

[00:00:00.620] - Ashleigh Kehrt

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[00:00:19.440] - Ashleigh Kehrt

And while we got our start with Skincare pros, we think it's about time you got to know us better too. Tune into Skinfluenced to hear straight from industry professionals on how to keep your skin healthy, radiant, and resilient through every stage of your vibrant life.

[00:00:37.310] - Ashleigh Kehrt

Hello and welcome back, skincare aficionados to Skinfluenced, a podcast where we chat all things skin. I'm Ashleigh Kehrt. And with me today is my cohost, Jacquelyn Hill. Hi, Jacq.

[00:00:49.440] - Jacquelyn Hill

Hey. Hey, everybody. Welcome back.

[00:00:51.690] - Ashleigh Kehrt

How are you doing?

[00:00:52.570] - Jacquelyn Hill

I'm doing great today. It's July, halfway through the year, more than halfway through the year. Outside, sometimes mask-free.

[00:01:01.410] - Ashleigh Kehrt

It's hot, though.

[00:01:02.460] - Jacquelyn Hill

Well, in South Florida, it's hot.

[00:01:04.560] - Ashleigh Kehrt

It's really hot.

[00:01:05.920] - Jacquelyn Hill

Yeah, I like the hot, though. You know me.

[00:01:07.360] - Ashleigh Kehrt

I know. You're always cold.

[00:01:08.760] - Jacquelyn Hill

I know.

[00:01:09.900] - Ashleigh Kehrt

So let's recap last month's podcast. It's my favorite, and I have a question. So last month, we talked about injectables, Botox, fillers, PDO threads, all of the things. Have you thought any more into getting injections?

[00:01:27.570] - Jacquelyn Hill

Absolutely. I would have a million injections if there was not a needle involved. I am 100 percent injection hero, except they need another way to get it in there, because I'm super scared of needles. But, yes, I am scarer of wrinkles than of needles.

[00:01:49.540] - Ashleigh Kehrt

Right, girl.

[00:01:50.460] - Jacquelyn Hill

So absolutely. I am going to be team injectable.

[00:01:53.970] - Ashleigh Kehrt

I am working on her friends so stay tuned. If we ever do get her in the chair, we'll make sure to podcast about it.

[00:02:00.390] - Jacquelyn Hill

We won't. It will just be tears.

[00:02:02.040] - Ashleigh Kehrt

So today's topic is super interesting. Jacquelyn, you probably know this, but August is National Wellness Month, so that's what today's topic is about. It is balancing your mind and body, and we have two amazing guests to start and something extra.

[00:02:19.400] - Jacquelyn Hill

Yeah, and something extra. So how you were so excited about injectables? That's how excited I am about today, because I am really getting into my spiritual side and journey. So this is very exciting for me.

[00:02:35.220] - Jacquelyn Hill

And then I want everybody to make sure they stay all the way into the end of this. Because whether you are just getting into it, I am probably a year and a half in, you've never done it before, or you're an expert at this wellness journey, we're going to have a beautiful five-minute little meditation spiritual journey at the end. So everybody stay tuned for that because it's going to help you to leave this podcast, like Zen.

[00:03:02.090] - Ashleigh Kehrt

I need that because I'm feeling a little anxious today. I don't know why. It might be the heat.

[00:03:05.660] - Jacquelyn Hill

It might be the heat.

[00:03:06.590] - Ashleigh Kehrt

And I am a newbie when it comes to this. So I'm excited about that. Five minutes, I can do. 30 minutes, pushing it.

[00:03:14.150] - Jacquelyn Hill

Once you get into it, 30 minutes, it's going to seem like that.

[00:03:17.500] - Ashleigh Kehrt

That just sounds a nap.

[00:03:19.500] - Jacquelyn Hill

It is. Sometimes it is. No judgment.

[00:03:22.540] - Ashleigh Kehrt

Okay, well, I would love to introduce our first guest. Her name is Chloe Ravel. She is a yogi meditation teacher, mindset coach, and speaker. Her work is dedicated to teaching others how to explore natural and effective ways of managing stress and burnout in a modern world. So welcome, Chloe.

[00:03:39.090] - Chloe Ravel

Thank you so much for having me, ladies. It's just such a pleasure to be sharing my passion for wellness and holistic living. So I can't wait to dive in and chat more.

[00:03:48.880] - Ashleigh Kehrt

Well, those of you who have been with IMAGE and you were a part of our launch this past year might recognize her voice. She did some spa voiceovers for us. And I've been obsessed with her voice ever

since. It's ASMR to me. If you don't know what that is, I'm going to have you Google that.

[00:04:07.950] - Ashleigh Kehrt

But she has the most relaxing voice. It's so beautiful. And she's actually just as beautiful as her voice in person. So we are so excited to have you here.

[00:04:15.760] - Chloe Ravel

Thank you, my dear.

[00:04:16.740] - Ashleigh Kehrt

You're welcome.

[00:04:17.660] - Jacquelyn Hill

Okay. And I am so excited to introduce our second guest, Dr. Anya Temer. Dr. Anya is an integrative medicine physician and founder of Total Holistic Center. This is an in-person and virtual integrative medicine clinic. She assists clients all over the world. She helps them tap into their bodies' inner wisdom, helps to reverse pain and chronic illness by working on the body, mind, and lifestyle. So welcome, Dr. Anya.

[00:04:48.710] - Dr. Anya Temer

Thank you. Thank you so much for having me, it's such a pleasure. Wellness is definitely a topic for me. I've been living and breathing it probably half of my life, if not more. So thank you so much. I'm looking forward to digging into this with you.

[00:05:03.120] - Jacquelyn Hill

Okay, well, this is going to be great.

[00:05:04.740] - Ashleigh Kehrt

Yeah, I'm really excited about this. So let's start with what is the definition of wellness to each of you? What does that mean? What does that encompass? All of the things. What is wellness? Let's start there.

[00:05:17.250] - Chloe Ravel

Yeah, sure. That's a great question as we dive into this topic. For me and then the practice that I share with others, it's really about developing a daily ritual, and routine, and habit, healthy habits that help support you not only physically but also emotionally and spiritually, as you mentioned, Jackie.

[00:05:38.070] - Chloe Ravel

So truly the wellness, and it can really take form based on what works for you. You said, okay, 30 minutes versus five minutes of meditation. Go with the five minutes, if that's what's working for you and makes you feel more aligned, and grounded, and centered, then it's personalized, right? It doesn't have to be cookie cutter.

[00:05:54.880] - Chloe Ravel

So wellness is definitely a customized plan for each person, depending on where they're at and what their goals are.

[00:06:00.820] - Ashleigh Kehrt

I love that.

[00:06:01.360] - Jacquelyn Hill

Okay.

[00:06:01.780] - Ashleigh Kehrt

And how about you, Dr. Anya?

[00:06:03.970] - Dr. Anya Temer

So coming from a medical background, physician background, in our society, we think maybe of health is absence of symptoms, absence of sickness. And in my world, in my life, what I think of wellness is actually the opposite. I think of it as true total health.

[00:06:25.500] - Dr. Anya Temer

When somebody could get out of bed in the morning feeling completely happy, completely energized, good in their skin, good in their body, and fulfilled, most importantly, fulfilled in their life, being able to fill their passion, their purpose here on earth in this lifetime, that's to me, total wellness.

[00:06:45.360] - Ashleigh Kehrt

I love that. And I feel like a lot of people don't wake up that way, even if maybe they'll have one part of their life that's amazing, right? It's their career, or their family life, or financially. And I can say for myself, I don't wake up every single day feeling energized and my body might be tired, or my mind's tired, or I might be going through something.

[00:07:06.070] - Ashleigh Kehrt

So would you say wellness is that way that even if you're going through that slump to bring it all back and get in that healthy balance?

[00:07:13.780] - Dr. Anya Temer

Absolutely. My first thing that I always talk about is we're all human. There is no perfection. We cannot expect this perfection. And as humans, we're very black and white a lot of the times. And we think it should be this way now and forever.

[00:07:28.330] - Ashleigh Kehrt

That's me.

[00:07:30.010] - Dr. Anya Temer

And unfortunately, it's just not possible for us-

[00:07:32.480] - Ashleigh Kehrt

Right.

[00:07:33.110] - Dr. Anya Temer

So we have to be a little forgiving to ourselves, a little more gentle with ourselves, and a little more supportive and loving, and realize that even if we are healthy, we will have the days where we're little imbalanced and all of our life areas maybe not working well at the same time. But what I strive to coach my patients and clients is on paying attention to all the areas little by little and creating a cycle of improving one thing, then going to the next, then keep improving the next thing, the next thing, the physical, spiritual, emotional, all of it together.

[00:08:08.390] - Dr. Anya Temer

Because unfortunately, in our society, we're very lopsided. We either focus just on the physical part, or just in our health, or just in our emotions, and everything is segregated. In medical system, you're suffering from emotional, you get sent to psych, you suffer from physical, you get sent to another physician. But what if, and I'm inviting people to always think of it, all of it is connected?

[00:08:35.170] - Dr. Anya Temer

Why don't we just look at that together as a comprehensive unit?

[00:08:39.190] - Ashleigh Kehrt

What's interesting about that, too, is how you're saying if it's emotional, you get sent to psych or you're getting a medication that may not exactly be for that. That's what's interesting, too, is you're taking this medication, but it's actually for something completely different. But it works for XYZ as well.

[00:09:00.300] - Ashleigh Kehrt

So I feel that's taking the wellness out of it, because then you're going to have side effects of other

things that really don't balance you out.

[00:09:07.340] - Dr. Anya Temer

That's why in our medical system, we focus on the symptom management and pharmaceutical management. And we leave out more natural component to our healing, our health. There's so many other options out there that I prefer to try first that are more... There's less side effects, that are more gentle on the body, and actually have a lot of good results.

[00:09:34.150] - Dr. Anya Temer

Yes, absolutely. Unfortunately, we're being sent to try all these medications. I have patients coming to me with bags and boxes full of medications. And we have to dig through that little by little.

[00:09:48.800] - Ashleigh Kehrt

Especially your older clientele, because 10 years ago, 20 years ago, there was a pill for everything. So they come with all of that, and they never really get off those medications. And then they say, here, take these five other things instead of just getting vegetables, and clean water, and all the things that our body was meant to do on its own. So that's really interesting.

[00:10:10.840] - Dr. Anya Temer

And medicine has its place. We're so lucky and blessed to be in this time of medical advances, where there's so many lifesaving procedures and medications. If we have traumas, if we need lifesaving procedure, it's available. Thank God.

[00:10:28.420] - Dr. Anya Temer

However, we don't want to throw away the baby with bathwater. We could use that. And we could use the other thousands of things that healers, natural healers used for thousands of years. Why don't we use it all together?

[00:10:44.840] - Ashleigh Kehrt

So that brings me to the next part of this that I'd love to know about, the aspects of wellness, how they affect people? What are they? Chloe, she just pointed to you and she was talking about the healing part of it. So I'd love to get your take on that.

[00:11:00.230] - Chloe Ravel

Yeah, I love everything you're saying, Doc. I'm so inspired, I want to say. I work primarily with the mindset, the mental component as well, because a lot of that comes, as you say, it's so compartmentalised where we're putting that on the back burner on how to develop healthy mindset.

[00:11:19.460] - Jacquelyn Hill

I think that's the key.

[00:11:21.120] - Chloe Ravel

Yes.

[00:11:21.860] - Ashleigh Kehrt

It is.

[00:11:22.200] - Chloe Ravel

It's so transformational, because as you start to develop the mindset practices, then you start to feel more excited, or with a new perspective about working out, or about opening your mind to going vegetarian for a cleanse just to try it out. So you open up all the possibilities for you.

[00:11:41.450] - Chloe Ravel

And the aspect of wellness that I focus in that mental practice is grounded through meditation. And meditation, in which I'm excited to share with you guys a little later, is a way to calm the fluctuations of your mind and your thinking. And a lot of what creates disease and illness in the body is as a result of stress.

[00:12:01.940] - Chloe Ravel

And what's interesting about or the unconscious mind and body is that you don't know the difference between an actual stressful situation happening out in front of you, that's stressful happening there versus what you're creating in your own mind.

[00:12:16.590] - Chloe Ravel

So we perpetuate this habitual way of thinking stressful.

[00:12:20.970] - Jacquelyn Hill

It's me and the needles, right?

[00:12:23.310] - Chloe Ravel

Yes.

[00:12:23.930] - Jacquelyn Hill

It might as well be a lion trying to attack me, like my body doesn't know the difference and I have that same reaction.

[00:12:30.440] - Ashleigh Kehrt

Oh, this is exciting.

[00:12:31.440] - Chloe Ravel

Yeah.

[00:12:31.790] - Ashleigh Kehrt

You're definitely doing this.

[00:12:32.970] - Chloe Ravel

Yeah, to me, that will be the next subject of our conversation here, because part of our brain is very primal. And so right away, you see a needle, you hear about a needle, or just talking about a needle, instantly, you go into fight or flight. It's that response for you.

[00:12:47.390] - Jacquelyn Hill

Or flight.

[00:12:50.460] - Chloe Ravel

Yeah, run, run.

[00:12:50.460] - Ashleigh Kehrt

She's running.

[00:12:50.730] - Chloe Ravel

So what meditation does is it helps you create new ways of thinking. It literally changes your mind, but it takes a daily commitment to show up in that way.

[00:13:01.940] - Ashleigh Kehrt

So tell me, to a listener that doesn't know what meditation is, I mean, there's so many different things that you could say meditation is. It's different for everyone, I think. And this is just me being ignorant to it a little bit. Some people think it's a religious thing in certain religions, et cetera, chanting, or whatever it may be. What is exactly the definition of it?

[00:13:23.680] - Chloe Ravel

Great question. It is focusing your mind on a fixed point. In yoga, we call it a drishti. It's just your focal point. So you're no longer obsessing, or in your mind, or ruminating, or in all the thoughts. Sometimes there's not even ruminating. Sometimes you're just laying in a yoga class, in a meditation class, and you're thinking about what you're cooking for dinner.

[00:13:43.720] - Ashleigh Kehrt
Me. That's me. That's why I said I can't do 30 minutes.

[00:13:46.570] - Chloe Ravel
So it's a practice. It takes time-

[00:13:48.060] - Ashleigh Kehrt
Yeah, it's a practice.

[00:13:48.060] - Chloe Ravel
Just working out your body and adapting new ways of eating. But truly, meditation comes in so many different forms. You can have a meditation that is more body awareness, tapping into your body. You can literally just stare at a candle flame and have that be your fixed point.

[00:14:05.670] - Chloe Ravel
Meditation for a lot of people is exercise, going for a long run, and being out in nature. I love being out in nature. And that's why I focus a lot in my work on international yoga and wellness retreats, because I feel that shift in taking us out of our modern way of living and just immersing ourselves in nature is one of the best ways to feel that meditative experience.

[00:14:25.660] - Chloe Ravel
When you see these huge mountains and the beach, you're like, okay, this is life. But truly, meditation comes in a lot of different ways. There is that chanting component, too, which I actually love. The reason why, I want to talk about this, because recently I was talking with a friend, chanting is such a big part of meditation is because it stimulates your vagus nerve, which is connected to your diaphragm.

[00:14:48.850] - Chloe Ravel
And when you stimulate your vagus nerve, you send the signal to your nervous system that, like, it's not fight or flight.

[00:14:55.070] - Jacquelyn Hill
Yeah, calm down.

[00:14:58.670] - Chloe Ravel
It's rest. Yeah, you tap into your parasympathetic nervous system. And that is so refreshing because we're habitually in that sympathetic nervous system, which is a fight of flight.

[00:15:08.200] - Ashleigh Kehrt
Right. I think that society, especially in the last two years, a lot of people have been living that. And maybe it seems like things are getting back to normal, but you're still there. You're still feeling like at any moment, they could make us... We were here at the office, and I'm like, oh, we'll be back next week. And then it was a year and a half.

[00:15:29.410] - Jacquelyn Hill
I love that you said that it's a lot of different things also, because when I first got into the meditation practice, I thought, you just have to be quiet. And you can't have any thoughts, and that's not me. My brain is constantly racing. So I had to learn how to have the thought, let it go. Have the thought, let it go. Notice the thought. Don't dwell on it, let it go.

[00:15:50.650] - Jacquelyn Hill
And that for me, was like, oh, I don't have to just sit here and be quiet because I'm not a sit here and be quiet person. So I do. I do guided meditations. I love to chant. I love to do sound baths out there because I need a distraction almost when I meditate.

[00:16:12.900] - Jacquelyn Hill

Because if I just leave myself to my own devices, I'm making a grocery list, and I'm painting my house. And I'm not sure that where I'm supposed to be. So I love having something to focus on. So I think that people do think, you just have to sit in the room. It's the same thing when I started yoga, I thought, oh, this is going to be boring. Oh, gosh, I can't do this. Om, that sounds terrible.

[00:16:37.050] - Jacquelyn Hill

But it actually is really a way to get outside. And I'm also super competitive. So I was like, oh, that girl is doing that. So I'm going to be able to do that, too. So I definitely learned it teaches you to get outside of yourself.

[00:16:51.040] - Jacquelyn Hill

And my yoga teacher constantly says, if I'm like, I can't do that pose, she's like, that's your yoga. However you can get into it. That's your yoga. You own that. And that's been big for me this year because it's all about letting go. You have no control. There's the whole pandemic. You don't control that.

[00:17:10.900] - Ashleigh Kehrt

That's it. You just hit it. It's control.

[00:17:12.720] - Jacquelyn Hill

It's control.

[00:17:14.360] - Ashleigh Kehrt

We naturally try to control our situation. Some people try to control other people, but I try to control myself. So I think it's letting go and just taking a breath. And I love what you said about not being quiet, because I think that's my biggest problem.

[00:17:30.440] - Ashleigh Kehrt

Especially when I was younger, it's like, oh, you have to be quiet and you think you can't have a thought. And I'm like well, there is no way I'm going to succeed at this, because when I lay down at night, I'm thinking about my whole entire schedule for the next day. And so that's really interesting and something I'd love to bring in too.

[00:17:46.750] - Ashleigh Kehrt

So let's talk about maybe, Dr. Temer, about the medical side of this, being a doctor, and maybe Eastern versus Western medicine, and how that ties in to the mindfulness, meditation, et cetera.

[00:18:04.260] - Dr. Anya Temer

Sure. So I come from a Western medicine background, regular medical school, regular residency, being in a hospital system. And that's actually what gave me a push to go and seek out other ways. Because what I noticed was a revolving door of people coming back over and over and over again for the same health issues and sometimes-

[00:18:30.680] - Ashleigh Kehrt

Never really being healed.

[00:18:32.500] - Dr. Anya Temer

Never being healed, and actually, most of the time getting worse, worse and worse, little by little, sometimes being managed and being "stable" for a while. But stable doesn't mean healthy. And it always drove me crazy a little bit. We're supposed to be doctors, and healers, and return people's health. However, looking around, I don't see anyone healthy around.

[00:18:54.900] - Dr. Anya Temer

So that was a struggle for me for a while. And I was this close to quitting regular medicine. But then I realised that there is a way, there has to be a way to bring all of this in and to create more complementary approach, where it's not one or the other, it together. So the Eastern and the Western, it's the best combination when they're used, in my opinion, together in the smartest and the wisest

way possible.

[00:19:29.100] - Ashleigh Kehrt

I know you had that revelation, there has to be a better way. But what was that one thing that pushed you in that direction? Did you start school all over again? How did that process work for you?

[00:19:40.910] - Dr. Anya Temer

Yeah, I actually remember so vividly. I was doing my pediatrics rotation in the hospital and we had to do call overnight for many nights. And I was sitting there in the middle of the night and just being very frustrated and depressed and thinking, okay, there has to be something else.

[00:19:58.240] - Dr. Anya Temer

And being, I guess, millennial... Am I? Am I a little older?

[00:20:03.060] - Ashleigh Kehrt

I'm a millennial, too.

[00:20:04.530] - Dr. Anya Temer

I Googled how to combine regular medicine, and I don't remember what exactly, but something for medical students. I was seeking something. And what I found was integrative medicine rotation for medical students in Arizona with Dr. Weil.

[00:20:22.130] - Ashleigh Kehrt

Oh, cool. Okay.

[00:20:22.830] - Dr. Anya Temer

And I was like, oh, my goodness. There was 10 spots. And you had to do these applications and applied for it and I applied for it in the middle of the night. And I got in. So I went to that Arizona rotation, and that was life changing.

[00:20:37.430] - Ashleigh Kehrt

That's amazing.

[00:20:38.360] - Dr. Anya Temer

Because he has, Dr. Andrew Weil has a whole integrative medicine hospital and university and clinics that I didn't even know existed.

[00:20:47.430] - Ashleigh Kehrt

Right. A lot of people don't know that.

[00:20:50.330] - Dr. Anya Temer

[crosstalk 00:20:50] beautiful. They showed us all these different things, how they go together, meditation, and yoga, and qigong, and acupuncture, and medical.

[00:21:00.250] - Jacquelyn Hill

I love that. I wish more medicine would move that way.

[00:21:04.720] - Ashleigh Kehrt

Me, too.

[00:21:05.170] - Jacquelyn Hill

Oh, you have high blood pressure, here take this medicine, and then, your blood pressure won't be high unless you stop taking this medicine. And then it goes right back. So I love that more physicians are moving into mind, body, spirit, how connected it is.

[00:21:22.530] - Ashleigh Kehrt

I think that also highlights the fact that you actually went to a university for that. And I think there is a

lot of maybe older generations will say, oh, well, that's not real medicine. Kind of like a chiropractor. They're not a real doctor.

[00:21:42.800] - Ashleigh Kehrt

I worked in chiropractic in my earlier years. And I was never sick when I got adjusted and took the right... I think, holistically, a lot of chiropractors are in line with that. So I think that's interesting to hear that and that you went on a rotation. That's real medicine. That's a real thing.

[00:22:01.750] - Dr. Anya Temer

Yeah, I got a licensed as a medical doctor. However, I also found ways to gather all of those resources together with it.

[00:22:10.140] - Ashleigh Kehrt

That's amazing.

[00:22:11.470] - Jacquelyn Hill

Are you finding with the pandemic that more people are moving into this type of healing-

[00:22:18.010] - Ashleigh Kehrt

She's like, yeah.

[00:22:18.010] - Jacquelyn Hill

and wellness? Because I think we have a lot of pause and people realised a lot during this pandemic and this break of the whole... First of all, nobody wanted to get sick. So it was a lot of just how do you just stay healthy? And it was a big slow down.

[00:22:39.050] - Dr. Anya Temer

It's very unfortunate that it took a world crisis for most of us to realise health is important. But that's, once again, us human beings, that's how we are. We go with it unless we hit the rock bottom.

[00:22:53.710] - Dr. Anya Temer

And, yes, I've seen people opening their eyes and waking up more and more to, really, importance of taking care of their health. On the other hand, there's still, unfortunately, a lot of quick fixes. Let's do the quick fix. What can we do? What pill can it take?

[00:23:12.620] - Dr. Anya Temer

And there's no such thing. I wish. I wish there was a pill we could take and all of a sudden be healthy. Health and true wellness takes a lot of work.

[00:23:21.820] - Ashleigh Kehrt

I think that you're hitting it, too. People don't want to do the work, just like I don't want to be quiet for five minutes. But I know I could, but it's like, oh, I got to work on that. It doesn't come natural to me. It comes natural to me to talk and be crazy, but it doesn't come natural to me to take a step back and let things be. So I think that's it.

[00:23:41.900] - Dr. Anya Temer

I actually have life coaching, training and mindset training as well. So one of the biggest things that I'm very, very passionate about to try to get people to understand, there are ways to make it easier. There are ways to simplify this. There are ways to bring all these things into habits and routines that are becoming their daily lifestyle, which will make it much easier.

[00:24:06.490] - Dr. Anya Temer

Yes, it takes time, once again, to build it. But for example, if I'm giving patient an herbal supplement or vitamin to take, that has to be a habit that they now have to incorporate into their life.

[00:24:19.710] - Ashleigh Kehrt

Absolutely.

[00:24:20.330] - Dr. Anya Temer
So I love as by it's called habit stacking. You find what you're already doing. For example-

[00:24:25.950] - Jacquelyn Hill
Put it by your toothbrush.

[00:24:27.060] - Dr. Anya Temer
Yeah, a toothbrush or your coffee. If you drink coffee every morning, you just put it next to it. And the same example with everything else, you just stack whatever you're already doing with the new things, and that way it's a little bit easier.

[00:24:41.370] - Ashleigh Kehrt
I love that. I think I could do that.

[00:24:43.350] - Jacquelyn Hill
So meditate in your bed. In the morning when you wake up, for five minutes, don't do anything. Don't pick up your phone. Don't do anything.

[00:24:50.570] - Dr. Anya Temer
That's too much to start with.

[00:24:51.710] - Ashleigh Kehrt
Thank you. I'm saying the same thing.

[00:24:53.390] - Dr. Anya Temer
Okay, three breaths, three breaths.

[00:24:55.060] - Jacquelyn Hill
Okay. There you go. I like three breaths.

[00:24:57.190] - Dr. Anya Temer
What I would do is I would say, do you pick up the phone when you wake up? Usually people say yes. I say, pick up your phone and feel the phone in your hand. That's already mindfulness, because you're already putting attention and then take two breaths.

[00:25:12.680] - Dr. Anya Temer
Can you do that? If that's too much, just stop putting it in your hand.

[00:25:17.400] - Ashleigh Kehrt
I think I can handle that.

[00:25:19.910] - Dr. Anya Temer
So do two breaths. Or you can even put a reminder on your phone that goes off automatically, and it says, take two breaths. And you just start with that. And then next week you add something else, and next week you add something else.

[00:25:32.530] - Chloe Ravel
Because you'll notice.

[00:25:33.190] - Jacquelyn Hill
Baby steps.

[00:25:34.220] - Chloe Ravel
Yeah, you'll notice a shift. And it can be as simple as that. And you build on it and you build on it. And it's interesting to talk about how far we've come from our roots. So all of the holistic journey us returning to our roots of holistic practices, mind, body, and spirit. And there's definitely a place to

combine both ways, both philosophies.

[00:25:59.530] - Chloe Ravel

That's why I love hearing about your work because you're combining both, Western and Eastern. And I think a lot of our world these days with everything we're going through is very polarized, either at your one side or the other side.

[00:26:10.950] - Chloe Ravel

And what I strive to teach people is that it's truly a balance that you can incorporate Western and Eastern in a way that creates a wonderful outcome for you in supporting your health and well-being.

[00:26:22.740] - Ashleigh Kehrt

So tell me, Chloe, how did you get into this whole holistic side? Were you always this way? What's your journey?

[00:26:29.730] - Chloe Ravel

The other day, I was talking with some friends. And I was stressing about something. She's like, what do you have to be stressed about? You're always Zen and at peace. And I was like, girl, this is why I do this. I can manage this, girl.

[00:26:41.070] - Ashleigh Kehrt

I am human.

[00:26:42.710] - Chloe Ravel

So truly, my journey began young in life. I was a college student and riddled by stress and anxiety. I didn't really know who I was because I was so into people pleasing and getting in my own way.

[00:27:00.000] - Chloe Ravel

And I was invited to a yoga class. And just like you, I showed up to that thing. And I was like, what in the world? I'm never gonna be able to move my body like this. I look nothing like that teacher. Okay, it wasn't relating.

[00:27:14.930] - Chloe Ravel

And that whole stillness aspect, I was like, okay, my mind races a million miles per hour. How am I ever going to get there? But for some reason, I was guided by my intuitive wisdom to keep showing up because I wasn't showing up for myself. And I was like, it's time to make myself a priority.

[00:27:31.160] - Chloe Ravel

And that's really the mindset shift, right? Me first. Before I can attend to others, and to these projects, and completing these deadlines, and graduating period, I got to make sure I'm okay.

[00:27:42.110] - Chloe Ravel

And so I kept showing up. And I'm not saying that it didn't get easier in the sense right away, but I was feeling just a shift in my state of being and my energy. And I'm a life learner. So I was like, okay, this is awesome. The yoga practice is way more than just moving your body. It's about breathing.

[00:28:02.410] - Chloe Ravel

So I had a fear of needles, too. You can overcome that, my dear.

[00:28:05.650] - Jacquelyn Hill

Yes.

[00:28:06.060] - Chloe Ravel

And a lot of it has to do with tapping into your breath and that mindfulness moment. So I was like, okay, so yoga is linking the movement to the breath. And I find myself in life holding my breath in different situations, right before I'm going to get the shot.

[00:28:19.090] - Jacquelyn Hill
Right before you get the needle.

[00:28:20.400] - Chloe Ravel
Okay, so now I'm connecting to my breath more. Okay, and now there's mediation. Whoa, that's a whole game changer and mindset. And I just kept diving deeper into it.

[00:28:31.080] - Chloe Ravel
And when I moved from New York City to South Florida, I just happened to meet a bunch of yogis. And they're like, come hang out at the studio. Then it was like, come get certified as a yoga teacher. There I was. Then come teach, come manage the studio.

[00:28:43.460] - Chloe Ravel
So it just started to happen organically, because I was growing, and expanding, and feeling so great, and then really excited to share with other people. Because anxiety is a chronic issue that we're facing. And I'm sure you see that with your clients all the time. There's no real way to pinpoint it. It's just this feeling that you feel quite often.

[00:29:03.590] - Chloe Ravel
And so I was inspired to just dive deep into sound healing meditation, too.

[00:29:08.240] - Jacquelyn Hill
I love sound healing.

[00:29:09.380] - Chloe Ravel
Sound healing is-

[00:29:10.140] - Jacquelyn Hill
One of my faves.

[00:29:11.000] - Ashleigh Kehrt
I have never done it. I've been to a festival where they did like, you've got in this thing and they bang some things. And it sounded really cool. And I went to school for singing, so anything musical, I'm into that. But I was just like, I don't know what's happening and it was cold.

[00:29:28.550] - Chloe Ravel
And that's okay. That's the point. It's like, you're letting go and being in a situation where you can relax and receive, be open to just receiving the healing, the sound vibration. And these sounds have different frequencies. And they attuned to different things. There's different Hertz for releasing negativity and for uplifting your mood-

[00:29:50.300] - Jacquelyn Hill
Positivity for a [crosstalk 00:29:51].

[00:29:52.470] - Ashleigh Kehrt
I actually know a lot about that aspect of it, just because of being in a musical family, and being in a little bit more of a religious upbringing, and certain different frequencies are bad, and good, and et cetera. So I do know that aspect of it. It's very interesting.

[00:30:09.660] - Jacquelyn Hill
It's really good.

[00:30:10.440] - Ashleigh Kehrt
Yeah, so what would be, if I could say, I'm going to come to you as a client and you're going to give me five things to start changing my lifestyle, or how does that work? Would you give me five things? I know we were talking about earlier, holding the phone and taking two breaths and doing small things.

[00:30:27.330] - Ashleigh Kehrt

But when either one of you have a client, what does that look as far as lifestyle changes? What are some things that our listeners could do, even just by listening?

[00:30:37.000] - Chloe Ravel

Truly, there's so many resources these days for meditation. There's so many ways you can do it. Obviously, I would love to practice meditation with you and in a space in a private session, in a recording that I have. But there's so many different apps out there right now, and YouTube, and Spotify.

[00:30:55.800] - Chloe Ravel

Truly, all you need to do is carve some intentional time for you every single day. And if that can be in the space in which you're turning on a meditation not for five minutes, amazing. Maybe that's a bubble bath. Maybe that's spending time with your puppy, your new puppy, and just being in the present moment, going for a walk.

[00:31:15.660] - Chloe Ravel

Truly, the shift happens in the prioritising of yourself. And so I ask people to connect with what feels good for them. That's where we want to come from, not where you're like, you're drying your-

[00:31:27.910] - Ashleigh Kehrt

It's a chore.

[00:31:28.420] - Chloe Ravel

Right. We don't want to create more of that in our life. We have enough of that.

[00:31:31.510] - Jacquelyn Hill

Right. We have enough of that.

[00:31:33.480] - Chloe Ravel

So creating a space in which you're like, I'm just connecting to the things that feel good for me. That's a luxury these days you got to have. We're so busy with everything that we have to check off on our to-do list. And in the stress of life, to grant yourself those five to maybe 20 minutes a day, it's amazing.

[00:31:52.220] - Ashleigh Kehrt

I think that was the biggest thing that going through the pandemic did for a lot of us was having a little bit more time.

[00:31:58.160] - Chloe Ravel

Absolutely.

[00:31:58.870] - Ashleigh Kehrt

To actually do these things. And I know, Jacquelyn picked up more of this meditation and then mindfulness. And I picked up doing some self-study and things like that that were different or just having me time, in general. I'm like, wow, who's me?

[00:32:12.520] - Chloe Ravel

Exactly.

[00:32:13.220] - Ashleigh Kehrt

So it's been nice to have that. So I think this is a great time to have this because people are starting to get back into the real world.

[00:32:19.980] - Jacquelyn Hill

And I think we're dropping that. So I think that is one of the things moving forward. If you did carve out that time for yourself and how you said it's a luxury, I think we need to shift that mindset and say it's

not a luxury, it's a necessity. If you don't have that time for you, and you don't make that time for you, and you don't do you first, which is I'm a mom, so it really-

[00:32:43.540] - Ashleigh Kehrt

I think especially for moms. I think moms really do need at least five minutes to themselves without a kid, being in the bathroom when you're trying to go the bathroom. You're never alone.

[00:32:51.950] - Jacquelyn Hill

You're never alone when you're a mom.

[00:32:55.570] - Ashleigh Kehrt

Even if you have to lock yourself-

[00:32:57.410] - Jacquelyn Hill

And a puppy.

[00:32:58.430] - Ashleigh Kehrt

A puppy mom.

[00:33:00.050] - Jacquelyn Hill

Yeah, my puppy sits on my lap when I'm in the bathroom. I'm like-

[00:33:02.660] - Ashleigh Kehrt

Yeah, can I just have some space?

[00:33:04.940] - Jacquelyn Hill

Can I have any kind of space? So I think that I love a mind shift. I wish we would all mind shift, too. It's a necessity.

[00:33:11.300] - Chloe Ravel

Absolutely.

[00:33:11.870] - Jacquelyn Hill

If you have 30 seconds where it's only you for a day, that is a big mind shift that I think will change everything for a lot of people.

[00:33:22.760] - Ashleigh Kehrt

I agree. And Dr. Anya, what about you, if you have somebody maybe thinking about coming to see you, what are some things they can start doing to maybe even get that mindset to say, I'm going to go and see you?

[00:33:34.910] - Dr. Anya Temer

Yeah, sure. So pretty much most people who come to me have been suffering from some chronic illness for years. Because it takes years to go through the medical system, try all that, try all the medications, procedures. And unfortunately, some of them are still sick.

[00:33:52.430] - Dr. Anya Temer

So at that point when they come to me, the first and the biggest thing that I focus on is the main culprit. And the main culprit is pretty much all chronic illness is inflammation.

[00:34:05.240] - Dr. Anya Temer

So that's what I addressed right away. And those are the things that I try to work with them on right away is how do we decrease inflammatory load on the body? And there's so many aspects to that.

[00:34:16.780] - Dr. Anya Temer

But the two main pillars are deficiency and toxicity. We are, unfortunately, living in the world where the air we breathe, the water we drink, the food we eat, there's so many toxins, so many foreign things in

our food and our water, that all of that, our body doesn't know what to do with that.

[00:34:37.300] - Dr. Anya Temer

They get very inflamed. That's why we have autoimmune issues on the rise. Chronic pain is all caused by inflammation. So inflammation is what I focus on.

[00:34:47.980] - Dr. Anya Temer

So if somebody would come to me, the first things we would do, the first evaluation is 45 to 60 minutes. I hate these five-minute appointments. What can you find out about a person in five minutes?

[00:35:01.290] - Ashleigh Kehrt

I agree. That's my biggest pet peeve about going to a regular physician. And I've worked in plastic surgery forever in my field. And then obviously, with IMAGE and things like that, you have to spend time with people to get to the root of what is going on. And so for plastics, you want to spend the time to see what they're looking to achieve. And I think that should be the same in your health.

[00:35:30.290] - Dr. Anya Temer

Absolutely. But unfortunately, it's not the doctor. It's the system.

[00:35:36.240] - Ashleigh Kehrt

Right, and they're in a time crunch. And they're trying to make numbers.

[00:35:39.220] - Dr. Anya Temer

They're being pushed. They're being pulled in a million directions. And unfortunately, the system makes it impossible. I chose to not be part of the system in a way.

[00:35:49.750] - Ashleigh Kehrt

I love it.

[00:35:50.620] - Dr. Anya Temer

Which takes away. And there's some negatives to it because we don't have insurances that cover most of our services. But that means that I could actually take the time.

[00:36:00.720] - Dr. Anya Temer

So sitting down and having that long consultation makes me be able to dig deeper into what are the toxicities that could have been part of it. What are the deficiencies that could be part of it? What is the mindset? What is the emotional things that could be supported?

[00:36:18.340] - Dr. Anya Temer

And one thing that we do also a little differently is we bridge the science with the complementary medicine. So we make comprehensive bionutritional testing, biometric testing. That's much more comprehensive than some of the other testing that's offered in regular system.

[00:36:36.700] - Dr. Anya Temer

So, for example, deficiencies. Even people who think, I eat well. And I have a lot of people who come to me and say, I already eat well. And then we do full panels of micronutrients, so minerals, vitamins, antioxidants, and pretty much everybody is deficient at something.

[00:36:54.410] - Ashleigh Kehrt

Of course.

[00:36:55.460] - Dr. Anya Temer

Yeah, so how can we have a structurally healthy body and immune system if it doesn't have the building blocks to build the proper system?

[00:37:06.250] - Ashleigh Kehrt

Yeah, and I think, too, unless you are farming your own fruits and vegetables, and taking care of your own animals, if you're eating animal protein, you really don't know what you're getting. And I know that's on the rise, and a lot of people are more awake to that type of thing. But still, even if it's organic, how do you really know how much of it is you're really getting.

[00:37:31.690] - Dr. Anya Temer

Unfortunately, you don't. And unfortunately, from researching and talking to people, even the best quality organic foods still have some toxins and pesticides-

[00:37:42.320] - Ashleigh Kehrt

And they're expensive.

[00:37:43.710] - Dr. Anya Temer

Yeah, so doing the testing to really see in your individualised body like, what is actually happening, and then working on that to decrease the toxins, to decrease the inflammation, to put more nutrients in, those are the first few steps that I work with pretty much everybody.

[00:38:00.970] - Ashleigh Kehrt

So speaking of nutrition, I actually listened to this guy speaking this morning about a lot of the different supplements that are popular, like D3, for instance. He was saying, if you don't have K2 with the D3, then it's actually not doing anything for you, et cetera, so that's just an example.

[00:38:22.060] - Ashleigh Kehrt

Fish oil is a big joke, I guess when it comes to your body because of the way that it heats up inside of you, blah, blah, blah. So do you stick with certain things? How do you go into that whole aspect of it? Because I know there will be people that will say, and they take 15 different supplements that aren't even for them. So how do you link nutrition with this aspect?

[00:38:46.420] - Dr. Anya Temer

Yeah, so there's a few aspects to it. First of all, there are some supplements that don't even get absorbed. They just go through you and there's research to show that. So if you're just buying regular pharmacy supplement, beware.

[00:39:00.010] - Dr. Anya Temer

There are extremes. You could be extreme to the point where you have to now research every single thing you take and drive yourself insane and say this has to be taken with this. You could go there and there are people who are already there. But I usually start with people who are not there yet.

[00:39:22.130] - Dr. Anya Temer

So starting at least on some good quality supplementation, and adding some good foods in, and decreasing toxins a little bit, just baby steps like we were just talking about. Baby steps seem to work much better with people than just, oh, right now, you have to change your whole life.

[00:39:41.300] - Jacquelyn Hill

That's overwhelming.

[00:39:43.170] - Ashleigh Kehrt

And no one's going to stick to that. It's the same when we talk about skin care. We, our philosophy is very simple approach, because a lot of our clients will either, they've never touched anything other than a bar of soap, sometimes nothing-

[00:39:55.400] - Jacquelyn Hill

Or they do too much.

[00:39:55.400] - Ashleigh Kehrt

Or they do 17 different products and they don't want to do that. So it's, here's four products that you can get started with that are going to change your skin, make sure that it's protected, do all the things

that you want it to do, and then when you're ready, you can add in, or maybe you stick with the four forever.

[00:40:12.230] - Ashleigh Kehrt

But it's an approachable regimen instead of being very overwhelming. How do you feel about detoxing?

[00:40:19.140] - Dr. Anya Temer

I love it. Just because we accumulate so much within us throughout our life. You'd be surprised because I do testing how much I see people don't even realize they have mold, especially in Florida, mold is overwhelming.

[00:40:35.070] - Ashleigh Kehrt

I bet.

[00:40:36.230] - Dr. Anya Temer

Heavy metals, pesticides, glyphosate, things like that just accumulate in our body and then mess with all the structures and systems, so getting those things out. There's so many out there about detoxing. So also you could get overwhelmed by just try to learn this. Once again, I start simple.

[00:40:57.390] - Dr. Anya Temer

Skin is the biggest organ of detoxification, so let's open up your pores. Let's get you sweating. Let's get you into sauna. Let's get your exercising and moving. So simple things first and then also adding some herbs and nutritional things to help your body keep detoxing.

[00:41:16.470] - Jacquelyn Hill

And we do it, because I love the sauna. I'm all into the sauna.

[00:41:21.080] - Ashleigh Kehrt

I feel like the sauna is something that people either can overdo as well.

[00:41:25.460] - Jacquelyn Hill

I would probably overdo. If I had one, too close, I would overdo the sauna. I love the sauna.

[00:41:30.980] - Ashleigh Kehrt

It's controversial as well, because I've heard, you should do 15 to 20 minutes. You should only do a few minutes. You should only do it once a day. Sometimes, people do it twice a day. There's so many different things when it comes. I think that's the problem with more the holistic approach. And not a problem, but I think people are apprehensive, because there's so much information. And there's so many different opinions and ways.

[00:41:53.960] - Dr. Anya Temer

There's not enough research.

[00:41:56.930] - Ashleigh Kehrt

Right. Or documented at least.

[00:41:59.420] - Dr. Anya Temer

Research needs to be paid for by somebody. So in medicine, as doctors get taught, evidence-based medicine, evidence-based medicine. And then I always have a problem with that, because evidence needs to be paid for by somebody. Who is going to pay for evidence to use sauna or to eat spinach?

[00:42:18.530] - Jacquelyn Hill

Only spinach farmers and sauna makers. Only the people who are gonna make money off of it.

[00:42:23.610] - Dr. Anya Temer

But they're not so rich.

[00:42:25.340] - Jacquelyn Hill
They're not so rich.

[00:42:27.440] - Dr. Anya Temer
So there's not enough evidence for things that are working. And yes, I'm all for evidence based also, but I'm also for... Let's open up our mind to be a little more logical as well, and see maybe something worked for thousands of years.

[00:42:41.400] - Ashleigh Kehrt
Yes.

[00:42:42.470] - Dr. Anya Temer
And there has been they call it anecdotal studies or clinical studies of people who actually benefit from certain things. Let's not be extreme. Let's start things with baby steps. Let's not go to sauna for three hours.

[00:42:55.980] - Ashleigh Kehrt
Right.

[00:42:57.380] - Jacquelyn Hill
But twice a week, I can do that.

[00:42:58.760] - Ashleigh Kehrt
Yeah, absolutely.

[00:42:59.660] - Dr. Anya Temer
If you have your cardiologist approval and everything is fine, starting for a few minutes here and there. It's good.

[00:43:08.070] - Ashleigh Kehrt
Or in Florida, you go outside in Florida.

[00:43:10.700] - Jacquelyn Hill
On Florida, you just sit on your patio.

[00:43:12.110] - Ashleigh Kehrt
You really don't need to.

[00:43:13.050] - Jacquelyn Hill
You don't need to sauna.

[00:43:14.180] - Ashleigh Kehrt
So Chloe, do you use essential oils? What's your take on that?

[00:43:19.050] - Chloe Ravel
I love oils.

[00:43:20.240] - Ashleigh Kehrt
I figured you would say that.

[00:43:23.500] - Chloe Ravel
So essential oils are also a different form of plant medicine and talking about connecting to our roots. And I remember these stories of like, growing up with a Latin American grandma and grandpa, and if you had a belly ache, they'd make you peppermint tea. And I would say "grandma, does this really work?" But it would work, and you'd feel better.

[00:43:43.920] - Ashleigh Kehrt
Oh, yeah.

[00:43:44.340] - Chloe Ravel
And if you were under the weather, they'd make you chicken noodle soup, but not the one from a can or from whole foods. They'd make it from scratch. And so essential oils is a way to connect to the land and connect to herbs and flowers and plants. But as anything like supplements, so you got to make sure you're getting the right quality essential oil. Because truly, it's not a regulated industry, just like the vitamins. So it can say a hundred pure essential oil.

[00:44:13.800] - Chloe Ravel
And truly, all the requirement is from the FDA is that it has 10 percent of that potency.

[00:44:19.500] - Ashleigh Kehrt
We know all about that.

[00:44:23.000] - Jacquelyn Hill
Same here as well.

[00:44:23.630] - Chloe Ravel
Of course, right? So you're not in that industry. So essential oils, I use them as a mindfulness technique with my clients, because there's nothing like a smell that connects you to either the present moment of just dropping whatever you were thinking about and focusing. Or it connects you to a memory at grandma's house. Or that vacation.

[00:44:44.420] - Ashleigh Kehrt
Or cologne for a past boyfriend.

[00:44:46.370] - Chloe Ravel
Or that.

[00:44:47.810] - Ashleigh Kehrt
I still to this day will smell certain things. I'm like, that's my first boyfriend.

[00:44:53.700] - Chloe Ravel
Yeah, exactly. So it's tapping into your senses, opening up your senses as a way of healing as well, because that's what gets us more mindful, more present. And just you were mentioning the feel, the touch of your phone in your hand. Well, you can do the same thing with sound as you hear and the same thing with smell.

[00:45:11.570] - Chloe Ravel
And so we know about lavender essential oil, and how amazing it is for relaxing and sleep. But there are also other benefits beyond those couple. It's really good for skin irritations. If you have a bug bite, you add a little pure essential lavender on your skin if you have no sensitivities. Because some people do have sensitivities.

[00:45:32.260] - Ashleigh Kehrt
Yes, they do.

[00:45:33.010] - Chloe Ravel
So we have to be mindful of that.

[00:45:35.440] - Dr. Anya Temer
We can test for that.

[00:45:37.350] - Chloe Ravel
We can test for that.

[00:45:37.350] - Jacquelyn Hill
There you go. Go say that to Anya.

[00:45:40.800] - Chloe Ravel
So it is a comprehensive system. It's not like bathe yourself in essential oils. Essential oils are very potent, and so we have to be careful in how we use them and the dosage as well. Just like be careful with the pills that we take from the doctors. So essential oils are incredible. They can help you with productivity, relax.

[00:46:01.830] - Chloe Ravel
There's certain essential oils that help with ADD, ADHD. So there's so many resources available to us when we connect back to the Earth and the land.

[00:46:13.260] - Jacquelyn Hill
I love it.

[00:46:13.740] - Chloe Ravel
And that's a big reason why I share it. You walk into one of my sessions, ladies, and it's like, we know. For those of you who have been there, I'm just like, okay, everyone, we're gonna begin with either a citrus aroma, a floral aroma, or a mint aroma, depending if it's evening, morning, so it's the big part.

[00:46:31.750] - Ashleigh Kehrt
Scent is huge for everyone.

[00:46:32.590] - Jacquelyn Hill
I make my children study with scent. So if they're studying for a test, I give them an essential. And then when the day they take that test, I give it back to them.

[00:46:42.080] - Ashleigh Kehrt
Interesting.

[00:46:43.080] - Jacquelyn Hill
And so when they go back to school, they remember what they were studying, because they smell.

[00:46:48.900] - Ashleigh Kehrt
I think we had this when I was in school.

[00:46:50.330] - Jacquelyn Hill
And I've done that to my kids forever.

[00:46:53.370] - Ashleigh Kehrt
Really? I've never thought about that, but that makes total sense.

[00:46:55.560] - Jacquelyn Hill
And the same thing when I'm practicing for a presentation. If I think I'm going to be super nervous, and I'm going through my notes, I'll smell something.

[00:47:02.490] - Ashleigh Kehrt
She's smelling.

[00:47:03.210] - Jacquelyn Hill
I put it with vodka.

[00:47:06.890] - Ashleigh Kehrt
Because I know that one.

[00:47:08.780] - Jacquelyn Hill

But I'll put it on my wrist before I go to that presentation. If I think I'm going to be nervous, and then it brings me back to, oh, I remember what was happening. Just think you smell. You remember that boyfriend. You remember your grandmother cooking. You remember your mom. So it will take you back there.

[00:47:26.990] - Ashleigh Kehrt

Memory. Yeah, that makes total sense.

[00:47:28.460] - Jacquelyn Hill

I give it to my children when they study.

[00:47:29.970] - Ashleigh Kehrt

That's so smart.

[00:47:30.800] - Chloe Ravel

I want to speak on that. Because the reason why it works, it's not magic. It's not like, oh, this mystical step. The oil, the scent works directly with the limbic part of your brain and accesses those memories.

[00:47:46.530] - Ashleigh Kehrt

Wow.

[00:47:47.510] - Chloe Ravel

And smell is the strongest sense that you have. And we don't tap into that enough, right? We don't. And so that's exactly why your kid's amazing. I think this all the time, jeez. Why didn't I have these?

[00:47:57.900] - Ashleigh Kehrt

I know.

[00:47:58.520] - Chloe Ravel

For when I was in college.

[00:48:00.780] - Ashleigh Kehrt

Yeah, right.

[00:48:02.010] - Chloe Ravel

But it's literally like a connection.

[00:48:05.570] - Jacquelyn Hill

It just unlocks it.

[00:48:07.880] - Chloe Ravel

It taps them in to everything they were learning when they were stunning. It's really fascinating.

[00:48:10.640] - Ashleigh Kehrt

So can we talk just briefly about grounding? I know it's a bigger topic than just brief, but that's something that I think is amazing. And it's not just in yoga, etc., or somebody that might be a little bit more on the hippie side. A lot of religion also does this, and I think it's good for every human to get one with nature. But can you talk a little bit about that?

[00:48:35.870] - Chloe Ravel

Well, we are constantly stimulated, and there's so much technology at our fingertips. And just think about when you're scrolling through a feed, you're engaging with something that's really fun and happy. And then you're, oh, and the next thing is really sad. And so we're going through this range of emotion, and we're perpetually in our mind, which I've said before.

[00:48:56.300] - Chloe Ravel

And so this experience and practice of getting outdoors. And maybe if you feel comfortable taking your shoes off.

[00:49:04.470] - Jacquelyn Hill
I was going to say take off your shoes.

[00:49:04.590] - Ashleigh Kehrt
So yeah, that's the whole thing, right?

[00:49:06.120] - Chloe Ravel
Get your feet into the Earth like, grounding in the elements. I work a lot with the different elements, the element of fire, the element of air, Earth, and water, and how they support us in a very shamanic way. But the element of Earth is just like, this is the essence of who we are. We're so disconnected. And truly all you... I mean, think about when you go to the beach, guys, and you finally put all your stuff down, and you created the ambiance you want it, and then you just lay on the sand.

[00:49:32.290] - Chloe Ravel
And that feeling you're like, oh my gosh, there's no feeling like this.

[00:49:37.710] - Jacquelyn Hill
Ashleigh knows. I have a million beach post.

[00:49:40.090] - Ashleigh Kehrt
She's literal every day.

[00:49:42.110] - Jacquelyn Hill
Every morning, I'm there with my feet in the sand and waves on my toes. I can't focus without it. I'm drawn to it.

[00:49:51.150] - Chloe Ravel
And that's truly what grounding is. Is this experience of getting out of your mind, out of technology, out into nature however you choose to. Ideally, barefoot to just absorb some of those frequencies from the Earth, and that allows you to drop out of your mind and into your heart and into your body.

[00:50:09.300] - Ashleigh Kehrt
Scientifically though, is this because of more vibrations as well? We're all energy, et cetera. Is that what's happening here? What's the scientific side of doing grounding?

[00:50:21.930] - Chloe Ravel
Truly, there is the scientific evidence as well, the experience of absorbing these negative ions from being out on the beach like the salt rooms that we have. Now, you want to go grounding, you can go into salt spa.

[00:50:36.300] - Ashleigh Kehrt
Like grounding mats, right?

[00:50:37.710] - Chloe Ravel
Grounding mat. Crystals is another way to ground. And I see you with all your gems, it's just connecting. We're absorbing the frequency that allows us to reduce anxiety and stress on a daily basis.

[00:50:51.180] - Ashleigh Kehrt
I love that. I love that. And do you, Dr. Anya, do any grounding? I know you do some obviously meditation, et cetera. But what do you do the grounding type of thing with your clients? Or is it a specific type of clients? Who would benefit from doing that? Besides, I think everyone.

[00:51:08.650] - Dr. Anya Temer

Everybody. As you just mentioned in our society, we're so in our head all the time. And because I work with health. In order for us to really tell the difference whether something is good for us or something is causing a symptoms, if we're working through nutrition or figuring out of certain foods or give us a sensitivity, yes, there's a test for that. But also, I want the person to be aware of their body. like, when does the pain come? What is causing it? What is triggering it?

[00:51:37.900] - Dr. Anya Temer

And when people become more aware when we put our attention under our neck to feet with that area, we start being a little more aware of what is actually causing our symptoms. So I give exercise to pretty much all my clients. It's called climbing back into your body.

[00:51:57.550] - Ashleigh Kehrt

I love that.

[00:51:59.110] - Dr. Anya Temer

And I love using technology in a way that works for us. I love to tell them, set a reminder to go off. You could start every two hours. And then maybe if you're ambitious, every hour, every half an hour. And then a reminder should say, pay attention to your body. And you literally for one minute, just scan from your feet up to your head. Just scan your body, put your attention back into your body. Anything hurting? Anything itching? Am I hungry? Am I tired? Am I thirsty?

[00:52:29.530] - Ashleigh Kehrt

Because sometimes, we go, go, go, go. We forget to even check with ourselves. And then people start after a few months of that realizing and noticing, oh, I haven't been drinking enough water. I haven't been breathing deep enough. I have been running too much. My shoes have been too uncomfortable, and my posture is wrong because of that.

[00:52:51.490] - Ashleigh Kehrt

Or maybe I get headaches at this certain time.

[00:52:53.760] - Dr. Anya Temer

Exactly.

[00:52:53.760] - Ashleigh Kehrt

That's interesting.

[00:52:55.410] - Jacquelyn Hill

I love that you use the technology, because my phone tells me... It tells me, I have all these habits apps that I hate water, so my phone tells me to drink water. My watch tells me to breathe.

[00:53:07.020] - Chloe Ravel

Which is interesting, because you love tea.

[00:53:08.860] - Jacquelyn Hill

I love water with stuff in it.

[00:53:13.890] - Dr. Anya Temer

Tea could be dehydrated.

[00:53:15.590] - Jacquelyn Hill

Tea can be very dehydrating.

[00:53:17.770] - Jacquelyn Hill

I have to remind myself. If I drink a cup of tea, I need to drink two cups of water.

[00:53:23.020] - Dr. Anya Temer

Using technology to our benefit, it's the same thing as using modern medicine advanced for our

benefits. Why not? We have them, might as well use them.

[00:53:30.920] - Ashleigh Kehrt
Absolutely.

[00:53:31.510] - Dr. Anya Temer
Combine them with things that are good for us.

[00:53:33.970] - Ashleigh Kehrt
Make it positive.

[00:53:36.060] - Jacquelyn Hill
Got to do something with at home.

[00:53:37.450] - Ashleigh Kehrt
Right.

[00:53:37.660] - Chloe Ravel
Like that Apple Watch too nowadays.

[00:53:39.370] - Jacquelyn Hill
It tells me to breathe, and it tells me to stand up every hour.

[00:53:44.560] - Ashleigh Kehrt
Interesting. I actually just got the WHOOP, have you seen this? I am obsessed and realize that I'm sleeping, but it tells you everything. My recovery went up yesterday, but it went down today and I'm like why? And I don't know yet, but it's learning my body, et cetera. And I'd love to see you in your office. Maybe, there's some links to that or whatever.

[00:54:08.160] - Ashleigh Kehrt
I think it's really interesting. There's so much technology that could be used for...

[00:54:12.710] - Jacquelyn Hill
Watching your sleep is very interesting. I'm a bad sleeper.

[00:54:16.560] - Ashleigh Kehrt
The WHOOP is amazing. It tells you every disturbances. So there's different levels, so deep, REM, light, and then awake or whatever. And it tells you exactly how much time in each.

[00:54:33.520] - Jacquelyn Hill
And it's smart. if I'm just sitting on sofa, it doesn't count that asleep, even if you're chilling. You have to actually go to sleep. I'm like, how do you know? How do you know I went to sleep?

[00:54:42.910] - Ashleigh Kehrt
For this one, you can start the activity, which is what I've been doing just so that I know specifically. But after a while, it learned your body and knows when you're actually sleeping. Or when you're taking a nap. I took a nap over the weekend, and I actually picked it up. I didn't think it would. I thought that was really interesting.

[00:54:58.240] - Ashleigh Kehrt
Alright. Well, I love this topic. I would love to know from each of you what you would the listeners to know about your business, anything you'd them to know that might be something that people are confused on. Or what would you like to leave the listeners with? I guess this is what I'm saying. Let me use my words.

[00:55:19.760] - Chloe Ravel
Well, I have to say that we truly have more say in our health and well being that we're led to believe.

This is very much an empowerment journey, not something that you're gonna be stressed about. I would like to change the mindset of like, oh, my health is in my hands. Not specifically to the doctor. And I think this is what we learn through quarantine and the pandemic.

[00:55:47.840] - Chloe Ravel

It's like, okay, how can I boost my immune system naturally? What kinds of foods can I eat to support my health? What kind of meditation practices can I use? So I really to focus on that and always emphasize that, and leave you all with that little insight that truly it's in your hands and that can feel really empowering. And maybe sometimes a little scary.

[00:56:09.020] - Jacquelyn Hill
Scary.

[00:56:09.440] - Jacquelyn Hill
Overwhelming, right.

[00:56:10.630] - Chloe Ravel

But there are so many people out there including myself that are here and willing to support. Here and willing to hold your hand along the process, because it's very much your journey and what feels right for you. But we're here just as the doctor over here has so much insight. And I've learned so much from you today. Thank you so much.

[00:56:27.820] - Chloe Ravel

But there are people there to support you. So hire a mentor, hire a meditation teacher, go see that holistic doctor, that integrative approach, and expand your mind to the possibilities. Because just like the universe, we're always expanding. We're always growing. And that's what the universe does. Again, it's not like any voodoo thing. That's what the universe does. It's always growing.

[00:56:51.250] - Ashleigh Kehrt
That sounds like my mom.

[00:56:52.370] - Chloe Ravel

Yeah. Well, I get that a lot. It's not the woowoo, it's the science, evidence-based. And I feel we have a little part of the universe within, and we potential to always be expanding to new opportunities and growth and health and well being.

[00:57:08.680] - Ashleigh Kehrt
What did they say? Mind over matter?

[00:57:10.760] - Chloe Ravel
Yeah, totally.

[00:57:11.750] - Ashleigh Kehrt
So how can our listeners find you?

[00:57:13.940] - Chloe Ravel

Oh, wonderful. I am quite active on social media, on Instagram. My brand is the Gemini Rising. It was inspired after my astrological praising sign, which is all about bringing people together.

[00:57:26.990] - Ashleigh Kehrt
I love it.

[00:57:27.140] - Chloe Ravel

And the first time I got my needle chart read, the woman said to me, she's your meant to just be in groups and create community. I'm like, oh my God, yes. And that was the moment where I was looking for purpose and intention. And so my journey is through the Gemini Rising on Instagram. You can follow me there.

[00:57:43.390] - Chloe Ravel

My website is chloeravel.com, and that's where you can find out about my group coaching classes that are coming up this fall. I have a breath coaching workshop in September. A woman's coaching group in October.

[00:57:55.790] - Ashleigh Kehrt

Awesome.

[00:57:56.590] - Chloe Ravel

And then in the spring next year, we're doing another international retreat that will be wellness and yoga. We just got back from the Dominican Republic. It was a beautiful, beautiful experience. And just to take us out of our element and back into nature, that's what it's all about.

[00:58:11.660] - Ashleigh Kehrt

I love it. I love it. Dr. Anya, what's something you like to leave the listeners with, and how can they reach you?

[00:58:18.440] - Dr. Anya Temer

Yeah. This is beautiful. And then to just add to that a little bit is that we can have hope. I want to give people hope when they're in pain, when they're suffering for so long, when they've been struggling with all these chronic issues and illnesses that there's still other options out there. Don't give up. Just keep searching. Keep looking for the right providers and practitioners and coaches. And seek people who are open-minded enough to see you as an equal partner.

[00:58:50.010] - Ashleigh Kehrt

Absolutely.

[00:58:51.520] - Dr. Anya Temer

I'm an authority figure and I know everything and you are a nobody. I don't like looking at it that way. We're equal partners. I'm still learning. I'm a perfectly imperfect human being.

[00:59:04.820] - Ashleigh Kehrt

I love that.

[00:59:07.160] - Dr. Anya Temer

So let's grow together. Let's learn together. And also, let's dig deeper into your individualized body. And everything that everyone is saying that's right for them might be right for them, but what's right for you? We don't know until we really look deeper inside your own body. And if your next question is how to find us is Total Holistic Center.

[00:59:31.730] - Dr. Anya Temer

That's the name of our clinics. So totalholisticcenter.com. You could call us with the for a 15 minute free consultation to answer any questions, 5-6-1-3-2-3-4-9-9-4. We do regenerative medicine, injections. We do nutritional consultation, reduce inflammation, detoxes, plant medicine, so please reach out with any questions.

[01:00:02.110] - Ashleigh Kehrt

And they are both here in South Florida. But do you do virtual or Zoom type of appointments?

[01:00:08.780] - Dr. Anya Temer

Yeah.

[01:00:09.370] - Ashleigh Kehrt

Perfect. They both do.

[01:00:10.720] - Dr. Anya Temer

And even with the test thing, we could ship the kits pretty much anywhere.

[01:00:16.070] - Ashleigh Kehrt
Great news.

[01:00:17.710] - Jacquelyn Hill
That's good to know.

[01:00:21.110] - Ashleigh Kehrt
So Jacquelyn and I want to make appointments with both of you.

[01:00:22.850] - Jacquelyn Hill
Absolutely.

[01:00:23.870] - Ashleigh Kehrt
Well, I just want to thank the guests for kicking off Wellness Month with us. I learned a ton, and there's so much more to learn. To continue your wellness journey with us this month, check out imageskincare.com to sign up for our free 2-day Wellness Await Summit. It's August 23rd and 24th. Make sure you follow us on social media @Imageskincare.

[01:00:43.480] - Ashleigh Kehrt
And to end, we are going to have a very special gift. So Chloe is going to lead us in some mindfulness, some meditation to get our intention for the day and really ground us.

[01:00:54.280] - Jacquelyn Hill
Yes, I'm ready for this. This is going to help us to finish out the rest of our day.

[01:01:00.190] - Chloe Ravel
I'm so excited to see you guys again August 23rd and 24th for this amazing summit. Well, I will be sharing more meditation and yoga. So beginning here, I'm going to invite everybody to find a comfortable seat wherever you're at.

[01:01:16.760] - Chloe Ravel
If you're sitting at your desk, and you're inspired to just take a pause here. This is a perfect moment. So if your legs are crossed, go ahead and just mindfully uncross them, and ground your feet to the Earth, to the floor. And gently rest your hands on your lap. And allow your palms to face up if you can. And this is just signifying this hand yoga pose here, this Mudra, your openness to receiving the benefits here at this moment of mindfulness and connection.

[01:01:54.360] - Chloe Ravel
So here we are in our openness to receive. The eyes are closed if you feel safe and comfortable to do so. If you're in a space to do this. I invite you to start to draw your attention towards your surroundings, so we begin outside, outside of ourselves just noticing what's around. Noticing any sounds in the room. Noticing the sound of my voice. Noticing any aromas in the air that you can smell. Just be present for that.

[01:02:53.100] - Chloe Ravel
And we are in the practice of observing, so there's no judgment or analyzing that needs to happen. I'm just fully aware. I'm bringing your awareness and your focus in a little closer to your body now. So noticing the temperature of your skin. I'm just noticing the weight of your hands on your thighs, starting to become aware of your shoulders.

[01:03:46.100] - Chloe Ravel
I'm seeing if you can relax a little more. We could all benefit from softening our shoulders, trying them away from the ears, releasing that tension. And then we're going to bring our awareness even deeper, you guys. So bring your awareness down to your breathing, and try not to change your breath at the beginning. Just notice the way you're breathing naturally.

[01:04:19.820] - Chloe Ravel

This is a good exercise in our self awareness and our breath awareness, so a lot of us will find ourselves breathing really rapidly sometimes or shallow. Notice where you feel the breath in the body. Do you feel the breath in your lower belly? Or perhaps, in your chest? And now as a practice, we're going to work on just lengthening that inhale.

[01:04:59.180] - Chloe Ravel

So wherever you're at, so you can breathe in a little deeper through your nose, inhale, and exhale through your nose. Inhale through your nose, and exhale to the nose. And continue here or the pace that works for you. Remember, we're aiming for a longer breath in, filling your belly, filling your lungs.

[01:05:36.180] - Chloe Ravel

Beautiful. And a longer exhale. That's the release. That's the letting go, the things that you cannot control. The exhale also representing the present moment here and now. I'm raising what is and also embracing everything that we have to be grateful for. I'm just going to pause from speaking just for about a minute. Okay, we can do this for 60 seconds. Just breathing in and out. Your focus entirely on your breath, inhale, exhale. And now noticing just that shift in your energy, in your sense of being.

[01:07:00.610] - Chloe Ravel

And as you feel so much more at peace and so much more aligned, grounded, I invite you all to set an intention for this month of wellness, for this chapter in your life. Whatever you find yourself, you can even simplify it as just an intention for your day. Whatever resonates with you. I invite you to set this intention in the present tense rather than I'm going to.

[01:07:45.360] - Chloe Ravel

I am declaring this intention is true as if it's already happened. Once that intention is so clear for you, gently blink your eyes open and return. Take a moment to smile and just feel grateful for this beautiful opportunity and this gift you've given yourself. And I am truly, truly looking forward to connecting with you guys some more at our Wellness Awaits Summit, August 23rd and 24th. We will be sharing more about meditation and mindfulness in yoga, so thank you, everyone.

[01:08:40.600] - Ashleigh Kehrt

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