

Women workshop notes for presentation

- Dr. Jenn Simmons speaks up under ChrisbeatCancer.com along with many other professionals in the medicine world. A 3D mammogram is 2-3X delivered radiation for women, and it is equal to several hundreds of x-rays! Demand ultrasound instead.
- Emotional baggage: Resent, anger, hatred, irritability in our mind and feelings are what make our body tense, heartbeat rise, etc. Most of us didn't realize we had power. We reduce our stress by hugging cats and dogs. The warm fuzzy feelings? They help us to relieve the stress. Meditation. Hug a tree, walking it off.
- Breast surgeon, dr kristi funk. She said that conventional milk - RAL Gro is 100 thousand times more potent than BPA plastic (to release synthetic estrogen). Zerin chemicals in milk/meat. In 1981, in a small town in Italy, suddenly 3-10 yrs old boys and girls grow breasts and they are traced to this chemical called zerin. They were banned in Europe in 1989. Europe banned meat from Canada/US because they still give zerin to their cows and meat. Today, in the US STILL USE ZERRIN, WE CAN'T SHIP OUR MEATS TO EUROPE. In the US they still use Zerin because they are so powerful in hormone growth. They can grow heifers for 1 and half yrs for meat. Gross!
- **Endometriosis = estrogen dominated. Affect thyroid. Endo and thyroid must be balanced together. If there is too much estrogen in the body, it suppresses the thyroid.**

- If you have mercury in your teeth, cadmium (electronics/microwave/oven, etc, lead, and use all plastic - really cold or hot fluid in plastic bottles cause leaching =mimic estrogen.
- Personal care products: average 350 to 400 chemicals on women when they leave home to work everyday.
 - Synthetic fragrance is very dangerous, smelling good culprit
 - All above mimic estrogen. Reduce them!
 - Heavy metals are toxic to our body. It is very important to detox your body. There are many ways to get rid of heavy metals. We are exposed to heavy metals increase over the years. Too much chemicals in our body. Through inhaling, slathering our skin, drinking water from the factories business technologies, too much. Compared to the past. We cannot compare present and past. Their time is not the same as the new ipad, apple watch, computer. Too much exposure to our body.

One part of the liver's duty is to cleanse and remove toxins but if too much then it will become blocked.. If it is blocked. Affect our mood, period, heavy running, and increase estrogen in our hormones. If we produce too much estrogen inside = the liver is blocked and it cannot get rid of exposure. We need to cleanse your liver, liver will be able to detox heavy metals. If we don't detox our liver, we end up building too much estrogen = unbalanced hormones.

We have skills! We know that we have skill! We are very intuitive people and we tend to think deeply. We often talk about our health issues with our close friends/sisters/moms/grandmas etc. We must become detectives ourselves to loop back on our health history. Look back at our timeline, to the point where we start to feel decline or crash or whatever and whenever it starts. For example, move to a new house and maybe that house has a high mold or leak or whatever and we start to feel unhealthy. It can be from that house.

One woman went to India and started to feel worse but not noticeable until later. But when she looked back, she realized she did not feel the same after visiting India! So she started to analyze and become a detective and find out she has parasites. You know. We must trust our feelings and not feel the same. Look back at when, find out whys.

One example, one woman has a difficult marriage and her health starts to decline. She looked back and realized she needed to forgive for that period of time. It can be a job. Not happy - we must become a detective. You know the saying. Moms become the best detective than the FBI when it comes to their children.

He said average women get ready to go work, they lather 350-500 chemicals on themselves. DAILY. Number one culprit is fragrance. Most women start self-awareness about it but they forget about shampoo, clothes soap, ---all is contained with artificial fragrance.

He gave us one example, one of his friends owned a toxic free laundry soap company. He tested on people. One towel is toxic free, no scent but a very clean towel. While another one was used to wash dirty car engines and oil stains on that towel. Then that towel washed with chemical fragrance soap such as Tide. People choose that Tide towel over the other one! All because of smelling! They smell good and assume they are clean. We, people are mind-washed with smelling. We demand things smell good.

- Soak castor oil in your belly button can reduce pain. Support your body by detoxing, menstrual relief, immune boost, hair rejuvenation, revitalized skin. Dodo? Rub tip of finger with castor oil and rub inside belly button everyday before go sleep.
- Health benefits of infrared sauna: 1. Stress relief, 2. Detoxification)sweat it out instead of workout), 3. Better quality sleep. 5. Glowing skin, muscle relaxation, stronger immune system , stronger immune system pain relief, faster recovery, sharper focus and social bonding if you share sauna experience with friends and family.
- Three body parts hold stress. Your eyebrow, jaw joint and neck and shoulder. Massage daily on three body parts and see yourself relaxing!
- If you do seven days of fasting, your lifetime of getting cancer reduced by 70%! Some studies find cancer cells die off. By Galen Foundation YouTube by Dr. J Pradip Jamnadas, MD

- The missing link between anemia and thyroid dysfunction go to @thyroidalchemy and asks for a free Thyroid Workshop where he will explain his signature four-phase approach to thriving, making it possible and easy.
- Dr Hyman said to avoid liquid sugar and lose weight. They spike your sugar blood by 75%. Juice, soda, coffee with flavors, or other overlooked liquid sugar in your drinks. They are worst for your body.
- When your appendix was taken out, did your doctor tell you that...the appendix is part of your lymph system. Without it, your body may struggle to defend against harmful bacteria and toxins in the digestive tract. Your lymphatic system takes a hit when the appendix is removed, as it plays a role in redirecting immune cells to fight off infection. This means extra immune support is essential after surgery. *rebounding to support lymph too. By Dr.. Jaban Moore
- Wild rice is best for diabetes not regular rice or brown rice
- ACES: Adverse Childhood Experiences Age 0-17
 - It is extremely important for us to be awareness of what is going inside our body, mind, and soul. Our childhood experiences may impact our health in later time.
 - **ACES: Adverse Childhood Experiences age 0-17**
 - Child abuse (emotional, physical, sexual)
 - Child neglect (emotional, physical)
 - Parents or household mental illness
 - Parents or household substance use and/or alcoholism
 - Witness domestic violence
 - Having a parent or family member in jail
 - Parents separation or divorce

- **Death of parent or sibling**
- **Illness in family**
- **If you have 6 of them, your lifespan is 20 years reduced.**
- **If you have 4, you have 400% increase risk of alz, depression, mental illness**
- **If you have 2, you have 100% rks increase for autoimmune**

When we cut anything from our body through surgery such as removing the endo system, removing the thyroid, gallbladder, or anything that removes it from our body. It cuts off our body's natural reactions and sends stress hormones when needed.

- **It does a number on women who go through and they react that they don't feel the "same" after removing a part of their body. It affected their mentality and emotional levels a lot.**