



Intuition & Health

Guest: Razi Berry

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Dr. Mark Menolascino: Welcome to the Women's Heart Health Summit. I'm your host Dr. Mark Menolascino Medical Director of the Meno Clinic in Jackson Hole Wyoming. This is your chance to hear from the international world's experts about helping you to achieve optimal health, optimal vitality, and prevent heart disease.

We're joined today by Razi Berry. Razi, thank you so much for joining us.

Razi Berry: Oh, I'm excited to be here today. This is a topic that I really love for many reasons and I'm really grateful to be a part of it.

Dr. Mark Menolascino: Oh, it's our pleasure. Let me tell our viewers a little bit about you, Razi. Razi Berry is the Founder and Publisher of the award-winning journal *Naturopathic Doctor News and Review*, NDNR.com. The *International Journal of Naturopathic Medicine* and the *Authoritative Natural Pathetic Resource for Patients* NaturalPath.net.

In 2017 Razi was awarded the Champion of Naturopathic Medicine by the American Association of Naturopathic Physicians. And in 2018 was elected a founding member of the board of the Health and Wellness Business Association. She's also a board member of the Institute for Natural Medicine.

Razi lives in Scottsdale, Arizona with her two daughters and writing a book on the science of intuition. We'll share with you how to connect with her and we're just super fortunate to talk with her today. And we're going to focus on the topic of the emotional causes of heart disease. Again, thank you so much, Razi, for joining us.

Razi Berry: Well it's great to be here. I have my own little story about heart disease to share. So it's a little bit different than the focus of this but I remember learning just a few years ago that heart disease was the leading cause of death for women. And I know that you talk about that in your book and in the work you do but that came as a surprise to me.

When I was a teenager I was dying of heart failure. I was actually in the hospital with heart failure. And it was so severe that the family priest came in and did the last rite ceremony. So for listeners that don't know what that is, it's sort of like when you're raised in the Catholic tradition that I was raised in when you're born you're baptized and when you die it's like a baptism of death. And so it was really serious.

And the cause of my heart failure was from an eating disorder. And I remember the doctor was saying to my mother while I was lying in the hospital bed this is a shame because she's doing it to herself. And what happened next isn't really important for today's interview, but I had a transformative experience and I healed.

The medical intervention that wasn't much you can do for heart failure. But I healed. And some people call that a near death experience. People around my church, family said that God healed me. But I don't really have the answer to that. But what I did realize in that experience and learning the Number 1 cause of death in women is heart disease, I realized that we break our own hearts. Literally, heart disease, heart attack all the consolation of different types of heart disease, is really a broken heart.

So I'd like to talk today about some of those emotional causes. Because after that happened to me throughout my life when I became a publisher of *Naturopathic Medicine Journal* that focuses on case studies. So this is less about scientific research and more about actual cases the doctor see everyday in the practice of natural medicine is that there is always this body/mind component. And they're very particularly say body/mind instead of mind/body because most of it happens in the body just mediated by the mind.

Dr. Mark Menolascino: Well you know that's such a great way to think about what we're doing in medicine. And I love the journal that you go and the case studies. And they're real world examples of real people, and what they did, and how they got better. And I think that tells us so much.

You know this idea of dying of a broken heart, and feeling things in the pit of your stomach, and events being gut wrenching. That whole gut heart mind we're really tying all three of those together now aren't we.

Razi Berry: Yes. I call them the 3 hearts. The heart in your brain, the heart in your chest, and the heart in your stomach. Some people call them brains but because they're all organs of emotion and they're all underpin organs. You know was just in the 80s I believe it was that the heart was reclassified as an underpin organ. For listeners meaning that it produces hormones and even neuropeptides that we thought once was just coming from the brain.

And so I think these old adages of like someone having a broken heart, or an open heart, or hard hearted, or cold hearted, or butterflies in the stomach, really I think the people and even physicians of antiquity were on to something. Also, the fact that we have sort of lost our way with regard to looking at the solely as a mechanical pump.

Now a doctor from Harvard University, Dr. Bremer, published in 1932 I think it was that he did the mathematical computations of this and found that really with the viscosity of blood and the size of most of the capillaries in our system and just the heart itself. That would be akin to lifting 100-pound weight 100 miles up in the air consistently without getting fatigued.

So some of the research that that ensued from there most of it happening in Europe was showing that the heart is really this regulatory channel. Now this doctor that I'm talking about, Dr. Bremer, he observed in embryological studies that the blood circulates in an embryo before the heart starts pumping.

And so there's this idea that the gases, and the solids inside the blood has sort of this vortex, this self-propelling nature. And the heart is more a regulatory device instead of an actual mechanical pump. And when we look at some of the emotional causes of heart disease I think that we're really going to find that to be true.

Dr. Mark Menolascino: Well I love how you think, Razi. I've always appreciated that when I hear you speak or in a conversation. The way you're

able to tie all these different things together like that. As you were talking I was thinking about the vagus nerve. Can you tell us a little bit about the vagus nerve? They call it the wanderer because it goes all through the body. And maybe what really connects the heart, the brain, and the gut together.

Razi Berry: Yes. So the vagus nerve starts somewhere in your brain stem and travels out. As you have said, it kind of connects the heart, brain and the gut together. And that's why at least the research of HeartMath believes that the statement of being coherent is so important to have your heart in your head, and in your chest and in your gut together; because this vagus nerve really regulates the up and down crosstalk between the heart, the brain, and the gut.

And so some of these hormones that we thought were just produced in the brain; such as like oxytocin or serotonin, or even ANF in some like vasopressin, are finding are being created in these distilled parts of the body; like the gut and the heart. And that they send their signals maybe through the vagus nerve to help us in a flight or fight state, or attachment, or even sexuality. I'm really fascinating by vasopressin. I kind of dive.

Dr. Mark Menolascino: Sure. Tell us a little bit more about that.

Razi Berry: So vasopressin is a peptide that regulates osmolarity. So it regulates the solids, so to speak, inside a solution like your blood. So sugars and other carbohydrates and just all the minerals and vitamins that are in your blood, that your body has to come through to get every organ in your body. Well vasopressin regulates that. But it also is associated with aggression and meaning.

So what studies have found is that vasopressin really affects the heart and the blood vessels through constricting and releasing of some of these hormones of aggression. And they found in males vasopressin can cause like anti-empathetic behavior. It can cause feelings of being territorial.

In that sense it can impact monogamous relationships, meaning when the male, and I don't mean to sound sexist but that's what the studies are about. With the male is sort of like this is my territory, this is my tribe, this is my woman; but in women it causes more prosocial bonding.

And the fact that vasopressin is also released during times of stress. It can cause what is called sterile inflammation. And so the body like your immune system it kind of can detect when there's a pathogen in there and it will

release cytokines and just any kind of immune function. But there is a type of damage-associated molecular patterns or DAMPS.

Basically when there is a type of stress that in absent to a pathogen your body releases these stress hormones as well. Now the body has this check and balance system when it releases like corticosteroids to help kind of get you out of that. But what we found, and I am going somewhere with this with regard to emotional distress.

Dr. Mark Menolascino: This is great. No, please continue.

Razi Berry: What we find is so in healthy individual you're under the stress. And so these steroids come and they help mediate those inflammatory responses. But just the way we can become sensitive to insulin or insensitive we can become desensitized to this check and balance system.

And so what it looks like is the reason that stress can cause depression and pain and inflammatory processes is because this check and balance system gets broken. And I think it's the reason why some of the research is going is why childhood trauma so specifically can cause disease later on in life, meaning obesity and blood sugar issues and even cancer.

Dr. Mark Menolascino: You're right.

Razi Berry: And so the vagus nerve is an important part of that because these peptides they talk to each other through the vagus nerve in many instances. And that's why when you're in a stressful situation and you have an argument with someone that you care about your heart beats faster, blood pressure changes, your stomach motility changes and can cause constipation or diarrhea.

And so as much as we know and are learning from all the wonderful experts and in your book, it's also humbling to see how little we really do understand or take into our daily life the impact the emotions do have on our physical abie [ph].

Dr. Mark Menolascino: Well I love how you share that about this regulatory pathway. And how it's not so much the response as the lack of regulation of the response and being able to lose those controls of a system. And maybe that's what's happening so much with this inflammatory cascade.

You mentioned oxytocin earlier. Could you share with our viewers a little bit more information on oxytocin? Because I don't think a lot of people know what that is. A couple of more speakers have spoke on it and it's fascinating. I know you're one of the experts in that as well too.

Razi Berry: Well I like to call myself a student of it. But we're learning more and more about oxytocin. So oxytocin is a neural peptide that is often called the love hormone; cuddling hormone. We're learning it's involved with a lot more than that which is really just mind boggling. So we now know that oxytocin is of course produced in the gut and so a helpful microbiome is really important for your heart health as well.

It's also been shown that that oxytocin is released from your heart and all the major valves as well. So there's not a single site in the heart that hasn't been shown to release oxytocin. And so again to go back to sort of the old-fashioned terms that people use about something being heart-felt, or to have a cold heart, or a hard heart, it really rings true.

So oxytocin is super important with maternal bonding also. So it's released during breast feeding and it's released during childbirth, it's released during orgasm. And in men there's also that release of vasopressin where they feel aggression towards other males but more a prosocial behavior towards the female. And we're finding that oxytocin and vasopressin act on the same receptor sites.

So it's really changing what we thought about oxytocin. It now looks that oxytocin gets some signals from the vasopressin that is released. And so it's just in genetics when switches can be turned off and on these hormones of love, and aggression, and bonding, and attachment, seem to be really be more I guess objective than we once thought.

Dr. Mark Menolascino: As a student of all of this, and I know you get so much that comes across your desk as a publisher and you're always on the pulse of so many different things. It must be exciting for you to see how things that you felt intuitively or that you wondered if the connections are there, you're now starting to see the science support those connections. Can we hear more on that?

Razi Berry: Yes. That's true. I've been really kind of geeking out on this subject of intuition. And from a less of psychic phenomenon I believe in that phenomenon but I myself I'm not psychic, so I know nothing about that. I'm

very intuitive and I think as humans we all are. But in this modern world we sort of lost touch with that.

I think this is important for the women listening. I'm sure there are many women listening that feel like they have these hunches about how they should live their life, how they should treat their body, how they should eat, how they should relate. And they don't always follow that. And instead they sort of outsource that to doctors, teachers, guru and don't really listen within.

And so I've been looking deeply into the physiology of what intuition really is. And it's really what I call a physio conscious experience. Because we look at what Candace Pert, who is an amazing pharmacologist and cell biologists, said that the body is the subconscious mind meaning peptides.

And we talked about some of them oxytocin and vasopressin, for instance. And then the ANF which regulates kidney, and blood flow, and blood pressure which is also produced by the heart. These kind of are a link between our consciousness and our physical body. And I think what happens is women are often told to really think through things, either through therapy or talk therapies and work things out in their head, and totally disregard what's happening phenomenologically in their body.

And so with intuition I have find really is in the heart is a mean player in this, Mark, is that is partly this interoceptive sensibility. So it's sensibility, and that's the scientific term. It's the ability to sense what our internal organ state is. So it's changes in temperature, changes in blood pressure, changes in skin conductance; like even goosebumps, for instance.

Dr. Mark Menolascino: Sure.

Razi Berry: But they seem like they're these spiritual tests or spiritual signs of something that they're really happening in our body. And if we could look deep in inside our heart is regulating these gasses and these hormones, and they're sending messages to our brain and to our gut through the vagus nerve, and in other ways; like through the lymph, for instance.

And the heart has really shown to be an important part of this. We have a heart field that can be monitored, for sure, through like an EEG or an EKG. But it's measured that you can actually feel that as much as four or five feet from outside the body. And that's why sometimes when you're in relationship with certain people you kind of feel that state of coherence. You tend to become entrained.

So you can be around a person who's angry or stressed all the time and it affects you through that heart field. And this sounds a little woo but it's actually very scientific. And then if we look at how that can affect these hormones of emotion, like serotonin, oxytocin, vasopressin, we see these physiological changes in the body too.

The heart has been shown to be able to actually receive and process information 1.5 seconds before the brain does. And there's been many studies in business settings and in relationship settings. One was that's really fascinating was used in kind of like a roulette situation.

And so they took a group of entrepreneurs and blindly told them that they were doing like a gambling test to see how correct they could be. But really what they were doing is they were measuring through their heart rate; their heart rate availability, and their skin conductance, and their EEG how their body responded to, whether it be red or black.

And so they found that yes. The average person can detect things as many as four seconds before they happen, but the heart gets it 1.5 seconds prior to that. And I think the reason we traditionally have been telling people to listen to their heart, because I think from a physiological point of view we've always known that the heart has its own intelligence.

Dr. Mark Menolascino: Well you've said so many great things and you mentioned earlier HeartMath. And I actually went there 25 years ago to the facility. And what their leader Doc Childre did is he set a magnet down like what we did in high school. And he spread iron filings around it. And it made these perfect gaussian curve circles between the north and south part of the magnet. And the earth does the same thing.

And in our heart every time it beats you have this inflow and outflow of calcium and potassium and it creates that same magnet feel and it is measurable and it is actionable. That maybe why two people when they come close they feel connected or where they, they come close and they don't feel connected. It's those energies kind of matching.

A lot of women that come to see me as the expert will say, oh my gosh you have 27 years of experience. I'm so excited to be here. I tell them I do but the smartest person in the room is your intuition.

Razi Berry: I love that.

Dr. Mark Menolascino: Let's teach you how to trust it. But you'd mentioned these adverse childhood experiences and what's happened early in life in trauma affecting later health, cancer, heart disease, liver disease; it's been linked to almost every disease. Do you think that affects a woman's ability to trust that intuition or to listen to it? And how would you recommend people to get better at listening to their own intuition? Do you have any self-care hints, please?

Razi Berry: I do. So I think you're right on target. I think that that's a big reason why we don't trust our intuition. I also think part of the reason is we're not really taught how our bodies actually work. So we don't trust our body. I know that I grew up every time I had a cold or a sneeze my mom she was just a loving, very protective mother, sent us to the doctor and we got some sort of shot, or a lixer [ph] or a pill. And it's almost like we're taught that we can't trust our body.

Dr. Mark Menolascino: Good point.

Razi Berry: And then fertility, and pregnancy, and childbirth, they've all been so medicalized. And again teaching women that e can't really trust our bodies. And so I do have some tips of how you can really settle back into your body and start and impression.

Dr. Mark Menolascino: Please. I'd love to hear them.

Razi Berry: So when we talked about HeartMath and a lot of their recent research is still on the heart but going more towards the earth and the sun and the biofield that it creates. And one thing I failed to mention when I talked about the heart not really pumping blood but being more of like a regulatory station of the blood.

The blood has a very unique order to it. It's not like just water flowing through a tube. It's like they found that there's a specific arrangement that causes a cyclical almost like a vortex. Just a river moves through it because of this vortex and not because there's some pump on the other side pumping it through.

And so what some of this research from HeartMath and you can take Dr. Gerald Pollack's work with the Fourth Phase of Water, and blood is mostly water. You see that when you're outside barefoot on the earth in the sun your body becomes almost like a battery because we've got the earth's biofield

affecting your heart field and your brain field. And then the sun they've shown with the hydrophilic nature of the water in the blood it propels blood through.

And so one of the things I do every single day to help in improve, not only my health but also my intuitive sensitivity is to go outside rain or shine. I do live in Phoenix it makes it easier. But I'll get outside barefoot in the sun as much skin as exposed to the sun as possible to really set that up; set that sort of charge for the day so I'm more attuned to my environment.

Dr. Mark Menolascino: That makes a lot of sense. I know a lot of people like this earthing concept. And a lot of people that come to visit me that actually go camping they say that when they do sleep on the ground they just wake up differently. There's some connection that they have. It's part of our environment like that.

Razi Berry: Yes. I agree. And another thing I think is really important sort of akin to that is we now wear shoes that are hard soled or high heels and our feet barely touch the earth. And so not only with that field, but also walking on even surfaces it stimulates these proprioceptive muscles that stimulate many areas of our brain and help us to kind of understand where we are in the world.

That's what proprioception is. And it's sort of something that we've atrophy. Again, we're walking on concrete all the time, or in high heels, or on X Volt shoes. So we're less in touch with where we are in our environment. And I think that is the reason why some of these the very disassociated nature of many of these diseases like obesity, for instance. I feel like we don't really feel like we're fully embodied; and here we are. Because if we were we wouldn't be able to make choices that aren't loving towards ourselves. We wouldn't be able to be breaking our own heart.

So to walk on uneven surfaces is something I do and I make my daughters do all the time. In fact, I put this pile of river rocks in my yard so we walk barefoot on that just as a practice. Another really, really simple but important thing I've done to help strengthen my intuition really is by really protecting my olfactory sense. Your sense of smell is taking in so much data and there's so much fascinating research. I'm really excited to be including it in my book.

But we've got these organs of olfaction between our nose and our brain that not only detect just if something smells delicious or not, but also can gather information like what is the sex of a person or animal in our environment. What is their fertility? What is their age?

And these have been studied in animal studies. They've studied rats. I hate talking about animals like these but they've taken rats and bred them for multiple generations without really any contact with any other animal or predatory, or mate, or anything. And when they did this and they sort of bred all of that out, then they would introduce various chemicals for induced chemo sensing. And the rat would change the posturing.

So it could be a female rat and they introduced a male predator. And just the scent of one and they would automatically know that it was mature without ever seeing this animal. Or they would bring in like another adult that was within like mating age and they would show those types of posturing; like mating postures. But then they would introduce a young rat that was not of that age and then the test rat wouldn't show those postures.

So there's so much information that we get from the world around us through these chemo senses that go much beyond just if something smells good. And we mask those all throughout the day by keeping the air so full of air fresheners and room deodorants, or mask air [inaudible 0:27:20] and lighting candles. And I found that when I've really eliminated all of that I have a much keener sense of smell. And we know it's important for cognition because one of the tests for Dementia as you know is the smell taste.

Dr. Mark Menolascino: Yes.

Razi Berry: There's a lot that we're learning about olfaction and how it can really help you get data from the world around you and make better decisions.

Dr. Mark Menolascino: Well, Razi, I'm having this image of you walking out on your river rocks in your bare feet with your daughters. And them wondering how weird their mom is but actually loving it. And for myself being fortunate to be in this clean beautiful place. What about for our listeners that are in New York City, in LA, in one of these major cities where even finding grass to walk barefoot on is almost impossible.

Razi Berry: Yes.

Dr. Mark Menolascino: What are some suggestions you have for our city dwellers? How can they get some of that? And how can they detoxify from that type of stress?

Razi Berry: Well definitely bringing plants into your environment is really important. There is the big massive study in the 80s that's showing that

plants can remove all types of solvents, hex stain, all sorts of solvents from the air. So if you're in the city please, please have plants all around you. I also like to bring in a lot of crystals. That sounds a little bit woo-woo but there is a lot of science behind the conductivity of course the crystals and how it can really elevate the mood. And just surrounding yourself...

Dr. Mark Menolascino: Feel good.

Razi Berry: Yes. When you feel good. Like I'm all about placebo. I love that. So however it can feel good. And if you can't get your feet on the bare earth, if you can't go to find a patch of grass in the parking lot during your lunch hour, or something like that. You can still take off your shoes sometimes.

I keep sometimes rocks down beneath me and like wrap my foot against them. You can do acupuncture foot massages to help stimulate those areas. And crossbody exercise. So any exercise where you cross the midline, like touching the opposite hand and foot together or standing on one foot. That helps strengthen that functional connectivity between different areas of the brain. And so if you're in a city you can do things like that.

Dr. Mark Menolascino: Razi, how about when you travel? I know you go to a lot of conferences and when you travel with hotels. What are some of the tricks you do while you're traveling for yourself?

Razi Berry: Yes. So I always travel with a couple of crystals just to create that nice energy in the room. And I always bring a bees wax candle. I'm trying to see I have it around me. Bees wax candles naturally ionize the air. And there's no scents except its pleasant honey scent. So I always carry that with me whenever I travel.

I always take like a blanket or a scarf. I usually carry a silk scarf and I cover the TV so I don't have that energy in the room. And I do my little exercises in the hotel room. I stand on one foot when I'm brushing my teeth. I try to turn off all the electric lights and open the windows to get as much sunlight in as possible.

And one of the first things I do is I find a store and buy water that's bottled in glass. I think that's really important when you're traveling because plastic's really in the bottled water. We know so much about how EPA effects your hormones but it effects your nerve transmitter as well. And so I try to avoid plastic when I travel.

Dr. Mark Menolascino: Well I know when I've traveled to a conference with the ICU going to Whole Foods and getting your own food and that's one real smart thing. I think I learned that from you actually is the first spot I go to is a natural food store when I go to conference. We're fortunate the conferences we go to they're really conscious about the food. But getting clean food, clean air and clean water is such a key.

You know the principles of naturopathics I think for those viewing that don't know much about naturopathy the training is very similar to MDs. The first two years of the same type of book training that an MD gets the clinicals are more focused on nutrition. But just the overall principles of naturopathics and naturopathy is such more of a whole person-based philosophy of health. And I hope the MDs learn something from the naturopaths and their training. And there are more medical schools that are incorporating nutritional training.

I think I got 20 minutes of nutrition disguised as rickets and scurvy. But they didn't even talk about nutrition. And Dr. Joel Cohn saying that in the cardiology fellowship board on the board examines there's not a single nutrition question.

Razi Berry: Wow!

Dr. Mark Menolascino: So in the study preparation there's not a single section that the cardiologist have to prepare on nutrition; which is a real shame. So how can the naturopaths teach the doctors? What can they teach? It seems like a lot of my patients are coming to me really already primed. They're learning for a lot of places from things like our summit, from editorials such as what you're working on, journals, and for having seen practitioners that know nutrition. Where do you see this moving towards, Razi?

Razi Berry: Well I think that naturopathy before it was actually a type of medicine it was just a philosophy. So basically they came together in the late 1800s when different types of healers, some osteopaths, some medical doctor. They weren't calling physical therapists or chiropractors back then but they were more like manual therapists kind of came together with the sense of what is called vitalism.

This idea that the body is innately self-healing. And they thought that the new wave back then of modern medicine was taking practitioners out of that. So they came together and formed naturopathy and that kind of split off to becoming in some instances a medical paradigm for medical school. And then

in other ways just people who practice naturopathy that aren't actually physicians.

But the main principle of naturopathy is really one of nature cure that nature provides everything that we have to maintain our health. Now that's not to say that emergency medicine is not important or modern medicine does not have its place because it does. But just this idea that we have what is called the Vital Force. And in naturopathic medicine it's called the VIS. That's a Latin term for the Vital Force. The VIS mediatrices matire [ph].

So it really sums that what we need to do is not only find the root cause, which is part of it and I'm so glad to see that philosophy has really taken many types of medicine by storm to embrace that. But it's also removing the obstacle to cure which I think is so important.

It's this idea that it's not only what you need to give. It's not just like I'm going to give you this supplement instead of this prescription. But it's also what do we need to remove from your life, from your food, from your environment that is in a way that is the obstacle to the cure. And that's just a very small but very profound tenant that I think is important in so many ways.

I mean speak of a tree. If you don't prune a tree it's not going to bear more fruit. And sometimes we have to look at what do we need to remove and not just what do we need to give.

Dr. Mark Menolascino: Well I love that. And you're so right about this whole medicine moving to root cause. As an internist I subscribe medications. I like acute care med. If I have pneumonia, I'm going to take the antibiotic. If my heart artery is blocked, I'm going to do the procedure to open it? But our whole goal is as doctors is to get people never to need those procedures.

Razi Berry: Yes.

Dr. Mark Menolascino: And that's the beauty of what you're talking about in this root cause. There's so much going on in medicine that's reactionary. That's why we have this chronic illness burden.

Razi Berry: Yes. And I could just also say because naturopathic doctors aren't opposed to pharmaceuticals. And depending on where they practice some of them have that in their scope and they do this. And then others can't so they don't and they refer; as they should. But there's also what is called the

naturopathic therapeutic order. And so what that really looks at it's like this pyramid of doing first do no harm.

And so what it looks at is what is going to support the body's vital force? And in some cases maybe it's a pharmaceutical and to give the body a rest, and to let other things come to a head, or whatever. But overall, so it's not just like anti-medicine. It's more of like this really unique perspective. This lens to look through to see what is going to support the patients so the patient can heal.

Dr. Mark Menolascino: And I trained in Phoenix which I love the Arizona area. It's amazingly beautiful the actual mountain part of it. And I worked with Andrew Weil a little bit. And someone came in and said, "Oh I had pneumonia and the doctor cured me." And I heard him say, "Well no I didn't cure you, and the antibiotic didn't cure you. The medication just gave your body enough arrest for it to fix itself."

Razi Berry: It's fantastic.

Dr. Mark Menolascino: And I love that type of thinking about cure care medicine. And maybe that's really why if you do everything else to support your health you're going to bounce back faster and you're not going to get a second. And this kind of self-care medicine is really what we're trying to embody.

And women really shouldn't have heart disease. And they shouldn't die from heart attacks. Because if we do the right testing and then incorporate a lot of the things that you're talking about then they want. You talk about intuition and the heart really has her own intuition; doesn't she?

Razi Berry: Absolutely.

Dr. Mark Menolascino: How do you see that, Razi? How do you visualize that, if I may ask?

Razi Berry: Yes. So I see all your sensors are so magnificent. And I just wish we had time to talk about all of them. But I see the heart is really this hub that takes it in and processes in a very physio conscious way everything that can be taken. It was recently identified that the human iris has a cryptochrome that we thought only animals had.

And so when animals know how to leave for the winter and come back for the spring or summer they have a sense. Like they said a wild dog always face a

certain way when they go to the bathroom. And there's just all sorts of amazing things that animals will do to understand their place in the world or to get at the right place at the right time. And we found that humans have that same protein.

I think that through all these neat things that we're learning about olfaction, and touch, and hearing, and just how our senses can do so much more than just see, smell, hear, taste and feel. I think the heart is sort of the hub that transmutes that into more of a coherent mind and body. And I think that that's why you say so astutely women should not be dying of heart disease, but they are.

And I'm saying that that means they're dying of broken hearts. And that's because we're divorced from our true nature. We aren't living in an embodied way. We're very dissociated. We're looking at what other people are telling us to do, telling us how to act, telling us what to eat, telling us how to think. And it's caused a lot of both inflammation and just depression; which becomes a real cycle. They tested through a spinal fluid of people with depression who have attempted suicide. And they had those nonpathogenic inflammatory cytokines like five times more than just the average person did.

Dr. Mark Menolascino: When I did my master's study on depression and how depression and the immune system work together. And if you are depressed are you really more likely to get sick or develop cancer? And we proved that in a clinical model in people and in the test tube with natural killer cells. Your immune system is definitely different.

I think of depression as an inflammatory disorder. And what's interesting if I like to ask you to pick your brain about sleep a little bit because the Number 1 thing people take for sleep is an antihistamine which is actually an anti-inflammatory as well.

Razi Berry: Interesting.

Dr. Mark Menolascino: So many people struggle with sleep. And you're talking about these clock genes. How people have this daily rhythm, weekly, monthly rhythm for women, seasonal rhythm. What are some of the strategies to get good sleep for women that you would love to share with us, if I may ask?

Razi Berry: Yes. So this is my Achilles heel, Mark. The sleep is the place that I need to do the most work on.

Dr. Mark Menolascino: I think we all do.

Razi Berry: Because of the nature of the work I do I end up working really late. But I can say when I sleep the best is when I eat according to my cravings. And I don't mean like chocolate cake and things like that. But I think I keep my blood sugar regulated throughout the day. That is really important. If I somehow miss my morning sun it sets me off. It really does it sets me off.

So I make sure that wherever I am, even if I'm like in a city, I make sure I sit outside drinking my tea and getting that morning sun. And that's really, really important.

Dr. Mark Menolascino: That's great.

Razi Berry: And I think finally the nights that I work too late and I'm on my computer are definitely the nights that I don't sleep well. So I feel like probably people have covered this better than I have. So I'm a single mom with two amazing kids. And we laugh a lot. That's when we get silly and tell jokes. And I feel like that the more I laugh in the evening the better sleep I have for sure.

Dr. Mark Menolascino: That's great. And if I may ask, I know for my kids we have rules as far as the electronics and trying to do thing. And working late is pretty much I don't have a choice. But I find the routine is what's so key. Is having a set time to go to bed and a set time to get up. And for a lot of people just having something as routine, even if you do stay up late, to have that set routine. Or like a special ritual like you do with your tea in the sun in the morning it's its own routine in itself. And so it's something the body looks forward to, the spirit looks forward to, the mind does.

Razi Berry: You just reminded me of a little ritual I used to do with my kids and we kind of grew out of it. And thank you for reminding me. So what we used to do before bed is went outside and looked at the moon just to see what phase the moon's in. I'm just so mesmerized by the moon and the moon has such an amazing connection between the earth and even our physiology. There's a lot there.

And so we would go outside and look at the moon and come inside. And we would light a candle and sing a song and then blow out the candle and go to bed. It was lovely and you just reminded of that.

Dr. Mark Menolascino: Well I hear people talk about the power of the moon. And some people dismiss it. Well I've been fishing in Alaska 30 times and where I go to Alaska the tide shifts 32 feet.

Razi Berry: Wow! Yes.

Dr. Mark Menolascino: So the moon has quite a bit of power.

Razi Berry: Yes.

Dr. Mark Menolascino: But that's a great ritual. Those little things that you can put in and especially those listening with kids. We like to have a dance party about an hour after dinner.

Razi Berry: Oh, I love it.

Dr. Mark Menolascino: We get up and everybody dance and be silly and be loose. And it's something everybody looks forward to. And it just kind of sets that's our transition from being serious and doing schoolwork or doctor work, and going into play mode, and then kind of a wind down mode.

Razi Berry: That's great. I love to dance.

Dr. Mark Menolascino: So I'm sure you get asked this all the time. And I've been putting everybody on the spot by asking the same question.

Razi Berry: Okay.

Dr. Mark Menolascino: What's the best diet? It's it Paleo, it's Ian, is it Keto, is it [inaudible]? If someone asks you your elevator soundbite to that, how do you reply to that, Razi?

Razi Berry: Yes. I think that you eat as close to the earth as you can and you just listen to your body. I don't believe in cutting out any whole food group. So I'm going to maybe unpopular here. But whether it's greens, or wheat, or meat, or dairy, I don't believe in cutting it out. But when I drink dairy I get raw dairy in almost any community. Even the cities now have coops for people rally together to find raw dairy. Or if somebody has a connection to get really great eggs or some local meat, or at least meat that you knew was raised on the pasture.

So sometimes I'll go weeks without eating dairy or red meat. And other times I be craving lamb chops three days in a row. So I just really listen to my body. And then on top of that I don't believe in this idea of everything moderation. I think it's a lie we tell ourselves that's gone out of control. When there was only a few packaged foods around, or maybe when TV was only on until 11:00 p.m. and then it turned off.

Dr. Mark Menolascino: When was that?

Razi Berry: Yes. I'm really aging myself. Moderation was different. But now it's like there's junk food available can be delivered to your house 24 hours a day. And the TV never stops and bad news is on every channel 24/7. And so there's more fast food places.

I had a friend of mine one time say, "Well I take my doctor once a month to McDonald's because I don't want her to feel deprived." And I just think that's taking it too far. I think that that's just not true. Everything in moderation. Do I ever eat a cookie or barbecue potato chips? Absolutely. But I don't plan it in and I don't hate myself when I do it. I just live by listening to my body.

Dr. Mark Menolascino: Well you have such a good wisdom of experience. The way you share honestly what you really do and why you think the way you do. And that passion I've just have always admired that for you.

Razi Berry: Thank you.

Dr. Mark Menolascino: It's hard as a supermom. And I use that term kind of loosely because every mom is a supermom.

Razi Berry: Okay.

Dr. Mark Menolascino: And it's about being the best you can be, whether you're a mom, a CEO, a manager of McDonald's, a janitor, a doctor. For me it's not so much what you do as how you bring yourself to that position. Do you do the things that you can do for yourself and show up 100%? And there's so many sabotages in our world that detract from that. And you've really shared with us a lot of great ideas about how to stand in your space and to understand yourself and to look into that.

Razi, I think there's a lot of people viewing that would love to connect with you. How do you find you if somebody wanted to learn more about the work you're doing or get connected with you?

Razi Berry: Thanks. Well you can find me on Facebook. I have a really fun group that I started recently called Love is Medicine where we explore the ideas of relationships and love in all forms and how it impacts health. And so I'm having a lot of fun there. So you can go to Love Is Medicine on Facebook.

Dr. Mark Menolascino: Great.

Razi Berry: On Instagram I'm just Razi.Berry. That is my real name. Razi Berry is my real name. And you can connect with in one of those places. My website where my blog is, is NaturalPath.net and you can connect with me there. I'm working on a book on the physiology of intuitions so you can learn more about that.

Dr. Mark Menolascino: And for everybody viewing it's Razi; R-A-Z-I-B-E-R-R-Y. And I definitely encourage you to connect with her. I love the Love is Medicine.

Razi Berry: Thanks.

Dr. Mark Menolascino: And you have so much good stuff to share with people and I look forward to your book. Razi Berry, thank you so much for joining us today.

Razi Berry: Thank you so much.