



**THE SPECTRUM
OF HEALTH**
— P O D C A S T —

Podcast Session #32

Creating a Family Health Revolution

With Carla Atherton

Carla Atherton is the Director of the Lotus Health Project and the Healthy Family Formula, Host of the Children's Health Summit, Health and Nutrition Coach, Writer and Editor, Curriculum Developer, Publisher, Workshop Leader, Yoga Instructor, Health (R)evolutionary, and Children's Health Advocate. She speaks with Carla about creating a family health revolution in your home.

*Learn more about The Healthy Family Formula
at <https://healthyfamilyformula.com/>.*

00:07 Christine Schaffner: Welcome to the Spectrum of Health Podcast. I'm Dr. Christine Schaffner, and today, I'm speaking with Carla Atherton. In addition to being the host and producer of the Children's Health Summit 4, and director of the Healthy Family Formula, Carla is an acreage-living mother of three, specializing in family health with a focus on functional holistic, natural health and wellness. I hope that you enjoy my conversation today with Carla. She had invited me to be on the Children's Health Summit 4, and I think that she's putting so much great work out into the world that I wanted to get her on the podcast, so you all could get to know her better. So, please enjoy.

00:48 CS: Welcome, Carla. I'm so excited to interview you today on the podcast.

00:52 Carla Atherton: I am so excited to be here.

00:54 CS: Well, I just recently connected with you. You were so sweet and invited me on your Children's Health Summit. I believe this is the fourth summit you've created for children's health, and we've gotten to know each other, and I know that you have a big heart and a lot of great information that you're trying to put out into the world. I thought it would be a lot of fun to interview you today.

01:16 CA: Awesome. Yes, I think we're going to have a lot of fun. Thank you so much for saying that, and thanks for being on my summit as well, Christine.

01:23 CS: Absolutely. And we'll share more about the summit throughout our conversation, because I was looking at your speaker list and you gathered a

lot of great speakers from a lot of different disciplines and avenues. It's just jam packed with a lot of great information, I think you really did a wonderful job.

01:41 CA: Great. Thank you.

01:43 CS: So Carla, before we dive in to really learning about your mission of creating this idea of a family health revolution, as with all of my guests, I always love to hear what started this passion for you. Many people have a personal story, if you want to, please share with us what really started you on this path to educating our communities about health, and family health.

02:11 CA: Well, I was thrown into it. I was interested in health for a long time, but I just really didn't have any idea what that meant. To tell you the truth, I thought I was "health conscious." I thought I fed my children well. As long as we had a bit of broccoli, it was okay if we had a bunch of fries. It would balance itself out. We did a lot of outdoor stuff, when my guys were little. So, we really did live healthfully in many ways, mentally, spiritually, emotionally, and physically, for sure. But I think I didn't really get it until my daughter was diagnosed with type 1 diabetes, and then I really realized what I didn't know. I went, "Oh my goodness," because we were thrown into that medical environment where a parent, the family, is faced with a diagnosis, like the big D day, and then we're like, "Okay, well, what now?" And there were many, many reactions to what was going on with her.

03:31 CA: I guess you just deal with that. And that's the way it is, with people not really understanding the real gravity of the situation, but also not really giving us any good information as to where to go from there. So we're in the

hospital. We're given really bad advice right away. I thought, "Oh." For instance, the kid in the next bed was eating fruit loops, newly diagnosed with type 1 diabetes, but eating fruit loops because that's what the child wanted and they didn't want to jar the family by having them make any big changes right away, because it's going to be too traumatic. Well, tell you what, type 1, it can be traumatic if you're still eating fruit loops. So that's what I'm thinking. I'm already bringing homemade soup into the hospital thinking, "I'm not feeding my kid that." It was only a few days, they get you oriented, and then send you on your way, and then we're out there going, "Okay, now what?" But I'm not really one to sit on my hands. I got busy, I started researching right away. I had a really good friend who was a naturopath. She was helpful in some ways, and in the other ways, I filled in the blanks and it took me years.

04:44 CA: Even now, I'm still learning a great deal about this whole concept of health that I had to put together from something that was actually really incomplete before, because I knew there was no pill for an ill. There's no cure, there's no one thing to do. It actually was multi-factorial, and that's when I came to the whole world of functional medicine, and then realized the real power of functional and lifestyle medicine and lifestyle interventions, and how diet is so much more important than just eating healthy food. That's good for you, well, why is it good for you? And root causes. So, nobody was encouraging us to look for root causes, and when we went in to see the doctors and the diabetes team, the pediatric diabetes team, we actually stopped seeing them because I would say, "Well, look, I took her off of gluten"...I was explaining the science and all the things I was learning, and they basically said, "Why?" Really, literally, I was the lunatic mother. I laugh about that, that's the lunatic laugh, I'm a lunatic... Okay, so I've got to learn this, and then I couldn't help but teach it to other people.

06:01 CA: I started to train, I got health coaching designations. I started studying Functional Medicine, I started seeking out different supports, reading a lot. I read, that's what I do and I researched, and I started writing, and then reached out to my community and started to help other families. That's how I became the director of the Healthy Family Formula, and then produced the three health summits that I produced, and then this last one, the fourth one, I'm so proud of it. It's what I learned to this day, represented here and there. So, that's how I came to that, and sorry for the long story, but I really had to de-medicalize my family's health, and realize that it wasn't a pill for an ill. It was really root cause resolution that we were going for, of being able to find the supports to help guide us to the answers rather than to all the problems that we couldn't fix or to an idea that there was no hope for her, because I knew that was not true.

07:05 CS: Thank you for sharing your story. I'm sure your daughter is probably doing so much better than her peers who were diagnosed at the same time because of the information you sought out. And I think probably, like you said, when your eyes are opened to this, there's just no turning back, right? And you want to share this with the world. We've kind of already jumped into this, but obviously, there's a need for this idea of a revolution in family health. Can you talk a little bit more about how your work has evolved and about your mission in supporting families? Because again, I see a lot of patients who are chronically ill and usually it's one family member who's very sick, but nobody is immune within the family system of all the things that we're always looking at. And so at times, I start working with people and then we'll see their children or their husband or so forth, and so it becomes about how do we get really the family system into the picture...how the individual can be healthier

when their family is healthier, right? I'd just love to hear your approach and your thoughts on that.

08:19 CA: Thanks for asking that, because it took me a bit to figure out how was I going to do this. At first, I was just kind of appealing to the moms, and the burnt out moms, which are the majority of contacts for the family that I have now still. That's what's going on, but it wasn't until I realized I'm like, "No, we're dealing with whole families. We're not just dealing with your child that you're coming in to get help with or navigate a health challenge. We're not just dealing with your children, maybe there's more than one. We're not just dealing with your mom, your dad. We're dealing with the caregivers as well." And also, most of the time, those moms and dads, they're having their own health struggles. It's just that they're trying to hold up everybody else. And the health of each family member affects the others, just like you were saying.

09:14 CA: So if one person's healthy, the rest will be inclined to be healthier. But then if one person isn't, they're going to move the balance that way too. So it's a system and it's almost like that whole system of health that I came to understand, mind, body, spirit, functional, requires resolution, all that stuff de-medicalizing. That is sort of the same idea, because there's so many different parts to that whole. And that's the same for the family. I thought, "You know what, if you're not able to coach or to guide, to support an entire family, then you're really trying to run up hill and ignoring a lot of healing opportunities."

10:00 CA: Many health coaches just don't really know how to handle whole families, they're really focused on the individual. I felt that there was something lacking there, because again, we have the opportunity and also maybe

really the need to work with whole families. So, offering family sessions, or an intake with the whole family, finding out what the health is of everybody, not just the one person. There's really a very long list of things that can be looked at when you're working with the whole family. That's really what I wanted to do.

10:40 CA: You mentioned the word revolution. I call myself 'revolutionary mama' when I sign off on my newsletter. It's fun, okay, and that's sort of who I am, that's where I come from. I feel like we really need a revolution, and that revolution, that word is a word of empowerment for parents to be able to feel like they have the power to do this. They don't have to rely on somebody else to tell them that they can for one thing, that they should for another thing, but that they can. Can, as in, they don't need someone to tell them that they can as in permission. I tell people that they can do it, what they can do, because it gives them options. It's an opportunity, it's like, you actually have the power to do this.

11:30 CA: And then when parents figure that out, then they move out of that mindset of, "I hope someone can cure me, or my children, I wish, but I can't." And it's like that burn out. I'm sure, Christine, you see people come into your office every day, and I recognize that look a mile away, that tired parent that either doesn't know that they can do something about it, or they're told they can't, or they don't actually know what to do. That's what I aim to do, is empower people. I feel like we need that revolution because we are so medicalized. Our society is about very quick fixes, it's too fast, it's ignoring symptoms, and it's ignoring the body telling us what it needs. And again, in the family, if you have that situation, we're not really curing our kids either, because it's so fast and so chaotic, I would say, that we're really missing, again, opportunities

for true healing rather than slapping on band-aids and hoping it all stays together till tomorrow.

12:40 CA: We're seeing things like ADHD and autism, and auto-immune conditions and childhood cancers, learning disabilities, mood problems, depression, anxiety, explosive behavior, oppositional defiance, apathy. This stuff is just absolutely skyrocketing. And so, that's why I feel like we need this revolution, because our kids are really suffering, our families are suffering, and it's not necessary. That's my little revolutionary speech. [chuckle]

13:15 CS: Absolutely. I am a new mom. I just see that the future of our planet is our children, and so their health is just so important. I think it's so sad that there's such an increase in childhood illnesses from allergies, to auto immunity, to neurological diseases. What are some of your ideas on the root causes behind why our children are sick today?

13:48 CA: Well, like I said, we're moving too fast and not getting anywhere, and so their stress level is super high. It's not just emotional and mental stress, that's bad enough as it is, and we all know the physiology behind that. We're having that psychological response, the mental trouble, but we're also having physical trouble where we have the stressors on our bodies, on the immune system. We've got lots of chemicals in the environment such that our immune systems are really highly burdened, and we've got this toxic load that is just more, more, more, more, more, and there's just not the foundation to support that kind of pressure.

14:43 CA: So these kids' bodies are really under a lot of assault in the environment, in the way we live, in the things we do and don't do. We're eating really poor diets that are very low in nutrition and high in chemical additives and glyphosate, and all of these things that are really damaging to the body and to the immune system, and to the microbiome, right? So everybody's gut is a mess because of that, and also the environmental assaults. We're eating things that we shouldn't be eating, and we're also eating industrialized food, and we're also not eating the things we should. So getting those good greens and eating the rainbow, and getting enough, adequate protein. Not too, too much, and adequate fat, good fat.

15:35 CA: And then we've got things that we're doing, like sitting around, playing video games or getting exposure to EMF, you name it. Just a couple more things I would like to mention though, is this whole lifestyle of sitting, and not getting outside in nature, I think that has just really robbed us of the whole, real root of being a human being, and the reason why nature is so healing is because it's got everything we need. It's got absolutely everything we need, and we're very disconnected from nature. And so our microbiomes suffer, and our mental health suffers, nature is actually meditative to be out there. We also get connected to our planet, so we take better care of it, right? And we get more connected to each other, and nature, and the real reason that we're living, right?

16:29 CA: Sleep is an issue for sure. We don't sleep enough. We don't sleep at the right times. We don't actually prepare for sleep, let our biological clocks wind down at the end of the day with blue lights, and phones ringing and all kinds of stuff going on right before trying to go to bed. We're not repairing at that time of day, and then we don't really get any rest, time for creativity, to

slow down, to stop, to enjoy, [chuckle] enjoy what we're working so hard to have. So, it's multifactorial, but I really think that it's a matter of not enough good stuff in, and not enough bad stuff out. And so, our bodies and our children's bodies are really taking a beating because of it.

17:21 CS: Absolutely, and it's like our children are not starting from zero when they're born anymore.

17:28 CA: Yes.

17:28 CS: They get exposures from mom in utero, and then when they're born, they're just up against a lot more. You have a lot of wonderful people on your summit, from Stephanie Seneff to Dr. Michelle Perro, and I think Dr. Song too, who I'm friends with, and just a lot of great people in pediatrics who are looking at all of these things. I'm sure your summit covers every one of these things that you just mentioned as a whole hour long talk, right? I appreciate you sharing that. I think when we're in this world, we kind of take for granted what we know and how empowered we feel, and I think that's why your message is so important. I have a lot of friends in the community who don't really know much about my work, or what I do, and I see them go through the system that, if you didn't have this education or background, you just kind of go along with, right?

18:32 CA: Yes.

18:35 CS: I think, of course, education is the key to empowerment, but what other barriers do you feel are there, that our families are up against when they try to get better? I know that this is a complex topic.

18:49 CA: Yes, well, I can make that short and sweet for you, actually, unlike most things.

[chuckle]

18:56 CA: I do have a lot of say, but really, it's the lack of resources. And so, what are those resources, time? This is what people tell me over and over again. Time. So again, we're busy and everybody is, and I think that's okay to be busy, just not busy doing things you don't want to do, they don't understand why you're doing it, and there's a purpose. If you're enjoying yourself, it's okay to have a really full life. So what choices are we making in life that are sort of making our goals more of a reality or further away, and then what really are those goals?

19:41 CA: And so, time. Re-allocating time is a really good thing to encourage, or that I help people to do is re-allocating their time and saying, "Okay, look, I know you don't cook much, but how could we free up some time for you to do that? Would that be a crock-pot? Would that be everybody else helping rather than one parent or one doing that job?" There are lots of hacks. And then also, are you kind of crashing out on the couch watching TV and thinking you don't have time, but that is actually time that you could be using. But you're tired, because your health isn't good, or you just want to check out. So there's a lot of stuff that kinda shakes out with time as soon as people really realize that they do have a lot more control than they think.

20:31 CA: And then money, that's another thing, right? Money is always an issue, and people have a really hard time. Most people can't afford a really

high-priced functional medicine doctor. Even to pay for health coaching, people say, "Well, why would I pay money to do that, what are they going to do for me?" And so it's, again, re-allocating that, helping people to get their heads around that, and then finding better ways to spend that money, because we have to really realize that some families can't afford to do all the testing that we would want. Maybe it's finding different testing for them. Maybe not doing the testing and doing really more thorough health histories, maybe bundling some things, or getting really clear on the stuff we really, really need, and then the other things to see you down the road, helping people to budget, all that stuff is kind of left up to the family to figure out, and that's actually a barrier for them, because they say, "I don't have it." They don't even start, because they can't. They don't know what to do.

21:36 CA: Energy is another barrier, and that's kind of like, if you have a family and even if one of the family members has any sort of chronic illness, most of the time, if there's something going on in the family, I don't think anybody is really well, that everybody's kind of having struggles in their own way, and so energy can be a real problem.

22:00 CA: So it's not just the time, it's like...okay, maybe you have some of the time, but you're just sitting down on the couch, or you're still going, but you just don't want to. Your little one isn't that old, Christine, and so you're probably still not sleeping that good, and so like that, even one night of that, and you don't want to do anything. And then, if you have a good sleep, and you feel rested, and you feel nourished, and you feel loved, then it's like endless, bottomless energy. But if you're in that energy suck, it's like you almost don't even know what it feels like to be out of that. So energy...it's a limited

supply. We don't have endless energy, unless we are able to re-tank and recharge or tank up and recharge.

22:47 CA: And then knowledge, again, you were saying education, right? I mean, not everything is yes or no, exactly right, but, I mean, at least, we can help with that education piece. Parents need to know that there are these choices, and then they can actually make really good decisions for themselves and their families according to what they've uncovered, the compelling evidence, the pros and cons, does that work for my family or not, does that apply to this kid or not, because it's not going to apply across the board, so they need to have that kind of education and knowledge, and then support. Support is the last one, friends, family, practitioners, professionals. I think the support really lies in the family and in the friends and the community circles. That's where the support is the strongest and the most consistent, or needs to be.

23:44 CS: I see patients, again, who are pretty sick and have been through a lot and even in the hardest part, I think for myself and the other doctors that I work with, is that we see the path for the patient and everything that the patient needs to do, and it's just the reality of that, right? How to break that down from point A to point B. I mean, that's a lot of our work and what we do, but it's definitely overwhelming on many, many levels, and so I think it's really important to just acknowledge that and then also come up with solutions. We're not going to change medicine unless this is all accessible to everybody, right? At places like Sophia Health Institute, and with the work that Dr. Klinghardt is doing, we're trying to understand why people are so sick, so we can try to get our treatment plans really dialed in and help the people that we're serving.

24:53 CS: And then from that, making those ideas more mainstream and more accessible, so then there's more support financially and with resources, so this can actually happen for everyone, right? This is kind of, again, my vision of utopia. How can we make the medicine that we all know that people need accessible to everyone? I am really happy that you're putting this into the conversation...we don't have the perfect answers, but I know that you've really thought about this, and you've developed a training, your way to tackle how to get people really on their path to healing. Can you share a little bit more about what you've created?

25:46 CA: Sure. One of the things that I am passionate about is bridging the gap. I love the science, I love the research. I love doing the work as a clinician, and with the families and interpreting the tests and figuring out the root causes and teaching people about functional health and medicine, and lifestyle interventions and all that stuff, I love doing that part. And I love learning about all the stuff that we're discovering, all those things they keep talking to people about. Christine, this stuff is absolutely fascinating. It opens up a world of opportunity because of the stuff we're learning at a breakneck pace right now. I think the work that the researchers, the scientists, the clinicians like yourself and Dr. Klinghardt are doing, it is life changing and very progressive.

26:47 CA: But at the same time, I'm a mom. I've been in that place where I can't access all this knowledge, or I can access the knowledge but not really the plan to make that knowledge actually..to make the rubber hit the road. So, I had to learn that. It took me years to actually train myself and then I just did it myself. And then I started helping other people, which is great, because

then I wouldn't be doing this if I hadn't taught myself. I learned from other people too, don't get me wrong, it's not like I just plucked it from the sky.

27:24 CA: But I come from that place where I know what it's like to not have the energy, I know what it's like to have a whole family who's sick, I know what it's like to not have the right supports, and I know what it's like not to have the money and not to have the time. I know what that's like. I've had all of those things happen at the same time with some very serious conditions. And we only talk about type one diabetes, but there are lots of things that we haven't talked about here that I've experienced and with myself, and then again later with other parents with the same situations and reaching out to me saying, "I can't afford you" or "I don't have the time to read what you sent me" or "I don't know what to do. I'm one parent and the other parent is going against what I want to do with my child." Right? So lots of stuff going on there.

28:10 CA: So what I'm really passionate about doing is bringing those two things together. I get classified as a health coach, but I think it's much more than that, and I think we need more than that. And so being that person who can deal with issues like time, and I'm also a clinician, but we don't always have the time to really be everything that people need. We can't be there when they need a support system, or we can't give them money, we have practices to run, we have people to pay. As big-hearted as we are, we still have to take care of our own families and businesses, right? And so what are we going to do there? So there are issues of time, help with interpretation or the support in planning. A big thing is, we can come up with a plan but then there's an execution involved. There's tweaking, there's adjustments to make. So Johnny reacted to this supplement, now what?

29:16 CA: I think that where I come from, knowing both of those worlds can really create a model of care. That's what I did by creating the health coaching program that I've created. One of my own methods of the way that I work, is putting all of that stuff together. So we've got all of the research and the science and all that stuff we learned. I learned all that stuff, and then asked, "how do we help people knowing what we know of the science and the research, so they can apply it to their own families, and then how do we make it simple enough so that they can actually do it at home, so they can actually make these changes." That sounds really big maybe, but that's basically what I did and it works really well.

30:19 CA: When I do my work, I think, "well, we need a lot more people like this, that can do this job." And hearing how it works for people and knowing that I can't do it all, or this other health coach over there, and all the people that I meet, none of us can do it alone. When we create this army of other people that want to do the same thing, but they just don't really know how to make this happen, that's when I thought, "I have to create an academy. I just have to teach people how." What would have helped me, and what helps me, and what helps my own clients, that's what I went by. It was about seeing what actually worked in real life and then making that reality.

31:12 CS: You're very impressive. Many people will see the need but not create an academy.

31:28 CS: I just really admire that dedication. We have to do this as a team, and many of our patients from my perspective, yes, they need a great doctor and somebody's who's going to really try to assess their treatment plan and

how to get them well, but that's just one piece of the puzzle. They also need to have people who help them with like IV therapy, talk about drainage to them--this type of health coaching or support to get them from point A to point B is critical. And so, you have a training academy for practitioners. And then, you also educate parents. Can you tell me a little bit about that?

32:24 CA: One thing I want to say about what you just said, Christine, is about needing to bridge that gap. One of the big things I do is refer out. Like I said, there are so many brilliant people out there, like yourself and Dr. Klinghardt, doing so many things that I just don't. So sometimes there's that as you said, collaboration and working together. It's like, "you know what, I'm going to refer you up to this one because that person can help you with that piece and then come back and we'll put that into the plan." Because there's so much to learn and there's so many different avenues to go down according to what that family needs. I do that all the time, make a referral and say, "hey, look, read this person's book, go to see them. Make an appointment with that homeopath." Something like that, right? And so that's part of it too, bringing together that team for those people because, again, it's really difficult to do that on our own.

33:23 CA: And it's much more powerful together. Then you're wondering about the academy. And actually, it is for professionals, but it's for people who want to become professionals. Most of the people in my group are professionals but not necessarily in the health coaching field. There are nurses, there are teachers, there are even some moms that worked in professions that really didn't seem related, but who had children who were ill and actually reversed their illness by discovering all these things and their own illnesses and just decided, "No, I've got to do this just because I have to. I have to do

this." And then we have people in the medical profession who said, "I can't actually do my job anymore, because what I've been taught, it was not enough." And especially several nurses who've come into the program with that thinking, "oh man, I need to do more and learn more, and then I can help my clients or my patients better."

34:25 CA: So, everybody is welcome. I have a kind of process, not stringent, but people do need apply. It's not just an open application where anybody can take it and get the designation. I really want to create the situation where people who are certified come out of the program well-versed, very well-educated and having passed with flying colors all of the testing that we do. We do quizzes and we do testing, we have a final exam that has both an oral and a written component, we have a practicum. I also help people throughout after they graduate or while they're in the program, with their clients. That's why I keep my class sizes reasonable, because I'm very hands-on, because they need to really get their feet wet. I really keep my finger on what my coaches are doing. And also just make sure that they're doing the best work for clients and giving them the most relevant guidance because they need that.

35:50 CA: So that's my training academy. And then I do train and educate parents. I have programs, weekend workshops that I started to do. My first one was optimizing the health of children with type 1 diabetes, and there's a lot of information. I recorded it, and I made it available for people just to purchase and sit with and learn on their own. And then my summit, which you've been mentioning--I thank you for mentioning that because it's really like a mastermind.

36:52 CA: It's a gathering of the minds on behalf of children who have chronic illness. And it's really not just about that, it's about preventing and reversing childhood chronic illness, but it really would apply to anybody. We have 66 speakers and I think this will air just before it ends, but there'll still be several days to listen to it. And you should be able to listen to most of the talks that you want to listen to. So thanks, Christine, for doing that.

37:22 CS: Oh absolutely.

37:23 CA: It will be really good for us to announce this initiative.

37:30 CS: Absolutely. And Carla, I know that you have so much knowledge and information to share and I just really appreciate all the work that you're doing to help the health of our children, and our families. You really put an amazing summit together, and all the work you're doing is just quite remarkable. This is how we change medicine, with all the things that you're doing, so I'm grateful for the energy that you're putting into your work. With anyone who's listening, please take a look at Carla's summit. She's interviewing a lot of the top leaders in our field. What were some of your favorite talks Carla?

38:37 CA: Kurt Gar talks about cold laser therapy. I would definitely listen to that one. Kiran Krishnan, I love him. I mean, he really does a deep into the microbiome.

39:00 CA: Oh and Stephanie Seneff, come on.

39:21 CS: Of course. Yes. She's amazing.

39:23 CA: Peter Sullivan was really great, too, because he talks about EMF, and protecting ourselves from EMF. And he actually had EMF exposure. That's the work he's been doing in his own family and professionally as well. I just could go on and on. There are 66 talks, so hold on to your hats and press play. Do it in the car. Listen when you're doing the dishes. You're just going to have to kind of fit in in there.

40:01 CS: 66 talks is amazing. That is an amazing accomplishment. All the people you mentioned, I admire all of their work. And yes, you have a great list of speakers. And Carla, where can people find out more about you and your work?

40:22 CA: Healthyfamilyformula.com, that's my website. So you can find me there. If you put an inquiry in the "contact me" field, you'll get me. If you want to make an appointment, I do 15-minute meet-and-greets if people want to get oriented. It's a lot easier than emailing back and forth. There's a link to my training academy on there. There's a link to my book--we didn't talk about it, but that's coming up in June.

40:51 CS: Oh wow.

40:51 CA: "Family Health Revolution." I'm super excited about that.

41:18 CS: Well, thank you so much for all of the wonderful information and all the work you're doing, Carla. It's been really fun to get to know you over these last few sessions that we've been able to connect on. We will post all the information for everybody to find out more about Carla and her work. And thank you so much for joining us.

41:39 CA: Thank you, Christine. It's been an honor.

41:42 CS: Thank you for listening to the Spectrum of Health Podcast. I'm Dr. Christine Schaffner, and I hope you enjoyed my conversation today with Carla Atherton. If you want to listen to her Children's Health Summit 4, please take a look at the link in the show notes. And please look at her website as well to find out more about what Carla is up to. If you've been enjoying this podcast, I'd be grateful for you to leave a review. And please also look at our new website sophiaeducate.com. We are putting a lot more of the free webinars there that we're giving to our community. I hope that you find it useful. Thank you so much.