



Reverse Autoimmune Disease Summit

Dr. Keesha Ewers Interviews Kendyl Morris

- Dr. Keesha: Welcome back to the Reversing Autoimmune Disease Summit. I'm Dr. Keesha Ewers, and I am delighted to bring to you an up-and-coming star in the field of fertility. This is Kendyl Morris. She's an advanced clinical hypnotherapist and integrative medicine health coach and is the founder of Natural Infertility Solution, a revolutionary individualized approach to reversing infertility and conceiving healthier children with 21st century; like guiding future parents through a preconception period to reverse their own imbalances, to optimize the health of their future child or children through her own personal journey of healing her digestion; and learning how to balance her chronic anxiety and depression naturally and nourishing her body based on her genetics. She saw a deep need for parents to do this work prior to having children. Kendyl is extremely passionate about her work and has dedicated her life to helping people live more conscious healthy.
- Dr. Keesha: And fulfilling lives, not just for the sake of their own quality of lives, especially for future generations. Welcome to the summit, Kendyl.
- Dr. Keesha: Thank you for having me.
- Dr. Keesha: This is part of your bio I actually took out because I wanted to have you tell everybody why this was important to you; these rising rates of some of the problems that we're having and our society today with autism and ADHD. And then this millennial generation right now that you belong to has a highest rates of depression and anxiety that had been seen before. So this is such an important thing that you're doing right now. And I always start with having people tell their own story a little bit of what she covered when I introduced you, but how you got interested in this in the first place.
- Dr. Keesha: As you said, my generation is the generation with the highest rates of anxiety and depression and now some of the highest rates of suicide as well. I've felt this really, really close in my life from personal experience. And then with, I would say 90% of my friends, through junior high and on struggling with some level of anxiety or depression. And so because I happened to be your daughter, we'll just get that out now. Everything will make a lot more sense now moving forward.
- Dr. Keesha: As I was developing my own more serious and chronic anxiety and depression, I was also developing more serious digestive issues. But of course in western

medicine we don't really associate the two. And so I was completely outside of the norm having a parent that was saying, hey, instead of taking Accutane, maybe should do the stool tests and see what your bacteria looks like and see how we can balance that and how that probably is at the root of what you're feeling. But you know, at 16 I was completely resistant to that. And so as I have come to realize in working with clients, I had to let my misery become pretty big before I felt motivated to do the amount of work required to feel better. A lot of that ended up being a lot of repair of what had been damaged.

Dr. Keesha: In my own process of healing my digestive tract, boosting my immune system with proper nutrition and balancing neurotransmitters with supplementation and meditation; all of these things to balance my mind, body, and spirit, I started to see that this really requires a lot of effort to feel good. And what if we stopped this trend of people being born with these issues and developing even worse chronic issues later in life; or in this day and age, it's early in life. What if instead of letting people get to this imbalanced state later on; what if we solve the problem before they were even born? What if we did the work before we conceived children to help them be balanced later in life rather than trying to fix the problem once they're in a state of imbalance trying to get through the 21st century?

Dr. Keesha: In my own experience of really having to do quite a bit of work to reverse my own imbalances, and then also having firsthand experience with an older brother who's on the autism spectrum. And then having a couple of stepsons who were also on the spectrum, one of them pretty severely, I just saw how the food that they were eating would directly correlate tantrums to tantrums and the mood swings and the digestive irritability too. When they don't have the words to say, I feel gassy, right? Then they're going to react in a way that children normally do, which is with whining and crying. And so that just was so frequent and these mood swings were so common that I couldn't help but see what he was putting in his mouth was playing a huge role in that.

Dr. Keesha: It was really hard to see firsthand a kid that was three, four, five, six really struggling with this stuff so early on and they ended up being a lot of the same issues that I had developed in adolescence. Now it's happening so much earlier. And so the point of this is to say that I decided with my now ex-husband that before conceiving children, we were going to see what we could do to get our bodies and our minds and our emotional health in a state of balance so that we could produce a healthy child and optimize their chances of having a good quality of life. Because that was what was so hard to, the part of this argument is so difficult for parents that have children on the autism spectrum because they see firsthand how difficult it is not just for their child, but then also for themselves too.

Dr. Keesha: It's hard because it's a very sensitive debate and yet we still need to talk about it because the rates continue to increase at dramatic rates. In 2004, one in 166

kids were diagnosed with autism. Today it's one in 40 and it's predicted that by 2025 that one in two kids will be diagnosed with autism and that should be a national public health crisis and yet we don't talk about it. I just decided that, okay, I'm going to be the one to talk about this and to try and be a source of the change; a part of the change for future generations just because it's not going to get better if we don't start doing something about it. So I saw my own experience as really a gift because it ended up teaching me how to nourish my body properly with nutrition and supplementation and then how to take care of my emotional health as well with clinical hypnotherapy ended up being profoundly helpful with anxiety and depression and meditation as what I call just a regular emotional hygiene maintenance plan.

Dr. Keesha: Because I had learned how to reverse this stuff and then maintain the balance, I realized, okay, if we can teach parents these tools prior to conception, we can optimize the health of the children and then also reverse some of the rates of infertility because these things are very correlated. The severe and subtle birth defects like obesity and asthma and diabetes and autism, as we said, add directly. The rise in those directly correlates with the rise in infertility and raise the rise in miscarriage as well. More and more couples are struggling with this and they're going through pretty drastic measures to get pregnant and expensive measures like with IVF and other fertility solutions, which are incredibly, incredibly good. I am not denying that. But what I would say is what else could be underneath why this infertility has happened; what other imbalances are you feeling in addition to the infertility?

Dr. Keesha: As I learned from you working with clients, with patients, with things like cancer and you know, really life altering chronic illness, the way that you would frame it was so beautiful because you would just say, this is just an imbalance. You know, just like getting headaches. This is an imbalance. And so let's treat it like that. Remove the fear from it, and then look at it from more of an objective view and look at the emotional health, the physical health, and then also the spiritual side of it to see what really is at the root of why this cancer is appearing. Or why this anxiety is surfacing, because often it's not that your body is depleted on anti-anxiety pills, it's something else. That's what I would say about infertility too, is it's an opportunity to look at your partner and say, all right, as a team, let's get to the root of this.

Dr. Keesha: Let's see what's really happening underneath the infertility. Because I would say 100% of the time, if you asked a couple that was infertile, the questions about their quality of life, if they're sleeping well, if they're digesting well, if they have high energy, they're probably not going to be marking yes to all of those things. There's probably going to be imbalances. And that's what I've found in working with people is that infertility is not the first imbalance that happened. There were other things that happened before that, but our culture and Western medicine doesn't address those things like integrative medicine does. And so more and more people are finding that they have to supplement with

alternative or integrative medicine in addition to what their insurance will pay for, for instance, because unfortunately it's not the whole picture. And so we are complex human beings.

Dr. Keesha: We are not just a set of symptoms that can be treated individually. We have to be looked at as a whole, a whole person with energetic and emotional layers as well as the physical. So I learned that from you definitely. Infertility was just a really big passion of mine because I saw that while I was studying the rise in autism from my own personal experience, I was just shocked at the rates of infertility. It's one in one in eight couples are infertile, completely infertile and have to resort to other, IVF, like I said, and one in four couples have miscarriages so that's rising every year along with a depletion in sperm count and the quality of our eggs. And it's all correlated. So as I learned from you and from functional medicine and Ayurveda and all of these brilliant bodies of medicine, we have to get to the root of it if we really want to solve the actual problem or really heal

Dr. Keesha: One of the things you mentioned is that your fertility will show up probably at the end of the spectrum. And this is really interesting because it's in Ayurvedic medicine which people hear me talk about it, but if you're just joining us and you don't know anything about Ayurveda; it is the 10,000 year old framework of medicine that comes out of India. That's the sister science of Yoga, the medical arm of it. And one of the things that they conceptualize is that we have these tissue layers and our tissue layers are built every time we digest our food and our emotions and our beliefs and our experiences properly. And so that first tissue layers build off of proper digestion. And that's your outer layers, your plasma, it's your skin. And then it goes deeper into the next Dhatu they call it which is going to be your bloodstream.

Dr. Keesha: And then then you go deeper and you're going through your fat and your muscle and your central nervous system and bones and each of those layers has to be built from the proper digestion, from the one before and long before and long before. The very last one is your Shuka Dhatu, which is actually your reproductive system. And so it really is the last, the end of the route. When I talked about libido as being your life force vitality, I say that too. It's the end. It's the last thing, first thing to go offline, last thing to come back. And so fertility is really important if you're having troubles conceiving then it's because there have been these other tissue layers that have been not being metabolized properly, created properly from proper digestion of the ones before. And that takes several months to get to that point. So it takes a while to get to where you are. It'll take you awhile to get back out. So is the kind of intervention and protocols that you have couples do, how long do you recommend that they work before this can start to change for them?

Kendyl Morris: You bring up a great point because when you think about, or when we're talking about conception, preconception is the two years prior to the moment of

conception. And so you can think about that two years as being the bricks and the tools and the building blocks for what your child will be and how they're going to turn out. And so this is a complete paradigm shift for us to think about this and in this way. But the program that I do with people is five months prior to conception. And for some that need longer, they go longer. But the program itself is five months where we do all of the lab testing required to get to the root of any imbalance that they have. In all of those layers that you discussed, the plasma, the blood, your cellular level.

Kendyl Morris: We're seeing what your neurotransmitters are doing, what your microbiome looks like, and making sure that all of that is that is in optimal state before you conceive. The period of time that that takes someone or a couple is going to vary for sure. I found that if people can be really diligent about following the plans and following the supplementation and following the emotional hygiene as well, then they can be in an optimal state of health in that period of time. So much of what I do with people too is we address the mindset and we get to the emotional roots of why you're feeling the way you are as well, which is huge. You can't just be drinking green smoothies and expect yourself to heal. Like that's not the whole picture.

Kendyl Morris: It has to be looking at the way that you think. And as you said, you use the, I think you've phrased it, the way that you digest your thoughts. You said something like that. And that's how we should think about that. You know, and we don't think about the suppressed emotions that we have doing anything to our physical body, but they do. And so once again, as I mentioned earlier, often before, people are willing to do that work. They have to be kind of miserable. They have to be at a place where it's like, okay, yeah, I will put in the time to stop and slow down and prepare my food in a conscious way to start observing the way that my mind is working and seeing if that's really serving me or not. And so what I do is I give people those tools. So here's how to follow the, the way to I lay it out with like, here's what you should do when you wake up in the morning, right? Drink this much water. Maybe have a thought about gratitude, right? And so like I create a plan that will work for people based on where their blind spots are. So that they can optimize all of those layers that you were discussing prior to conception.

Dr. Keesha: When somebody is having trouble conceiving, every single month they have a period, it's a trauma. It's betrayal of life, of God, of the couples promised each other the dream that you've had since you were a child playing dolls, if you're wanting to be a mom. And so there's every single time you're traumatized again and again and again. And so one of the things that you know is true, and in solving the autoimmune puzzle, I talk about the misery to motivation ratio, but I also talk about this, the zebra being chased by the lion, right? And like Robert Silbalsky's work. And why zebras don't get ulcers. Those zebras, if they're being chased by a lioness and they know they're about to get eaten, they know it's not safe to reproduce. They can't even keep themselves alive.

Dr. Keesha: Why would they be able to keep something else alive? And though it's not safe to stop and have sex, it's not safe to go to the bathroom right now. You know? So digestion and all of the hormones responsible for fertility go away. Very wisely. So your work as a clinical hypnotherapist is a profoundly important; interject into all of the biochemical microbiome, physiological parts of fertility, which is I think is going to be game changing for people. They have to get that under control. And I'm starting to resist the word mindset a little bit because it's so overused. It's like the word stress. People just sort of glaze over that it really is a fertility mindset. You know, it's an ability to be able to not feel betrayed every time you get your period every month, or have an expectation that if I do this and this and this, the next month I won't have a period, you know?

Dr. Keesha: And so I'll get the little pink positive on my pregnancy test. So it's important that you do this work that you're talking about because otherwise the body feels too anxious to conceive so that your training is really important to bring a whole picture to this. Now, I wanted to also talk about toxins in the environment. We talked a little bit earlier about the rise in different disease processes, the fact that millennials are supposed to actually predicted to live fewer years than my generation, which is the first time that's happened, and I was talking to Dr Tom O'Bryan several years ago for the Woman's Vitality Summit. And he said, yeah, breast milk is the most toxic substance on the planet right now. And I remember going, oh my gosh, are you suggesting that we don't breastfeed our children now?

Dr. Keesha: You know, because it's so toxic. And he said, well, no, but here's what's happening. It's a lifetime of buildup of toxicity in the lymphatic system. The fat tissue, which is where fat soluble toxins love to go right in. That's where breast tissue is it for girls. And it's just their whole lifetime of stuff that's built up. And so they give that first drink to first child. And you know, there it is. It's all their toxins being dumped into this newborn infant. So your work and working with people ahead of time, it's important that people don't just go out and get pregnant now the way it used to be, oh, I think I'll have the child, let's start trying to get pregnant. You know, this conscious ability to start planning it out, conscious conception so that you're not poisoning your child, and people like me are not going to be having children anymore, but we're grandparents in the making.

Dr. Keesha: I didn't know any of this stuff when I had conceived my own children. So you guys, I'm really sorry. We didn't know lots of antibiotics, lots of stuff that killed the microbiome. I took Accutane for acne twice, and so now I said, but by darn my grandchildren are going to be healthy. We have those ubiquitous toxicity out in the planet that we have to fight again. I think getting girls' bodies primed for breastfeeding is another component that's essential.

Kendyl Morris: It's not just the girls either, right? Like, yeah, they need to be in a state where they can be feeding the baby properly because the reality is, they are carrying

that baby. But the thing that I think doesn't get discussed enough is the quality of sperm too. You know, I mean it has decreased by 70% since World War II. Like that is huge. That's huge. And in quantity and quantity. And so all of the work that you do prior in a proper preconception period, the work that you can do to purify your lymphatic system and detoxify your liver and get it all of your organs super happy and healthy so that you're giving your baby the best building blocks. Not only will that increase their ability to withstand the 21st century.

Kendyl Morris: You'll be boosting their immune system. But then the quality of your breast milk will be better too. So then it's a win-win because their first line of defense when they're born is the bacteria that they inherit during birth, you know, and then also the bacteria through the breast milk. So if those aren't balanced, you can bet that they're going to be developing some kind of birth defect later on. You know, it's going to manifest later as asthma or like we said, type two diabetes, childhood obesity, migraines, immune diseases. Which never used to happen in kids. It was so rare and they now call it--

Dr. Keesha: Here on this summit, reversing autoimmune disease. We're actually trying to prevent it in this discussion for your future generations, but it's so true. These autoimmune diseases are showing up in children now.

Kendyl Morris: We can't just passively go through the 21st century anymore and expect to be healthy. Even if you're eating all organic sprouted food, the healthiest diet you can imagine, even if that's what you're eating, you still need to be detoxing your liver. A couple times a year detoxing all of your organs and doing a comprehensive detoxification program because you're breathing this air and because you probably have taken antibiotics and because you walk out into the grocery store and breathe in toxins, like you can't avoid it anymore. And then put on top of that chronic stress, you know? And so I believe not only in conscious conception, but in conscious detoxification really just doing all of this in a conscious and mindful way so that, like we said, when it gets to the point that you're ready to conceive, you're doing it really, really consciously with partner who's also in the same mindset and also in the same physical condition to have an optimal child.

Dr. Keesha: That requires time and it requires effort. And so the people that have been struggling with infertility and continue to feel like their bodies are betraying them are really the ones that do the best work with this program because they want it and they also get the best results. You know, they feel so much better after five months. It's incredible. If you have the proper tools, then you can get to the root of what you're feeling. And unfortunately right now, western medicine doesn't give us the full picture, you know? And so like you said and like I've mentioned to people are having to go to these alternative therapies because they need the education, they need someone to sit down with them

and teach them how to eat right. You know, they need to have an individualized plan.

Kendyl Morris: And that's also what we should address as well, is that in natural infertility solutions, during that five month program, they also get a consultation with you. And so they get to go over their genetics with you so that they can see, oh, okay, this is how my liver metabolizes or doesn't and these are the diseases that I'm prone to and here's some lifestyle factors that I can start to implement to prevent these things. Or this is why I get migraines. You know, like there's so much that you can see from these genetic tests. And so if we can have people doing this more often prior to conception, once again, it just allows them to optimize the health of their kid and then to have a plan for once they're born. Here's how we'd need to feed our kid too because it's all individual. It has to be, we're not one size fits all. And that's the way the insurance companies see us. So they don't pay for everything.

Dr. Keesha: I heard on NPR on my way into the office today, it's something that I've never heard and I was so excited out loud as I'm driving and went, wow, I was so excited. And it was just as I was pulling in. And so I didn't listen to the whole story. But it was a woman who's a scientist who is saying, four years we stored samples of genetics and blood. And you know, particularly the VA does this. There are years and years and years of samples from veterans and active military duty, they store stuff for research. But what she said, which brought light into my eyes was, there is no amount of stored sample that is going to give us a large enough cohort that we can then extrapolate that and apply it to the entire population.

Dr. Keesha: And that's been my objection to the way we do science is that it doesn't matter, if 3000 people react in one way to something when these outliers of the bell curve is what we call them are reacting in a different way. We can't say then that this is what everybody should be doing because there are the outliers. And you know, that's why the individualization, having the genetic material's so important now. And when you say diseases that you're trying to, I want to get everybody to take a deep breath because that's actually not the kind of genetic, this is not like a university study where we look to see if you have all the tumors are, or we're not doing BRCA gene or breast cancer. It's actually something quite different where it looks at how you metabolize your estrogen through your liver, which then if you're not doing a good job after gender receptor positive cancers are a higher risk in your future, but it's not. The same way that we say, so this disease, this disease, this disease, it's more about how to feed your mitochondria properly and how did you turn your body and make your neurotransmitters balances. As Kendyl was saying, so I just want to clarify that a little bit for people that go, I don't want to know what I'm going to die from. You know, because that's not actually what it is.

- Kendyl Morris: It's how to optimize your health so that that doesn't happen. But the reason I say that is because I think it's like this cop out now that, oh you know my parents had diabetes so I'm going to get it; we're told that do you have a genetic propensity for this? And then it's like stamped; yup, you're going to get breast cancer. That's what I was told during my first pap was, oh, your family history. This is really likely for you. It just puts so much fear into people's minds and that's not what it is. This is all solutions and actionable steps.
- Dr. Keesha: How to, like Kendyl was saying how to break the family pattern. You have to have everything that your family did because they didn't have genetics available to them. This part of the program that I'm doing for Kendyl's clients I'm excited for because it will help you to age well so you don't have to be a part of that generation that lives fewer years than my generation. It's really amazing. Well, Ken this idea that we can help prevent autoimmunity in our children, we can keep from unloading our lifetime, buildup of toxins into our children; that we can optimize our partner's sperm count and motility. That's really important. And our own egg health, all of this is of course designed to help us break the pattern of our family genetics. And then also the environmental toxicity load. We're all exposed to that. These kids are having a very difficult time growing up. I appreciate the work that you have become so passionate about; that your life path has taken you and I just can't even tell you how proud I am of you.
- Dr. Keesha: So have you any last little pearls of wisdom to share with the audience?
- Kendyl Morris: My theme lately is just this idea that we're the microcosm of the macrocosm and I think in those times when you really feel like your body is betraying you, especially those are the times to then say, okay, how is this a manifestation of something else? Right? Or what's happening in your environment around you as a manifestation of what's happening within you too, right? And so we're all looking around and we feel stressed out about what's happening in our government and around the world. And you know, there's just so much uncertainty and fear everywhere. And so what I have found in my own journey to feeling balanced is that all of the pain and the fear and the anxiety and depression I was feeling really ended up equipping me with the tools to then live a more conscious and purpose-driven life.
- Kendyl Morris: In order to get to the real root of that, I had to then discover where I was holding myself back because that's what it is. We're a vessel for something bigger for the soul, if you want to call it that. And when your soul feels stuck, it's going to manifest physical symptoms. You know, your body is going to tell you when something's out of balance. And so infertility can be an opportunity to look at where, where you're out of integrity with yourself, where you're out of alignment with yourself and where you can become more balanced so that not only can you get to the root of the infertility, but then you can also be more fulfilled and be more in tune with yourself. And really what this program is

about too is becoming more in tune with your partner and so that you can really consciously conceive that child that you want.

Dr. Keesha: But it ends up being an opportunity to get to know yourself a lot better, a lot, a lot more deeply, and to teach you that you really are the microcosm of the macrocosm because once you start noticing yourself feeling better, you're going to notice your environment looks a lot better too. Like, oh my experience of my life is a lot better because I am feeding my body right. I'm thinking, you know, more balanced thoughts. And anyway, so you're the microcosm and the macrocosm. There's nothing wrong with you. You're not broken, your body's just asking to be taken care of. And so, I trust that you will be guided to the tools that will help you.

Dr. Keesha: Thank you. Thanks, Kendyl. And so, everybody we have Kendyl's contact information and a free gift that she is providing, which is her amazing protein, fabulous, detox cookies that you can eat while you're working out. And while you're trying to grab something quickly that tastes yummy and doesn't cause you to suffer because you think you're in deprivation mode. It's come up with the first doctor's visit that this beautiful recipe that I asked her to share with you so you're very lucky that you get that. All right. That's all, Kendyl. Until next time, everybody.