



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

Podcast Session #5

Treating the Mind and Body as One

With Dr. Sharon Stills

Dr. Schaffner welcomes Dr. Sharon Stills to the show to talk about her RED program and the importance of a mind and body balance when trying to create your happiest life. Dr. Sharon Stills, NMD is a Naturopathic Medical Doctor who provides therapeutic and diagnostic services to patients in need of a different approach. She has successfully helped thousands of women transition gently through the different stages of their lives with all natural methods and is passionate about spreading the word about RED – the philosophy and program she developed. For more on Dr. Stills, visit <http://www.drstills.com/>.

00:06 **Dr. Christine Schaffner:** Welcome to the Spectrum of Health Podcast. Today I'm speaking with my dear friend and colleague, Dr. Sharon Stills. Dr. Sharon Stills is a naturopathic medical doctor who provides therapeutic and diagnostic services to patients in need of a different approach. She believes that the mind and the body must be treated as one in order for every person to enjoy genuine health, true happiness, and to experience their deepest passions each and every day while they are enjoying the gift of being alive. She successfully helped thousands of women transition gently through different stages of their lives with all-natural methods and is passionate about spreading the word about RED, the philosophy and program she developed for you to reinvent your health, explore your happiness, and discover your RED Life, so that you too can create and live the life you desire and deserve. Please enjoy our conversation today, we talk a lot about her RED Life Program. Sharon and I have a mutual love for European biological medicine. We actually met at a conference that we both enjoy going to in Baden-Baden, Germany called Medicine Week. And she really walks her walk, so I hope you enjoy this inspiring conversation with us today.

01:22 **CS:** Welcome, Dr. Sharon Stills. I'm so excited to have you on the podcast today.

01:26 **Dr. Sharon Stills:** I'm really excited to be here, thanks for having me, I'm looking forward to our time together.

01:31 **CS:** Me too. I think I shared this with you maybe when we met...when I was in naturopathic school and really thinking about my career and just exploring people I wanted to emulate in our field, your website kept coming up

because of your unique interest in not only naturopathic medicine, but biological medicine. I remember you being an inspiration for me in school, and then it was so fun that we've gotten to know each other through conferences and all of our mutual interests. It's just really lovely to be able to interview you today.

02:11 SS: Thank you, I didn't know that. It just makes me think how you never know what you're going to do, what you're going to say to someone you know, a stranger, and how you can have a profound effect on people's lives. It's a reminder to have passionate mindful living in actions in everyone's life, for everyone who's listening.

02:31 CS: Absolutely. I know that our audience would love to hear how you became inspired to become a naturopathic physician, and about your journey in medicine.

02:46 SS: Okay, well, that's quite a long story.

02:50 CS: I know, but the short version. [chuckle]

02:51 SS: The Cliff Note version, the highlights. So basically, as a child growing up, I was very sick, and I was raised in a family that wasn't aware of natural medicine or holistic alternatives. I grew up in the '70s and the '80s, and it wasn't as prevalent back then as it is now. And also, we didn't have the internet to just look up, "My daughter has asthma and keeps going to the hospital, what can I do?" And so, I was taken to the pediatrician and I was at the doctor's so often that the doctor used to joke that one of his exam rooms was named after me, and we used to laugh about that, but it's really not that

funny, it's kind of sad. I had really severe allergies and asthma, I would be in the hospital in oxygen tents, I was overweight, I had headaches, I had depression, just a whole host of things.

03:49 SS: And so, I grew up very sick on antibiotics. The same pediatrician used to call me his pin cushion because I would get so many allergy shots and he was always so intrigued that I would not even flinch or cry, I was just so used to it. And so I grew up very sick and when I got pregnant at the age of 20, I got married, and then had my first son when I was 21, who as a side note, happens to have just finished his first year at naturopathic medical school. So we're going to have a second generation naturopath coming up in the Stills family.

04:32 CS: Love it.

04:34 SS: So, when he was born I was worried because I knew my history, and as a mother, you worry 20 times more about your children than you do about yourself. I wanted to make sure I could do whatever I could do to prevent him from going down a similar path that I had gone down. I too was still sick, and at the time I had met a neighbor who became a friend whose brother actually was a colon hydrotherapist, so my first introduction to natural medicine was colon hydrotherapy and having something stuck up your butt and having your colon cleaned out.

05:15 SS: And then from there, he started teaching me about nutrition and other things and I just got very interested, and so I learned that I needed to not give my son dairy products because he was having eczema and chronic ear infections. And so, through learning about nutrition I started to take care

of my son, and then I started to take care of myself. And lo and behold, all of these symptoms that had plagued me and the ones that were plaguing him, they started to disappear. And it was kind of like this light bulb went off, it was like, oh my God, I've been suffering for 22 years and all I needed to do was take some fish oil and take gluten and dairy out of my diet, and all these symptoms I was having disappeared. I got very excited, I guess you could even say obsessed, with natural medicine. I just started reading everything I could read about nutrition and I became a vegan, and I definitely, now as you talk to me and see what I'm about, and my patients could vouch for, I'm very about balance, but back then I was very zealous and obsessed, and the pendulum was swung all the way over to one end of just being neurotic about everything that I was doing. And that can become a problem.

06:35 SS: But what it did do was enable me to find my passion in life. And so, at the age of 23, I got divorced, I had another son before I got divorced, so I was 23, 24 years old and I had a 3-year-old and a 1-year-old, no college education, and now a pressing need to support myself and my two children. I just thought, "wow, I'm really into this whole nutrition thing, I should make a career out of it." And at the time, I was living up state in Buffalo, New York and my friend said, "well, there's no naturopaths here, but there's one over the border in Canada." So we packed all the kids into the car and drove across the border and went to see him. I just remember walking out of his parking lot and saying, "that's what I'm goin to do." I had no idea that you needed four years of undergraduate, which I still didn't have, and so it took me 10 years, I ended up going to massage school and learning Oriental Medicine and became a massage therapist, then I did my undergraduate and then in 1997 I entered SCNM, which is Southwest College of Naturopathic Medicine, in Arizona, it

was a very new school back then, and started my time there as a naturopathic medical student, and I graduated in 2001.

08:00 CS: Wow, what a journey, right? And it's so important to feel so passionate about the work because whenever we embark, especially on a career path, it takes time and perseverance, and it doesn't happen overnight. So Sharon, you graduated in 2001 and you've not only sought out naturopathic medicine, but you sought after something called European biological medicine, and that has some different principles and theories that are very interrelated to naturopathic medicine. Can you share how you became interested in that and just a little bit about what European biological medicine is?

09:00 SS: Sure, and I have another life lesson that goes along with why I became interested. When I was in naturopathic medical school there were always opportunities to be what was called the "student representative" for the different nutraceutical companies that we work with, and so I had applied to be the student rep for one of the vitamin supplement companies. I was so sure I was going to get it, I had a great interview, and thought I was a great person for the job, and I was crushed to find out that I didn't get it and that one of my classmates did. I was so upset, I tried to control myself, but then I don't remember exactly how much longer after that, maybe a couple of months, I got this opportunity to be the student rep for what was then called Pleomorphic Products, and that was repping the Sanum remedies, which are these isopathic remedies that help balance and change the milieu inside of your body. They work with fungus and microbes, and they're very unique and very powerful. So I took this other job and it literally changed my life as a physician and got me into this whole European biological medicine thing. Because I was repping for them, I started meeting all the doctors that were over

in Europe, in Germany, and Austria, and Switzerland, and I started becoming very well-versed in the Sanum remedies.

10:27 SS: So when I was a medical student, I started traveling around the country going to conferences and lecturing to physicians about the Sanum remedies while I was still a student in school. And a lesson for all of you listening, whether it's applying for a job or looking for the special relationship or whatever it is that you're looking for...what belongs to you will find you and if something doesn't happen, if that door closes, it's not your door, there'll be another door for you. I'm very grateful that that first company didn't hire me because if they did, I would just be very well-versed in vitamin therapy, which I'm well-versed in any way, just by being a naturopathic physician, and I never would have discovered this whole world of European biological medicine and had all the experiences that I've had and learned all the tools that really are the foundation and cornerstone of my practice today, which help me to help thousands of patients.

11:25 CS: I love that, it's just that we're always on our path, whether we see that or not. I think that's a really important life lesson to keep in mind, and I've seen that in my own life too, so I can relate to that. I didn't know that you were introduced to the Sanum remedies at school, but that makes a lot of sense how that was so transformative to your career. So Sharon, you ended up practicing in upstate New York for a while, correct?

11:58 SS: Actually, Long Island, right outside the city.

12:01 CS: Okay, great. You had a practice and I think a lot of our audience knows that we naturopathic physicians, we are a very small profession that is

growing every year, but it's very state-dependent regarding our scope of practice and our license, which brings a lot of challenges when we're trying to share medicine. Now you're in Arizona, correct?

12:35 SS: Correct. I had a practice in New York for 10 years and then relocated out to Arizona, where I practice the full scope of my medical degree.

12:47 CS: And that's, for our audience, the states that really recognize the full scope of a naturopathic physician...we're really well-trained, we go through four years of medical school, we do everything, gross lab and medical procedures and it's really the Northwest where I am in Seattle, Washington...Washington State, Oregon, and Arizona have a really wonderful scope of practice. It's no accident that the schools that have been around the longest are in those areas, and we're growing each year. I know there's a lot of passionate people trying to educate more of our communities and more of our legislature to broaden and widen that. There's definitely a difference from state to state, depending on where you live.

13:41 SS: And I think it's really important for the listeners to understand the difference, to look at our American Association of Naturopathic Physicians, which is naturopathic.org, to see what states are licensed, to find a doctor who is licensed. When I was in New York I sat on the board of the New York Association of Naturopathic Physicians for many years as their treasurer, and one of the things that we really impressed upon people was, the reason we go for licensure in all the states is because without licensure, there's really no way to determine if the person who's hanging out a shingle and saying they're a naturopathic doctor just went through a mail-order program and completed

a couple of at-home take-home tests, or if it is someone like yourself and myself who went through a four-year accredited program where we are eligible. I have a DEA license, I'm a primary care physician, I can do injections. I have equal footing here as an MD, and I think that's really important for people to know, that if you're seeing someone who says they're a naturopath you want to ask them where they graduated from, you want to see their credentials.

14:55 CS: It's such a great point because I think when people are new to the alternative space, it can be a little confusing, and they're trying to figure out who to see and what the difference is. As you've pointed out, Sharon, it's a very different license and when we're trained as a primary care physician and have a lot of tools for chronic illness, we just have this huge breadth of knowledge so our recommendations are going to come from a very safe grounded place, even though they're alternative. And not that a naturopath who went through a mail-order program doesn't have any information, it's just not rooted and grounded in the safety that I think is necessary when you're dealing with these really tough health issues these days. So Sharon, I'm so excited to learn more about the culmination of your life's work. You've developed now what you call RED Med and your RED Life Program. Can you share the inspiration behind that, and really what does that mean?

16:06 SS: Sure. It's one of my favorite things to talk about. I'd be happy to, I'm so glad you asked. RED is my philosophy, and I know you're all just listening to me, but if you check out my website after, you'll see that I have this big mop of red, crazy, wild, curly hair on top of my head. I used to hate my red hair when I was young, my mother says I used to get a lot of attention from it and that I used to walk around with my hands over my head because I didn't

like all the attention. As I grew up and came into myself as a woman and increased my self-esteem and worked on myself, I started to really love the attention and love my red hair. I was sitting with my office manager one day, and we were talking about how I want to put my philosophy on paper and really get it out there so everyone, whether they're a patient or not, could really share and learn from it. And we were trying to think of an acronym, and she was really great and just looked at me and she said, "Well, how about RED? Because you're just so red." So I thought, "oh, I love that, that's great."

17:16 SS: And so, the R in RED stands for Reinvent your health. The E in RED stands for Explore your happiness, and the D stands for Discover your RED Life. And so what that really is, and how I came to it is, as a doctor working with all these patients, there's always different reasons things are going on. We talk about naturopathic medicine, we talk about European biological medicine, and from those perspectives we're looking at regulation of the body, and we're looking at what is the root cause, and what is the imbalance, and what's under the tip of the iceberg that's causing symptoms or disease processes to be happening in the body. When I work with these patients sometimes, and you know as a physician, Christine, it's like sometimes it's an easy fix, sometimes there's one nutrient that a patient needs and it changes their life. You give them zinc and it's like, "oh my god, they have an awakening and so many symptoms go away." And sometimes it's many things they need, or sometimes it's just they need to quit their job because they're at this job and it's an unhealthy situation and they're not expressing their passions and they're stressed.

18:33 SS: I believe stress is responsible for 99.999% of issues that we experience. I've had patients where it's like the prescription, and like I said, I have

a DEA license, I can prescribe, but I can count on one hand the number of times I've actually prescribed a pharmaceutical. I like to use my prescription pad to write like, "go build a sand castle at the beach." I think it has more of an impact on the patient. I can prescribe "go quit your job" and that just makes a huge difference for them. And so the RED is really like my version of the mind-body complex.

19:13 SS: I started seeing that a lot of patients who come to me, they come from an allopathic mindset, and you can't really blame them. It's the terrain of our society and how we've all been raised. You have something wrong with you, you go to the traditional MD, he's standing on his pedestal, he tells you what medication to take, and that's it. You leave with your prescription and you start popping pills and you hope for the best. I think with that mindset, when patients show up at my office or a naturopathic medical doctor's office, they come with that mindset of like, "you're going to tell me what to do, you're going to give me something but I don't want the pharmaceuticals, they haven't worked or I don't like the side effects, but you're going to give me a vitamin or you're going to give me an herb, and it's going to be my magic bullet." And there really is no magic bullet, it's really a myth. Healing is multidimensional and multifactorial.

20:21 SS: And so, when I was thinking about all this and thinking about RED, I really felt like the R handles the body part. It's all about reinventing your health, and it's more on the physical level of things. There's 13 steps in each section, and so in the R section we have things that are more focused on healing the physical body, so making sure that you're detoxifying, getting you on a good supplementation program, making sure you're hydrated, making sure you're an expert sleeper, making sure that your gut health is good, and

so on and so on. We're really focusing more on the physical because you know as well as I do, as well as everyone listening knows, if you have a headache or you have joint pain or you're very overweight, or whatever symptoms are getting you down, you're fatigued, you really can't go out and enjoy your life.

21:26 SS: And so, I'll often say, it's corny, but it's like that saying, 'Your health is your wealth.' You could have all the money in the world and all these amazing things going on, but if you feel sick you're not going to be able to show up and enjoy them. And so it's really important that we focus on this vessel, this physical vessel we have. I used the word "reinvent" because I think another societal misconception is that, "oh, well, I'm 50 now, so it's normal, it's part of the aging process. I'm going to get tired, I'm going to get fat, I'm going to get forgetful." And to me, that's bogus. So it's to say to you that you can reinvent your health any time, any day, any place, anywhere, let's get it done. You could be 50, or 60, or 70, 80, 90, 100. There's always things you can do to reinvent your health and to begin again and to start having vitality in your life. I'm going to be 50 in March and I can say without a doubt that I am healthier now than I was in my 20s or my 30s. I'm not saying that you're not going to age because obviously that's inevitable. We're all headed towards aging and the final transition where we leave this body, but we can get there in a comfortable way, in a healthy way, it doesn't have to be a total breaking down and discomfort. And so that's why the R in RED stands for Reinvent.

23:05 CS: I love that. There's so many great points that you bring up and I see that in so many similar ways. As doctors, of course, we have to focus on the physical body, but our bodies are really interrelated to all these other aspects that we'll chat about as well. It is probably one of the things that keeps

me the most passionate when people have been chronically ill, you see these wonderful people who've really been taken out of their life. And so, for me, because I know you love what you do and I love what I do, it's just really heartbreaking in a lot of ways to see people with all this potential and passion and they're just not able to utilize that when they're feeling ill. I think that's a huge part of helping people get their health back, connecting to their passion and purpose and really allowing that to fuel them, to give them momentum as well. I think another great point you made, Sharon, is that even some of my family members are guilty of saying, "oh, I guess I'm just getting old," and I'm like, "no, if you say that, [chuckle] that's your mindset." Of course, we age, but there's so many ways to age more gracefully and with ease, and to really support the body so that aging doesn't have to be this degenerative or painful process. I love how you've reframed that. Next, tell us about Explore.

24:47 SS: Explore is more the mind part. While you were talking, I was thinking about these patients who are chronically ill, sometimes their gut biome is a mess and they're eating the wrong diet, and they need to be detoxed, and you do that and they get their life back, and it's amazing. But sometimes, it's like I was saying before, they need to leave that job or that relationship, or they need to let go of some anger they've been holding on to, and that's the magic that happens. It's that occurrence when they have that emotional release, that then they start to get better. And so, that's what E is about, it's about exploring your happiness. Happiness is intimately related with how healthy you are and how you feel. And at the end of the day, we're all looking to be happy and we want to feel loved, and we want to feel joy, and we want to feel happy. And so the 13 cards in E are more about exploring your happiness.

25:55 SS: And so, you were just talking about people saying that they're struggling because they're getting older, and of course, if that's what you think, it will be true for you. And so, one of the cards in Explore talks about that. It teaches "harness the power of your thoughts," because if you want to know what you're thinking, then just look at the life you're living. Because what we think, our subconscious thoughts, start to create our outer reality. It's really important that we personally, for each and every one of us, that we become the master gardener and tender of the thoughts that we think, because they really start to create what we're experiencing. Joy is always available to us, we just have to choose it. If you're stuck in traffic and you're having road rage because you're going to be late or because the drivers around you are driving you crazy, well, you could shift that, you could just choose to put on a podcast or some music or just silence, or look up at the sky or appreciate a tree that's maybe next to you on the road, and you can start to bring in the joy that's always there waiting for you at every moment. It's really how you view things, what you think about things. Another thing in the Explore section is "practicing gratitude," because when you're grateful it's hard to be angry, it's hard to be unhappy.

27:30 SS: A simple thing that I always recommend is a gratitude journal. Maybe you do it every morning or every evening, and you just jot down three things you're grateful for. And they could be big things, "kabam! I got that promotion today!" Or they could be, "someone held the door open for me" or "it didn't rain" or "I took a nice beautiful shower." There's so many different things to be grateful for, and when you focus on it, we're saying about the power of your thoughts, when you start to focus on being grateful, you start to be more grateful and you start to realize, "wow, there's a ton of stuff I was

never grateful for that's just right around me all the time that I can start appreciating." And so things of that nature are in Explore. Learning how to get out of your head and to become body-centered and really connecting to your breath. I'm also a certified MBSR teacher and AUM Meditation leader. MBSR is Mindfulness-Based Stress Reduction, based on Jon Kabat-Zinn's work, and I'm very, very passionate about mindfulness and meditation being some of the best medicine we have to offer. And so learning to connect with the breath, learning to let the breath heal you, it's so amazing what three to five deep breaths can do to change not only the way you're feeling, but even internally to activate the parasympathetic nervous system and just to change stress reactions that are going on in the body.

29:07 SS: E also gets fun, talking about rituals and ceremonies to mark significant events in your life. I went through menopause and to my year date, because the medical definition of menopause is a year without any periods, and so to the day a year after I didn't have any periods, I was just about 49, I stood on top of Kilimanjaro. And to me it was very powerful, because if that societal idea ever tries to even sneak into me, "oh, well, you're postmenopausal, you're going to get fat and frumpy and frazzled" and all these things, it's like, "uh, not me! I climbed Kilimanjaro, I rocked that menopausal transition." And so that's a call to action for all of you listening, to think about the transitions that you go through and to mark them with something meaningful. Because when we have that anchor it really helps us if we start to go down a more negative thinking path.

30:14 CS: I love how you live your life and really practice what you preach, that's such a wonderful way to mark such a transition that a lot of people can frame in a negative way. But it can be a very powerful transition for all

women. I think that's just so you, Sharon, to climb a mountain. And you brought up, again, a lot of great points. I have been very inspired by Tony Robins, who is a really famous motivational speaker, and he says a lot of the same things you do, that I've been trying to implement in my life since recognizing him as one of many people who inspire me. And it is so true, when you focus on gratitude there's such an energy shift, there's probably so many things that happen in our bodies too, not in only the physical but also the energetic level, and then it's almost that you start vibrating at that higher vibration and that allows you to see and attract other things in your life from that place.

31:21 CS: I've seen that in my own life and of course it's something to be constantly reminded of and practiced. "Where focus goes, energy flows." So where we put our focus and attention, that's what we're going to see in our life. I think that is so great that you're integrating that when people are looking to improve their health. You're making this a huge piece of their health routine, so I think that's awesome. So, Sharon, we have Reinvent, we have Explore, and then we have Discover your RED life. So tell us about that.

32:10 SS: So the D, for Discovering your RED Life, is the pay-off, and the goods, for doing the work. Once you have your physical health reinvented and you've got your supplements and you're eating well and all these things, you exercise, and everything's in alignment and you're following a good routine, and you've explored your happiness and so you're integrating, whether it be a meditation practice or a yoga practice, and maybe you've done some therapy or some emotional healing work, or there's so many different amazing techniques that we all offer, but once you've got these things handled or are handling them then you get to discover your RED life. Your RED life will

be different than my RED life will be. Everyone's got a different RED life, and so that's what's really fun, it's about discovering why you're here and what your passion is and what your purpose is. It's talking about your vision. What is your vision that's going to guide your day? To me, your vision is like the whisperings of your soul, it's the little nudges. And sometimes I find those nudges from an emotion that we tend to think is negative, for example we tend to think envy or jealousy is not a good emotion to have.

33:40 SS: But when I see someone and I'm a little envious or jealous of something they're doing, then I just say, "wow, that must mean it's something I want in my life and I don't have it yet, so I have to create it," and then I support them because the best way to make a great world is to be a good cheerleader for everyone, because there is no competition. To see when someone has something that makes me a little envious I go, "okay, that's my soul whispering to me that this is something I want to actualize into my life. And, truth be told, if I don't do anything about it, it's not going to happen." You're not going to do anything about it for me, you've got your own RED life to worry about. And so we really need to take responsibility, and I think in this fast-paced society we don't even really stop and talk about these things, and we don't carve out moments to even explore them. And again, if we're stuck in R or E land, where we're really dealing with a lot of physical issues, it's the last thing we're thinking about. We're trying to just think about how to feel good so we can survive and get through the day-to-day motions.

34:52 SS: And so once we have a handle on that, like I said, then we can start looking about what is our RED life about. And so for me my RED life is about sharing RED and traveling and having adventures and having loving community around me, that's what it's about for me. One of my big things is I

love to travel. But I've had patients, their RED life is about being a cook and creating nurturing food for their family. Or it may be about going back to law school when you're 50. It could be huge or it can be simple, there's no, "this is better than that," it's just "what is your truth?" and "what do you want your life to be about?" I was talking about this the other day and it sometimes sounds morbid, but one of my favorite activities to suggest to patients, or to do in my own life, or to do with friends, is to write an obituary, or an eulogy for yourself. Because then you can see how you want to be remembered and then you can reverse engineer it and start doing those things, so that when the time does come that it actually is going to be your eulogy, you will have lived the life you deserve, you can have lived and manifested your RED life. I think it's very, very important.

36:19 CS: I think that is so beautiful and I think that life goes by so fast and there's so many precious moments. I think where we both stand is that part of being fully healthy and living this optimal life is really actualizing our potential. And what does that mean, on many levels. I see a lot of really sick people, and I always like to ask them, "what does life look like when you're well?" And of course, they don't need to wait to do that until they're completely well, but just anchoring that vision of purpose and passion to help them move through that and toward that and start being that. I think that's just a really important part of being human. When we're not connected to our passion and purpose we're not happy. And that's so unique for everyone, whatever that is. I am sure you've been doing this work throughout your career, but since you've been doing your program have you seen some really amazing things with patients when they fully implement all of these pieces?

37:37 SS: Yes, it's life-transforming and like I said, sometimes it's just simple joys in life, like one patient who says, "now I go to the beach once a week and I build sand castles." And it's just this deep joy. And then another patient, it's like, "I'm going to go rock being a lawyer and I'm 50." So it really varies, and I think it's just all beautiful. And in Discover we talk about this great passion and purpose, and that's the end goal, but along the way it's also about discovering and reconnecting to nature and letting nature nurture you, reconnecting to dance and moving your body and the healing power of music and moving your body or being creative, or owning your own sexuality and sensuality, and your look.

38:38 SS: The RED Program is niched towards women, because I'm a women's health specialist. It doesn't mean that if you're a man listening you can't get in the RED zone for men, but you just have to realize that it's leaning towards women, with some of the wording in it. But it's really for humans, to be honest, whether you're a man or a woman, feeling good about yourself and owning your sexuality and all of these things is important. I think in our society, and because it's the patient population I mainly work with, women really need this because women are so torn, and women tend to be working and raising the kids and running the household, and they're just pulled in 17 different directions. I'm here to remind you that one of the cards in Explore is to adopt the "me first" attitude.

39:41 SS: And again, I have a lot of these corny cliches I use, but they really work. It's like when you're on the airplane and they say put your oxygen mask on first. I think that's such a valuable lesson, because most women do not put their own oxygen mask on first, they'll put their kids on, and then they'll help the neighbors in the row behind them, and then they'll finally get around to

their own when they're out of breath and close to dying. Oh, maybe I should put my oxygen mask on now.

40:12 CS: I say the same thing to my patients.

40:17 SS: There's nothing wrong with being a little "selfish" and filling your own vessel. If you're a watering can, how can you water the plants and make them grow if you haven't filled the can with water? You have to fill yourself first to be able to give.

40:35 CS: I love that. I'm sure many people are curious and wanting to experience this for themselves. So, Sharon, how can people find out more about your RED Life Program, if they want to work with you? I know you have retreats and people can work with you one-on-one, how can people experience this work?

40:58 SS: They can go to yourredlife.com, that's a little website we have up about the RED and what it means, and why I created it. You can purchase the RED deck of cards, they're a ton of fun. One of the reasons why I did a deck of cards before getting my book done is because I just think nowadays, we're all a little ADD, it's hard to sit down and read a whole book, people want little snippets of stuff, and so these cards are just a lot of fun. You can pick a card every morning, you can pick one for the week, you can pick one for the month. In addition to having a quote from me and a little bit of information about the topic on the back of the card, they have these takeaway tips, real life tips that you can implement right then into your life. I feel like on the 39 cards with all the tips, even if you get the cards and even if just one tip changes your life, that was \$16 well spent. And there are so many tips on

there that have the power that I have seen and continue to see that is life-changing.

42:13 SS: So your RED life is one way. You can also learn more about me at drstills.com, that's my website and you could always follow me, and find me at 'Dr. Sharon Stills' on Facebook and Instagram. I'm also a physician expert on womenshealthnetwork.com, so I have a blog there. I do a lot of blog posts, so you can read more about my philosophy and my work there. And there's also a new group that I'd like to give a plug to because I think it's a phenomenal group, it's called the BRMI with the Bioregulatory Medicine Institute. We're a non-profit group that I sit on the advisory board for and we have conferences twice a year in Kentucky, we have one coming up May 10th through 12th at the Galt House Hotel, which is the Kentucky Derby hotel; it's lovely, in Louisville, Kentucky. You can learn more about us at brmi.online, this is a conference where we are sharing ideas and teaching, and getting European biological medicine, bioregulatory medicine out there.

43:27 SS: Our goal is to have it as a household name so that everyone, whether you're a physician and want to learn more to offer to your patients or your patient, or a lay person and you want to learn more, we have something for everyone. Usually conferences are doctors only or there's a lecture for the lay people, but here we're all coming together as a community. And then in October through that group, I'll be leading a tour to Medicine Week in Germany, where we learn the latest and the greatest. I think we met at a restaurant in Waldenbuch a couple of years ago.

44:04 CS: I think so.

44:07 SS: Where we traveled to bring back from Europe what's going on and share it with the patients in the states. And so that's another great group I recommend checking out.

44:18 CS: Well, you're doing so many amazing things, Sharon, and you have inspired me with this conversation, and I know you've inspired many others. I just really applaud you for all the work that you're doing in our profession and with patients, and I just so appreciate our friendship and your time today.

44:40 SS: Thank you, it's great to be here, I appreciate you equally. So, thanks so much for having me.

44:49 CS: Thank you for listening to the Spectrum of Health Podcast. You can learn more about Dr. Sharon Stills at drstills.com. And please, if you enjoyed this podcast, please share it with your friends and your community. And if you felt compelled, please feel free to leave us a review on iTunes. We appreciate your time, and thank you.