



Conscious Life presents

TRAUMA SUPER CONFERENCE

Detoxing for deep healing

Guest: Dr Christine Schaffner

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[00:00:09] Meagen Gibson

Hello, and welcome to this interview. I'm Meagen Gibson, co-host of the Trauma Super Conference.

Today I'm speaking with Dr Christine Schaffner, a board-certified naturopathic doctor who has helped thousands of people recover from chronic and complex illnesses through online summits, her Spectrum of Health podcast, a network of imminent health clinics and renowned online programs, Dr Schaffner goes beyond biological medicine, pulling from all systems of medicine and healing modalities, helping patients reclaim their wellness and reveal their brightest light.

With her diverse skill set, Dr Schaffner seeks to improve access, outcomes, and speed of recovery for patients struggling with chronic, complex, and mystery illnesses. Patients travel from all around the world to reclaim their wellness using her EECO methodology. Dr Christine, thank you so much for being with us.

Dr Christine Schaffner

Thank you so much for having me, Meagen.

Meagen Gibson

So I'd love it if you could start by explaining to us what the EECO system of healing is and how it specifically helps people heal trauma?

Dr Christine Schaffner

Yeah, absolutely. So whenever people are kind of wanting to connect with our office and understanding our approach, if they're choosing to establish care with us, we always have to kind of share how we're thinking, what is our thought process? And it's really hard to label a nonlinear, very outside the norm of what conventional medical systems use to kind of label, diagnose, give one treatment, move on, right?

So we took a stab at it, and over the last few years, we've been kind of using this system to explain really how we approach healing. And I'll break that down and kind of share how this relates to trauma in a moment as well. So the first E in eco is environment and terrain. So I'm a terrain person.

I'm a naturopathic physician. I've also studied bioregulatory medicine. So it's really about our response and resilience and our ability to adapt to the outside world rather than the outside world just is this threat that just by interacting with everybody has the same response.

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So it's a more empowering way to look at health and healing. And we even know the father of germ theory, Louis Pasteur, even did a full 180 on his deathbed and said, really, the terrain is everything. So the environment and terrain is all about how we can look at everyone's individual health story, what makes them unique, what they might have been exposed to over the years? And really, I think a big part of why people are so sick these days is the ever mounting, increasing environmental toxicant burden that's affecting the human body. So that's kind of bucket number one.

And then the second E in EECO, or EECO, is energy system support. And this is kind of an area of passion of mine. And I think there's a lot of ways we can look at it when we think about trauma and healing trauma, but it's thinking about the body beyond our biochemical makeup. We're these physical bodies, but we're also interacting with energy fields. We interact with light and sound and frequency and electrical and magnetic fields and all sorts of ways to look at the body in the way that it communicates and that it can heal with these factors. And also it can get imbalanced with assaults to this energy system.

The next acronym is C or clearing the blocks. And this is really at a bioregulatory medicine, what we call interference fields. So these can be areas that are really interfering with the body's innate ability to self regulate and heal. And so what we often see in our patient populations, there can be things, what we call focal infections. So these hidden infections in the body that the body isn't able to mount a healthy response to heal and kind of repair that tissue and move on.

But it kind of becomes like this reservoir of chronic infection that can slowly poison the lymphatics and the nervous system and be an entry of bugs into the circulatory system. So that can be in the sinuses or the tonsils or in the mouth. So we focus on that and then we look at the impact scars can have on the body. And scars can definitely affect not only the surrounding lymphatics and the fascia, but also there can be fascial memory and there can be trauma that lives in the tissues and in the scar tissue and we can go deeper into that if we'd like.

And then the last label is O or optimizing flow. And that's really my naturopathic roots, really supporting the lymphatics and the organs of elimination. So proper bioflow and hydration and bowel movements and breathing and sweating and all the things that we need to have that, even though we see patients that are pretty complicated, at the end of the day, we need to do a lot of foundational support to help people heal and recover.

And there's that equation we're always trying to balance. Is the body eliminating in a healthy way and a way that it can keep up with the treatments and also the toxic burden that we're all up against? So that's my summary of how I approach treatment and patient care. And again, often it's not linear, like you go from one E and then the other and then the C and then the O. It's this interplay between all of these. But these are all the buckets that we're looking at when we're really trying to recover somebody's health.

[00:06:12] Meagen Gibson

And it's both fascinating and frustrating, I'm sure, for people because they're so used to the traditional methodology of doctors and medicine and what people normally have the quickest access to. And so they're used to going in and having somebody be like I can fix this with this and goodbye, I'll see you in six to eight weeks, or never again if it fixes your problem.

And with the approaches that you're describing, I know that because I've been on a journey with a functional nutritionist over the last six months, and it's slow going and it takes time... However, I will address the skeptics in the room, I don't get colds and flus and stuff. I have children. I used to get them every six weeks, if that. And now that I've started working with the functional nutritionist, healing my gut, addressing this particular one piece of a whole person system, I'm looking for wood to knock on.

It's been fascinating, like the most acute thing that I can say. So I have complete respect for your work and I wish that more people had acceptability or access and open mindedness and the resources just like financially and in their areas for everybody to have this kind of care, because I think it's amazing.

Dr Christine Schaffner

Thank you. That's on my heart too. And I hope in my professional career, in my lifetime, we see some great strides and all the things that you mentioned and usually people don't really start with us. They usually kind of end up in our clinic. And there are some people who are more holistically minded, but often it's because people often fall through the cracks or don't have the answers in the conventional medical system and again, conventional medicine, we need it for trauma care, surgery, really acute things and really specific things.

But in the chronic illness world, this is where I think they fall short, just how you shared, because they really look at the body in these disparate systems rather than as the highly interconnected being. And the more that you look at the body in a holistic manner, the more healing happens for the individual. So I hope in our lifetimes, Meagen, that we see a big shift. And I think the times that we're in are calling for more and more change for the medical system and people are desiring a different approach. So, we're getting there.

Meagen Gibson

Yeah, absolutely. And as we know from all of the data and the research, trauma and trauma experiences increase, and stress, for that matter, because they all go hand in hand, they increase mental health symptoms, they increase body illness, inflammation, autoimmune diseases. These are the scientific facts. And so people who have experienced trauma, how do you approach that when you're trying to treat somebody?

Obviously there's acute trauma like if somebody had to have an emergency C section or they've had a major invasive procedure on their body, that's a more obvious one, but when it's more of a covert trauma experience, those kinds of things that can affect the way that your body and your nervous system are able to process information, stress, day to day life and the way that that increases your sensitivity to your environment. How do you address that with people?

[00:09:37] Dr Christine Schaffner

Yeah, it's a great question. I'm in the camp too. So there's typically, as you mentioned, the ACEs and the vulnerability for people to be more vulnerable epigenetically to have a chronic illness. And then there is really the trauma of being sick in our society these days because, again, what we just laid out, often people go undiagnosed for years, even decades. They often get mislabeled, they get minimized, not validated.

And one of the most healing things that I think happens in my office is when we start care with someone, is that the validation that this is not just a psychosomatic illness that is in their head, that there are real factors. And so, I just wanted to put that out there because I think there's these two aspects of trauma in our community. Trauma is fascinating. I mean, I think we're learning more and more.

And I think about in my way of approaching it, I think about, okay, how does trauma impact the body? And we know that it can impact what we call the fascia and I can go through that. It can impact the vagus nerve, it can impact the limbic brain and then it sounds a little esoteric but there's more and more conversations around how trauma can actually be in the field of information and energy that surrounds and can be stored there.

And then it can affect coherent communication from the field to the body and that can translate into disease. And so I think about all these ways that trauma can show up, can create illness, that's aside from the obvious of the suffering that it can create for people. And so I think an obvious place to start, if you're okay with it, is how does it show up in the body?

And I already talked about scars. I think scars are such a good illustration. If you don't mind, I'll go there. So when I work with someone often we just really try to stabilize them, find an entry point. I use a ton of all of my Naturopathic modalities but I also use a lot of bioenergetics to help me be a detective, where to start and how to approach the patient so we can really get momentum.

And usually it's that first three months where we're really kind of stabilizing so the body can receive and release, right? And so those are important aspects and, again, everyone's on their own time, of course, as well. So when we do our checklist and think about, okay, if people have scars, again, thinking about optimizing flow and the impact of the fascia and the Lymphatics, it can be really helpful for releasing stuck energy in the physical body.

But what time and time again has shown me is that there's so much more impact that this has on the body's ability to communicate. So when we think about scar tissue, there are these really beautiful pictures by the way, Dr Jean-Claude Guimberteau is a French hand surgeon, and he did these beautiful pictures in his surgery. He recorded them and then has a beautiful book looking at the human living fascia. But he has these really wild pictures about scar tissue and how scar tissue is really more dense and irregular and less fluid and less mobile.

So it's kind of this traffic jam and the beautiful original fascia that the body creates, its job isn't to look like the original fascia, it's just to plug a hole and help you to prevent any more injury in that tissue. And so what we find is when we start creating movement and support in that area, that there's often a storage not only of toxicants or pathogens that we often treat but we think about the fascia as also holding memory in that tissue. And a couple of people theorize why.

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The thing that makes the most sense to me is the role of structured water in the body and how water can hold information. And so in this fascial scar tissue is a memory. And so when you start, I use neural therapy, so I'm using an injection to actually go in and help to break up the scar tissue, create more fluidity. And often, if the patient feels supported, if all the right things are lined up, there can be a letting go. And I think that letting go and that release of body memory, of fascial memory, is just as important as getting bile moving and getting mercury out of the body and all of that. It's just this release of somatic memory.

So I think that's just an illustration there of trauma in the body that I think people are more and more keen to, with people like yourself and Alex doing these conferences, but I feel it's still wildly misunderstood. And sometimes I have really sensitive patients who can have a sensitive but don't have a way to articulate how they have this stored energy that's affecting regulation and physical changes in their system. So I'll just pause a moment before keeping on going. But I'm sure that's been talked about in this summit as well.

Meagen Gibson

Well, and you're the star of the show, so you can talk as long as you want. But I find it so interesting, especially in the way that you were talking about receive and release and we were speaking earlier about just the trauma of not only illness, especially if you haven't been listened to and believed, but pain as well is so transformative and can be so dismissed by medical professionals not dealing with the symptom, but dealing with the cause of the pain way. Just like illness.

And so when you talk about receiving, teaching people how to... Or creating the environment of support that you do so that someone's ready to actually receive help and release the protective part of themselves that they've had to put up because they've been so gaslit or dismissed or disregarded in their own health care journey.

Dr Christine Schaffner

Yeah, it's such a great point. And the timing of all that is this is kind of like a beginning place that I start with the scars because of all the ways that it helps to just free up energy in the body. But what I've learned over the years, there's a time for everybody. And then as you go through treatment there can be conditions and the stars align within the body and within the environment that the person is ready to move through these things.

And so it's really like the keen practitioner to really make sure we're getting the right support at the right time. And I think this awareness around trauma is so important. But what I've seen is you can't just go into people's trauma. The body has to be ready, as we're talking about. And then there's this wild thing that also happens too, Meagen, that when the body is releasing trauma, it's kind of like this intersection, especially when we look at the body through the lens of the fascia and the connective tissue.

Trauma can be stored. Toxicants can be kind of lodged in that space. Pathogens like stealth pathogens like Lyme and Coinfections can be lodged in a space. So all of a sudden there's this area of stuck, isolated, basically the stuck energy in the system that's been contributing to illness over time and all of a sudden you get movement.

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And let's say, we talked about just for the scar injection idea, you get this release and if you're not keen to know that the body can start mobilizing toxicants and also the immune system can be interacting with the infections a little bit more because there's more movement, less stuck energy, in that system, you can see after a trauma release somebody can also feel like they're going into a healing crisis on a physical level.

So often it's really making sure that person is supported and then, excuse me, my throat is a little dry, and then also making sure maybe binders or hydration or great immune support because if you don't follow that up, there can be other issues that emerge that might just stymie the progress that people feel from that trauma release. If that makes sense.

Meagen Gibson

Absolutely. And it reminds me a lot of what I usually tell people when they start digging around in their wellness which is it always feels like pick your place. I always say like a garage or like the closet that you've been shoving things into that you don't want to look at. And in order to organize, clean and make choices about what's in there, you've got to make a bigger mess first, sometimes, and then everything is kind of scattered all over the place.

And it can be very overwhelming but then as time goes on, the organization, you start to let go of things. So if you can follow that metaphor but yeah, everybody thinks it's going to be I go in, I have this shot, if you will, into a scar where I'm kind of moving some trauma and some fascia around and then everything's better. That's not necessarily what happens, is it?

Dr Christine Schaffner

Yeah. And I think there's like this... I'm an optimist for sure, with this work, you kind of have to be. But this idea of, especially I think in American culture, hurry up and heal, give me the thing, get this to go away, move on to the light and move on to go back to my life. Well, of course I want to alleviate suffering and not see people suffer for prolonged periods of time. The more that we can really embrace and lean into the journey of this process, that's where I see some of my patients do the deepest healing work and the trauma work.

Because they really start to understand the patterns that might have gotten them into this place and then re-emerge with what patterns need to be rethought, what sole purpose needs to be reignited and rethought. The more that you can lean in when you're recovering like this is scary and uncomfortable and, of course, uncertain but there's such a transformation through this process if you can have that perspective going through it and I am sure you see that with your work as well.

Meagen Gibson

Yeah, absolutely. It's when people are open to investing in themselves over a long period of time, and long is relative to whatever you want to make it to be. It could be a few months, it could be a few years. For me it was definitely at least five to six years and ongoing, if you will, but that investment at a trickle over a long time, it makes a huge difference.

[00:21:23] Dr Christine Schaffner

Yeah, absolutely. I'm glad you had that experience.

Meagen Gibson

Thank you. And I'm glad that you're doing the work to help guide people in those experiences.

Dr Christine Schaffner

Thank you.

Meagen Gibson

So I want to talk to you a little bit more about interference fields because I think that's something that we went by kind of quickly and that you mentioned, but that is going to be relatively new information to a lot of people watching. So if you could talk a little bit more about that.

Dr Christine Schaffner

Yeah, absolutely. So scars are an interference field, so again blocking the body's ability to self-regulate and heal. And then in bioregulatory medicine we can have these areas, what we call focal infections. So they can be these isolated areas that have been cloaked or hidden from the immune system where, for various reasons, just epigenetic, toxicant burden, injury, so forth, there could be a build up of a home base or a reservoir of infection that the body cannot, I mean, I believe in anything's possible, but for what most people perceive is that the immune system can't really overcome that and heal that tissue and regenerate and repair.

There's something blocking that ability to happen. And so these areas can be very draining to the body. So just think about it, like if you have a root canal tooth, it looks fine, it doesn't hurt, it's not doing anything bad. But then slowly bacteria is accumulating and then the entry from the mouth to the rest of the body, it's a really easy access highway for those bugs to continue to propagate. And then when we think about the surrounding lymphatics in the neck, those infections can migrate in the neck.

And then also they can affect the vagus nerve. Just thinking about the dental component, so then you think, okay, like, I have lymphatic congestion, do I have a cardiovascular issue? Do I have a systemic issue? Do I have a vagus nerve issue? Then you might have all those things, but what's the true root cause, right? And when you offload and working with, again, if it's a dental issue, working with a great biological dentist and a good team, doing that with all the right support, getting that area treated and in a root canal, we have to get that removed because it's dead tissue.

Basically gets that cause of inflammation and infection out of the body. And then the body can overcome all of the things that that was stirring up. So the lymph can get restored. The vagus nerve can come back online. The pathogens can become avirulent, and the microbiomes can be more balanced in the body. So that's one example.

The other common ones in our area of work are the sinuses. A lot of times people have mold in their environment and then that can get colonized in their sinuses. And then again, that can be like a home base for mold spores to produce mycotoxins and then disrupt the microbiome and the

sinuses. And then the proximity from the sinuses to the brain, that can create a whole host of hypothalamic, pituitary and also microglia activation, creating more brain inflammation.

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So someone's like, oh, I have depression, I have a pituitary issue. Oh, my gosh, my brain is really inflamed and I can't get control of it. And okay, they do all the things, but okay, did they really address this sinus issue and then everything's way easier to treat, if that makes sense. And then the last area is the tonsils. And the tonsils are that front line of defense, we're inhaling our environment, and they can be affected if you have dental issues that can drain into the sinuses.

Again, if you have recurrent strep or recurrent Epstein–Barr or any of these other pathogens that can take hold of that tissue and then that can create a lot of inflammation. Again, because of the proximity to the brain and also the top of the gut, can create this chronic, prolonged inflammation. So if you're having gut brain issues or Lymphatic congestion, your Lymphatic is not draining as well, or neuroinflammation as we talked, or chronic reflux and H. pylori or what have you, have you looked upstream or found this area where you can create more balance and more immune recognition and immune modulation? Then those kinds of symptoms that are secondary that feel primary end up resolving. So that's our view. And that's how my patients have taught me to interact with interference fields.

Meagen Gibson

That's such a fascinating part of it. And I don't know when it happened, I'm sure that somebody will write me an email and tell me, but when we dissociated the head from the rest of the body, it's such an important part of our wellness and our connection.

Dr Christine Schaffner

Totally. I feel like I'm treating people from here, on a physical level. And then, of course, there's energetic and emotional levels, too, on that level. But it's like very much here. I'm trying to create movement and flow and balance the body and then everything else gets back online. But, yeah, I'm with you with that, Meagen, for sure.

Meagen Gibson

Yeah. I interviewed another contributor, Donna Jackson Nakazawa, for last year's Trauma Conference and also again this year, but she did an entire book about microglia because she was just so fascinated about the immune system and the brain and inflammation and how little we understand about it. Yeah, it's fascinating.

Dr Christine Schaffner

I mean, when you think about it, when I was in school, or soon after, we didn't even know about the Glymphatic system, which is the Lymph system in the brain. We'd still think that blood brain barrier was this Great Wall of China, and there was no microbiome in the brain, very little immune activity. So this idea, we're very advanced in our understanding, but there's so much more to learn. And that's why I really have a love for the bioenergetic, biophysical layer, because I think it's just so untapped and there's so much to explore there and we'll be learning in my lifetime.

[00:28:12] Meagen Gibson

Yeah, absolutely. It feels new, and yet it's not too terribly new, it's just new to the mainstream. And there's so much more that we have to learn and that we'll learn soon. And I was actually just explaining to my son in very middle school terms the role of sleep for the brain and how we're kind of detoxing our brains every day. And I was talking about the little trash trucks that metaphorically go through your brain and clear out all the junk.

Dr Christine Schaffner

What a gift, sharing how we're really wired to work and at a young age, I think the more... I have a four and a half year old, so we do certain things as well. And what a gift, to understand how we really work.

Meagen Gibson

Yeah, exactly. And speaking of that, we also not blew by, but you've mentioned it a couple of times, but just for anybody who's new to this and learning along with us, the Lymphatic system, I think a lot of people, more than normal, have, or more than typically, have become a little bit aware of it because Gua sha has really gotten popular.

Dr Christine Schaffner

Yeah, I have one on my desk here when I do phone calls.

Meagen Gibson

When you're not on camera. That's nice. I've never considered that. I only really do mine on the walking treadmill, so I think it might be too much for me to Gua sha and also do it on the treadmill.

Dr Christine Schaffner

Too coordinated. For sure.

Meagen Gibson

For sure. But I think that's kind of the limited knowledge that most people have, if they have any information about the Lymphatic system, that's their knowledge. So if you could give us a little breakdown of that, why it's important to us, and what that system takes care of in our bodies.

Dr Christine Schaffner

Yeah, absolutely. And I'm excited to see how much more awareness it's gotten over the years, which is wonderful. But again, still, we have a lot to explore. So you were mentioning the Glymphatic system, which is the Lymph system in the brain that happens when we sleep. Our brains actually shrink, and a lot of why we really need deep and REM sleep, not only to heal trauma, actually, a big part of REM sleep, there's an awesome book about sleep. I went down the sleep rabbit hole because I created a product around sleep.

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And often people who have PTSD don't make that... It's really hard to get that threshold into REM as often as we need because they don't have enough GABA in their systems because of all the chronic trauma and stress. And REM sleep is a time when our brain is completely free of noradrenaline. So it's actually a time like a reset button for our brain. And there's a lot of information about how trauma gets consolidated and people who sleep better are more emotionally stable.

And a side note there but there's that Lymph system in the brain. And then the Lymph system is just like a body wide network that's really tied tightly to the circulatory system. And there's two key pieces of the Lymphatic system. It's an immune surveillance system, so it helps to engage what we're always being exposed to and help mount a healthy response. And there's also a drainage and detoxification piece.

So I mentioned the fascia and the scar tissue. So the lymph is kind of within the fascia. Again, in the human body, everything is interconnected. There's not these, okay, this is the Lymph system, that's just how the human body thinks about it. So it's really important in training the extracellular matrix and keeping that prelymph flowing in that space. And when there becomes impaired drainage and it's, again, a body wide network, so if there's stagnation in one area can affect another area, there can start to be a build up of metabolic waste or toxicants and a breeding ground for bugs.

And that's where disease begins. And that's Alfred Pischinger, Dr Pischinger, who was an Austrian physician, who really was like, it's not just about the cell. This cell is nothing without the environment of the cell. And that's what dictates whether disease begins. And so it's really important. And then a lot of my friends who we treat the Lymphatics and we have all of our tools and we see people with so many varying conditions, there's also an energetic and emotional component to the Lymphatic system.

And when people have stagnant Lymph and all of a sudden get their Lymph moving, just like how we get their scar tissue moving, there can be a release of emotions. One of my friends talks about how the Lymph is about letting go and moving through. Again, health is complicated, but it's pretty simple on one level, it's like where there's stuck energy, stagnation, that's where, usually, healing is not as easy to happen. And then our job is to restore flow and coherence and communication and the releasing of all the physical layers, but also the emotional layers.

So the body can really communicate and we just step out of the way and let it do what it needs to do. So, yeah, Lymphatic work is a really big part of our protocols. We use a lot of things internally, a lot of things topically. We mentioned gua shas. There's even tuning forks you can use on your body. There's different therapies, there's different equipment, so there's a lot more information out there, which is awesome and really quick, you don't need to have huge swelling or just had to have surgery to have Lymphatic congestion.

Some of the thinnest people I've seen have had the most stagnant Lymph. I think that's a mental model sometimes we haven't really accepted Lymph congestion and mainstream because people think it has to be like this swollen, kind of like really blown up tissue if the Lymph isn't moving. So it's in the small spaces that really matter in the body.

[00:34:27] Meagen Gibson

Yeah, the thinnest people in my family all have high cholesterol, even though they eat the healthiest and they work out. So I kind of compare it to that. You don't have to have visible dysfunction to have Lymphatic dysfunction and need attention there.

Dr Christine Schaffner

Yeah, absolutely. It's a really rewarding system to treat. People often feel a lot better when they get their Lymph moving.

Meagen Gibson

Amazing. So for people at home, how can they start paying attention to these systems and start seeking help from people like you to kind of get this in line? Or if it's not available to them where they live or they don't have accessibility to that right now, what can people start doing to start paying better attention to these systems in their body and taking better care of themselves?

Dr Christine Schaffner

Yeah, it's a great question. So there are more and more of us out there, but I think the functional nutrition and medicine community are a great bridge. There's going to be, within that community, people who think more and more, like myself with some of the things that I'm sharing. But really take a checklist if you're really stuck out there and you're not seeing results, okay, do you have an interference field? That might be quite significant.

Have you really taken inventory of your environment and terrain? Have you explored looking at the body from the biophysical layer and explored energetic modalities, things like light and sound and frequency and acupuncture and meditation? Have you even explored that? Because that could be a missing piece to actually be the thing that gets your system moving in concert with everything else?

And then are you really living a life of really trying to support your organs of elimination and doing something each day to move your lymph, to sweat, to make sure you're having healthy bowel movements, to make sure that you're digesting your food and staying hydrated and breathing? And so all of these things, take inventory, and then I'm a student of this, but I really try to have a meditation practice in my life.

Most mornings I try to, even if my daughter is waking up and wanting to distract me, I still keep going. I just try not to get too upset about it and let her play or like, sometimes she wants to lay on me.

Meagen Gibson

Crawl on your lap, I'm sure?

Dr Christine Schaffner

I know. Today she did, and she was like, mom, why are you going like this with your hands when you're meditating? It's a good exercise because that's life, right? Life is all the distraction in the

world but how do you maintain that commitment and that connection throughout your process? So there's a lot of great resources for meditation if you're new to this. There's equipment like the BrainTap that can be guided if that's something that people need more experience with.

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You can look online, Tony Robbins has like a priming exercise that's a really good way to start, where there's usually an equation of opening your heart and thinking about what you're grateful for and then envisioning your day and rehearsing what you need to see. There's also the people at HeartMath who are really doing amazing work. I just love what they're doing there, Dr Rollin McCraty, and really that we're in charge of our own heart rate and rhythm, and the more that we're in these states of gratitude, love, and appreciation, we have a stronger electromagnetic signature that we're generating from our heart, that's informing our brain, that's informing the rest of our body.

And we were wired to actually be in a healing state, when we're in those states of gratitude, appreciation and love. And then life's life, of course we're going to feel anger and all these emotions that I'm not saying we don't feel, but if we stay stuck in them, then our body does the opposite. We get in a very incoherent rhythm, a very disorganized flow of information and we become less energized, less empowered and, again, that's where potentially disease can begin. So HeartMath is another one.

I've also been down the Joe Dispenza rabbit hole and that's been pretty transformative and so I think that's really been a huge... I think he's really on to something. But there's these ancient principles that are getting reawakened through this modern life lens now. And something if you're struggling out there and just don't know where to turn or you feel really like how am I going to afford this, who am I going to find?

I'm a really big believer in group intention and group healing and sometimes we don't know, our mind doesn't understand how we're going to get the help we need or how we're going to get the support we need and we just can't even make sense of it. And that can feel really scary. But when you surround yourself with a group of people who have the shared focus to intend for you to see a shift, to move towards health and healing, we're wired to do that, I believe.

And I think that's a very untapped experience not only in the clinical model but in life. When you need support, call on a few friends, do a meditation circle or group intention circle or prayer circle. We've become so disconnected from that. There's lots of words from that. But this is the work of Lynne McTaggart, and Joe Dispenza has coherent healing, so they've really shown the validity of that. And I've had some pretty profound experiences not only in my own life but seeing them in my patient's life.

Sometimes when I'm stuck or I don't know what to do, I always offer that option. As we're getting more and more information for that patient because we have to let room for the divine to enter our life, whatever that means for you. I'm not super religious, I just believe there's a higher power. And when you also look at the world through the lens of this highly interconnected field that surrounds us, participate with it, play with it and explore it. Because I think if you don't know where to start, start with educating yourself there and looking into these rabbit holes I've shared and I know that there'll be something there for you.

[00:41:18] Meagen Gibson

Fantastic. And then if somebody is ready to work with someone like you, how do people find out more about you and your work?

Dr Christine Schaffner

Well. Thank you, Meagen, I have a website, drchristineschaffner.com. I have a podcast and basic information about what I'm up to is on that site. And then I have a clinic in Seattle, and we do a lot of telemedicine as well, and it's called Immanence Health. And immanence is a word that kind of came to me, was inspired, and I didn't even really know what it meant. And I looked it up, and it really means the divine within. So really, our mission is to really ignite that healing capacity that we all have within.

Meagen Gibson

Fantastic. Thank you so much for being with us.

Dr Christine Schaffner

Thank you so much, Meagen.