

Dr. Keesha: Welcome back to the Women's Vitality Summit, everybody. This is Dr. Keesha, and you're joining me for this session to talk about women's vitality, female vitality, with Doctor Mariza Schneider, who is a passionate wellness practitioner and public speaker with over 8 years of experience focusing on women's health. Dr. Mariza leads a community of women who educate about nutrition, detox programs, self care, and essential oils, and she is so passionate about women's health because of her own health issues, which of course is my story and that of many people that find their way into this kind of medicine, which is getting to root cause, and so I'm really excited to bring Dr. Mariza on now to talk to you about her story, about who she sees in her practice, about what she's doing that's fantastic in the world. She's the author of the Dash Diet Cookbook, the Low Glycemic Index Slow Cooker, the Antioxidant Counter, the Water Infusion Detox Book and the Matcha Miracle, and she's been featured on Dr. Oz,. She's working on her sixth book right now, the Smart Mom's Guide to Essential Oils. Welcome to the Women's Vitality Summit, Dr. Mariza.

Mariza Schneider: Oh thank you so much, Dr. Keesha, I'm so happy to be here today.

Dr. Keesha: You know, I always start each of these interviews with the most incredible group of people that I've ever seen assembled in one summit. I'm just so flabbergasted about the excitement of talking to so many very cool people all at once. And I always start with the word vitality. The word vitality actually means life force, or what we would think in yoga as prana or Chinese medicine as *chi*. it's your passion, your zip, your verve, and your sparkle. I know for myself when I see women in my clinic they're lacking that vitality, that's why they're there in the first place. And so, what would you see in the way that you practice and what you're out there doing is the biggest drainer of vitality for women of today.

Mariza Schneider: Great question! Exactly what you're experiencing day in and day out is what I see with so many women. I get to work with a beautiful community of women, so I get to really connect in with them on a personal level, with their vulnerabilities, but I would say the number one attribute to women losing their vitality is stress. I would say it's stress, and it's interesting because stress can come in a lot of different forms, physical, emotional, it could be chemical, but a lot of it is the stress of the emotional and the mental rigmarole that we have created in our lives. I've talked to so many wonderful women myself, and we live in a time where we have such incredible freedoms to create, and there are a lot of societal pressures for us to really wear all of the hats. You know, women are stepping into the role of being incredible income earners.

I remember growing up, my mom being a single mother and having to work really hard for myself and my sister, but I remember always wanting to be my mom. Just watching her walk in to pick us up in her power suit, and I could hear her keys jingling. That woman was on a mission. I remember I wanted to be the woman on the mission, and

that's what I see today. I guess, you know, be careful for what you ask for, we have so many women on so many missions. And it's missions for their families, missions for their careers; talk about a plate that's overfull! But I find that there are multiple points during the day where we can be driven into our stressed situation, our sympathetic nervous system, where we're always kind of on alert mode, which is really what I see all the time. And that begins to propagate a lot of concerns about creating a balance in our life, creating a way for us to really feel and experience that vitality and joy that we deserve to have.

Dr. Keesha: Well, I agree, and I think that's something that a lot of women of our era have lost sight of, is that they deserve. That word deserve, I think that's such a powerful and important word that they deserve to have. How many women do you see that don't know that?

Mariza Schneider: Oh my goodness, almost all of them. This idea of rituals and self-care and self-love and putting ourselves first in some instances. Not in all instances. Goodness knows, women do not need a course on how to take care of other people. It is hard wired into our DNA, but taking care of us, it's almost as if we just don't deserve it. I find that between society and shaming, it's almost as if we're not allowed that. That guilt comes into play, that we haven't taken care of everybody else, and we don't ever have rooms for ourselves, that giving ourselves permission or that deservingness. You know, I've had these conversations with groups of women, crowds of women, telling them that I am giving them permission, that they have the right to be selfish, just for a moment, just for a half-hour, or maybe even an hour during the day, to fill their cup back up. I have seen tears across the crowds of women grappling with the idea of can they afford that when they've got so many other people to take care of.

Dr. Keesha: Guilt is another powerful word that you just used. There are two words that you said, shaming and guilt, and those two... I'm in medicine and I'm also a psychotherapist, and the reason I went into psychotherapy and then sexology is because I know you can't separate what you see in the body from what goes on in the mind. And two of the emotions that drive women to get sick are guilt and shame. And you used both of them just now, and I want to bring those out a little bit, because there is a place for guilt.

If you have wronged someone or you're out of integrity with your own values or yourself, then feeling guilt is the way that you're informing yourself that you're out of integrity, and now you can go clean it up. If you see guilt as a flog and you keep beating yourself with it, it's useless as an emotion. You don't do that, right? You just say, "I'm out of integrity, I can now go clean this up." If I need to apologize to someone, if I need to make something right, or if I need to get back in integrity with myself. But there is no place for shame, and it has no positive outcome to it, it's just something that drives us deeper and deeper into darkness.

I'm so glad that you brought these two emotions up, because what I see is real changes on the cellular level in women- and men -who are bogged down with these two emotions, and if you feel guilt about taking care of yourself, that is not being in integrity with you, right? It's because you have some idea that you're only in the planet to take care of others, and you're not even important. So the word "deserving" that you used, and guilt and shame, it's so powerful. This is so powerful, what you're saying.

Mariza Schneider: Absolutely, I think you're right. If we act out of integrity-and there are instances where that does happen, you know-it's an appropriate emotion to experience, but the shaming is what's just blowing my mind. We're more connected than ever before, we're on social media in all different forms, and that's where I see a lot of this happening. At a time when I feel like women need each other most today in communities, I find that we're really cultivating that culture of shaming and it, my goodness, it blows my mind. This is a time where women should really be honoring each other and supporting each other as we're stepping into this world, this new world of all of these, not bigger responsibilities, but more responsibilities.

That's where I feel like we're lacking as well, not only in giving ourselves permission but also honoring the women in our lives, the mothers, the friends, just having compassion for each other, and being able to connect back in with each other, and giving each other permission. You know, when I'm feeling, when the world is falling down upon and me and I'm feeling overly stressed, you know we have those days when you're just like "I am doing nothing right, I don't feel worthy of all the things that are happening," having someone to connect with, particularly women. From the dawn of time cultures all over the world connect in these communities, that's really where we need the support, so my goal is always to be able to cultivate communities, and I have these beautiful communities around the country around wellness, and around self-care, and being able to support each other and being open to not being perfect and vulnerable to sharing those moments because we're not, and it's totally okay.

Dr. Keesha: Well, I'd even say going further to being open to not being perfect, but being excited about it, and to really embrace not being perfect because you're not going to be perfect on this planet. It's just not part of the human way we're made up. We have a psyche, we have an ego, we're not going to be perfect, and so if you let go of that expectation of yourself, my goodness, how much growth can occur, if you just embrace your imperfection as perfection in itself. And I love that thought, you know, that the imperfection is the perfection, and not expecting yourself to be the cover of the Cosmo magazine that you see in the grocery store line.

Mariza Schneider: Jessica Alba with her big multimillion-dollar company, which you know, you go girl.

Dr. Keesha: That's right! So you know, release expectations of yourself that are maybe not your skillset and don't expect yourself to be a perfect mom, perfect wife, perfect whatever it is that you're doing, because that superwoman complex is what causes us to burn the candle at both ends and break down. So when you see women that have broken down, and they lack vitality in your clinical practice, what shape does that take? What kinds of women do you see, and what's going on for them?

Mariza Schneider: Hmm. I see it in their eyes, you see the weariness, the overwhelm and the tiredness. I see a lot of lack of energy and then hormone deregulation, right? I have women who are dealing with estrogen dominance or cortisol that's out of control. Lots of autoimmune conditions, and often times not knowing that they have autoimmunity yet, but the signs of that showing up. Lack of memory and cognition, these are typically the things that I'm seeing. But predominantly that lack of energy, that overwhelm, and that sleeplessness. And then, tying into moods, I find that when we are working with women who are dealing with hormone issues such as adrenal dysregulation or we've got autoimmunity -which is all interconnected- it absolutely has a huge impact on mood and so anxiousness, depression, or mood swings, not really feeling like themselves anymore are typical of things that I see on the day to day.

Dr. Keesha: That is very much what I see, in addition to digestive problems and skin issues with women. And of course their children that they bring in and their spouses. This is such a common thing that's going on in our country. My expertise is autoimmunity and low libido that happens with the breakdown, and I would say probably 85% of the women that I diagnose with autoimmunity in my practice don't even know that they have it. They don't even know that their bodies are attacking themselves.

What they know is that they're tired. And that's all they know. And they know that they're not remembering –like you said – they're not remembering as well as they used to and they're worried about that, and they can't move forward at the same pace that they're used to moving forward in. It is so interesting that we get to this place where we're in utter exhaustion before we seek help, or a lot of women have been seeking help way before that, but going to a regular Western medicine doctor, and because nothing is showing up abnormally in their bloodwork, they're patted on the head and told they're fine.

Mariza Schneider: Or they're told to take anti-depressants.

Dr. Keesha: Yeah, go see a therapist, take this antidepressant. And of course, we all know that that is not the root cause of anything. So, as you see this - and I have an hour-long segment that's devoted to adrenal dysfunction with Marcel Pick and estrogen dominance with Jack Tips and we've delved into a lot of the things that you've talked about for an hour at a time with some of the experts out there, - but one of the things that I love about you, Dr. Mariza, is your knowledge of essential oils and what you've done with that, and

how you really work with bringing self-care as an easy implementation to women. And I don't know about you, but in my clinical practice, if I ask a woman to do – and I'm just going to put it in air quotes – “one more thing,” her eyes cross and she almost starts to cry. It's just like, “Oh my gosh, do you know what my life looks like?” It's so precariously balanced that if you put one more thing, right-

Mariza Schneider: It's going to tip on over.

Dr. Keesha: Exactly. The apple care just goes upside down and the thing that I tell women is that look, if it's that tight, if your schedule's that tight, if I were to – instead of asking you to take care of yourself in this way or this way or this way-if I were diagnosing you with breast cancer, how much of the things that you have planned right now would go away instantly overnight? In one minute or less, your priorities shift so dramatically when you're told something like that, and you and I have both have had this experience where we've had something that we're diagnosed with that's been life transforming, because we've had to rearrange our priorities. So I just want to really say, please listen to Dr. Mariza. Don't make that diagnosis happen for you, and start early in this process, right Dr. Mariza?

Mariza Schneider: Absolutely, starting early is so important. I started with chronic migraines at a very early age, age 7, and it took over my life until I was in my twenties. I was told for years and years by doctor, neurosurgeons, neurodoctors, and everybody we could see, integrative doctors, that this was just something that I was going to have to deal with and at a young age it was dealing with stresses.

What I learned in my early to mid 20's was how important self-care was - I know that isn't really new to anyone today as more and more education comes out - that our body has the ability to heal. We have the ability to go back and repair and make things right with ourselves, and so I love talking about self-care rituals, and it's very much a prescription. It's very much something you write down on a notepad and hand over to somebody because our lives should be predicated and punctuated with ways in which we take care of ourselves. Think about the way that you and I spend the time in our days taking care of just us in the realm of self-care and good nutrition and meditation and journaling. You think about the things we do today and how they're ingrained in our life. Could you even imagine, Dr. Keesha, not having those things in your life so that you could serve others?

Dr. Keesha: I can. I have been in that space, and I wasn't of great service, you know? I found that I got so sick and I couldn't even move because of rheumatoid arthritis, and it was because I had my life balanced in that precarious way that the women that come to me look like, with their chins quivering and tears welling up in their eyes when I say “Can I get you to take 20 minutes to do a bath every night?” It's like, look, I've been there, I know what it looks like not to do this for yourself and please listen to this,



because I don't want you to get to the space that I had to get to before I paid attention to my body and really listened to the feedback it was giving me. Today, in answer to your question, at the age of 51, no, I can't imagine going without those things. But at 30? Raising four little kids and being supermom and superwoman and Energizer Bunny, I was definitely not doing the things that I'm doing today to care for myself, and my body fought back. It had to scream at me to get my attention.

Mariza Schneider: And rheumatoid arthritis is definitely not a light autoimmune condition. It's a very life-debilitating condition; it's very much a wakeup call for anybody.

Dr. Keesha: Mmhmm. I would even say it's not a wakeup all. I had wakeup calls and I ignored them. I had acne, I had PMS, I had so many wakeup calls until finally, RA was a sit-down-shut-up-and-you-will-listen-to-me call!

[Laughter]

Mariza Schneider: Absolutely. Well, let's dive on into some wonderful rituals and some wonderful self-care and some healthy habits. One of the things about habits is that it takes a minute to get them going. It takes about an average of 21 days to develop a habit, but it's going to be the habits that really are going to stick for you, they become a part and ingrained in your life, and I know that sounds potentially overwhelming as you mentioned, the apple cart falling over, but it is absolutely imperative.

Coming from someone like myself, who's also been on the brink of being very, very sick, and so many of the women we've worked with in the past, this is just a must. I'm going to share with you some of my absolutely favorite rituals, and some of these rituals—because I get it, I get how busy we are—some of these rituals are just a matter of minutes. But I do love starting with a morning ritual, because I think the morning is that time before you start dealing with everyone else's needs.

Before you start addressing everyone else's needs, getting out your phone, checking your email, or making lunches, or breakfast, or whatever it might be for your kids, taking even ten, five, fifteen, twenty minutes for yourself in a morning ritual. I love the idea of honoring your emotions, nourishing your body, connecting with gratitude, and even moving your body.

What I love to do, even in the morning, is to celebrate moments of magic wherever I go and whenever I can, because life is punctuated with those beautiful rituals and those beautiful moments of magic that again, we so much deserve, even if it's just for a couple of minutes a day. And so, a couple of the morning rituals I'm going to talk about are just ideas to be considering for what your morning ritual looks like. Maybe it is just twenty minutes a day, but I know that we all have twenty minutes. So the first one, I want to start by considering journaling or even just quite meditation.

Now this could be breathing meditation, this could just be breathing for five minutes as you're waking up and getting present. This is the time where cortisol levels are rising so that we can get up in the morning, but you can really set the tone for the type of day you want to have by just waking up and breathing into your day. I love the use of essential oils because they are these wonderful little bridges and these little gaps that we can use to create abundance and a wealth of health in our lives. I love to start with invigorating oils in the morning because I love feeling invigorated. I find that women love that experience as well.

Oils that I love to start with when it comes to breathing in the morning – and I keep oils by my bedsides or oils in the living room – are citrus oils. These are invigorating oils like lemon and wild orange or citrus bliss- that's a blend, but- and bergamot, which is an oil known as self-love, just breathing those in. And if breathing isn't necessarily something that you love to do, maybe it's sitting down with a journal.

One of my favorite activities every single morning is a gratitude journal, and I love to just free thought all of the wonderful things that I'm grateful for, because there are so many things that we are really grateful for, and when you start your day with gratitude and your heart filled with all of the blessings that you have, it really does set the tone for serotonin levels and increased dopamine and just really feeling that heart-filled gratitude for starting your day very joyfully and happy. You're creating a sense of calm in the body that you're going to want to help propel you during the day. Getting up and checking email immediately and addressing other people's needs, it's amazing how quickly we can go into fight-or-flight mode and completely forget about ourselves and fall off track in that self-care ritual.

Then I think it's important to nourish yourself. I am a big proponent of green smoothies or juices. I love green smoothies because they are so easy to make in morning. My husband made my green smoothie this morning, because it's very much a habit that we have in our house. I love that routine because it's so simple, so easy, five minutes to get anywhere between five to ten servings of fruits and vegetables into your body, and really nourish cell to soul, in a sense. All of the cells in your body.

Again, I love adding oils to my green smoothies because oils are invigorating, they do pop on an emotional level, and they do pop in terms of flavors, so again, I love using citrus oils like lemon or orange to bring some good flavor to my smoothies. Not to say that my smoothies taste bad or anything, but it's fun to add those into there. And then motion. I think motion is so key and if you can get up and get your body moving early, that can be a five minute yoga routine – there are so many wonderful apps and resources for that out there- or stepping outside – I always make a joke that we should all have a dog because it forces us to go outside very single morning and take a walk for ten or fifteen minutes- but head outside, and hopefully you're near a park, or you're near a lake, or nature where you can really connect with the ground because there's so much energy to be found in nature that really nourishes our soul.

When I'm walking I love using the oil peppermint, because peppermint oxygenates the lungs and oxygenates the brain and just opens everything up. I feel like it

just allows for us to breathe in deeper and when we're walking, taking that moment outside in nature, one of my favorite things to do is take a moment, even if it's just for about thirty seconds, and move into an energy or power pose.

I know we were talking about being superwomen, and I think there's a place for that. Goodness knows almost all the women I ever meet are superwomen in my life, and I think that honoring that superwoman in its own self-care way is great. There's couple of different power poses you can do. The best superwoman power pose is clearly the superwoman power pose where you've got your legs a little bit separated, and you've got your arms on your hips and you're standing like the superwoman you are. That literally opens up the energy, opens up the airway into the lungs, and really allows you to experience that joy and abundance, and just take ownership of the type of day that you want to have. And then the other power pose, if you stand up and your hands are raised above your head, and you're kind of owning that wonderful power pose and again opening up the world and the joy of possibility to having this really wonderful day. And again, all of these can be done within twenty-five minutes or so.

But some other things I want to be thinking about, some other ways to put in rituals is, one, adorn yourself to a good mood. Now, I work from home a lot, I'm not always seeing patients, so I'm working at home, and oftentimes what you're going to get from me if you ever saw me live is I'm in yoga pants, right? But there are definitely days where I want to kind of adorn myself into a good mood.

So getting dressed to reframe the way that I want to feel for my day, maybe it's a necklace- I have a friend of mine who's an amazing entrepreneur and she'll be in sweats, but she'll wear her favorite high heels which I think is just awesome and great, because she feels so great in them. And that doesn't take a lot to do; we have to get dressed every single day anyway. And so you might as well dress the way that you want to feel. It's amazing what that can do for you. And maybe this isn't every single day, but it could a couple times a week where you really get to take ownership and feel that awesomeness. Next what I love to do in the morning is set the tone for the environment. I want to create an atmosphere for the day for the way that I want to feel. I love essential oils for their aromatic properties. They have the ability to work with our neurochemistry and our limbic brain and create positive mood or bring things down a notch if we're feeling a little stressed.

I love the idea of feeling passionate and feeling joy, and I'm all about abundance. I always people tell if I can get a little bit extra abundance in my life I am all about it. And there are some phenomenal abundance oils out there, and the essential oil of orange is known as the oil of abundance. I have diffusers all over my house, and diffusers release essential oils into the air, they're water diffusers, without destroying the volatile constituents and compounds of these beautiful oils, because again, they're evaporating into your skin and you're breathing them in through your olfactory senses and your olfactory nerve, and it's going straight to the brain.

I love to set all of my diffusers on. We have four of them in the house. It takes me two minutes to do, to put water in all the diffusers and put in my favorite oils. I have



different blends. One of my favorite invigorating blends is bergamot, frankincense, and wild orange, because we've got our self-love, abundance, and frankincense has always been known as a meditative and really powerful oil for us in our healing practices. Those three oils are three of my favorites to use. I put them in my diffusers all over the house and I set them up, and the great thing about the diffusers I use is that they run for four to eight hours, and it reminds me of a slow cooker. You set it and forget it, and so same thing with our diffusers, we set them and forget them, and they just run throughout the day for up to eight hours. I don't even think about it after I do it, and they're just pumping out this amazing aromatic, beautiful aroma and it's designed to inspire.

Sometimes I choose oils to inspire productivity, or I choose oils to inspire inspiration. It just depends on what you're looking for, but usually we use invigorating oils during the day and then around four o'clock or five o'clock they all shut off and I turn them back on again for evening oils. These are oils like lavender or cypress, or maybe it's clary sage, sandalwood, there's lots of different wonderful oils that you can use during the day and I have a couple different blends that I can share, but that's just to kind of bring things down a notch. I love some of these rituals because they are so simple to integrate and it's amazing how much of a difference they can make. Those are some of my morning rituals.

Dr. Keesha: I love it. And I love the fact that you're surrounding yourself with the aromas in your home because this is just set it and forget it. You don't have to continue to do that, it's something that you can just take a few seconds to do and now you have this scent going all around you and don't have to worry about anymore, but you're gaining the positive effects of it without having to spend more time and energy, which of course is the big thing that people get so upset about. I also love what you said about grounding and going outside. It brought to mind something that I have told a lot of my patients in therapy and I'm going to say this because I think it's so important.

In Peru, when I take groups over there, they call the Earth *pacha mama*, Mother Earth, and one of the things that I realize is that often, women, because of that nurturing that we have within us -we're wired for it and we just talked about how we can over-care-give and not take care of ourselves- sometimes we look to the wrong directions for care. In other words, we're not doing it for ourselves; we want other to do it for us, including sometimes our children. And one of the things I talk about is that the umbilical cord is designed to go one way. In other words, the baby gets rid of its excrement towards you, and you feed it towards it, and those two don't mix. And there is nowhere in there where child takes care of you. And so I say go outside, because the big Mother Earth, she can take all your excrement. She'll take your garbage right?

Mariza Schneider: She does!

Dr. Keesha: And she takes it and she make flowers from it! That's a place where you can go, and in Peru they call it your "*hucha*," you know, you're getting rid of all your shit, basically.

Mariza Schneider: Yes!

Dr. Keesha: I can say that because I'm not on the radio right now

[Laughter]

Dr. Keesha: So, go outside and even if you're having a really lousy day, ground by laying down on the grass facedown, and put your arms out and spread out, and you can even scream into the earth, or you can just vomit all your emotions that are negative and heavy and dark into the earth and it's not going to hurt her. But we do hurt others when we're doing that to them, so use the earth, because she is this grounding stabilizer for us, and I love that they in Peru they talk about her in that way. Anyways, I thought I'd throw that in.

Mariza Schneider: I love that as well I've always been taught to yell at a tree.

Dr. Keesha: Yeah!

Mariza Schneider: And you can name the tree who you want to name, if it's somebody in particular you have on your mind, and kind of give it to it and not bring that back in, especially for your children. And yeah, it's amazing how much charge you can get from being out in nature. We don't live very far from the redwoods – we're just so blessed, so spoiled. We both are pretty spoiled where we are – It's amazing we can get up and do a hike in about forty-five minutes but I am amazed by how energized and recharged you can be. There are just days when you just hit a wall and you can't look at your computer screen any longer, and the inspiration and the energy that comes from nature is just so incredible. We should just utilize that more.

Dr. Keesha: I couldn't agree more. So, yeah, the tree's not going to yell back at you

Mariza Schneider: No, it's not going to give you the business back, absolutely. So true. So, these are my morning routines. I can't impress upon how important these are, these routines in the morning. Again, twenty minutes is not that much, especially if you beat everybody up in the morning. Just to give yourself time for you to charge back into you. But some other things to be thinking about throughout the day as well is taking deep breaths, so many different types of breath work that you can do out there.

I love using oils when I'm taking deep breaths, and it's usually around moments where you're feeling a little stressed and all of a sudden you're like "oh my gosh, I totally

forgot this, I forgot to pick somebody up, “ or “Oh, I was supposed to get this email out,” you know those moments I can just feel the sympathetic nervous system kick on, and those are the moments where we just need to breath back into ourselves, and I love oils for that as well. Breathing in lavender or clary sage or maybe sandalwood or frankincense. Breathing in oil because one, they elicit such wonderful emotions, but when you breath into those moments, you actually change the way that you're feeling about that moment. You can reduce the stress of that moment. It may not seem as much of an emergency as it is.

And when I was thinking about recommending how many times should we take those moments, those pauses in our day to breath, a good time of the day is in the morning as I mentioned before, even just a couple of minutes, and in the evening before we're going to bed. Like I said, oils that are great for sleep and kind of bringing down our sympathetic nervous system are great, oils that like lavender and bergamot, clary sage and roman chamomile, these are all great common oils and so those are wonderful to breath into. But also before meals, before a big project, or maybe when you're about to encounter a situation that may trigger you. Maybe you're going to work and it's a coworker, or maybe you're visiting family that you know you get triggered by.

Take those moments of breath to really bring yourself back down and feel better about the situation and allow your body those resources so your body's not just pumping out stress hormones the entire time, but it's actually utilizing those resources to heal and take care of your body. I think breathing and breath work is really important, and it is definitely the quickest way to create a ritual and get some pretty wonderful results, because not only are there temporary benefits to that, but there are extended benefits as well, because when you're not ramping up your stress hormones, not ramping up epinephrine or cortisol, you are really creating an area of synergy. You're creating more balance in the body, particularly around those hormones. And so just breathing in, I love using oils for that.

There are lots of different blends that you can as well make for doing that too. I love a combination of vetiver and ylang ylang and lavender, in a one-to-one ratio. You can have that in a roller bottle or you can have it premade, however is easy for you. I love easy, and I think that's the reason I love essential oils so much. They're so easy to have in your purse, they're so easy to grab out whenever there is a moment you feel like you need to reset the situation. So those are some of my, “how we manage and mitigate the day,” kind of scenarios. And then I love an evening routine. And just like you said, Dr. Keesha, you were talking about that level of deserving, and taking that moment to do a saltwater bath.

An Epsom bath with oils feel like the most indulgent beautiful ritual you can think of. But it allows for that present moment. Maybe you're just listening to music, maybe you want to go mindless and you pick up that trash magazine, whatever it maybe be, the Cosmo or the People magazine. I'm very similar - and we've had this conversation before – I like to just be present in the moment. I like to be present in my thoughts. I like to just kind of release and just let go of all of the concerns or the issues of the day and I

love that aroma that happens when I add essential oils into the mix like lavender. Lavender and Roman chamomile are two of my favorite oils to add to an Epsom salt bath. There was a long time when I felt I didn't deserve a bath, I didn't have time for a bath, and it was never going to be a priority. Now it very much is. It's not every single day for me; it doesn't necessarily have to be every day. For some women, if it is, I think that's wonderful. You just get to lock the door to the bathroom and have your own time, but it can be a couple of times a week, or maybe it can just be that cherished thing that you do for yourself on the weekend.

These rituals don't necessarily have to be daily rituals, they could be weekly rituals. They could be a monthly massage ritual. You can take care of yourself in that way. But I do believe that you should have some that are daily. You should have some resources and tools in your tool belt that you can pull out to get back into you because at the end of the day, taking care of you means you're able to take care of other people in your life, and that is what we do best, to be honest.

Dr. Keesha: Well, I think one of the most powerful things about a saltwater bath laden with the most beautiful aromas that will balance you, that you can find with the oils in there, is that it gives you a space between busy, busy, busy and then sleep. A lot of people that I see come in and they have insomnia. They can't get to sleep, they say they can't get their minds to turn off and shut down. They feel like there's a hamster on a wheel in there and can't shut down, or they get to sleep and then they wake up in the middle of the night, and they can't get back to sleep because the hamster gets back on the wheel and goes. A bath engages that part of your nervous system that says it's safe to go to sleep.

You can go from this hypervigilant, everything's on - you know, the way we're wired is, we're, as women, we're wired to be able to make sure the toddlers in the village aren't going to fall in the fire pit, we're tanning the hides, we're grinding the corn, you know, we're doing everything, and that's why our brains are really adept at multitasking and men aren't, and when we let that rule us, and we're multitasking all the way into bed, you know, having sex and thinking about the grocery list at the same time - who hasn't done this, I want a raise of hands.

[Laughter]

Dr. Keesha: So it takes away from what you were just saying, that present moment, and I think a bath before bed allows you do the shift that is required to then go to sleep. And if anyone has tried or struggled to have an orgasm, they know it doesn't work. If you have tried to go to sleep, it doesn't work. If you try to meditate, it doesn't work. All three of those things require surrender, and one of the most important and easiest ways you can do that is by getting yourself in a warm tub, with wonderful oils that will help your brain disengage from the day, and it just gives your entire being a message, "Oh, the day is over." So I just think it's an important one and I'm so glad you mentioned it.

Mariza Schneider: Well, you can't run into bed!

Dr. Keesha: Right.

Mariza Schneider: And that's what we're doing. You can't spring into your bed, you know, as much as women do that, and you have to start to wind it down. You've got to set the tone for you brain to know you're not in survival mode. Why would your brain want to go to bed when it thinks it's in danger?

Dr. Keesha: Right. Or you know, watching the ten o'clock news on television from bed.

Mariza Schneider: From bed.

Dr. Keesha: Right.

Mariza Schneider: From bed! Or some show, and it blows my mind. I can't imagine having a TV in my room.

Dr. Keesha: No, me neither. In fact, I was raised with no television so I don't do TV anyways. I just do movies if I want them. I think that when we talk about detoxification – and that's a buzzword these days people are detoxing all over the place – detoxification for me also means detoxification from media. I think it's so important that we take the images and the things that we're introduced to out of our minds for a period of time. It doesn't mean get rid of your TV, but boy, why not take a break from it for a while and take a little media fast? It's so good to reclaim your mind again.

Mariza Schneider: I absolutely agree. We're talking about therapeutic baths, you know, we're bringing it back to nature, I always think of the sea as nature's medicine. It helps, you know. Therapeutic sea salt baths really support the clearing out of those toxins as well, so, a part of that detox process. And real quick, just in case you were wondering about an easy bath salt recipe, I just do one cup of sea salt, 1 cup of Epsom salts or magnesium flakes, half a cup of baking soda if you like, and then any essential oil of your choice. I prefer frankincense and lavender, and then I just soak for twenty minutes, and your body has released the toxins, you've reset the tone, and you're giving yourself permission to kind of submit to getting ready for bed. I've got a couple other favorites that I love because you know, might as well just top off that therapeutic bath with lathering up in a self massage, that's what I feel. I'm like "What's another five minutes?"

Dr. Keesha: Oh yeah. [Laughter]



Mariza Schneider: And so, once you've finished up that bath, I believe that lathering up with some shea butter, coconut oil - something moisturizing and silky and just so good for your skin, especially at night after you've taken that bath - is just wonderful, and I love adding oils to my shea butter or my coconut oil. I have a couple of different body butter recipes, but I use oils that are wonderful for skin, because who doesn't love to just be adorned with beautiful, lovely scents, but also scents and oils that really nourish the skin? So your oils for nourishing the skin are frankincense, because frankincense is anti-aging, lavender, which we know is just all things calming, and then geranium. Geranium is just like rose oil, it's so delicious, it's so lovely, but it's wonderful for skin. I love all three of those.

What I do is I make my body butter and as it's melted down I add the oils and let it solidify, and we just keep it right outside the bathtub. It's in the bathroom, and everyday after my shower, but especially after my therapeutic bath, it's just like the cherry on top. Lathering up is wonderful. Then, as I mentioned before, setting the mood for sleep, okay? You've got to warm your body up to the idea of sleep, although it is a necessity we do every single day. Again, running into bed is just not going to work. Running into bed with that mindless chatter of the list that you didn't accomplish or the things that you've got to do tomorrow is just not going to set the tone for a great night's sleep.

And so, again, we reset those diffusers as I mentioned to wind down, and maybe you're taking time to connect with your husband or your children, lower lights, and then I have a rule of putting away electronics an hour before bed to have a conversation or to read before bed. No TV, no electronics, no iPhones. I always say that the iPhone and the iPad do not belong, they're not bed buddies. They don't belong in bed. And then apply some oils to the back of the neck or the bottom of the feet. Vetiver and lavender, that is sleep magic right there. Those two oils are sleep magic. Just apply under the bottom of the feet, you know, about ten minutes before bed, and then just close out with some deep belly breaths with the oils that are still in your hands. You'll be amazing at how quickly you'll kind of lull yourself into bed and really have a really wonderful restful sleep, which is what our bodies really need to rejuvenate and start that incredible next day all over again.

Dr. Keesha: And of course, if you have a partner, some cuddle time, share your oil. A little partner massage could lead to some intimacy, which of course releases all kinds of beautiful oxytocin you can drift off into dreamland with, and like you and I had a conversation earlier today, taking your vagina to the gym. Sex is a really good way to do that.

Mariza Schneider: For a long time people, outside of mood and aromatherapy, oils were always associated- you know, those massage blends, the blends that can evoke, and there are some really saucy blends out there. I don't have any pulled up in front of me, but rose, geranium, frankincense, sandalwood-

Dr. Keesha: Sandalwood is amazing.

Mariza Schneider: Yes, yes.

Dr. Keesha: Yup. Great! Dr. Mariza, from sun to moon, a really wonderful way of caring for yourself, body and soul. Because of course, frankincense is the oil, taken to Christ when he was born. Frankincense is considered the holy oil. So you're nourishing yourself from body to soul when you're using these oils, and it can be happening, like I said earlier, behind the scenes. You're not even conscious of it, but it's helping integrate, so I think that's really beautiful.

Mariza Schneider: Yeah I love these simple way to kind of transform and take care of ourselves, and that's why oils were such a great fit. I remember I was desperately looking for something like essential oils, you know, I always loved – you know, nutrition is the foundation, and so whole foods, eating the rainbow, making sure that you're getting all of the good nutrition in the body, those good healthy fats for the brain so we can even, you know so we can process and give the brain and the body what it needs – but when I was looking for something I was like, man, I want a solution, particularly for women, that allowed us to release stress or just gave us a moment that was easy but also that we enjoyed, that we could really relish. Then when oils came into my life it was just this “ah hah” moment.

There are three big moments in my life where I had these wonderful health and wellness discoveries, and essential oils are definitely in one of those top three, because they've become such a mainstay in our home. My husband uses them, my whole entire family uses them, I know thousands of thousands of women that they've just really helped, but I love the way that they work with mood, that they help to create beautiful rituals, and they lower stress in the body. Those are things that are constants in our life, unfortunately, and being able to utilize a tool like this that we can just grab out of our purse, even on a plane or in a car, it doesn't really matter, and for them to be that effective so quickly, well, I'm pretty in love with them. They're fun to use.

Dr. Keesha: Well, I so appreciate you taking the time to share your wisdom and your passion and your vitality with all our listeners and of course, you have a beautiful bonus that you're sharing with our listeners that will be highlighted on your speaker's page for the Women's Vitality Summit, and also contact information with how to reach you and find your website and everything. So, thank you so much, and everybody that's been listening to Dr. Mariza, she's a wealth of information on oils, and I know if you want to bring them into your life, she would happily share how to do that. So thank you again for everything you're up to in this world, Dr. Mariza



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Mariza Schneider: Thank you so much, Dr. Keesha. It was such a pleasure to connect with you today.

Dr. Keesha: And remember everybody, be the most fabulous version of yourself and have a fantastic day. Until next time!