

Women's Vitality Summit

Dr. Keesha Ewers Interviews Maya Shetreat-Klein

April 2017

DR. KEESHA EWERS: Welcome to the Women's Vitality Summit: Caring For Yourself Body And Soul. I'm so excited to have Dr. Maya Shetreat-Klein as my guest for this segment. She is a neurologist, herbalist, and an urban farmer. She is the author of *The Dirt Cure*, *Healthy Food*, *Healthy Gut*, and *Happy Child*, which was just published in 2016, and has been translated into 10 languages. I'm so happy to have you on the Summit, Dr. Klein. What do you want me to call you?

DR. MAYA SHETREAT-KLEIN: Call me Dr. Maya.

DR. KEESHA: Dr. Maya. It's much easier for me to go by Dr. Keesha, too. Alright. I'd love to have you first talk about what brought you to this work. I always think people's stories about what brings them to the kind of things that they're passionate about are so exciting.

DR. MAYA: It's funny. I think you know we're all led here by our spiritual teachers. In my case, my spiritual teacher was really one of my kids. Really all of my kids were, of course. I think children are amazing spiritual teachers. Very deep teachers.

DR. KEESHA: The biggest of them all in the smallest packages, right?

DR. MAYA: My youngest son in particular took me on this journey in many different ways and continues to. When he was a year old, he started to have symptoms that were very asthma-like. He was getting sick with what looked like frequent colds, and then asthma. I was a fellow in Neurology at the time. My husband was a resident, and we were constantly missing work because he was so sick all the time. What I eventually found was actually after a lot of investigating. I didn't really getting help from my Doctor colleagues that he'd seen, along with different allergists, neurologists, and a pediatrician, as well as others. He also wasn't continuing to develop as he had before. He was a very early talker, and didn't continue to gain words after this started, at a year old. There was a lot of things going on.

Ultimately I discovered he was allergic to soy. When I took him off soy, he

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actually stopped having asthma. It was really fast. He'd gotten so many steroids, antibiotics, and inhalers, it actually took us years to recover his body and his microbiome from all of the damage that we and conventional medicine had done. That was a huge awakening for me. I was always interested in healthy food and things like that, but I didn't realize how pivotal it could be in terms of actually reversing chronic illness.

Not only that, but seeing how it didn't just affect him from a breathing perspective, but from a brain perspective as well, really translated to everything I was doing in my work at that time. It took me on the journey in health, microbiome, and the gut. How everything's connected through the immune system and brain, and all that. It took me on a journey about food. Where food comes from, and how it's grown. How are we taking care of the animals and plants that we eat? How are we taking care of the soil? It really illustrated something a lot deeper for me. We're in a very sacred relationship with the natural world, and we don't really honor that. So that took me to my real work, in a sense.

DR. KEESHA: I'm so sorry your son had to go through that. Actually, so many children across the world are living that very same experience today. I'm going to back you up just a bit, for simplicity's sake, for our participants. I want you to define microbiome, for those that don't know this term.

DR. MAYA: Absolutely. The microbiome is a community of microorganisms. Bacteria, viruses, fungi, maybe even parasites, that live in and on our body. Mainly in our gut is where we have looked into it the most. Also on our skin, and in all kinds of openings. Our ears, ear, nose, throat, our vaginal microbiome. They're all separate and unique to that particular area of the body, but all connected, too. That microbiome makes up about 3-5 pounds of our body weight.

DR. KEESHA: Isn't that amazing? It's microscopic. I want people to really understand that. Over 100 trillion little organisms that you can't see, and they make up five pounds of your body. That's a lot.

DR. MAYA: What's so fascinating about the microbiome is that it's working for us. At the same time we're feeding and nourishing it, especially in our gut. It's working for us like the byproducts of a lot of organisms. Things like Vitamin K and B12. Things we need in order to survive. They also produce a tremendous number of neurotransmitters in our gut that are actually critically important for our nervous system and body health. There's all these different ways that they're connecting with our brain and immune system, and regulating us.

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DR. KEESHA: Our mood, weight, ability to focus, concentrate, and remember. All these things are a part of that. I'm going to back you up even further, and have you define gut. One time I was giving a lecture about this, and I found out people were hearing gut as stomach. I would like for you to talk about what the gut actually is, too, before we progress.

DR. MAYA: Sure. The gut is really our entire digestive tract. It starts, in a sense, with our nose and sense of smell. Then our mouth, everything that happens with digestion, taste, and in the mouth. It continues down through the esophagus, stomach, small intestine, and large intestine. It also includes an immune system that lives in the gut, that also includes our liver, gall bladder, and pancreas, that are regulating a lot of things going on throughout digestion and absorption. Our gut is basically the whole input/output system of our food, and all things that come into our body through our mouth.

DR. KEESHA: The way it gets described a lot, it sounds like a donut hole. You're not supposed to have things that go through that part of it, go into the main system. This is the bridge that you built as you were talking, between your son's asthma. What do lungs have to do with the gut, right? That's where I think, so often people get confused with autoimmune disease, when we're attacking our cells. We think of it as a disease of the organ being attacked, instead of this unhealthy microbiome that's happening because we've destroyed the ecosystem where it lives. That's the connection between lungs and soy, right?

DR. MAYA: One of the things I talk about quite a bit in The Dirt Cure, where I actually go through the whole process of why this thing happens, is that the systems aren't actually separate from each other. Everything is connected. One way everything is connected I mentioned when I said the gut, that there's an immune system that lives in the gut. Tonsils are a part of the immune system, and spleen and liver are part of that. There's a lot of lymph nodes that live throughout the walls of the digestive tract. Those immune cells can communicate with immune cells throughout the entire body.

The immune cells that are in our blood stream, the immune cells that are in our lungs, even the immune cells that are in our brains. This is why there are kids that I see who have migraines, tics, OCD, seizures, or ADHD, right? By changing their food, addressing bacterial issues, or imbalances that are in their digestive tract, it can actually reverse the symptoms. Or at least, improve them very significantly simply by changing diet many times. It can be dramatic. I had twin boys years ago who came to me. They were both having absent seizures. They would space out for one second, and it was happening a lot. It turned out they had a ton of food allergies that we were

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able to test for. They were true allergies, but mild. We took them off those foods, and they completely stopped having seizures. Gone.

DR. KEESHA: I just had a Mom in my office yesterday, who was talking about how frustrated she is. She's gone on to become a health coach. Those who comes in to my Health Coach Certification Program really to me are these Moms, who are complete advocates for their children. Their children have become their teachers. Just like what you were saying, right? They're so passionate.

She was talking about how there are 30 kids in the classroom that all have a birthday. 30 minutes is spent on a birthday celebration throughout the year, plugging these kids full of sugar, artificial flavoring, and food colorings. You're not really allowed to bring in homemade things, in case it has peanuts in it, right? She was just talking about the dilemma of those kids going to school, being in the classroom, and being presented with these foods that are getting them sick. It really is quite a pattern that we have right now, isn't it?

DR. MAYA: It's a really unfortunate situation, especially with children in particular. They spend so much of their day in school. When I talk about dirt in my book, I'm talking about microbes. Being exposed to germs and microbes. Eating fresh food from healthy soil, and being outdoors in nature. Those are sort of the three categories. What I find is that school actually pulls out hand sanitizer.

DR. KEESHA: They do.

DR. MAYA: They wash everything with bleach. They think it's good, but it actually turns out a lot of studies have disproven that. They're eating a lot of very processed junk food. That's what the school provides. Parents aren't allowed to send in the homemade stuff a lot of times. They're not outdoors. They're sitting indoors for the majority of the day. They're not getting the kind of movement they need, even more importantly, not getting contact with nature. It's very unfortunate. We're in a paradoxically sick system, then we're surprised that kids are being diagnosed left and right with health, psychiatric, and attention problems.

I'm not surprised, but the funny thing is, the data's there. I outlined it in my book. The book is a readable book, I have over 700 references because I wanted any person to be able to look and find research behind every single thing I say in that book, so a Doctor can read it. Your educator and administrator can read it. There's no reason when we're putting kids in these institutional settings, that they can't be living in a healthy way.

DR. KEESHA: One of the most famous studies that came out a really long time ago was the

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first one I observed showing that kids raised on farms had a lower incidence of asthma. Lower than kids that were in an urban environment. They said, why? It's because they have dirt.

DR. MAYA: That's where the hiking hypothesis came from. The interesting follow up to that study said it's more dirt. Therefore, there must be more bacteria. That's what's happening, so some researchers went and measured. They compared an urban apartment to a farm. They questioned, is there more bacteria? It turns out, the bacteria levels were about the same. What was different was the number of kinds, and the diversities.

DR. KEESHA: Diversity, right.

DR. MAYA: It was tremendous. What we've learned now is that our bodies love diversity. I always talk about we think of our immune systems as these armies, where they're attacking things. The truth about the immune system is, that is part of their role.

However, they're really more like very friendly, extroverted, social, information processing systems, that want to see, meet, greet many many, many different kinds of compounds and organisms. They also constantly remain in conversation with the outer terrain. Ultimately, that is what makes the immune system happy and prevents it from ever needing to become that army. The warrior kind of model.

DR. KEESHA: So interesting. Ayurvedic medicine, which is the sister science of yoga, is 10,000 years old. All those years ago, and they knew this. You have to have biodiversity. They always say we're a microcosm of the macrocosm of the universe. When you talk about this, you're actually talking about the recipe for human kind to live well, too. On a macro level.

DR. MAYA: Yeah, of course.

DR. KEESHA: Gotta have diversity. Everyone has to talk and be open to understanding what the other one's saying. When we start getting rigid in our thinking, our immune system can respond in the same way. It just matches what's going on, right?

DR. MAYA: It's always that way. For me, my whole philosophy is really about being in community. It is being in community with the natural world. Being in good community with ourselves is a huge piece of that. Be in good community with the people around us, and with the natural world. I think that's the basis of good health, and happiness, actually.

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DR. KEESHA: I couldn't agree more. I would love for you to talk about your recommendation for parents who are sending their kids off to the sanitized environment. What can they do?

DR. MAYA: I think a big piece is the one option, which is to try to influence what's happening in school. I think that should be a piece. Obviously, you need to have voices from the community and parent body to talk about having healthier food, or allowing you to send food. This is a fight we've had, even for kids with food allergies in some schools. The school wants that extra tuition money. If it's a private school, they won't let parents send food, even for a celiac kid.

They say, we'll take care of it, and sometimes the children end up getting sick. I think there needs to be a movement toward people being able to feed their own kids. Have cooking curriculums in schools, and things where kids are really having hands-on learning experiences. Maybe cooking their own lunch, as part of their curriculum. This is a life skill we're depriving children of. There are really a lot of things children learn in school, that they absolutely do not need to learn at that juncture in their life. What they do need to learn is life skills and good health skills, such as cooking.

DR. KEESHA: I agree.

DR. MAYA: For me, talking to the schools about the cleaning supplies is a huge piece. I'm also encouraging curriculum to be more outside, have longer recess time, and have a longer lunch. There's a lot of interesting data about children eating healthier food when they have a longer lunch period, when it's quieter, when their food is cut up into smaller pieces, and when they have an adult eating with them, like a teacher. Those are the four things they found in the study that help children make healthier choices and actually eat the healthier food. I think just integrating this kind of stuff is important. I think another important thing is family dinners. That's another key to success for kids, believe it or not. With those, they're happier, healthier, and they do better in school.

All of those things happen when you have occasional family meals. It doesn't have to always be dinner, really whatever meals are possible. When your kids are at home, whether it's after school, or on the weekends, really getting them outdoors. Give them time in nature. There are some fascinating studies about natural light, how two to three hours of natural light a day can significantly reduce the risk of developing nearsightedness.

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DR. KEESHA: Wow. There are studies from Japan about being out in the trees reducing depression too, right?

DR. MAYA: Yes. The studies on that are called Forest Bathing. The many studies are extensive, because it's really a significant part of their culture. They don't do it because the Doctor said, although Doctors do prescribe it as preventive medicine. It lowers cortisol levels, and balances stress, so it helps people sleep better. It helps people focus and remember things better. There's even studies about physiology, lower inflammation, lower inflammatory markers, and increased anti-cancer proteins. So really, our bodies are feeding. When we immerse ourselves regularly in the forest, a loving relationship develops between us and the forest. It's a very worthwhile thing. Going camping is not something you have to do every time. You can just go for a walk. I go running, and I make the choice that I'm going to run in the woods.

DR. KEESHA: That's what I do, too. It's interesting. The forest needs us to live, too. We have this symbiotic reciprocity. The chlorophyll that's in the plant is just as old as our mitochondria. They need each other to stay alive. We've got to get out into the forest, because it's helping us stay alive. I am the same way, and I have two dogs. My dogs love to get out to the forest. I live in Seattle, if it's really rainy, cold, and muddy, and I make the choice to exercise at home, they're so dejected. It's really helpful to get them out.

You can have your kids be that same. I use it as a prescription all the time. Get into the trees. Gardens at school. That's another one, right? Have plant patches in your neighborhood, and gardens at school. Where the kids can really get into the dirt, and see where their vegetables and fruits are coming from. Studies show they will like vegetables better if they plant, pick, and prepare them. I think that's another one people can use as an action item.

DR. MAYA: Yep. Community gardens as well. I think they're sort of a neglected idea. I live in New York City. I have a green space where I can keep chickens, so I keep them, and grow some of my food and medicinal plants. Even in inner cities, there are places with community gardens. They can also sometimes be in parks. I really encourage people to take advantage of that. Even if you're not in a beautiful rural area, you and your kids can enjoy getting out in the dirt.

DR. KEESHA: It's probably easier that way, because I have coyotes and owls around where I live,

DR. MAYA: Hawks and raccoons, when you're in New York City.

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DR. KEESHA: They love the chickens. Might be a bit easier on a rooftop garden in the city. Keep the coyotes out. These are great action items, because parents are essential in the symbiotic relationship between the school system and the interface between our children. So, you do have a voice, and I can give an example of this. I was sent an email several years ago. My child was in a band, and it was high school level. They were doing their usual bake sale. I was asked to bring so many liters of soda pop for the bake sale and the ball game. I wrote back and said, I've never served this to my family, ever. I'm not going to do it for other people's families, either. I consider it a poison. If you'll allow me, I'll bring something people will enjoy just as much. With that said, of course it's about 100 times more expensive.

However, it'll be great. The band teacher looked at my daughter and read this email, and acted somewhat self-righteous and sanctimonious apparently. He said, what's up with your Mom? My daughter said, that's how she is. This band teacher happened to be really overweight and have terrible back problems. He had two sons of his own. He actually took this to heart, and started taking sugar and high fructose corn syrup out of his diet. He wound up eating the same way I eat today, and he lost all the weight that he needed to. His back is great. Now two kids are on that same diet. He followed through along with the story. I just think, who knew when I emailed that off that anything would come of that. So, I just encourage parents. You do have a voice, even if it feels like you aren't being heard. You never know what seeds you're planting, and what can happen.

DR. MAYA: Absolutely. I also think modeling for your kids, and showing what you will and won't do, is important. I feel the same way. I remember a very cute story from when my daughter was in 2nd or 3rd grade. She's now a senior in high school. They were having a class party, and sent home an email with what all the kids had volunteered to bring for the party. There was all the different types of candy, on a list. My daughter had maple candy. These candies are made from pure maple sugar. I was responsible for sending in the maple candy. That was the candy my Mom would have sent me in with.

DR. KEESHA: Now if I have a chance in hell of bringing something in called candy, that's exactly what it's going to be. That's excellent. The same thing happened when my daughter was in middle school. She's my youngest out of four. She was having acne and bloating after she ate. I let my kids make their choices at home. They ate what was home. I didn't want this to become a power struggle. She was having trouble when she'd go to sleepovers, and wound up having a lot of bloating. She started eating like me, did some of the testing I'd encouraged her to do, and wound up feeling fantastic after every meal,

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instead of bloating. Her acne cleared up completely. Her skin looked beautiful. She said okay, I'm living this way now.

From then on she'd take her own food to sleepovers. The parents started asking Reagan what she was eating. Pretty soon she was teaching them how to cook. She had a little business going, where she would actually cater and make meals. Even for my patients for a while. I gave them her card. You just never know what's going to happen from this. When you have kids that come into your practice, you can be a leader in this, or feel like you're an outcast, and an outsider. It really is how you think about it.

DR. MAYA: Yep. It's all spin. For me the point when I'm talking to patients is always simple. My reason for wanting them to change what they're eating might not be their motivation, or what motivates them. I want to find what's valuable to them. How can I help you with what you want to change? Then, we can always frame it in a certain way. Maybe they're coming in with seizures, and they don't really care about fixing that problem as much, but they care about losing weight, being a better athlete, or not having acne.

DR. KEESHA: Not having acne, yeah.

DR. MAYA: That's how we look at it. Let's see if this is gonna help that. It all has to be what speaks to that particular person.

DR. KEESHA: Right. I always say there's no one size fits all food or diet for anybody. I'm going to ask this question with that in mind, but there are certain foods that will help increase the biodiversity of the train inside of your digestive system. So, can you give some of those to our listeners?

DR. MAYA: For sure. I mean, one thing that the body loves.

DR. KEESHA: Natural light.

DR. MAYA: The body loves biodiversity in food, and that influences biodiversity in the microbiomes. So, eat different foods and don't get into a rut with the same breakfast, lunch, and dinner. Or, eat a very similar breakfast, lunch, dinner every day. Make sure that you're enjoying all different kinds of fruits and vegetables, and not just one particular kind. Eating the peel if it's edible, off of fruits and vegetables. Not cutting it off, not peeling it if you don't. I mean no one is saying to eat avocado peels for instance.

DR. KEESHA: Or banana peels.

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DR. MAYA: There are people who have good things to say about banana peels.

DR. KEESHA: Oh, really?

DR. MAYA: Believe it or not, yeah. In general if you're having a cucumber or a carrot, don't always peel it. That's because there are actually a lot of phytonutrients that are incredibly powerful for healthy bodies, live in a concentrated form in the peel. The reason for that is actually because that's the interface between the inside. It's like the gut in a certain way, in our bodies. It interfaces between the outside world and the inside world of that particular organism, or whatever it may be.

So a lot of the immune system is really right there, and those aspects of the plant are very, very important for our bodies. There are a lot of bitter components in the peel. Bitter tonics are something that are really beneficial for our microbiome, digestion, immune systems, stabilizing blood sugar, and stabilizing appetite. Dandelion root tea would be one example of bitters. Leafy greens, kale, collards, etc as well.

DR. KEESHA: Arugula.

DR. MAYA: Arugula, bok choy, those things have that kind of bitterness. Dark chocolate is one. Orange peel, which is really nice. That's why in desserts, it's actually so beneficial because it balances out the sugar by giving that bitterness, which is benefiting our pancreas, and helping out insulin levels stabilize. Then of course coffee, happens to be a bitter tonic. For many people, in moderation it's actually probably fine. As long as you're not using it as a crutch to not sleep, or not live in a way that's good and balanced. Even beer has bitters in it, although please don't give that to your children. Bitters are definitely a category I love and integrate.

Of course, there are bitter tonics you can get from herbalists that I love as well. Chamomile Tea is another. I always forget that, but that's great for digestion with children. Also, because it's a bitter, it's gently calming. It's a nice thing to have after school, or before bed. Sit and talk, have a little snack, and a cup of chamomile tea. Another thing that is really important and healthy for our immune system and gut is healthy fats. Including cholesterol, as a part of many foods that are fat containing.

DR. KEESHA: Wait a second. I'm always talking to women about how they need their cholesterol. It's the raw material your body uses. We've been told for 30 years or more that cholesterol is bad.

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DR. MAYA: We have to always be aware of what the science is really saying. It turns out there is oxidized cholesterol, which is a big problem. That's why eating things like powdered eggs is not a good idea because it's been highly heated, so that cholesterol becomes oxidized and actually can be damaging to our bodies.

However, if you're having cholesterol by having butter, egg yolks, or pastured meat for instance, that might be containing food from unprocessed cholesterol. That means you actually are getting a lot of benefit. Cholesterol actually creates structure in our cell membranes.

So we want the omega threes and omega sixes that are the fluidity. Those essential fatty acids, they create the fluidity when you want some movement. If you don't have the stiffness and structure, then you also have a problem. Cholesterol provides stiffness to balance out that fluidity. We've also seen taking cholesterol-lowering medications actually cause a lot of cognitive issues. That's a big side effect of the cholesterol-lowering medications, partly because we think it's disrupting the cells' ability to, you know the neuron's ability to function optimally, when we interfere with how cholesterol is integrated into the body and into the cell. The biggest, most interesting study about cholesterol is one where tens of thousands of people were studied.

Many factors such as what contributed to early death, and what they found in the study, is that low cholesterol and not high cholesterol made people more likely to die of infectious diseases. It seems that cholesterol plays a very important role as well, in our immune systems. Here we are talking about autoimmunity, and of course the microbiome's a big part of it, and the diversity of our food and what we're doing in our lives, and so on. It turns out we're probably blocking our access, both through not eating our cholesterol, and taking these cholesterol lowering medications, we're blocking our access to one of the most critical parts of our immune system. A tool that our immune system really needs to build and function in a healthy way, not to mention of course what you said, which is hormones.

DR. KEESHA: Right. Of course, again, I'm going to refer to Ayurveda. I love it, because we know there's the right amount of each of these things that you talked about. Bitters, they always say bitters are better, when it comes to trying to balance your blood sugar, lose weight, and all those things. If you are what's called a Vata personality or body type, too many bitters can actually create more of the imbalance that makes it harder to focus and causes ADHD symptoms. Same with coffee. There's a right amount, for the right body type. Each of us has our own unique microbiome, and how it interfaces and interacts with the

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world. I think so much of what we've lost is our ability to pay attention to the feedback of the body.

DR. MAYA: Absolutely. I think we're always listening to what's happening outside of us, instead of what's happening inside. People ask me, what's the one thing you would change to transform women's health? I've been asked that many times, somehow especially even in the last few weeks when I've done different interviews and conversations.

I feel like women hold the answers inside of them. We already know what we need to know. What I would change is how women understand that they have the answers, and they just have to listen to themselves. Understand that they have agency, and they're empowered. If they listen to those things, then I think we're very close, believe it or not, to being able to solve a lot of the world's problems. It really has to do with feeling empowered in ourselves, to listen to our intuition and inner knowing.

DR. KEESHA: That's what the summit's about. Of course you did that with your son. You just said, you know what? These steroids, antibiotics, or whatever, are not working. They're not serving him, and they're definitely causing more problems. Vitality is the name of the game for this summit. What do you see as the biggest thing that's draining vitality for women of our time?

DR. MAYA: I think we're trying to play by other people's rules, rather than making our own rules. I think as I was saying, we know what we need to do. We're spending so much time trying to fit into this paradigm that has very masculine energy. I'm not against masculine energy, I just think it needs to be balanced.

DR. KEESHA: Yes.

DR. MAYA: You know, we're a big deal.

DR. KEESHA: I have this poltergeist thing happening right now.

DR. MAYA: It's a nice poltergeist.

DR. KEESHA: Okay. There we go.

DR. MAYA: There you go. Yeah. I think we're trying, but we're not in good balance. I think you know the kind of masculine and feminine energy. Women really need to step up and start creating a new paradigm. That sounds tiring. It doesn't sound like something that's easy, but I think it actually will be. It

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actually is. I think when we start to engage in creating our own paradigm it becomes a win-win. It's a win for us, because we're functioning in a way that's meaningful, and not depleting us all the time. It's also good for the world. You know? The world is in some trouble right now. I think, again, that as great women, we have a lot to offer.

DR. KEESHA: I interviewed John Perkins last Summit, and he'd brought over some people from South America. They were in the city with him, looking around. They said, where are the women of this culture? He was confused. He said, they're here, you can see them. They said, how come they're not speaking out? That's because in the more tribal cultures in South America, we're still on this indigenous way of life, and connection is an interdependent web of life on the planet that they inhabited. They still saw it that way. The women's role was to say whether there was enough expansion in building by the men. It was to pull everything into the home. They said, women aren't speaking.

Why aren't they speaking? I thought that was so beautiful. In fact, it brought tears to my eyes when he told me that. That's true. That is one of the roles of a woman, because we do understand how to be in an interdependent web. We're not pyramid type of people or hierarchical as a gender. It's not the way our brains usually work. It is our job. It's our mandate. It's not even optional to speak out for the health and lives of our children.

DR. MAYA: Also, ourselves.

DR. KEESHA: Ourselves. I was just going to say that. Our partners, ourselves, the world. Everybody that we share this planet with. I so appreciate someone saying that. I think that's what I want for people to get out of the summit the most.

You articulated it very beautifully, so thank you. Is there anything that you would like to leave the women with before we sign off? The women that are listening to this?

DR. MAYA: I think one last thing that I would say is, for me it took me a really long time to learn to prioritize myself in my life. I went through medical school, residency, and fellowship. I had a child during medical school, residency, and fellowship. Then, I was a young Doctor, always working. I also always felt like I had to give my kids everything I could. I wish I had realized earlier by giving my kids what they needed, and what I need, and nourishing myself in various ways, the ripple effects of that are tremendous for your family, your partner, and your community.

I think we have this tendency, maybe some of it's cultural, maybe some of

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it's just how women see themselves, or a natural tendency. We have this idea that we need to be putting ourselves out and always giving, all the time. Giving doesn't have to be hard. It can be something that nourishes you. By doing that thing, the vibrations that happen from that act nourish everybody around you.

DR. KEESHA: That's beautiful. What is your favorite self-care ritual for yourself that you do?

DR. MAYA: For me, it's my trail running, believe it or not. That's pretty new for me. I started running this summer. I used to walk in the forest, that was also incredibly nourishing for me. I needed that time, and sometimes my kids wanted to go running with me.

Occasionally I let them come along, but other times I didn't. I told them, this is time I need for myself. We can go for a walk together later, right now I really need this time. I think my kids really see me honoring my own body, and the time I spend with myself. I hope I'm being a good role model for them to do that in their own lives.

DR. KEESHA: Yeah. So often, Moms will think they're selfish if they say that. They're all about being selfless, but it's modeling self-care, and getting out of that paradigm of either selfish or selfless. It's about just saying no. Self-care allows me to fill the well in my heart, so I can ladle out and give to somebody else. I can't do that if I don't have anything in there.

Self-care becomes so vitally important, so that you can radiate that light out to the rest of the world. I appreciate you so much, sharing your wisdom with all of us. The book is *The Dirt Cure*, and I would love everybody on the planet to read it. It's such an amazing book. You can find Dr. Maya's bonus material on her bonus page of the Women's Vitality Summit website. Again, thank you so very much Dr. Maya.

DR. MAYA: Thank you for having me.