



EPISODE #192  
EMOTIONAL CAUSES OF HEART DISEASE  
WITH RAZI BERRY

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Wendy Myers:

Hey, everyone. Welcome to the Live to 110 Podcast. I am your host, Wendy Myers. You can find me on [Liveto110.com](http://Liveto110.com). And you can find me all over social media at [WendyMyers110.com](http://WendyMyers110.com).

Please, please leave a review of the podcast on iTunes if you've been enjoying this show. It really helps me to reach more people and get my message out there about how to heal the body naturally and how to detox the body and all the things that I love to talk about on the podcast.

I have a new book on Amazon. It is called *Limitless Energy: How to Detox the Toxic Metals to End Exhaustion and Chronic Fatigue*. It's one of my big platforms where I really am so passionate about educating people on the harm that toxic metals are causing their body and how it's really putting a damper on your ability to produce energy.

There are so many metals like arsenic, aluminum, tin, thallium, lead and mercury which I talk about in the book and exactly how, based on scientific research, they are interfering in your body's ability to produce energy.

And that's why people are addicted to stimulants. I've been there myself. I used to be addicted to all kinds of stimulant because I was just desperate for energy. I didn't know how to get energy other than drinking coffee and 5-Hour Energy and all the other things that people do. They take supplements like ginseng and other kinds of things. They're all in vain because you have to get to the underlying root cause of the problem which, in part, is detoxification of these metals that poison enzymes that take nutrients into mitochondria.

So, in the book, I'm going to detail how to detox all these metals so that you can reclaim your life and get your energy back and free yourself from fatigue. So, go check it out on [Amazon.com](http://Amazon.com) and type in [#limitlessenergy](https://twitter.com/limitlessenergy).

Today, we have a very special guest, Razi Berry. She is the host of the upcoming *The Heart Revolution: How to Address Heart Disease Naturally* and call attention to it and ways that you can address heart disease and ways that you weren't thinking about—a very revolutionary summit.



I spoke on it. I spoke about a little known cause of hardening of the arteries called cadmium toxicity. There are other toxicities as well like lead and other things that I talk about and how they contribute to heart disease and how, when you detox these things, you can help to improve or even completely reverse heart disease.

Cadmium toxicity, I believe, is a huge, huge factor in causing heart disease. It's so ubiquitous in our environment. That's why smokers get heart disease, because they get so cadmium toxic (and not to mention other toxins as well). And the cadmium is in our fish supply. When coal is burned, that cadmium mercury from the coal, fossil fuels, gets into the air. And then, it settles in our ocean and then bio-accumulates in our fish. Cadmium can be in the coffee.

These are just some of the things that I talk about on the Heart Revolution which you can definitely tune into. The links will be on the blog post, in Razi Berry's podcast post on Liveto110.com.

Please keep in mind that this podcast is not intended to diagnose or treat any disease or health condition and is not a substitute for professional medical advice. The Live to 110 Podcast is solely informational in nature, so please consult your healthcare practitioner before engaging in anything that we suggest today on the show.

## 04:07 ABOUT RAZI BERRY

Wendy Myers:

Our guest, Razi Berry, is a publisher of the award-winning journal, Naturopathic Doctor News & Review which you can find at [NDNR.com](http://NDNR.com) and the naturopathic website for patients, the [NatPath.com](http://NatPath.com).

Razi is passionate about teaching people how to live more naturally in the modern world through the principles of naturopathic medicine through which he healed from chronic fatigue syndrome, fibromyalgia and infertility.

She is the host of [theHeartRevolution.org](http://theHeartRevolution.org) where more than 60 doctors, scientists, relationship experts and spiritual teachers teach us how to heal, empower and follow our hearts.

Learn more about Razi Berry at the [NatPath.com](http://NatPath.com) and [theHeartRevolution.org](http://theHeartRevolution.org).

Razi, thank you so much for coming on the show.

Razi Berry:

Thanks, Wendy. I love when we get a chance to talk. I'm just a huge fan of the work you do. I mean, living to 110, that is such an important goal. We know that we are designed by nature or the design team to live and thrive and live out all of our days with a lot of health. So, I'm really happy to be here with you.

Wendy Myers:

Yeah, that's my goal. I'm trying to live to 110.

Razi Berry: You're looking great so far.

Wendy Myers: In fact, really, just for myself, I'm not eating sugar. And it might happen! But I don't know, we'll see. So, why don't you tell the listeners a little about yourself and your background how you got into health?

Razi Berry: Like most of us, we have our own health challenges. Mine started when I was really young actually. But the one that really brought me into the health business—I'm the publisher of an award-winning journal, Naturopathic Doctor News & Review. It's been in print, it's a printed journal since 2005. It's also online at NDNR.com.

And what started that was my journey through fibromyalgia and chronic fatigue syndrome which lead to chronic infertility. Some of these things kind of glued themselves together. And I was being seen by all the top doctors.

I finally found myself in the Mayo Clinic and the conventional medicine was doing nothing for me.

I grew up sort of brainwashed into conventional medicine. I thought that anything that's not MD—I thought chiropractors were quacks. I thought [...] were quacks. You know what I mean? Health coaches, heck no!

And so the last thing in the world I would've ever done is go see a naturopath. But I was going through the Mayo Clinic, and they treated me like the migraines were just in my head, the dysmenorrheal was just in my ovaries and the pain was just nerves.

They really just put me on one pill after another to the point where I was on a pill to go to sleep at night, a pill to wake up in the morning, a pill to get through the day, a pill for pain. It was just too much!

So, I left there. And the rheumatologist said we would just need to go on disability. I mean, the pain of fatigue and fibromyalgia was so severe that I remember at one point crawling across the floor of the apartment that I lived in to get to the bathroom thinking like, "Really? This is disability. I'm going to just live like this and just take a government check and some prescriptions every month? I just wanted to live," let alone live to 110. I just wanted to live through the day.

So, I reluctantly went to a naturopathic doctor. I was terrified. I thought it was like witch medicine. It just changed my life.

And detox was the biggest part of it. I had worked prior in this industry, in real estate and new home sales where I was around carpet glues and paints and all sorts of off-gassing. There are all sorts of solvents and metals and a lot of these things, dust from all the construction. We really believed that that is what led to my diagnosis.

And to have somebody who listened, because doctors before told me that it was all in my head.

I'm sure a lot of your listeners have had especially with toxicities of different kinds have gone through that where the doctor, they don't know the right things to test for.

So, I did get tested for solvents and metals and parabens and things like that and had high levels. So we did a lot of detoxing and stuff.

And after that, I just became so passionate about naturopathic medicine that I wanted to even evangelize.

I had always liked research and writing and editing. And so I just decided to leave that job and start a journal. I had also married a naturopathic physician, so I got really immersed. He was still in school at the time. I was just obsessed. I read all his notes and felt like I was going through it with him.

So, 13 years later, it's still—it's a case study journal [...] That's where I got started.

Wendy Myers:

Yeah, that's so interesting. I just applaud you for doing that. We just need so many voices out there. There are many people out there talking about naturopathic medicine and detoxifications and alternative things to conventional medicine because they're not looking at the underlying root cause of health issues.

## 09:41 ABOUT THE HEART REVOLUTION

Wendy Myers:

And that brings us to heart disease. So we're going to be talking about heart disease and many facets of that because I think it's very poorly managed by conventional medicine.

So many people go to their conventional medical doctor, and they're simple put on statin, cholesterol-lowering medications, or they're given blood thinners and other types of things that I saw my father on (my father suffered from a heart disease, metabolic syndrome for many, many years. And I witnessed his steady, slow decline on statin medications. So I'm a big advocate against statin medications).

And so I really applaud your efforts to help educate people about natural means and things they can do to prevent and reverse heart disease.

And so you brought together a lot of experts from all over the world for The Heart Revolution. Can you talk a little about that?

And I was a guest on. Thank you so much for having me on as a guest. I wanted to talk about how toxic metals like cadmium can cause hardening of the arteries and contribute to heart disease—a big, big factor in my opinion.

So, talk a little about The Heart Revolution.

**Razi Berry:** Yes! I knew I had to have you on as a guest to The Heart Revolution because, yes, these toxins and these metals that are so pervasive in our environment that we just don't think about, it's not talked about, we aren't told by our conventional doctors. It's a big part of it. Thank you so much for being part of The Heart Revolution, Wendy.

**Wendy Myers:** Yes, my pleasure.

**Razi Berry:** So, heart disease is the leading killer of men and women worldwide. I did read some research that even though it's the leading cause of death in women, only about 40% of the female population even know this is true.

So, we focus on things like autoimmune diseases and cancer when it comes to women's health. But actually, heart disease kills more women than all forms of cancer combined.

**Wendy Myers:** Wow!

**Razi Berry:** That's huge. We're talking about breast cancer, skin cancer and lung cancer, thyroid, ovarian. That is a staggering statistic.

**Wendy Myers:** Yeah! My grandmother, she died of heart failure. She had a massive heart attack about two months after her spouse died (my father's mother). And it makes me worry myself. I'm not worried about heart disease so much because I take such good care of myself. She smoked and drank. My grandma was partying, so unfortunately, she suffered from heart disease as a result.

But yeah, it's a huge factor for so many women that we need to be paying attention to.

**Razi Berry:** I don't want to sound sexist, but women, it's known that we're usually more intuitive, more in touch with our emotions, more emotional. And emotions do have an impact on our heart. We've known this culturally for a really long time. But the science is coming out to show that.

And we talk about the death in your family, there is an actual syndrome called Broken Heart Disease. It was discovered by a Japanese physician (I forget his name). But it's a spontaneous or a really highly emotional event can cause a heart attack or cause cardiac arrest.

And it is often sometimes that people lose a loved one and that kind of brings in more of an energetic aspect to it, but our body's systems are so connected.

And a lot of the research that's coming out from Heart Math Institute, for instance (which is also part of The Heart Revolution) is this heart field that can be measured. Just as our brain waves can be measured, this heart field can be measured for as far as three to four feet outside of our body. And this energy is directed to all areas and actually speaks to our body.

Now, this sounds really woo-woo, but there's science, there's science behind it. You know how with grounding, for instance, we know that the Earth's electromagnetic field gives our bodies a negative charge. Our cells need a negative charge to really thrive.

That's why antioxidants are so important because antioxidants help keep our body remove the oxidation, help us process that and keep us in that negative charge. Well, the Earth's bio-field does the same thing. The Earth acts like an antioxidant. And it really affects the heart field and helps the heart stay in coherence.

We used to think that the heart beat at regular intervals. But this idea of heart rate variability is how your heart beat adapts, that space between two heart beats adapts, to our environment.

Let's say we just ate some seafood high in mercury. Maybe our heart rate goes a little bit faster because it's trying to detox more—or a change in the weather or a social stressful situation, that heart rate changes. It really shows how our body is so interconnected.

It sounds woo-woo, like I said, but the science is really there.

**Wendy Myers:** No, I don't think it's woo-woo at all. I actually do a bio-energetic program myself called NES Health.

**Razi Berry:** Oh, sure!

**Wendy Myers:** It's Harry Massey's program that he brilliantly developed. He's had the founder of Health Math talk on his film, *The Living Matrix*, that I recommend everybody watch. And it's true! Our hearts have this energetic field. Emotional trauma affects it—the death of a child, the death of a loved one. Physical, emotional, sexual abuse all have a dramatic effect (i.e. broken hearts), on the physical functioning of the heart. And so it's true.

## 15:36 THE MIND-BODY CONNECTION

**Wendy Myers:** Can we talk more about that mind-body association or that physical-emotional aspect of the heart's functioning?

**Razi Berry:** A wonderful example, Harry Massey, who's also speaking on *The Heart Revolution* (everyone should tune into that after they listen to Wendy's).

But yes, this bio-field, our heart field really not only talks to all of our body systems, but again, it interacts with the environment.

And so, one aspect that's been really studied is laughter.

Interestingly enough, you might think that the body knows—or the listeners might think that the body might know the difference between a spontaneous laugh or a contrived laugh.

But what they found is when people laugh on purpose—like there are exercises that we learn on *The Heart Revolution* of how to laugh more. And it starts off as a contrived laugh with these

breathing exercises. And then, what happens is your body kind of catches on and starts laughing. It creates more vasopressin in our bloodstream. It helps us relax. It helps our heart muscle relax. It helps our blood vessels relax. It has a beautiful impact on heart health. So, laughter is one really important way.

And a similar thing happens with crying. When we release our emotions instead of holding it in, there's vasopressin released and also oxytocin.

It's harder for men to get oxytocin interestingly enough. There are only a few instances really where men get oxytocin. One is through orgasm. And they can also get oxytocin through holding a baby or skin-on-skin like a full body hug contact for more than six seconds.

Women can get a dose of oxytocin just from talking to each other. So, you and I right now, talking and engaging, we're sharing the love.

But it has a really wonderful impact on heart rate, blood flow, blood pressure. And it really keeps our heart strong.

There are some really interesting things speaking of the mind and body connection. On the body side of it, there's some new insights about the blood. They have discovered that when an embryo is forming, that the blood starts to flow before the heart starts to beat.

I get goosebumps when I think about that because we think of the heart as this pump that pumps the blood through our body, right? But with some of Gerald Pollack's work, for instance, of the fourth phase of water showing that water has this almost—it's not just water vapor, ice and liquid, there's also this jello like hydrophilic wave, the water in the blood that moves spontaneously.

So, there's this intelligence even in our blood. And I think when we think about also how blood is formed, it's formed inside of our bones, what is it formed with? It's formed by what we put inside of our bodies. So, we are creating our own blood with every decision that we make, Wendy.

Wendy Myers:

Wow! Yes. So, so interesting.

Razi Berry:

So, grief is a natural and normal emotion. And processing grief healthfully is so important to the health of our heart. Our heart field, our heart chakra, however you want to call it, really is an emotional center. And grief is often treated now with medication.

Usually, somebody goes through a period of loss or grief where someone passes way or lost a job or a relationship, it's usually treated with drugs that kind of stunt the proper processing of grief.

There are ways that people can get stuck in grief. So, at The Heart Revolution, we talk about that too. But processing grief and letting your heart really feel what it's supposed to feel is kind of like allowing a fever to take place. That grief is not just a symptom, but we know that symptoms are the way that the body heals itself. So, a fever, for instance, is a symptom, but it's also the body's way of killing virus or a pathogen.



And grief is similar. Grief is known in many different cultures and societies as a time to stay in and be quiet, nurture yourself, take good care of yourself. And so grief, even though it's so difficult, it's really important that we listen to it to keep that stress level that so affects our hearts. Grief can really be speaking into that Broken Heart Disease.

I took my girls to a field trip at this animal shelter, and it was mostly rabbits. Apparently, there are way more rabbits than people want to keep as pets. So, I took them to this rabbit shelter, and they were all paired in two's in these little rabbit patches. And wherever there was one rabbit, they always had a stuffed rabbit there with it.

They explained to the children that they bond in pairs for life, and that when one of the rabbits passes away, the other one grieves. And often, that other rabbit will pass away as well. So, they bring in stuffed rabbits to help the grieving process.

Wendy Myers:

Oh, poor rabbits.

Razi Berry:

I know! It's sad. And it's kind of silly, but it just is a good example that when we go through grief, we really have to take that time to nurture ourselves because it can affect our hearts.

Stress is going to happen. Life is going to happen. Grief is going to happen. And that's why it's so important to nourish ourselves. Before, we talked about detox also, but then look at those times in our lives where we really need to nourish. And grief has such, such an impact on the heart. It's really amazing.

And then, the heart chakra, depending on what culture you listen to, has certain foods and practices that really nurture—practice having an open heart, really being present inside you.

Someone really described it to me in a really neat way. Wendy, if I were to say to you, "Point to yourself," what would you do? Usually, people point right to their heart.

Wendy Myers:

Okay, yeah. Yeah, I point to my brain I guess. That's my more valued organ I guess.

Razi Berry:

Well, that's the other common one. And you know what's so fascinating about that, is that our hearts and brains are so connected.

There's this whole new field of medicine that we go into real detail at The Heart Revolution, and it's neurocardiology. There is a whole field of science emerging that looks at this connection between the heart and the brain and how they interact with each other.

We now know that the heart also gives off hormones. It's an endocrine gland as well. So, it's like a muscle, it's a pump. It's the seat of emotions. It's an endocrine gland. It's an intelligence and intuition. So it's really so fascinating.

But this field of neurocardiology has some other fascinating ideas. Right now, we look at heart disease mostly based on blood flow and plaque and artery health. And that is one aspect of heart



disease. And we can talk a little bit about that.

But there's another theory of heart attack that some scientists are going to talk about at The Heart Revolution that really aren't being talked about anywhere else. It's this whole idea of a nervous system weakness or failure.

There was even this remedy that was used for many years called ouabain. It's natural, it's from a plant. It was used widely, mostly in Europe, in Germany and throughout there. It was really widely-used in Germany until the German—like the equivalent of the FDA—put a stop to it. There's some that wonder why that happened maybe; it's because statin drugs is a multibillion dollar industry.

And so we're going to talk a little bit about this. This really helped people regain their health. And it's starting to come back, it's starting to emerge again.

Look at maybe all these ways that we're treating heart disease, we're still failing, Wendy, because I think something like one-third of all of people over the age of 40 is on a statin drug.

Wendy Myers:

That just makes me want to vomit. Really, it's frightening. And it is one of the number one medications that are prescribed. And there's a reason for that. Doctors make money, they get awards. They get cash awards and vacation the more scripts they write. It's not about your health. It's not about you living a high quality of life for a long time or even preventing heart disease. It's disgusting, what happens.

And I watched it. Statins killed my father. I really, truly believe that. He took them for 10 years. He's this brilliant genius over 10 years. It got to the point where he could barely take care of himself and have had to go to a nursing home.

And along the way, he developed diabetes, which now, there's research showing the connection between statins and the development of diabetes. And then, if you get the diabetes, then you're more susceptible to cancer. And it's like this downhill spiral that a lot of people find themselves on.

## 25:30 STATINS

Wendy Myers:

So, let's talk a little about statins and why people should really be questioning their physician if their doctor recommends them to take statin, cholesterol-lowering medication.

Razi Berry:

Well, it's interesting because, generally, your cholesterol does raise a little bit as you age. And that's because cholesterol is so important to hair growth hormones, your brain health. So, at least in the naturopathic perspective, it's natural for your cholesterol to go up a little bit.

But we really know now, as you know, Wendy, that cholesterol isn't really what's causing heart disease. And so statins are really pretty much missing the boat. We know that plaque isn't really

caused by cholesterol. We know that it's sugar intake.

We know that sugar causes this cascade of inflammation in your body. It wreaks havoc on your veins and arteries. And then, your body uses cholesterol to make hair, skin, nail tissues such as blood vessels. And really, what we think and know really is that the plaque is trying to repair and area; just like inflammation is the way your body tries to heal itself, but it gets stuck.

So, the statins just totally misses the boat altogether about what the cause of heart disease is. They should be telling people to stop eating sugar.

And we also know that heavy metals in the blood can cause plaques. And then, we talk about this heart-brain connection too. We know that metals can cause plaque build-up in the brain. It leads to dementia, Alzheimer's disease.

I lost my father to Lewy Body Dementia, and it was terrible! So, I understand to see somebody smart and vibrant... you know.

But it's just happening all over the world. It's one of the most prescribed medications.

There is a doctor. He has an unusual last name, and it's just evading me right now. He was a conventional physician. He says that statins should be in the water supply.

Wendy Myers:

Oh, gosh!

Razi Berry:

Oh, his last name was Reckless. It's true.

Wendy Myers:

Sounds right, Reckless' advice.

Razi Berry:

Yeah! When you think about toxins and stuff, in a way, statins are in our water supply because our water supply, as you teach about, is so toxic with all the pharmaceutical residues that are in there too.

So, it's just a kind of a crime really that statins don't really address the cause.

Some simple things like sexual dysfunction in men because they have that hormonal cascade because of the drop in blood pressure, their natural cholesterol that they need, but then just telling them to stop to eating sugar... it's really sad.

Vitamin C, we talked a little bit off the screen here about supplements. And one really overlooked supplement for heart health is vitamin C. I mean, there's a reason why Linus Pauling won a Nobel Prize for vitamin C. Vitamin C has shown to really improve blood flow, but also vitamin C is the number one wound-healer. It's the best antioxidant for tissue, health tissue, including your blood vessels.

It's been used for a long time in the naturopathic circles against bruising and for healthy skin. It's

really great to prevent those wrinkles. But vitamin C is excellent, excellent to your heart.

So, even not taking a great vitamin C supplement, but eating more citrus, more strawberries, more spinach, more leafy greens is really a great way to get more vitamin C.

And another supplement that is kind of up and coming is PQQ. I'm not going to say it right, so we'll just call it PQQ. But it is this enzyme kind of similar to CoQ10. It's not really recognized as a vitamin yet. It's more like a co-factor. But it shows to really help with mitochondrial function. And it's really helpful for cognition and the heart. I think we're going to learn more about that in the near future.

And Dr. Michael Murray who is one of the top naturopathic physicians in the world, he is going to talk about PQQ and how important it is to have. It's in every cell in our body. It's in star dusts. So it's really this element that is everywhere. It'll be interesting if science kind of helps to reveal why we maybe are deficient—oh, because statins also lower our own body's natural CoQ10 as well.

Wendy Myers:

Yeah. It's just crazy to me. It really speaks to how when medical doctors prescribe statins, and they don't also recommend that co-enzyme Q10. They don't know what they're doing. Run for the hills!

Anyone that is worth their salt and that knows what they're doing in practicing medicine of any type, the statins also poison the enzyme that produce CoQ10 in the liver. And so you're going to be drastically deficient in CoQ10, which you have to have for heart health. You have to have that.

And so it's really sad when I see doctors ignoring that, they don't know it, or they know it and they don't recommend it. I've actually debated with a doctor over breakfast about why people refuses to recommend CoQ10 because the research shows people don't need it. It's just ridiculous!

Razi Berry:

Wendy, they don't have a sales rep for CoQ10 knocking on their office door and leaving them prescription pads and things like that. But they do have somebody for statin drugs in the waiting room at lunch just kind of feeding in the information.

And just like we as patients sometimes just blindly listen to what our doctor says like a robot, the doctors, they're busy, they're seeing a patient every six minutes, and they're getting a lot of their information from these sales reps. They're sales reps, you know? It's tragic!

Wendy Myers:

And people, ultimately, they have to take responsibility for their own health. You have to arm yourself with knowledge as a patient. You can't go to anyone and expect them to care as much about your health as you do.

A lot of people, they go into their doctor, and they just want to feel better. "What can I take? Make me feel better. Write me a pill. I just want a pill, something easy."

People have to get away from that type of mentality because it is killing them. People have to educate themselves on diet and lifestyle and other things. And the people who don't do that or they don't want to take the time or energy to do that will pay the price.

Razi Berry:

You're so right, Wendy. It's a real pet-peeve of mine when people, they've been brainwashed by society that it's going to be this easy fix, that they can just take a pill.

I even heard a statin drug commercial that said like, "When diet and exercise don't work..." I don't know if you've seen that one. It says that in the commercial. That is just basically giving somebody a cop-out. "Drive through and get your doughnuts. And then, just take your pill."

And the other thing is that people, they think that it's their doctor's or the government's job to take care of them. We've totally lost this ability to realize that we, like you said, have to know more about our health than anybody else.

The doctor is there to teach you. That's where the word "doctor" comes from, docere, "to teach." The doctor is just supposed to teach you how you can be as healthy as possible and how you can prevent disease.

It's sad. We've been brainwashed away from—but that is why there are podcasts like this one and events like what you put on, the supplement summit. What is the name of that one?

Wendy Myers:

Yeah, the Medicinal Supplement Summit.

Razi Berry:

The Medicinal Supplement Summit, and then the detox project you were part of and The Heart Revolution. We're sort of getting our megaphones to anyone who wants to listen, who wants to feel good again and saying that it is in your power. Just educate yourself.

We walk around in these bodies, and we know more about our smart phones than we do about our body system. I mean, you could probably asks somebody on the street, "What is your spleen for?" and most people just don't know because that's not what we're taught.

Wendy Myers:

Yeah. And I think there's a lot of great doctors out there.

Razi Berry:

Absolutely!

Wendy Myers:

There are a lot of great ones. But each medical or health professional serves a different purpose. And I think it's smarter to have a team of people. So, you go to your doctor for diagnosis. And if you need a medication (which we do need sometimes), he can write that for you. But you don't go to him to heal your body. A medical doctor, they just don't know how to do that. They're not taught that. Their education is much, much different.

You want to get to the underlying root cause of your health conditions. Usually, you have to go to a naturopathic physician or a health coach or other functional diagnostic nutritionist or other type of person who's trained to do that.

And there's a lot of amazing medical doctors out there that question their education and further their education. They get degrees in nutrition or whatever. They're very far and few between. So, we don't want to bash doctors too much.

But the majority of them are flying blind and just parrot what they learn in medical school and are doing you a disservice in doing that. I just wanted to say that, those two words.

Razi Berry:

Yeah, absolutely. No, it's so true.

And I think most doctors, if not all, go into medicine because they want to help people. But people only know either what they're taught or what they seek out to learn.

And that's why for most people that are in this field that we are in, Wendy, they have their own health crisis or somebody really close to them that they're so sad or angry that there was no one to help them, that they usually go on a journey to become trained in holistic, naturopathic, functional medicine. And thank God for that.

Wendy Myers:

Absolutely! And that's how I got here. That's how you got here. You learned by being the patient pretty much. That's definitely how I learned as well.

## 36:32 HEART DISEASE: THE SILENT KILLER

Wendy Myers:

And so, back to heart disease, heart disease is a silent killer of women. But most of the research is done on men. Can you speak too a little bit about how men and women's heart disease looks a little bit different?

Razi Berry:

Yeah, sure. So, lots of times, science mis-diagnose women. For men, what they usually look for are: really overweight, high blood pressure or a sudden pain leading to a heart attack. But for women, it can be symptoms like malaise, just general fatigue. It can be fatigue upon exertion. It can be pain in the back, shoulder, right arm. But it also can be like stomach upset or even bloating.

So, the heart has a really intimate relationship with estrogen as well. And men don't really have a lot of estrogen in their body. But because women have the cycle too, it's something that they sometimes miss some of the symptoms because they'll say that it's like their period or menopause, some of the symptoms they're having like the fatigue or the bloating and things like that.

So, it really is a silent killer because we're not taught to look for some of those signs, and then someone will just have a heart attack or heart disease and they'll think, "Wow! They were healthy until then," but maybe they hadn't checked for cadmium or they hadn't checked for a nutrient deficiency like magnesium or vitamin D.

And so, for women, it's just something that's always been treated as like a middle-aged male disease. So it's really important.

Because, like I said, women are usually more emotionally centered than men—forgive me if anyone listening is offended by that—I kind of say that that means women are dying of broken hearts

because we're acting like these multitaskers. We're usually the ones that seek out the oxytocin, that bonding. That's just part of our nature. And we're the ones that bear children and have to do that nurturing.

And so, there are so many ways that a woman's heart is vulnerable whether it's through their environment, whether it's through their emotion, whether it's through constant giving and becoming depleted or toxicity.

I think that we're just a little bit more vulnerable, and we're just not paying attention to it. So, I'm really helping that this event can shed some light.

I actually did have my own brush with heart disease. I was 14 years old. Mine was an eating disorder. I actually was dying. I was dying in the hospital with heart failure. And it was really shameful too because I didn't get heart disease because I was eating too much cholesterol or whatever. I remember the staff treated me really differently. It's as if that somebody who's in the hospital for heart failure because they ate doughnuts every day, right?

But I healed from that experience. And so I feel like this is kind of full circle for me because it started with the heart and ended with learning about natural medicine and really helped me to understand the mind-body connection.

Wendy Myers:

Yeah, yeah.

## 40:09 WHERE TO FIND THE HEART REVOLUTION

Wendy Myers:

And tell us more about The Heart Revolution. When is it airing? When can people listen to this?

It's so interesting to me because I actually started this podcast like, "Oh, let's talk about the statistics and the science and all these other stuff." But it turned out to be so much more interesting about that emotional-physical connection. I'm really exploring more and more, learning more and more, about how important that is. People, they need attention brought to that because their emotional life very much dramatically impacts their physical health.

So, talk to us about when we can tune in and learn more about The Heart Revolution.

Razi Berry:

Sure! So, The Heart Revolution runs February 25<sup>th</sup> through March 5<sup>th</sup>. It's like eight days in there of just all day long fantastic interviews with doctors, scientists, relationship experts, health coaches, spiritual teachers to really look into every aspect of our heart.

And then, we're going to have [...] after that. I don't know the dates yet, but we're going to have an encore weekend as well.

But yeah, February 25<sup>th</sup> through March 5<sup>th</sup>, I think you have the link here at your podcast site.



Wendy Myers: Yes, yeah! You guys can tune in on Liveto110.com on Razi Berry's blog post for the podcast. We've got lots of links about her, where you can connect with her and get on the summit and find her on social media.

Razi Berry: Thank you.

Wendy Myers: Well, thank you so much for coming on the podcast. I really, really appreciate it.

## 41:54 WHERE TO FIND RAZI BERRY

Wendy Myers: And tell us where we can find you. What is your website and what-not?

Razi Berry: Sure! So, my practitioner-based website for people who really love the science is NDNR.com. That's for Naturopathic Doctor News & Review. And then the website for patients is Natural Path, and it's theNatPath.com. And you can find me there.

Wendy Myers: Fantastic! Well, Razi, thank you so much for coming on the show. I so appreciate it.

Razi Berry: Thank you.

Wendy Myers: And listeners, if you want to learn more about me, go to Liveto110.com. That is if you want to live that long disease-free and medication-free. You can go to my healing and detox website called MineralPower.com. That is my detox program where we detox with minerals and natural supplements and binders and things like that to remove from your body metals, so it functions how it's supposed to function, to free you from fatigue and brain fog.

Thank you so much for listening to the Live to 110 Podcast.





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