



Reverse Autoimmune Disease Summit

Dr. Keesha Ewers Interviews Dr. Ann Shippy

Dr. Keesha: Welcome back to the reverse autoimmune disease summit, everybody. I'm Dr. Keesha Ewers and I'm so excited to have you talk with me or join our conversation with Dr. Ann Shippy, who's on a mission to educate and help people across the world live the healthiest, most optimal lives possible using cutting edge science, research, and genetic information to find and treat root causes, not just symptoms of illness. She specializes in environmental toxicity, preconception and reproductive wellness, and mold exposure. Dr. Shippy designed life-altering treatments and protocols for her patients using epigenetic information and the human body's incredible ability to express or repress, helpful or detrimental genes as well as prevent, heal, and even reverse certain illnesses, which is what this summit is all about. After a decade of working as an IBM engineer, her challenging experience with Traditional medicine motivated her to search for her own health answers, so she left engineering to attend the University of Texas Medical School. She's board-certified in Internal medicine and certified Functional medicine, a physician with a thriving practice in Austin, Texas, and the author of two books, currently working on a third. Welcome to the summit, Dr. Shippy.

Dr. Ann: Thanks for having me. I can't wait to talk about my two favorite subjects combined.

Dr. Keesha: You know, I always start off these interviews when I know that somebody has a personal story with it and I know you do have a very compelling story. If you don't mind sharing that, just to start us off and then we'll get going on mold and how it affects autoimmune disease and what we can do about it.

Dr. Ann: I've gotten to learn from helping my body to heal multiple times now, but the one with a toxic mold was probably the worst. I had gotten so that I could hardly hold the glass without it slipping out of my hand if it was full of water. So much pain in my body that didn't want my kids to hug me because it hurt so badly. Just so much pain and my hair was falling out all over the place. I was just losing hair in droves and lots of other symptoms, but those were the big ones and I was stumped. Here I was, the detective doctor. I was supposed to be helping people figure these things out and I did not know what was going on, so I went to lots of specialists. A hand specialist, infectious disease specialist, neurologist, all the different allopathic specialists that I thought might have some idea. At least they ruled out ALS, which was one of the things I was really worried about. Then called all my friends around the country and like, "What do you think is going on with me?" and finally, it was actually a patient that said, "You know what, I know you think that you look like you have it all together, but I can tell you're really sick

and I can sense this mold called chaetomium.. what time do you get up work?" She came to my house that day, she loved me so much that she was like, "I want to help you." So, she risked putting herself into danger to come into my house and within a few minutes she felt really, really bad. It actually took her, probably, a couple of weeks to fully recover after just being in my house for five or 10 minutes.

Dr. Ann: Yeah, so that's one of the worst molds, chaetomium she told me. It's very... it makes some toxins that are very neurotoxic. Then, here we are talking about auto immunity. It can also flare some people's systems to cause autoimmune disorders as well.

Dr. Keesha: So what did you do about it?

Dr. Ann: Well, I took some of her advice. I did not sleep another night there, I took very few of my belongings at the time, and got my kids out of there and we didn't spend another night in there. I went in and out some to get things that I needed and to see what I could figure out to clean. Not everybody has to do this with mold, but with chaetomium and you're the as sick as I was, your stuff stops mattering so much, right? I did. I went and stayed with my parents and started really amping up my anti-toxification systems and really learning how to treat mold better. I had gone to a conference with Dr. Ray, who's now passed away about a year before that. It was on my radar. I had helped some patients with mold get better, but I didn't know the extent to which mold could cause problems. So, I started getting better and I found a clean place to live and I thought I could clean a bunch of things that I couldn't. I ended up having to get rid of all my clothes, just cleaning them didn't work because chaetomium has the little hooks that go into things that you can kind of clean the surface off, but you can never really, fully get rid of it in clothing and furniture and those kind of things.

Dr. Keesha: Wow.

Dr. Ann: I was down to what was in my kitchen, pretty much if you can put it in the dishwasher, totally, hard surfaces clean stuff off. That's what I got to keep.

Dr. Keesha: It was a restart.

Dr. Ann: But if it hadn't been for that patient, I don't know what would've happened to me. I might not be here or might be disabled. I was really getting to the place where I was afraid I wasn't going to be able to take care of myself and my kids.

Dr. Keesha: Wow.

Dr. Ann: I'm so, so grateful and I learned so much like how broken down your body can be and totally recover. If you tell me I'd be back to doing pushups, playing tennis, lifting... My suitcase, I overpacked this last weekend and it was like 57 pounds, so I could actually put a 57 pound suitcase in my trunk by myself.

- Dr. Keesha: Congratulations. So, I was telling you as I was arranging my computer screen here, I'm in our house and we've been unpacking because we moved out of it for a long time. We've spent months having to mitigate our mold remediation in our house. We had, it's kind of a four level, real interesting design, of lots of levels-four bathrooms stacked on top of each other, and every single one of them were filled with black mold.
- Dr. Ann: I'm so sorry.
- Dr. Keesha: Oh my gosh. It had eaten all the way out to the outside, the exterior of the house. Here's how I knew, and this is the interesting thing about mold that I want everyone to hear too, is that there are different kinds of mold and that not everybody, actually, I've had autoimmune disease 25 years ago. I've been living in this house, who knows how long? Full of black mold and never even noticed it. None of my family, like we were fine. I've been training to do this big circumambulation in Tibet, no problem. So, it didn't affect me at all. How I noticed was, this is so gross. Mushrooms started growing in my shower [laughs], mushrooms were growing in my shower. I said, "What is going on?!"
- Dr. Ann: Will somebody say, that's making my skin itch.
- Dr. Keesha: It was awful. When I looked down and I saw that I was just wore a vide, I was like, "What is happening?" I live in the Pacific Northwest, so it's like this perpetual, wet environment. Never have I seen a mushroom in the shower though. We had someone come and look, pulled up the tile and looked at everything. We have this jut out of our master shower that goes out over outside the house. It's sort of like an alcove that goes outside the structure. He said that the mold had rotted away the support structure that there would have been a moment in time if we hadn't done anything, when the whole shower would have fallen into the backyard. We could have been in there washing our hair, and just "boom." So, it was really bad and I didn't even notice anything so that is what is so fascinating. I had autoimmunity, it didn't flare anything. My energy was fabulous, slept great, no problems, strong and then they came in and just ripped our house apart. I was in and out moving, packing things and no problem. It really does depend on the state of your system and the ability it has to actually get shielded.
- Dr. Ann: Yeah. So, anybody can be affected by any toxin if they get enough exposure of it, but it is like a bell shaped curve in that for a particular toxin, who's going to be affected, at what dose, and what system in their body's gonna be affected. Definitely, people who are canaries more like me for a lot of different toxins because some of my detoxification pathways. I've got genetic snips, so I don't make glutathione very well and I've got this kind of hyper alert immune system that goes into "warning, warning, warning" mode pretty easily and creates a lot of inflammation in my body, which then makes many systems more susceptible. Then, it also depends on your past history, like if your barrels kind of filled up. So I was a chemical engineer for 10 years even though IBM was good about minimizing environmental exposures, I still had all the labs in school, and then worked in manufacturing environment and I lived on tuna fish for years because that's supposed to be so good for you.

- Dr. Keesha: Right?
- Dr. Ann: A lot of amalgam fillings, I didn't know to be careful about what I used to color my hair or put on my skin and all the different things that add up to filling up the barrel. Those little bits of exposures that we can't zip out, start to accumulate and, and do damage.
- Dr. Keesha: I call that critical mass? I always tell people it's never one thing, but the thing you will notice is the thing that goes over the barrel, right? The critical mass that tips you. I had rheumatoid arthritis when I was 30 and I'd done all that work of cleaning up, detoxing. We have a supplement called complete detox and my snaps are terrible. My phase two and phase one don't match. Don't methylate, so I have been on a really supportive, amazing protocol, detoxing four times a year. I juice like all these things and what I realized is that amazing protocol that I have sustained for 25 years actually help protect me from intense mold exposure. So, this stuff we're talking about works, you guys.
- Dr. Ann: It does.
- Dr. Keesha: It works! [Laughs].
- Dr. Ann: Yeah, so back when I was so sick, I'd go in restaurants and I could feel like I was melting down. Certain grocery stores, if I travel and go in hotels, like I was so sensitive to everything and now I know exactly what I need to be doing, have my barrel down so I can go into places that I know I shouldn't be in for long periods of time, and do okay.
- Dr. Keesha: You are resilient.
- Dr. Ann: That's amazing that you've been able to do as well as you are and that you didn't have any autoimmune flares.
- Dr. Keesha: I know, I call it the cushion like if you expand... And the thing of it is people, some of my patients, will say, "Well, I can't live like this for the rest of my life. Not drinking alcohol, not drinking coffee," some of the things that I recommend. I always say, "Well you get to choose. The bigger your cushion, the more resilience you have, so that when you do have something happen that's a big stress to your body, mind, spirit, or heart, you actually can make it through and it's not going to make you sick. This is a testament to that because I really haven't had any alcohol for all these decades. I don't drink coffee, I'm so good about walking my talk that when I'm exposed, I'm okay. You know? I do want people to know that it's not a lifestyle of deprivation. It's a lifestyle of this reconstruction of something stronger. I have such a stronger body than I had when I was 30.
- Dr. Ann: I was having this exact conversation with one of my teenage boys a few months ago because they look at me and they're like, how do you not feel deprived? It's just unfathomable for them to do that. Although, it's so fascinating how both are very much adopting a lot of these same things on their own. They have their own supplement regimen then they come up with after years and they're both eating lots of vegetables

that help on to detoxify and avoiding things that are inflammatory. So, it's shifting but he finally said, "I guess it's just a mindset, it's just deciding that you're not deprived and then finding things that you really enjoy and picking those things that are not going to hurt you."

Dr. Keesha: Yeah, exactly. Well, let's talk about how to test for mold. Like in my case, I always say that I'm like the hardest nut to crack. The Wiley coyote can drop an anvil on me from a tall cliff and then finally I'll go, "Oh, is someone trying to get my attention?" I had rheumatoid arthritis before I started really starting to learn this stuff. I had to have mushrooms growing in my shower. [Laughs] So, let's talk about how we can actually detect mold before you have mushrooms and then what we need to do to actually prevent or remediate.

Dr. Ann: So with my patients, we kind of have some choices. I really think it's so important to get to the root of why people are having any illness, whether it's an autoimmune disease, memory loss, or whatever it is. For me, a lot of times the most convincing thing is for people to see it in their own body and then they're like, "Okay, oh my gosh, it is affecting me. If we just test the environment it may or may not make that connection. I now do two different labs together, if people can afford it because RealTime is sometimes getting covered by insurance, but it may or may not be covered by your insurance. So, I like to do the mycotoxin through RealTime lab, just straight, to see what's coming out without anything that increases the toxins. Then, the next morning check it again, but the patient has taken some lyposomal glutethyon the night before, to see if nudging the system a little bit causes more toxins to come out. So, I like to do that two fold test with RealTime lab, but then I also like to do a lab called Great Plains laboratory because they have a more extensive list of mycotoxins. To me it's kind of like a Venn diagram, they're both using very different technologies. In some people, one or the other will miss the toxin, so when I do it together, I get the best picture. The other thing that's been really interesting, which I probably shouldn't even mention, but I'm such a nerd. This is where the technology I think will be going in the future and it's really important to know.

Dr. Ann: These mycotoxins can attach themselves to genes and change your gene expression. I've seen some of these mycotoxins attach to genes that can influence whether you get dementia. So things like the APOE E3 and E4 and then also on onco-suppressor genes which influence whether you get cancer. That's not widely available at this point, but it's just so people really understand that these mycotoxins do so much damage. They don't just confuse the immune system to cause auto immunity. They damage cell membranes, they damage your mitochondria's the ability to make energy, to actually run all the cellular functions of the body, and they can change your gene expression, so it's very serious stuff. Checking into your body is one approach. We're just such an early science, these tests have only been available for a little over 10 years, where we could even do that. So when a lot of the lawsuits were taking place on moldy buildings, the way that the cases are judged it was a lot of times back then based on if you made antibodies. Do you have a mold allergy? They didn't have this ability to look to see if the toxins were present in the body. We still have a lot more toxins that we need to be able to detect

and we need a lot more agreement among all of us experts on what the best ways are to test. I'm a data person, I want to get as much data as possible so that then I can follow to see if we've corrected the problem. Then, in the environment, it's the wild, wild West. Most, from my experience treating patients around the country, inspectors don't get and the test that they're using or like trying to figure out what's going on in the leaves on the trees and an airplane.

Dr. Ann: They're just doing air samples, whereas a lot of these molds like that chaetomium that I got so sick from, unless you get a dust sample very close to where it's growing, you're going to miss it because it's a very large score and doesn't really get airborne. It's going to kind of drop right where it is. I really believe in dust samples and the most common ones out there would be an ERMI test. But a lot of times the ERMI part of it is a calculation and it's very deceiving sometimes. If you get back a negative ERMI test, you still might have a really big problem in your house. So, you have to start looking down at the list of the molds that are present and see if you have any of the bad actors like chaetomium, stachybotrys... We actually have a mold handout that people can get Annshippy/mold.com, if you wanna put that in the notes.

Dr. Keesha: That's your free gift that you're giving everybody, so we actually have it linked.

Dr. Ann: Awesome. That'll also go through where to get some of these test kits and that kind of thing so that people have that and don't have to try to understand what I'm saying with the exact testing and it'll be right there that they can look up. Then, we can also check for a few mycotoxins on a desk through RealTime lab. Again, to put together that Venn diagram, we can only get part of the picture at this point because we don't have all the technology to do the whole thing. But if we use the ERMI tests to get the DNA of some of the molds that are most concerning and some of the mycotoxins that are most concerning in the environment by getting as much dust as we can and send it in, I found that that's much more reliable than doing the air sampling. Although some mold inspectors will do both, but if you get a higher mold inspector and they come in and they don't put on a mask, they don't put on any guard, then be worried that they don't understand what they're dealing with. They need to be putting on a respirator and protecting themselves when they do things like go up in your attic, look in your air conditioning system, pull out the refrigerator, the dishwasher, looking in every nook and cranny. They know to be protecting themselves because especially if you're suspicious that there's a problem, there's probably something there and they really need to identify it. Let me step back for a second, so if you've had a known leak in your house, you've had a toilet overflow, you've had a roof leak, you've had a dishwasher go out or, refrigerator line and you didn't get it dried in 24 to 48 hours.

Dr. Ann: I would just start there and get somebody that knows, depending on what state you're in there are different rules in different states, to write a good remediation plan, set up containment, and go fully explore it because pretty much every mold inspector can tell you that they've missed stuff. They could collect dust, do their air sampling and then later up the wall was opened up and there was a significant mold problem behind it. If you have an area or you're suspicious about it, don't ignore it. Just had a patient come in

this week who then, I'll tell you about two patients really quick, one's not autoimmune, it's cancer. Her 47-year-old stepdaughter just got diagnosed with breast cancer. They've lived in a rental house while they're building a house for six months. Two months before her diagnosis, she had a negative mammogram but then had a marble-sized lump in her breast with very, very aggressive cancer. My patient knows about mold, she's been sensitive to mold. She had told her family, her daughter and their family, that she could hardly be in their house, that there was mold in it and they couldn't hear it. If you think you have mold, if you think you've had a problem, don't ignore it because things like the autoimmune disorders and cancer, dementia and worse can be brewing from these toxins and you'd want to address it.

Dr. Keesha: So that was one and you said there was another one.

Dr. Ann: Then, the other one is an autoimmune one. I had a patient with ulcerative colitis that had been in remission for two years. The patient had it for multiple decades and then we got it into remission for two years and she came in and she was like, "This is bad and it's as bad as it's ever been." I'm like, "Okay, well we have to figure out what caused it to flare." Just saw her back today and her mycotoxins were very high, so then we got to talking and we had some suspicions on what happened. Especially with these autoimmune flares, it's so important to do the investigative work to figure out why it's flared, not just bandaid it because if you still have that underlying process that's causing it, then it can continue to snowball. You can either get worsening of that particular autoimmune disease or you can get more auto immune diseases.

Dr. Keesha: Right. So what can somebody do to prevent.. I know that there's like a certain temperature you're supposed to keep your house at that you have to kind of watch [inaudible], and look at shower heads and bath tub faucets, some sinks and things like that. Can you kind of go through and help people know what are some of the sources besides having a leak in the house?

Dr. Ann: Yeah, so it's been fascinating and some of it is just hidden construction defects that are difficult to get a handle on, but there's a lot

Dr. Keesha: That's what ours was. Not to interrupt you. I'm so sorry, but I just want people to know why we had mushrooms growing in our shower. We had our bathroom remodeled many years ago. It was probably about 10 years ago and the person that did it had not put the right kind of shower drain underneath. There's some kind of tray you're supposed to put in, they hadn't done that. When the shower got to a certain point, it overflowed that drain and it would just kind of lie underneath on the wood and trickle down, which is why it took so long to cause problems. So it was a construction defect.

Dr. Ann: If you're doing a remodel or you're building a new house, get an independent person that's very familiar with mold and the problems that can create to do an independent inspection for you to keep an eye on the contractor. A lot of times they just don't realize the mistakes that they're making and the potential consequences. Then, if you have the opportunity to put in sensors, like put in a sensor that detects moisture behind

refrigerators, dishwashers, behind toilets, behind sinks, all these hidden places so that these sensors can send a warning sign, an alert to your phone if it's a moisture thing. Especially if you're traveling and something happens, it's the best way to know. So anywhere there's a wet area to get that alert. If you go and look in the literature, I think the, as far as humidity control, the data would say probably around 55% is where you need to cut it off. I would shoot for less than 50, and the closer to 45 that you can, and the interesting thing is that even in some of these places that are supposed to be dry, like Arizona. I can't tell you the number of times that I've gone into a conference and had to change hotel rooms because there was something going on with the air conditioning system. Even in these drier climates, you still want to have some humidity control in conditioning systems that you can because of the condensation that can happen with the temperature gradients when in the hot, hot climates.

Dr. Ann: Then, it's great if you can set your calendar twice a year, go and check every bit of cocking that you can to whatever degree. So, checking the bathrooms and the kitchen, any place that there's a sink or shower or bathtub and then ideally around the windows and on the roof too, because every place that there's a vent that goes to the outside has some cocking that can break down with temperature changes and the heat and sun. So, check those, they are some of the most important things that we can do on a regular basis. Then, we did a blog on the summertime things too. No wet bathing suits and those kinds of things that people might just throw on a carpet or even just with towels, after a shower get them hung up, get them drying right away because you might be surprised. Then, even mattresses can get moldy if you have the high humidity and you have the temperature gradient, so inspect your mattress on a regular basis, turn it over, look at it, make sure there's not some mold growing underneath it as well.

Dr. Keesha: I interviewed Sarah Philippe and she talks a lot about saline breast implants being a source of mold.

Dr. Ann: That's a whole another topic to get into, but we can get mold in growing in our body as well. So I see it, especially, in people's sinuses in their digestive tract. I have some labs that can pick up the mold growing. Aspergillus and penicillium are generally the most common ones and are attracted probably from food that we've eaten or even part of this. Then, I don't know if the breast implants are actually like contaminated when they're being implanted, through the hospital process because a lot of hospitals actually have molds in their ventilation systems or if it's getting seeded from other places in the body from some of the mold spores breaking loose and then mold getting settled into the breast implants. I think that's a very underestimated thing. I talked to multiple patients' doctors that are doing the X implants and they go, "I didn't know that kind of thing can happen." I'm like, "Well, are you testing it? Are you sending it off to the right labs to really see." I get answers, "No, I just don't see anything."

Dr. Keesha: Oh, okay. So they're not visually being able to see it.

- Dr. Ann: Or they just look the way they look all the time right after they've been in somebody's body, they have the tissue growing on them and all of that. Unless you actually send them for testing, I don't think you can really comment on that.
- Dr. Keesha: So what can somebody do... Like we talked a little bit about when I first started the interview with you where I said, "I've got this great cushion built up in my body where because I'm doing all these things." What is your recommendation for people for A. If they have been exposed to mold what they do with their protocol and then secondly, if they are suspicious what they can do to kind of ramp themselves up.
- Dr. Ann: The number one thing is to get in as clean up environment as possible. For me, I was fortunate enough to have my parents live in a little town nearby so I could go stay with them until I could find a place to move to. Friends, family, whatever it takes, get in as clean of an environment as you can while you're figuring out what to do with your home depending on how sick you are. If you're not terribly sick, you can go through the process of getting an inspector and getting a mold mediator. It's very, very challenging to get better, if you're still in the environment. I wouldn't say it's impossible, but usually when your system has been knocked down enough that you're like, "I need to do something about it," the fastest way to recovery is to get in as clean up environment as possible and then we can do so much with diet. Really being aware of, for one thing, not eating moldy food like corn and making sure if you are drinking coffee that it's one of the companies like Bulletproof that check to make sure it's clean. Then, then nuts and seeds, you need to keep them in the, in the freezer and um, get them as fresh as possible. Be careful with leftovers. I'm really leery about the things like Kombucha and the KeVita because I think we don't always know what's growing in those. So the fermented things, be really careful with and then eat lots of food that helps you to detoxify. The cruciferous vegetables specials and the broccoli, cauliflower, cabbage, kale and make a huge difference. The onions, the garlic, the small amount, not huge amounts because in case you do have some fungal overgrowth in your body. Eat the berries that have the phytonutrients that really help and then supplements that really help to support the detoxification pathways.
- Dr. Ann: Most people really do great, not everybody at the end. There are some people that don't do awesome with the lyposomal glutathione, but most of us need it to because our gluten has gotten depleted in the whole process of trying to keep up with the exposure. Lyposomal goes right into the body and gets levels up inside the cells where they need to be. Then, we need things like binders. I love the modified citrus pectin, the charcoal and clay and then there's some others, but those are my main go-to's. Then we also really need to support our bodies in other ways. We need to rebuild some membranes with things like phosphatidylcholine and we need to support our mitochondria with things like cocuten and the B vitamins. I also like the nicotinamide riboside, so that our bodies have the fuel to do the work. You can do a little bit of supplementation or you can do a lot, but start with the simple things like getting in a clean environment, eat a really clean diet, and then start to implement the supplements. Does that make sense? Then some people do great with infrared saunas. Start slow and see how your body does and then gradually built up. Don't say, "Oh, I

paid for this 30 minutes on it, so I'm going to stay in it for 30 minutes," and really listen to your body and start gently. Especially if you're fairly sick, you want to not overload and you want to be taking some of the detoxification support and be really getting your diet to help your detoxification pathways. Then, hyperbarics can be also great for some people. Then there's a bath thing that really, like, I even throw it in, that's probably why my suitcase weighs so much [Laughs], I ended up taking a detox bath with me. That can get me out of trouble if I've gotten into like...Oh my gosh, the last time I flew my airplane was moldy, so one of the symptoms that I get is really bad. It's like Charlie horse cramps that will not go away unless I do super high doses of salt or ionic minerals. I'm so lucky because I had a little vial of salt in my backpack, my hands started crunching up, but I could see the mauls along the air conditioning in the airplane. I'd never seen anything quite like that when I started coming up. I was like, "What is going on here?" I looked up and I could actually see black mold in the airplane. That was the worst. Definitely having the minerals, it can be very complex or it can be very simple and some people really do get better with getting in a clean environment, cleaning their stuff, doing the healthy diet and then just giving the system a nudge. You mentioned methylation earlier. When I look at genetics of the people that are the canaries and most susceptible, like me, methylation is very often one of those pathways that's not working well. So we have more trouble clearing our DNA, clearing our stress wounds, and clearing the toxins. So, if you're not responding the way that you think you should after doing the other things, then definitely finding somebody who's an expert in methylation to help get your methylation working optimally and actually measure your glutathione levels. That kind of thing can really help with recovery if they need that.

Dr. Keesha: Yeah, I always say "Test, don't guess" because there's so many different ways that we can be canaries and so many pathways that can be off and not matching and or not. I was telling you, my liver, my phase one is really super efficient and my phase two is really not, so it gets a backup on the assembly line. I have seen it hundred percent, I do genetic testing on all of my autoimmune patients, and I've seen in 100% anecdotally in my practice that there's that mismatch between phase one and phase two. That's a really big, really big deal. If you can get rid of things through your first year, your enzyme phase, and then everything's kind of sitting around there. It just keeps going through and recycling. It wears your liver down?

Dr. Ann: And creating more inflammation in the body because of your free radicals.

Dr. Keesha: So as you age, your liver gets more and more tired and then people think it's because they're aging and it actually really is because the wear and tear is higher. There's an overuse injury, so to speak, the liver, the one that's not efficient. There are just a lot of things that show up on genetics that are pretty easy to fix pretty simple. I so appreciate you taking the time to share your wisdom. Is there any last words of wisdom that you want to share with our listeners before we sign off?

Dr. Ann: Yeah, I know this talk can be very overwhelming. We need that feeling of safety and security with where we're living and to just start looking around and the, "Oh my God, am I breathing in toxins?" This is so overwhelming. So, just take it a step at a time and

have confidence in your body. To heal from where I was to totally fine and vibrant again, like just trust and believe in your body's ability to get better and take it at the pace that you can. Then the power of meditation. I know you're a big fan too, but it can really help to start to bring some of those stress hormones down so that you again, your body can heal. You can think more clearly about what your next steps are and even change what your DNA does. Meditation lengthens your telomeres, it decreases inflammation and it makes you more resilient so even if it feels overwhelming, take 12 minutes a day and do that meditation, even if you don't think you're doing a good job at it because it will really help your body to know that it can send the resources over to healing.

Dr. Keesha: We actually have a whole talk on meditation on the summit with a J M Boris with a free download for a meditation. This is perfect way to end it. It's important. It's so important.

Dr. Ann: It really is. I can't wait to see the summit. You've done such a great job.

Dr. Keesha: Thank you and thanks again. You guys will have this free gift of the mold handout from Dr. Shippy and we'll go from there. Let's get everybody breathing clean air.

Dr. Ann: Yes, let's do it. Thanks for having me.

Dr. Keesha: Alright, until next time everybody.