



Homeopathy, Family Constellations & Energy Therapy to Transform Illness

Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C
Interviewing **Ameet Aggarwal, ND**



Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

Welcome everybody, I'm Dr. Keesha Ewers, and I'm delighted to bring to you a dear friend and colleague, Dr. Ameet. He was voted one of the top 43 naturopathic doctors worldwide, and he is helped thousands of people around the world heal from trauma, anxiety, depression, and chronic disease by combining naturopathic and functional medicine, gestalt psychotherapy, family constellation therapy, EMDR, and homeopathy. Welcome. So good to have you here.

Ameet Aggarwal, ND

Thank you. I'm excited to dive really into family entanglements, family ancestral traumas, homeopathy, emotional trauma, everything related to the energy body and chronic disease.

Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

Beautiful. So this is the reverse autoimmune disease summit 5.0, and we're talking about healing the energy body and the model that I present to our viewers as the model of the Panchakoshas from Ayurvedic medicine, where we have our physical body. Then we have the energy body that lies next to it. Then your emotional body, your mental higher wisdom body. And then that bliss sheath that connects us to what Carl Jung called our collective unconscious, where all information lies beyond that. And we are in a state of joy when we're there and unencumbered by the emotional entanglements, as you said of trauma, but we don't get complete and full access to that part. If we do have toxicity in the other layers coming before that. And so when I conceptualized of the summit, I was really leaning into this energy body. That's next to the physical one that we can actually take pictures of with Kirlian photography. We know it exists. It's called prana and yoga, and Chi in Chinese medicine and electromagnetic energy field or aura, and next to that is the emotional body and anything we store in terms of trauma or doubts, fears,



anxiety, shame, guilt, disgusted, disdain, all of it, that gets fed to the physical body through the 72,000 channels of chakras and . All of that comes in and affects how we express our genetics, how our organ systems work, and if we're going to attack ourselves in autoimmune disease. And so why I have all these beautiful experts like yourself come to the summit is to talk about how they work with that. And you are a beautiful example. You just said that I'm excited to be here, to do exactly what I was just talking about. And so I'd love to dive into some of the modalities that I read off in your bio, but how does homeopathy work for doing this very thing? Like helping reverse chronic disease and affect the energy body?

Ameet Aggarwal, ND

So our physiology responds to energy and to stress. Yeah, they've proven that now. I mean, if you see something scary, your adrenal system will go into fight or flight. Your cortisol levels will change. Your hormones will change. And so with chronic stress or chronic energetic influences, the physiology will go through long-term changes or permanent well, permanent or diseased changes, or those changes then go into disease, I should say, right? And a lot of people are taking supplements, et cetera, to heal the symptoms, to fix the symptoms, but they're not changing the energetic information, the influence that's causing the physiology to go haywire. And so the beauty of homeopathy, psychotherapy, family constellations therapy, trauma release, they affect the energetic information, your emotions, your emotions, and the vibration around you. But remember, it's not only around you it's even through you in pictures, we see the energy body surrounding the physical body, but really it's like even behind the physical body in the other dimensions is the vibrational body bringing the physical body into this 3D dimension.

And so homeopathy because it's energetic medicine, it's energetic in nature. I'll show you how it's created because it's energetic in nature. It has the capacity to bypass the physical realm and go to the energetic vibration behind the physical realm and around the physical realm that is manifesting the physical body. And so homeopathy has the ability to impact our emotions and the emotional vibration in a positive way. So if you go through trauma, whether it's financial stress, abuse, any adverse childhood experience, your emotional body takes a hit and you start vibrating at a different frequency. So your perception changes, the narrative about you, about yourself, changes. You think I'm not good enough. I hate certain kind of people. My father did this. My mom did that, et cetera, that narrative keeps you locked and stuck and small and exhausted at a certain level and that's happening vibrationally. And so when we do



psychotherapy as well as homeopathy. So when we do psychotherapy for example, and we can feel into that energy and we can feel the compensation that we're doing and the story that we've created that is not serving our higher purpose. And we have enough support, love and compassion and kindness from somebody else to begin to let that go in a safe way. The vibration starts to change. It becomes lighter and healthier. And similarly homeopathy can go to that same place and shift the energy. You can use homeopathy to heal trauma from the past, as well as emotional vibration that you're carrying today. And once your vibration starts letting go of the dark space, the resentment, the guilt, the self criticism, this victimization and negative beliefs as well. Then your physiology matches that. Yeah, 'cause your physiology is dependent. The manifestation of matter is dependent on the energy that creates the matter. So then the physiology starts to change, the adrenal take a break from fight or flight. The self attack stops 'cause the language changes inside of you. So the need to attack yourself or being conflict with yourself, lifts away. And that's why you see a lot of deeper and more long-term physical healing when the emotion shift, which is very different Keesha from saying affirmations.

Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

Yeah, this is a good distinction because people will say they say affirmations, but when you're saying affirmations, you're saying it from your adult self to your adult self in the mirror, this is, you're not going into that child's phase that made these decisions and locked the sense that emotional body.

Ameet Aggarwal, ND

You're not talking to the child, you're not honoring the emotions that are going on. You're almost going against your natural emotions. So sometimes affirmations are actually stressful 'cause they feel like, gosh, there's something wrong with what I'm feeling. So I gotta say these positive sentences. Yes. They can give you some stability in your mind and stop the panic or give you something to focus on like a mantra. But affirmations often don't heal the emotional pain and the trauma. And so what I prefer to do is allow the pain and the trauma to be seen, felt, acknowledged and loved. And so I have an exercise. Sometimes I do with people and I get them to basically hold their forehead and hold the back of their head. So it kind of creates a circuit in the brain. And while doing that, I ask them to experiment with these sentences. It's safe for me to be exhausted from time to time. And those of you listening can try this as well. You put your



hands around your forehead and feel the emotion you're feeling, the "negative feeling". And you can say it's safe for me to feel worried or perplexed once in a while and take a moment and feel the change or the experience of that emotion without resisting it, without finding, give it permission to live and let go on its own. And then you can also say the positive side. It's safe for me to feel like letting go once in a while of this pain from time to time. So I add the words once in a while and from time to time at the end to give the psyche permission to experience and let go at the same time. And that permission is really what people need in order to heal at a deeper level, not force healing, but permission.

Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

I know that you said in your bio that you do EMDR. So do I. And what I've noticed in brain spotting and EMDR is that the mind will unfold. What it is ready to work with at the pace that it's ready to do it in. And so by doing this right and giving and permissioning, it's like you're opening up a space like roomies field of beyond, right? Doing and wrongdoing. Where you'll you say, I'll meet you there, I'll meet you there. My little one. And then all of you is welcome. All of you, all of these feelings, none of it will be judged. All of it is welcome. And that in and of itself is very healing because how often in childhood where we not listen to, heard or understood in our deepest feelings or able to express them, right?

Ameet Aggarwal, ND

Yeah. There's a lot of shame around emotions. We try and fix what's "wrong" in our experience, in our emotions. And that creates an inner conflict. So the heart wants to do something. And then the ego says something else. And the conflict between heart energy and ego is what creates inner tension and disease. 'Cause you're fighting against yourself. And that I believe also contributes a lot to autoimmunity and a lot of books write about that as well. Autoimmunity is not only the negative self talk about yourself, but it's the conflict between your ego or your intelligent mind and what your heart wants, especially when it's overwhelm and you cannot cope with the conflict anymore. Then you start breaking down your defenses, your boundaries start giving up and then you go into what we call in homeopathy the syphilitic miasm, the self destruction miasm.



Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

So another thing that I've come to believe about autoimmune disease is when you're in conflict with yourself, of course there's no winner. If you're in a combative relationship with yourself, there can be no winner in there. And moving into that compassionately curious collaboration with yourself is what we want to move to. And so that's where creating this space, permissioning, being able to allow all to be present and loved without judgment. It's very, very important. There's another space when I was talking about the Panchakoshas right, the energy body, there's the spiritual level of us. And just depending on... there doesn't need to be a, there's no specific spiritual tradition or lineage or path that I'm pointing to, but whatever it is, it can be your older, wiser self that allows you to have a connection instead of feeling like you're completely isolated and alone on the planet. I think that disconnection from your source of whatever you believe that to be is a perception that causes illness too and reconnecting to that's really important. And I feel like in family constellations, that's a bit of what's happening.

Ameet Aggarwal, ND

I was just gonna go there actually. So that in family constellations, we often talk about belonging and the pain of the experience of not belonging and being excluded from a culture, a tribe, a family is very painful, suicidal, almost. It creates suicidal ideations for a lot of people and a lot of trauma. And so in constellations we try and first of all, acknowledge all these secrets and traumas that are happening to our ancestors and through the acknowledgement, we give them a place in our heart. And the moment you give these traumas and experiences a place in your heart and say, I acknowledge this happened, but this is yours, Dear grandfather, for example, or dear mom, I acknowledge that you carry this pain. I don't have to carry it for you. And I'm still included in this family as an innocent person, a bystander as you carry your pain.

So often we take on our mother's pain or our father's pain or our grandparents' pain to try and belong a bit more. 'Cause we think we need to rescue them and share the burden that's carrying the family. And this then goes into chronic disease, anxiety, depression, fatigue, and there's certain healing sentences you can say to your family members to let go of these burdens and still be included in the system. Our biggest fear is not to be included. So I'd like even people to try and experiment those of you listening, if you like. Think about the different, first of all, imagine you're in a super safe space, look around your room and just connect with something that gives you that sense of grounding and belonging, and just feel that in your nervous system, in



different parts of your body, feel the comfort. And then when you're ready, I'd like you to think about the different things that have happened in your system, in your family, in your culture. It could be grandfather dying early or being a part of the war or a murder in the family, an abortion, a miscarriage or betrayal, an affair. And just notice that you might get an tension, a resistance to that experience. 'Cause sometimes we have judgments to it or sometimes we just don't want to take it into the system or it gives us fear or anxiety or we feel the heaviness, all that is resistance to being light and letting go. And as you become aware of this, just try and see all these things as if it's... They're normal to happen in a system, a family system, 'cause the earth is made up of billions of families and every system has some sort of perpetrator, a victim, a criminal, some do successful, some form of sexual abuse, physical abuse.

And as you feel that the allowance of all these characters in a system, just notice how your body feels as you feel that you can accept these characters and these experiences in a system where you actually come from and are connected to. Nice and just feel if there's any experience of peace or judgment or change in your physiology. 'Cause sometimes we resist belonging and yet we want to belong. We want to belong to something correct. And we resist belonging to something detrimental, but that resistance creates an attachment in itself, an entanglement with what happened in the past. And when we can look at all of this with love, without the fear of entanglement and say, okay, I come from the system, but I don't have to carry it or entangle with it. There's certain energy that frees up in your system, in your body. I dunno if you feel what I'm talking about.

Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

Oh yeah.

Ameet Aggarwal, ND

And that relaxation that allowance will stop this inner conflict that you have with yourself. Sometimes we blame our parents or our ancestors, et cetera. And the moment we blame people in our system or the past, we go into inner conflict with our own energy. And that creates a disappointment, self blame, grief, arthritis, autoimmune diseases, that inner conflict. So as you just allow your body and your soul to dip into this system with multiple characters and know that you don't have to take anything on from anybody and just allow them all to carry their own fate. And as you observe, you'll notice that your body will relax and you'll be letting go of shoulds or



pressures. These all invisible forces that come into our emotional body, into our psyche, into our spiritual body for the sake of belonging and you can still belong even if you kind of let go of the pressure of these influences and that's what's gonna create healing for you.

Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

I noticed you have a lot of photos of your family around you there.

Ameet Aggarwal, ND

Yeah. It's my late mom there on my left, actually. I often feel her. Thank you for seeing that.

Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

Yeah, your Constellation's really clear right there that you've learned where to dip in is really lovely.

Ameet Aggarwal, ND

Yeah I mean, that just happened by well, coincidence I guess or whatever it is that she ended up there and different family members, different places.

Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

Yeah. Yeah. The piece around shaming and blaming and resisting, you know, you could say is the opposite energy of codependency. It's not a freedom. It's not interdependence. It's not individuated. It's not distinct energy. So even though there's like a resistance of shunning or I have to have you in order to live, it's like the same energy pointed in a different direction. Like magnets in either way. It's going to cause illness.

Ameet Aggarwal, ND

Yes. Yeah. Because you're not feeling your groundedness, you know, you are engaged with somebody else's story and you're entangled with what they should do or shouldn't do or what you need to do for them. So you're away from your sense of peace and connection to spirit and your own autonomy in a healthy way. I'm not saying you have to separate and reject people and be a loner, not at all, but you can live in harmony once you are healed inside in your heart and you have less shoulds for the people in your lives.



Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

I actually experienced your death experience several years ago when, went out and was viewing the world and it was like, it had a grid of light, little bars of light and the geometrical grid around it. That was part of the force field of life. And each, what I became aware of is each of the little lines in the geometry of light were each of us. And some of them were lit up very brightly and it was like a constellation, nodes and then bars of light that connected. And some of them were very dim and some dark. And what I saw was it that we actually, it's not optional for us to show up and do this healing. It's vital for life for each of us that we show up and we do this kind of work and this healing and don't hide our light. As Christ said, under a bushel that we actually, we don't draw or suck from another person's and we don't repel another person's light. Otherwise the grid becomes imbalanced. I came back realizing how important each of us are to how important it's to individuate and how essential we all are. So I just wanna kind of put that into that because the constellation itself will be healthy when we're able to do just what Dr. Ameet said. Yeah.

Ameet Aggarwal, ND

Thank you, Keesha. Yeah, what comes to mind is beliefs that prevent us from shining our light. So we all have a light to shine. At the same time, we have beliefs from our parents, from our society, from the environment we grew up in, that you shouldn't be like this, or I don't know, that you're wrong or you have to behave a certain way or that you're not good enough. And the funny thing is when you grow up in that environment, that gives you that information in order to belong, we carry those beliefs. It's like, it's a strange thing. It gives us pain and safety at the same time, a sense of belonging and connection to our memories. And there's a point when you do this healing, that where you need to surrender to the light and give up these beliefs and there will be a fear of not belonging anymore to your family system or to your family's interjects.

As I call them the interjects, things you swallow from your family. There will be a fear, but as you embody or as you surrender and you feel that it's possible to feel light and surrendered and part of your own higher self and still respect your parents and where they come from and say, you know what, please look at me with love. Now this is a bit of family consolation sentences. Please look at me with love and bless me as I let go of your beliefs and your burdens and your pain during the war, during starvation, during poverty, your struggles. And I embrace the light inside of me. Please look at me with love and bless me. And as long as I can still belong in this system, I can still shine my light. And then when you taste your light and you see that it's, it's not really in



conflict with your parents' beliefs or your society's beliefs, that you can still live as part of society in your light. It'll give you the strength to shine your light a bit more. Why am I saying this? Is 'cause what I'm sensing is in the group, those listening, some people are afraid of shining their light. They're afraid of looking too big or showing off or standing out. There's a lot of beliefs around standing out and that causes suffering and pain. Yeah. I hope that lands for someone listening energetically, 'cause it just came to me to say that.

Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

It definitely will. Yeah. Thank you so much. So I wanted to see if, I know you have a free gift for our audience and do you want to say what that is?

Ameet Aggarwal, ND

Yeah, so I believe in healing the five pillars of your health, which is gut health, liver, liver health with liver detox, adrenal fatigue, burnout, emotional trauma and ancestral trauma and negative beliefs. So I've got a free online course that helps you go through those, healing the gut delivered the adrenal system, negative beliefs and trauma. Yeah. It's on doctorameet.com. That's D-R-A-M-E-E-T.com. There's a free ebook there as well. And then my full online course covers more in depth, homeopathic remedies for anxiety, depression, trauma, backflow remedies you can use to heal your spiritual body, all my gut healing, liver detox protocols, including homeopathy for the liver. So it's a whole system of medicine, physical medicine and energetic medicine and emotional healing exercises to heal the mind and body at the same time, to ease your journey of spiritual, physical, and emotional healing.

Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

Beautiful. Thank you so much.

Ameet Aggarwal, ND

Thank you.

Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

Is there anything that you want to leave that we haven't talked about in regards to healing the energy body?



Ameet Aggarwal, ND

I would say connect to your ancestors. Don't forget them. That's the message I'm getting right now. The ancestors are powerful. They give, we come from them and sometimes we reject ancestors or we're ashamed of what they did and there's ways of reconnecting with them without taking on their misdeeds at the same time, giving them a place, a space in our field of energy, in our heart so that we may grow from the ground up into our full being, into the full version of ourselves so that we can be strong. So when we're busy, rejecting life forces in our system, we actually make ourselves weak and small inside because when we reject outside, it's actually a reflection of where we come from from the inside. Remember the outside also exists behind this physical system. So be careful about what you reject and look for love amongst your family members and ancestors so that the inner parts of you can heal a bit more long term.

Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

Beautiful. Always, whenever I do genetic testing for my patients, I always take them through how the liver works and the phase one and phase two and what we're up against and when those two aren't working together well.

Ameet Aggarwal, ND

Yeah, absolutely. So what happens is, so our livers are inundated by pesticides, excessive medicines, additives, even just fumes from the air in what we're imbibing into our bodies. So our livers become sluggish to produce less bile, which basically decreases your digestive powers, your detoxification powers and it worsens leaky gut. Then liver controls hormones. So you go into hormonal imbalance. A lot of PMS issues are due to hormonal imbalance caused by liver stagnation, combined with inflammation and liver-

Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

Also breast tenderness related to hormones is from liver citation.

Ameet Aggarwal, ND

Absolutely breast tenderness, PMS symptoms, cramping, clotting that is often from liver stagnation and then liver affects hormones, which also affect the mood. So anxiety and depression I often see can be connected to a liver stagnation.



Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

Weight gain.

Ameet Aggarwal, ND

Weight gain. For sure. One is with toxicity and liver stagnation. You are basically... your thyroid and your renal glands become more sluggish. So you're burning fat less effectively. Number two, a lot of people don't realize, but a lot of waken is due to water retention. And so with toxicity you get more inflammation and therefore more cortisol imbalances and cortisol imbalances basically contributes to water retention as well and insulin dysregulation, which causes more fat storage. So you can see how the liver is super important for weight loss, hormonal imbalance, mental health and chronic disease coming from inflammation.

Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

And high cholesterol. A lot of people dunno that their bumping cholesterol's often liver related.

Ameet Aggarwal, ND

Because the liver has certain receptors that actually pull out the LDL from the blood and flush it in out of the body through bile and with liver stagnation, you're not pulling out the bad cholesterol and you're not metabolizing triglycerides effectively enough. And so heart disease, cholesterol, even sleep is highly related to liver function. With too much liver-

Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

Talk about that because when people are waking up between two and three o'clock in the morning and frustrated, ' cause they can't back get back to sleep, their liver just started trying to do its dumping process. Right?

Ameet Aggarwal, ND

Absolutely. Absolutely. So in Chinese medicine, each organ is given a certain time and between two and three is your liver time and people are waking up in the middle of the night or having trouble sleeping, usually have a cortisol imbalance that's coming from inflammation one and also liver stagnation. Also the liver because of its effect on progesterone. Basically people with liver stagnation usually have an imbalance of progesterone, usually low progesterone. And we have a neurotransmitter called GABA. Yeah. That requires progesterone to work well in the brain.



So GABA works better in your brain when you have healthy levels of progesterone and GABA is important for reducing anxiety and helping with sleep. So women going through PMS symptoms and insomnia and sadness and anxiety is usually due to the effect of GABA. So diminished efficacy of GABA due to low progesterone, which is coming from liver stagnation.

Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

And that low progesterone will also make all of you ladies that are having this trouble have brain fog.

Ameet Aggarwal, ND

Exactly right.

Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

It's where you're forgetting where you put your keys and the words that you wanna say.

Ameet Aggarwal, ND

Exactly. Exactly. So you gotta make sure that both phases of liver are working well, phase one and phase two. So for example, if phase one is working really well, but phase two is stagnant. Then you see phase one actually creates toxic material that will build up in your body. If phase two is not clearing it. And that's why people might be sensitive to something like caffeine. For example, usually means phase two is not working well. It's getting processed by phase one, but phase two is backed up. So the byproducts build up and you get anxiety with caffeine. That's one small example. So it's important to heal both phases together. And that's why I use homeopathy combined with herbs.

Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

Nice. I do wanna also point out another one when it comes to autoimmune disease, which of course is what the summit is, is we're reversing autoimmune disease is the phase one, phase two mismatch. If they're not working together well when phase one, your cytochrome P450 pathway like CYP1B1. If you have a genetic problem with that and you're not eliminating and breaking down those estrogen mimicking chemicals, your own estrogen byproducts, and you're not getting rid of those, those build up and potentially is harmful for estrogen metabolites, which can cause breasts and cervical and uterine cancer as well as the autoimmune diseases that it's



so interesting. 'Cause women are diagnosed with 80% of autoimmune diseases and you have to ask yourself why. And a lot of it is the estrogen receptor piece, right?

Ameet Aggarwal, ND

Yeah, I didn't know that hormone connection, but that's really good. So another reason why liver detox is super important for autoimmune.

Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

Yeah. Very, very much. Yeah. And then the basic hormone piece around 40 and 50 and 60 year olds that say I'm getting acne, what the heck? Yeah. I'm not 18 anymore. What's going on here?

Ameet Aggarwal, ND

That is very often liver liver. Yeah. Very often liver stagnation. Absolutely. 'Cause see, liver detoxifies. And if you liver stagnant, your toxics have to come outta your skin, one. And then of course with liver stagnation, you get a hormonal imbalance and often acnes due to a hormonal imbalance as well. So it's a combination of toxicity and hormonal imbalances.

Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

Yeah. So important. I so appreciate you providing this really much needed information for people as they embark on this pathway to help. And what I appreciate about homeopathy and your work is sometimes from an aerated medical standpoint, the understanding is you're not supposed to detox unless your body is strong enough to manage it. And a lot of people will be like, all right, I'm gonna kill the bugs. I'm going to detox the heavy metals, I'm gonna get rid of the micro toxins. And it's just like this kill, kill, kill, detox, detox, detox. And it depletes the system so severely that you make yourself sicker, right? Or release a whole bunch of stored toxins, which do need to be eliminated, but they need to be eliminated in collaboration with your body.

Ameet Aggarwal, ND

Exactly, collaboration. And that's the beauty of homeopathy. It affects your whole energy field. So everything your body's doing, it's doing it together with other systems. So I find homeopathy to be a much safer way of detoxifying. And then you can introduce other herbs alongside with it. That's more synergistic to basically your metabolism, detoxification pathways. And even when you introduce adrenal herbs, people who would introduce adrenal herbs while their livers are



toxic, create too much heat in their system and they get an aggravation. So by using homeopathy, I use homeopathy to release stress and trauma, which helps the adrenal glands also detoxify liver. And then also introduce the herbs for the liver. When you combine homeopathy herbs for liver and adrenals, then introducing adrenal herbs, like ashwagandha, rhodiola, et cetera, becomes more useful to the body rather than aggravating.

Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

Beautiful. Thank you so much.

Ameet Aggarwal, ND

Lots love. Thanks.

Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

All right everybody, until next time, be well.