

Women's Vitality Summit

Dr. Keesha Ewers Interviews Heather and Damien Dubé

April 2017

DR. KEESHA: Hello, everybody. Welcome back to the Women's Vitality Summit, Caring for Yourself Body and Soul. I have the pleasure of introducing you to Damien and Heather, who are diagnostic and functional nutritionists and they are the co-founders of e3 Energy Evolved, a thyroid, adrenal, and metabolic restoration system that helps women and men create their lifetime best natural wellness and metabolism. They discovered their system during their battle to successfully beat Heather's advanced Hashimoto's thyroiditis, chronic fatigue syndrome, and autoimmune disease drug-free through nutrition and lifestyle, and to transform her body to compete naturally as a US national level figure athlete in two years. Welcome to the Summit, Heather and Damien.

HEATHER: Thank you so much for having us. We're excited to be here.

DR. KEESHA: I always start with vitality, this is the Women's Vitality Summit, and what that means to you, the definition for you.

DAMIEN: Living as though our creator intended us to.

HEATHER: Living full - full in your purpose, full in your energy, full in your passion, connected to yourself, to your body, connected to your spouse and your relationships. Just fully at your capacity mentally, physically, emotionally, and spiritually.

DR. KEESHA: Gorgeous. What do you think drains women's vitality in our era right now?

DAMIEN: Stress.

HEATHER: Yes, a lot. Stress, but stress in the broad sense.

DAMIEN: In every sense of the word, every form of stress.

HEATHER: We take on so much. I think the world has shifted a lot. I'm sure you have a lot of speakers that have a similar story where they came to their healing transformation through really questioning bigger things like how am I seeing my world? How am I welcoming stress into my life? Where is the total balance of what I can take, what my body can take physically and my

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mind can take? Where am I tripping over or spilling over too much? So definitely, that conversation of stress, of mental stress, environmental stress, our lifestyle stress, physical forms of stress.

DAMIEN: And then you combine that with nutritional stress, the soil being depleted and not enough nutrients and then all of the stuff that's put in our food supply, and it just makes it so you can't even deal with your stress.

DR. KEESHA: Right, you can't cope. Everybody, like you just mentioned, Heather, I would say 99.9% of us that are in this environment have a healing journey of our own. I certainly do and everybody I've ever interviewed does, of how they came to this place of, "I have to. I'm up against the wall. I have to look for a root cause. I have to make some lifestyle transformation, some mindset transformations, some things in my life have got to shift if this pattern that's showing up in me is going to shift." You had your own journey, mine was autoimmunity, I had rheumatoid arthritis when I was 30 and reversed it within six months, and I had chronic fatigue and Lyme and Epstein-Barr, the whole gamut. You have your story and I would love for you to share it because I think that this, to me, is the most inspiring part of talking about this is the stories that can be transformed. I always say that you're the author of it, and if you don't like the way it's turning out, then you can rewrite it.

HEATHER: That's beautiful. Yes, it's true. I love that you touched on that because early on, actually my education began in psychology, so I was really fascinated with bringing that into athletics in different forms of success, and you just make such a great point because I always say that until we acknowledge that we are the creator of our own reality, we can't unravel it. We have to first accept that we got here somehow, even though we may not know how, through choices that we made and things that we still need to learn more about in order to unravel that story and change the story.

For us, it was also in my early 30s. My interest in nutrition actually began in movement, and stress began further back for me, at 17. I was in my undergraduate school and they had mandated vaccinations that I had to do on the same day and I had a rare neurological condition that onset a couple of weeks after that. At that point, I started to go into the medical world and then I started to turn away from it and do research through pop med, look up what was showing gains in terms of natural healing for greater neurological conditions than the one I had because the one I had was very rare.

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I did have that seed in my mind, which actually prepared me for when, in my early 30s, we had just recently gotten married, I had just finished up some competition, we have, as you mentioned, some background in athletic competition, naturally in bodybuilding. I had done a program that I didn't know then but know now, at the time led toward pieces of my imbalance. But also, we had so many forms of stress it was kind of this perfect storm that life was bringing around us.

DR. KEESHA: It always is the perfect storm.

HEATHER: I was traveling from California to New York to plan our wedding, I was working a really intense marketing job traveling a lot, and then I went into an agency that was going through a buyout and, literally, you would walk in there and everybody was getting let go and you didn't know if it was your day for six months. Very unethical things to be around, and I've always been one of these people that's very high sensing in my energy.

Whenever I would be in a corporate or nonprofit or whatever environment, it didn't matter, if I was subject to unethical actions, I could feel it in my body. I could think in my head, "I'm compartmentalizing this. I've got this," but I would get sick, I would get cold sores, it would always present some way physically for me. My father-in-law, Damien's father, unfortunately, we found out right after our wedding that he had stage four cancer and they didn't want to tell us until we got back from our honeymoon. Unfortunately, we lost him within months. It was just all of these things and that was the final piece, feeling so helpless and observing someone go through the battle of cancer and what that looks like in the medical system.

I just broke at that point. All of a sudden, I just had these weird symptoms. I didn't feel like training anymore, which was never a problem for me all of my life, I was involved in sports and athletics, I'm an adrenaline junkie in that sense, I love weights, but I didn't want to go and I started getting weird rashes in different ways. They would show up in different places and then it would be gone and then it would be another one a little bit further along, my hair is falling out in the shower, I'm not wanting to be as intimate with my husband, and here we are newlyweds. I was saying, "I don't feel right," and I took it on as a journey really privately, which I think we all tend to do as women. We think, "I'll just spin all the plates. I've got this too; just give me this other plate, God. I've got it."

That was two years I was going to different doctors, dermatologists, very symptom focused. Towards the end, I went to get labs done on my thyroid,

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and this commonly happens, they said your thyroid is in the normal range, you're fine. But my face was blown up at this point, eczema on my eyelids and everything, and they sent me off to an allergist. We lived in Sacramento, where it's the largest agriculture industry, and that's actually where I worked in at the time, and they said, "Everyone has allergies here. Just go on allergy shots." Meanwhile, I'm laid up on the couch, I can't really do anything after work. There was just a point where, as it started to express itself externally, my husband started to say, "What she's been saying here is real. Something is really wrong and we need to get it figured out."

DR. KEESHA: The solution guy, the fix-it guy came and said, "Come one, we've got fix this."

DAMIEN: Exactly. Left brain, right brain, this is us.

HEATHER: And I'm blessed in that sense. What brought us together was our interest in health and nutrition. We met at our gym, the first thing he said to me was how I could speed my healing time after a post-op knee surgery by 50% if I took these supplements and I was like, "Thanks, God. You just sent me the guy of my dreams," because he's talking about healing and nutrition and I already loved that. He was the first person that suggested GABA to me, so we just clicked right away.

Of course, when I was going through this in my early 30s, he was like, "You've got to put your health first," because he's always like that's the foundation to everything and that's the way we always, for the most part, lived. I made a really courageous decision to leave my job and not even fight for disability. I literally just took a box one day, packed up my things, quietly went to HR and said, "I have to figure out what's going on with me." I was sobbing and she said, "We understand," and I left.

I knew in me enough at that point that my body was in a fight with something, but I didn't know what it was. I knew that every time I was exposed to forms of stress it got worse because I would have these flare-ups that would express louder and longer. That, to us, was enough. Just that knowing in the gut that this train is headed to the wrong station and I'm not willing to keep going there.

It was just that decision and calling out to the universe or to God or whatever you believe, that I'm putting more chips on the table here. I'm saying this is my number one job until I get this figured out. Then I started to receive the lily pads of things that I would need to discover my healing

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journey and pull what's working well here? Pull this together. What's working well there? Pull that and keep leaving behind what wasn't working well. From there, I cast a wider net, went to explore working with practitioners out of state, but realized quickly, financially, that's not feasible especially when you're out of work for a lot of people. Came back to California, continued my healing work and went back to school to study functional nutrition, and completed the healing and went back to competing two years later.

DR. KEESHA: At what point did you discover you had Hashimoto's?

HEATHER: That's a great question. It was April 2008. We all know these things are going on internally long before we know them, but I started to have an awareness that I was sick from symptoms in November, December 2006. I was literally going to doctor after doctor after doctor that whole time. Then, when I left my job, I went to actually travel to see a natural practitioner in April 2008, and he actually told me. He was like, "I believe you have Hashimoto's thyroiditis." At that point, I was so bad he was like, "This is chronic fatigue." I was testing 50% positive for lupus through bioenergetics at that point, and also I had pancreatic toxicity of pesticides, because as my body was shutting down and getting weaker all the time, we're living in the valley where there is the greatest use of pesticides in this country for the agriculture industry and breathing that all, and everything was shutting down. And I had systemic candida at that point. So, literally, my body was screaming.

DR. KEESHA: Of course, that's everybody that comes into my clinic. It's just so ubiquitous these days. The 50% on your way to lupus, there's a 75% chance risk of getting another autoimmune disease if you've already been diagnosed with one, if you don't take care of the root problem. Because, in effect, Hashimoto's is not a disease of the thyroid, it's a disease of the immune system attacking the thyroid because you have leaky gut. All of these things that were going on for you, and that's what I want our listeners and viewers to know, you're not just collecting more autoimmune diseases; you still have the same problem going on at the root. As long as you don't heal it, it's just going to get worse and your immune system is going to start going after other places in your body.

Autoimmunity, this is a big pandemic on our planet right now. As you said, our environmental toxic soup that we're living in is getting worse and worse, our stress is getting worse and worse, all of these things upregulate genetics that we already have on board, and so we just have to deal with it at that root place.

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HEATHER: It's the strangest experience. For me, at that place, I could literally feel my body battle with itself. The way it would respond to things in my environment that I never had reactions to before, it was just the strangest experience.

DR. KEESHA: Which is why people think they are all of a sudden sick. "I've never had an allergy, and all of a sudden I have one." No, it's not all of a sudden.

DAMIEN: It's been brewing.

DR. KEESHA: It took at least 10 years to get here.

DAMIEN: Maybe even birth; our parents were depleted.

DR. KEESHA: Yes, exactly. It can take three decades to develop something like that if your microbiome that was passed on to you through mom wasn't a healthy one.

HEATHER: I was going to say to that too, that was what was such an awakening to us is that, when we took on the journey of saying we're going to be more comprehensive about the healing process to reverse this naturally, because it was important to me to not do it using medication and not do it using synthetic hormones, and that was a conscious decision. That's not a place of judgment, that was just a conscious decision because we had it practice before, in high-level competitive athletics, and we saw how nutrition and mindset and visualization, all of these things are used, sleep, supplements, to enhance change fast. We already believe in knew this was possible and we wanted to replicate that path, just for a different goal when I was sick.

The thing that was so shocking to us is like how Dr. Gershom says, when your body is truly healing, you don't heal one thing, you heal all things and it will heal. It's like this defining line in the sand in my life where, before my Hashimoto's, I used to get chronic cold sores all the time, I used to get athlete's foot, I used to get yeast infections. It wasn't just the Hashimoto's was healed, it was all of these things that I thought were "normal" that I had for 30-some years, completely gone away and never come back. It's just taking that broader, comprehensive approach allows your body to really restore, whether it's viral activity or whatever it is, it can come above that. It's just wanting people to believe that there's this place of homeostasis that is actually the truth of the body, that is our divine right, all of us, for our lifetime.

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- DR. KEESHA:** Damien, the silent partner over there, this is so great to be able to talk to both of you at the same time because I think that, often, people with an autoimmune disease, 80% of autoimmune diseases are diagnosed in women. We have, by far, more estrogen receptors out of the sexes, so all of the estrogen disruptors that are out there chemically and also the way that we hold on to hurt and we're multitaskers, which means that we hold on to everything and we remember it. All of it contributes to this upregulation of a gene that can be there, you just set it on fire. When that happens, there are a lot of silent partners standing on the sidelines watching this change in their beloved, these things that are happening, and it's transforming the personality, the energy level, the lifestyle, the things that you look to do together. I want to hear from your side, what were you experiencing during this time? Because I know it's frustrating for the partner.
- DAMIEN:** I think, initially, just like any man, we talked about it at the onset of the call, we just want to try and fix it. My thoughts were, "Just go get a workout, you'll be fine. I always feel better after I work out, so obviously, it must work for you too."
- DR. KEESHA:** The self-referencing thing.
- DAMIEN:** Right. But it really wasn't until her symptoms got so advanced.
- HEATHER:** Until I started making up looking like this.
- DR. KEESHA:** Do the other side of that picture too.
- HEATHER:** This was April 2008, and then this was when I was competing in July 2010. But I was back to competition prep by winter of 2009, safely. My body was ready to take on that kind of stress.
- DR. KEESHA:** If she was waking up looking like that, it must've been bad.
- DAMIEN:** Exactly. It was at that point where it was like, "Something is wrong," because it is a gradual process. It's not like one day you wake up looking like that; it's over time. It's the same thing with gaining weight or losing weight. If you lose a pound a day, your significant other is not going to notice until he sees a picture of you six months ago and, "Wow, you've lost so much weight." It's the same thing; that digression was gradual. It wasn't until she literally had to leave her job and she came to me and said, "Something's wrong," that I said, "Yeah. It doesn't matter what it takes, let's just figure it out." The funny thing is she was the one who said, "I

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found somebody that might be able to get us started in the right direction, but we can't afford it," because we were down to one salary. My immediate reaction was we can't not afford it. Let's just make that investment because if we don't, what's going to happen? We had to go.

HEATHER: At that point we got really passionate about lab work because labs weren't used for me, and although I'm very grateful that I was able to turn the corner and then build upon that by going back to school, obviously, with anything, when you go through it then you see the efficiencies, you see the opportunities to speed that up.

DAMIEN: Labs were used, but most of them were misinterpreted.

HEATHER: Let me clarify. A medical doctor took a thyroid lab and misdiagnosed.

DR. KEESHA: What your medical doctor did is didn't do a comprehensive thyroid panel, just did a thyroid stimulating hormone and said, "You're below 5.5%, therefore you're fine," and that's just so messed up. Even in the American College of Endocrinology has adjusted that lab, but the labs haven't caught up. A lot of the doctors that are being educated in their CMEs, their continuing medical education, it's being done by the pharmaceutical industry. So if Synthroid is not going to fix it, then there's not going to be any data coming into them in their continuing education because it's not linked to a medication.

I want to talk about that a little bit. I often hear this, I'm sure you guys do too, "How come my regular doctor doesn't tell me this?" Have you guys heard that before?

DAMIEN: Every time we see someone.

HEATHER: Every consultation.

DR. KEESHA: Of course. I hear it every single time I talk to somebody, "How come my regular doctor doesn't say that?" or, "I asked my regular doctor if food had anything to do with it," or stress, "and my rheumatologist told me no." And I just go...

DAMIEN: The pharmaceutical industry has such a stranglehold; there are so many lobbyists jumping back and forth. What's taught in medical school, a lot of times, is dictated by the pharmaceutical companies, so what they can make money off of.

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DR. KEESHA: The agribusiness is another issue.

DAMIEN: That's right, and that's a separate issue.

DR. KEESHA: But they are the same and that's what I always say, if we're going to have true healthcare reform, we have to have agribusiness and the pharmaceutical industries sit down at the same table and we've got to be able to make reform in our food supply and our insurance industry.

DAMIEN: We need somebody that's going to have to make that reform, that's going to say to these lobbyists, "You need to go to heck," and get rid of them.

HEATHER: It makes sense to me. The time that my body was screaming and going through that, that job for me when I was that stick that was presenting all that stress, actually in my mind, initially, it was the job because I did consumer nutrition marketing education. I helped produce companies co-market their food with the largest grocer and implemented 500 in-store events across the US every month to educate consumers on fruits and vegetables. But what I got was a front row seat to see what is happening in the farming industry and the grocer industry, and how organic farmers are being left behind and the ones that are going with the biotechs and using all the pharmaceuticals are getting kickbacks and all of these things.

There is absolutely this financial behavior in that industry alone, and I was like, "I can't sit here and watch this," because, again, that was living in my body, it was just one more form of stress. So it was like, "Yay, I have this perfect job," and then this letdown because I'm about integrity, I'm about honesty. I thought that was going to be, "I'm part of the healing here," and it wasn't. It was like the illness, the universe was using it to kick me out and say, "No, go do what you've always known you want to do."

DR. KEESHA: "Now you've seen. The curtain's been pulled back. Now go do something about it and tell everybody about it," so that you guys are telling people about it. Tell me about what it is that your program is designed around and how it works.

HEATHER: That was the aha moment for us was what is it that is making this so different? Because before that time in our life, as athletes, we were really into the sports nutrition and you work out, having weights intensely, five or six days a week.

DR. KEESHA: Lots of whey protein powder, lots of supplements.

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HEATHER:

I was a Splenda addict. Splenda, Splenda, Splenda. When we had that awakening of essentially there's more to this, what we're putting in our bodies, on our bodies, that we're burdening them with matter and really just flat lining our life. Looking at it that way and looking through our home and our products and making these shifts. It's just an elevated idea of understanding that this isn't about diet and exercise. You're only addressing, really, you're thinking focused on that one hour of your metabolism a day. Instead, when you focus on the energy, you can focus on 24 hours a day in terms of what your resting metabolism is doing. Through that process, what was a big shift for us was, coming from that world, is that you can not only reverse your disease naturally, but you can also find peace with your body and just movement and those things. Allow your body to manage its weight and its health and its wellness very easily.

Basically, when we came up with our program, it was about E3 energy evolved, which is essentially look at your energy from a strategic way. Assess your energy in, your energy out, and your energy environment and do it in a strategic order, the right place at the right time, so that you are emphasizing it and the percentages that are going to get your body that change. 80% is really ultimately your food, and you do want to start there because we always say if you're not going to change your food you're not going to change how you're experiencing your mind and your body and your spirit, but there's those other things that you finish it off with.

Damien and I had that awakening of essentially what our signature system was. He and I work together where, when we're working with clients, it is kind of left brain-right brain, so he does the lab work and the diagnostics and we take a really broad approach in terms of how we do our labs, consider that it's a holistic being. We don't do labs singularly, isolated, we look at all of them looking at them correlated.

DAMIEN:

And to your point earlier about you have to interpret them appropriately, and just because a lab says something is negative, doesn't mean that it's necessary negative. Just because your TSH is one and a half and your T4 is producing and your T3 is within range, doesn't necessarily mean that you're not hypothyroid if you have thyroid symptoms.

DR. KEESHA:

I think a really important lab that has got a lot of press these days is an infection called Epstein-Barr virus, which people will find out they've got that if someone is doing a comprehensive look under the hood., so I always test for it. What I always tell my patients is, "Just because you have this as positive, the CDC says that 85-90% of us have it now." It's completely ignored on that level because there are so many of us, but the

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thing of it is, is that upregulated? Is this virus active? Like your little cold sores that you were getting when you were stressed out; this is a herpes virus that lies dormant, goes into remission, it comes back out when you get stressed. I think that this is an important thing to understand, that labs happen in the context of your life, your values of your laboratory, and you don't treat the lab any more than you treat the gene. You're treating your entire being. The way that you guys approach this is so important for people to understand that that's what's going on.

HEATHER:

We won't work separate. I feel like God brought us together because we each have our unique abilities. For me, my passion actually being in psychology, when we're working with a client, we feel like we're dealing with their mind as much as the body. We really try to take some best practices from athletic coaching and wrap those support levels in, so it's really like we use the clinicals as the jumping off point, but it's really a mentoring situation because we're not just letting them go. We use the labs to bring bio individualization into it, because we really believe in that. Like you, we really believe bio individualization is important, that we may have the same label, but our walk out of that is going to look slightly different.

I like listening. I feel like listening is not brought enough yet into the clinical space. For me, when we're sitting with a client in consultation, I'm listening to how they see their world and the words that you use and how they're seeing their process. Because you'll learn a lot about whether someone is a different Ayurvedic dosha or how their mind works. All of that matters because the psychophysiological aspects of healing are important too, and I feel like people are starting with food and they're like, "I'm changing my food," but to me, that was just the beginning of my journey of healing. That's just where it started, but I had to do self-assessment, I had to ask myself deeper questions like, "How am I inviting stress into my life by the way that I communicate or don't communicate?"

By what I expect of myself as a woman or in my marriage? Do I ask for help? Do I not?" There are so many things that we have to really look at our process. If I really don't get all these things struck off on the list, is the roof going to fall in or is someone going to die? I used to be this person that was so, the battle of perfectionism, the type A.

DR. KEESHA:

So many women. When I hear woman come in and say, "I've been fighting with my body or my weight my whole life." I've been fighting.

HEATHER:

That makes me sad.

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DR. KEESHA: I know, but you know that that word, fighting, is going to appear in every other arena of life. For our viewers that are listening right now, I just really want to emphasize that what you just said is so powerful. As you tell your story, anyone that's tuned in to you, an attuned clinician, will hear those words and know that that's your pattern.

DAMIEN: It's funny that you use the word, fight, because that's exactly what it is. Your body is literally at for war with itself.

HEATHER: Right, it's just a mirror.

DAMIEN: Our body is not designed to deal with the amount of fight or flight that we give it.

HEATHER: I love that you say that too, Keisha, because I'm sure that you'd agree, I say the healer's journey never ends. I'm still learning, my body is still teaching me. Just even a year ago, I discovered that an infected root canal that I had when I was 15, 16 was sitting right on my thyroid meridian line, so I had it removed. There's always healing to be done.

DR. KEESHA: Until you die; it's just the process. All you have to do is look at the tree outside your window and know that it's never static and it goes through seasons. When I hear women say to me, "I had a stressful childhood" or, "I had trauma in my past. But I've been through so much therapy, I've dealt with that." It's like, "Grasshopper, no." I just put that in my head and I go, "That's where they're at," because that means, "I've got that checked off my list, I'm done," and they're not realizing that that is the mindset that you are mining gold from for the rest of your life.

DAMIEN: A lot of times those that don't think they need it are the ones who need it the most.

DR. KEESHA: It is that way always. The Buddha says, "Be an empty pot. If you're a full pot, then there's nothing left to go in." And if you're a cracked pot, then it just all leaks out.

DAMIEN: There are a lot of cracked pots out there.

HEATHER: That's an important topic too because I didn't have an awareness of that in that time in my life, that that's part of how I got there. It was six, seven years later that I was like, "Okay, the story goes back further." For me, it was that I did have challenges in my childhood. Good or bad, I took the

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good from that, everyone does the best with what they have, but my system was communicated that it wasn't safe. Safety is a word that will come up a lot if you have autoimmune disease as a woman. It wasn't safe and so everything was very up and down. There could be an outburst of anger one day, and there could be a fabulous day. It was never like this, which is why I married a man that is like this and I called him my rock.

But going back to your point, you want to start with the physical healing, that's where transformation is, but if you really take it fully and completely, you will move through psychological shifts and healing and you will move through spiritual shifts and healing. There's even some of that I'm still working out on my journey. I'm still thinking about if I'm going to share that part of the story and be more forthright with people.

DR. KEESHA: I'm going to encourage you to do that.

HEATHER: One of my healers, because you know you always bring more healers around you, one of my healers, who's an empathy, she even says to me, "How's that book? Did you write that book yet? Did you tell your story yet?" She says it's the next piece in your healing.

DR. KEESHA: It is. We started off with you are in charge of your own book, you're writing it, and if you don't like how it's going, you can write a new chapter in a different way and you can alter the ending, it's up to you. I really do believe that how you tell your story, we were just saying, you're both attuned to your clients and you're listening to the words that are coming out of their mouths, how they tell their story is extremely important. If it's from a victim standpoint, you know where you're starting with them. And then if it's also what I call a spiritual bypass story, where, "I only look at the good," and things are being judged as good or bad, that's another whole tangle of mess. These things that happened in your childhood aren't bad and they're not good, they just happened; they just are. If you are in a judgment space, that's another place that you can listen for. So how people tell their story, that's why she's saying and I'm going to add to it, write the book, tell your story. Because I think people need to hear from people that learned how to rewrite the story in a powerful way.

HEATHER: What's interesting to me, and this is why I think I was even drawn to psychology to choose that as my education, was going through that as a child, I still was this observational person innately. I would see the trauma that people were going through almost like I was in it, but I was outside of it too, and I could see, "I get why she's struggling with food and why that's presenting that way." My stepdad had this trauma in his life and why he is

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expressing himself this way. I would have people tell me that I'm wise beyond my years a little bit, the way I would see it, and so I think it just was a natural flow. I love that you bring that up because there is only complete love in my heart for all of them. All of them were gifts because I can see how it was all teaching me to become who I was to become.

DR. KEESHA: To live your life purpose. This is a very important component, is that part that says that my life purpose is this, so, therefore, I'm sent here with this unique set of circumstances that put me in the crucible, so to speak, that then, when I become an adult with an adult formed brain, I can go back and take a look at the patterns I have created and that's wisdom when you're able to alter them. That's what we gain, and only with age. I think that's why I'm saying I'm encouraging you to write it because now you're at a certain space, and you'll be even wiser 20 years from now, but where you're at now will help so many people.

HEATHER: Thank you.

DR. KEESHA: We have, on our speaker's page for you guys, your program and your bonus material and how to get a hold of you. I would really love to hear what are the final pearl of wisdom that you would like to share with our viewers?

HEATHER: Oh my gosh. Just believe. Be open to receiving and believe that your body is so capable to heal and change for you, and often what we see, so much quicker than people have experienced. I think it was such a gift for me and Damien, I thank God every day that we have had the opportunities and the blessing to work in athletics before my thyroid autoimmunity disease because it mapped this experience of being able to believe that, even though doctors are telling me, "No, this is not possible," or, "You just have to accept this," even if a doctor had told me, "You just have to take Synthroid," I would've been like, "No," because I already have that belief system from an experience of experiencing the body changing quickly and powerfully when you engage all of its systems to your advantage. Your mind, your body, your food, your sleep, all of it. If you put it all in, it will work for you.

I just want people to be more open-minded because a lot of people haven't experienced that. They are limited, really, just up here, this is what's stopping them is that they're seeing it through a pair of glasses that only is through the experiences they've had up to this point, but just be open to listening to all of the people, the amazing people I'm sure you have on the Summit, that have had incredibly transformational experiences and try

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their glasses on for a little while. Because there's this other opportunity out there for you in your healing, but you first have to believe in order to receive it.

DR. KEESHA: That's really powerful.

DAMIEN: I think suboptimal health is becoming normal for now. You look back 100 years ago, it wasn't like that, and now everybody walks around with some type of ailment and they have to put a label on it. "You have these symptoms and it's this label and then we can prescribe you this medication." What I would recommend is don't be afraid to question your practitioner and ask different questions.

HEATHER: Yes. I think, to that point, I'll tell you this and I hope this will be meaningful for some of your viewers who may have had some form of stress, emotionally or trauma, PTSD, something from their childhood. The same person that actually brought that anger into my youth that became a caveat to my journey also is the same person who built this brain. And the way he taught me to take is also what saved my life twice from chronic diseases naturally. He just was a person that would teach you, "Expect more. Question status quo. Yes, acknowledge authority, but take the pieces of tape back to your body and listen. What does it tell you?" Because you have an inner knowing. You know. And at the end of the day, nobody lives with the consequences of your decisions but you. You don't have to have any feelings or attachment to what someone else tells you you should or should not be doing, whether that's a family member, whether that's a very accomplished doctor, practitioner, nutritionist, it doesn't matter. You have to feel it in your body that it resonates with you and, ultimately, just going back to that inner doctor and that knowing in your journey.

DR. KEESHA: Very good. This is the place that we're supposed to end because we're out of time, but I don't want to loop around to something that you said that I think is so important and that is that, if you do go on the Internet after you're diagnosed with Hashimoto's, it will say that the cure or the treatment is to go on Synthroid. That is absolute bullshit. I want to make sure that we say that because, like I said earlier, it is not a disease of the thyroid. The immune system is attacking the thyroid. If your TSH and free T3 and free T4 say that you're fine with that, then that means you've still got a window of time to reverse this by getting that immune system to calm down and you don't need to be on T4.

HEATHER: I am so thankful I did not do that.

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DAMIEN: And what causes the immune disorder? A leakiness in the gut. And what causes a leakiness in the gut? It's burnt out adrenals or overly stimulated adrenals.

DR. KEESHA: It just doesn't make any sense, this advice to go on a medication that actually is a synthetic hormone that will then make your thyroid lazy and do the backstroke because you're already given the T4.

DAMIEN: Absolutely.

HEATHER: I still have people ask me, "When did you feel okay to go off your medication?" because they just assume that I went on it, and I was like, "No, that was all-natural. I did not ever go on it, I never would have gone on that if someone had suggested that to me." In fact, the first thing I did was start removing birth control from my body, removing any form of medication from my body. I haven't taken over the counter medications for nine years in any form.

To your point, I'm so glad that you brought that up because it absolutely drives us nuts too, and secondarily to that point, Keesha, that you're making, what drives is absolutely nuts and makes us concerned for people is that that is just a patch. You are leaving all of these imbalances dormant to become what then?

DR. KEESHA: Lupus, rheumatoid arthritis, eczema, psoriasis, MS.

HEATHER: Right, and then you just need another medication.

DR. KEESHA: Right, exactly.

DAMIEN: In many cases, I don't even think that is a patch. We hear from a lot of women that their doctor puts them on this medication and they feel okay for a month, and then all of a sudden, they're back to where they were, so it is is it even a Band-Aid? No, it's not doing anything.

DR. KEESHA: Right. And it makes you dependent. I'm saying no one-size-fits-all, you guys believe this too, so if your TSH is 30, then a discussion about something to help that out is definitely needful. But if your TSH and your free T4 and free T3 are great, then that discussion is not on the table right now. I think I want to leave with that so that people really get that. I think what you said earlier made me say, "We need to talk about that," because that's out there.

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HEATHER: Absolutely.

DR. KEESHA: Thank you, guys. It was such a pleasure and a delight to talk to you.

DAMIEN: Likewise.

DR. KEESHA: Thank you so much. I love kindred spirits.

HEATHER: This was awesome. I wish we had more time.

DR. KEESHA: You know if someone agrees with you, they're a genius.