, when I start with a patient, look at what are those big interferences that are affecting the body's ability to regulate? So regulation is the body's ability to communicate, the autonomic nervous system is online. And a lot of my first visits are ruling out all the things that we know. Make sure the patient's not in mold, clean food, clean air, clean water, and foundations. Supporting organs of elimination, supporting the lymphatic system. So for whatever we're about to do, they have the tools.

But I work, I do neural therapy and we look at scars. And scars can affect all of the things I've talked about already. So scars are really rewarding to treat. So scars from surgeries, scars from injuries, scars from little minor procedures, scars can create these islands of turbulence in the fascial system and in the lymphatics, and then the autonomic nervous system. And scars can hold memory, too. So I always use the example of a C-section scar because I think it's very common and it also just illustrates the point. So a C-section scar really crosses pretty much the entire, it goes through the abdomen in a woman's body.

And when we think about that impact, typically, some C-sections are obviously planned, but often they're emergencies. So in these emergency events, the C-section scar is crossing, when we look at the meridian system in the body, it's also crossing all of these meridians. It's separating the lower extremities from the top half of the body. And so I use a technique called neurotherapy, and we'll inject scar interference fields often on a first visit.

And when we do that again, I trust the body's prioritization based on bioenergetic assessment, because it might be too much to do all the scars, there might be a wisdom of how we do this so the

body can handle all of that. But in the case of a C-section scar, I inject it with propane, so that's a local anesthetic, and what that does is it helps to break down scar tissue. The scars actually look cosmetically better after we do the injection. They help to also shift that cell membrane potential. Cells of scar tissue tend to be a little bit lower, so they're not as healthy as a normal cell. Scars can also, scar tissue can be like that cross fiber netting that holds on to toxicants more, and pathogens can settle.

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And then when we do that injection sometimes the individual can have an emotional release. They can have an emotional release on the table, like crying or a thought or memory, and they're in a safe place so that they feel supported. Scar therapy can be a very first step, because again, we're trying to get those boulders at the end of the road.

Unfortunately, a lot of my patients have dental interference fields. So from amalgam fillings to root canals to cavitation to all of that, and because the teeth sit on acupuncture meridians, the mouth affects the entire body, not only the oral microbiome, but the meridian connection. We typically identify if there is dental interference, we're not going to go out the next day and treat that, but that is really a big block for regulation. Because if you have chronic neurotoxins and poisoning from your mouth, if you have an oral microbiome that's chronically poisoning the lymphatic system, that's neurotoxic, it's affecting the vagus nerve, it just makes it hard. I'm open to having different ways of doing this in my career, but the dental work and working with a biological dentist is often very important for people who are chronically ill.

So we look at those things, and then it is advanced. Typically, I feel like we have to remove blocks for healing, stabilize the field. So stabilizing the field through supporting organs of elimination, supporting the lymphatics, strengthening, supporting the nervous system. I hope again, in my career, any patient that has a chronic illness has access to a team. It's not only usually one provider that can do all of this for a patient, but most of my patients do well, especially with a skilled body worker who does therapies, like craniosacral or lymphatic work or things that can really just help the nervous system flow better and feel safe.

And then we do a lot of other things as well. But those are typically the beginning moves to start getting the system stable, supported, so then when we bring in whatever that is going to be for that person, is that somebody doing a motion code and body code and tapping? Is that person somebody who could do sound healing or constellation work or EMDR or some type of other neuroplasticity work? Everybody is a little different and that is where I think the clinical insight and the clinical intuition we all develop where you don't know why you're thinking of something, but it comes in your brain and you say it out loud and what the patient needs and how you need to move forward. So it's always that dance.

And I'm hoping again in our careers that there's more research around this. We have to get out of that single mechanism mindset like, okay, give somebody a drug and study if they get better in 10 years. It's like, no, we've got to look at it all and to figure out what are some biomarkers to look at these concepts of the biofield and biophotons and biophonans, and looking at how trauma is stored in the body and when addressing it, what happens. So I'd love somebody to research all that. We, of course, would be more than happy to partner with anyone, but I feel it's a dance and I don't know if I answered your question.

[00:29:49] Alex Howard

You did it. I think what you're saying is that you have a fundamental framework that you work through. And then it sounds like a lot of people will get benefit from that already. But then if you're then going to have to add a more bespoke, very specific pathway, that foundation is also really important to be able to do that.

Dr Christine Schaffner

Yes. Great summary. That's exactly what I mean.

Alex Howard

One of the challenges I think also can be that, how I think about it is it's like toxicity, toxic load is often not one thing, it's accumulation of things, then reaches a limit that becomes too much. And I think sometimes in the healing, people can get very fixated trying to find the single answer, but actually, I find it's the same in reverse. That you need to get enough pieces impacting together, that it flips that toxic load. And just like it's not one thing that causes the overload, it's not necessarily one thing that addresses that overload.

Dr Christine Schaffner

Yeah. And I think health is a very simple equation, I mean, it's more complicated, we're complex and there's all these facets of who we are. But we're only as healthy as we're able to eliminate our toxic burden and deal with the chronic exposure to it as well. I really do feel that in modern life.

And so as you said, it's not this one thing. And what I was trying to illustrate in a lot of what I was saying is that, all of that, like the toxic burden, the trauma, all of that is in the extracellular matrix and the lymphatics, all of this space. And so how do we just get the body moving and able to release and be safe enough and supported enough to release?

Because the body knows how to heal. And our job is to really like, why isn't that working? Where does the body need support? And once we get the lymphatic system draining and moving, which is so often a roadblock for many of our patients, the body can deal with the trauma and deal with the environmental burden and deal with the pathogen burden. It's never going to be one thing. And it's this combination of things that creates stagnancy and blocks flow and regulation in the body.

Alex Howard

And I think there's also an important message of hope in that, isn't there? Because sometimes people can get very, particularly if it's someone that works on the psychology side, sometimes initially you're laying out all the pieces someone has to work on and they're like, so you saying I've got to fix all of these things in my life to be able to get well? And it's like, no, you have to fix the ones that are in the way and you have to shift the balance enough that your body comes into a healing state. And that feels much more manageable for people.

Dr Christine Schaffner

Yeah. Absolutely. And again, with the chronic infection world there's this whole like, oh, gosh, I have to kill the bugs and get rid of every parasite and spark. It's like that's not going to happen. We're more a microbiota than human cells. So it's this dance of how do we become resilient? And how are we

resilient to whatever stressors come our way and whatever insults that the body can quickly handle and regulate and move forward?

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And so I agree with you, our job as practitioners and doctors is to lighten that load enough that the body can be in control again.

Alex Howard

So people that are watching this, obviously part of what we've talked about requires that practitioner role, and you and I are both very passionate about the importance of working with the right practitioners. And what are some of the practical things that folks watching this that go, wow, this resonates and makes sense. What are some of the ways that people can start working with themselves?

Dr Christine Schaffner

Absolutely. And again, there's so much that we can do. And again, from my lens, I'm just seeing people who tried a lot of things that need a facilitator, but there's so much we can do at home. And I think where to start is this idea of heart brain coherence, and so really making a practice in your daily life and really trying to develop that lifestyle habit where you take 10 minutes a day to start if that's all that you can do, or even 5 minutes, if that's all you can do to really get into these positive life affirming states of gratitude, love and appreciation.

And so really, if you're drawn to that and resonate with that, looking at the work of HeartMath, they have a whole nonprofit, and they also have equipment that you can use to help you with that. I also think when we're looking at all of this, grounding our energy every day. And so getting in contact with Mother Earth, especially because of the positive effect we get when we're in contact with nature, we get a parasympathetic state. Also, Mother Nature gives us a lot of healing energy, so we actually absorb electrons through our feet when we're standing barefoot on the ground. And that can be really balancing for the body. It can help us handle oxidative stress. It can help us with inflammation and blood flow and really get the system flowing again. And also with all the assaults, especially in the electromagnetic world and EMFs, this can be a very helpful tool.

I'm a big believer, and the more that I learn about intake and also doing things that structure the water in our body. When I learn all these things, it's complicated, but I'm like, okay, health is regulation, health is resilience, health is coherence, health is flow, and health is really how much structured water we have in our body. So structured water is H₃O₂ through the work of our friend Dr Pollack, he wrote a book called *The Fourth Phase of Water*, and I have many friends who study this. And structured water helps, not only inside the cell store energy and be at a negative cell voltage, but it also helps propel fluids in the body. And so it helps with this whole flow system in the body as well.

So we can structure the water in our bodies, grounding actually is a good way to do this, getting in the sun. So if you're able to have access to the sun, getting that broad spectrum of all of that light information. There's a lot of home tools now that are more affordable in the photobiomodulation world that we found through the work of Dr Pollack. Again, UV and infrared are really helpful in organizing and structuring the water in the body. Dr Pollack's lab has also studied things that we know to be healthy and they are high in structured water content. So cold pressed green juices and

coconut oil and turmeric and things like that he studied. I mean, there's so much more to study as well.

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So those, grounding, gratitude, structuring the water. Community also, Alex, I think in this time that we're in, we've been isolated, we've been disconnected, we've been in fear. And I went to Polyface Farm this past year and there was a speaker and he was a physician and master's in public health and really intertwined in policy. And he just went through so much data. And he found that risk of mortality, more than diet, more than toxicants, more than any factor is whether or not people have community.

And so community is really, I think we need to start putting it here for health. And community has all these effects. We feel connected, we feel love and appreciation, gratitude, we feel support, we're in an energy exchange with each other's biofields and epigenetics and genomes, and we're getting so much information being in connection. And so my wish is that as we heal from this time that we've all been in, that we don't stay isolated, but we realize and have a greater appreciation for community and these relationships that are meaningful in our life, because they are only health promoting.

Alex Howard

So true. I'm mindful of time, Christine, there's so many different places we could go here but I think that covers so much. For people that want to find out more about you and your work, what's the best way to do that and what can they find?

Dr Christine Schaffner

Thank you so much. So I have a website, drchristineschaffner.com and you can find out a lot of what I'm up to. I have a podcast. I'll have to have you on the podcast.

Alex Howard

It would be great.

Dr Christine Schaffner

And then I have a clinic called Immanence Health. Immanence means the divine within, so it's really connecting you to your own ability to heal. And we have a clinic in Seattle and an office in California, and we do telemedicine all over the country and the world. So we'd be honored to support you.

Alex Howard

Amazing. Christine, thank you so much for your time. We've covered a lot in this interview, and I think it's really, as always, the message that's so important is that trauma can be complex. There's lots of different pieces, but there are absolutely maps and pathways to find that way out. So thank you so much.

Dr Christine Schaffner

Thank you so much.