

Announcer:	00:04	Welcome to a teaspoon of healing. Now we explore the pathways to wellness and vibrant living. Listen to personal stories of healing and interviews with experts. It's time to open a doorway to healing in your life through positive changes. Here is your host Dawn DiMare.
Dawn DiMare:	00:29	Hi I'm Dawn DiMare and you're listening to A Teaspoon of Healing. This is episode four and this week's topic is dealing with plants. Such as herbs, flower essences and CBD oil. I'll be chatting with an expert in plant medicine Deanna Gabriel Vierck. She's based in Colorado and as a certified clinical herbalist. Certified clinical nutritionist and certified flower essence practitioner. Deanna is also an advocate for using CBD oil and her work in the struggle with a myriad of issues you may have heard of CBD oil but don't know what it is. So she'll tell us all about it. If you have any questions for me or any of my guest. Visit my website. At teaspoonofhealing.com . You can fill out my contact form there or get my email address which is Dawn@teaspoonofhealing.com . You can also get show notes, transcripts and read the blog.
Announcer:	01:23	This podcast is for informational purposes only and does not constitute medical advice. Please consult a physician or other health professional before undertaking changes in lifestyle or wellness habits. The author claims no responsibility to any person or entity for any liability loss or damage caused or alleged to be caused directly or indirectly as a result of use application or interpretation of the information presented here.
Dawn DiMare:	01:43	And before we get into our interview let's hear from one of our sponsors, goff tours.
Dawn DiMare:	02:25	Hi I'm Dawn DiMare and you're listening to a teaspoon of healing. Today, we have the guest Deanna Gabriel Vierck. She's a certified clinical herbalist a certified clinical nutritionist and a certified flower essence practitioner. Hi. Thanks for having me. And thank you for joining us on A Teaspoon of Healing. And how are you doing today.
Deanna:	02:46	I'm great thank you.
Dawn DiMare:	02:48	Great. Well again thank you for joining us. I wanted to talk a little bit first about herbalism so you're a certified clinical herbalist. And how long have you been doing that. And maybe just explain to some people who may not know about how you can use herbs as medicine.

Deanna: 03:06 Sure. I have been working as a clinical herbalist for about 11 years now and herbalism is the act of using plants as our medicine. So using plants in the form of teas or tinctures or sabs or flower essences the energetics the physical compounds of plants different ways that we can take them use them for health and maintenance and healing in our bodies. There are so many plants available in this world and they do so many beautiful things. Most herbalists will have a collection of maybe 20 to 25 plants that we call our close plant allies and that just simply means these are the plants that we really resonate with and we understand quite deeply. So we're able to use those plants really effectively for a lot of people. And then we have our broader circle of plant allies beyond those that we bring in as adjuncts. Well a lot of people use herbal medicine to help support just basic day to day struggles and their body as well as chronic issues.

Dawn DiMare: 04:10 So you mentioned herbs that you normally use the ones that you resonate with. So what are a couple of your core herbs. I think that's the right term.

Deanna: 04:18 That's a great term to use. I'm trained in that lineage called vitality the vitalist lineage and that lineage basically is founded on the idea that our body has the innate intelligence to heal itself and so our job as a vitalist herbalist is to use plant medicines to help support a person's body in the vital expression of bringing them back to a place of homeostasis balance and strength. So we use herbs that are powerful yet gentle so the herbs that are in my main repertoire are herbs that are nutritional ally. I work a lot with metals. I really love supporting the digestive system so using herbs that helps support digestive function is really important from the vital perspective we look at the digestive system as the roots of the tree. So if a person's digestive system is compromised they're having some struggles they're simply not absorbing all of the nutrients that they could be absorbing from their food and that can be a fundamental reason why they are having some physical health struggles. So working with herbs that offer us a nutritive boost Nettles is a really famous one raspberry leaf as well and I love to use the men. Many plants are great red clover but then also utilizing plants like chamomile or catnip or fennel or ginger that really help support the digestive process. Also included in that digestive process is we often need some wound healing herbs because our digestive systems take a lot of hits. So I like to include in that digestive healing roup plants like calendula and marshmellow and planting that can help soothe and heal the system. On the whole I find that from that approach a lot of symptoms fall away and you're able to find a lot of strength and

healing just simply by supporting our bodies through nutrition and digestion rate and it seems like what other current studies say a lot of ailments come from the gut and from the ingestion.

- Dawn DiMare: 06:17 So sounds like those herbs can really help. Absolutely. Now you mentioned also that you're a certified Flower Essence practitioner and I've seen the flower essences at all foods or other health stores so are those the Bach Essences? Maybe describe to people who don't know what flower essences are or flower essences are most commonly known.
- Deanna: 06:40 If you know a flower essences you've probably encountered the bark Essence's most famous Spaak essence being rescue remedy.
- Deanna: 06:46 So I talked to a lot of people that say initially they don't know what flower essences are and they've never used them and then when I say rescue remedy they go Oh I know rescue remedy it's sold and a lot of health food stores. So I work with BOQ but I also work with a lot of other other flower essences.
- Deanna: 07:04 I mean pretty much any plant that creates a flower can create an essence. And the practice of working with flower essences is something that is similar to homeopathic remedies. People are familiar with those where we're taking compounds and diluting them fairly dramatically into small particles with flower essences it's slightly different than whom we think they like to call them cousin remedies because flourescent says we're harnessing a vibrational quality from the plant. So when I'm teaching classes on flower essences I like to describe it as bottling creating a teacher of the feeling you get when you sit with your back against a pine tree and what that brings into your heart and your soul in your mind and how that helps stress and tension limitations in the way we view ourselves in the world.
- Deanna: 07:49 It helps that fall away in the natural world is really really beautiful in its ability to help us find our centre again and that's really in a general way what flower essences are doing it's harnessing the vibrational qualities that are unique to each plant and applying them in the appropriate manner so that we can hear ourselves again we can hear the voice of our heart.
- Deanna: 08:08 We can understand our intuition and our purpose and we can speak kindly to ourselves and interact with the world and our loved ones in a way that's effective and also rooted in kindness. So I find that flower essences are an exceptional combination with therapies like herbal medicine and nutrition because

there's so much emotion wrapped up in our life and I find that when I'm supporting someone through nutritional or dietary changes that flower essences are really essential because our relationship to food in particular has a lot of emotion wrapped around it and making changes to the way we structure our diet is often very personal and brings up a lot of anguish in various ways.

- Deanna: 08:48 So our essences really helped to turn the volume down on things like fear or trauma or self-criticism. Things like lack of competence or anxiety. Each flower has a specific job and a specific thing that it can help us with emotionally speaking. So a fluorescent practitioner is someone that can sit with another person hear their story and hear inside of that story. The particular flowers that will be most helpful for that person and then create a formula around it. So it's a really beautiful medicine. It's quite subtle quite gentle but exceptionally powerful. I got involved in flower essences when I was in my herbal training because I was just so captivated by how different I was after working with them.
- Deanna: 09:32 My whole worldview changed and I was able to change some fundamental things about how I was expressing myself and really talking to myself inside and I find that that's true for a lot of my clients. For all my clients that they're able to work with the flower essences to really open up their hearts and access that vital force in a really powerful and unique way.
- Dawn DiMare: 09:53 I guess that sounds amazing. It makes me want to try more of them again I've heard of Rescue Remedy and I do have interest in this but I want to explore it more. So what would you suggest to someone who's maybe never heard of anything but Rescue Remedy and they've heard of new herbs kamma loyalty or whatnot that they want to. Maybe they have a chronic condition or they just want to support like you mentioned their vitality just their day to day life and they are interested in herbalism what would you suggest is maybe a first step finding somebody that does it or is it best to work with somebody or should they just go out and look for herbs on their own.
- Deanna: 10:29 I think that working with a trained practitioner is always a great way to get started. The good thing is that herbalism is really spreading and so I think that most communities if you poke around a little bit you can find someone that is practicing herbal medicine or teaching about them.
- Deanna: 10:44 I think that there's a lot that we can learn through really fantastic herbalists like Holberg. He's one of my main teachers

someone that does a lot of really great introductory education through her books as Rosemary Gladstar so you can start looking around poking around and finding some of those herbalists who have been around for a while and are producing published literature that can help open the doorway for your learning. There are also a lot of great herbal schools around the country and here in Colorado and I am a program director at the Colorado School of Clinical herbalism and we have a fantastic two year program here Paarlberg owner who is the director of the North American Institute for Medical herbalism has a distance learning program that is also fantastic. The two schools are related in their curriculum and a lot of ways.

Deanna: 11:30 So there's lots of great places for you to begin your education and I think that it's important to remember that herbal medicine is really the medicine that the people. It's something that we're meant to explore and know and generations ago. Every household had you know a grandmother or a grandfather herbalist .The elders of the family would. They knew the plant medicines and plants were incorporated in our daily life. They were part of our food. When we felt the beginnings of something going on in our body there was somebody in our family that knew the plant to find to apply that remedy and that's starting to fall away or that has fallen away. In the recent generations. But I think we're seeing a resurgence of interest. Are people really want to be able to take their health into their own hands so I encourage people to do a combination of self study but also work with a practitioner that is trained and can really help you especially if you're working with something chronic. Because there are lots of things to know about herbs. We have to work with caution to make sure that we are supporting our bodies and not doing any harm. That's one of the main themes of the medical world in the Arab world is above all do no harm. So I think that that comes with experience and time and that's why we're working with the practitioners would be helpful.

Dawn DiMare: 12:35 Great. Thank you so much Deanna for sharing that information about herbalism. We're going to take a quick break and we'll be right back. On a teaspoon of healing.

Dawn DiMare: 13:04 I'm Dawn DiMare and you're listening to a teaspoon of healing. Well we're back with Deanna Gabriel Vierck, certified clinical herbalist, certified clinical nutritionist and certified flower essence practitioner. Deanna is going to share some information about her work as a certified clinical nutritionist and more about her work as an herbalist. So Deanna you also mentioned that you're a certified clinical nutritionist. You work

with the herbs and that way. So do you find that really helpful to use this prior to any specific dietary theories already to work with each person to streamline their own nutrition and kind of work with the herbs.

Deanna: 13:42 Well I think nutrition is very individual. But my training is really rooted in figuring out obstacles to cure a lot of times in our diet. We have obstacles there. So the first things I start to look for and screen people for when they come to work with me is what's going on in the diet that's feeding the symptoms that they're struggling with. And often in modern day life we find that there's a lack of nutrients and an excess of things that are causing harm like sugar food allergies. I think that we do really well when we subscribe to a diet that is heavy in plants lots of vegetables lots of quality fruits. But I also feel like we really need some strong proteins so I'm definitely I don't really love labels but I definitely fall into the spectrum of Paleo Keto genic type of diets find that most people thrive when they're eating really high quality proteins with a lot of vegetables to support their bodies.

Dawn DiMare: 14:39 So Deanna when I read your bio I also found out that you worked with cannabis as medicine which has really exploded in the last decade or so in the last couple of decades as far as people knowing that this can be used as medicine. So I want to maybe mention your background with this and your knowledge and how you integrate it with your herbal practice.

Deanna: 14:59 Sure. So I live in Colorado where cannabis has really exploded quite a lot especially in the last decade. And I began my work with cannabis because I really wanted to help connect the people that were attracted to that plant medicine to a greater context of health. So I saw the benefits that cannabis was having particularly for people that were experiencing a lot of pain in their bodies. So I wanted to become involved in the education of this plant medicine helping people understand how it's working in our bodies and how it can be beneficial. And I created one of the first lines of topical medicines that was distributed here in the state of Colorado. And because my focus was really on helping people with pain relief and really trying to make that medicine something that was accessible to a lot of people I really fell in love with the topical application of cannabis or marijuana because it had no psychoactive effects and I thought that that would be a way that would allow more people to embrace the plant and the medicine that it offered.

Deanna: 16:05 So I worked for a while in that industry educating about cannabis medicine and working with production and then along

the way through my research into the cannabis plant started reading a lot about CBD ten years ago. That was not something that we were hearing very much about. Most of the research was really focused in on the effects of THC. And then there was a little mention and there is this other compound in the plant CBD and it seems like it's got some great potential life moved on and I sort of dove a little bit more deeply into my work as an herbalist and a flower essence practitioner and didn't give as much energy into the cannabis world until just recently when I was introduced to a CBD oil that was being created from hemp which means that it had little to no THC which was really exciting to me because as I said I really wanted to do what I could to help this plant be accepted by more and more people. And I saw the psychoactive effects of that THC as a limitation. Some people really enjoy them some people found them therapeutic but a lot of people found them uncomfortable or they didn't understand it or they just simply weren't interested in that. So I began to really dive into the research around what CBD does specifically in our bodies and have just been so blown away and so thrilled. So I'm kind of in this interesting place.

Deanna:

17:26

You know I love cannabis and marijuana and I think that there's a great place for that in our culture and in our health practices but I'm really in love with the CBD movement that's taking place in our country and really in the world right now as far as where people who don't know what the differences between CBD and THC as you maybe describe that to them and which one has the psychoactive effects and which one does it absolutely. So CBD and THC are two different compounds that are found in both medical marijuana. We have a large amount of THC and usually unless the plant has been manipulated usually in medical marijuana there's a large amount of THC and a smaller amount of CBD and industrial hemp we have the reverse. We have a large amount of CBD and a very small trace amount of THC.

Deanna:

18:19

So these two plants are related botanically but they're very different. So the medical marijuana industry that we've all been hearing about that's been growing over the last couple of decades that is an industry that's rooted in plant medicines that have a psychoactive effect because of the THC the THC is the compound in the plant that causes that alteration. CBD does not cause an alteration but it does a lot of other things that are really quite profound in our bodies. So that's why the extracts that are being created now from industrial hemp are really exciting because they don't have the THC they are will many of them don't have the THC they are below the legal limit.

Deanna: 19:02 So the company that I work with a particular has been able to get THC levels down below point zero 0 2 percent which is just a trace amount and really has no psychoactive effect. It also allows it to be lethal. And also if states we can ship it to anyone because of Hornbill Act of 2014. So it allows this medicine to be available to everyone in our country which is really exciting and I think that's something that many people don't understand and know what the CBD because it has no psychoactive effects also opens the door for a lot of other people to feel comfortable exploring this medicine.

Deanna: 19:36 What we know about CBD is that it really interacts very directly with something that isn't placed in our body is called endocannabinoid system and the endocannabinoid system is something that we discovered about 25 years ago. It's really relatively new on the scene. We didn't know that this was a major regulatory system that we had in our bodies until just very recently. And what we're understanding about the endocannabinoid system that's in place in our body in down meaning in dodginess so we in the human body we produce compounds that are very chemically similar to many of the compounds that are found in him. So when you take in what's called a final cannabinoid phyto meaning plant phyto cannabinoid like CBD THC and CBD are both compounds that are considered phyto cannabinoids. So when we take the phytocannabinoid of CBD it's interacting with our endocannabinoid system directly. And what we're finding with CBD is that it is enhancing the endocannabinoids that our body is already producing when endocannabinoid that's really popular that a lot of people have heard about if they've heard about the endocannabinoid system at all isn't randomised and an end of it is often called the less molecule.

Deanna: 20:45 So with that compound in particular CBD is enhancing our body's ability to maintain levels of an end by an animal it connects to very specific receptor sites that are in our bodies and has a direct effect on how our systems work and in particular and why it works with experience of joy and bliss. A lot of the strengthening of our endocannabinoid system comes from what we would call peak experiences so meditation yoga the runner's high. All of those experiences are actually our endocannabinoid system at work and CBD is strengthening that system that regulatory system and helping our bodies to work with Dr CBD also does some work genetically in ourselves helping to enhance cellular detoxification processes helping to bring us back into balance from inflammatory states.

Deanna: 21:40 And this is where I think we see some very exciting things happening. CBD has a direct effect on our body's ability to produce and this is something that's produced in every cell in our body and it's a very important and powerful antioxidant that's needed for cellular protection and for a lot of us we are not producing enough. Design in our bodies and it's resulting in a lot of symptoms or chronic conditions. So one of the things that CBT is known to do is to enhance our bodies ability to produce the really important compound and also strengthening the detoxification systems in each cell. So when we bring the body back into a state of homeostasis and we bring inflammation down a lot of amazing things can happen a lot of things begin to shift and change in our bodies in the way that we're feeling the way we feel physically emotionally and mentally. So the CBD compound that is found in both medical marijuana and in him to me as we see this research emerging this is the compound this is the healing aspect of these plants and what's really exciting is that we're seeing the emergence of hemp derived industrial hemp derived. That's a medicine available to everybody and it does not need THC to work. And in fact the that I use in my own practice and in my wife the scientist who created it has done some incredible things with enhancing the bioavailability of CBD. So the particular oil that I work with has a bio availability of about 90 percent meaning that 90 percent of the CBD and the oil that I'm ingesting are my clients are ingesting that is directly absorbed because of this. Dr Christopher shaves works and how he has enhanced the delivery system or the oil.

Dawn DiMare: 23:31 Thank you Deanna for this information about CBD oil. It's really fascinating and interesting and hopefully it will help some people out there who are suffering from inflammation or chronic pain. We're going to take a quick break and we'll be right back. For more information about herbalism nutrition and CBD oil with Deanna Gabriel Vierck on a teaspoon of healing. Hi.

Speaker 13: 24:14 I'm Dawn DiMare and you're listening to a teaspoon of healing. Well we're back with Diana Gabriel Vierck, certified clinical herbalist, certified clinical nutritionist and certified flower essence practitioner. Deanna, let's talk a little bit more about this CBD oil which is a non psychoactive product derived from industrialized hemp which helps people suffering from a myriad of issues mainly inflammation chronic pain. Can you talk a little bit more about the scientists that you're working with and how this is delivered to yourselves?

Deanna: 24:50 Sure. So the scientist who has created the oil that I use is quite well known in the world of cellular detoxification. His name is

Dr. Christopher Schade and he has a lot of information out and what he's done is take the molecule and put it through a system of nano enhancement. So to basically create a visual it says if the CBD molecule is an apple and Dr Shaid has put it in a blender and created a smoothie. So the CBD molecule is quite large and it's difficult for us to absorb as is. So the Nano enhancement process just simply breaks down into smaller particles more bite size pieces so now we're able to work with it more effectively and then he's taken his process a step farther by adding a phospholipids encapsulation so he takes those small little particles of CBD and he wraps them in a fossil with bath phospholipids in and of themselves are super nutrients they enhanced the cell membranes antibodies in the cell membranes are exceptionally important. We put a lot of energy and attention in cellular biology to looking at what's inside the cell but the membrane is really essential because it decides what gets in and what gets out and what Dr Shaid has done is reduced the CBD in his oil to 20 to 50 nanometres which is very very small and very very effective once it's wrapped in that parcel of the bath.

Dawn DiMare: 26:14

So what conditions you think CBD oil is helpful for.

Deanna: 26:19

For somebody who's just brand new to this well that's one of the things that's really grabbed my attention as a health practitioner is that it's a very long long list. There's a lot of research out there that's easy to access that talks about different effects of CBD oil on a large variety of symptom pictures. One of my most favorite research sites on the topic is a site called Project CBD dot org. And I love the site because they have. Research Articles available and they have organized them on the site based by condition. Now the focus of the site is to talk about CBT as it's found in medical marijuana but as I said earlier CBD is CBD. It doesn't matter if it comes from marijuana or if it comes from industrial hemp it's the action of CBD in the body specifically that we're looking at. So I think it's just fine to read research articles that are discussing the effects of CBD from a medical marijuana perspective because those effects are just as true with CBD that's derived from industrial hemp and we've discussed all of the benefits from that particular type of CBD as well.

Deanna: 27:30

So Project CBD dot org is a great place to start your research pretty much if you go into Google and you Google CVT effects on and fill in the blank you are going to find a lot of information on that particular subject. So what I have personally read and seen really dramatic effects on body pain whether that is injury related exercise related chronic pain CBD oil is reducing

people's pain levels dramatically and very rapidly. I have clients that for various reasons have had body pain that they would describe you know a seven or an eight on a scale of 1 to 10 and within a week and half of working with the CBD oil finding that they're down to one or two and then the following week no pain at all. And that's amazing. A lot of spiritual teachers will talk about how meditation and the practice of prayer is really important and essential for us maintaining a healthy body mind and spirit. And they also say it's difficult to meditate with to think so. Things that's amazing about this oil is that it's enhancing the endocannabinoid system that's allowing for the experience that we would normally get from meditation and prayer. Endocannabinoid system but then it's also addressing the issues that it's addressing pain.

Deanna:

28:47

So that's one area that is really exciting to see CBD working with. I see somebody working really powerfully with emotional struggles like anxiety and depression finding people working with the oil and with and sometimes a day sometimes it takes a little bit a week or so because I remember that CBD does have a cellular detoxification yes. So in some bodies that detoxification process needs to happen for a few days before they find huge relief. But once that occurs once the detoxification is complete it's a very different experience in your body and in your mind. So I find that CBD brings a lot of emotional calm and quiet and grounded presence to people who are working with anxiety and those who are struggling with depression find that they have a listing going on inside of them a sense of joy and motivation and hope then a lot of people struggle with both ends of the spectrum they bounce back and forth. I find sleep is an exceptional area that CBD works with from insomnia just all the way to just for quality of sleep. I myself when I started working with this oil I really didn't realize that I was having sleep trouble until I took the wheel. And I realized wow that night sleep I just had was the first time that I had closed my eyes when I laid my head on the pillow didn't open them until it was morning before that I had been just aware of being away crawling over getting up a couple of times. So it was a dramatic and immediate shift like quality of sleep and that is really important for a lot of reasons. I mean sleep is just so tied into our health and our the quality of our days. If you've ever gone for a stretch of time without sleeping well it's very difficult to function.

Deanna:

30:35

It's difficult for your mind to work your emotions seem to run a little bit dramatic and hot. There are lots of other research articles out there on the work that CBD does it with immune system and immune function in particular. So a lot of chronic diseases that are rooted in that rooted in the lack of the

antioxidant production of our body. There's been quite a lot of research that has been done with cancer treatments and CBD. We can find a lot of research we will look around for seizures people that are working with that in our body and I think that really a lot of us know about CBD because of the role it has played in changing the quality of life for so many children who have been really struggling with seizures and epilepsy. A lot of those families found out the effects of CBD early on and begin seeking them out. And we've seen a lot of testimonials floating around out there in the news and on social media of how that's changed a lot of families have also been really impressed with the research that's out there showing that effect that CBD has on children and adults with autism and various conditions like that.

Dawn DiMare: 31:44 Thank you Diana for that. That's a lot of conditions that CBD oil can help. I hope all of my listeners are learning something from this because I know I am I'm learning quite a bit from you and you tell our listeners a little bit more about what conditions CBD oil is useful for.

Deanna: 32:01 I think that it also works quite well with those of us who don't have dramatic things going on inside of us but we just are feeling there's just something inside of you that is well I'll speak from my own experience when I first started working with the oil I was just tired and stressed and feeling a little oppressed from Something's happening in my personal life and then also the state of the world and what I was seeing every day when I was tapping into that and after working with the CBD oil for about a week I noticed that was dramatically shifted inside of me.

Deanna: 32:34 I actually realised I wasn't quite aware of how deep that struggle was inside of me and tell the hopelessness shifted into a sense of hope and a sense of motivation and joy and excitement to be involved in the work of my life that will help change the quality of other people's lives. So I think a lot of us can really relate to that just feeling worn down by the intensity of modern life. And I think that there's a really strong place for this oil for those of us who are dealing with that feel for the most part pretty healthy physically. But there's this emotional struggle fatigue in our hearts and that is a really beautiful. The fact that this oil is bringing it's joy and hopefulness and motivation energy and it says it's the CBD opens up a well of vitality inside of us and allows us to use that to so that we can make changes in our life and make changes in our world.

Deanna: 33:34 So some of us need to use that vital energy to make changes to our diet or to change the structure of our days or to make other differences in our life. Some of us just need that while a vitality simply to feel joy again and the CVT will allow that to happen. That's been my experience in what I've observed in others.

Dawn DiMare: 33:54 Now you're a certified clinical herbalist as we mentioned earlier in the interview and a certified clinical nutritionist. Do you work with CBD oil to enhance either of these two practices?

Deanna: 34:07 I do. I have been incorporating CBD oil with all of my clients with my herbal nutritional and flour essences and have just really continued to be dramatically impressed by what I'm seeing.

Deanna: 34:22 So because CBD works so specifically with inflammation it's helping people with a wide variety of physical conditions that are coming for herbal and nutritional support. One of the areas that I really enjoyed seeing the shift is for people that have inflammatory digestive issues so as I said when we first opened that's the heart and soul of the work that I do in the vitalist perspective is that we want to strengthen the digestive system so that people are able to really receive nourishment from their food and a lot of people are dealing with inflammation in their digestion and the CBD oil has been a really important part of clearing out that inflammation and giving people the vital energy they need to make shift in their diet. So one of the things that really screen for our food allergies is a witness who hears or dairy issue here. What's the amount of sugar intake going on and those are really challenging things for people to shift if we discover that that is in fact the problem. So the CBD oil on a physical level is going in and helping those individuals with inflammation but it's also giving them the energy and the positivity and the drive that they need to shift the things that they are putting into their body.

Deanna: 35:34 I've noticed that it's become much easier to have those kinds of conversations with people after they've been working up with a whale for a week or two. So by flower essence work I developed a system of using the Essence's topically. So I dropped the Essence's on chakra points. We began those sessions with conversations I can understand what my client is struggling with and what they need support with and that helps me get a formulation of Essence's that I'd like to use and then I take those essences and apply them to their body and it ends up basically being like the Essence's are doing a reiki session for them and I've started incorporating with clients who are interested a little bit of CBD oil before we hop on the table and

the things that I have noticed are very profound the individual's ability to notice the work that the essence is doing in their body immediately. And what I've noticed is that more and more clients are giving very accurate descriptions of the essence that I just applied and they have no idea which lessons they're working with and so there's something going on with the CBD really dropping blockages or emotional holding and helping enhance the effects of the essences.

- Deanna: 36:43 So the essence is our heart and soul part of my practice and I have found them to be dramatically helpful with improving people's ability to change their physical health and that we just have another ally the Essence's interacting with the CBD him boiled together or just sheer magic. It is profound to watch people transform into 20 30 minutes time to hop up off that table with a new light in their eyes and amazement at what just happened to their hearts and souls and bodies. So I just can't imagine working without CBD oil. Now that I've incorporated it into my practice rate that sounds wonderful.
- Dawn DiMare: 37:22 Where can people find out more information about you if they want to work with you. Herbalism or nutrition flower essences where can they find out more information about you and any of the oils.
- Deanna: 37:32 Well they can start with more information about me by visiting my website. It's deannagabrielvierck.com.
- Deanna: 37:49 And on that site you'll find a description of my herbal practice nutrition flower essences hemp oil. I'm also very open to people reaching out with questions so if you want to find out more about the oil the CBD oil that I used to work with and recommend please send me an email and I would be happy to connect you with some more information.
- Deanna: 38:08 So my email address is plant magic age and so plant magic here now at gmail dot com. Read all.
- Dawn DiMare: 38:20 Thank you so much Deanna for joining us today and for sharing your wealth of knowledge about all these topics and what I'll do on my blog and in the show notes also put out your Web site and your e-mail. So in case somebody didn't hear it or they just are not sure how to spell it. I'll put it out there so they can click on it. Get in touch with you if they want to. Great
- Deanna: 38:42 thank you so much.

Dawn DiMare:	38:43	It's been a pleasure being here thank you and have a good rest of the day. Thank you for listening to this episode of A Teaspoon of Healing. If you have any questions for Deanna you can visit my website teaspoon of healing dot com and click on contact. And there's a forum right there you can fill out your question and I'll get back to you. You can also e-mail me at dawn at teaspoon of healing dot com . You can also visit the site and read my blog. It shows or transcripts if you're listening to this on iTunes. Please leave me a review. I'd really appreciate it. I'll talk to you next week.
Announcer:	39:23	Thank you for listening to a teaspoon of healing with Dawn DiMare your home for wellness and vibrant living for more resources on wellness and vibrant living. Visit us online at teaspoon of healing Dakang . This forecast is for informational purposes only and does not constitute medical advice. Please consult a physician or other health professional before undertaking changes in lifestyle or wellness habits. The author claims no responsibility to any person or entity for any liability loss or damage caused or alleged to be caused directly or indirectly as a result of use application or interpretation of the information presented here.