

Women's Vitality Summit

Dr. Keesha Ewers Interviews Dr. Veronique DeSaulniers

April 2017

DR. KEESHA EWERS: Welcome back to the Women's Vitality Summit, everybody, Caring for Yourself Body and Soul. It's my pleasure to introduce you to Doctor Veronique; she likes to go by Doctor V. And she has maintained a successful practice in wellness since 1979. Because of her passion for health and wellness, she undertook extensive studies in various fields of energy medicine specializing in chiropractic, bioenergetics, meridian stress analysis, homeopathy, and digital thermography. She brings a unique approach to health and wellness.

After 30 years in active practice, she decided to "retire" and devote her time to sharing her personal non-toxic healing journey with breast cancer. Her years of experience in research have culminated as the 7 Essentials, a step-by-step coaching program. She's a number one best-selling author and has a number one best-selling book on Amazon, Heal breast Cancer Naturally. Welcome to the Women's Vitality Summit.

DR. VERONIQUE: Thank you, Dr. Keisha. Thank you so much for inviting me. I'm excited about this.

DR. KEESHA: The word vitality is what I always start with because this is the Women's Vitality Summit. The subject of breast cancer is one that is so enormous and it hits so many women that I can't wait to dive into it, but first I want to ask you what is your definition of vitality for women?

DR. VERONIQUE: Vitality has to do with creating vibrant health. I think a lot of times we focus, especially in the kind of work that I do, we focus on cancer, we focus on anticancer things, but I'm really trying to create a paradigm shift where let's leave that C word aside and let's let our focus be creating vibrant health because that's ultimately where you want to go.

DR. KEESHA: Exactly. I couldn't agree with you more. Of course, the subtitle of this Summit is Caring for Yourself Body and Soul and cancer shows up when that's not happening. So this is calling women to really take care of themselves and bringing people like you in to talk about it in these different areas of their fields of expertise. What do you think of the biggest drainers of vitality for women of our era?

Women's Vitality Summit - April 2017 - Dr. Keesha Ewers Interviews Dr. Veronique DeSaulniers

DR. VERONIQUE: I would say it's stress. Women wear so many hats, especially professional women. They have those expectations to succeed at work, then they also have that nurturing aspect of them where they want to be a mom. I know I did it, I juggled, I had three children. And then your spouse, so I really feel that learning to balance your life and to learn to dial down the stress and to learn to develop that coherence and that calmness in your body, even in the midst of all the chaos, I think that's really key in prevention and healing.

DR. KEESHA: I agree. You had your own journey with breast cancer; I did too. Mine came from when I tell my story, it's from big trauma, finding out that my kids, two of them had been sexually abused when they were young. They told me and then, several months later, I wound up with a tumor in my left breast. I knew instantly where it had come from; it's right over my heart. All of that, just awful shame and guilt that I hadn't protected them in the ways that all mothers want to protect their children, and the grief, and all of these things that came up stored right there. I just said, "I know exactly why I have this. I'm going to take a month and I'm really going to work on this heart."

Do you know that I contacted the person that had done this and we facilitated this amazing forgiveness. I mediated it and it was just incredible. When I went back, after a bottom shift energy work, my diet was already crystal clean because I had had autoimmune disease 20 years before that and had already cleaned all that up, so this really was very emotional. That tumor was gone in a month. Some of the things that you talk about, and that's why you're here on the Summit, are that there are so many different root causes for this and so many different approaches.

I haven't talked a ton about that story because I never wanted women to say, "Then I don't need to do anything else except for that," and that's not accurate. Every woman has to think about the whys and the hows and what's going on in her own contextual environment of her cancer. I love that you talk about all of these different areas and I would love to hear your personal story with breast cancer, and now these seven tips that you give to people, the seven pillars.

DR. VERONIQUE: The 7 Essential system came as a result of my healing journey. I was in practice for 25 years and here I was, Dr. V taking care of everybody, and seeing all of these autoimmune diseases and rheumatoid arthritis and MS and all of these diseases, cancer being reversed because of the work that I was doing, then how did I end up with it? It really was one of those

Women's Vitality Summit - April 2017 - Dr. Keesha Ewers Interviews Dr. Veronique DeSaulniers

moments where I had to pull back and do a lot of soul-searching, look at my life and look at the pieces of the puzzle that I was missing.

There was a lot of confusion, there was a lot of shame, there was a lot of frustration. What was I missing? As I went to my healing journey, I discovered that there were things that I had missed. For example, I was very iodine deficient, I was very sensitive to electro pollution and had no idea, this was like 10, 11 years ago so things were just starting to crank up. The emotional piece was huge for me. I came from a background of sexual abuse, alcoholism and I thought I had addressed to them, but I recognized that there were some deep issues that were still gnawing at my soul.

When I started looking at all of these things, I felt if I was confused, after being in practice for 25 years, how much more so would the average woman who's trying to sift through all of this information? So let's just create a simple program so that people can go step-by-step and not be overwhelmed with all the information. Let's just break it down to little bite sized pieces so you can feel like you're making progress.

DR. KEESHA: Beautiful. I think that this is so common, this idea, it's actually called imposter syndrome. I'm a psychotherapist as well as functional medicine, Ayurvedic medicine and sexologist. Throughout my training, I learned about this imposter syndrome piece and identified it in myself that if, heaven forbid, we get sick because we're the ones that are supposed to be the experts. I think that's so important, what you just said, because so often people will think, in whatever their realm of expertise is, that if something goes awry for them, that they are a fraud. "How come this could happen to me?" But in fact, I always think of disease, when it's gotten to the point of disease because it's taken years to get to that point, that it's a feedback mechanism where we aren't listening and we aren't paying close enough attention.

Women, whether they're doctors and caring for other people or mothers or professionals in another arena of life, are nurturers and tend to over care at the expense of their own health. I appreciate you saying that because this shows up when I do therapy with people all the time, imposter syndrome. "What if people really knew who I really was?" I think cancer is one of the things that creates the velveteen rabbit for us, it pulls aside every little bit of inauthenticity and makes us really look hard at our own lives and where the imbalances are. It's just a feedback mechanism; it's nothing more than that. It's the judgment and place on it that becomes problematic so I really appreciate you talking about that.

Women's Vitality Summit - April 2017 - Dr. Keesha Ewers Interviews Dr. Veronique DeSaulniers

DR. VERONIQUE: That's so true. I love that, imposter syndrome. We put a lot of pressure on ourselves when we say, "We shouldn't develop this," but like you say, it's a feedback mechanism and that's what I tell women all the time. "Why do you think you have cancer?" "Because my mother had it." "No. I want you to sit calmly and really take all the stress and anxiety away from it and just ask yourself and go inward and ask yourself why do you believe you have cancer," and they come up with the answer. Because, innately, we know that it's an imbalance and if we can figure out what those imbalances are, then let's get to the root cause of things.

DR. KEESHA: I had already been really good at it because of my autoimmune disease. Autoimmune means you are attacking yourself and I sat in meditation with that word and said, "Oh my gosh, I am committing suicide in societally acceptable way. Why do I want to die right now?" Because consciously I didn't, but there was my own sexual abuse from childhood that had informed my cells, and at that time, I did want to die. As a 10-year-old little girl, I didn't understand what was going on and couldn't figure it out and therefore felt the world was unsafe, made an agreement with my cells that took action 20 years later, built it up. I think that's what a lot of people don't understand that you are not all of a sudden sick. Never, ever.

DR. VERONIQUE: Right, because it takes 5 to 8 years for cancer to show up as a lump or a bump and it's not just getting rid of that cancer, it's a transformation of your whole life, your physical, mental, emotional, spiritual, everything. Because, if you keep doing the things you've always done, you're going to get the same results. It's about change and that's what's difficult sometimes. The tangible things we can do. We can take the supplements and do the enemas and all of those things, but when it comes to really learning about self-nurturing, self-love. Self-forgiveness, taking time for ourselves, forgiving others, those things are not tangible and they're a little bit more challenging.

DR. KEESHA: They're much more difficult. Like I said, when I had my cancer, I already had a pristine diet and exercise program and meditation practice. This is what I hear from women all the time. I was doing everything right. Then I get this information from two of my sons and then, right through everything, the train was off the tracks. That's what we have to understand, that is part of being a human. We get these curveballs thrown at us and they are our next up leveling of human growth and development; it's the expansion of our own consciousness that this is for. If you take it as that, because anybody that has gone through cancer and come out the other side, most people will say, "This is the best thing that ever happened to me."

Women's Vitality Summit - April 2017 - Dr. Keesha Ewers Interviews Dr. Veronique DeSaulniers

DR. VERONIQUE: Correct. That's one thing that, actually, when I host the retreats, I give everyone one of these. "What is the gift?" Because there is a gift if you allow yourself to find that. There's going to be some that, of course, are going to be victims or don't want to take responsibility and want to blame other people, but the majority of women I find are very open to, "What I've done so far hasn't worked for me, so let's be open to new ways. What are the possibilities? What is the blessing and the gift through this journey?" because that's what it is.

DR. KEESHA: Sometimes it's something as difficult and simple as setting good boundaries. That's huge and yet it's such a simple thing. But it's these life altering patterns of behavior that have led us to where we're at. I love that our conversation has taken this turn because in *Solving the Autoimmune Puzzle*, which is the book that I just released, I've called the missing piece of the puzzle trauma. From the adverse childhood experiences study in 1995 to 1997, we know that adverse childhood experiences impact health in adulthood and that anybody with past trauma is at higher risk, depending on how many of those that they've experienced than the average bear.

What I would say about the average bear is that every single kid has come out of childhood with some sort of trauma. We tend to define it as sexual abuse or physical abuse or an alcoholic parent, but in fact, the way that kids will interact with each other can be very traumatic when you're left out or you fail at something. Part of being a human child on this planet, you're going to have something that's disruptive, an adverse experience for you that you make up some meaning about, but then drives you in adulthood. I think cancer is the opportunity, so is autoimmunity, to evaluate these things. So let's go through your seven essentials.

DR. VERONIQUE: Essential number one is let food be your medicine. I think the audience is very well aware, we now know, through the science of epigenetics, nutrigenomics that what we eat, literally, affects our genes. You can turn off the inflammatory, cancer-promoting genes and turn on the genes that cause healing, so that's basic.

Essential number two is to reduce your toxic exposure. We live in a toxic planet. We can't live in a bubble, but there are things that we can do to really reduce our exposure. Things that we put in our yard, the things we use in our home, the things we put on our skin, how we detox and nurture our physical body, all of those things can help to move those toxins out of the body.

Women's Vitality Summit - April 2017 - Dr. Keesha Ewers Interviews Dr. Veronique DeSaulniers

Number three is to balance your energy. We're one billionth physical matter, the rest is all energy. Our cells communicate through photonic light and our nervous system functions on electricity, our brain and heart give off electromagnetic waves, so what do we do to balance that? Everything from chiropractic to acupuncture to specific exercises, like the chi gong, and very meditative type exercises, proper sleep and balancing your hormones. We all know, when our hormones are out of balance, we are out of balance. It's all about getting that correct balance.

Number four we talked about, healing our emotional wounds. Five is embracing biological dentistry. What we have in our mouth is going to affect our health, both physically as well as energetically. The chemicals and the heavy metals in the amalgams, for example, mercury is the most toxic element on the planet, but it's in your mouth if you have an amalgam. Most people don't know that mercury is a metalloestrogen; it stimulates and mimics estrogen in the body. Really looking at what's in your mouth and working with a biological dentist.

DR. KEESHA: People, if they don't know about this, can go to the Smoking Tooth video on YouTube. It's great because, in Vancouver they did this wonderful little study and it showed you bite down on food and there's a release of mercury offgassing into your mouth, and that's always there. The Smoking Tooth video, just Google it and it's on YouTube.

DR. VERONIQUE: I love that. I use that at the retreats because it shows a dentist brushing an amalgam tooth and you see the vapors just rising from that; it's just frightful for those that have mercury amalgams in their mouth.

DR. KEESHA: It got me to my biological dentist to get my amalgams removed, that video.

DR. VERONIQUE: Good for you. You have to look at root canals too. Root canals are basically dead organs, like a dead appendix or dead gallbladder, and if it's sitting on a specific meridian, it's weakening that meridian, it's also releasing a lot of toxins through the pocket of bacteria that's at the root. Talk to a biological dentist to really cleanup the mouth and get rid of the toxins there.

Number six has to do with repairing your body with therapeutic plants and herbs. We know that there's thousands and thousands of studies, published studies, scientific studies. Evidence-based natural medicine, we know it works. Kills cancer cells, boosts the immune system. What I love about

Women's Vitality Summit - April 2017 - Dr. Keesha Ewers Interviews Dr. Veronique DeSaulniers

the work that I do is that it's evidence-based; it's not new age fluff. 40 years ago, when I first started practicing, maybe we didn't have the hard-core evidence that we have now, but now we know it's science and now we know why it works and how it works.

Lastly is very early detection. Instead of relying on traditional ways to find tumors, for example, in a mammogram, it takes 5 to 8 years for a tumor to be seen on a mammogram according to the American Cancer Society. So what if you had another tool that would show physiological changes of the breast and show potential development, such as thermography? Thermography reads the infrared heat coming off the body. It's not going to diagnose cancer, but it's going to give you a good idea if there's a lot of inflammation and vascularity in a particular area of the body.

DR. KEESHA: The thing about mammography, too, is there's so many false-positives and false-negatives and it's not indicating inflammation, which is what thermography does. Mammography is exposing to radiation, which actually increases your risk for breast cancer. I love having people do thermography as their screening tool year-to-year, and then if that inflammation shows up, then you can say, "I think you should go in for an MRI or an ultrasound." You can actually just bypass mammography altogether. That's what I did for myself for sure.

DR. VERONIQUE: Yeah, very good. A Canadian study that was done, a 25-year Canadian study, 50,000 women. They studied the effectiveness of mammograms and not 1% decrease in mortality rate because of mammograms, and just as effective as a self breast exam. Like you said, why expose yourself to the needless radiation and compression which surely can't be good for the tender tissues?

DR. KEESHA: It doesn't feel good, that's for darn sure.

DR. VERONIQUE: I've never had one, so I can just talk about the horror stories.

DR. KEESHA: I have and it and it doesn't feel good.

DR. VERONIQUE: I've heard the stories. There's also a blood test that is outside of traditional medicine that looks at the proteins, the hormones, the enzymes that cancer cells secrete, which gives us an indication if there's cancer cells that are present. There's all kinds of things for you to look at to get real early detection. If you knew you had something the size of a pinhead that was developing versus the size of a golf ball, wouldn't you want 5 to 10 years of notice so you can work on your body?

Women's Vitality Summit - April 2017 - Dr. Keesha Ewers Interviews Dr. Veronique DeSaulniers

DR. KEESHA: Yeah. The grease test?

DR. VERONIQUE: Yeah, the grease test is one way. It looks at the circulating tumor cells and the stem markers. There's also the ONCOblot test, which looks at the ENOX2 protein and that they can tell you if you have cancer and where; they can detect 27 different types of cancers. I love that test. And nagalase, not so fond of, but it can help you to track. Nagalase is an enzyme that cancer cells give off and it can give you an idea if there's presence there.

DR. KEESHA: When you start talking about that early detection, how do people get an UNCOblot?

DR. VERONIQUE: They can go through their physician if they want to ask, or they can go to our website. We send them a kit, they go have the blood drawn, we get the results, and we let them know. Very simple.

DR. KEESHA: Wonderful. And then they can get set up with the program and you retreats?

DR. VERONIQUE: Yeah, we do. I used to do one-on-one coaching, but there was one of me and thousands of them. Talk about drawing boundaries.

DR. KEESHA: Self-care and boundaries.

DR. VERONIQUE: So now I have two wonderful, certified 7 Essential coaches that I have trained personally and they've been working beautifully, so now we can handle twice the women. We've coached women in 21 countries, everything is virtual, we Skype, we still Zoom, we talk on the phone. It's a great support system. Why I started doing this, is because women that I talked to were frustrated, confused, and overwhelmed by all the information out there. They didn't know where to start and they needed a support system, a guide system. One thing led to another and here I am, five years later.

DR. KEESHA: Let's talk about the myths of breast cancer because, often times, people have heard so much about BRCA testing, for example, which is 10% of heritability. Now we have this other 90%. Angelina Jolie made this very popular, so now women hear that in the news and then there's this discussion about whether or not you should have prophylactic mastectomy, which seems to be so far off-topic it's not even funny. Let's come back to how does somebody get breast cancer? How much of an

Women's Vitality Summit - April 2017 - Dr. Keesha Ewers Interviews Dr. Veronique DeSaulniers

impact do hormones play? Let's talk about genetics and set some records straight.

DR. VERONIQUE: Let's open up a can of worms here.

DR. KEESHA: It's important, though, because, when I did my genetic testing, I did it with 23andMe, and I did a BRCA and I didn't have any of the BRCA positive, but my mother had had breast cancer also. When I did my 23andMe genetic testing, which is what I do with women, that information, just for our listeners, is not helpful. It has to go through another portal and then someone that's trained at reading this has to do it for you. You're not going to get an email from 23andMe telling you this information, so I don't want to misrepresent that. But it actually talks about how well you metabolize your estrogen. I am a terrible estrogen metabolizer. In fact, that then led me to, because genetics are just the blueprint and then there's the construction of your house, that led me to do an estrogen urine test to see do I have a bunch of metabolites floating around. When I did that, I had the worst I had ever seen in clinical practice. I called up the lab and talked to the medical director and said, "This is the worst I've ever seen. I'm just curious what you think?" and she said, "Dr. Ewers, I'm afraid that it's the worst I've ever seen too." I said, "Great. I'm already doing all the things that I know to do. Do you have any further suggestions?"

That was where I started really looking at some of these other things, "Oh, there is this trauma piece that then kicks on the gene." That's the epigenetic word that we were talking about earlier. It's so important. I was in all the supplementation and the food that I could do, that I had to do this other component. I want to talk about this, about what causes cancer in a simplistic way. We're not going to be able to, obviously, nail this for every single person, it's obviously very individual, but I do want to put some of his hormone stuff in the proper context.

DR. VERONIQUE: I'm so glad you brought out a piece about methylation because that's one of the biggest myths that I like to bust and give women some sense of calm that their hormones are not causing cancer. If our hormones cause cancer, every 20-year-old on the planet would have cancer. You have to look at the methylation, or the metabolism. How well can you break down those estrogens? And if you are a poor methylator, like you are, like I am, then you have to support those pathways with specific nutrition. There's also the genetic piece, which I also did DNA testing, and we do that with women as well. We can see if their liver is not working properly in phase I and phase II detoxification. If they have the specific genetic snips that are weak, then we need to support those.

Women's Vitality Summit - April 2017 - Dr. Keesha Ewers Interviews Dr. Veronique DeSaulniers

Plus you look at all the chemical estrogens that we are exposed to in the environment, herbicides, pesticides, plastics, metals in our mouth, chemicals that we put on our skin, all of those things are driving excessive estrogen and our poor little liver can't convert it all. There you have a reason for estrogen driven cancers. The BRCA gene, for example, and I'm not judging Angelina, she saw her mother die a horrible death, but she really, unfortunately, created a Hollywood hype and fear about the BRCA gene. The BRCA gene is a tumor suppressor gene; it's a good gene. Why does it mutate? like you said, less than 10% are genetically familiarly passed down, but does that call into question all the radiation and compression that maybe these women are getting and they're causing some sort of mutation in the genes? the BRCA gene, interestingly, there is a study, forgive me I don't remember the name of the study, but they found that the consumption of a cup and a half of edamame beans, organic, non-GMO soybeans, actually reversed the BRCA gene mutation in women that were doing that. That's pretty powerful when you see that food can reverse a mutation like that.

DR. KEESHA: Plus soy has gotten villainized because it's a phytoestrogen, but all soy is not created the same. It is one of the more genetically modified crops out there, it is an additive in almost every processed food that there is. When you go to restaurants, soy oil is one that's used a lot, so it gets its villainized reputation for a good reason. But when we start talking about the kind of soy that women in Okinawa are eating, this is very different.

And that's why soy started getting dumped into our food is because researchers went over in the 60s and looked at the residents of Okinawa and said, "They're living well into their 100s. What are they doing that we're not doing?" They didn't say, "They're doing tai chi by the water, they're living in community with each other, they're meditating, and they're eating only what's in a rice bowl and they're eating with chopsticks so it's slower." They said, "They're eating soy. So let's dump a whole bunch of processed soy into our food supply and genetically modify the heck out of it so we can have it in great quantities." It's just interesting how we took that and now we've made such a mess. The difference between edamame and soy oil that's used in your potato chips is different.

DR. VERONIQUE: Absolutely. We hear that all the time, "My doctor or my nurse said don't eat flax," or don't eat this because it's a phytoestrogen, it has estrogen in it. But it's food. Green beans and legumes have phytoestrogens in them, and phytoestrogens are beneficial. They protect the DNA, they help to

Women's Vitality Summit - April 2017 - Dr. Keesha Ewers Interviews Dr. Veronique DeSaulniers

downregulate all of those aggressive estrogens, they're powerful antioxidants. So food is not the enemy.

DR. KEESHA: And ground flax seed is one of the very best things you can use every day to lower your sex hormone binding globulin, which you need to have on board to take out the bad metabolites of your estrogen. It can't just say there's a bad food and there's a good food.

DR. VERONIQUE: Yes, and on that line, I would love to point out to this study. The University of Toronto did a study on women who were getting ready to have lumpectomies and mastectomies. 30 days before the surgery, they fed them a muffin with 5 teaspoons of ground flax seed. It was probably with white flour and sugar, who knows, but they had the ground flax seed in it. After those 30 days, they noticed a reduction, from 30 to 70%, in their tumor markers and the growth of the tumor. Just in 30 days, how powerful food can be.

DR. KEESHA: Yes, wonderful. What other hormonal pieces would you like to put to rest here?

DR. VERONIQUE: Progesterone is very similar to estrogen. We get progesterone from the chemicals in the environment, the commercial and processed meats also have progesterone in them, commercial dairy products. Again, it's the same thing, if you've been diagnosed as an estrogen-progesterone positive; it's not your hormones that are necessarily driving that cancer. Studies have shown us that progesterone has a very protective effect against estrogen positive cancers.

DR. KEESHA: Estrogen dominance being harmful and progesterone increasing the level of progesterone helps to pull that ratio to a healthier level.

DR. VERONIQUE: Yes, and to help people understand, estrogen is like the accelerator; progesterone is like the break. You have to have a fine balance between the two.

DR. KEESHA: Beautiful. Now you have a mother that's been diagnosed with breast cancer, what do you do for you?

DR. VERONIQUE: If someone in your audience has a mother who's just been diagnosed with breast cancer, the first thing is to take a deep breath and stay calm, recognizing that breast cancer is not a crisis care, you have to do something in the next week type of situation. You have time. It's very important for you to look at your options and get the information from

Women's Vitality Summit - April 2017 - Dr. Keesha Ewers Interviews Dr. Veronique DeSaulniers

your traditional oncologist, if that's what makes you comfortable. Get information from a functional medicine physician, like yourself, and look at the options to see what feels right for you. Don't try to figure this out by yourself. Get your family, get your friends involved if they can be supportive of your journey. And do your research, meditate and pray about it, see what feels right for you. Because, ultimately, if your belief system is that natural, evidence-based medicine is going to really help heal your body, then it will. If you feel the same way about chemotherapy, then that may possibly have a positive effect on it as well. You have to really feel good about it in your heart.

DR. KEESHA: We know 75% of everything is placebo. Where you are in your beliefs, I'm so glad you said that, is powerful. I often will have women come into my clinic and then their husbands will show up later and I'll say, "Did you come in here on your own steam or did you get dragged in by the hair?" Because if this person is seeing a traditional cardiologist for their heart and I'm saying, "Food has everything to do with this. Let's do some genetic testing to see what's going on with your dietary and genetic interaction," and they don't believe in that, then it's not going to do anything; it's just going to cause stress. I'm glad you said that because 75% is a big number.

DR. VERONIQUE: That's very big. I've been reading and recommending a great book, *You Are the Placebo*, by Dr. Joe Dispenza. Love him, love what he's doing. It's such a game changer. When I read that book, and I've read it multiple times, it was a game changer. I'm really going to impress even more on essential number four and healing the wounds and that belief system and the mental rehearsals of your body. I love that he backs it up with science, how those thoughts can switch on those genes, create those neuropeptides that are going to turn on those new genes so you literally make your mind over matter in healing your body and I just I love that.

DR. KEESHA: I am a big fan also. I have had him on the radio show a couple of times. I love the same thing, that he pulls the science in behind it. Your book, *Healing Breast Cancer Naturally*, people can find it on Amazon. We've got your bonus material and your information about how to contact you and your programs on the speaker's part of the Women's Vitality Summit page. Is there any last pearl of wisdom that you would like to leave for our viewers?

DR. VERONIQUE: One of my favorite proverbs is, "Just when the caterpillar thought the world was over, it became a butterfly." That's so true for many of us when were on a healing journey or not, maybe you're just trying to prevent and

Women's Vitality Summit - April 2017 - Dr. Keesha Ewers Interviews Dr. Veronique DeSaulniers

create vibrant health. But there comes a time where you feel like you're that little caterpillar in the cocoon and it's dark and scary and you're not sure what's going to happen next. But if you have faith and you have belief and you trust in the laws of the universe, trust in the laws of nature, then you will come out on the other side a happier and healthier you.

DR. KEESHA: I love that. And of course, when the butterfly first emerges, it has a strong by flapping its wings and it can't just fly immediately. That metaphor is beautiful because that's exactly, when we come out on the other side, we're not strong and it takes a little while to practice and build those muscles for trust and for faith and for intuitive belief of our own power. I love that piece. And then you can take flight. Thank you. Thanks for all of the beauty that you had to this world and for what you're up to.

DR. VERONIQUE: Thank you. It's been so much fun. I'm glad we got to connect.

DR. KEESHA: Me too.