

DR. KEESHA EWERS: Welcome back to the Women's Vitality Summit everybody; this is Dr. Keesha Ewers, your host. My guest for this particular talk is very exciting to me, because we're going to talk about a problem that is really a big vitality sucker in the United States today. My guest is Dr. Jay Davidson. Dr. Jay has a personal story with his wife having had Lyme disease, so I'm going to talk to him about that, and you'll get to learn how you can transform your life and turn around from something that western medicine traditionally says there's not a real straightforward cure to. Dr. Davidson went on a search for the answers for his wife's issues, and it led him to the techniques he now employs in his five step plan. Not only did his wife's health rebound, but he himself personally began following his plan, and felt really good as a result also. It doesn't matter what your level of Vitality is, it can always be stepped up. The success that he's seen in his clients as they incorporate his protocol into their treatment plan, Dr. Jay Davidson has said that the message is simple no matter what your past is like or current circumstances are, there is hope, and you can make a massive transformation in your life for the better. Welcome to the Women's Vitality Summit, Dr. Jay.

DR. JAY DAVIDSON: It's great to be here Dr. Keesha. It's definitely my pleasure.

DR. KEESHA: So, tell me the story, if you don't mind our listeners, about your wife's journey and your journey with her. Unfortunately, this is not an unusual story in my own medical practice and so, that's why I really wanted to have you on to talk about this because there are a lot of people out there whose vitality is suffering because they don't know what's going on.

DR. JAY DAVIDSON: My path has completely been forged forward into passion and the topic that I focus on with Lyme disease, just based on my wife. My wife will be 34 really soon, so she's in kind of her mid-early 30's. Back when she was 7 years old, she got sick. That's a small, small kid at that time, and they didn't understand what was going on. They basically gave her some medications, all of a sudden she got brain encephalitis. She ended up being in a coma for six weeks, and I can only imagine as a parent, the feeling when your child's in a coma for six weeks. What do you do? The medical records obviously stacked up, the notes, because obviously back then it was more like paper notes that they would take. They ended up running a Lyme disease test, at the persistence of her Mom, because she had heard about Lyme disease, but the doctors said it probably wasn't, and they ended up finally running a test. It was a conventional one, which usually are not accurate, but it did show positive for Lyme, and it started giving them a direction.

Basically, IV antibiotics started, oral antibiotics, just from that time forward my wife's health basically radically changed. It went from being supposedly a healthy child before 7 to basically having massive health issues for 20-25 years really, until she was healed and got her life back. Within that, she's had a couple of heart surgeries, she's had something called SVT, supraventricular tachycardia. Which seems like cardiac issues and heart flipping and palpitations, and heart racing, it seems to be a pretty big link with Lyme, and co-infections like libisia with Lyme. She struggled with that, had a couple ablations, where they went up through her leg to try and slow the heart down. First one didn't take, the second one apparently did take, but then a few years later it started coming back. Which really begs the question, for me, we don't want to just mend symptoms. What's the source of your individual health issue, or

what's the source really with me wife? She had sinuses scraped, at one time she had this huge growth under her arm when she was younger, and they thought it was cancer. They biopsied it, they put her and her parents in cancer support groups, and then found out it wasn't cancer.

Then they just diagnosed her with myositis ossificans, which is basically something that football players will get from hard impact. My wife is not a football player, never was, and didn't have any of that. Where did all of this come from? It seemed like it was tracked back to Lyme disease. Her history's pretty crazy, I would say. Quite complex. We did enough health wise. I'm a trained chiropractor, she's also a trained chiropractor. We've been in the health world and understanding structure and nutrition, basic things about detox. Basically, she was getting by.

Then, when she got pregnant with our daughter, it was a really tough pregnancy. After my daughter was born, which was a really tough labor process. Natural, but like 25 hours, and just tough on her. She never recovered. Things hit the fan, went downhill very fast. Allergic to everything. Lost her baby weight within a couple of weeks, which is definitely not recommended. Unable to really breastfeed my daughter after a couple of months. It was such a life changing moment for myself, because I honestly had a lot of fear. Is my wife going to wake up in the morning? If she doesn't, what am I going to do as a single dad with this new baby, I've never been a parent before. It was definitely a pretty dark, deep place, and scary. From digging out of that whole, really has completely, I mean she's the healthiest today that she's ever been, my daughter's almost four years old. My wife actually had my daughter on her 30th birthday, on the fourth of July, so firecracker babies. Even in the last four years since my daughter's been born, I mean, for my wife going from death's doorstep to the healthiest she's ever been that she can remember, at least 7 years on when she was 7 years old. It's been an amazing journey. Interesting, but so much learning, to obviously help others.

DR. KEESHA: You know, that's a very compelling story, and probably one that's not unusual for you to see in your practice, too. I usually will start these interviews out, since it's Women's Vitality Summit, about what the definition of vitality is, and it's the power of giving continuance to your life. It's present in all living things, it's your zest, it's your dynamism, your passion, and your fire. Of course, you saw that receding from your wife, after the birth of your daughter. That has to have been very scary for her, and for you. I often ask the people that I'm interviewing, what's the biggest vitality sucker out there that you see for the women that come to you? I would say that probably Lyme is one of the most, still today, under diagnosed issues.

DR. JAY DAVIDSON: Yeah, I would. Things have changed a lot, there's a lot of politics in the Lyme world. Conventional versus alternative, and a lot of different thought processes within that. Even within the last two to three years, the CDC, when they used to say 30,000 people are affected with Lyme each year, now they're conservatively estimating 300,000. If the CDC says 300,000 people a year are affected by Lyme disease, and they're really looking at about 13 states in America for that. Lyme doesn't know a border of a state, so Lyme is all over the world. It really questions how many people are actually affected with Lyme disease, with this bacteria?

DR. KEESHA: One of the things that I really appreciate about you, and why I invited you on this to be

part of the esteemed panel that's giving talks for this is because you mention the politics and the different opinions in the Lyme disease world, but also that chasing the infection gets you down a rabbit hole that has too many tunnels. I've seen that so many times. When someone comes to me and I find Lyme with them, I'll say right upfront, what I'm interested in is your entire system, not this infection. I want to know how the infection is affecting your whole being. I think that when people start identifying with Lyme, it seems to create a psychological shift that creates more of an illness. Would you agree with that?

DR. JAY DAVIDSON: Completely agree with that. I see, Dr. Keesha, you know when people get diagnosed with Lyme, hear the Lyme word or labeled with Lyme, of course we never want to take on whatever diagnosis we've been diagnosed as. Hashimoto's, Lyme's disease, chronic fatigue. You never want to take that name or label on as that's who you are as a person. When you're in a chronic state and it's affected you for a long time, it's easy to almost kind of become that, so definitely always want to draw the border, the boundary, and let people know that it's more of a symptom of something you're dealing with, but that's not who you truly are. That's not who you were created to be. Lyme itself, I think because of the politics involved with Lyme. There's different camps, weather. There's one camp that says the CDC and more of the kind of traditional governmental infectious agency where they say that Lyme does exist, but chronic Lyme disease does not exist. Then you have this other camp, more of the four front runners in the Lyme world like ILADS and these Lyme literate type practitioners like yeah, we recognize that Lyme disease does exist and chronic Lyme does. I think because of the battle just with that, it creates a lot of fear that as soon as that name's thrown out there it's like, oh my gosh, I have Lyme. Not even really understanding about it. I think the lack of knowledge about it creates a lot of fear within it.

I think from doing the chronic Lyme disease summit earlier this year and talking with all these different experts and people that are getting results with Lyme, I think it just clarifies the thought that I had, what you just said too, Dr. Keesha, you can't just focus on killing the bug. You have to look at getting the body well as a whole. If you take a step back and ask the question, how can two different individuals contract Lyme disease and obviously, there's disagreements on how people contract it as well too, but if two people can get Lyme disease, then let's say they actually run a test that might be more accurate. Let's say it's accurate, and they both test positive. One has symptoms, one doesn't. How can that be? It all comes back to how healthy the body is. In Lyme disease, when Lyme disease is going on, and especially chronic Lyme disease, and a lot of symptoms are happening, there's always other underlying things that are going on besides just the bug. If it was only the bug, our immune system should be able to take care of it. Our bodies should be able to fight it off. We have a good environment.

It's when we're having other issues like autoimmune problems; maybe we're exposed to mold, which is another bio toxin, other than Lyme disease. Maybe we have heavy metal toxicity. Maybe we have a huge emotional/mental traumas or stressors that have happened. It's those things that make us susceptible, so that if we do get that bacteria, the borellia bacteria, the Lyme disease bacteria, then it can start taking its foothold and it can start having negative effects on the body.

DR. KEESHA: Everywhere on the body, like you just said. Where I go with this, and if I diagnose

somebody with an autoimmune disease for example, I don't care if its MS, lupus, rheumatoid arthritis, Raynaud's disease, or eczema, or psoriasis, I just say, look, this all goes in a bucket called autoimmune disease. What that means is your body's attacking you, and we need to get down to the why of this. Not chase this as a disease label, because when you start going down that path, you're not getting underneath what's happening. One of the things I see with Lyme, and this is the same as you said, autoimmunity, its for anything. If your genetics are wired in a certain way, like for example, I am very wired, I have a lot of snips that make me very susceptible to breast cancer. It's all through my family, and for rheumatoid arthritis. Again, all through my family. I've had both, and I've cured both naturally by turning off the things that were present that were turning those genes on, and I think that's what people are losing sight of in the medical world. They're not understanding that there's this genetic malu and that this infection will have turned some things on and really, we need to start looking at what are these lifestyle factors that we can control?

Instead of thinking of Lyme as the uncontrollable beast, that when you cut off one head of the Hydra monster, four more pop up. When you start treating that bug, that's what happens. People get further and further into a place that I've started calling the Lyme personality. Where it's a very depressed, very hopeless, very despairing, for very good reasons. It doesn't matter what antibiotic they're given, it's antibiotic, after antibiotic, after antibiotic, after antibiotic. They're getting leakier and leakier gut. Their adrenals are getting shot. They've probably got some heavy metal stuff going on, and their genetics are all on, that are causing these problems. I love that you think this way, and that you did a summit around this because I think the more that people can understand that they are each individual people with their own genetics and their own things that we can do to help reverse them and negate some of this stuff.

DR. JAY DAVIDSON: I would completely agree. I definitely think that we resonate on the same platform. There's so many factors, and if we just focused on what can you individually do to increase health rather than turning it over to somebody else and relying on somebody else to get you well, that's when all of a sudden you become empowered. That's when you start asking better questions about, if I have Lyme, how did I get it? If people have gotten well before, what can I do to get well? Rather than saying I'm stuck here. It totally affects the mindset. I love, what did you say? The 'Lyme personality'? I hadn't heard that, but I totally resonate with that because of the clients that I work with. It's emotional, mental stressors, and almost the way we carry ourselves from a mental standpoint. I think that's such a massive impact on our health and our well being.

DR. KEESHA: It's true, and like I said, there are all kinds of justifiable reasons for that personality to begin to take shape. It's not empowering, and it's definitely not vitality promoting. It's never going to get anybody better. I love that you say there is hope, no matter where you level of health is, you can transform it. I want to talk about your five steps to restoring health protocol.

DR. JAY DAVIDSON: Okay. Let me just give an overview of it. One of the things that I have seen, especially in the Lyme world, is as soon as you find out you have Lyme disease, you want to begin killing the bug right away. That's the thing right? I'm going to get well because I'm going to kill the bug. Obviously, what I said earlier, you can't just kill the bug to get well. Typically, in these cases because there's other things going on. I wrote a book called the Five Steps to Restoring Health Protocol. I

wanted it partially as just a brain dump of all the research and things that I've come across, and put it into one source, so if I'm looking for a reference it's right there in the book. Mainly I wanted to write it to get inside a clinician's brain.

When you're looking at an individual person, how do you begin walking yourself through to get well? The first step is detect. It really involves understanding what's wrong. If we don't identify all the pieces to the puzzle right away, how can a proper road map, or how can directions really be given if we don't understand where we have to navigate through? I think understanding exactly what's going on, like I said whether it's mold, Lyme, other pathogens, parasites, heavy metal toxins, leaky gut issues, autoimmunity, adrenal fatigue, thyroid, all these different things that could be factors. Identifying what are downstream symptoms versus upstream causes, obviously I want to go after upstream causes, from a clinical side, obviously what are the major symptoms that are holding you back from functioning normally on a day to day basis? What can we do to modulate those as we're going upstream?

I think that's, in the end, kind of the ultimate thing. We're working with clients, but kind of the first step is detect. The second step, and I think this is the big missing link as far as restoration of health, is draining the body. What I mean by draining the body, most people would use the word detoxify, as the draining word. I like to distinguish that. I think of detoxifying as pulling biotoxins out like mold or detoxifying heavy metals, or getting chemicals out, like persistent organic pollutants. I think that is kind of like detoxification. Draining, I view draining as more of making sure that the pathways, what I would consider the draining pathways, are moving in open so the colon, the kidneys, the liver, the lymphatic, the skin, all these different pathways are just important to make sure that there are things flowing and moving before moving on to get into the quote unquote killing of bugs phase, or before you get into detoxification.

A good analogy would be, if you think of your drainage pathways being the sewer pipes in the body, and they're starting to get backed up, any time you start killing bugs off or any time you start detoxifying heavy metals, it's got nowhere to go. It's only going to cause inflammation, it's going to cause reactions, herxheimer, working on the draining pathways first for prepping the body, getting it ready to then move on depending on what you need, is so important. I mean, as simple as something as drinking enough water can be drainage. Balancing minerals out, which is pretty basic, but pretty profound. Getting enough sleep, that's how the brain drains. There's a lot of what seem like simple but profound things, and then of course there's more complex things. You can do frequency technology, or herbals and things for lymph, and doing things like coffee enemas for the liver.

There's all kinds of different tools within that. Always just get enough sleep. If there was one piece of advice I could give, you listening right now to the Summit, is just make sure you're getting enough sleep. Going to bed at a decent time, that's one way to down rate information to the brain fast. I almost sound silly talking about it, but our mindset is almost, if we want to jump to all this, what's the newest, best, herbal this and that? We kind of forget the basics.

DR. KEESHA: You'll get so much resistance from your patients, too. It's so interesting, you know. After 10:00, after everyone's in bed, that's my time that I can actually get work done. I say well, don't

get to that place where I have to give you a diagnosis that your body has been screaming for so long to get you to go to bed that that's what it requires. I call this the misery to motivation quotient. Let's not get you so miserable that your body demands that you go to sleep by pulling the plug literally out from underneath you. Sleep is so important.

DR. JAY DAVIDSON: It is. Going to bed at a decent time. The later you stay up, your organs have different rhythms. The liver likes that kind of early to late, maybe the midnight to three a.m. or the one to two a.m., three a.m. kind of time. If you're staying up and awake during that time, the liver doesn't have a chance to process toxins. It doesn't have a chance to rebuild and heal. You miss out on those critical things. Sleep is super important but also sleeping at a good time, I think is really important. The first step is detect, identifying what's going on, the second step is drain, which I think is definitely the most important in starting any type of health regimen. The third step is pathogen elimination. This is where obviously, if there's bacteria like Lyme disease or borellia, or other co infections, parasites, that comes in. The body does better when there's not pathogens and other bugs and bacteria and things that are taking it down. Eliminating those, step four is rebuilding tissues, and what I meant by step four rebuilding tissues is, it seems as if each individual person has certain susceptible areas.

For instance, maybe the digestive track is very sensitive on one individual, whereas on another person it's mostly joints or brain or different parts. The adrenals, the thyroid. Definitely spending some attention depending on you individually as a person, in kind of what I would view maybe as more of like the susceptible areas. Not to label them that, but to kind of think about them for your specifically. What do you need extra attention on and rebuilding? The digestive track is always an important thing to rebuild, especially during the whole process of killing off pathogens and things. It does take some stress as the debris is coming out of the body. Step four is rebuilding the tissues and step five, Dr. Keesha, is detox. That one in the Lyme world, the first thing you always want to start off with is killing the bug, step three. Marjory, kind of in the functional medicine type world of detoxing metals, you hear about metals, mercury and cadmium and lead, in the detrimental effect.

We always want to start there but I put it at step five for a reason. We have to prepare the body, you have to understand what's going on, draining, the body, making sure the body is healthy enough to begin the detoxification process. Put the steps out there to walk through clinically in my brain, how to do I look at cases but also the importance to not just jump to maybe what people view as the Hollywood topic. The methylation, or the heavy metals, or the Lyme. Whatever the topic is that is hot kind of putting in perspective for you individually.

DR. KEESHA: This is so important. I won't detox people in my office until I've made sure that they're strong enough to handle it. People don't understand that when you're removing some of these pollutants that are causing so many problems, you're releasing them from stored places in the body, where now they can get at your nervous system again. They can get to your brain again. You want to make sure that your organs of detoxification are running fully on all bars. You know that you've got everything going really well, your adrenals are strong enough to handle the stress of the detoxification of heavy metals, before you embark on that journey. I know you and I have both seen, I've literally seen hundreds of people that have come from another clinic and had IUV, heavy metal, chelation, and

detoxification, and they are fried. It's so much because their bodies couldn't handle it. They weren't ready yet. That preparation is so important.

DR. JAY DAVIDSON: I've seen unfortunately too many clients that have been in that predicament where it's literally like their body has shut down, their nervous system shut down from really what I would view as improper heavy metal removal. IVE. That's a whole topic in itself, but it's especially an important thing to find somebody knowledgeable that can help assist you. I think there's so many things we can do on our own, but the more complex health issues and things happen, the more then we start getting lost in our own emotions. I always recommend finding a clinician or a practitioner coach that can just help guide you through and finding somebody like yourself, Dr. Keesha, that's been through what some people would say are trouble house circumstances. I can only imagine that knowledge that's come from the things you already went through. It's the same thing for myself with my wife and Lyme disease.

DR. KEESHA: It's definitely the motivating factor. I used to do high intensity adrenaline surging kind of medicine. Intensive care, and all of those things. Then you get sick, and something shifts. If you start asking the right question, which is why, then it leads you to path of, alright, really prevention is not mammograms. That's the way our modern medical system is set up, we actually call preventative medicine mammography and things like that where we're really screening for a disease. Instead of paying for the proper nutrition for each of us, the education about how to eat for each of our individual body types. That's preventative medicine. How to manage your stress. How to deal with the things that you will inevitably come up against. I always laugh when people say reduce your stress. If you have a newborn baby, what are you going to do to reduce your stress? It's how you care for yourself. So along those lines, you have a young, four year old daughter. What are you going to teach her about self-care?

DR. JAY DAVIDSON: I think the mindset has definitely changed a lot, just with the recovery of my wife. Also being a parent I realized, I definitely role model my life was my mom, and is my mom. She has that tendency of that workaholic. That comes from past things in her past. I definitely got into that, and started noticing even, it was really about a year and a half ago when I realized I just don't have the connection with my daughter that I was hoping to. One of the things that I realized is I was working my life away. Obviously, I'm very passionate about helping others, but I'm kind of losing the whole I'm a spouse and I'm a father type of role. My wife and I ended up selling our chiropractic office, because I realized I was doing that full time and then doing Lyme disease and heavy metal coaching full time, it was like nothing else could fit in there. When I look back in five years, I'm going to look at the quality of how I was as a spouse, and how I was as a father. I think that was a huge change for me, as far as personal stuff, in a family moment. I take the eyeglasses now, and I wonder what my daughter is noticing. She'll say certain things and it's like, where did you hear that? Do we really say that? It really makes you start to question things. One of the things that she obviously does, her mom and dad are Doctors and working health and things like that, so she's always wanting to help people. She loves Band-Aids, and loves all the kid things in that kind of arena. Just wanting to I think let her explore, not be too overly controlling, but I'll still be there present. I think those are just some things personally that I've been working on in my personal life, as far as family situations. I'm more connected to my daughter now than I've ever been. She's only four, but I think it's really starting her off on a good note

to have good parenting roles. Good parents.

DR. KEESHA: Well, it's important, what you're saying. I'm in medicine but I'm also a psychotherapist, I realized long, long ago that you can't separate what's going on in the body from what's happening in the mind. I went back to school, and one of the things that I learned in human growth & development is that children have you mind-mapped by the time they're four years old. The fact that you are making a conscious, intentional choice to create the life you want with intentions instead of from these default settings of workaholicism and you're identifying that, she will have mind-mapped that and seen that she's important to you. You can't give a greater gift than that to a child. I applaud you for that choice. That's really wonderful.

DR. JAY DAVIDSON: It's definitely a lot more fulfilling, I would say. Every day is a lot more fulfilling seeing that, too.

DR. KEESHA: For sure. So I asked you a question before we started talking, and that was, what do you see as the most important strategy women can implement to improve their own well-being and their own vitality, and you responded with, create a stop-doing list. I love that response, and I'd like for you to talk a little bit about that.

DR. JAY DAVIDSON: I think it's my tendency as a person; it's definitely my wife's tendency, when you get into this work mode and accomplish. Your happiness is based on how much you accomplish. The next thing you know, your to-do list, I want to get this done, I want to get this done, it just keeps growing, and when you take one thing off, two things get onto it. It's a never-ending kind of rat race. Instead of trying to figure out how can you be more efficient with the things you're doing, and I almost think the first thing we need to do is look at the list and say, what can I just stop doing on that list? What can I take off my plate?

It's interesting, I think from a cultural standpoint. This is just my opinion, people can take it for what they think of it, our processes too. I've seen in so many clients I've worked with, I work with a lot of females. Lyme disease is a common factor, but adrenal exhaustion is a common factor. It seems as if that happens so much easier in the go, go, go, go, go, got to get, get, get, get, all the stuff done, and then it's like the body can only handle so long before it crashes. I think especially with the female gender, there's these expectations in our society that are overwhelming almost to the body. I say that because of what my wife went through. Even though the pregnancy was tough, she told our staff at the time that after my daughter's born, I'll be back probably a week after that. That was like, okay. In just that mentality, that's like, you know what, I'll be a mom but I'm still going to do everything I'm doing full time, and I'll be able to put it on and throw it on a plate.

I've just been thinking about that more and more, is our expectation so high that it's creating this basically inability to really get it all done, but always striving for it, and then just causing this constant burnout from an emotional side. So my wife for instance, she's got the quote unquote doctor title. She wants to help and work with clients and patients because she's a doctor, she's a spouse, so obviously she wants to have that healthy. All of a sudden, she becomes the mom. Doing all three of those things at a

high level seems so overwhelming to some degree. I learned this as soon as I became a parent. Wow, there's a lot more work.

My respect for parents and especially moms, stay at home moms, wow. I had no idea. I almost feel like this unmet expectation that no, you're expected to not only be a full time spouse and mom, and a full time career woman, that it almost puts this pressure intention on somebody that will just cause them to buckle and almost fall into this adrenal fatigue state. My thought is, obviously evaluate your situation, because I think everything's individual. Identify what the priorities are, but what do you do that you can stop doing, that the world's not going to stop moving because you stopped doing it, but you can have a little bit more peace of mind. You can recoup. You can regenerate and not burn the candle at both ends.

DR. KEESHA: The way that I say that is shorter and pithier. I say we as women have painted ourselves into the corner where we have to bring home the bacon, fry it up in a pan, and look hot at the same time.

DR. JAY DAVIDSON: I should really clarify this too, Dr. Keesha. When you look back, like back in the day, the inequality of genders, there's no way we should ever go back to that.

DR. KEESHA: That's right.

DR. JAY DAVIDSON: Even when women couldn't vote, obviously things have moved forward for a purpose. I almost feel like it had to move to the other side needle to kind of bring back, get back into more of like a harmony. I think it's so far on the other side, like you just said, like expectations are just so out of this world bad. I think we kind of maybe have to understand, there's definitely a different energy with females versus males. The feminine versus the masculine. Start looking at it through those glasses, to some degree, for your situation. Again, this is my opinion. It's definitely something I've been thinking about more recently. I think it's an important thing, at least to just consciously bring up.

DR. KEESHA: Oh, absolutely. I have four children, and I didn't start doing, I worked very, very, very, like one day a week with the fourth one. For a long time in the hospital until they were older, and then opened my clinic about ten years ago. I'm 51 now. I've had both levels of basically, stay at home mom, or very part time work, and then working like a workaholic. Then, writing books, and doing the clinic, and also the online and all of those things. A long time ago, I started thinking about that. Bringing home the bacon, frying it up in the pan, looking hot at the same time. I always say the same thing you just said, I wouldn't trade it for anything. I have a choice here, I like the fact that you say, the book essentialism changed my life. Essentialism is really fantastic. He says the same thing.

What is it that you're about? What's your life purpose, or your dharma? What is it that you're here, that you really want to be your passion? Then, anything that's not aligned with that, let it go. That's a really nice thing to do is make your list of things not to do. I smiled, I said, oh great, that's a really good exercise for our listeners. You also, we're at the end of our time and so I want to make sure that you introduce the bonus that you're going to give to our listeners. You're so generous. Your information is so fantastic. I also want to leave how they can get a hold of you.

DR. JAY DAVIDSON: The best way to get a hold of me is just my website. It's my name, so that makes it easy. www.drjaydavidson.com. Dr is d-r and jay is j-a-y. Davidson's just like Harley, the motorcycle company. Unfortunately no relationship. That's always the easiest place to get me, drjaydavidson.com. The book that I wrote, Five Steps to Restoring Health Protocol, I recorded that into an audio and had it freshly edited and everything. I'm giving away the audio book of the Five Steps to Restoring Health Protocol. One thing that I found as far as, maybe time efficiency, I like to listen to audio books and read the book at the same time, but listen to the audio book on a faster speed. Maybe one and a half to two and a half times the speed. It seems like the comprehension really increases a lot.

For those that definitely want to get more done, be more efficient and effective, maybe that's a good tip for you. Giving away my book audio, in a nutshell, best selling book. So, definitely think it's going to be of great value to you. Also, I have an eBook on Lyme Disease: Why the Antibiotic Bug Bomb is Not the Answer, and then also Heavy Metal Toxicity, because I think there's such an intimate relationship with both of those. Definitely I think they're going to be valuable bonuses for you. I would definitely, Dr. Keesha said the Essentialism book, I had one of my mentors, John Butcher tell me to read that. I love that book. I would definitely recommend for everyone else to get that book as well, too.

DR. KEESHA: That's a game changer. Thank you, Dr. Jay. Here, bonuses and all your material, your bio are going to be on your Speaker's Page for the Summit. I so appreciate you joining the Women's Vitality Summit, and sharing all of your wisdom, well not all of it, but sharing some of your wisdom with our listeners.

DR. JAY DAVIDSON: It's been my pleasure Dr. Keesha, thank you so much.

DR. KEESHA: Alright, and I will talk to everybody next time. Remember, get your sparkle back on.