

Speaker 1: 00:03

You're all Welcome to the connecting health summit, which is aimed at breaking the link between cancer and autoimmune disease; this summit will be hosted by Holly Bertone and Dr. Heather Paulson. Today we're talking about the three major toxic exposures and what to do about them with Dr. Valencia Porter. Dr. Valencia Porter is a leader in integrative preventative and environmental medicine combining ancient wisdom traditions such as Arabic medicine with modern science. For the last decade, she has worked with Dr. Deepak Chopra at the Chopra Center for wellbeing, providing integrative medical consultations and teaching health professionals in the community, how to achieve total mind body spirit health. Her recent book; resilient health explains comprehensively on how to thrive in our toxic world. It is a handbook for the toxic age purely based on her research and clinical experience in guiding patients through the Chopra Center signature detox program and personal healing journey. In this summit, Dr. Valencia Porter will be talking about the top three major toxic exposures; why most conventional doctors are not aware of or even dismiss the relationship of these environmental factors and disease, and how you can minimize toxic exposures in your life.

Speaker 1: 01:13

We would also like to thank Green Fills for being a part of the connecting health summit. You can learn more about migraine pills on the speaker's page. Moving away from that, let's welcome Dr. Valencia Porter. we welcome you to the connecting health summit, burdened with breaking the link between cancer and autoimmune disease. So, let me just read a quick introduction about her. She is a leader in integrative preventative and environmental medicine combining ancient wisdom traditions with our Vedic medicine, with modern science. For the last decade, she's worked with Dr. Deepak Chopra at the Chopra Center for wellbeing, providing integrative medical consultations and teaching health professionals in the community how to achieve total mind, body, and spiritual health. She passionately advocates for real solutions to global problems of climate change and pollution.

Speaker 1: 02:18

Knowing that personal and planetary health are intricately linked; Dr. Porter shares her extensive knowledge about the environment and its role in our health and wellbeing in her recent book, Resilient health, which opens our eyes on how to thrive in our toxic world, it's a handbook for the toxic age, and it's based on her research and clinical experience in guiding patients through the Chopra Center, his signature of detox program, and Personal Healing Journey. Dr. Valencia order is double board certified in general preventative medicine and integrative medicine with a true integrated practice that combines nutritional medicine, herbal medicine, mind body medicine, energy medicine, environmental medicine, functional medicine, peak performance methods. So, Dr. Porter, thank you so much for being here. And welcome once again. Thank you so much for having me, I'm really excited to be here. So today's topic, we are going to learn about the three major toxic exposures contributing to autoimmune illness and cancer and also what we can do about it.

Speaker 1: 03:22

I'm excited to hear about that because I feel like I walk outside and I'm just bombarded with toxins everywhere, so I'm really excited to hear what you have to say. First and foremost; how did you get started in environmental health? It's a long story, but I'll make it short. I grew up in the seventies where you know, it was better living through modern chemistry and a pill for every ill and although I love nature and my mom who happens to be a Korean would always give us really healthy food all the time, and I loved eating fruits and vegetables and in fact, I would sit there and eat like five plums or more. I loved fruit so much. But then when I was in my twenties, I developed a food sensitivity where the plums that I would love to eat would close up my throat.

Speaker 1: 04:18

My Lips would swell up; I would even get a rash if the juice got on my skin. And I thought, what is going on here? And at that time organic was not a thing and I had no idea. I was living in Baltimore at the time and there's a little grocery store around the corner and I tried an organic plum and I could eat that, but I couldn't eat the conventional plums. And so at that time, again, organic fruit was not a big thing. So often times the organic fruits that I could find and the little teeny health food stores where these kind of mealy little fruits. And so I basically stopped eating a lot of the healthy food that I was eating. And then fast forward, about 15 years later, I had gone through medical school. I had gone through three residency trainings and I had had my own health challenge that had brought me to the Chopra Center.

Speaker 1: 05:17

And there I learned about Ayurveda, which is a wonderful system of healing from India. And it really goes back to natural health and how we can heal our own body. And then I realized, you know, I needed to shift how I was eating. And, so I started eating healthier, but still at that time organic was not a big thing. So I was eating more fruits and

vegetables again and I'm really shifting my life. I started to meditate and then I went to an amazing course by the center for mind body medicine called "food is medicine" because I was starting to change my viewpoint, not looking at the pill for every ill, but really looking at what is this food that can be our medicine. And I heard a wonderful talk by Dr. Mark Hyman, who's very much involved in functional medicine and one of my favorites.

Speaker 1: 06:09

Yes, and he blew me away during his talk and opened my eyes and also showed me that the foods that we're eating, aren't necessarily what we think they are. That there're additives, that there're things that are sprayed on them that can have an adverse effect on our health. And at that time I was in a master's degree program for public health of which I was focusing on health promotion. I wanted to give people good information to get them healthy, but I realized I do not know a thing. Even after having gone through medical school and my residency programs, I did not know a thing about how the environment was affecting our health. And so I shifted focus to teach any of that in medical school. Do they know? Of course. Beyond acute poisonings and massive toxic exposures. We really do not focus on environmental health at all. And I realized at that time that this is a huge aspect of our health that we were really ignoring and I wanted to do my best to help my patients.

Speaker 1: 07:17

I began to delve in and I've been learning about it ever since. Oh, that's wonderful. That is absolutely wonderful. What do you consider some of the major toxic exposures that contribute to illness today? Well, food is a huge part of it because food is one of the biggest impact for we are mostly taking in food probably all day long. And so that's the major interaction with our environment. We metabolize it through our gut; and our gut is a major immune boundary as well. So food for me is primary. That's like the base of the pyramid, and in my book I go through concentric layers going outwards. So firstly, what are we taking in, in terms of food that ultimately becomes our body and then what are we putting on our body? All of the personal care products, you know, the average woman uses at least 12 on average, 12 or more personal care products with, 80 to 90 different ingredients.

Speaker 1: 08:28

So what are we really being exposed to here? We just buy what 's on the shelf anyhow. What I learned in my research is that I thought, and I think many people think that the government is protecting us, that I think, you know, FDA approved and all that. Well, what I realized is, that doesn't really mean anything. We really have to advocate for ourselves and luckily there's some wonderful organizations out there that are doing work in this area. I particularly like the environmental working group, that has a great app whereby you can download the whole database, you can also check and see what these products are and what are the potential hazardous effects that they might have on you. So I have that website. It's so great. Therefore, what we put on our skin is the next layer out because our skin is our greatest Oregon.

Speaker 1: 09:28

It's the biggest part. Our gut is huge; our skin is huge. I remember, I don't know if you know that the actual number, but I remember hearing some crazy statistic and I can't remember exactly what it was, but basically the amount of lead that women eat just based on lipstick alone. And I mean, I know I totally shifted to nontoxic and very chemical free, more or less a cosmetics and when I heard that fact I was like, my goodness, that's crazy. I mean we don't have lead in our paint anymore. We don't have it in our gasoline. Why do we have it on our lipstick eating? It's a big problem. I wasn't aware of that and I think a lot of people are not aware of that either, and that's why I'm trying to call our attention to it.

Speaker 1: 10:19

And then the third one, and then I'm rounding up this talk. So, then what 's going on with our minds, our mental and emotional health, because you know, we can eat organic, but then if we're still putting toxic stuff on our body then we're still exposed and then if we clean that up, but then we have toxic friendships, have toxic thoughts of our own. Oftentimes our worst enemy is ourselves. So dealing with those emotional toxicity is another factor where we really need to look at and clean it up, clean up what 's going on in our minds. And I know too from having both cancer and autoimmune disease, not just from the perspective of thinking about the toxic exposures and the toxic thoughts and everything like that and self-talk as well.

Speaker 1: 11:20

But when you get sick and I mean chronically sick, like you're not sure if you're going to get out of it. It's easy to think those, those negative thoughts as well as about your health. It's not just from a perspective of the negative thoughts. But also thoughts like; my goodness, I feel horrible. I'm never going to heal. And you know, that's great that you know. Did you put that into perspective because I mean, I know there are days I'm eight years into my healing journey

and still recovering. There are days, I mean, it's hard to get out of bed and if that self-talk, that negative self-talk one, I don't know how I could function. So that's great that you brought that up. Thank you. It's huge. I mean we're the only species on the planet that can make ourselves ill or sick just by thinking a thought and they've shown that in research now that what we're even looking at, what we're listening to, the interactions that we have with other people, those really impact in particular the immune system and our immune function.

Speaker 1: 12:29

On the flip side, which is great, it boosts our immune system. So we all need to laugh every day at least once a day. So now why do you think you had talked about what you learned in medical school? Why do you think traditional doctors aren't aware or, or even dismiss the relationship of these environmental factors? I mean I think the first part is our educational system, the medical education. We're very focused on pinpointing the one cause and then finding the one drug that works on that one molecule instead of looking at a holistic approach. So we just have blinders on. Unfortunately, in my profession we're focused on these big impacts and I think people are starting to look now at things like the micro doses of let's say BPA, which most people are aware of now, but I just saw an FDA report that just came out in the last couple of weeks that came to the conclusion that BPA was safe and it is not.

Speaker 1: 13:42

If you look at the details of this 249-page report and you look through that, you will find that they found evidence that it's not safe, but yet they've reached this conclusion. So I'm sorry I got so much, it just makes me so upset and so angry. So, you know, we hear that information and, we're so focused on the things that we can do and the tools that are in our tool box, I was going to say, and I've heard it with bps that even some of the products that are eliminating BPA did, they're adding something else that's just as toxic. Is that true? Yes, so they put bps which has the same or worse, an endocrine effector hormonal effects as a result of these micro doses, so looking at micro doses that have additive effect.

Speaker 1: 14:40

When we study things in medicine, usually it's, you're studying one thing and not a bunch of things and they may be looking at high levels but not low levels. And so some scientists now are showing that maybe at high levels it's not showing an effect, but then when you do it over a long period of time at these low levels, which is what we're exposed to, then it can definitely have an effect and a lot of the studies also are looking at it in isolation and not in combination with a variety of other things. So probably cumulative as well. I mean this is over a lifetime exactly whether we collect all these toxins and unfortunately as women we pass that onto our children. So they inherit unfortunately this toxic leg legacy and I think it was in 2004, 2005. The environmental working group did a study where they looked at umbilical cord blood.

Speaker 1: 15:40

A baby's first born have not even taken their first breath of life. They take a sample from their cord blood. They have over 250 neurotoxins, immunotoxins, endocrine receptors in their blood and they haven't even lived yet. And, that kind of answers the question about why babies and children get so sick too. It's really unfortunate, and that's also part of my mission is to help people become aware so that we can clean it up, and I think particularly women of child bearing age to know that and to clean up before they conceive so that we don't pass on this toxic legacy. So now that we're all set

Speaker 2: 16:32

Near to death, I don't mean to leave now. That's good though. We need to be informed.

Speaker 1: 16:38

Please help us. What can people do to eliminate these toxic exposures in their lives? So the first step is becoming aware and I love the Internet, but you know, it's great because now all of this information is at our fingertips. And part of my impetus for writing this was to get it out to people, but also to get it out in a way that I looked through the scientific evidence. I went and dug deep to the original studies instead of just focusing on sensationalized headlines, which is what I initially did when I embarked on this journey.

Speaker 2: 17:16 I used to be Like, oh my gosh, I can't eat that. Oh my gosh,

Speaker 1: 17:18 And it created a lot of fear. I remember traveling one time and I watched this documentary and it scared the hell out of me and I've felt like I couldn't eat anything. I was like, oh my gosh, I can't eat anything because the airport is probably one of the worst places to eat unfortunately. So, becoming aware, and recognizing where you're getting exposed and level of exposure. The second step is to really look at how is this affecting me? Is this a

risk for me personally? And you can look at your family history and see, do people have certain illnesses like breast cancer, other, an endocrine related issues. Then in particular, you really have to watch, these Xenoestrogens. So estrogens from our environment and external estrogens for example. And really looking at this is something that I need to focus on personally because there's a myriad of toxins out there.

Speaker 1: 18:28

To me it's a tidal wave and we cannot hold back the tidal wave just with our hands. So we have to really pinpoint what are the areas that we need to focus on. I wrote this whole book and I went through all of this and I'll admit like I, myself, I am not perfect. I have not done every single thing that I mentioned in the book, number one because it may not affect me that much. Number two, it may have a cost to it and then I'm not quite ready to take on, but becoming aware and just really looking at what is it that I need to do. So to me food is the biggest changes and change is hard. Change is hard, but food is the biggest thing. And so just starting with the things that you can do to clean up.

Speaker 1: 19:14

So looking at your food, looking at your personal care products, stop eating the lead lipstick and then moving forward from that, cleaning up your life. So we have detoxification systems in our body and we need to enhance those and make sure that those are working correctly. And to be a little graphic, one of the biggest things that, I think people don't talk about is my favorite topic. So I open the window to help. So I know so many people who are. How are your bowel movements regular, how often do you go? Once a week, once a week. So when we excrete our stool, would we poop? We're getting rid of our toxins. If you are holding that in your body, you're holding toxins in, you are in fact potentially recycling toxins that get taken back up into your system if you don't go.

Speaker 1: 20:27

Like I said, you got to take out the garbage regularly. So that's like the first step in detoxifying it is making sure that all of your exit systems are flowing nicely so that you're peeing, pooping, sweating, and breathing the toxins out; the first you have to deal with is the exposures and stop taking this stuff in. And then secondly you have to move it out. That's awesome. And you know, when you talked about, making these changes. So, it was about two years ago that I started my really, epic health changes and you know, cleaning up my environment and toxins and things like that. And my husband's a green beret, my stepson is 15, so I tell people, I have to have the toughest critics on the planet and they didn't have a choice. I just pretty much told them that this is your new food, these are your new products, here's your new tooth paste.

Speaker 1: 21:32

It was a little grumbling at first, but you know, about a minute later they're like, wow, I actually like this better. So I know it's hard not just to change you from your, for yourself, but also for your family too and those who love you. It's a really tough journey. And I think we get programmed by marketing and that's one of the things that I discuss also is what are the messages that we're getting. We get convinced that we need this new and improved better product that saves you time and energy and it cost five times more than something that may be more natural. Like, you know, all the cleaning products that we use, which are potentially toxic. I just saw a recent study again that showed that, there's increased health problems in people who are in cleaning industry where they have respiratory issues and things like that.

Speaker 1: 22:28

I'm just using plain baking soda vinegar, which is really inexpensive. It works really well. But we get conditioned and programmed that I have got to have this all new fantastic time saving wonderful product. So sometimes it takes a little unwinding to detach ourselves from those thoughts. And you know, castile soap, baking soda and vinegar. Not always necessarily together, but those are in water. I don't know if you got a little scrub daddy with the happy face. Yes. Those are literally some of the cheapest things that you can buy and clean the whole house.

Speaker 1: 23:19

In fact, my husband also is a little resistant. He wants what's easily available but last night he came to me, he had burned something on the bottom of a pot, and he was like, how do I get this out? He's like, is that vinegar and baking soda? Tell me about some of the success stories that you've had with your patients that have gone through some of this toxic exposure elimination. When I work with my patients, I really look holistically at their whole lives and really try to pinpoint what would be the best path for them and one of my most severe cases was a woman who had an autoimmune illness. It didn't have a name, but they just told her it's an autoimmune neuropathy. So she had burning feet constantly and chronic fatigue.

Speaker 1: 24:16

And she was a yoga and Pilates instructor. She owned her own studio. She had to give it up because she just couldn't get out of bed. She was so tired, so fatigued, and she was doing all the right thing. She was eating healthy, eating organic. She was meditating, she was doing all physical activity she could. And so for her, I really had to dig deep and look at what was going on. So we clean stuff up. Little by little, I ran a blood test on her that revealed that she had a genetic predisposition to not be able to detoxify. Well, so I really worked on optimizing her detoxification and making sure that she had the right nutrients to make everything go. She had food sensitivities, so those were triggering an immune response for her. So they cleaned that up, so bit by bit we cleaned everything up and she was getting better, but she still had that burning in her feet.

Speaker 1: 25:20

And then I ran a toxin screen for her and her levels of styrene were super high. So styrene is a volatile organic compound; it's a gas and it's a solvent similar to benzene. You may have heard of benzene. It's carcinogenic and styrene; it's in things like Styrofoam cups and all the Styrofoam things. It's also an air pollutant; it's also present in industrial areas, it's often in the air so we were wondering where the styrene was coming from, do you drink out of Styrofoam cups or containers? And we're going through the list trying to find out what was going on. She was pretty healthy so none of these things panned out and I asked her to check her water source, and it wasn't in her water either.

Speaker 1: 26:22

So the only thing we could come up with was possibly her breast implants and I did not know if that was a factor. I still do not know if it was a factor or not but that was the only thing possible that we could think of. And she thought long and hard about it and she ended up removing the breast implants and she said when she woke up and opened her eyes after the surgery, her feet for the first time, were no longer burning. That's crazy. And so now I've learned that there is something called Asia Syndrome, which is called autoimmune inflammatory syndrome. It's an inflammatory and an immune reaction to something that's in your body. I've found that there's a lot of people who have what they're calling breast implant illness.

Speaker 1: 27:29

That's a little easier to say, but you know, from the silicone or whatever it is, and the breast implants, just having a foreign body in your body is creating this immune and inflammatory response. There are people who think that vaccines, the events that they use to increase the immune response, which is what you want from a vaccine, but it is also stimulating these autoimmune conditions as well and people with Gulf War syndrome. Also, they have or may have been exposed to things that are creating this syndrome. So for her it was great that for the first time she was getting this two weeks' procedure where she had to take her blood out called plasmapheresis. They take your blood out, they clean it, and they put it back in. She was getting that every two weeks and she didn't have to do that anymore. Wow, and you know, that's interesting. Especially since we're talking obviously about the connection between cancer and autoimmune in this summit. I'm sure there's a lot of breast cancer survivors who are listening or maybe individuals who are recently diagnosed with breast cancer. And that's a question that we all need to really question ourselves and thank you for bringing that to our attention because, the women before us marched on Congress and breast reconstruction is.

Speaker 1: 29:11

Continuing though. Women before us marched on Congress and basically if you have any kind of breast surgery due to breast cancer, you know it's your legal right that insurance companies will pay for the reconstruction and other stuffs, and you know we're not getting into the pros and cons of surgery with breast cancer. Obviously, way beyond the topic today, but for those of us who are faced with that decision now, I know I had somewhere between a third and a half of my breast removed. I had a partial mastectomy or lumpectomy. So when given the option, I said no, I mean I was at an age where it is what it is and I just can cover up pretty easily, so I politely declined but I have had quite a few friends who have gone through reconstruction and it's obviously a very personal choice.

Speaker 1: 30:25

But it's good to know. And thank you for talking about that, if just you've had them at least something to consider; if you are experiencing some autoimmune issues that haven't been resolved and if you're considering it, if you're going through this breast cancer and considering surgery options, again, just something to consider about and you know, it's a personal decision, but education is key in this. I just want to say thank you so much for bringing that to our attention. So just to be aware, because I think that's probably not disclosed when you know you're going through the surgery and the risks of the surgery, but maybe not saying, know that there's a risk of this Asia Syndrome.

Speaker 1: 31:13

Alright, so tell us some other ways. What are some kind of easy common ways that we can detox in our everyday lives? So, starting with the simple things. I'm looking at what she eats, choosing organic foods if you can. And again, the environmental working group is so fabulous in this area. They have a great app and you can look at what's called the dirty dozen and the clean 15. Everybody has a budget, no matter how much money you have, everybody has a budget. So if you want to really focus on the things that are on that dirty dozen list and every year they update it to find the produce that has the most toxins. In fact, I had a patient one time who was being super healthy and drinking green juice every day from a grocery store.

Speaker 1: 32:17

It was not organic and he developed really bad symptoms from that because of his exposure to organophosphate pesticides, which we then measured was really high just from drinking this green juice, which he thought was helpful, was healthy. But like celery and spinach and Kale, those that are all on that dirty dozen list. So focusing on organic foods for those; and then for the budget conscious, they have the clean 15 which have the least pesticide residue. And so for those of you who can be more lenient to them, am making sure that your gut is working well, that you are hoping and that you're hydrating well with pure water. Meanwhile the water is another big area where we have to look at; where's our water source coming from, those plastic water bottles maybe convenient. They are also probably the leaching plastic into your water, which is not good.

Speaker 1: 33:19

Getting a glass or stainless steel water bottles so that you can take it around with you. You have one right there. They love bottle and looking at the source of your water. So if you're drinking from the tap of your house you can check out water quality report and see what may or may not be in your water. I've invested in a reverse osmosis filter which filters out a lot of those things and with the thing that happened in Flint, Michigan after that, they discovered that lead is contaminating so many municipal water supplies. So we really need to look at that. So I actually have a member on our pink board team who lives in flint and is still profoundly feeling the aftermath of that and this wasn't right, but we did actually, it was an investment.

Speaker 1: 34:15

I mean it really was, but we made and we installed a whole home water filtration system. I never looked back, because you really need to shift the mindset of an expense to an investment. You're investing in your health. What are the big things that are going to affect your health? Food, water breathing, right? So making sure that those things are the best quality. That's a really good investment. So breathing; that's another thing. Looking at what 's going on with your air. Indoor air actually is more polluted than outdoor air because now we're really hard to believe, but we've sealed our homes and our offices so that they're energy efficient. But we've also trapped toxins in our homes. So toxins that are coming from our furniture; the run off gas, from the stain resistant treatment, from the flame retardants that we put on, from the artificial things that are made of.

Speaker 1: 35:25

When I was embarking on my own health journey, I was about to buy a bed and I was looking at all the different mattresses and I wanted to know what was in the mattress. I called the attendant, they wouldn't even tell me what was in it because they said that's proprietary information. So I said, okay, then I'm not going to buy your product. So I went all natural. It was a significant investment. It was much more than I thought I would need to pay for a bed. But I said, you know what, I'm sleeping on this a third of my life. I am breathing what's coming out of my bed. So I made that investment. My bed's great. It's so super comfort able. It was 100 percent natural latex and organic cotton, and I've also had patients and I really look at a timeline of when these things happen and it happened to many after they bought their bed, interesting, causing autoimmune, inflammatory, allergic type issues.

Speaker 1: 36:33

So then I'll ask them, can you sleep in a different bed for a while? Then it goes away and we can actually measure in the blood levels of styrene, benzene, etc. Just walk away from what you think it might be and see if there's a change. So really detoxing is number one, reducing exposure, looking at the major influences in your life, we can go down all these different other little pathways and clean up everything. But what are the big ticket items to clean up and then optimizing your system? Making sure those exits are flowing nicely, peeing, pooping, sweating, sweating is fantastic and if you're not getting enough sweat through exercise, then a sauna therapy is wonderful.

Speaker 1: 37:29

There's a lot of research that's looking at sweating and sauna therapy as a way to remove toxins from the body. It can remove heavy metals and things like that. So sweating is really important for working on your breath. Which also shifts your mind when we breathe deeply, we're exhaling toxins, but we're also calming down that nervous system.

Also getting us to that mental and emotional level as well and then optimizing your foods. I said reducing a conventional produce and those types of toxins from there, but really focusing on those nutrient dense foods that help your liver and your body to get rid of these toxins. So lots of fresh fruits and vegetables, nuts and seeds. We need healthy fats, we need protein, so we need all these different nutrients to make that system run really well and very efficiently.

Speaker 1: 38:34

This is a great information. Thank you so much. So before we go, we have a kind of a lightning round so to say. So Just super quick questions and answers that we want to ask all of our speakers. So based on everything we talked about today with environmental toxins, what would be like your number one knowledge of everything that we talked about? What would be the number one or first thing that you would recommend for someone who is recently diagnosed with cancer or autoimmune disease? And I think I've already said food.

Speaker 1: 39:11

And what is your actual number one go to habit that you cannot live without on a daily basis? Oh, that's a good one, there's so many; actually I think meditation. That's a good one. Yeah. I didn't talk about that yet. But meditation is a great way to center yourself. Calm your mind and start your day. I actually start my day every day with 10 minutes. Just real quiet time. Do you have any kind of final words of encouragement for our community? I mean, you gave us so much great information and there's a lot of people listening, that are either very sick or want to prevent illness in their families and their selves. What words of encouragement do you have? Of course, I would say have hope. Keep looking for answers.

Speaker 1: 40:05

Don't settle for no, there is a way to tap into your body's own healing potential and the trick is finding out what is going to unlock that for you. Just because the medical route may not have done it doesn't mean that will close the door completely. There are other things to look into. Finding your best path is the way to go, but you know, really optimizing your life, body, mind and spirit can not only shift that but also make you feel a whole lot better. This has been amazing, Dr. Porter. Thank you so much for being here and for being on the connecting health summit; breaking the link between cancer and autoimmune disease. I just want to say before we go, we have the information on the speaker page, but please be sure to check out drporter@valenciaporter.com and also www.resiliencehealthbook.com And be sure to purchase her book, **resilient health, how to live healthy, how to thrive in our toxic world**, and all the information will be here on our speaker page. So thank you again. Thanks holly. It's been a pleasure. Thanks for being a part of the connecting health summit, breaking the link between cancer and autoimmune disease. We're looking forward to hearing back from you with your moments, questions and insights. Leave a comment on the page for this episode. We can't wait to talk to You next time. Bye.