



natural medicine
at home masterclass



Natural Medicine Mastery Session 1: Using Nature to Heal

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Dr. Sands: Welcome to the Natural Medicine at Home Masterclass, where you learn the proven and effective natural solutions to chronic conditions in everyday ailments, and how to take back control of your own health at home.

Welcome to Natural Medicine at Home. Hi. I'm Dr. Michelle Sands, a naturopathic physician, and I am so fired up about what we're going to cover here in this masterclass because I'm basically going to be handing you the prescription pad for natural medicine, giving you the tools, information, and processes you need to finally take charge of your own health and create a true transformation naturally.

This is part one of my natural medicine mastery series that I'll be teaching each day. You'll get a new lesson each day of this masterclass. And you're also going to be getting the daily follow along food as medicine cooking demonstrations, follow along movement as medicine workouts and movement practices, daily guided meditations, mindfulness practices, and energy healing sessions that you can experience this week as we go through the workshops.

Plus, you're also going to hear from my favorite top experts in health and wellness as they share their very best secrets for healing naturally at home. My goal with this masterclass is to offer some extremely valuable natural medicine tools and information in a very accessible and inclusive way so that

you can take some action to support your own health and not depend on anyone else to do that for you as you learn the strategies for safely and probing some of the most common health concerns today.

This is what I truly call healthcare. It's about learning to care for your own health because it's unfortunate fact that not everybody has access to quality healthcare, and even those that do, those that can afford high-quality healthcare, many times they're still done a disservice due to the nature of how conventional medicine and the insurance industry is set up.

They basically wait for you to be sick enough to do something about it. Don't get me wrong. If you break a bone or get hit by a truck, by all means, get to the hospital. That is not the time to be playing around, trying to heal yourself at home, but for chronic conditions and everyday ailments, I believe it's our right and our responsibility. I want all people to have the tools to take care of themselves in addition to getting medical care.

It's not about either-or, but you need to have the tools to take care of yourself. The bottom line is that when you know how to use the power of nature to heal, you have less need for drugs and surgery. After all, the drugs and the surgeries, they're not treating the actual problem. You see, for many years before I became a doctor, I thought that's how it works.

I was looking for a pill for an ill, the next due diet, something that would take away my pain. And I really bounced back and forth between conventional doctors, specialists, and alternative medicine. I felt like I tried it all, but nothing seemed to work. And it wasn't until I developed a really true understanding of what health is, how this function disease happens, what my symptoms really meant, it wasn't until I understood all that that I was able to make some progress.

And what I found from my own experiences and working with so many others is that there is a real gap in how our healthcare system is set up today. The vast majority of us, those without true genetic mutations, start out pretty healthy with all of our systems functioning efficiently. And we have a lot of vitality or vital force. Kids have lots of energy, right?

We start our life like this. And then, we come in contact with the environment with stress, physical stress, mental stress, biochemical stress. We'll talk about the three types of stress in a minute, but the idea is we encounter all different types of stress and different amounts throughout our life. All of this, our body has to deal with. For example, were you hugged and kissed often when you were a baby? Did you have a parent that's smoked, or were you breastfed or bottle-fed? Did you witness trauma at a young age?

All of these can affect your health today, but let's say that you lucked out, and you had great parents that hugged and kissed and cuddled you all the time, and you make it to your teen years. And you're feeling pretty okay. You're encountering a lot of different little stressors, maybe a sports injury, maybe you got a bad grade on a test. Maybe you got in trouble at school. Maybe you're eating a lot of processed foods and candy, or you're being exposed to mold and toxins in your environment.

Eventually, you're going to pick up a symptom here and a few symptoms there. You might treat that with home remedies or over the counter drugs. And your mom might give you something for your tummy, or she might give you something for your headache or something for your allergies. You're going to get by with minimal discomfort.

And a lot of kids have acne or asthma. You get the picture, right? As you grow a little bit older, you'll find yourself feeling more pain, more despair, more symptoms. Now, the symptoms might be becoming unbearable, and the over the counter medications and the home treatments, well, they're no longer working. And this is what a lot of people find themselves in this predicament.

So, they go to their doctor, the doctor run some tests, and you end up with basically one of two scenarios. Tell me if this sounds familiar. So, scenario one, your doctor chooses a test based on your complaints and your symptoms. And he finds a diagnosis. And then you're given a medication to bring those lab tests numbers back into the normal range.

You're going to continue taking this medication for an indefinite amount of time. He doesn't tell you when you stop taking it. Chances are you might experience one or more side effects, and you might get an additional medication to control those symptoms. And this can happen within the first 18 months. This is very common. So that's scenario one.

Scenario two, your doctor runs that same test, but the numbers come back pretty normal. This means that you're not eligible for the medication to control your symptoms. The doctor just says, let's just keep an eye on it. Let's just wait and see. Why don't you come back in six to 12 months, we'll take the same test? We'll check to see if your numbers are bad enough to qualify you for the medication.

There's a problem with both these scenarios. The problem is neither one includes a healing protocol. Symptoms are just being suppressed or sometimes not even suppressed. Sometimes you're waiting for them to get worse, but there's no plan in place to heal the body so that you can restore

health. This is the problem with most of how our modern medical system is run.

Doctors are actually trained to kind of go on a specific standard of care, to treat symptoms and lab results. They match up your results and your symptoms with an insurance code. And they prescribe the pharmaceutical that goes along with that code. Just treating symptoms, but ignoring the source of the symptoms.

This is not your doctor's fault. This is what's called standard of care. And I'm not just talking about conventional medicine. Many of my natural and alternative practitioner friends are just as guilty, but instead of prescribing pharmaceutical drugs, they prescribe natural supplements and herbal remedies just to treat symptoms and lab results.

Now, I'm not against supplements or herbal treatments. We are going to be talking about many of them in this masterclass. I use them daily in my practice, and I'm not even against pharmaceutical drugs. I'm not against taking a pharmaceutical to get you to a place where you can start healing. Well, I really feel they have their place in medicine, but what I'm against is simply suppressing symptoms without having a plan to work towards identifying the root cause and putting a plan in place to help the body heal. This is the gap that needs to be filled.

This is the true problem with healthcare today. People are not getting better. They're just suppressing symptoms. Symptoms should not be looked at as nuisances that need to be controlled with pills. They need to be understood for what they are. They're our body's way of telling us that something is wrong. It's a sign of dysfunction or disease.

So, in other words, symptoms they're not the problem. They're the results of the problem and the problem that's dysfunction in the body. It's inflammation. It's something wrong that your body is saying, hey, either stop doing something, give us something that we need. There's something wrong. So, let's talk about what causes a symptom in the first place.

Now we've all had symptoms, and we'll continue to have them throughout our life. This is simply just messages from our body saying something's not right. There's something dangerous in the environment. There could be some type of nutrient deficiency, some type of allergen. We might need something to get out of the body, or perhaps the body is asking us to change something that we're doing. Maybe it's repetitive motion.

So consider this. When you put your hand on a hot surface like a stove, you feel the symptom of this burning pain. This causes you to pull your hand back. You do it quickly, so you don't severely damage your skin. If your mouth becomes dry, it might be because you need to drink water. These seem obvious. These symptoms have an obvious root cause.

And it would be absolutely ridiculous to have your hand on a hot stove and leave it there and then ask your spouse, hey, honey, can you bring me some painkillers? And that's so silly. Like you, just take your hand off the stove or taking a supplement to help you with hydration when you have dry mouth, and obviously, you haven't drunk enough water.

Those scenarios sound ridiculous, but this is exactly what we do all the time when we fail to address the root cause. I can't tell you how many commercials I've seen for heartburn medications where the actor is at the state fair, and he's eating some ridiculous greasy, spicy food. Then he takes his heartburn medication to make him feel better. It's actually no different than leaving your hand on the hot stove and taking painkillers. It's absolutely insane.

If he would just not eat the heartburn producing fair food, he wouldn't have the use for the drug, and he could even take some gut supporting probiotics or gut killing herbs to start soothing the inflammation, to stimulate digestion and acid balance. But before the supplements, he would really need to remove the foods that cause the heartburn and replace those with anti-inflammatory foods and healing plants. Next, he'd work on his stress, his toxic load, his sleep, and his movement.

All of these are foundational, and they impact digestive health as well as health of our entire body. They make us more resilient. The point I'm trying to make here is that symptoms are a sign, and we need to look deeper to see what they're trying to tell us. This is the only way we're going to find true health. Covering up symptoms just isn't enough.

So let's talk about what causes these symptoms and really it's really six root causes of pretty much all chronic disease. So I like to use the acronym STAIN, S-T-A-I-N to help myself and my clients remember the main things that can kind of tarnish or stain your health. These all lead to inflammation, and inflammation is important to health, but too much chronic inflammation over time is what leads to symptoms and, eventually, disease. So, we want a little bit of inflammation, but you want it to go away.

So, let's take a look at what these stands for. So, S stands for stress. So, we talked about this before. It can come in three different forms, and it can be mental, emotional stress, physical stress, and biochemical stress. And then T

stands for toxins. Toxins can come from outside the body, things like plastics or processed foods or pesticides, car exhaust, alcohol, cigarette smoke, even pharmaceutical drugs, or they can come from inside the body.

This can be metabolic waste products, used up hormones, and things like that. Our body is designed to handle a certain amount of these toxins, but too much can lead to inflammation, imbalance, and disease. Now, A stands for allergens. These could be food sensitivities, even sensitivities to healthy foods like nuts and fish. And it could be chemical sensitivities to things like detergents and fragrances and things like molds, histamines, and other allergens.

So that's A. Now, I stands for infections. So, infections definitely cause disease and dysfunction. So, things like viruses, bacteria, fungus, and parasites. So, a lot of intestinal issues there. Now, N stands for nutrient deficiencies. So, if we're missing essential building blocks and cellular information, then our body cannot carry out the tasks and processes necessary to maintain our health.

Nutrient deficiencies affect every system in our body, our energy, our hormone balance, our metabolism, our ability to detox, and fight off infection as well as our appearance, and our mood. Throughout the course of this masterclass, I'm going to teach you the tools and strategies to effectively address each of the root causes. So be sure to take part in the daily follow along sessions for movement, mindfulness, and nutrition to get the most out of our time together.

Now, in our next natural medicine mastery session, we're going to cover the four key areas to focus on when using natural medicine at home, as well as how to align yourself with nature. So, I'm inspired. I really wish you and your family a happy and healthy day. I'm trying to keep these sessions short, so you can watch them and absorb them and also be sure to take part in all of the goodness that we have for you each day. So, I will see you tomorrow. Thanks so much. Bye-bye.