

MERYL: Welcome back everybody to the rebel nutritionist podcast today. I am super excited, excited to be interviewing dr sitar devotee, uh, to Bodhi. I'm going, I knew I was going to mess that up. Uh, who is a board certified family nurse practitioner and a natural medicine health consultant. After suffering from POTS, digestive issues, and multiple autoimmune conditions, she was able to heal herself naturally with nutrition and herbal medicine. She now helps people all around the world reclaim their health and reverse chronic health conditions.

Welcome Dr. Sitar. We should just say how are you?
you so much for having me. —

This is great. So super excited to have you. I am, I'm really looking forward to this conversation because I think. You know, hearing your story, understanding your entree, if you will, into the medical medium world and the journey is, uh, something our listeners, I think will really appreciate and have been asking for.

So have, have added, let's start with, you know, what, what has your journey been? What, and how did you get here? — What led you here and, uh, — and, and what you're up to now? —

Dr. SETARE: Yeah, um, that's it, that's a, that's a mouthful, but yeah, it's been a really long journey, um, my journey has been very messy, but — Basically, you know, growing up, I always knew that I wanted to work in health or medicine, and I just felt very intuitively that I wanted to be a nurse. And I just felt like I love health and medicine and I love people.

It's just kind of the perfect balance for me. So I went to college, got my bachelor's in nursing, And then within that first year of me becoming a nurse, I was I was working in the trauma ICU. It was my dream job. I got to go to work every day and save lives. And then I actually ended up getting food poisoning from the hospital cafeteria and that ended up triggering a host of autoimmune diseases. And, um, I, it started with a lot of like mystery symptoms, like things that I'd never heard of. Um, You know, I was just doing

all this research and all my my textbooks and I couldn't really figure out what was going on with me, but I had developed, um, pretty severe digestive issues. I was always bloated. I had developed food sensitivities and what felt like overnight. Um, I was chronically fatigued. I had numbness, tingling, vertigo, um, hot flashes. I had eczema pop up. Um, and I was dizzy. I'd feel lightheaded all the time. I just felt so so weak and eventually got to the point where I became bed bound and you know, I would go to the doctors, try to get, you know, answers, try to get some help and they really didn't know what to do with me.

And my lab work was coming back normal and it was a really, really scary time for me. And it wasn't until I became bed bound that they really started to take my concerns seriously. And then we started to do more intensive diagnostic. Workups, and you know, I had MRIs to rule out multiple sclerosis. I had endoscopies, colonoscopies, uh, CT scans, stool tests, everything, and everything pretty much came back inconclusive.

I maybe had a little bit of anemia, maybe some like vitamin deficiencies, but it wasn't anything to say that like, this is what you have, and this is what we're going to do about it. And I felt really, really lost. And. — A family friend of mine at the time had recommended that I go see like a homeopathic or holistic, uh, doctor.

And I was very resistant to it because I was just like, what's this, you know, what's this hippie going to do for me? You know, it's just like, cause I just, you know, my, my training was in conventional medicine, very

I wasn't really open, but I was also 23 years old and bed bound and doctors couldn't do anything for me, so I reluctantly went. And it really opened my eyes to this whole world of alternative medicine and, you know, **they had me change my diet and I was put on a lot of herbs, supplements, probiotics, things like that. And, um, he really kind of dug deeper into a lot of my symptoms. And I ended up coming out with the Hashimoto's — diagnosis.**

I ended up being diagnosed with something called POTS or postural orthostatic tachycardia syndrome. Um, I had adrenal insufficiency or

adrenal fatigue. I had Um, you know, so many things going on, SIBO, I, I can't even remember all the list of all the things I had going on. Um, but you know, I ended up implementing some, some of those things and I was able to get a little bit better, maybe like 50 percent better.

And I was finally able to go back to work and function a little bit and things like that. But I still didn't really feel great. And, um, after that, you know, I'm trying different things. I'm trying traditional Chinese medicine, acupuncture. I'm trying. Functional medicine and I'm spending thousands of dollars going to all these practitioners, spending money on all these functional medicine labs, taking thousands of dollars worth of herbs and supplements.

And it really wasn't moving the needle for me. And I struggled for about six years just doing that. And it was a really like, you know, people look back at their twenties and see what you're supposed to make the best time of your life. **My twenties were like the worst time of my life. I was so sick. I was just in survival mode and I was trying to, you know, Live as normal as I possibly could But I was so sick and I and I really wasn't willing to accept that That was going to be the way that I lived my life** and um —

Um, so then in, in 2018, I, moved back to my hometown and I was starting graduate school and my full body broke out into hives and I was so, frustrated because I was eating a really clean paleo diet at the time. I was doing all the right things, being really strict on my protocol, but I was in this horrible flare of symptoms and I didn't really know what was happening. And I went online and I desperately searched for like natural remedies for hives. And, um, I was doing all the things, but then I came across this blog post and, um, **this person was talking about how they use celery juice for their hives.**

And I was like, I'll do anything at this point, like I'll, I'll do some celery. — **And then within three days, my hives were gone.** And I just remember like really Being really blown away about, um, by my outcome. And I looked back at the blog posts and I was trying to like read more like where did this information come from?

What's the source? And it had referenced medical medium And it was so funny to me because over the six years that I had been sick people kept

like kind of bringing up Oh, you should read the medical medium books, but then I like kind of learned about like — I just wasn't really quite open to it and it was just so funny to me that like, you know, six years later, um, I'm like being introduced to like, okay, my guides, my angels, the universe is telling me that I need to look into this information. And I, I, I purchased all of the books and I just remember reading the first book and just like sobbing. Cause it was like the first time I had answers. It discussed the root cause of everything that had been going on with my body. Cause that's the thing, you know, especially when it comes to like, you know, different alternative, um, understandings of what causes illness and like functional medicine. There's so many different theories like, Oh, it's parasites. Oh, it's your microbiome. Oh, it's, you know, it's the carbs or it's the sugar or it's yeast or candida. You know, there's so many different theories and I've been doing all the things to supposedly get rid of those things, but it wasn't working for me. **So when I read that book, it was, I finally had answers and everything really made sense. And. — I started implementing the information and within six months I was off of my medications. I got off my steroids I got off got off of my thyroid medications and I felt amazing** And it was really interesting because during that time I was ————— In nurse practitioner school and like, **here I am like learning how to like prescribe medications and like order diagnostics and like, and then like, while I'm like learning this stuff, I'm like also learning how to heal my body naturally.** So it was like this really weird place to be in. And, um, by the time I graduated, it was 2021. I was an ICU nurse up until that point for about nine years. I worked all throughout COVID. It was a really traumatic time for a lot of healthcare workers, and I was extremely burnt out. And when I graduated, I realized that I no longer wanted to work in healthcare. I was just like, this is just not what I wanted to do. And at the time, I thought like, you know, I was going to work in family medicine. I was going to become a primary care provider. I'd help people manage their health symptoms, and maybe we would talk about nutrition, and I would just do, Pap smears all day and just, you know, have a nice nine to five job because I wasn't used to having that. Um, but then, you know, having done my training

in there, I was just like, man, the healthcare system is just so deeply flawed. And I wasn't proud of the work that I was doing and I just didn't want to do it anymore. And then, um, **a few months later I started my virtual practice and I started, um, kind of just seeing people all over the world, uh, with chronic health symptoms.**

And I started marketing on social media and that's where I kind of was able to reach people and I shared my story and a lot of people resonated. And, um, yeah, it's been three years. So that's kind of where I am now.

MERYL: That's amazing. You know, it's, um, it's just, I love hearing people's stories of how they got into this work because there's always a story, right? **We've all gotten into this work because of our own issues and being told, no, we're fine. Or being dismissed or all of those things that the medical community, community does.**

And, and it subsequently changed our lot, changes our lives and our practices. Right. Um, I guess one of the, I have so many questions, but. When you were starting to transition, cause I know I'm feeling this in my practice now, right? Like we are so, especially in the functional world as we were sort of talking offline, right?

There's so many, —

I don't want to say there's so many theories, but there are, right? It's all okay. Stems from, it's all about root cause, but when you start digging root causes are in different places until you meet met until you really learned the medical medium. And now you're like. Well, there's really only, you know, the root cause is either, you know, a combination of this, this, and this.

But, um, — how did you implement that in your practice in the way that, because a lot of it flies in the face of what we have learned, right? In terms of either A, It flies in the face of it and it contradicts it, or it's just, there's no medical or there's no scientific research, let's say, to validate it. And we're in the world of science, right?

We're all about that. So how did you wrap your head around that and reconcile that and then start to transition your practice? Was it just from

being your own experiment and saying, wow, this is working? — Or how else did you kind of, you know, bring that in? —

DR. SETARE: That's a really great question. So for me, like the way my brain works and all throughout school, like **if I understand why something happens in the body. That's when I really deeply learn it and all throughout school Um and all throughout, you know, my years of experience This is in the conventional medicine world.**

We don't really know what causes a lot of things You know, we don't know what causes hypertension. We don't know what causes endometriosis. We don't know the root cause of a lot of chronic diseases and **we're amazing in the world of acute illness**, like you, you come in with a car accident where we're going to save your life because we know exactly what bones are broken.

We know exactly where in your liver it's, you know, it's scarred and ruptured or things like that. We know exactly what to do. **But when it comes to chronic illness, we don't really know what to do except to put band aids on it.**

Right. **And when I had read the medical medium books, Um, the, the, the root cause was so well explained to me that I was like, this is undeniable.** Like everything makes sense to me. And I think that was something that was very validating for me. And then obviously getting the results, right. Like that was huge. And um, you know, there's obviously some. — **overlap with medical medium information and functional medicine, you know, about like the toxins, the toxic heavy metals and low grade infections in the body and things like that.** But it, you know, what I, you know, little things like, um, I had struggled with, you know, from the functional medicine world, they call it like candida overgrowth. And I had been on a very low carb diet. I didn't eat fruit for like three years. Um, very, very, I ate nothing but like meat and perspective vegetables every day.

And I still didn't get better, you know what I mean? And then I implement medical meaning for, um, information for six months, and then I'm better eating tons of fruit, you know what I mean? So it's just like the proof is in the

pudding, you know? And, um, you know, then, you know, over the years, I'm meeting all these people with chronic health symptoms, and they're bringing all this alternative and functional medicine, and they're not really moving the needle either, either.

So it just, you know, everything just kind of made sense to me at that point. And, you know, it is, you know, especially when I started my practice, it was really hard for me to really Um, **It was really hard to explain medical medium information because it was always like, you know, I like to see evidence. I love evidence.**

Like I did, you know, we're trained like everything in medicine. We're in our training. It's all about evidence based practice, evidence based medicine, evidence based that and **I couldn't really provide the evidence. I could find like correlational studies with medical medium information**, but it was never like, um, Epstein Barr virus causes thyroid disease.

You know what I mean? It was like, oh, there's like correlational studies behind it But there was nothing there, but you know what I do now in my practice I you know, I always explain to my clients as you know Well, **I'm gonna share with you the conventional medicine perspective and then I'm gonna share with you the medical meaning perspective And I really think it's important for people to know what the root cause is and what their options are** Yeah,

MERYL: are happening, I mean, it's exactly, you know, then you can buy into that a little bit more. Um, I, I do find explaining the medic when you start. saying, you know, medical medium, and then you start explaining who he is. People start looking you, you know, halfway sideways. Like, so I do less of that now. I'm like, you know what? I've got a protocol. I want you to start, and here's what I want you to do. And I always reference, you know, I say, it's from this protocol medical medium, right? I'm very careful to reference his work. Um, — but I, I, I feel like some of it, and again, depending upon the person, right?

Who you're talking to, but like, You, you sort of bring that in in a very gentle way and then, you know, then it's like, okay, go read the book. And we, yes, this is really what he says. And,

um, so I, I feel like it does take stages to start — introducing

DR. SETARE: but I will say, you know, like I think when a lot of people **When people come to medical medium information, they're usually at rock bottom. So usually when my clients come to me, they are so desperate They're like I will do anything** and you know I have clients that are physicians and nurses and physical therapists and like **a lot of health care workers So it's really refreshing to see that they are open to it but it's because they and then they didn't get there, you know, because like They resonated with the information they got there because nothing else worked**, you know, and that's what happened with me, too You know what? I mean, it took me really to get to rock bottom to be open to the information and I kick myself Sometimes i'm like, oh my gosh, I could have healed so much faster I would have had my best 20s if I you know had this information sooner but I think that was just my that was just my journey and My life is so much better now and i'm so much happier

MERYL: Right. Well, I say, right, it comes to us when we're ready. Right. And when, when, when the student is ready, the teacher will appear. Right. I mean, there is that saying. — So, um, when you started implementing, like, what was the process? Because I know, I know it has to be, I know, at least for me, right. It's definitely been this process of, okay, I've done this and this, and now I'm going to bring in that. ——

And, and, and we're two different vantage points, right? I, thank goodness, I am not dealing with, I'm, **I'm more dabbling in it just to, you know, like I've said, I've had a thyroid thing I'm trying to get rid of. I've got some little things here and there, but overtly nothing major, thank goodness.** Right. So you came, so I'm, I'm dabbling in a different way perhaps, but.

You know, you came in, you were really, really desperate. Can you talk a little bit about what you started with and kind of what you brought in?

Because I think a lot of our listeners. —— playing with this and they're not sure, you know, even though we're giving them the guidance, okay, well, yeah, here's the supplements and so forth and so on.

And, um, you know, and, and it's, uh, you know, I'm in this, uh, program with you that you're doing this, ask the docs program, which is a mentorship, uh, program for practitioners in this space. And, you know, we were going through a case study and you were going through the last one and it was like, Well, do, you know, 10 drops of this twice a day.

And I remember, you know, reaching out to Sherry and going, How do you know how many drops to do? You know, I'm only a two, you know, and so, um, obviously every person is different, but — how did you start with the implementation? And even in your practice, — obviously everyone's individual, but can you give us a general sense of like, **how do you know when to bring someone up in the level of their doses?**

How do you know, you know, when to bring certain things in? And obviously depending upon certain, certain conditions. But like, so start with how you implement it and kind of what, when you're looking at someone, what is the determinant — for, um, you know, raising the, the, we're increasing the dosages and so forth. —

DR. SETARE: That's a great question. So for me personally, you know, **when I had found medical medium, I was already gluten and dairy free.** So for me to like remove eggs, like wasn't that big of a deal. I was like, whatever. And then **the fact that I could eat like unlimited fruit for me at that time, like that was, I was like, sign me up because I had been restricting sugar.**

Cause I thought sugar was bad at that time. So, um, **I first started with celery juice, and then I started implementing more fruit into my diet,** so I started bringing in smoothies and things like that, and, um, it was a, it was definitely, uh, an easier transition for me, because, you know, I **was already used to, like, meal prepping for myself, and, like, not eating at restaurants,** and I wasn't getting door dashed at the time, you know, I was already, like, in that flow.

So I think my transition was much easier. And eventually I started bringing in like the cleanses, like the cleanses and things like that. Um, but when I'm **working one on one with my clients, it's really about reading the room and seeing how aggressive they want to be. And obviously if they're really sick,**

I really want to transition them a little bit more slowly, making sure they tolerate everything because. As you know, like, you know, the more healing foods we bring in, um, we're going to uproot poisons We're going to start killing pathogens in the body and that can make us really uncomfortable And also I want the protocol to be achievable for those people, right? I'm not going to put them on Like if this is a guy who eats like three steaks a day and eats, you know, mcdonald's like we're not doing Um a really aggressive protocol at the beginning.

We really want to ease into it. So, um, um So yeah, I think it's always very individualized. Like, you know, when I work in one of my clients, **we sit there and do meal plans together. I'm like, okay, like, how do you feel about doing this and this for breakfast? How do you feel about doing this? And then like, oh no, I won't do that.**

Or I can't give up meat. Or what if I just do some cheese in my salad? You know what I mean? So we really try to work together, um, to find what works for them. — And then, as far as, you know, making the protocol more aggressive, **it really comes down to, like, the sicker and more symptomatic you are, the more aggressive you have to be.**

And I think that's what's really, really frustrating, um, about this is, like, as you know, like, the more sick you are, the harder you have to work. So, um, Yeah, I feel like, you know, if someone, um, you know, is very symptomatic with viral symptoms that to me means that I need to put them on a more aggressive antiviral protocol, so I'm going to up their antiviral herbs and supplements and things like that, or if someone, um, I don't know, I feel like maybe they haven't really moved the needle quite yet, I'm going to put them on a cleanse because cleansing **You'll get more out in nine days of cleansing than you will in like six months of just eating clean.**

You know what I mean? So there's definitely ways that we can, there's kind of, it's kind of an art to implementing the information is what I've really learned over the last few years. It's, um, but yeah, that's kind of how I'm able to gauge like how, how much more aggressive we need to be. And then, you know, with herbs and supplements, um, the nice thing about, you know, it's, It's really interesting because from the world that we come from **in**

conventional medicine, it's always like we want to use the least amount of a medication possible to achieve results, right?

Like we want to start, you want a lower dose of a antihypertensive medication. And then once we achieve that normal optimal range, then we're going to stop there. We're not going to keep going up on the medication. And I think it's, um, really interesting coming from this perspective where, The more you take, the more therapeutic it is.

So I have so many clients that don't want to take a lot of like, Oh, I just want to do a little bit here and there. I'm like, well, if you took more, you'd kill more pathogens. Your immune system will be stronger and you'll heal faster. So, um, yeah, so sometimes more is better, — um, when it comes to healing those things.

MERYL: Right. And I, I guess, like you said, you have to read the room, you know, we've had some interesting, um, — results with, we, we were working with a woman who is diabetic and, uh, we, you know, told her, okay, increase your fruit, right. And she looked at us like sideways, what do you mean increase my fruit?

Right. And, and what do you mean throw in potatoes and what, you know? And she spoke to one of, uh, one of our coaches the other day. And she's like, I cannot believe how much energy I have, how good I'm feeling. My blood sugar is stable, right? All of these amazing things that she's having as a result of shifting her diet.

Um, and **I think getting the buy in from people sometimes it's that, that is the hardest part, just getting them to really trust — that what you're saying is, is going to put them in the right direction.** Because I think we just hear so much noise. — From outside from everywhere from outside. So, um, is that what you're saying to your clients too?

Like, trust me, I gotcha. ———

DR. SETARE: um, yeah, you know, it's, it's hard because usually by the people that time people have come to me, they're like, they've been really burned. You know what I mean? Like they've like spent already spent thousands of

dollars on all these different doctors or practitioners. And they're, I think a lot of people, um, especially if they're new to medical media, they're probably really hesitant. Um, and it's really hard to, like, I, what a great story about the, your diabetic client like that. That's, that's amazing. The fact that they were able to see results and feel results and see the numbers like that's just amazing. But, you know, unfortunately not everyone like, you know, can heal that quickly or be, you know, have their symptoms go away that quickly. And those are the times where I really want people like to trust the process. And I think **when people understand what's happening in their bodies and like what's, you know, what the cause is, what they need to do, I think that's really going to help. That really helps to keep people on track.** Right? Like, because it's just like, you know, we know the underlying causes, Epstein Barr virus, shingles, HHV 6, streptococcus overgrowth, things like that, and then poisons, toxins, toxic heavy metals, things like that.

So, you know, and, you know, and **sometimes healing can take a long time. Healing, um, can really kind of happen under the surface and then, um, and then it'll take a while to really like see the results and feel the results.**

So I think in those people, I'm like, you just have to trust the process. You have to have faith, um, prayer, whatever you need to do to get through this by just, you know, You know, I tell my clients like I just feel so strongly and I believe so much in your healing That I just really think you need to stay on course And I also have to remind them like you've already tried conventional medicine functional medicine alternative medicine chinese medicine Ayurveda, like you tried all those things and they didn't work and it just takes time But at least with medical medium information, you're addressing the root cause which is really key Yeah

MERYL: and he talked so much about the exposures and the toxins and the heavy metals. So, you know, in doing this, and I know every day we're always exposed to other things. We're never in a purely clean body, right? But is there a time where you can say to someone, You know, how do we know

and maybe there is no right answer to this or answer at all to this, but like, **how do we know if we are really moving the dial on getting rid of those?**

You know, accumulated toxins that are causing symptoms. Is it, we're going to see less of the symptom is it, you know, um, so let's take someone like myself. Okay. Perfect example. Um, I, you know, I had cancer 20 years ago, went through chemotherapy, went through radiation. I think I ate tuna fish every day as a girl in high school, um, right?

Like, and so, um, and whatever other exposure subsequent, whether it's, you know, the radiation that I had from my pet scans that I had, the cat scans, all that kind of stuff. Um, and then just day to day, right? So here I am, you know, six months down the road or five, six months down the road doing my heavy metal detox smoothie, doing my celery, doing all of these things.

But I came into this. Feeling pretty good. Right. And I had a few little things, you know, some things, but nothing that I would say it was just more of me trying to find something like, okay, once in a while, I'd have a skipped heartbeat once in a while, my plantar fasciitis — and flare up. Okay. Yeah. I got this thyroid nodule.

I got to get, got to get rid of. Right. Um, but by and large, you know, I feel pretty good. So, uh, But I am 100 percent convinced I am definitely toxic. So again, been doing all of these things, doing my heavy metal detox. I was just on a plane the other day. Yesterday did my, you know, radiation shot, whatever. Um, so how, How would I know, let's say that I'm at a place where maybe I'm not as, you know, that I don't have, not that I don't have to be, cause I do this because I know the purpose of it, but like, how do I know, you know, what my, my, and not that you can answer that a hundred percent, but I think people would want to know, and I've gotten this question, like, **how do you know when When you're clean ish.**

DR. SETARE: Yeah, that's a great question. So, um, you know, our, our body tries really hard to protect us from poisons. It buries it in our organs and our fat cells and our tissues and things like that. **And generally when people become really symptomatic is whenever their toxic burden, that bucket is**

just overflowing. — It's just like overflowing with poisons, and then we develop symptoms. So I think for you, you're fortunately, and thank God, you're in a really good place, where like your toxic burden, it's, you know, you've got a little wiggle room, right? So, and right now you're doing all the active things to get rid of that, you know, that, the contents in the bucket so that you don't develop symptoms in the future.

But I do think it's important to note that a lot of these poisons and toxins do create certain certain symptoms and they are food for pathogens. So for example, like eczema psoriasis Those are copper mercury things like that dementia alzheimer's aluminum mercury in the brain Um depression anxiety aluminum mercury and toxic heavy metals in the brain So, you know, those are signs that you do have those poisons in your system Um, and then also um another sign of being really toxic Um, you know Obviously skin conditions, but **thick blood right if you have poor circulation if you have thick dirty blood dark circles — High blood pressure things like that that that's a sign that you are incredibly toxic** or if you can't tolerate — Like a fatty foods, right?

A lot of people who have a really overburdened sluggish toxic Liver can't digest fatty foods because their bodies their livers are so toxic They can't produce bile and then they get really uncomfortable whenever they eat fatty foods. And then those that reflects and like gallbladder disease and gallstones and things like that.

So there's always signs that there's toxicity in the body. Um, but yeah, I think it's just important to remember, like, you know, even the air we breathe, like currently the air that you and I are breathing, that is full of poisons, but we just have to try to get them out faster than they're coming in. And of course, you know, making sure our we're peeing and flushing and pooping every day and things like that.

That's all really, really important.

MERYL: Yes, absolutely. Thank you. Thank you for that. — So, um, — one of the things, you know, he talks about it a little bit. I think this is a really important point in terms of the — landscape of total healing, right? I mean, a

lot of the work that we do when we're talking about, let's say, the pillars of health, right?

When in, in, in the work that I'm doing with clients, we're looking at nutrition and we're looking at movement and we're looking at sleep and stress environment, right? Mental, emotional, and all of that. And I think that that mental, emotional, spiritual component. — Is so important. I mean, we know he does talk about things that trigger, um, that, that immune system and that, that viral load, let's say, right.

Things like betrayal and heartbreak and, and death and loss and all of that kind of thing. But I also think that there is this, and obviously we know there is a huge, ——— component to, um, to viral load, right? When you're talking about Epstein Barr when it's gone to stage four and there's this whole viral load in the brain, but isn't there also, and I don't know how much of this you bring into your work, but that, um, **spiritual connection being connected to.**

—

you know, source light, whatever you want to call it. Do you bring that into your work, whether it's through medical medium or otherwise, like how do you implement, because I think the mental emotional piece of illness is not addressed enough and people are not given tools. to help support them in that right?

And, and especially you want to talk about conventional medicine where, where you're really just demonized or, you know, just, uh, what's the word I'm looking for, you know, like, — uh, ignore, right. It's just completely ignored. And, um, you're made to almost feel foolish. Like, That that you think about that. So you know, how do you bring that into you or your price? —

DR. SETARE: Yeah. That's a great question. So I didn't, um, grow up religious and, um, prayer and things like that really just were really foreign to me and I, I wasn't the most like, I guess, spiritual in that sense, but I think getting sick. Um, I think when you're so desperate, you, it definitely triggers some spirituality in you. And, um, you know, I, when I found medical medium information, he, he does talk a lot about spirituality and meditation and things like that. And, um, he specifically talks about, um, angels and praying

to the angels, how there's, you know, these, all these wonderful angels that love us and want to help us. And there's specific ones that we can ask for help with a certain ailment, whether it's heartbreak, whether it's. Um, pregnancy, whether, you know, whatever it is, there's so many different angels that we can seek support from. And interestingly, you know, I had found medical medium in 2018, but I didn't really get into that kind of prayer, meditation, angelic realm until maybe like, oh, yeah. Two years ago. Um, but again, it just was, it was like a really foreign thing to me.

I think at the time I was just so focused on feeling my physical health that I didn't really address my, my mental and emotional health. And so, um, you know, having learned the benefits of really addressing my mental and spiritual health, I definitely do bring that a lot with my clients. And you know, **one of the during my initial consultations, I always ask my clients like, what are they doing for their mental health?**

What makes them happy? What are they looking forward to doing whenever they get better? Because I think it's really important. Um, and, uh, and again, I just kind of read the room. Like if, uh, you know, I'll ask him like, Oh, like, what are you doing for your mental health? Like, Oh, are you into meditation? Can I recommend some meditations for you? Um, are you religious? You, um, oh, you believe in God. Okay. Do you believe in angels? Like how do you feel about praying to angels and asking for help? So it's a lot of like reading the room and seeing what people are open to Uh, you definitely don't want to scare people away because that's obviously can you feel really woo woo Um, but yeah, you know, I think um, you know, we're all just so individual We're all in different stages and we're you know in various, you know degrees of our path and things like that So, um Um, yeah, but I, I do think all of those things are incredibly important.

I do think being out in nature is just one of the most like healing things we can do. Um, and for your listeners, I don't think a lot of people know about this course, but it's **a free medical medium course. It's on the website and it's called the healing path.** And obviously in the medical medium books.

———— All like nine of them. It's all very, it's very scientific and it's all about the food and the herbs and the supplements, but in that healing course, the,

the healing path, **he also discusses the importance of sunshine and prayer and meditation and nature** and, um, you know, kind of those additional aspects to healing.

And I think it's a very underutilized course so that that can be an option as well for those of those people who are interested.

MERYL: Yeah, I think that that's great. Thank you for sharing that. I will definitely make sure I didn't even I didn't know about that either. So, you know, I'm learning. I'm learning all this too, as as we go through it, um, and implementing and I mean, I'm a quick study, so I do it quickly, but.

Um, yeah, I do think that people sometimes, especially when they've been so, um, healthy, but they uh, you know, they've just, they're, they're at rock bottom.

They're sort of feeling hopeless and they, they can't see or believe in their own healing. I think our belief systems are so, um, important in our journey, right? And if you. Have been told especially when when you've been told like you right when you started rattling off all these things Diagnoses that you have, — um, you know, **people start to become defined by their diagnoses.**

—

And I think taking that away and, and, um, kind of — making sure that it's, they're not, they're not living based on that diagnosis, that they can see a better way that they can see healing. I always talk to my clients and part of the work is. **What is your vision for your health? And I think — they want to get healthy, but they have to believe that they can get healthy.** —

And I think that there's such a disconnect there that these people are just doing these things yet. They still don't believe that there is a better way. I mean, did you find yourself? In that because, you know, you said here I am in my twenties and I'm so dismayed that I am feeling this way. — Did you, you know, what was your going through your mental, you know, what was your mental state about that? —

DR. SETARE: That's a great question. So I'm, I'm, I'm a pretty happy, optimistic person. So I always had this like faith and like fire that I just like knew that I could get better. I just didn't know how to do it.

And, um, I think for me, I just wasn't willing to accept that as my life. And I didn't, I think one of the blessings and I don't know why I didn't, but I didn't, I never identified with my diseases.

I never would introduce myself. Like, hi, I'm Satara. I have autoimmune disease. You know what I mean? You know, **I never identified as someone with. — illness, you know what I mean? So I think that really, really helped move me forward.** And, you know, I think the biggest thing — I was, I was a trauma intensive care unit nurse for, for about nine years.

And every day I would. Go to work and see people recover from the unimaginable spinal cord injury patients walking again Um people who shouldn't have survived survive. I literally got to see miracles every day and when I'd see them I'm like, okay that guy like broke every bone in his body. He has a traumatic brain injury He has tubes in every hole in his body and six months later 12 months later.

He's walking talking again You know going back to school skateboarding again and in my **I think having seen The incredible resilience of the human body and the human spirit on a daily basis That was that was gold for me** I was like if that guy can recover from that I can recover from my seabill I can recover from my My fatigue, I can recover from X, Y, and Z.

And obviously not everyone gets to see that on a daily basis, but I think that was a little bit of a blessing for me to see that every day. Um, so yeah, I just feel really strongly in, in the power of the human body. And, um, maybe when it comes to chronic illness, we see less — of that progress, but, um, I think it's, it's very, very possible.

And I think also, uh, you know, on the medical medium, Instagram page, he's always posting people's. Healing story stories and their progress and that to me is just like oh my gosh Like I cannot wait until my hearings my healing story happens for me Because those are really inspirational as well that I definitely have moments where I didn't think I would ever get better Absolutely.

Did I have like moments of weakness or not even weakness just moments where I just felt like I'm, not sure if this is going to work out for me Maybe it worked out for those people, but maybe it's not going to work out for me But then you know a few weeks later a few months later like these symptoms are just not Existing in my body anymore.

So I'm like, okay, this is just further motivation for me to keep going on this path

MERYL: Well, and, and I'm glad that you said, you know, that it was, I think, you know, in terms of the timeline. Right. So people come in to us all the time and they, you know, expect like in three months they're going to be like, Oh, I'm going to be perfect. Right. That's it.

I thought too I remember

thinking when I started medical medium I was like, I'm gonna give it three months and I'm gonna be so much better ——— That obviously was not the case for me

Right. Well, and I think it's, it's, you know, again, I gave you the, the, a situation, a story about a woman who is seeing changes now she's got a long way to go. She's got a lot of other things going on. I mean, great, grateful for the progress that she's made and so happy that she's seeing that because it gives her the impetus to keep going and she knows she's in the right, going in the right path.

So where are you now in your healing journey? Are you healed? Are you in, I don't know, do we call it remission? Do we? You know. Where are you now with, with all of this? —

DR. SETARE: That's a great question. So, um, I, I would say, I mean, I don't really have symptoms. Like I don't have POTS symptoms. I don't have autoimmune symptoms. I don't feel inflamed. My, my lab work is great. Um, I, I think knowing medical medium information, I still know that I have Just kind of like you, like you, you know, you have other things brewing in you. So I have a little, you know, I have like a little bit of eczema that I know that I need to like work on my liver and get rid of metals and um, you know, I

occasionally get acne. So I know I have a little bit of strep in my system and things like that. But yeah, overall, I feel amazing. Um, I'm thankfully, thank God, I'm in very good health.

MERYL: Good. Amazing. Amazing. Um, well, that's great. That's great. Um, so yeah, I don't, I mean like, what else is there anything else that you would want to share with our audience that you would want them to know in this work? Um, again, being that this is their sort of, this is their entree into this, you know, I mean, there's a, there's a lot where I could think, you know, people come in, I was actually just thinking about before you say, say that, you know, who are like, they're so tied to, Oh no, I have SIBO, I have gut stuff, I have, you know, and, and just explaining to them like, okay, we got to peel away the layers and let's start here and we'll get there.

I have someone that I'm working with and. You know, she, she, she believes in this. She's doing all the stuff. She's doing the celery juice and the herbal stuff and the detail. I mean, she's, she is, she's definitely been doing it yet. Whenever a symptom comes up, she's like very much wanting to throw a supplement at it.

And I'm like, no, no, no, no. You can't just heal, you know, you have a symptom and think a supplement is going to take away the symptom. Like, we've got to go through this whole process here. You know, getting people out of that model of, you know, a pill for every ill, right? So I was just

DR. SETARE: Yeah.

No, that's a, that's a great point because yeah, I mean, **healing is really, really messy. Like you'll have some months where you feel great, then you'll have a dip and you won't feel so great. And a lot of it is trusting the process.** But I think, um, I think just really like, ——— You know, if conventional medicine had all the answers, then no one would be sick. Like, we'd all be healthy, you know what I mean? But that's clearly not the case. The population just continues to get sicker and sicker and sicker. **So we really need to look at other things that are promoting illness in the body. And, um, you know, once you learn what the root causes are, you can actually go after it.**

So I think just really, um, keep an open mind and, you know, we're always taught as children, like, you know, eat your fruits and vegetables that will make you healthy and strong. And then as we get older, life gets a little bit more complicated and there's all these different theories out there about like, Oh, you need to be on a carnivore diet.

You only need, you can only eat like butter and meat. And then we have these people like, Oh, you know, potatoes are bad. You know what I mean? It's just like, **we really need to get back to simplicity and, you know, Nature and, you know, the most healing foods on the planet are fruits and vegetables.** So if you are dealing with a chronic health symptom, bring in a lot of those healing foods.

And, you know, specific with medical media information, there really is Um, you know, the details really do matter. Obviously, you know, before I found medical medium information, I was eating tons of produce and eating really clean things. And I wasn't doing seed oils and things like that, but I was still sick.

So I think that that's, and obviously there are a lot of people who can just heal with that alone. They can just get rid of processed foods and exercise and drink more water and they feel a lot better. And then there's like people like me who the details really do matter. And I really had to be careful. Far more aggressive in my protocol and take, you know, a very high quality supplements and things like that to really see changes in my body so I think just really keep an open mind and Go back to simplicity Bringing an abundance of healing foods into your life And if you really aren't like if you're noticing symptoms aren't really budging then look into medical medium information You know i've worked in health care for over 12 years and i've never seen More healing more progress Um, in my life then with this information, like this is just if this information is gold and we are so lucky to have it.

MERYL: Yeah. I mean, I remember when I met Sherry and —

I think one of the first when we started talking about this, I think one of the first things I had said to her is, you know, I've been in, look, I've been in

functional medicine over 20 years and look, it's been, we've done great work. We've healed a lot of people, but, you know, you, you do have people who come back.

We still have some symptoms or they're not a whole, you know, 100 percent healed or whatever it may be. Um, Um, but I had finished an immune course that I was doing. I had finished some other, some other work that I was doing advanced, you know, certificate stuff. And I, I remember the end of it saying, I'm, I feel like I'm still missing something.

Something is missing. Something is not, you know, and then I met Sherry and we started talking and I'm like, Oh my God, I feel like this, this is sort of the missing piece that I've been asking, right? I've been asking the universe, like, show me what I'm missing. — Literally, I would be meditating. I'm like, just show me what I'm missing.

I'd say it out loud. — And, um, I think I learned to say it out loud when Anthony said, you got to talk to the angels out loud. Right. But, um, but when I, so, so it really resonated on a level. That I couldn't even explain because clearly there was no science behind it. But as I started reading and I literally, you know, like I got every book within a week, I was sitting there with stacks. I was on my couch. I'd have four of them open. I'd take a screenshot for Sherry. Like.

Where do I even start, right? How do I go through this?

And um, you know, just poured my way through it so that I could start to make sense of it in, in my brain. And even though there's not, let's say clear, you know, scientific data, if you will, um, it made sense from the understanding that I have of nutritional biochemistry.

From the understanding that I have a physiology, you just go back to some of this and it's like, oh yeah, I never thought of it like that. You know, the whole explanation with how the liver uses glucose, why we need sugar, why having too much fat and even the protein, because there's fat in the protein, right?

Having too much of that overburdens the liver. And then if you go back to understanding liver metabolism and bio, nutritional biochemistry of the liver, you like, duh. Oh,

Like, you know, I remember like learning about fatty liver, like, Oh, it's because people are drinking too much Coca Cola. And I'm like, no, it's because they're eating too much fat. Like it's fatty liver, you know, but then we complicate things, you know what I mean?

DR. SETARE: So, Oh, and one thing I really appreciate, appreciate about you, Meryl, is like how open minded you are. And I just feel like, um, to be like into your career with 20 years of knowledge, like you're still constantly trying to learn and you're not, The nice thing about you is that you're not setting your ways.

Like, you don't think you know it all. None of us know it all. And I think it's just really amazing to have, um, someone like you in this world, who's just like open to just learning and, um, and like, you know, changing and shifting perspectives. And I think that's really, really special. So I just want to throw that out there that I really, really appreciate the work that you do.

MERYL: thank you so much. I think it's, you know, how do you call yourself an expert unless you are willing to do that, right? You're, you are willing to be open minded. I mean, and that's what science is about. **Science is not about digging your heels in and going, my theory is the best. I mean, they're theories, right?**

They're theories. They're not

And things always change. There's always evidence coming up that changes. And then, you know, one, there's a medication that we

recommended for 20 years, and then we decide that that's not the best one anymore. And that was a different one. You know what I mean? So things are always changing.

Right. And I think if you're really going to serve people in the best way possible, you have to be open to that as a practitioner, right? As a practitioner, how am I doing you a service? If I am not willing to look at what else might be out there that can help you heal. And that's really the ultimate, you know, that is my goal in this is what can I keep?

How can I, and what can I keep learning that is going to move the needle for someone, right? I mean, we were just talking to someone today. who is diagnosed with stage three rectal cancer. You know, and this girl's 29 years old.

Oh. Amazing.

you know, we started talking about implementing a lot of this, this work and she was all in, right? Again, someone who's at rock bottom, who is willing to Uh, do it. And wow, how fortunate am I that I can be sort of the, the to help her.

right. So that made me, you know, feel really good. And, and yeah, and I appreciate, I think I'm a lifelong learner for me.

It's like more, I can understand about the human body is just fascinating, right? I think the immune system is fascinating. And so, um, and we don't know everything about it, right? We know this much about it. So, um, yeah. you learn, the more you realize you don't know a lot. ————

The more you, the more you learn, the less you, you know,

Yes. —

so, but I appreciate this conversation and, um, and, and your, you know, willingness to share all of this, this great, uh, knowledge that you have. So thank you.

Yeah. No, thank you for having me. It's been great.

MERYL: Absolutely. — All right. So yes, another great conversation about medical medium information. We're going to keep it coming because this stuff is the real deal.

It works. So, uh, ——— check out, um, Dr. Sattar's, your, um, Insta is what are, where can we find you on Instagram? —

Yeah, it's Dr. Dot Satar. Dot np, dr. Do S-E-T-A-R-E, dot np. Um, I also have a website heal with satar.com and yeah, —

Awesome. So we'll have all that in the show notes anyway, so you can always look there, but thank you again, Sattar for this great conversation.

Yeah.

DR. SETARE: Thank you so much for having me.

MERYL: I look forward to more, more conversations with you. And of course, gaining all that great information from the Ask the Docs, um, um, program that you're doing.

So thank you for that work too.

Yeah. Yeah. We love it. Thank you.

Yes. All right, everybody. So with that, this brings us to the end of another amazing podcast. This is your rebel nutritionist signing off. Make it a great day.