



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

Podcast Session #8

Let's Talk Chakras!

With Alexis Saloutos

Dr. Christine Schaffner speaks with Alexis Saloutos about (you guessed it) chakras. Alexis takes listeners through the chakras and talks about why understanding each one is so important. She also talks about her energy assessment modality, ChakRedy, and which pendulums work the best for her. To find out more about Alexis, visit www.chakredy.com.

00:06 Dr. Christine Schaffner: Welcome to The Spectrum of Health Podcast. I'm Dr. Christine Schaffner, and today I'm speaking with my dear friend, Alexis Saloutos. Alexis and I discuss the chakras, energy, and an energy assessment modality that she created called Chakredy. Alexis is the founder of Chakredy and she holds her degrees in nutrition from Bastyr University. She's trained in numerous modalities, including energy healing techniques, body work, muscle testing, flower essences, and more. Alexis and I worked briefly together at Sophia Health Institute, and it's been really, really fun for me to see her work unfold. I hope you enjoy our conversation about the chakras. Thank you.

00:51 CS: Welcome, Alexis, I'm so excited to have you on the podcast today.

00:55 Alexis Saloutos: Thank you, I'm so excited to be here.

00:58 CS: Well, I'd love for our listeners to know, you and I are obviously dear friends and we've been on this journey together for a long time now. It's been really, really fun to see your work unfold. When I met you, you had graduated from Bastyr, and then you went back to Bastyr for a Master's, and we worked together at Sophia Health Institute for a little bit. And then in 2014, you began this journey with Chakredy. I just would love for people to hear about your story and what inspired you to create this really unique system that we're going to talk about today.

01:39 AS: Awesome. Well, yes, so I have been blessed to connect with you and you have been a very influential person on my path, both personally and professionally, so I just want to take a moment to acknowledge that. And wow, what a journey it has been. We've known each other now for 11 years.

Chakredy was born during a very intense time in life for me, right after our first child was born, and I was not expecting to have this system of healing come through, but it did. And it happened after taking some time away from work and after, like you said, going to school, studying nutrition, and then having the opportunity to work with you in a clinical setting. I've been inspired by so many different teachers and modalities. And so, this specific teaching of Chakredy is rooted in what is now called the chakra assessment. It uses a specific crystal pendulum that helps people connect in with the different energies of the chakras, and it moves differently to communicate different things.

03:13 AS: I really came across this by my own curiosity and application. After I had been exposed to muscle testing, I was using muscle testing and doing energy work in my office as a nutritionist, and one day, I just picked up this crystal pendulum that I had and started holding it over the energy field of my clients and noticed that it would move in different ways over different parts of the body. And back in 2014, this all just came together. After years of experimenting with this pendulum, it just clicked one day, and I realized that there were four specific movements that were happening over the chakras. I termed those movements "presentations," and those different presentations have become the core of the Chakredy teaching now that I train other practitioners in.

04:14 CS: It's been really, really wonderful to see this system unfold. I think most of our listeners probably have heard of chakras before, but just for the novice, really, what is a chakra? Can you describe the seven chakras and just give a brief overview and introduction, so we don't lose anyone?

04:35 AS: Sure. So, in all of these different modalities that I had studied, the chakras were never a main focus. And so it was a surprise to me that they have become the foundation of what I teach now, but it makes so much sense. The way that I relate to the chakras is that they are these larger energy centers, they're always fluctuating, and they help communicate to us how we are relating to both our internal and our external environments. And in these, we can connect in with these different energy centers and learn different things about ourselves and also see where there are areas that can benefit from being supported and what areas we may connect more with. So, it reveals sort of our natural strengths, and then our areas of being more challenged. For example, the root chakra, I would say for me, one of the primary things that I connect in with that is being in this physical body. So, being grounded and present in this physical body. And this can be a challenging chakra, I'll just connect this in with your work, Christine, when working with illness or disturbance in the physical body. I noticed through the lens of the Chakredy assessment work that people can have a hard time really being in that root energy.

06:13 AS: And it makes so much sense that the energy almost pops out or retracts up, because it's hard to be present in the physical body when you're in pain and when you're experiencing different issues. So, root chakra is connected in a lot with grounding. Regarding the sacral, there's so much going on at the sacral. It tends to be associated more with emotions and flow, but also each of these chakras can be related to different aspects of the physical body. The sacral is tied in a lot with the pelvis and the reproductive energies and the bladder. And also for me, I work a lot with energetic boundaries in relationship to the center. So, there's a lot going on there.

07:10 CS: And a lot of people have health problems in that area. And we'll learn throughout this conversation how this all translates into our physical body as well. We spend a lot of time trying to help people with the sacral chakra.

07:26 AS: Yes, definitely, things can get very stuck there. And then the solar plexus has evolved to be one of my areas of specialization. I would say that it is the center where lots of different gut stuff can show up, so I term it "solar plexus sensitivity." People who are very sensitive from this part of their energy tend to perceive the world through this part of their body, so, pick up highly on information from their environment and feel it through the gut. This is a major center for discerning self from other, and it can be a very powerful energy center to work with to really become centered in yourself and in your energy so that you're not diving into other people's stuff through this part of the body.

08:28 CS: And it's that beautiful interconnection. Again, in my world, we're always trying to heal the gut, and we're thinking about the gut barrier, and when that becomes permeable or leaky, this is when the immune system starts not recognizing self and auto-immunity develops, and it's just really interesting how that also is mirrored in your work on this energetic level. I think that's a really interesting connection.

09:00 AS: Absolutely. It's fascinating. Then moving up from the solar plexus into the heart space, the heart is, I would say, in my work, and I tend to work primarily with women, but in general, this area is often the set point. I would say it's a set point for the energy, and so it tends to be in more of what I would term an expansive state or just an open energetic state because all of

the other energy centers are relating to the heart. So when the heart is off, it can really offset the rest of the energy, and it's sandwiched kind of in the middle, so, it's affecting the upper and the lower aspects. We can look at how everything is connected, of course, but when the heart is off it can really throw off everything else. From my lens, one of the main focuses in the way that I work with other people, is to help teach them how to remain centered in the heart. There's a lot of projecting out through this part of the energy into, again, other people's stuff, and so when we can learn how to be centered in compassion in this part of our energy, it's very empowering and it can allow us to navigate life's challenges.

10:36 AS: I can relate this to your work, you see lots of challenging things and it can be hard not to project out through that part of the energy when you see other people struggling or suffering, and so learning how to be centered in the heart is extremely supportive in the healing realm.

11:00 CS: That's such a powerful area of our body on many levels, and I think, not to get too esoteric, but really, in this time right now, I think we're all really called to be more heart-centered and learn what that means. We have more chakras to go through, so what's next?

11:25 AS: The third chakra is an interesting energy to work with, and it's definitely been part of my personal healing journey, and I can relate this to lots of different aspects of the physical body as well. One interesting piece about the throat is if we look at just the anatomy...this is the most narrow point of our body and it's sandwiched between the head and the heart, and there's a lot that can get really congested and stuck in this energy center. I find from the lens of my work that when people struggle to articulate and give language to

what it is that they're experiencing or are having a challenge merging what they're feeling with what they're thinking or intuitively perceiving, it can definitely surface in the throat. That can manifest in so many different ways, but looking at just this area of the body, looking at the tonsils, looking at the teeth, looking at how things can surface in the throat. It's definitely, I would say, one of the top priorities for a lot of people.

12:48 CS: I see a lot of stuck energy there, and we really focus a lot of our treatment in all those areas that you said. It's always wonderful to not only look at the physical, but at how we remove blocks on the energetic level, too, to really facilitate healing. I think a lot of people can relate to the throat chakra.

13:09 AS: Yes. Definitely. And it tends to be perceived as looking at how can you give voice to things, how can you speak your truth? But there's also what I would associate with the back of the energy: how are you listening, how are you really tuning into what it is that you know to be true? There are so many different dynamics that are happening, for instance in how these energy centers relate to one another, but also within each energy center, how we are allowing receiving and being with that energy, and then also connecting in with the front of that center, which relates to how are we taking action, how are we moving forward, how are we making choices that are aligned?

13:54 CS: I think that's really powerful.

13:56 AS: The sixth chakra, the third-eye chakra, I really tie this in with the dynamic dance between the intellect and the intuition. From my perspective, every chakra is intuitive, and that's something that maybe we can explore a

little bit more on this call. The third eye tends to be associated with being the psychic house, and so, it's the energy center where intuitive information can come through in a more visual and auditory sense, where there's just that sense of knowing, and then of course, where we're also processing things, the intellect. It's a very, very busy energy center. There's a lot going on there, and I definitely work to help people with drawing their energy more back, because we can get so fixated, and you may even be able to just connect in with this, people who are listening, to your energy being very focused or fixated in the front of that center. It gets busy, so, there can be a lot going on, and we can also disconnect from the lower parts of our energy and just be hanging out in our head all day.

15:15 CS: Very true, very true.

15:17 AS: So there's a lot of potential for harmony and for bringing a greater sense of ease to that part of the body and that part of the energy. And then the seventh chakra, the crown chakra, I really connect this part of the energy in with our direct connection up, so direct connection to source, to spirit, to God, to creator, whatever that higher consciousness and energy is, however you would term that. It's such a beautiful energy to work with, and there can also be a lot of resistance that shows up at the center in many ways. I also connect this energy in with direct and indirect communication, so, connecting up to source energy would be direct communication. Well, I've been calling it this for years, but "crown chakra deviation," so going into more of the ego energy and allowing that to take charge and dictate can actually manifest as this deviation at the crown. That's how I perceive it. I know that this is something that you work with, too, and that I've been on the receiving end of and love.

We'll use the example of the neural therapy, the crown pattern, one of my favorites, that things can just get stuck there, that there can be a resistance, actually, to connecting up. And then for other people, it's very easy to connect up and it's harder to connect down, so it just depends.

17:08 CS: Absolutely. You just did a beautiful job of describing the chakras in a very unique way, even though this is an ancient system, it is through your lens of inspiration and what you've been seeing. You've been able to relate this in a whole other way to help people move through their emotional and also health problems. Just to keep making sure people are on the same page with us, there's the chakra system, and then Chakredy really is an assessment tool. Can you just go through, maybe briefly, how you identify and prioritize where people need to work in their body, what are these presentations?

17:53 AS: Yes, that's a great question. So, I use these special pendulums. They were created by someone who actually perceived the same things that I did, this is a life-long friend and was not able to necessarily articulate what that was but we've both been connecting in with the same energy all along, which is pretty interesting. So, basically, there are four core presentations in the the chakra assessment, which is the beginning level of working with this system, because it began with an assessment, and now it's evolved into this entire healing modality, the four core presentation. So, the pendulum will move in four different ways. We'll connect in with what's termed contracted presentation, the contracted presentation communicates more of a depleted state or a lack of energy flow.

19:06 AS: And then the chaotic presentation is chaotic, so that energy is just kind of all over the place. It's not finding a sense of ease or balance. And then

the open presentation is more fluid, so, it tends to be associated with a general sense of comfort and flow. And then the expansive state, which I connect in with being kind of the fun state, [chuckle] where you're feeling really good, everything's moving freely. There's this sense of freedom in that energy, and it's much more magnetic. I always like to state upfront that we are human beings, and so we're constantly fluctuating in and out of all of these states. And people always ask me, "do you ever see anyone who's all expansive all the time?" I have not personally seen that, but I also hold up a very scrutinizing lens because I want to see the dirt, I want to see the stuff that wants to be worked with, and so, I don't connect in contracted and chaotic with being bad and open and expansive with being good, they simply are showing and revealing how we are relating to what we're going through, through those different energy centers.

20:37 AS: And what's so cool about this and what I love so much about working with these pendulums is...I've never related to the traditional pendulum work of yes/no where it's used in more of a predictive capacity. I never really was excited to work with pendulums before this. I think that's part of how this system came through clearly, is that I didn't have that prior experience and wasn't set on what it was, so, it came through in a different way. This assessment method is showing us how we can perceive what's going on in these different centers and then also has the ability to prioritize and show which chakra would like to be addressed first. The pendulum is just my favorite thing, because it's a physical object, it does a number of things, but for me, it helps me stay present and remain as more of an observer to witness what's going on, and it helps me stay out of my head. So it's actually the grounding tool for me, because my mind can relax a bit and trust that the pendulum is going to reveal a movement. And the gratification of seeing the energy, then

you're communicating with the energy, and it manifests as the pendulum moving in a specific way, it is so cool. It's just like you use muscle testing and you can see how the body responds to different things, it's very helpful to have that physical response.

22:33 CS: Absolutely, and it's a tangible way to connect with something that's not visible to the naked eye. A lot of people who do energy work or hands-on work or any type of healing, they understand what this feels like, but we don't always see what this looks like. I think the assessment tool that you have developed and that's come through you has really given us a way to interact with this energy. I'm sure people respond in a whole different way once they see this, correct?

23:11 AS: Yes. It's very exciting. Very exciting, and it soothes the mind, because you can see that reflection. And yet we all perceive things through a different lens, and I always like to share with my students as well, that we could do a chakra assessment for the same person and it would look differently, and there may be similarities, but we all are bringing our unique lens to something. We're bringing our unique experiences and skills and insights, and so what may surface for me as a priority will be different from another practitioner. It's pretty neat to see how that arises.

24:03 CS: Yes, we see that, too, with ART, it's a language, of course. There are certain rules, if you will, and patterns that we will all interact with, but we all bring our unique knowledge base for how we interpret that language and how the body is communicating. I think that's important because I think when people maybe are new to kinesiology or any type of energetic work, they want to understand, "okay, how valuable and reliable is this for me?" And it's

not going to be like you'd get your blood drawn and your white blood cell count is 5.0, and you go to another lab and your white blood cell count is 5.0. It's not going to be that objective. There is a subjective quality to it, but it is a very, very valuable tool. I don't know how either you or I would work with patients without having some way to interact on this level. I feel like we get a lot farther than if we just were relying on purely objective information.

25:13 AS: Yes. Exactly.

25:19 CS: So Alexis, we have the chakras. You have this beautiful system to assess the chakras, and then what happens? Let's say someone has a contracted throat chakra. Who doesn't have that, right? We've seen this before. How do you go and support people in helping them to heal this energy and kind of shift and expand it?

25:46 AS: That's a great question. With the level one training, people go through connecting with the chakra assessment. I work with people of all different backgrounds, so some of the practitioners that I have trained in my system are massage therapists or energy workers or nutritionists, I've even had lawyers and doctors go through my training. So, depending upon what your background is, that you are bringing to this work, this system really helps to get a snapshot of what is going on in the energy, to help identify an area to begin addressing first, and then with the chakras specifically, we look at what I call "wheel aspects," so different aspects of the energy center, and that can provide a more in-depth starting point as well to address a focus.

26:46 AS: When I began this work, I thought, "okay, so, I've arrived at this chakra assessment method and can see how the energies are presenting. I

need to be a quantum physicist to actually help people and describe what's going on here," because there's so much, I would just be straight up lying if I said that I understood how this works. It is a mystery, and every single day gives me the opportunity to surrender to being guided and to trust what it is that comes through. That can really test your sense of self and your ego when you're in that space. I know that it can be the same for muscle testing, because there is that level of just allowing what is coming through to come through. I've gotten more comfortable over time with trusting that what does come through provides a starting point to create a very powerful dialogue, and my focus and passion has always been in empowering the person, empowering the client, the patient, the person on the receiving end of this work, to connect in with what it is that they intuitively know to be true.

28:06 AS: So, oftentimes, Chakredy is providing an access point for someone to connect in with their own energy and where they're at, so that in itself can be healing. And then as we move into the deeper layers of the work, this is an entire healing modality, so we work with different pendulums that serve different purposes. Some are connected in more with interference energy and are able to reveal if there are energetic leaks or blocks happening. And then we use the pendulums to do specific things to help support cleaning within that center or that layer of the field. I know this is a very long-winded response to your question, but there are so many ways that it can be used. Sometimes people just beginning with the assessment will then use their nutrition coaching to support whatever surfaces. So, it's very versatile and can be applied in a very vast way.

29:20 CS: And as you know, like any assessment tool, depending on the practitioner who works with it, they're going to apply the tools that they know,

I just wanted to share that with the audience. I agree, I see a lot of patients who just feel so comforted and acknowledged and validated when they have that...even if maybe they don't have the path to how to heal this yet, when they can identify where they need to work and where their body is giving us information, I feel like that can bring a lot of healing, just that alone.

30:07 AS: Absolutely. It definitely can. And one interesting thing, too, that has become more apparent to me recently...I mentioned the solar plexus sensitivity. This has been an area for me, the gut, that has definitely just been a primary way in which I experience the world, taking it all in through the gut, really feeling everything through that part of my body and internalizing other people's stuff. It seems so obvious, now that I look at it, but when I initially made this connection, it felt profound that oftentimes, the parts of our bodies, our physical bodies, that we struggle with the most are often the aspects of our energy that are the most intuitive and are picking up the most information.

31:02 AS: Every chakra is intuitive, and there are different ways in which we can connect with this, I call these "intuitive indicators," so, the ways in which we're experiencing intuitive information. And they can show up. So for example, the throat chakra, which most people wouldn't say is typically an intuitive center, we think about the third eye and psychic skills, but with the throat chakra, if you're seeing inflammation in the throat, if there are throat flares, if you're censoring what you're saying, that can actually be highlighting things that you are intuiting.

31:48 AS: It's also fascinating to see how the physical body can be showing us what we're picking up on.

31:57 CS: The areas where we have most resistance in our life is where the gold is. And that's a reframe because usually, naturally, we want to run, avoid, and not look at those things. That's a really, I think, important observation that you're finding. So, Alexis, your work has evolved obviously over the four years you've been doing this. Are there any other insights that you want to share with us that you're really excited about? What are some of the things that you're really excited about exploring this year, and what has been coming through with this work?

32:52 AS: That's such a great question. I'm excited about all of it, right?

32:56 CS: That's right. We love each other because we get so excited about so many things. [laughter]

33:03 AS: I'm so passionate about this work. I feel like a mad scientist completely immersed in it. My office is covered with charts. I probably to some people look like a crazy person with all of these things around, all the crystals and all the charts. But I love this work. It is a complete expression of what I feel is my soul's purpose in the world, to help other people more deeply connect with their own knowing. One of the greatest insights that I've had with Chakredy is that we are all intuitive. We all have the ability to connect with a higher consciousness and to engage directly with the mystery, and this is one framework that can help people to access that inner knowing. And there are so many different paths. What I love about this work is that it humbles me every day.

34:07 AS: I'm always being shown connections that I wouldn't necessarily make without having the ability to trust and to surrender to this work and to

the system. It's such an exciting thing to see people who show up in the Chakredy trainings with a lot of curiosity and a lot of excitement around connecting with energy and intuition, but are also very lacking in confidence with their own intuitive skills and doubting themselves a lot. And to see those connections made and skills expand and deepen and the trust evolve is so exciting, because it is the coolest thing to see people just evolve on their own journey and become empowered and make their own connections. I love everything that I do, and I'm excited about all of it. I will begin my first level four training in the fall. So people who have been with me for years, we're going far out, and it's very exciting.

35:31 CS: That's so fun. What are you bringing through for level four? What kind of things are you exploring?

35:42 AS: Level four happens after people have been with me for quite some time and have developed and established a trust in the system. So much of this work is beginning to open up to things and learn how to trust the impressions that are coming through for you. It obviously takes time to get to that place where things are moving more fluidly. Level four will be working with, get this, 12 pendulums.

36:14 CS: Oh, wow!

36:15 AS: So, we will begin moving into how each pendulum connects with different energies, we are essentially harnessing the light and the energies that these different tools work with, and we'll be exploring more aspects of healing and working with different layers of the field. It's going to be really fun and exciting.

36:44 CS: Love it. I know we kind of glossed over a little bit about the pendulums. I think your pendulums are very unique, and this is part of how you really connect people with the system. So, if people have been with us this far, they're obviously into this energetic realm of wanting to learn, so I think it's totally okay to share all these.

37:21 AS: So the pendulums that I work with, I am biased, but I think that they are the coolest, the best. They are very clear. There are number of reasons why these are special. I will definitely attribute a huge part of them being special to the person that makes them who I have this lifelong connection with. The prism bottoms are Swarovski, and the different types of pendulums for the different levels of the work use different beads, and some of them use different gem stones. So, they connect in and harness different energy. The tops are hand-hammered copper tops, and copper is a powerful conduit, as we know. With these copper tops, the way that you can physically hold them is very comfortable, so it's easy to use them to do assessments all day long because you can hold them comfortably.

38:28 AS: A lot of pendulums don't have a top. And again, my experience with other pendulums is minimal because I've never really connected with them as much as I have connected with these. The copper tops help to communicate and help the energy flow clearly through you, and then have that be reflected in the movements of the pendulum. They are built to work with, they're built to be used and to move. I should mention that, for me, pendulums help to create a barrier...when we're doing hands-on-healing work, which I work with as well, I teach people how to connect in with different sensations in the hands and what those sensations can potentially reveal, but the

pendulum is very effective at creating a boundary. And so people who struggle with taking on other energy tend to benefit so much from working with the pendulum because they're not bringing it into their body to process, which is interesting.

39:41 CS: I never thought of it that way unique. When you do this work all day long, it can be hard, right? You have to protect yourself.

39:53 AS: Yes, absolutely. I feel like an energy drill sergeant sometimes where it's like, "We gotta get in our body, people!" It's really important to be grounded when you are working in the healing realms because when you're grounded, you can then have clear boundaries, and it's much less likely that you will be taking on other stuff. There's so much around that, but I would say that one of the top reasons that I see other people burning out in some type of healing profession is because they're taking in other people's stuff, and it's intense.

40:35 CS: I agree. I agree.

40:35 AS: It's intense because a lot gets revealed and a lot gets shaken up and surfaces when someone's going through a deep healing experience, and if you aren't aware of what is happening in your own energy, it's much more likely that you will take that into your body. A lot of people do that without realizing it and are doing it to actually process what's going on, but then the risk is being completely leveled and depleted by it.

41:10 CS: Exactly, exactly. And you see people who are exhausted in this work versus people who can maintain a consistent level of passion and energy. If you are out there and working with people one-on-one, it's really important, we call this energetic hygiene, how to really stay connected to the work. You have to take care of yourself. If I didn't do certain things in my life, I don't know if I could work in the level and the capacity that I do, and I know you do the same. So it's really important. So Alexis, we've covered a lot. I definitely want to also share today, I think it's kind of fun how our worlds collide. If you don't mind going through the inspiration that you had to create the six-week parasite challenge that you're creating, and you're so sweet to have invited me to speak to this. As many of you all probably know, I work with a lot of chronically ill patients at Sophia Health Institute, and if you listened to Dr. Todd Watts' podcast, we talked a lot about how parasitic infections can be an often very overlooked infection that's keeping people in this chronic health crisis. And so, a big part of our work is helping guide people through these really intense protocols. I love that you're looking at it from this whole other level that I think is really relevant. So can you share a little bit about that work and what inspired you to do this?

43:00 AS: Sure. So this goes back to when we first met. We first met 11 years ago, and I had just opened up my first store with my husband. Christine walked into my shop and we became fast friends.

43:17 CS: Divine intervention. [chuckle]

43:20 AS: And shortly after, I became very sick and I wound up being somebody with a chronic illness. I don't connect that, and a lot of times, I forget that

was a part of my life, but I absolutely was. I went from being an athlete to being winded by walking a couple of blocks, and it was extremely isolating. I was in this place where not a lot of people saw how sick I was, but Christine did, and she took me on as a personal project.

44:00 CS: Little did I know, you were teaching me a lot. [chuckle]

44:03 AS: She just encouraged me to experiment with a lot of different things. And one of the things that came up was addressing parasites, and I thought, "Well, pff, obviously, I don't have that. I mean, that's not my issue. Whatever is going on, it's not because I have parasites." And a year went by, I was trying all different things, and I realized that, yes, in fact that was a major part of my focus. I had made this connection that I was internalizing everything from my environment, that every person that's walking into my store, I was bringing their energy into my body. I made this energetic connection, and in that same time, I experienced parasites leaving my body. I went from being extremely ill to making that connection, having that experience, and essentially, my health being restored overnight. It was a very dramatic shift for me. It completely changed my perspective on health, and it made me passionate about shouting that 'parasites are real!' from the roof tops. And most people just looked at me and thought I was nuts, but my parasite passion has run for a solid decade and I was fortunate enough to experience other practitioners who addressed parasitic infection and to work with you, Christine, and get to work with Dr. Klinghardt and see him in action.

45:51 AS: And it's such a major thing. It's such an overlooked, under-recognized, undertreated thing. And as you're talking about energetic hygiene, I've just found for myself that doing a parasite protocol a couple of times a year is

standard hygiene. And that's become a big part of my focus, to just maintain my own health and well-being. What I am now guiding other people on is through that lens of personal experience and sharing my passion for parasites and also how parasites, from my lens, communicate what it is that we are actually experiencing on an energetic level, that these interferences are able to take a strong hold, and using the gut specifically as an example, that intestinal parasites, can take a strong hold in your body when there's a lot of stuff to look at on an emotional, mental, energetic layer at the gut level. And so, making these connections and learning how to identify and address what's going on in your own energy so that you're not creating this environment where anything can just take over has been an important part of my own journey. I have just been thrilled to share my decade-strong passion for parasites with other people.

47:43 CS: I love that, and I love the program you created because I see this a lot in practice as well. It's just as people move through this part of their treatment, all those other stuff comes up for them. And when we can really be open and talk about how can we release other parasitic energies in our life, it makes a lot more sense for people. Parasites are this part of our environment. We've been challenged with these as long as we've been alive on the planet, but it gets to a point when I say it's like when your garden is overgrown, right? You need to address this, and this can sometimes represent a counter-force energy in people's lives, when they haven't done appropriate treatment. When we look at this from all these angles, that's when people really shift on a profound level. I'm so excited that you're doing this class, and I'm excited to contribute as well, and you're just doing so much great work out there, Alexis. It's been really, really fun to see you unfold over the years and I'm really inspired by the conversation. I would love to see you soon and do

more of this work together. Alexis also has a beautiful four-year-old, and I work too much. We both [chuckle] haven't gotten to spend as much time as we want to together, so, this is really fun to connect in this way.

49:27 AS: It is, and thank you so much, you have inspired me deeply, of course, at so many different points in my life, and it's a joy to connect with you. For everyone listening, you are so lucky that you have arrived at Dr. Schaffner, because she is an absolutely gifted and brilliant physician. I'm so fortunate that I've been benefiting from your wisdom, and your knowledge for all of these years.

50:00 CS: Well, thank you, that means so much to me. And I did not pay her to say that, so. [laughter]

50:04 AS: Never. You never have to.

50:09 CS: Oh, thank you, Alexis. That tears me up. And so, how can people learn more about your work? I know that you're putting so much great content out there on a regular basis and you have your training programs, and so, how can people stay connected with you and your work?

50:29 AS: Yes, you can go to chakredy.com, and you can sign up for my newsletter to stay in touch. I've really devoted myself this year to creating valuable free content that I can share with everyone, things that surface for students that have played an important role in the evolution of the Chakredy system, and also things that I've just been curious about on my own path that I've learned. I release a video each week on my blog and try to share information in a fun and light and also deep way that is full of humor, too, because

I think we get really serious in the world of healing. And my approach tends to be a bit unconventional, so, there's that. My level one training is now automated and it runs at least once live. I run it live once per year now. So if you wanted to learn how to train in the chakra assessment for level one, that is accessible all year round with that live training once a year. I'm creating different things all of the time, I've got an intuition boot camp going now. I'm in the midst of the six-week parasite challenge, and so many more things to come. I would love to connect with you, and if you're interested in this work, it's so much fun.

52:18 CS: Thank you. Absolutely. And you're such a creator, so, it's really going to be fun to see what you come up with this year.

52:26 AS: An intense binge creator.

52:32 CS: [laughter] Well, Alexis, thank you so much for your time today, and I'm excited to share all this information with the world, and I'm sure we will be seeing each other soon.

52:42 AS: Thank you so much. Thank you so much for having me, thank you everyone for listening. If you made it this far, awesome! You are destined to work more with your own intuition. Thank you so much, Christine.

52:56 CS: Love you!

53:00 AS: I love you, bye!

53:01 CS: Thank you for listening to The Spectrum of Health Podcast. I hope you enjoyed my conversation today with Alexis Saloutos, and if you want to learn more about Alexis and her work, please check out her website at chakredy.com. Thank you.