

The Shift Network - Top Speakers From the Plant Medicine Summit

Discover the synergistic connection between our gut microbiome, fermented foods, and robust health — and why bacteria is our ally in boosting immunity, cognitive function, and energy. Also included is a short informative demonstration on how to make your own batch of delicious lacto-fermented sauerkraut, kimchi, and pickles at home.

In the context of modern epidemics, we can utilize ancient wisdom and teachings to help us overcome novel challenges. One of the key understandings is that the human microbiome, which evolved thousands of years ago, and reflects our unique fingerprint of health. By understanding the role your gut plays in your overall health — especially brain and mind health — you can empower yourself during times of crisis.

David Crow discusses how natural medicine has evolved, how we can best focus our energy and actions within preventative care, and the importance of becoming your own self-care clinician during these challenging times. David shares what plant medicine can do for us that pharmaceuticals will never be able to do.

Due to living a Modern lifestyle, Mongolians have been developing modern diseases like cancer, diabetes, and obesity, which did not exist 50 years ago. The main three diseases that make up the mortality rate in Mongolia are: vascular disease, cancer, and by accident. An unhealthy lifestyle and diet play a big role. First, we as a society lost the touch of our natural biorhythm. Secondly, we need to learn from our ancient wisdom. Third, we need to realize the importance of the microbiome ecology.

This session will explore the many ways that we can support our immune system through simple lifestyle approaches, as well as with all-purpose herbal foundational approaches. You'll learn in detail how adaptogens and alternative herbs can be used by everyone to reduce susceptibility to infections. The concept of terrain medicine will also be discussed to provide a deeper understanding of how we create an ecosystem in the body that may invite, (or preferably discourage) pathogens from becoming established.