

Women's Vitality Summit

**Dr. Keesha Ewers Interviews Dr. Razi Berry**

April 2017

**DR. KEESHA:** Welcome back to the Women's Vitality Summit, everybody, caring for yourself, body and soul. It's my great honor and privilege to be interviewing Dr. Razi Berry today, who is the founder of the award-winning journal, Naturopathic Doctor News, and Review, the International of Naturopathic Medicine and the Naturopathic Living Health Resource Natural Path.

Her personal journey from illness to health was the catalyst to a career in the field of naturopathic medicine and she spent the last decade educating people to live healthier, more purposeful lives through publication that bring together leaders in natural and preventative medicine, as well as empowering millions of people to embrace the philosophy of the healing power of nature. And I just love that. Welcome to the summit Dr. Razi.

**DR. RAZI:** Thank you so much. I am just so happy to be here today, and I just love the name of your summit, the Women's Vitality Summit, I think that is so important because vitality, we'll get into that a little bit more, but that's really the core of some of the naturopathic paradigms of healing. For women, we have so many responsibilities that we each have in our family, our jobs, our emotions and our hormones, and we are multi-taskers and to really embrace our vitality and to enhance our vitality are really important for women. I just love that you have created this wonderful event, and I'm just really happy to be here.

**DR. KEESHA:** Well, you just answered the question which is, what's your definition of vitality? So, thank you. Which, that's why I created the summit because I was seeing so many women in my office that were just... I always say it's a matter of trying to bring home the bacon, fry it up in a pan and look at the same time, that we're overburdened and over scheduled and just really feeling overwhelmed in so many arenas of life. So many plates in the air that we're juggling and trying not to break anything that we don't put our mindful attention on ourselves as the key point from which everything else emerges. It seems we're so focused on the outer things of the to-do list that we lose

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sight of the fact that we need to be nourished and fed if we're going to be the brightest, most effective, amazing women that we are - that it's our birthright to be, actually that the universe needs us to be.

This piece of caring for yourself, body and soul is really why you're on this summit, is because you're so wonderful in sharing this kind of information with everybody. And so, I want to also tell our listeners about the summit that you are birthing right now. So, why don't you give us some information about that because by the time this summit is live, the heart revolution summit will have already aired but you can get it and listen to 60 some odd speakers that are talking about how to heal your heart in all kinds of different ways, right?

**DR. RAZI:** Yes, including Dr. Dr. Keesha, who I really can't wait for everyone to hear your talk about mystic medicine, so that's in store for everyone. But just quickly, yes, the heart revolution, it's very much an alignment with what Dr. Dr. Keesha does. It's because heart disease is the leading cause of death with women, it kills more women than all forms of cancer combined, but there's so much more to that than just our heart being a mechanical pump. There's our emotional heart, our spiritual heart, our intuitive heart. And so, the heart revolution, we deal with every aspect of your heart. Your relationships, your intuition, self-love and health. So, head to [HeartsRevolution.org](http://HeartsRevolution.org). Thank you!

**DR. KEESHA:** Well, I want everybody to be able to have access to that because the people that you have on it are spectacular and this understanding of the heart, I gave a paper when I was in my undergraduate training a long time ago. It was about how incidents of heart disease goes up in women after menopause. The question was, is it just estrogen decreasing and making those vessels brittle or is it something else? And so, some studies that I looked at were saying, well, no. That, often times, when women feel grief from empty nesting or grief from the loss of a partner or the loss of a socio-economic status that actually, these are the triggers that are causing heart disease in them. It's not necessarily about their estrogen.

And at the time that I delivered that paper, I was probably 30 years old and I remember saying to myself, "I am not going to make just one thing, my everything." I have four children, and at that time, that's basically what it was. I thought, "Gosh, they are going to... the whole purpose of being a parent is having them fly from the nest and letting them be free. And not shackling them and not requiring them to take care of me."

And so, I thought, I can't pour my entire intentionality into them, I need to role model also living my life purpose, which is something that they need to

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see. They need to see the development of human potential and they need to witness their mother expanding and challenging herself and so they will know that they can be capable of that also. It was looking at research studies of heart disease around women. So, I was just so excited that you did the summit because there's so many factors for women around this with the broken heart.

**DR. RAZI:** I'm such an advocate for what you just said. Kudos to you for having such an early understanding of this to do a paper on it a long time ago because we are just now seeing research that's saying things like loneliness or targeted rejection are more dangerous to your health than smoking cigarettes.

**DR. KEESHA:** Yes!

**Dr. Razi Berry:** To model this, as our daughters and sons grow up, they go through these changes and challenges but when they watch us handle them with our fullest vitality and vulnerability because kids don't learn by a teacher telling them what they should do. They learn by watching, right?

**Dr. Keesha:** Exactly. As much as we don't like that, that is exactly right. We watch our kids do something we've done and we say, "oh, I know where that came from. Looks like I need to do some shifting inside." Well, there was another study that was done, I think it was Scranton, Pennsylvania. So, it's this industrial town. Are you familiar with the study I'm about to talk about where the researchers looked at, "here's this population, there's a lot of smoking, a lot of drinking, a lot of exposure to environmental toxicity."

All the things that in functional medicine, we say we'll update genetics that are potentially lethal. They were saying, "Oh, they had such a low rate of heart disease, in spite of these factors that we consider so important." And what they saw was that it was actually community that they saw that was the factor that kept this population so healthy. They were very, very active with one another. And the Blue Zones book talks about that too. I think that any research that's conducted on happiness actually says, community is imperative. So, I just love that a lot of this is coming out now. We can't distil it down to, "here are the seven risk factors of heart disease," the way we used to try to do.

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**Dr. Razi Berry:** Yeah, and isn't it funny that all this research coming out is really not telling us anything new. It's just giving us some credibility. Something that as humans, as women, as parents, as friends that we already knew. We already knew for centuries that community is important. And I am familiar with the study you talked about and I think they also kept some of their, I believe they're from Italy, and they kept some of those traditions alive and still assimilated into the new culture but kept some of those traditions alive. It's interesting because whether it's about turmeric or community, in science it's not really creating anything new for us, it's kind of underlying the senses that we already knew.

**DR. KEESHA:** Right. So, you can take as much turmeric as you want to, but if you're lonely, bitter and resentful, it's not going to help!

**Dr. Razi Berry:** Right.

**DR. KEESHA:** That's really what the caring for yourself, body, and soul is all about as the tagline for the summit. So, one of the things you really emphasize and stress is reconnecting with nature, which I just love. There's so many studies about this but I don't even think beyond the science, just go outside and realize how you feel. It's dumping snow behind me here off the coast of the state of Washington. We were out in it this morning, doing our exercise, watching our dogs run, for our walk and it was just so beautiful and starting the day like that is such a boost to my mood, my focus and concentration levels, my energy levels, I can just feel my cells reciprocate with the trees. So, I'd love for you talk about this and ways that people, no matter how busy they are, can actually get that medicine because that's what it is.

**DR. RAZI:** That is such a great question because I'm sure that you hear this too. Sometimes people are afraid to embark on a more natural lifestyle, more natural healing for whatever their pain points are because they feel like if they have to give up their favorite technology, give up their cute shoes and go barefoot all the time and eat tree bark, that they won't be able to enjoy life and really it's about understanding little ways to plug into nature.

The early ways to naturopaths at the turn of the century, late 1800's, early 1900's they used this term that has really been lost and it's called "hardening." And hardening is how you respond to your environment, so for

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instance, when you lift a weight, it increases not only the muscle but bone, right? So, exposure to the elements, the natural elements, it does what used to be called, harden our body. Which now in some ways we call that strengthening our immune system.

So, one of the ways to reconnect with nature, usually it's through the earth, the sunlight, the air, and water. Like the first four positions, and you starting your day out in snow reminds me of Father Sebastian Knight who was one of the founders of what we hydrotherapy which is one of those healing modalities that there's not a lot of scientific evidence behind it because people just don't feel the need to study how water and temperature affect your health. There's nothing you can package and sell at a grocery store or supplement store, pharmaceutical.

One of the ways you can connect to nature is first understanding how water is a powerful medicine but it can also be a hardener. Something that prepares your body to withstand all the stresses and busyness that are a part of our daily lives. The way water does that is a couple ways. Hydrotherapy is stimulating your body's own vitality or what we call the vital force. That force inside all of us that causes our cells to constantly replicate, constantly metabolize, give out waste products and walking barefoot in snow or cold water is one of the ways that early and even naturopaths today will prescribe to a patient if they have low vitality.

Low circulation was thought to be, in the early days, one of the most prevalent causes of disease because without proper circulation, your body can't take in the nutrients, can't take oxygen to the cells, can't get rid of waste products. So, one of the really powerful, but simple, way to do that is through, it's called water or foot gushing. So, you can go out in the snow, barefoot in the snow and the coldness actually causes the body to react by warming itself up, increasing the circulation which raises your white blood cells, helps you to detox. It kind of stimulates, the blood flow increases, the kidneys have to work a little bit harder and things like that. And if you can't go out in the snow then you can just do an ankle bath with cold water and kind of gush your feet around for a couple minutes. And it really is invigorating. If you have cold feet, sometimes you have cold feet at night, women having cold feet and hands is something that mainstream doctors don't talk about or ask but it can be a sign of lowered vitality.

**DR. KEESHA:** Right.

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**Dr. Razi Berry:** Another form of hydrotherapy is what's called the neutral bath. So, it's a bath that's not too cold or not too hot. Because again, the cold water will stimulate your body to react by warming itself up which can be very healing because it's almost like what a fever does. And a warm bath can do kind of the opposite like if you have, I just forgot the term in medicine, but when you're too-

**Dr. Keesha:** Yes

**DR. RAZI:** Yes, that! That can kind of neutralize that but one of the best things that you can do if you have trouble sleeping is do a neutral bath. And there's no hard and fast rules, but it's kind of like a body temperature bath, kind of like takes away stimulation, helps your body to just relax because the early naturopaths knew that stress, anxiety were big causes of illness and so they really believed. So, it's being carried on today in naturopathic and professional medicine is that reacting to our environment, you use the environment, it's kind of like [inaudible]. If you're having anxiety and things like that and you do these different water treatments. Another one-

**DR. KEESHA:** Now, wait, hang on. Before we go, what's the tie into the cold shower.

**DR. RAZI:** Okay, so the cold shower, yes. So, there's the two, you can either the all cold shower or the hot and cold, alternating shower. But you always end in cold and that's because when you end in cold, your body has to warm itself up. It has to increase the temperature. It's almost like a fever. It's diaphoretic. It'll increase... it dissimulates your immune system because think about how when people, they have infertility problems will take their temperature every morning and see when they're at.

**Dr. Keesha:** The thyroid.

**Dr. Razi Berry:** Yes. The thyroid. So, that kind of warming action is a way to kind of harden your body throughout the day. Your body warms in response to the cold. That's why you always end in cold because when you end in hot, it feels great, but your body is kind of weakened a little bit and it has to work harder to cool itself down, which can be more depleting. There's some instances

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where you might prescribe a hot shower which is another one of my favorite hydrotherapy treatments and that is the sweat bath. And I swear, if you ever have food poisoning or the flu, I have yet seen this not work. You want me to tell you how to kind of do it?

**DR. KEESHA:** Yeah!

**Dr. Razi Berry:** So, when you have, this is great for the flu or for a cold, but what you do is get as hot as a bath as you can handle and you get two or three cups of hot diaphoretic tea like a dandelion tea, or just hot water and lemon and you get in the bath and you get just as warm as you can and you drink the hot tea. And then you will kind of sweat again. When you're really, really warm and the water is just starting to lose that edge, you drain the tub, drink the other cup of hot tea or hot lemon, you dry off quickly, bundle yourself up, cover your head, get in bed and just wrap up socks, blankets, and keep the towel on your head. After about 15 minutes you'll start to sweat. You'll just start sweating.

You drink the third cup of tea so you just don't let your body have a chance to cool down. That's why we have our feet and our heads covered and you will just sweat, sweat, sweat, sweat it out. So, these are just ways that we're stimulating the force. So, instead of thinking... because all healing is self-healing, right? All healing happens from within, so instead of thinking it's some external pill we need to do or even a supplement, which are important, but you can't... just like you said, you can have all the turmeric you want, but if you still have resentment or grief you aren't dealing with, well it's the same way, your internal vitality needs to be stimulated.

So, what's happened is we aren't hardening ourselves because we grow up wearing shoes all the time. We never touch the earth. We're barely in the sunlight, we're in artificial light all day long. It messes up with our sleep cycles, we don't get enough Vitamin D, we're not breathing the super-oxygenated air, outdoors. Indoor air is much poor quality than even the worst polluted day in Los Angeles or something. Indoor air quality is always worse. And so, we've really lost this ability to respond to our environment.

To me, it's the same way like, think of any animal in the zoo for instance. If you take an animal out of its natural environment, it's not going to thrive in the same way. And we've done that to ourselves. Now, we can't, when we were talking before, we can't just not use our computers, not ever use electric lights, but if we harden our bodies through some of these ways, and

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then just plug into nature, take your shoes off sometimes so you can get those antioxidants, those free electrons from the Earth.

Another way that we really kind of thwart our body's vitality is through our breath. We aren't breathing clean air anymore, but part of it is we're overloading ourselves with perfumes, we're spraying disinfectants and air fresheners. You see it everywhere you go. Try going to a public restroom somewhere, you're in this closed environment for a certain period of time and you're not breathing fresh air and you're forced to breathe in all these chemicals and that's a major pathway of detoxification. We're meant to breathe in oxygen, and so there's these candle parties and it's like we forgotten... we're afraid to smell like a clean human. We're always trying to cover it up. Another way we can just plug into nature just eliminate all of these things that aren't allowing your body just to do its natural work. I mean, breath just happens naturally, happens automatically and we're really interfering with that.

**Dr. Keesha:** Well, that's one of the beauty's about getting outside because who are we the most simpatico with, the plants, right? We require each other to live and so it's changing that. Gas is really important to get out there and give them our CO2 and take the oxygen, right? So, our filtration system's right there.

**Dr. Razi Berry:** Yeah. We need them and they need us.

**Dr. Keesha:** Right. So, there's a, I don't know if you've heard this before, but I read it in an article or I heard it in a symposium sometime, but it was so fascinating to me, but our mitochondria, and for our listeners, those are little engines in our cells that are really prehistoric that make us go. They're our oldest part of our bodies that have not really evolved, right? Those little mitochondria. And the chloroplasts that are in the plant material are the same age. And I thought that was fascinating and also have not changed. And from the very beginning, we've had this symbiotic like relationship and no matter how much we evolve and shift through the industrial revolution and renaissance period, all these things that we've gone through historically, these two parts have remained stable. In the plants and in us.

**DR. RAZI:** That is fascinating. It's like ancient.



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**Dr. Keesha:** Yes. It's our ancient footprint or blueprint but has not shifted. The more that we then deforest our planet, the more that we're actually impacting us as a species without that vital knowledge that this prehistoric blueprint is there and if you start to wipe out half of what the other part of the puzzle is, you're going to be up a creek with no paddle.

**DR. RAZI:** It's true and it reminds of, there was a period of time when I was getting so busy that I was starting my day by logging into my computer, checking emails. It wasn't good. I was feeling really off kilter. To just wake up and you're just getting all this blue light and so what I started to do now is the first thing I do is go outside.

Even if I can only stand outside barefoot for ten minutes and look at the trees or whatever. Or just spend time in the garden and even if I can't spend my whole morning there, starting the day like that is just one way that people can just plug in. If you live in a condo or have a balcony or something, even if you just have some house plants, like you're saying, just having those plants around us, just sit on the patio, look at the sky, feel some of the sun and everyone can do that before work or school. Everyone has time to do that, to connect in that way.

**DR. KEESHA:** I agree and someone asked me about my orchid behind me. The one that I was interviewing yesterday. She said, "I haven't ever been able to make orchids rebloom." And I said, "you know what? What they like is to just be left alone. That's why they do really well at my house." We both live our lives, we love each other and we leave each other alone. We provide beauty for one another without having to get too intrusive and so I think about that with the plant life that thrives around me. I don't have to do anything for that to happen, it's just here and it's such a gift. And it's so beautiful. All it takes from me is a little water and appreciation from me every once in a while so, it doesn't take much to be able to have that relationship.

**Dr. Razi Berry:** Yeah. Low maintenance.

**Dr. Keesha:** Yes. Exactly. So, there's six principles of naturopathic medicine that you kind of operate from and I would love to have you talk about those because they are great ways of keeping us in full vitality.

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**Dr. Razi Berry:** Yes. So, there's six of them and they're just really beautiful and really, they're meant for sort of the oath or the practice that a naturopathic doctor uses to interact with patients, but I say that we can use them as a way to live our lives. The first one is perfect for the summit because it's called *vis medicatrix naturae*, which basically means the vital force of nature. So, every living thing, the plants, ourselves, really our Earth has this vital force that no one has ever like no scientist has ever been able to find out exactly what that is.

Some people say it's love, some people just call it life, the universe, but it's that intrinsic desire to thrive, procreate, grow, and live. What you have to first understand that and we talked about a lot of those ways. And a lot of the work you do is about this.

The second one is an oak that is attributed to Hippocrates. And it says, first do no harm. Now for the practitioner, that means, use the least invasive methods to help stimulate this because we are not healing the patient, the patient heals, it's all self-healing. We facilitate that. So, first do no harm really puts some of the responsibility onto ourselves because what do we do in our daily lives that are harmful. I just named one. I was starting my day by jumping on the computer and that sets this whole cascade of not having the right hormones surging through my body as I start the morning.

It goes all the way to not having the right sleep cycles at night. So, first do no harm is going to be different for everyone. Maybe it's a relationship that needs improvement, maybe it's improving yourself, maybe it's choosing the wrong foods for the wrong reasons and that's really, deeply personal, I think.

The next one is called *tolle causam* and it means to find and treat the cause and remove the obstacles to cure. So, what that says is we all have, again, this innate ability to heal. There's nothing to stop us from healing except for the things that we put in its way. Now, part of that includes, like you were saying, the industrial revolution and stuff, so there are some things in our environment that aren't particularly... If somebody falls ill from environmental illness, it's not particularly your fault, it's kind of this collective *gaia*, the way we treat mother Earth, but what we can do is what we can do. So, we should do what we can do.

Lots of times, we focus on what we can't do, but what we can do is choose the right foods, avoid chemicals, educate yourself about nonstick coatings in cookware and lead in crock pots and the dangerous chemicals in your shampoo, hairspray, lipstick, what about your cell phone? there's a lot of research about our cell phones and how the radiation is going to be... Some scientists are saying how in 20 years from now, we're going to see there's

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dangerous or more than cigarettes to our health. So, we learn how to use technology more safely, like don't ever keep it in your purse or your pocket, or God, put it in your bra unless you have turned off or on airplane mode. Texting you can, don't hold the phone up to your ear, so removing the obstacles to cure is just getting everything out of our body's way.

**Dr. Keesha:** So, let's come back, I want to circle back because I think a lot of people haven't heard of lead in crockpots or sometimes maybe someone will, I get a lot of email about this, this is why I'm asking, I just got an email yesterday, what cookware do you recommend? Because I talk about the non-stick surfaces. So, I got to talk about that, what do you recommend?

**Dr. Razi Berry:** Okay so at the basic level, I would say move everything from, get rid of all your non-stick, even if it doesn't have a scratch on it because that per fluorinated, carb, I can't even say the word, but those non-stick coatings, they're not just on our cookware, they're on outdoor gear and shoes and raincoats and things like that, but you definitely don't want to be cooking food on them. Stainless steel is the basic way to begin, some people think that can give off nickel, and different people can have different sensitivities to that.

The next step is glass. You can find glass cookware like Pyrex and Vision ware. Sometimes I just find it on eBay or at garage sales. that's my favorite way to do it. When it comes to porcelain cookware, like crock pots and stuff, typically the rule is the darker the glaze, so it has a black insert, the more chance of lead and the lighter, the less chance of lead. It's really hard. I have emailed so many companies and they just send this like, "we don't exceed the minimum allowed amount of lead-"

**DR. KEESHA:** Which for our listeners, that is a ridiculous amount that is allowed. So, you don't go by that and say, oh that's it's safe because those numbers are going up and up and up as we have these 80,000 chemicals introduced that the EPA can't even keep up with so they're assumed to be safe until proven otherwise and the proving process takes a long time. So, we're just in the meantime exposed to so many chemicals and so these allowable amounts have gone up over the years just because of bureaucracy, not because they're safe.

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**DR. RAZI:** No and I remember, let's see, it was one, two, three Presidents ago the EPA was supposed to take these top 300 or 400 chemicals that were supposed to be the most dangerous to human health and so far, they've studied one and it's BPA. And so, everyone's like "okay, BPA, BPA, BPA," but the problem is when people are moving to these BPA free things but they still have these other compounds that were on that list but they-

**Dr. Keesha:** They haven't been studied.

**DR. RAZI:** No. So, I also caution against anything that says BPA free, any canned food or plastic because they're usually lined with BPA or BPA, or another BP but we haven't really studied that one yet. You can also find, I don't have any ties with this company or anything but there is this website called Ancient Cookware and they have these clay pots that are not glazed, they're like indigenous black clay, really fired heavily. And then cast iron. I just use cast iron for so many things. In the old days, cast iron, it was supposed to be good if you had a little rust, you know how they rust? Because that was supposed to help you with iron, so people used to take, sometimes, a rusty nail and put it in a jug of water or in with a pail of water that the kids would drink from because they thought that it helped their iron. I'm not saying to do that, but cast iron is my other favorite cookware.

**DR. KEESHA:** Okay, wonderful. Because I do, I mean I'm sure you answer these questions all the time and I thought, okay you're going to say that and then I'm going to get the email for it. Just go ahead and answer those questions now. Okay, so you, I'm sorry, I interrupted your six pillars there so you could-

**Dr. Razi Berry:** The tolle causam is something that you really embrace, the mind, body, and soul, is treat the whole person. We're not these disconnected body parts. If you walk into a doctor's office with a headache, they'll just look at your head and if you walk in with like, menopausal symptoms, they'll look at just your ovaries and uterus, right? But when you know that just doesn't make sense. Our bodies are so connected. We know this in so many ways. We know our heart and our brain are connected.

That our heart, the forcefield of our heart, we can put probes and we can measure our brain waves but you can actually measure heart waves as far as four feet away from your body. And your heart sends more information to

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your brain than your brain sends information to your heart so, everything is just so interconnected. It's such a shame that for so many years, medicine was so stuck in this kind of dogmatic science-

**Dr. Razi Berry:** Compartmentalization

**Dr. Keesha:** Compartmentalization. Yeah.

**DR. RAZI:** I think what people should really hear right now along the lines of the heart is that the heart actually gives the signal to the brain about what to do next.

**DR. KEESHA:** Yes.

**DR. RAZI:** We get that feeling and then the brain goes, "oh, I know what do with this." But the heart comes first, so the obsession we have with the brain is again, the way we do this, if a little bit's good, a lot must be better kind of thing. It makes it so imbalanced instead of saying the brain is important, neuroscience is important, but there's this interactivity between, so paramedic medicine says you have five different layers to you, five different sheaths or body's, right? So, you've got the physical but you also have this energetic body, which we call prana or chi in Chinese medicine. Your electromagnetic field.

And then you have your emotional body and your wisdom, your mental body and you have your bliss body. And so, if you're toxic in any other those other layers, you don't get access to bliss which is that connection to the divine. And it's our connection to each other at those levels too. Which we call our collective unconsciousness. And that's where all wisdom comes from. There's no new idea ever because it's all contained in that space and you get access to that if you work on it and if you're not toxic in those other layers leading in.

And so, I think that it's so important, what you're saying here, such a great pillar, we're just not an endocrine system or our cardiovascular system or our neurological system. So, beyond the physical. Yeah.

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**DR. RAZI:** And I think something that you're also kind of saying it in different words is our intuition. We've been kind of trained to think intuition is only something that other people have, or that it's wu-wu, or that it's weird. Everyone has that. That's part of being human. It's like this heart understanding, like you said, that all this knowledge is here. Are we going to tap into it and listen? And it's just like any other muscle, right? If you exercise listening to these hunches because your body is taking in information from the environment in so many ways, seen and unseen, smelling pheromones from a person, just the heart waves they're giving off, the brainwaves. I mean, some of this sounds wu-wu but it's not, it's really stuff that we've sadly forgotten and sadly left out of medicine.

**DR. KEESHA:** Yep.

**Dr. Razi Berry:** So, then the next one is docere, the word doctor comes from the word docere which means to teach, which means the doctor is really there just to guide you and the most important thing for me to teach people about naturopathic living is that you need to know more about your body than your doctor does. You need to understand yourself more than your doctor. The doctor is just supposed to be a coach to guide you. Sure, they should know more about science and pathology than you do, but really when it comes down to it, the doctor's not going to heal you. the treatment's not going to heal you.

You heal your body by stopping bad habits. There's a lot of accountability, but what I've learned through my different life experience, some of them illness and grave illness, is that so badly we want to be able to count on somebody else. It's part of being a woman, we have so much to do. We want to be able to rely on somebody else, but really, we are not in control of anyone else letting us down but we can completely control whether or not we let ourselves down. And so, for me, the docere is just having that self-responsibility instead of seeing that as a burden think of it as really empowering. I get to choose what my health is going to be.

**Dr. Keesha:** Beautiful. So, important.

**DR. RAZI:** And one more, there's just one more and its just prevention is the best cure, which what else can you say about that?

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**DR. KEESHA:** Hooray! Because we talk about insurance companies they'll say whether or not they cover preventative medicine and preventative medicine in our culture, I call it the Uncle Sam model of medicine, the standard American model, is a mammogram and a mammogram is not a preventative medicine, it's screening for something already present. It's not at all preventative. Nutrition teaching is preventative. Understanding your body type is preventative. Really understanding how to harden your body is preventative.

All of these things, learning how to forgive and let go of old hurts that's preventative medicine. And we don't get reimbursed from insurance companies for that kind of medicine, and so, we're also limited to these six minute medical appointments. So, prevention, I think, is such a powerful part of medicine, I want our listeners and viewers to start taking responsibility.

Don't think your insurance company is going to pay for this because they won't. This is something you have to take on for yourself. You have to budget it into your budget, organic food is preventative medicine. Cleaning out your chemicals in your house, that's preventative medicine, and that's not anything to do with an insurance company.

**DR. RAZI:** Go to your naturopathic doctor, your alternative medicine doctor before you get sick. Tell them, say my mother had this, my grandfather had this, I want to prevent this. So, go and yes, it's with it. Sometimes it just baffles my mind that people will spend money on cosmetic things, or just things that aren't truly serving them and when it comes to health, they just want it to be up to the government. Like, really? Do you want to leave anything up to the government with your health?

I had a friend of ours, her husband passed away from Parkinson's and he was self-made man and I remember going out to dinner with him a couple years before he started getting really sick and he's insistent on paying for dinner and I was like, "no, no, no." He was like, "I've got all this money and I can't enjoy it because my mind is failing, my body is failing me." I feel like crying just talking about it.

There is no wealth without health, so people that say they can't afford it I mean, there's sometimes things in life you have to afford, like sometimes you've gotta get braces for your kids, or the plumber has to come because you're not going to live in a house full of water, right? There's things that you have to do and your health is something that you just have to understand

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that it's our responsibility to take care of our own health and if we're going to rely on somebody else to do it for us, good luck, really. I mean, it's just not going to happen.

**DR. KEESHA:** Well, I'm going to say if it comes between hair color and organic food, pick the organic food. Going to a salon and getting your hair colored is really expensive and so you think about how much money you spend on that, you got to think about the things you just voluntarily spend money on because it's a cultural norm, and move outside the matrix and start thinking a little differently. "okay, so if health is the priority here." And I always tell my patients, please don't make me diagnose you with breast cancer before you find that your miserable enough that you're going to be motivated to make a shift. Because that's when people get super motivated. I diagnose them with an autoimmune disease or something like that, so.

**DR. RAZI:** Yeah, yeah. So, yeah those are the principles and I think there's something there for everyone.

**DR. KEESHA:** So, I think you and I probably have some similar ways that we view the world because we've had a similar experience in our younger years. You had a brush with death, what impact did that have on you?

**DR. RAZI:** Yeah, so it took me many years to get into natural living, I was an adult when that happened because I grew up in a very sort of like, you now, we just picked whatever cereal off the shelf that had the neatest toy and you know what I mean? So, we just kind of had Crisco and margarine. My mom didn't know any better, right? So, I did kind of understand mind, body healing a little bit earlier. I was 14 years old and I was in the hospital because my heart was failing, but it was not induced from chemicals or the environment it was because I had an eating disorder.

What was killing me though was my heart was just feeling [inaudible] to like heart failure. So, my parents they were told to prepare for the worst and then the priest came in and did last rights. I kind of remember the disdain in the hospital. It was kind of like a different time back then. And everyone kind of had this "she's doing it to herself" attitude.

So, I remember my mom was bringing in my 4-year-old brother, basically to say goodbye really. And I remember all of a sudden, the doctor say, "it's a shame she's doing it to herself." But suddenly, I was looking down on the



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shiny head of the doctor and then was kind of whisked away on this enveloping love and people have had all sorts of profound and wild near death experiences. Mine was pretty... it wasn't maybe as wild as some other stories that you may hear. I did sort of feel like I have all this information was being downloaded but the love that you're looking for is already here.

I wanted to stay in that feeling of love. I wanted to get away from this disdain and tis judgement. And I wanted to go to where that love was and the love was basically saying "it's here." Well, Dr. Keesha I healed after that. I healed and left the hospital without any medications, no heart, no... my heart was beating and thriving. So, from that point forward, I became more aware of my heart intuitively and I would notice it if I went through a period of stress, or fear, I would get chest pain. I would go to the doctor but my heart was fine, it was kind of like this reminder, I think.

So, that caused me to always kind of be looking at answers to kind of go "How do you on earth have that experience of that oneness, that connectedness, that understanding myself of not judging others, of forgiving people when they offer disdain instead of love to me. And it wasn't until really, I was sick later on in my adult life with kind of fatigue syndrome and fibromyalgia that I realized that it's both of these together is total health.

And so, from that point forward, when I started this journal naturopathic doctor news and review for the past 13 years, every month one issue is totally just dedicated to the mind oneness. mind, body, medicine, energy, healing because you just can't just take the supplements, it's really inside of you and it's around all of us. It's just a little seed that was planted that helped me later on because when I was sick from fibromyalgia and chronic fatigue, again, the supplements and the detoxification was really what set me on the right path.

I had been going to the Mayo Clinic and was just getting sicker and sicker and my hair was falling out but it was when I quit a job, it was really high paying career but left me miserable. It was leaving and healing from really bad relationships and it was also taking responsibility for what how I was living and how I wasn't living. And I feel so grateful that I had that experience at such a young age.

I didn't really understand what that was until I was in my mid-20's. I told my mom and dad and that was all. I didn't tell friends or anything because they would think I was really weird. So, it was just a gift that I had to get a chance to learn more about how we heal and our mind, and our body and our heart

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and God or spirit, it's all of those things put together. It's not one more than the other but not one without the other.

**DR. KEESHA:** Beautiful. That's a great place to end. Thank you so much for sharing that.

**Dr. Razi Berry:** Thank you so much.

**DR. KEESHA:** I really appreciate you sharing even just a tiny bit of your wisdom for everybody here. And we've got your information about how to reach you, your speakers page on the website as well as a downloadable free gift from you- a couple of eBooks that I think people will find very enlightening. So, thank you so much Dr. Razi for joining us for this.

**DR. RAZI:** Thank you.