

Women's Vitality Summit

Dr. Keesha Ewers Interviews Dr. Deanna Minich

DR. KEESHA EWERS: Welcome back to the Woman's vitality summit everybody. You are here to care for yourself, body and soul. I am delighted to bring back Dr. Deanna Minich who was a very popular speaker in the last summit. She is an internationally recognized lifestyle medicine expert, creative visionary and teacher and author of five books. Her extensive background in nutrition, yoga and personal growth led her to create a whole self-colorful approach to health called 'Food and spirit'.

She developed the certified Food and Spirit practitioner program to provide health professionals with a practical way to apply the Food and Spirit framework with their patients and clients. She's the author of 'Whole detox' a book based on a whole life, whole system, whole foods approach to detoxification as well as her detox summit which is the world's largest online event with 30 leaders in the detox field. Welcome back to the summit Dr. Deanna.

DR. DEANNA MINICH: Thank you Keesha! So lovely to be here with you again. This is exciting, anything for women and to help them with their vitality. We are all in this together, all kind of moving through that journey.

DR. KEESHA: I couldn't agree more. That is what this is for and what does vitality mean to you?

DR. DEANNA: When you first say that word, the first thing that comes to my mind is life force. I think of all the ancient traditions that talk about Chi and just this organic force that is within us, it is what is pulsing and animates us and so how we move, how we breath, how we act, how we eat, how we think even. I feel like all of it is connected into our vitality. And I do think that we have a constitutional vitality as well as a conditional vitality. So when we are born I do think that we have the vitality of our genes. So I know in the functional medicine world we hear a lot about 'your DNA is not your destiny' we know that. We know that we can over-ride a bit of that. But I do think we have a starter template of vitality which is connected into our genes, and I call that constitutional.

Then I think we have conditional the choices that we make can create more or less vitality. More or less energy. It is interesting because one of the bigger concerns that people have when they get into their 40's and 50's and 60's is their energy. I think there are so many ways to define that, just like there is vitality, but there is a lot of cross over there. When we feel a lack of energy. It is almost like the raring to go, the sense of purpose, the sense of meaning and having a calling in life. I feel like that is parallel with our vitality. Where we are at as a person and our life force.

DR. KEESHA: Yeah, this is the definition of desire that I talk about. The form, the stars component and then how you infuse yourself with that energy out into the universe to live your life path. If there is a block in any of those areas then you are going to find a deficiency in vitality. I love the way you are saying, this is wonderful.

DR. DEANNA: I like your definition, I like the whole cosmic definition that sounds really beautiful if you think about it. We all have a constellation, and then we can bring in other stars to shine and make our stars shine brighter perhaps.

DR. KEESHA: Yeah so desire that word it is talked about as a sin from a lot of pulpits across the world and religious forums. If you think if it means from the stars, well then that is your birth right from god, your life purpose. That is what you came here to do and so how in the world that ever tied up with sin, that is just so interesting. So

DR. DEANNA: We get so hung up on words. Just like you I do a lot of work with the chakras. I have decided not even to use that word as much because people have such a charge on it.

So I just want them to look at the essence of what that framework represents. Just like you were saying with desire; it's almost like the word 'diet' has become almost you talk about sin. It's like I am not following a diet it's about a way of eating, a way of life.

So I think there is always that charge that we have and it brings in the emotional meaning we have attached to certain words because of whether archetypes, society believes about that word. Yeah it is good to kind of deconstruct that and look a little bit deeper.

DR. KEESHA: So what do you see is getting in the way of women's vitality in our era right now?

DR. DEANNA: We are trying to do too much. I mean that's just what I am vomiting back immediately because I fall into the same camp. You and I were talking before we got on this. It's just I think women feel and I have seen this with women throughout all the different ages, that we feel like we got to please, we feel like we have to do it right, we might even have to be perfect.

So it is not even like we are doing too much the way that we are doing things is over the top. And this is something I have to catch myself in repeatedly. Because I do have this message from myself that it is quality rather than quantity, so I just want to do things right. And so having to downscale, that means I have to let go of other things. So I think we put ourselves before well kind of at the back of the line and so we don't take our time to go to the gym and take care of ourselves. We are always thinking about other people. And this really robs us of our vitality it really does.

Because it takes from our own life force. At the end of the day what ends up happening, and I see this with women over and over again, and even myself. You start to become bitter, it is like you start to do it for a period of time, but then there is a period of time where you transition and it's kind of like why do I have to do that? Why can't that person help me out? Then you start doing this self-talk inside your head then you start feeling like you are not living an authentic life, this is when in 40s and 50's I think women start to have a wakeup. They realize I have had enough of this.

I am not going to suffer from the disease to please anymore, I need to start transitioning into my own path and what they feel like for me. And then their vitality shifts because there is a huge vitality change in that, in those two decades, especially with our hormones changing.

DR. KEESHA: This is so true and you know I think we are kind of third wave you could say feminism. Where people before us when they did the dedication for my book that is coming out at the same time as the summit. I was saying

I was on the shoulders of women who have come before where I can just sit down and write a book. Nobody thinks twice about that, but when I think about four generations of women before me and what they had to move against you know? In order to express themselves into this world, I am so grateful, I am just so grateful for that block already being removed and I can just flow my energy out into the world in a free way. But then, I think what happens is that we don't self-regulate. Here we are just flowing things out into the world and there is no blockage, we don't have to fight for it anymore.

No it is up to me to put those filters on, right? To say, ok what is it that I need to do to do self-care and bringing that back spontaneously and voluntarily. I was thinking about this not that long ago and I thought we are not doing our own self-regulation. And so I thought that was interesting because decade to decade as you were just mentioning, that shifts for women in their ways. I think this is sort of new to this generation of ours and the one after us is this lack of barrier now and can we now set boundaries for ourselves?

Because now they are not set for us. And so I think this is kind of an interesting dynamic for us to be working with again. So when I was 16 and kind of thinking about what I wanted to be when I grew up kind of thing that limitation wasn't there. I could do whatever I wanted and moving into the world in that way – 20's and 30's, just out and also having four children, also doing the typical maternal, nurturing things that my brain was wired from a very young age. I knew I was going to have four children; it was just something I was going to be you know. So it is that balance of all that is possible and I think that is a pretty interesting dynamic to play with.

DR. DEANNA:

So you said a couple of things that I was scribbling some notes here. I was so it was almost like a constellation is forming based on what you said. It is all very aligned to the root chakra. What I have found working with thousands of people over 15 almost 20 years is that the root which we are as a person and our identity. If we don't have that in place it's almost like all the other systems within us are distorted or even dysfunctional.

So what you were mentioning about even the women before us. One of the things I think with the root chakra is our genes. Let's go back the

genes just for a second. Because if we think of all of the women I studied with a Native American teacher so she always had us give respect and give attention to the seven generations before us and the seven generations after us. We imagine ourselves at that intersection where we can make changes if we aware.

So over the left shoulder the left side of the body is feminine, the right side is the masculine. So when you pray or you do your intentions or meditations imagining all those women that have been before you and so .

I have been doing a lot of work with my own genealogy over the past couple of years. Just looking at my roots so I have Swedish roots; I have Irish roots and so looking at those women and what they had to go through. Looking at the science of like the potato famine and looking at the famine that also occurred in the northern part of Sweden where my great grandmother was from. Really thinking about those hardworking women and how they uprooted themselves from their native land to come to the United States. You know just visiting with my Swedish relatives and looking at how they live and thinking about my great grandmother leaving and my great grandfather from Ireland just thinking what they had to go through and having an appreciation of that. Then thinking to myself to I don't need to work in that same that is a certain energy of hard work. It is a different generation; they didn't have all the other cumbrances that we currently have.

So it is almost like how do we take that energy that is in our genealogy and shift it into something that suits us for this day and age? Because I think we take on it's almost like the luggage, the baggage from all those generations, whether it was the famine or the wars or the struggle with children. I come from families with just a lot of kids. So the nurturing in that entire imprint and to figure out in this day and age it's almost like writing it out. There is a practice and I am sure you know about this Keesha as well, is family consultations work? And work through your family dynamics. If you just go online, this is for anybody listening and just GOOGLE family consultations. This is some of the earlier work that I used to help me really understand the complexity of the family dynamic and the energy that you are carrying for the whole family. So the Native American tradition is really good about that.

The other thing you said I wanted to comment on because it fits right in with the root chakra which is about our imprint, our DNA is this whole idea about being leaky with boundaries. If we look at conditions that are coming up now, like leaky gut, we talk of leaky brain. The way that I look at disease, much like you do is very symbolic. Then I started thinking ok, the gut is becoming such a huge thing to talk about right now. I remember when I lived in Europe over ten years ago, the gut was a big thing over there but it wasn't in the United States. You just don't talk about your gut, you don't talk about your bowel movements, and you don't even talk about bugs inside your body because

DR. KEESHA: That was quackery in those days to.

DR. DEANNA: I think it's about shame and there is like an emotional thing about that. So but now everyone is getting their micro bio sequenced and let's talk about poop, and let's talk about leaky gut and get that measured. So I think symbolically with this is coming to is that we are going to dive into this emotional space of the gut because that is the next portal of entry. That's where the healing really has to happen and that is where we bundle a lot of our emotions.

So when we don't have good boundaries and the root chakra is all about boundaries. It is about saying yes when you mean yes, no when you mean no and sometimes us women are not so good. Yes when we really want to say no and just push back. Some women are really good about that. I always notice when I am in the presence of a very strong authentic woman because she can say things that are on her mind, but in a compassionate way. It doesn't have to come across in a rip roar of kind of biting. Because I think some of the feminist traditions that it has been biting and it has been retaliating and it doesn't feel equal and compassionate. I think you can be heard and still be compassionate. I think we all have to work on those boundaries and that might help us with things like leaky gut too.

DR. KEESHA: I couldn't agree more in the solving of the auto immune puzzle. I talk about the four corners of the puzzle, what those anchor pieces are genetics, toxic exposure, leaky gut and also past hurts, trauma, adverse childhood experience. How those will upregulate you genetics and those are a form of toxicity. So all of this is intertwined and you have to

actually address all four corners of this. It is in the spiritual arena, the mental, emotional and the physical. I think we have come to a place now where people are accepting of the idea that what you eat actually creates what you reality is in your body.

But not understanding that what you think and what you believe and what you emote is also a form of nourishment of toxicity. And so I love how you pulled this together to in your work and I would love to have you kind of talk about this, because you have actually put colors with it you have this beautiful system of really helping women understand how this works together.

DR. DEANNA:

Yeah, sure. You know and speaking to the color, let's just reflect on that for a second because it kind of ties into my personal path with me coming to heal myself. Especially in my late 20's I started to develop and auto-immune condition and like with most auto immune conditions they start to morph and change and then it developed in arthritis in my 30s. So one of the things I did, almost out of necessarily not like I was thinking about it, I just got into color. I started seeing things in really bright colors. I would see people as colors, I started painting. I felt like I grew up in a very masculine way. I grew up with the very strict father, a very emotionally withdrawn mother in many ways.

So there was this feeling of constriction and I didn't have expansion. So I kind of lived a very masculine, controlled life. I feel like if we want vitality it is almost like we have to give up control. For most of my life it has

DR. KEESHA:

Hang on, I want you to repeat this, because this is the biggest addiction I think women have is the need for control. Say that again.

DR. DEANNA:

Vitality is the lack of needing to control. If we want to be vital it's letting go of that, because if we want to control things it's almost like we have to put our energy there. So we have to think about what is our partner doing? What are our kids doing? What's the dynamic at work? It's almost like our energy gets sifted into all these different pathways and we have less left over for ourselves. Playing over and over.

So Carolyn Maze who is one of my teachers, talks about a really good activity, looking at your energy, your energy inventory. I would say, get a

piece of paper and just write down, where is my energy throughout the day? Am I trying to control too much at work? Am I it is almost like worst case scenario thinking like when things happen it's almost like you start going down this path, and all your energy goes into that worry and what ifs? So think about that because that stuff robs you of vitality, it jacks up adrenaline, it jacks up cortisol, then you start to change your insulin, start to change your sex hormones, your thyroid hormones so it is almost like if we can nip it in the bud I had one of my teachers say to me, she said Deanna control your thoughts.

That is the only thing you want to control. You are not commander and chief of the universe, control your thoughts. If you can control everything else, you can harness that same energy and bring it right back in. We are when we are in that driver's seat of our life's in many ways in terms of the choices we make. But many times we are thinking about what choices other people are making. Why? We

DR. KEESHA:

Our expectations about how they are going to respond to X, Y, Z. Wanting to control that outcome if somebody smiles to you or is kind to you because you do something. I have people do an exercise similar to this and write down, what are the expectations that are not being met for you that are causing you suffering? Because that is the only thing causing the suffering, is your need to control how people are responding to you. It is your expectation that if I am nice, someone will be nice back. That is not accurate.

DR. DEANNA:

Then there is the exchange of if I do something for somebody then I expect something back. But when it comes from a place of chaotic creative expression and love, there really is no expectation. This is something I have been working on, this is something for the past decade of my life it's almost like when I wake up in the morning and I feel like adrenaline, oh my gosh I have to do all these things. It is like I am telling myself that I have to control these things and only I can do it.

If like today I woke up and I was just talking with my cat about this. I was like you know Sasha we are just going to go with the flow today and just see whatever happens. It is almost like it relinquishes from you so much pressure and it just allows other things to come in. I get more creative when I am not focuses on control. Control is a very masculine thing, whereas being creative is a very functional feminine thing. It is nothing

about men or anything it is just the symbology of that linear tight control kind of a dysfunctional solar plexus chakra, where we have to be perfectionistic, we judge, we have strong opinions and that stuff boxes us in.

So yeah vitality, when I see so I will tell you an example of a vital person. We have my husband and I have a shared friend, he is a Japanese man in his 80s. He is so vital, he has a sparkle in his eye and he is always laughing. He has his health regiment believe me. He definitely watches what he eats, sits out of the sun, and does his shower thing every day. But this man is laughing and I feel like he has a bit of a child like creative self that just emerges and just kind of flows through him. He is now working on children's books that is just to show how much he has got into this thing of being playful. So when we stop my playing my Native American teacher would say Deanna, when we stop telling stories, when we stop dancing, we stop living.

What she means really is she is connecting to her life force, the god force, the thing that animates us, the higher. Something bigger than us we start shutting it off. Yes we can get into the seven systems and the seven chakras and how we can navigate our vitality with them.

DR. KEESHA:

So let's do that because you were talking about color earlier.

DR. DEANNA:

Yeah. I hope that people start to think about color in their life's because I feel like that is one place to enter in a lot of vitality. So even though we are going to go through the chakras and talk about them. I don't want you to get too fixated on the structure as we explain these things. Just to thing about infusing our color. You can look at the tape on my desk.

I just really bring color into different things; even my wardrobe is in the rainbow. I look at what colors I have not been connected into lately. The psychology of colors I do talk about it in my book called 'Detox' it's huge, there is a lot of science on it. Like if we sit in a light with a green light and our heart rate ability will improve. So our heart rhythm will just I think green is about go and expansion but let's go through all the colors.

I feel like we talked about the root a bit. So the root is connected to the color red. That signifies survival, fight or flight, adrenal glands, squeezing

out their cortisol and all those stress hormones to make you survive and to give you a sense of safety. That is what we are not so good at. I almost feel like politically; our country has been driven into the root chakra mode of really looking at boundaries, building a wall. Looking at financial issues us against them. Who am I? Who are you? It is not judgement; maybe we need to go through an upheaval in kind of the national chakra worlds. Because we go through those collectively too it's not just as an individual.

So when we have a lot of root chakra issues it probably says something about our peers, our society and what else is going on. When we go into a lot of high protein eating, when everything moved away from carbs, we went into protein. That is a root chakra move, we were trying to aim for stability and a lot of that came up after 9/11. So 2001 when this when we just had so many survival issues as a country, you can see the dietary pattern shift. We almost went into a way of eating that would sure that we felt more grounded. That's what the root does, if we feel ungrounded as we do when we lose our vitality so bringing in the color red. Red is an action orientated color and maybe we need to move away from the color maybe we have too much over drive too.

DR. KEESHA: Very infantile stage of development to as you rise up the scale you can see human growth and developmental stages. So we really are starting again in this infantile phase of am I going to survive? Like a baby, a baby is very dependent on someone else for survival. There is that question right?

DR. DEANNA: Yeah, even in the cycles of Feng shui on a cosmic level, I know the Koreans and various Asian traditions really abide by this. We are in that cycle, we kind of went through this kidney cycle of destruction and decay, and we are in the process of kind of rebuilding. So all of us are here at this time, so we focus on it as ourselves to. Rebuild our own life's, what is our identify about? Which is why I think there are so many of these personalized nutrition and DNA services that are out there now. It's fascinating what is happening we just cracked the human genome in 2003 and now all of these technologies this is symbolic, look at the high level; what is happening symbolically? So that is red.

The next one up is connected to the organs of creation and reproduction. So the ovaries and the uterus in women and the testes in

men. So this is about one level up, so hopefully after we have established our identity we can move into this more creative space. This is the juicy space, this is where we do paint, where we do open up. The root gives us that sense of structure which we do need; we don't want to negate that. In order to bring life force and bring in more, we need to have a container to really house that. So our body is that temple.

DR. KEESHA: This where we can know what we desire. Because often times when you talk to women they don't know what they desire. Other people to meet their needs; like my husband can read my mind, but I don't know what it is I desire. It just gets messy in relationships this way.

DR. DEANNA: It does get messy in relationships and that's why I like that book 'The five languages of love'

DR. KEESHA: Me too yeah.

DR. DEANNA: Because once I could understand how I show love and how Mark shows love, it's like ok now I understand how I have to talk with you. In order for you to understand how I am relating so yeah. It is so much about communication and connection.

So that place of orange within us is almost like you are being in the Tropics. Being on sandy beach with the water waves rushing up and just feeling like you are going to go with the flow. Even think of the words that sync up with these different places. The root is about being rooted, we think about being grounded. Whereas this part I call the flow, this is where the water element the root and the flow work really nicely together I think. So when we feel that sense of stability where we can house vitality the flow of things moving through us if we talk physiologically we can transport things in and out of the body better. We just feel less stagnant and stuck, we feel juicier.

I think that orange playful side of us which if you are thinking of the lifespan? Go back to that when you said the root is infant. So now we are talking about establishing our identity a little bit, like 5-7-8. Where if you ask any 7 year old what they want to be when they grow up it is almost like they have a sense of their identity, they are in creation mode, they haven't entered the hormone period yet. So they are very

pure to who they are. They are still really creative and they are having fun. Lots of friendships and partnerships.

So that is the orange, you know for a long time I didn't wear orange clothes, I felt like my hair is already kind of auburn and just so much orange and I felt like I had orange overdrive. If you look at the science on orange, what you see is that the plant food compounds that tend to be orange or different colors but keratin as an example. Like in the guppy world, in the fish kingdom, when they are ready to mate, they turn a brighter orange because of the concentration that is supposed to make them more attractive to their mates. So orange is kind of a sexy color it is supposed to be, hey look at me!

DR. DEANNA: What is sex but a creative vital force coming through us. I grew up Catholic and there was a lot of shame around that. Which is maybe why I pull back from orange and putting myself out there in that way because it felt kind of like how I thought I wasn't supposed to do that? But I think much like speaking out truth there is a way to exhibit our sensual self within appropriate boundaries and in ways that can sync up with who we are authentically. You do that really well. You are a role model for that.

DR. KEESHA: I want all women to be able to get grounded and rooted in their bodies, right? So they can establish like, who they are as sensual Goddesses. Sensuality just means being able to harness all five of your senses and not shutting any of them down. So that healthy expression of what that is to the universe becomes the boundary. If you are leaky sexually then it is going to be a misuse of that energy trying to get something so it is a dysfunctional play for power. So by being able to be authentic to that sacred energy, then you will know when you are in it.

DR. DEANNA: Yeah. That is true and I think that for women, that is one of the ways we lose our vitality is when it is almost like the archetype of more like the prostitute energy. We are giving in a different way; we are giving sexually because we think that is what is expected of us as a woman. We have to be beautiful in a certain way, we have to have a certain bust size, we have to have certain hips, and we have to look a certain way. I am ok with women wanting to make modifications to themselves surgically if that is their path. But I feel like how do we connect into our

own sense of beauty which is it's there and I think sometimes we start clouding over it because of those expectations that people

DR. KEESHA: Embrace the documentaries is an amazing movie for women to watch. I think girls; women of all ages need to watch this. It is all about body image and one of her visits in this documentary is to a Beverly Hills plastic surgeon who is actually telling her that she needs to have vulva surgery so it will look a certain way, and her hips and her inner thighs are supposed to look a certain way. When you get to see that onscreen and say yes that is what you are being told all the time. Advertising in media without having expressed in their words, you get to see how ironic and ridiculous it is.

I just think everybody needs to watch this movie, it is so good. It is her exploration of what it means to be comfortable inside your own body and not having you and I both operate from this place that your body is just the vehicle to carry your spirit around. You don't want to go out to your car and spend all day waxing and polishing it and worrying about it. It defeats the purpose of the car. At the same time you don't want it to get run down and rusty and not repaired and not taken care of. So it is finding that balancing.

DR. DEANNA: It definitely has to be the balance, I agree. I am even thinking of simplifying more and more as I get older. Do I really need to focus so much time on my hair, that is why I have started to let my hair just go and do its curly thing. For several years I would straighten it it looks straight now because I had it up. Essentially I have just gone curly. I am not going to go through that trouble anymore. I am just going to be who I am, why do I have to

DR. KEESHA: This is 4th day hair, I don't wash my hair everyday anymore. Stop already this marketing idea that you have to wash your hair every day is ruining our hair. And so putting so many products in it, I don't put any products in it anymore and I don't straighten it and I don't put heat on it. It just it destroys it and so I think this is you do get to a place finally where you go ok I have a certain amount of time and energy and this is not where I am going to put it.

DR. DEANNA: Again, back to the energy inventory. I don't paint my nails, I barely wear jewelry it's like, let's just cut corners here. I am who I am.

DR. KEESHA: I've had my eyeliner tattooed on so I never put makeup on my face, I just don't. Just a bit of blush and lip stuff on, out the door.

DR. DEANNA: That's the way to be. I feel like for many women out of necessity they are having to do that because have to take kids to school and don't have all the time to do that anyway. It is more about acceptance.

The third color, if we want to continue on this path is yellow. Most people like yellow and it is really interesting because if you give people a palate of colors, and I always ask this whenever I am doing a workshop or lecture. What is your favorite color? The people that say yellow, there is a connection there was a study done in Manchester England where they showed that people liked the color yellow tended to be healthy. So I don't know what that's about. They collected some quotes from people in the study and basically they said it reminded them of the sun, it was radiant. When they tested children they said it reminds them of their birthday. So it is like this happy exuberance.

I think this is our power center, so we move up to the pancreas and the digestive organs, like the upper belly, not the lower belly where the orange is or the flow of the belly. This is the burning of the belly; this is where we see the stomach as an altar. It burns and it rots and ripens things through acid and heat. So I think this is where I see we take away a lot of our vitality as well. Carolyn Maze used to say we live the most from this center, from this chakra. So we are giving, always putting out energy out, always burning. Why are we so enflamed now? This is my sort of anecdote to it. I think that inflammation now is on the rise, digestive issues. So things to control acid production in the stomach. So we are not transforming and I think in part it is because we are giving out too much.

This is depleting, and then we lost our vitality. So when we have a root which is ungrounded, matched with the solar plexus of us which is giving out, which is now depleted this is just setting us up for chronic disease at a very high level. So we have leakiness and inflammation. The lower body of course it may impact things like our gut, which can then lead to issues with our joints, our skin etc. It goes on and on.

So how do we bring more vitality into that place? There is no easy fix for it I think other than to actually do the work of unworking. Kind of unfolding a lot of those work patterns that we have, working 12-14 hours days, being on your cell phone all the time. For me that's a hard one because social media is such an immediate thing and you can go on and quickly check. But I have started to implement for myself like certain hours that I am just away from those things. My cell phone is not even next to me on my desk. I try to keep it at certain times, certain places, just to let go of some of that interference and just to have more stillness. I almost feel like that place in us, the spleen especially. My husband is an acupuncturist and into TCM and Ayurveda as well. So there is a part of this that allows us to reflect and I think that we get into the rumination, the worry part, but we don't get into the reflection, and the sifting through and the digesting, like we would digest a meal. We just move too quickly from one thing to the next.

I think those are the three big areas for most people in their vitality. I think the others, the cooling colors and the kind of spirit body is it is already primed, we are already bringing things in. But is about how we carry that in our body. So that is why I kind of see the chakras as the warming colors, the body parts. The spirit colors, the cooling colors and how those things come together at the level of the heart.

Most people really, they don't have the vitality because they are wearing out the root and their fire parts. They are not really connecting into that flow and that sense of creative expression.

DR. KEESHA:

Well I just got the image of so many women come in to see me burned out. That's their term and wear a lot of black. The color of burned out is black. It is to hide your body because the traditional idea is black is more slimming when in fact, black is nothing. It is an absence of color, it is a sign of being burned out and this idea that wearing black is going to somehow enhance the way you look is wrong, and it really detracts I think.

So when you look in your closet do you have more black than color? I would challenge women to kind of look at that. Are they trying to hide? Are they burned out? Because when you are burned out your body gets chubby; it becomes flabby because you are not focused on caring for it.

So you are not in that flow anymore. I would think black would be a sign of that.

DR. DEANNA: But also black is an absorbing color. So because it is the absence of, it takes on. So for women that feel like they have just had too much energy pushed onto them, whether vampire like relationships or they feel like they have to be a martyr just like too much energy they are taking on. Wearing black only perpetuates that. So in fact in many spiritual traditions they talk about wearing white because white deflects, black absorbs. Then all the colors in-between feed us in different ways. Black could just be making us take on more stuff.

DR. KEESHA: It is the color of despair in Ayurveda. Each of these colors has a different energy to it. Pitta is red, its fire. If you are already too fiery and enflamed you don't want to wear a ton of red, you want to wear more green and blue and purple in. So this idea of balancing what your energy is with color is beautiful.

DR. DEANNA: When you said that about red, it just brought me to a memory that I had going to dermatologist and it was for some skin rash. This dermatologist, who was a standard MD, didn't have any training in Ayurveda or color medicine or anything says to me I find it very interesting that the women who come to see me for all these skin rashes and inflammatory conditions are wearing red. I looked down and I was wearing red. It was so it was like something was coming out in me. I had a patient once and every time I would see her, red lipstick, wearing red and finally I told her, I want you to wear blue and green. That was a shift for her because she wasn't used to wearing so much red even down to her undergarments, everything was red.

I would say rather than just seeing these colors as accessories, see them as medicine. We hear about how food is medicine but I really do believe color is medicine, whether it is colorful food, colorful clothes the room that we are in and the walls that we paint a certain color is going to change our thinking and our psyche. So to really take note of that I think is important. That can either again since this whole thing is about vitality color connects right in.

We didn't even get into it, but the shades of a color; do you like pea green or the emerald green? Or a muted green or a pastel light? All of

these intensities and frequencies of color correspond to certain amounts of vitality. So the more vibrant that is why I love very vivid, vibrant colors. I think there is a place for pastels but I have never been drawn to them. They are good for certain people because maybe they have a lot of vitality and they kind of have to bring it constitutionally they may just be strong people, I know people like this. Like men who wear pink shirts which I think is great, because it helps to quell things. But me? I am probably more on the side of deficiency so it's more bring on those bright colors. Today wearing this color green, but this is one of my favorite greens, it's just like a grass green and I have always been connected into green which is the color of the heart. I never knew that, I just liked the color green.

DR. KEESHA: You look marvelous in it; your Irish roots show up.

DR. DEANNA: What is your favorite? Is it let me guess for you? I think it's more of a pinky purple kind of color? Like magenta almost?

DR. KEESHA: Actually green and purple are both on my green, blue and purple are what I wear the most of. I need the kind of cooling thing, I am already very fiery. It is very helpful for me to move into that color spectrum and stay there. I wear very little red and orange and yellow. I already got it inside.

DR. DEANNA: It is good that you have an awareness of that. For people that are kind of curious about their colors and want to do a self-diagnosis, I have what is called the spectrum quiz. I have it on one of my websites. It's whole-detox.com, you can just do it for free, and there is a tab that says quiz.

So you can just go and it's 25 questions for every color, and at the end you get a little graph, so you can figure out it takes into account not just what you like. It's not just asking you what color you like. But it is connected to the physiology, the psychology the core life issues and the foods that connect into each of these colors from the chakra system. People can get a sense of that of it always changes. It's always moving so we have to look at it again and again.

DR. KEESHA: So I would love to visit something we were talking about before we started the interview which is we were talking a little bit about the evolution of women and female vitality, and how this changes from

decade to decade because I would love for women to be kind of privy to that understanding about this. Which each decade of life represents.

DR. DEANNA:

Yeah, well here is my kind of take on it, for everybody else this may be different and perhaps we do different things at different times of our life's. So from zero to ten I do thing about this as more of a rudey time, this is more about our identity in the biggest way. Especially without hormones so we are very pure to who we are. So it is about establishing identity. Then from 11 to 20 I think about this as the flowy orange time. This is about hormones creating it's about our sense of sexuality and sensuality that starts to emerge. We become these beings that really are starting to look more at the opposite sex and partnership, which is all in alignment with the chakra which I call the flow.

Then from 21 to 30, this is the time of fire. This is the solar plexus time where now we are probably done with college or any kind of high school or technical school where we kind of know what we are going to do and create. Now we go out there and do it. The solar plexus is all about the do. It is all about the action, the liver, the pancreas. We are churning, we are moving through that so we are establishing our professional life's with that, especially in the 20s.

Then from the 30s I think we start to move into the heart. This is I have heard from different spiritual teachers and such that when we pass on it is almost like we go back to those 30s, there is something about the 30s, especially the early 30s we are coming out of our Saturn return. It is the love decade, it is maybe where we get married, and maybe for some people it happens earlier, maybe it happens in the flow time or even in the fire time, it can vary. But here is where we might get married; we might start to have children. We start thinking more hopefully about ourselves and not running ourselves ragged. This is where some of the wakeup calls come when it comes to health. I know for me with my auto immune stuff going on, it was the then the 30s, wake up. Start loving the self and making sure that what you are doing is in alignment.

The 40s which I am not in my mom always told me, Deanna when you get to the 40's you won't care so much what people think. I was always thinking because she knows my weak spot of people pleaser type. The 40s to me really do feel like that. It is about the truth, speaking our truth

and if you look at woman going through this time with hormonal changes, sometimes they may be more erratic, they might be going through divorces job changes, kids are now leaving the house. They actually get to start to create their own authentic path, the seed of that becomes planted I think in the 40's. For most I don't mean for everybody, I am just giving a general outline, but it doesn't mean everyone is going through that.

The 50s are really, if you look at the average age of menopause it is 51 and women during this time doesn't mean everyone is going through menopause, maybe it happened in the 30's. For the 50's this is about really tapping into our insight. Really looking at our intuitive self, now we have the cloud of hormones past us typically, and we can see clearly into how we want to transform our life's. So being more intuitive women. I love women in their 50's because it is like they are done playing the games of relationships. They are usually in a relationship or not and are really quite content with that. They have moved past this kind of truth period where things were kind of rocky and trying to figure things out and maybe even thyroid stuff comes up. But now in the 50's now really focusing on their intuitive self. These women are very powerful; this is where I think women start to gain their power. In some Asian traditions they say that once you go through menopause you are actually harnessing your chi much better.

Now the one thing to watch here is cognitive things. So we want to keep our vitality strong so that cognition stays strong with the mind. Especially when we lose our estrogen and a lot of the other hormones. So if we stay strong in the inside intuition, hopefully we do that.

And then from 60 on out, now here is where we really start to let go and get into our spiritual self's. We retire from our jobs, no more working so now we focus on kind of I noticed that many people join a church or some kind of spiritual community, or they give their life to causes, they start to volunteer. They become much more altruistic because not they don't have to focus on making a living. They can just focus on what connects them, what is their meaning? What is their purpose? More spiritual level. As you go from being more physical into more spiritual we are getting ready to leave.

So what are we leaving to everybody, what are we leaving to society, to our children, to our families? To our genes? What is being left behind? So we start thinking about legacy, we start thinking about our wills in a practical standpoint, like who are we leaving stuff to? So there is a lot of that as that starts to unfold, and of course for everybody their journey is very different in those last decades depending on how long they live.

DR. KEESHA: We are out of time, but I can just say I love my 50's it's so much fun to be 50.

DR. DEANNA: I was worried about the 40's; you care less and less and start to find your own path to. So for the listeners, see how this feels for you and maybe take a note on every decade on what it was like for you.

DR. KEESHA: Ok, wonderful, thank you so much Deanna and of course her bonus material is on the speakers part of the Woman's vitality summit.com. We just appreciate you sharing your wisdom once again.

DR. DEANNA: Thanks for having me back; it's always a pleasure to talk with you. I feel like we are kindred spirits.

DR. KEESHA: We are, we are soul sisters. Take care.

DR. DEANNA: OK, bye.