

Before, During, and After COVID



Dr. Sherie Viencek

Dr. Mary Starr Carter

Hosted by
Dr. Mary Starr Carter, The Total Wellness Doc

Presented by
Dr. Sherie Viencek

Dr. Mary Starr Carter:

All right, good afternoon. My name is Dr. Mary Starr Carter, I'm known as the total wellness doc and mom. And it's my privilege to be with you this afternoon. With my amazing colleague, Dr. Sherie. Before we get started, we just have a few announcements. So make sure that you have a pen and paper, pencil and paper, however you take notes, you are going to want this information. Every time I get to sit down with this incredible woman I learn so much. And everyone who I've known who has watched one of her webinars or been one of her clients has gotten so much great information. So make sure you have a pen and paper.

Dr. Mary Starr Carter:

Next thing I want to share with you coming up... But actually, let me just introduce myself if we've never met before. Again, my name is Dr. Mary Star, I'm known as the total wellness doc and mom. And for 21 years, I've been helping people be healthy, particularly women, women who really were looking for something in their life that they weren't finding, maybe, in a traditional medical path. And so this is kind of how I met Dr. Sherie. I'm known of putting pieces of the puzzle together. But my coaching that I did, I'm retired from that now, that I did was to help people find doctors like Dr. Sherie.

Dr. Mary Starr Carter:

So we met back in 2005. And it was such a privilege. The presenter that you're going to listen to this afternoon in this conference that you're going to be about, about COVID, before, during after, this information is really, really important for this time in the world. But you're going to hear things that maybe you haven't traditionally heard. Maybe you've tried to do your own research or your doctor has given you a few little tips here and there. Being healthier and things like that, but you're going to hear things you haven't heard. So really important to write things down.

Dr. Mary Starr Carter:

I really want you to have an open mind. I know a lot of us have various different views, whether it's about the vaccine, or it's about COVID. But I'm asking you to have an open mind. Remember, this is a buffet table you need to take what resonates with you and leave what you don't. Next up, for those of you who have worked with me or a client with me and total wellness that we help people particularly with one specific group of essential oils and nutritional products.

Dr. Mary Starr Carter:

So Dr. Sherie has the freedom to talk about inflammation and different products and things like that, but I cannot diagnose and prescribe. So when it comes to my part or when I'm sharing, I'm always going to be talking about support, about wellness and about staying above the wellness line. Okay, so I cannot diagnose, prescribe, like she can, but it's why she's a great partner and a great person to work with because she can really dig in deep. And I know many of you are her clients on there. Back in 2005 when I first met Dr. Sherie, I was working with some clients who are really, really in a just a horrific place. And they got maybe 30% better working with me, working with essential oils working with a technique I do co raindrop technique.

Dr. Mary Starr Carter:

But working with Dr. Sherie, she would pinpoint really some of the key things going on, give them solutions, give them answers, give them diets, or even find a particular food or hormone or something like that. That was the cause of their problems. And woman after woman after woman after woman

who I referred to Dr. Sherie really had such amazing results. Now fast forward to 2000, what, '16, '17. Dr. Sherie, I'm in California, she's in California we originally met in Central New York. And now I'm having some of those problems. I'm having some of those hormones problems, weight gains, fatigue, adrenal fatigue, all of these things. And Dr. Sherie has been such a great support to myself, my husband and my family. So you are all in for a great treat.

Dr. Mary Starr Carter:

We're going to get started. The last announcement that I have for you is that you're going to want to listen to more of Dr. Sherie's webinars and I know a lot of my clients in particular who gotten to hear some of your recordings are going to hear now, they're going to want that. So we don't have anything planned yet but what you can do write this down. You can text classes, C-L-A-S-S-E-S, classes to 315-239-4232. Again, that's 315-239-4232 and Lisa from 605 Assistant Solutions, phenomenal assistant if any professionals need great assistance. 605Assistantsolutions.com, check it out. She will make sure that you are notified of the next classes Dr. Sherie does.

Dr. Mary Starr Carter:

All right before anything else, I'm going to let Dr. Sherie begin this amazing COVID seminar. Thank you, Dr. Sherie so much. And I forgot to mention too, one of the key reasons you're doing this is because you got COVID, and you experienced it, can you share a little bit? Or I'm sure you're going to share all of it this afternoon, so go ahead.

Dr. Sherie Viencek:

Well, thanks, Mary, it was a really wonderful introduction. And I'm glad to be here. And my voice is a little raspy and choppy because it is a post-COVID voice. So this is my nemesis from having COVID. And I just want to make sure Mary, this is being recorded, right? So we can post this later, for people who couldn't join?

Dr. Mary Starr Carter:

Yes, we will, we'll have it up on the YouTube link and make sure they get that.

Dr. Sherie Viencek:

So hi, everybody, I see a lot of names I haven't seen in a long time. So really nice that you're on this call. So I had no intention of ever doing a webinar about COVID. Because like most of you, I was just like, kind of COVID fatigued from the year. I think we've all been through, we've all been called upon to kind of muster it up and deal with so much change socially, economically, in our households, schools, colleges, relationships, work, etc.

Dr. Sherie Viencek:

And I never really thought I'd ever get COVID. And if I did, I thought I would kind of be like a flu because I take such good care of myself. Well, I got COVID. And it was a reality check and an extremely humbling experience. And the irony of it is I've been working for a year. And my work is physical, those of you who know me, and also I do consultations, but I've been around people for a year. And then my daughter was down in college and couldn't come back home during the height of the pandemic, like March, April, May, and I flew six times when there were three people on my flight. And then there were six people on my flight.

Dr. Sherie Viencsek:

So I took really great precautions. And so it was really interesting to me that I got COVID. And not only did I get COVID, but my daughter, my husband and myself got COVID. And this is the kind of part of the story that I want to tell because we all got COVID and affected us... We had similar symptoms that it went to different organ systems. So COVID is a very virulent virus, and it attacks multi-organ systems in the brain, the heart, lung, the kidney, primarily in the vascular system.

Dr. Sherie Viencsek:

And so for my daughter, she was the first to get it, we think we got a variant strand because it came on so rapidly and so strong. And it affected her heart, but she had had COVID back in February, at college. And then in July, she was having heart problems and went to the ER, and had a COVID test, which was negative and the antibodies which are negative. And the doctor said to her, "Well, I don't really care that these are negative, what I'm telling you is you're showing a post viral myocarditis, and I think this is from COVID. And this is kind of a long haul symptom."

Dr. Sherie Viencsek:

So the idea that my daughter would get COVID again in January was really kind of shocking. Plus, she's 23. So for her, it really affected her heart. For me, it went right to my brain. I mean, for the first three days, I could not think, I had a raging fever. And the irony of that is I have had a concussion before. And they do say that the brain barrier can be breached, and I felt like it just totally, it was inflammatory and targeting my brain.

Dr. Sherie Viencsek:

My husband, it targeted his gut, now my husband has a leaky gut. And luckily, I had done a comprehensive stool test, three to four months prior to him getting COVID. And I kind of knew the lay of the land and what I was looking at. So it was really scary because we had three major people in the house down. And then for those of you who know, I have another daughter, who's adopted from Thailand who has half of her lungs, and the other half have a lot of scar tissue in them. So they really have no wiggle room for any kind of COVID storm or inflammation and she's considered fragile, and at high risk.

Dr. Sherie Viencsek:

And I've been told over and over and over by her pulmonologists that she has to be kept a close watch. Well, the irony is she did not get COVID and part of the thing is because she's a very quiet person and she sequestered herself in her bedroom normally, but the minute we start having symptoms, she went in her bedroom and she didn't come out for 14 days. And we brought food to her door, and she wore a mask and only came out to use the bathroom. And she was tested twice, never had symptoms. So I actually kind of think it's a miracle. And a lot of prayer went into that for her.

Dr. Sherie Viencsek:

But here you are with this raging virus and you have to start dealing with your fear and the anxiety about, and the symptoms. And yet I have three other family members that are sick. And really no one can cook. And then I'm worrying about her. So I'm just texting her, asking her if she's okay in her bedroom. And I'm asking the other one is she okay in her bedroom, and it was so surreal and so uncomfortable. I just can't even express it.

Dr. Sherie Viencsek:

And what's really interesting is once you have COVID, people start talking to you like they talked to me once I had a concussion, because there's just these strange, weird things you have. You have cravings that you didn't have. And food aversions you never had, like many people tell me they cannot eat a salad, they're really craving salt. They had absolutely no appetite for two weeks. And now they only can eat four foods and their brain's different and their memory's different. And of course, smell and taste is different. But it opens up a door for a lot of people sharing. And so that kind of spurred me to do this too.

Dr. Sherie Viencsek:

So, I also want to say that when I was thinking I wouldn't get COVID, I was thinking "Oh, this is because of the way I exercise, and eat and take care of myself." But I had to take a really cold, hard look at my life. And there had been a lot of family stress and discourse in my home. I had had some extensive dental work in December. I had nursing a shoulder injury, there was the holidays. And so the underlying mechanism was I was really rundown without really acknowledging that I was rundown.

Dr. Sherie Viencsek:

And so as you lay there, and you can't do anything, you start to think of all the precursors and what you could have done different and you have a lot of time to think. And so I'm really making a commitment to kind of rearrange my family dynamics and the stress. And Mary, you mentioned it on your website, you have a really nice quote about disconnect or discourse. I can't remember the quote, but how important that connection is. And I think all of us may... Like in my house, we're a little too close, because of COVID, we're too connected, and we really need some space and time away from each other, which we haven't been afforded, as many people haven't.

Dr. Sherie Viencsek:

So that's my personal story with COVID. I just prepared this talk, I hope there's something for everybody in it. And I think the fallout from this year has been huge. I mean, this year of election and loss and people who personally lost family members and friends. And those of us who lived in California had people through the California fires, and we couldn't barely breathe through that. But we couldn't go anywhere because of COVID. And it's a pandemic and it's a time like no other time.

Dr. Sherie Viencsek:

so I just want to talk about COVID for a second, I know most of all of you know this information, but there's an incubation period of five days, it lives in the nose and the throat and the larynx, and then it replicates, takes about two to 14 days really replicating in the lungs and epithelial tissue. And it stimulates this innate hyper-immune response and this create these inflammasomes. And these inflammasomes release these pro-inflammatory cytokines. And these cytokines are designed by nature to create inflammation to burn and kill the virus or bacteria or pathogen or parasite, whatever it is.

Dr. Sherie Viencsek:

But the problem with COVID is it was so very violent, and attacks so much epithelial tissue at the same time, and went to so many organ systems, even the vascular system, that it creates this cytokine storm. So we had all these cytokines like interleukin 2 and 6 and 10. And you read about them, TNF alpha, and they all have jobs. And like one of the jobs is to stimulate the hypothalamus to raise the body temperature to create a fever.

Dr. Sherie Viencsek:

Well, that's how nature designed it before there were antibiotics and drugs. We burned off our bacteria and viruses with fever, and then there's TNF alpha to help stimulate, deal with pain receptors. And so there's all these mechanisms going on. And then we know that COVID enters ACE receptors, it has a strong affinity for them and most of the ACE receptors in the body are in the olfactory nerve, and the heart. So we have a lot of people suffering loss of smell, and taste from the olfactory nerve.

Dr. Sherie Viencsek:

In fact, one out of six COVID patients that were hospitalized are showing damage to their heart, post-COVID release so it kind of spares no tissue, it creates a leaky vein vascular system. So people can develop all kinds of like fibrotic material in the vascular system and then develop clots. They're showing that the inflammation can cross the blood brain barrier and it helps foster depression. People who had depression pre-COVID are oftentimes worse post COVID. People who had no depression, no anxiety, pre COVID are showing signs of depression post COVID. France did these study in their hospitals looking at MRIs and showing that COVID could breach the blood brain barrier due to leaky brain and gut vessels. So the connection to the gut which, will go in. So there were a lot of treatment protocols, and there are treatment protocols that Mary has. Mary you could put up the front line, the FL-CCC, one maybe.

Dr. Mary Starr Carter:

Okay, let me go here. Let's share, [inaudible 00:16:13]. Resolution deficit. Let's see. Not one of these, correct?

Dr. Sherie Viencsek:

No, but I'll just say something about these. So these are going to be available on my website, I put a COVID area on and it think might be able to be linked after this. But these are two lists of plant-based botanicals and nutraceuticals from the Institute of Functional Medicine and so not only does it talk about naming the botanical that's good for COVID it tells you why. And there's two pages of that. And then the other one Mary says FCC, this one we'll do in a minute.

Dr. Mary Starr Carter:

This one?

Dr. Sherie Viencsek:

Not that one either.

Dr. Mary Starr Carter:

That's okay. We can... Just hold on everyone.

Dr. Sherie Viencsek:

There's only four of them.

Dr. Mary Starr Carter:

Okay, so let's just go I'm going to search Dr. Sherie. Sorry, everyone. IF's COVID botanicals. COVID waiting. Supplements. SPM resolution.

Dr. Sherie Viencsek:

You don't have one that says FLCCC.

Dr. Mary Starr Carter:

Not that I saw. Let me go through this again and make sure that... Sorry.

Dr. Sherie Viencsek:

So there's a front line COVID-

Dr. Mary Starr Carter:

Oh here it is.

Dr. Sherie Viencsek:

[crosstalk 00:17:40]. That's the one, yeah. The last one. And so this is the frontline COVID Critical Care Alliance. And this prophylactics protocol I had already been doing. This is kind of what we were all doing. We all knew what to do. And then the early outpatient protocol. I'm not outpatient but I started that but I was taking... Like vitamin D I was taking 10,000, daily vitamin C, I was doing three to five daily, quercetin I took two to three times that. Melatonin I couldn't take much more than that.

Dr. Sherie Viencsek:

But this is a really nice protocol that people at least in the early COVID days had a guideline. And if you notice, they mention ivermectin in here at the top and ivermectin... And scroll down a little bit more Mary. There's a second page to this. Ivermectin is one of these very repurposed medications that have... It's kind of one of those that have very little side effects and very, really good outcomes. So this won a Nobel Peace Prize in 2015. Because it was a major breakthrough for its anti-parasitic, it's saved hundreds of thousands of lives, I mean, maybe say tens of thousands of lives in the third world all over the world. But they found that it was an amazing antiviral.

Dr. Sherie Viencsek:

So it's being used in clinics all over the world for early onset, ivermectin. And we tried to get ivermectin here, but it was out of the pharmacy. So I ended up getting it from a compounding pharmacy. I took it for a couple days, my husband took it for a much longer period of time, because we knew that he had a leaky gut. And we knew that he's had some endotoxins in his gut. So it was kind of a win-win situation here. Not only could it combat COVID, but it was antibacterial and antiviral.

Dr. Sherie Viencsek:

So this kind of protocol, along with the Institute of Functional Medicine's nutraceuticals and botanicals, is kind of what every single person can use safely and know that there's been lots of evidence based research on it. But I just want to say a few things. So the ADKE, those fat soluble vitamins, so they're able to shut down the spike protein. That's why they're so important. Zinc stops replication, zinc and selenium were found to be two micronutrients that were very deficient in COVID patience, and those of you who've done [inaudible 00:19:55] scans with me through spectrophotometry. I'd say that maybe 50 to 75% of my patients are low in zinc.

Dr. Sherie Viencsek:

I'm low in zinc, hard to bring my zinc up. People who had chronic Lyme, who had bacterial infections or mold or mycotoxins, zinc is just us so readily and so quickly that it gets used up easily. There's the omegas. And then one of the papers that we don't have to go to right now, that is at your disposal is something called SPM Active. And SPM Active is a very unique product is two companies make it and what I did was I made a supplement list and I created a sheet that said supplements and health recommendation from the COVID webinar and posted it to my website. So you don't have to really remember all this, you can just go there.

Dr. Sherie Viencsek:

So the unique thing about SPM Active is it resolves a cytokine storm. And to my knowledge, there really isn't anything out there that I know of that actually goes in and kind of gobbles up all that junk that's left behind from the damage and the cellular debris that COVID when it kills all those cells and creates debris in the tissue, the debris ends up clogging up the vascular system and cutting down on oxygen. So having something on board, this is one of the things I started taking immediately. I was taking it every couple hours. And had I knew what it did.

Dr. Sherie Viencsek:

And I was just kind of determined that I was going to not end up with this gigantic cytokine storm and go to the hospital. And vitamin D, I mean we all know vitamin D. Sorry about this, this is my COVID cough. I feel like that this is really important to say. I cannot tell you how many times, this happened yesterday that I asked people if they know what their vitamin D levels are on blood, and they say no, but my doctor said it's normal.

Dr. Sherie Viencsek:

Well, vitamin D normal range is 30 to 100. If you want D to help you with COVID or any other virus to act as an immune modulator, you need your vitamin D to be over 50 on blood. Well if you have vitamin D, that's 32, it's not going to get flagged because it's not under 31. But you're getting basic bone protection here and that that's about it, you're not getting any enhancement to the immune system that vitamin D can afford you. So I do want to say to everybody on this call, for your family, for everybody look at your vitamin D levels.

Dr. Sherie Viencsek:

And ironically, two days ago, I had a patient from the VA hospital and he had his blood labs and the VA has an antiquated vitamin D range of 21 to 100. I mean, if you have a vitamin D of 21, or 22, I'm sorry, but you are really, really deficient. And he was told he was okay, he was fine. So we have to know our values. I always tell my patients too, every time you get bloodwork someplace to get a copy and create a folder. Start creating your folder, so you don't have to go into your charts and online. And when you just want to see stuff, you have it right there. Or even better yet make an Excel spreadsheet if you have the time in the whereabouts to do that.

Dr. Sherie Viencsek:

So another thing that I found out Dr. Dietrich Klinghardt, very famous physician up in Washington, who owns an institute called the Sofia Institute. He was the premier person who put heavy metals and Lyme on the map. He was talking about how COVID is a very acidic virus, and that they had been experimenting, doing research looking at giving patients Pepcid for two weeks to kind of stop the damage.

Dr. Sherie Viencsek:

And there was a hospital, Hartford Medical Hospital that found out that if they gave histamine H2 receptor blockers, that if they could dull the histamine response that there wasn't so much damage from the COVID storm. So I started thinking about that acidity and so I got some pH paper out and I started urinating on the pH paper first thing in the morning when the urine's most concentrated and I was very acidic. So I started working with a pH graph. And I started taking something called tri-alkali. And I know that Young Living has an alkalizing powder, and I kept working it till I could get my Ph more in an alkaline state.

Dr. Sherie Viencsek:

And that's another thing that I started to think about, well, how long has that been that acidic. So I think that's just a nice little piece of homework that people can do. There's another thing called hydrochlorous acid. It's a spray, you can get it on Amazon, and it's found in our white blood cells. It's a disinfectant. And I probably even have hydrochlorous on here. This is the supplement sheet that will be on my website that you can access.

Dr. Sherie Viencsek:

And I'm using it as a disinfectant in the air and ironically I have been spraying it on my surface on my skin, my face and up my nose when I left the house all the time. And I think I was really religious for nine or 10 months. And I think the last, around the holidays from thanksgiving to Christmas in there, I think I just wasn't doing it as much. And I really wonder if all of us were washing our hands as much.

Dr. Sherie Viencsek:

I think we had all had that kind of COVID fatigue without having COVID. Then there was diffusing oils. I was using thieves oil from Young Living I was using peppermint oil, I was putting peppermint oil on my nose. Because I was just trying to open my sinus passages and try to breathe more. I have the great luck of having an oxygen condenser machine at home. So on the first couple days, the first week, there really wasn't much to do because I was so incredibly fatigued. So I would put an oxygen candle in my nose and I get oxygen to my brain. And a friend, Gloria, thank you, texted me to do Wimhoff's breathing exercises, W-I-M-H-O-F-F. And he's a man who's trained himself how to balance his autonomic nervous system. And he has all these Guinness book of record feats of being an extremely long periods of time in ice cold weather.

Dr. Sherie Viencsek:

But my lungs were so tight, and it was so hard to breathe. And I was hitting it with everything I knew and could and it still was. And so I started doing Wimhoff's breathing, and I downloaded the little app. And I couldn't do it as much as he was doing or as fast or hold my breath as much. But slowly but surely, I could actually calm myself down and I was having a fair amount of anxiety. Just the anxiety of where's this going to go? How's my other family members in the other room that I can't see. I can't get up to go see. And it was very surreal.

Dr. Sherie Viencsek:

So I now Wimhoff breathe in the morning, the night, when I walk, when I'm in my car. I just try to really open my lungs whenever I can. Let's see. And then there's the sweep, the meditation, the prayer, heart math, if those of you who do heart math, we have a heart math educator in my office here in Fair Oaks that does heart math with people, really wonderful work. Breathing exercises, retraining the vagal

nerve, I'll get into the vagal nerve a little bit more. But the vagal nerve, also the vagus nerve is a nerve that connects the stomach to the brain.

Dr. Sherie Viencsek:

And bacteria can migrate and viruses up and down this corridor. So there are actually strengthening exercises that you can do like gargling and humming and singing and chanting. And there's a really wonderful book, which I don't know if... Oh yeah, there it is. Accessing the healing power of the vagus nerve by Stanley Rosenberg, really interesting book, lots of great exercises. I've always been a great believer in home care and exercise and doing what we can do at home to strengthen ourselves. And I really enjoyed this book, because this vagal nerve is becoming... You're going to hear about it more and more, because there's links with all kinds of neurodegenerative diseases.

Dr. Sherie Viencsek:

The US military plopped, \$65 million down into a recent research study looking at the microbiome and Parkinson's and looking at the vagus nerve. They found that people that get their appendix out are less likely to have Parkinson's disease. And this is thought because the bacteria from the appendix go into the gut, and then via the vagal nerve, go up to the brain. And I'll go into a little bit more of that later.

Dr. Sherie Viencsek:

So the other thing is really, this thing about COVID affecting the old more than the young. This kind of seems like a very common sense piece to me, because as we age, we are losing our antioxidants, we have more antioxidants stress, our hormones are more depleted. We've had more stress, more trauma, more exposures environmentally and chemically, we have an altered gut biome, which is proven as we age, there's comorbidities of diabetes, and obesity and depression. And so we can't stop aging, but we can focus on longevity.

Dr. Sherie Viencsek:

And one of the things I just want to say about that is there's been research about several things that go down as we age. And they tend to look at the age, they pick 50. Well did it start going down when they're 40 or did it start going down when they're 48 Or who knows. But glutathione the most powerful antioxidant there is which I was doing in a liquid form, which is micronized and liposomal, about three, four times a day. And NAC which is a precursor to glutathione. Glutathione, CoQ10 and phosphatidylserine, all go down dramatically around the age of 50.

Dr. Sherie Viencsek:

And so I think it's important for most everyone, unless there's a genetic snip or some reason why, maybe they're allergic to sulfur, something that people should be taking glutathione. I also think that most people should be taking CoQ10, because CoQ10 really strengthens the heart muscle. And so this is really important for people who have had COVID and it's affected their heart. And phospholipids, the phospholipids are really interesting.

Dr. Sherie Viencsek:

So we have cell membranes and those membranes are like 96% phospholipids, so phospholipid choline and serine, and there's a bunch of other ones. And their purpose is to help things get through the cell membranes. And if you think of a cell membrane, like a grape, that's what it looks like most of your life, and then as we age, it starts to look like a raisin. Because our cell membranes get more dehydrated, and

less lipids, less oils, less fish oils, less phospholipids. And so they don't let water and nutrition in and waste products out.

Dr. Sherie Viencsek:

There's a theory called the lipid replacement theory that looks at chronic illness, mostly chronic fatigue, multiple chemical sensitivities, and Lyme and they're probably going to address this for COVID, too, and saying that all these subsets of people are really low in phospholipids. So I think that here's something that we can do on a daily basis to help create longevity for ourselves, and just know that these things are happening as we age.

Dr. Sherie Viencsek:

So I'm going to talk a little bit about the gut and the brain here from a functional standpoint. So this is some new research out of Korea. And it says, this is the Korean Institute of Human Microbial Interaction, and it says "That the leaky gut enables the virus to access," this is the COVID virus, "To access the surface of the digestive tract and digestive organs. Severe COVID hospitalized patients had very imbalanced gut microbiomes." So the vagal nerve, again, is this piece where it's this corridor from the leaky gut up to the brain.

Dr. Sherie Viencsek:

And let's say you've had multiple concussions, and you have a leaky brain, a leaky brain barrier, and you have a leaky gut barrier. And so you have the potential of having bacteria and viruses going up and down your corridor. Well whatever's in your gut can get in your brain. And this is where I think the olfactory bulb may come in. Because the olfactory bulb has the most amount of ACE receptors and it connects to the hippocampus in the brain. And the hippocampus is an area of the brain that is highly sensitive to stress, and helps maintain short term memory.

Dr. Sherie Viencsek:

And this is another piece with COVID patients, people complain about little lapses in memory or spatial integration. The first week for me, I was having a hard time with kind of time and space and I think that's because I had such a high fever, and I didn't take any fever repressors. I mean, I really wanted to try to kind of melt this fever and have it do what it did. And it didn't get that high that I was getting nervous.

Dr. Sherie Viencsek:

But I think the olfactory bulb in the hippocampus and the vagal nerve in the gut, all can be related. And so the hippocampus is so sensitive to stress that if you look at a cross section in an MRI, you can see these black holes in it, it looks like somebody took a cigarette, but it just burned holes in it. And that is called neuro-excited toxicity from these neurons burning out from stress. So, I mean, COVID is very stressful, disease states are very stressful.

Dr. Sherie Viencsek:

So we have to really think about our barriers, protecting our barriers, and we have to think about doing tests. Testing, there's critical, fantastic comprehensive stool tests out there now that look at barriers, that look at good bacteria, bad bacteria, opportunistic bacteria, pathogenic bacteria, worms, viruses, inflammatory markers, short chain fatty acids, and on and on, it goes in one test. And I actually think every single adult should do this test from 30 on, maybe like every five years, every 10 years, something like that. Probably every five years. It looks at all your good bacteria, bad bacteria, possible pathogens.

Dr. Sherie Viencsek:

So this is a really important piece, I think, to COVID and this may be part of the long haulers. That there's something else going on besides just having COVID symptoms. There's underlying functional disturbances. So for the long haulers, they can't shake the smell, the taste, the fatigue, the depression, and there's long hauler Facebook groups now. There's some medical centers opening up to for long haulers to come in, so they can start documenting this. Because this is an extremely high frustration level for people that have had COVID. And three, four or five months out are still symptomatic and going to the doctor and the doctors don't really have the answer because no one's really dealt with this.

Dr. Sherie Viencsek:

And the doctor is looking at it in a medical framework. And this may really need to be addressed outside the box, and it may not fit into a neat medical framework, which it doesn't. Because it's an entire body, it's a systems thing. It's a functional medicine, having to get to kind of root cause and see what the triggers are and the antecedents and maybe what preceded COVID.

Dr. Sherie Viencsek:

And I must say that when I have gone on the Facebook group page that Judy, you shared with me. Some of the stories of the people that are long haulers had very significant, complicated, pre-histories very complicated mental, physical, emotional traumas and histories that, again, speaks to the underlying functional milieu of the person. So maybe finding a really good functional medicine practitioner could be helpful for the long haulers because there could be other underlying infections, heavy metals, chemicals, mold.

Dr. Sherie Viencsek:

I'd like to do a webinar with you Mary on mold and mycotoxins, because mycotoxins are these very big bullies that bully every single system in the body. And I'm in the midst of having COVID I put some mold plates down in my daughter's room because we found mold in her closet. And sure enough, it grew out all this mold. And it just kind of freaks me out that here she is having to deal with COVID in her lungs, and then there's mold in her bedroom. So that's another story. I got a fogger and I fogged her room with this non-toxic citrus spray and I think that's another story.

Dr. Sherie Viencsek:

But I want to share with you this case history to kind of wrap some of these things up. So I had a patient who, prior to COVID was having some cognitive declines. A lot of high stress, she was a caretaker for her mother who was living with her and caretaking for her own family and herself. Her job was in question because of her cognitive state. And then she got COVID.

Dr. Sherie Viencsek:

And so she started to develop more gut issues, depression, loss of smell and taste. When we did a GI stool test, then we found out that she had two parasites, she had bacterial overgrowth, and she had a quite a lot of Candida. So this is a classic example of somebody, had we known this early on, when she first got ill, she would have been a great candidate for ivermectin. Probably one of the safest medications with very little side effects that kills parasites and COVID. I mean, it might have really shortened her progression of her illness and also maybe stopped these viruses from maybe migrating up and down the corridor of the gut tract to the brain.

Dr. Sherie Viencsek:

So this may be why people keep having symptoms, that there is something going on, whether it's a leaky gut, or a leaky lungs or brain or they could have some kind of mast cell syndrome, or there's mold, and there was something already there. And then COVID just weakened them so much that it's been triggered. So it's the deep dive it's the deep dive into a really deep history, looking at all the antecedents before COVID and all the possible triggers.

Dr. Sherie Viencsek:

So notice the talk a little bit about pre-vaccine, there was a pre vaccine sheet there that was put out by the Institute of functional medicine. This is kind of a no brainer, it's kind of like treating it like prevention. I mean, if you're about to go get the vaccine, you should be taking these botanicals and herbals. So it's the sheet that says pre-vaccine. Mary we should be... Neither of those. The other one. Not that one. These are the botanicals. Not that one. Not that one. I think it might be... Right there. No. Yeah, right there. Yep.

Dr. Sherie Viencsek:

Patients waiting to receive vaccination. So very simple stuff. Lifestyle factors sleep, exercise, nutrition, they have found that the elderly if they got them out exercising two weeks prior to the vaccine, that certain healthy markers are raised in the blood. I can't remember which ones. And sleep. I mean, if you're going to go get the vaccine, try to get some really deep sleep what, really good quality sleep, 8, 10, 12 hours of sleep if you can a couple days before because you're actually going to be getting a virus.

Dr. Sherie Viencsek:

So you just kind of prime your body and prep it and that middle column with the quercetin, resveratrol, green tea, etc. These are all the same things, glutathione, NAC, andrographis, berberine. I did all of those. I did those in combinations. We want to just beef up our preventative antioxidants and botanicals. And then, of course, our vitamins, our fat soluble vitamins, beta glucans, mushrooms, Young Living has a really good product that has mushrooms and beta-glucans in it. For our-

Dr. Mary Starr Carter:

ImmunPro, yeah.

Dr. Sherie Viencsek:

... Immune system. ImmunPro?

Dr. Mary Starr Carter:

ImmunPro, yeah. A lot of people, that would be helpful before, if they choose to get a vaccine, before.

Dr. Sherie Viencsek:

So this is a really nice chart. I just want to say something about alcohol. People really have to stop alcohol a couple days before. And I had two people that told me "Oh, I felt great after my first shot. And so I had a glass of wine or had a beer." And they went into a full blown fever and flu, and they felt horrible. And it's just a tiny something that can weaken the system that can send you. So we have to display this really smart with pre and post.

Dr. Sherie Viencsek:

I know the vaccine is a very personal choice, I had two people on opposite end of the spectrum that have changed their minds completely. I had a person who was totally against vaccines, her mother got ill, her elderly mother got ill, came in to live with her. And she couldn't stand the guilt of working all day and coming back into the house and thinking that maybe she was carrying the virus. And so she decided to get vaccinated.

Dr. Sherie Viencsek:

And then I had a person who... Who was the other person decided to get vaccinated. A person who had a friend who got very ill after the vaccine, and she herself has an autoimmune disease and decided to not get vaccinated. And that's kind of a big question we get a lot about autoimmune diseases everybody that I work with in my circle of health care providers are asked this question all the time. What do I do if I have an autoimmune disease? What do I do if I have an ongoing neurodegenerative disease like Parkinson's or MS, etc.

Dr. Sherie Viencsek:

The kind of consensus is that if you are having an autoimmune flare up, or you are having multiple autoimmune diseases, then you have to think twice about the vaccine because your immune system is already up-regulated. If you've had an autoimmune disease like celiac or lupus for 20 years, and you're managing it and you've got the diet and lifestyle and behavioral modification and everything else under control, then you can I think consider it safely.

Dr. Sherie Viencsek:

So, no one has the answer and the doctors will be the first to say that up front about autoimmune diseases. On the Facebook long hauler. Group chat, there was a man who had multiple autoimmune diseases, was hospitalized on immunosuppressant medication. And he was not able to kick the COVID and while in the hospital, and the COVID mutated and had various strands and he was in the hospital for five months and ended up passing away. But it's a very hard call.

Dr. Sherie Viencsek:

There's also the new Coronavirus strands. Another question is can I get Coronavirus, a new variant if I've had Coronavirus and the research seems to say yes, that people are able to do that. And Israel said they have 1,200 cases of people that have gotten COVID that have been vaccinated. And the people say-

Dr. Mary Starr Carter:

Let's-

Dr. Sherie Viencsek:

[crosstalk 00:43:59].

Dr. Mary Starr Carter:

Can I just stop you, too, because that was a big question people had is like, if I get the vaccine, will I not get COVID. And it's just like why they have flu viruses or flu vaccines. Because it mutates, it's not the same.

Dr. Sherie Viencsek:

It mutates and the antibodies, right now the Journal of Nature, like three, four days ago came out saying the antibodies are lasting six months. And so you'll read three to six months, some studies say eight months, but if they're only lasting eight months, and there's a new variant strand there is the possibility that you can get COVID again. And then people say well I got really sick when I got the COVID vaccine or I didn't get sick at all, what does that mean? And if you got really sick it means that your immune system mounted a bigger response and maybe you created more antibodies. If you didn't get a response, you may not have created as much antibodies but you still created T cells. You still have your T cells there, you're still getting a T cell response to fight the virus.

Dr. Sherie Viencsek:

So it's like the wild, wild west and there's a tremendous amount unknown. The long haulers are a mystery, I'm kind of wanting to be optimistic about the olfactory nerve and smell. I think if you don't have any underlying diseases or pre-COVID dispositions, that maybe it's just a matter of time, maybe we're all just really impatient and it created a lot of destruction and there has to be cellular turnover. And the nervous system has to kind of get back on track.

Dr. Sherie Viencsek:

Because it reminds me of the phantom pain that ex-vets used to feel soldiers in wartime who had lost limbs, there was a lot of work done after the Korean War, and then the Vietnam War. And they would still feel pain in their arm, their fingers, etc, when they didn't have an arm. And Stanley Jacobs up at the University of Oregon did a lot of work with this. And they tried different things. And they found that it just for some people went away. Some people woke up like a year later, one day and the pain was gone. And how Mother Nature reworks herself in the body, cellular memory dissipates and reprograms or maybe these people got some trauma help, or some PTSD help them, we don't really know the history, but we can hope that Mother Nature, in her infinite wisdom, is trying to get back to some basic homeostasis and trying to get back to normal and a sense of normal in the body.

Dr. Sherie Viencsek:

And, again ad is only able to be accomplished by what we do, what we eat. If there was ever a time to go on an autoimmune diet, if you have an autoimmune disease, and it is the time of COVID, or you're considering the vaccine, this is the time to go on a strict autoimmune diet, or at least a paleo diet if you want to narrow it in. So, honest, looking at diet, lifestyle, exercise, sleep, I don't think I honestly have gone to bed earlier than midnight for the last half a year, maybe a year. And that's a really yucky thing to admit to. But I have two teenagers, and they have different time clocks. And I found that if I went to bed, the time I wanted to go to bed and they woke me up at 12:00 or 1:00 or 2:00 by their noise then my sleep cycle didn't necessarily allow me to go back to sleep.

Dr. Sherie Viencsek:

So this is also part of hormones, and I almost left out hormones, and God forbid, because I think hormones rule the world. And I have a history personally of having low DHT and testosterone. And when I was laying there, I was doing some research on testosterone and DHT with the immune system. So the thought of going to get a blood draw was out of the question, I couldn't get out of bed period. So I had saliva kits at home, I did a saliva kit in my DHT and testosterone were very low. And DHEA is used pre-surgically in Germany just as a preventive to build someone's immune system.

Dr. Sherie Viencsek:

And so I immediately went on DHEA, and I had had some testosterone cream, which is a prescription. And I really felt better in three days. And I should have thought of that early. But again, this is the COVID brain. You're just kind of surviving, you're just kind of muddling through the muddle. And I think if you just have yourself to think about it's a little easier, but if you have other people in the house and then I just had this gigantic fear that was draining me at the same time.

Dr. Sherie Viencsek:

I was like, trying to not have fear and had fear with my daughter who has fragile lungs. Very, very fragile lungs. So I really think that this is also a time to get your hormones checked, especially if you're perimenopausal or menopausal. Just shore up your androgens if they need to be shored up, shore up your estrogen, progesterone. Progesterone is the great anti-anxiety hormone and the great sleep hormone and show me a person that doesn't have anxiety right now. And that's the black sheep, because we all have anxiety about something I think it'd be abnormal if we did not asleap.

Dr. Sherie Viencsek:

Let me see what else I had to say. So I'm just kind of getting to the summary now. I think that we have to address COVID not so much as a virus. It's very virulent, but a mandatory call to improve all aspects of our life. It is a wake up call. And why I say that is that 7% of emerging infectious disease are zoonotic in nature. That means they cross from animal to human. I have a graph which I can actually post on my website of all the viruses all over the world that are on the rise. And yesterday on the news, they identified a new bird virus in Russia that it can go from bird to human.

Dr. Sherie Viencsek:

So this is kind of our wake up call that we have one planet. And we have the same environment and the animals are sharing the environment with us. But we are destroying their ecosystem. Through industrialization and urbanization and deforestation. And so they are encroaching very much closer to urbanization. And so they're easier to kill, therefore, they're easier to have feces drop. And this is important, the bats in China were found to have a very low core body temperature because of deforestation, they were losing their homes.

Dr. Sherie Viencsek:

So these exact bats that in Wuhan they studied, were under stress. And they postulate that live virus was in their feces and other animals on the forest floor, could be in contact with that virus. So we have to think about the big picture, the planet, the world. And we have to prepare because this is our first pandemic in our lifetime. But maybe it's the push we all needed to just do that one extra thing. I mean, I'm really changing my sleep pattern. I'm asking everybody to be quieter, I'm just trying to ask for what I need and want and trying to be clear on what I need and want.

Dr. Sherie Viencsek:

And I'm going to say, for those of you living with teenagers, that's hard, because teenagers can be really egocentric and selfish. And they're suffering in their own world of hurt, because they're at their peak socialization years, and they can't socialize. And those of you who know, I moved from California to New York, and then from New York to California while my kids were in high school at the end. And so that was disruptive, they don't have a friend group. So there's a lot of limitations as to the things you can do to make yourself feel better or socialize and be a part of humanity.

Dr. Sherie Viencsek:

So I think that's it. I think I'll stop because I've covered a lot. Again, let me see on the... One thing I do want to say about the hippocampus in the brain. There's a wonderful product by Allergy Research called NTfactors, it's on my sheet, and it's a group of six or nine phospholipids. And these phospholipids help repair the phosphatidyl enriched cell membranes, this is an anti-aging piece for all of us, but it also repairs the hippocampus, which deals with stress and short term memory.

Dr. Sherie Viencsek:

And then there was this paper. I'm going to read the title, it says "How the interplay between the commensal microbiota, the gut barrier integrity, and the mucosal immunity, regulates brain autoimmunity." So there is a lab called Cyrex in [inaudible 00:52:59] America, I don't have it on here, they do a neurological antibody screen. So they look for antibodies in the brain. And antibodies in the brain are thought to appear five to seven years before symptoms occur.

Dr. Sherie Viencsek:

So if you are having say cerebellar antibodies, this is going to deal with ataxia and balance and brain problems. And one of the things that creates cerebellar antibodies is gluten. So either celiac or non-celiac gluten sensitivity. So it's a way to maybe, for the long haul, or just an idea to look and see, "Wow, do I have any active neurological antibodies right now? Because if I do, what can I do about them?"

Dr. Sherie Viencsek:

So in this paper, I'm going to read this one sentence, it's talking about dysbiosis of the gut. And it's saying that "Dysbiosis can promote inflammation and functional changes of the intestinal mucosa, thus favoring uncontrolled passage of macromolecules and micro-organisms." So that would be food particles that we don't want bacteria, viruses, etc, "Or their derivatives from the intestine to the systemic circulation, whereby they activate myelin reactive T cells."

Dr. Sherie Viencsek:

So here's a great example of a breach of the gut barrier affecting myelin reactive T cells. Well, if I have a family history of multiple sclerosis, or think I might have early multiple sclerosis, it makes sense to take a look at the gut. I mean, it makes sense to take a look at the gut anyways, but this is like science and research. This is coming from frontiers in immunology. This paper was August 2019.

Dr. Sherie Viencsek:

So let's see. I'll speak just a little bit because I put it on my sheet. A sheet that says supplements and health recommendations. Mold is a very complex topic and mycotoxins come from mold. So mold makes a spore, spore makes a filament, filament makes them mycotoxin and the mycotoxins spreads all over the place to protect this little territory. It's kind of like animals urinating, dogs to protect their territory. But it infiltrates everything, it infiltrates fabric and sheet rock and particle board and paper and books and clothes.

Dr. Sherie Viencsek:

And once it spreads, it's there and it doesn't die. So many people are living with mold and mycotoxins that they're unaware of and to bring in a mold expert and have huge amounts of remediation is thousands and thousands of dollars. But you can get these little cheap mold plates from a company

called ImmunoLytics that I put here. And they're \$3 a plate, you can either just do the plate at home and watch and see what grows, or you can send it in.

Dr. Sherie Viencsek:

And so what I did for my daughter's closet was I put a plate out, you only put a plate out for an hour, it's pretty easy. And I sent one to the lab and I watched one. So I kind of watched what hatched over 10 days, it was pretty ugly. And that was when I decided to kind of take action. But these are good ways of assessing things. Assessing kitchens and bathrooms and closets. And maybe you had a hot water leak and you change the sheet rock but you just want to make sure because these are these triggers that underlie and undermine our health. And there are vast and they're there.

Dr. Sherie Viencsek:

I mean, they're fast. But the key ones are environmental, heavy metals, chemicals, mold, fungus, bacteria, viruses and parasites. I mean, those are the really biggies. And the link with environmental chemical toxins in Parkinson's is gigantic. That's my next webinar that I'm going to work on is one on neuro-degeneration in Parkinson's. Because it's really showing up in the fourth and fifth decade of life. Now we have to see the clues and connect the dots.

Dr. Sherie Viencsek:

But I'll leave it at that. I know we have some time for some questions somebody did ask about detoxification, not a good time to detoxify with COVID I mean, your body's doing all it can to fight the virus. And you may or may not be a good detoxifier. And if you're not a good detoxifier and you start moving these toxic byproducts through phase one and phase two of liver detoxification, it can re-circulate back. And so detoxification I think should happen in the spring. And it should actually happen when you're feeling good. Because you want your body to be able to have the strength to detoxify. So that's a question I know that someone had.

Dr. Mary Starr Carter:

That's so awesome. Wow. I am, like just blown away. That's so many good information. But I'm going to recap too, in just in a little... Just kind of the before, during and after. Because some key things just happened. And if you have a question, go ahead and put it in the chat. So before right now, all of us should be looking as a wake up call, as you said, to be looking at what's actually going on in our body. Just because I'm not sick or I'm look healthy or feel healthy, or all of those things, doesn't mean that my body's not depleted or something's not going on.

Dr. Mary Starr Carter:

So working with Dr. Sherie, that's been very beneficial to me. She talked about the progesterone being so low, I was like one of her lowest hormone clients. Because I got that testing done. So I knew and it made sense. I traveled across the country, I moved, my husband had a terrible accident, was in the hospital 21 days. It all made sense of why but we don't look at that in our day to day lives. So when she talked about a functional practitioner, that is what she is, that is what she is.

Dr. Mary Starr Carter:

So if you want to, in most states, she can talk to you about that. If you want to know more about can I get vitamin D testing, I want to look at that GI Effects test I want to see, and we've done a great video together on that, where you can learn more about the GI Effects test. We're doing the saliva hormones

now in our family, we're doing the mold, mycotoxins test, all of those things. Dr. Sherie can take a history from you and see what kind of testing you need to get done. So you know where you're at.

Dr. Mary Starr Carter:

If you have an immune disorder right now you need to be having an immune diet, like you said, at least paleo. Some of the things before too that in families where these people were taking their NingXia Red, their Vitamin C, their vitamin D levels were really high. Those family members seem to be doing better. She said talked about her husband having leaky gut, and being more depleted, all of those things. So those main things that you heard about get tested, get your sleep, change your behavior, wake up, wake up. Especially here in the US, and especially us, as women, we take on all of these things. All these things.

Dr. Mary Starr Carter:

I know Dr. Sherie and I are very passionate about women who are moms and work, or work in the home or whatever, that we need to take care of us, we need to take care of us. So important. She talked about during and I think you can get a lot of content of what you can do during especially knowing about that one medicine that most of the world does not know about, except my friends in Africa. Because I think that's kind of similar to the same medicine they take for malaria and things like that. It's very interesting that my friends in Uganda, and throughout that country, they're like, there's not a lot of... Well, anyway, not a lot of COVID, maybe it's the vitamin D, who knows.

Dr. Mary Starr Carter:

But it's interesting that most of them who've had these malaria type medicines are not having as extreme effects as we are here. And then she talked about afterwards. And that's what I too want to share. Or maybe before you get the vaccine, if you choose to get the vaccine. She talked about taking all of those things that she wrote down, and we'll give you access to all of that. But ImmunPro, and she talked about oils that she personally used during, what you can do afterwards.

Dr. Mary Starr Carter:

But I just want to share real quick that I had a group of colleagues that wanted you all to know too what has been beneficial is minerals, how important minerals have been to them during their assessment, please put your phone on mute. Or your Zoom on mute, please. We've been hearing a lot about people who have digestive disorders-

Speaker 3:

Excuse me. Can I interrupt. I need to interrupt.

Dr. Mary Starr Carter:

... And their digestive support has been huge for them. And now we know why. Because Dr. Sherie said if there is some kind of leaky barrier, that's very powerful. People have been talking about thieves in a capsule, followed by oregano in a capsule, or thieves and oregano vitality oils, which can be taken internally. They talked about diffusing, you see this diffuser here. But next to that is a diffuser that puts oils directly in the air without the water. And this is the kind of diffuser that most of us should have, I think just to have, it's very important and things like that they're diffusing our thieves, immune power, they're diffusing RC, at least 15 minutes every two hours. Very, very important.

Dr. Mary Starr Carter:

And, mark this down too, something called an aroma dome, which is a little tent where you're actually inhaling the oils to if you can't get something like Dr. Sherie said that she had as well. So can't speak enough to why it's so important that we care for us, why we have a budget for our health, and even an emergency budget for our health. Because insurance is not... It's insurance, and you share in the cost. And we've become a society that thinks I can only do things that unless insurance pays for it.

Dr. Mary Starr Carter:

And many things like functional medicine and maybe some of the supplements you need and things like that may not be covered. Some of this testing may not be covered. But it's very important for all of us to think ahead, to budget for ourselves, to have these things and get these things done. It's just so, so important. All right. So let's see if there's any other questions.

Dr. Mary Starr Carter:

I think you addressed the thing about the smell, and that maybe we just have to wait for that. I know a lot of my friends who are using just a little bit of coconut oil with essential oils, rubbing that around the nasal passages, a little bit of basil, which is a hot oil. So just very little with coconut oil has been helpful.

Dr. Sherie Viencsek:

Can I say something about that Mary? So in that research that I saw about the olfactory bulb being connected to the hippocampus and the hippocampus being where stress is basically kind of internalized in the brain. That phosphatidylserine can heal the hippocampus. So it might be a long shot, but I think it might be worth it for people who are having some olfactory problems to try taking some phosphatidylserine straight up or the NTFactors because there seems to be some kind of relationship... I mean, the olfactory nerve is the oldest, most primal nerve that we have into the brain.

Dr. Sherie Viencsek:

And so there might be brain, inside brain out and out in. So it's just something that I just thought of when I read that. And I love that you brought up about making a budget for your health, because very often, after an intake, I'll have two tests of maybe \$350 each. And it's impossible to do both. But what we do is we decide what's the most important and we take four months here, we divide the year up into segments. And we say, "Okay, for these three to four months, this is the piece we're going to work on, and try to figure out."

Dr. Sherie Viencsek:

And then try to budget and then we'll try to do that task four months later. And some of these functional medicine tests are reimbursable by insurance. And so it depends on where you live, if you live in the state of New York, no. New York doesn't cover any of them at all. And some of the urine tests you can't even do in the state of New York, but I have a way to do that. And some of the complicated blood tests, I can get to patients in New York, but they have to go to Pennsylvania for the blood draw. So there's ways to work around it.

Dr. Mary Starr Carter:

Excellent, excellent, because I do think that's such a big piece too. So we talked about that. Also people were asking we will give you... Don't go to Amazon. Amazon's not where you need to get your

supplements even good brands will tell you to do not get them on Amazon because they could be sitting for 20 years on a shelf somewhere. Okay, so Dr. Sherie is going to give you a list of where you can do that.

Dr. Mary Starr Carter:

Someone asked about executive function too and I just want to talk about Frankincense vitality, or Frankincense in general too. So Frankincense over the you know the front of the head here, the back of the neck as well and then take a drop of the Frankincense vitality, put it to the roof of your mouth. And people just feel that they have a lot more clarity. I don't know if it's going to help your executive function. Cedar wood is another wonderful oil that many, many people feel like "Oh, I just feel so much more clear." So both of those things too, any of the essential oils I talked about, feel free to message me as well as you can go to the website www.orderoils.com. Orderoils.com.

Dr. Mary Starr Carter:

Next we have... And Dr. V's website, yes has been put in the chat. So Dr. Sherie's website is Drv, so D-R-V ofvitalhealth.com So D-R-V-O-F-V-I-T-A-L health.com. And makes sure that you if you are not connected to Dr. V already, and you want to know about her next classes, what she's doing, make sure you text the word classes, write this down classes to 315-239-4232. Again, that's 315-239-4232. Because you may have someone in your life that has Parkinson's, or you may be feeling some of those things. You need the information she has to give.

Dr. Mary Starr Carter:

"Do you feel the vaccine is safe, long term use issues seem unknown? I'm on the fence. I'm healthy. No..." I kind of think you addressed that in there.

Dr. Sherie Viencsek:

It's an unknown.

Dr. Mary Starr Carter:

Yeah.

Dr. Sherie Viencsek:

Yeah. I mean, we can only know what they tell us. We're not scientists, and we're not researchers. And so we have to trust, I guess [crosstalk 01:08:40].

Dr. Mary Starr Carter:

To get a copy of the information, you can again, go to Dr. Sherie's website. If you're on my mailing list we will also send that my newsletter mailing list. And if you want to be on my newsletter mailing list, make sure you email Lisa L-I-S-A @Starhealth S-T-A-R health.com. Again, that's Lisa@Starhealth.com.

Dr. Sherie Viencsek:

Mary, I just want to say about the supplement. That supplement in general health recommendation at the bottom, there is a website... Not a website, an email that you can go to. And it's the place that I have an account with that you can get like 200 different companies that are all high quality that are vetted for

professionals under one umbrella. And so when you do sign up, you get 20% off and then shipping is free over \$50.

Dr. Sherie Viencsek:

So everything that I mentioned in this page, you can get there except the Young Living Products, which you would get to a Young Living representative. And then I don't know if my email is posted anywhere, should we just repeat my email

Dr. Mary Starr Carter:

Yes.

Dr. Sherie Viencsek:

So it's D-R-V and then the word vitalhealth@gmail.com. So it's two Vs. If I had to do it over, I would not do that D-R-V Vitalhealth@gmail.com.

Dr. Mary Starr Carter:

Excellent. Well, the last question here, and then we will go, it says, "I was told the vaccine does not prevent you from being a carrier of COVID. Is that true?" And that's kind of what I was curious about, too, because some people are getting such symptoms of COVID after the vaccine, could they?

Dr. Sherie Viencsek:

The question is, are they... Say the question again?

Dr. Mary Starr Carter:

Can you be a carrier of COVID? So can I get the vaccine come home and then my family members who don't get the vaccine get COVID?

Dr. Sherie Viencsek:

I don't know the answer to that. But if that person emails me, I'm going to do a vaccine kind of intensive webinar next week for the Institute of Functional Medicine. And I will ask that question, if it's not addressed. I think I've heard them say that it may take days before your body mounts a true response and makes antibodies, enough antibodies. So those first couple days, you possibly could be a carrier.

Dr. Sherie Viencsek:

After that, I don't know. But I do remember hearing that. Not everybody mounts the same response in the same amount of time.

Dr. Mary Starr Carter:

Interesting.

Dr. Sherie Viencsek:

So yeah.

Dr. Mary Starr Carter:

Wow, this has been absolutely incredible. So much information, I highly recommend that if you've registered for this class that you've listened again, if you're watching it on YouTube, you watch it again, take really good notes. But really, right now, we know that there's three types of people who have been watching this recording, watching this live.

Dr. Mary Starr Carter:

The first type of person is like, "Yes, I am ready for a health change. I needed this information. I knew that my body was depleted. I was feeling this and Dr. Sherie really validated that I'm not crazy. Something's going on. And I need to know." If that is you I highly recommend that you go to Dr. Sherie's website, D-R-V ofvitalhealth.com. Can they schedule an appointment with you there, Dr. Sherie for a consult? Or is that information there?

Dr. Sherie Viencsek:

It's best to email me. Yeah. My website honestly, is kind of antiquated. It hasn't been updated in years, and I'm trying to decide what I'm going to do with it. So probably emailing me is always easier, better.

Dr. Mary Starr Carter:

Remind them too, if they are ready to get a console get some of this testing done. Your Email is Dr. V.

Dr. Sherie Viencsek:

D-R-V Vitalhealth@gmail.com. So two Vs.

Dr. Mary Starr Carter:

At gmail.com. DrvVitalhealth@gmail.com. Okay, so that's the first type of person. The second type of person is like, "Yes, I've been wanting to take care of my house, I've been doing a good job. But this is really going to hone things in for me. And I know that I've had several concussions. Now I know what might benefit me or I know that I need to get better sleep. So now I know what I can do. And I'm going to start supporting myself, I'm going to be taking my ImmunPro, I know I'm too acidic. I wake up every morning hacking and coughing and feeling achy and all of that. I know, my body's too acidic. So maybe I need to get on the alkaline and start eating healthier. I need to change my diet."

Dr. Mary Starr Carter:

If that's you, number two, I want to encourage you to take a step. Go ahead and make a list. What's the priority? Like Dr. Sherie said what's the priority? Am I too acidic? Do I need to work on my sleep? Pick something and take action on it. Pick something and take action on it, whether it's a behavior change, or getting a supplement or nutritional do that.

Dr. Mary Starr Carter:

And the third type of person is like, "I'm just I'm still thinking about it. I got to analyze things, I got to look things over, I got to think about..." Well the best way to think about it is to stay connected. Stay connected to people like Dr. Sherie, stay connected to these classes. Listen to this class again, and again, again, someone who's going to tell you things straight. So make sure that you and everyone who wants to stay connected, make sure you text 315-239-4232, make sure your text classes, and you will get Dr. Sherie's next classes that she does, as well. So thank you so much for joining us Dr. Sherie, thank you for taking this time huge, huge help for all of us.

Dr. Sherie Viencsek:

It was really fun.

Dr. Mary Starr Carter:

Yeah, well, we hope to do it again.

Dr. Sherie Viencsek:

Never would have materialize had I not had COVID. So I guess there was a reason, there's a silver lining in everything.

Dr. Mary Starr Carter:

That's right, and it's going to help hundreds if not thousands of people now. Thank you so much. Bye bye.

Dr. Sherie Viencsek:

Bye bye.