



**Episode 12 | Believe, Heal & Shine: Nervous System Transformation with Dr. Christina Fontana, PharmD, CHC, CHt**

Feeling stuck, overwhelmed, anxious, or burnt out? Want to learn more about nervous system healing? On this episode of Woman Problems, Period. we had the opportunity to dive deep into spiritual discussions with Dr. Christina Fontana, PharmD, CHC, CHt. We hope this conversation deepens your faith and empowers you to take the next steps in your health journey!

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**Topics Covered:**

- 0:00 Intro to episode & Christina's Bio
- 3:24 Woman Problem you're most passionate about
- 8:50 Christina's Story & Services
- 14:36 MFP AD Break - OvaryActing: My PMS Problem Packs available for purchase on myfunctionalpharmacist.com
- 26:40 Journey of a pharmacist becoming a health coach
- 30:00 Motivation of self-care
- 35:00 Nervous system work
- 43:50 Cortisol connection
- 47:18 Body image/Shame to shine
- 53:31 Pool metaphor - how to implement changes
- 57:39 Ascension Collection (Free Gift) This has over 40+ of her meditations to support you along your healing/business journey - <https://courseswithdrchristina.mykajabi.com/offers/FjUqhNqn> 58:35
- Stress/Anxiety - questions to reflect on
- 1:06:20 Wrap-up & Contact Info

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**Christina's Bio:** Dr. Christina Fontana, AKA The Pharmacist Coach, is a pharmacist, holistic healer, rapid transformation business coach, speaker, and 5-time author. She helps spiritually-driven women to 'Reignite Your Light' and shine in your brilliance, confidence, and true essence.

She started her entrepreneurial journey 11 years ago being disempowered, homelessness, broke, with eating disorders, PTSD, and anxiety and has since transformed, turning her pain into purpose, empowering women all over the world to step into more purpose, power, and prosperity.

Over the last 11 years, Dr. Christina has been providing uplifting, transformational content through her Youtube videos, books, courses, programs, and Conferences. Her mission is to empower more healers and business owners unlock their innate gifts to create a domino effect of healing on the world.

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**OvaryActing: My PMS Problem Packs** available on myfunctionalpharmacist.com A few months ago, we launched a line of professional-grade supplements that we've thoroughly researched and placed into convenient dose packs to help make your time of the month less of a problem. If you're interested in ordering, head to myfunctionalpharmacist.com for free shipping/subscribe and save options. Time to make your time of the month less of a problem!

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Gift: <https://courseswithdrchristina.mykajabi.com/offers/FjUqhNqn>

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So let's get started and talk about our woman problems, period.

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**Transcript:** Please note that there might be some errors due to transcription software.

Kristi F. Teague, PharmD, MBA ([00:00:02](#)):

Hi, everyone. Welcome back to Woman Problems, Period. podcast. Today, Candace and I are so excited to share with y'all a pretty deep and spiritual conversation we had with our special guest, Dr. Christina Fontana. For those that don't already know, Christina, AKA, the pharmacist coach. She is a pharmacist, holistic healer, rapid transformation business coach, speaker, and five-time author. She helps spiritually driven women to reignite your light and shine in your brilliance, confidence, and true essence. Permission is to empower more healers and business owners to unlock their innate gifts to create a domino effect of healing on the world. So if you are open-minded and ready to hear more about God's ability to heal and transform, let's get started and talk about some woman problems, period. Hey, Christina, welcome to the podcast.

Christina Fontana, PharmD, CHC, CHt ([00:01:07](#)):

Hello. And I wanna just, I always start off by acknowledging you Mm-Hmm, <affirmative> because, or like acknowledging the podcast host, because I know how much it takes and how much love that you pour into this podcast with like the graphics and the time. And then I just got prayed over, like, this is just <laugh>. What a way to, to dive into the weekend. My birthday's on Monday and I'm like, oh my gosh, I just got this beautiful prayer. So thank you so much for, for having me, for giving me this space. I'm really so grateful. So I just wanted to say that first <laugh>.

Kristi F. Teague, PharmD, MBA ([00:01:40](#)):

Yes. Oh my goodness. Well, happy early birthday,

Christina Fontana, PharmD, CHC, CHt ([00:01:43](#)):

<Laugh>. I'm a cancer, so, yep. <Laugh> the clause. <Laugh>. Yeah. Oh man.

Kristi F. Teague, PharmD, MBA ([00:01:49](#)):

And I didn't even mention you know, we recently, or I recently got the opportunity to go to Christina's Healers and Healthcare conference. I'm sure some of y'all saw some of the social media posting about that. It was so impactful. I'm actually rocking the shirt today.

Christina Fontana, PharmD, CHC, CHt ([00:02:04](#)):

Yes, you are. For

Kristi F. Teague, PharmD, MBA ([00:02:06](#)):

Any video watchers out there. But really it was just, it was so transformational. It was so nice to be surrounded just by other healers that are trying to do something similar or, you know, just have a similar vision in mind. So just thank you again for organizing that, and yeah, just appreciate the invite to attend and speak on the panel. It was, yeah. It was so great. So, so happy to have you in our environment now. It's fun to, to

Christina Fontana, PharmD, CHC, CHt ([00:02:35](#)):

Swap here, <laugh>. Yeah. No, it, it was such a transformative event and yeah, there's no coincidence. Like I said, you and I connected and I was like, she needs to come. I just got that message. I was like, okay, I am gonna do, you know, I get, I get downloads, you know, we talk about that. Mm-Hmm. <Affirmative>. And I was just like, yep, she is. She's coming. So

Kristi F. Teague, PharmD, MBA ([00:02:52](#)):

Yes. Really

Christina Fontana, PharmD, CHC, CHt ([00:02:53](#)):

Grateful that you came.

Kristi F. Teague, PharmD, MBA ([00:02:55](#)):

Yes. Candace, I've been talking your ear off about all of it since, haven't I?

Christina Fontana, PharmD, CHC, CHt ([00:02:59](#)):

Yes, we have. And

Candice Burtner, PharmD ([00:03:00](#)):

I, I'm so sad that I missed it, but

Christina Fontana, PharmD, CHC, CHt ([00:03:03](#)):

I do

Candice Burtner, PharmD ([00:03:04](#)):

Think

Christina Fontana, PharmD, CHC, CHt ([00:03:04](#)):

We have already benefited from just having Christie be there and just, it just seemed really powerful, so, yeah. Mm-Hmm.

Kristi F. Teague, PharmD, MBA ([00:03:13](#)):

<Affirmative>, yes. And I'm excited to share with everybody some of those nuggets today. So, since this podcast is called Woman Problems, Period., we'll start out with asking our guests, you know, which woman problem are you most passionate about and why? So we kind of talked about this a little bit before we started recording, so I'm just gonna let you jump in and do your thing. <Laugh>.

Christina Fontana, PharmD, CHC, CHt ([00:03:36](#)):

Yeah. So really it's, my work is really helping women to bring that light that we all have forward into the forefront, so that you can use your God-given gifts and be that healing effect and create that domino effect in the world for others. Because I know that a big reason why I do the work that I do with transformation and business, it's really healing. It's to help that person that has maybe felt broken or felt, you know, like their light has been snuffed out or completely dimmed to reignite that light because whether it's through ridicule, criticism, trauma, whatever has happened that that bright light that you were born with has been slowly dimmed for whatever reason, self-doubt, all of these other things. My purpose is, and when I walk into a room and where I, when I have a podcast or anything, it's to uplift, inspire, reignite that light that we all have within us. And I hope that through telling my story and sharing some of what I've been through, to really inspire the listener to know that anything is possible for you.

Kristi F. Teague, PharmD, MBA ([00:04:54](#)):

I love that so much. Light has been such a recurring theme I was telling you about Yeah. A couple weeks ago. And so I just love that. Yeah. You just set the, set the stage for this conversation all about that and letting your light shine and shame to shine. I mean, there's just so many good themes throughout that and, and biblically, oh my goodness, there's so many themes of let your light shine before the world. Like be the salt and the light of the world. Like a city on a hill can't be hidden. I mean, it's just what we're called to do, you know, for us at least, I know everybody has a different faith background, but Candace and I really lean into that just being authentic to ourselves. And I think our listeners know that by now. So we try to like sprinkle that in throughout because we truly think, you know, that's where we're getting our, our power and our light from. So yeah.

Christina Fontana, PharmD, CHC, CHt ([00:05:46](#)):

And it's like, you know, the, I think it's I don't know the Bible as well as, you know, maybe you might, but I know there was the, I'm the vine, you were the branches, Matthew, I don't know if I'm saying the right.

Kristi F. Teague, PharmD, MBA ([00:05:56](#)):

Yeah, yeah. But

Christina Fontana, PharmD, CHC, CHt ([00:05:57](#)):

It, it's that like, when we really plug into our divine source, there's nothing we can't do. And so it's all like, you know, Candace before she, you know, before we started this podcast, was praying over us and saying like, it's all for his glory. And I really believe that Mm-Hmm. <Affirmative>. And even with the conference, you know, I, my physical human self is only able to do so much. I literally surrendered. I pray over the room, I surrender everything, and it just gets orchestrated because I can't possibly do something like that myself. So with like, my faith is such a huge part of what I do, and I always say, God is my CEO I am just the vessel. And I'm like, okay, tell me what to do today, <laugh>. I love

Kristi F. Teague, PharmD, MBA ([00:06:40](#)):

That. Oh God is my CEO That's, that's so powerful. Yep. I love that. And that's so evident too, like just in the way things flow and your story and, and we'll dive into that. So yeah, let's, Candace, do you have anything else before we No, no. I

Christina Fontana, PharmD, CHC, CHt ([00:06:56](#)):

Just think it's so beautiful to listen to you talk because it, it, it's a picture of what we would think the Holy Spirit looks like when he is working, you know, and the competence that you talk about it with is really rare to see. It's similar to how I would almost visualize Paul in the Bible of, oh my God, you're gonna make me cry, <laugh> going out on these mission journeys. And he's so, he's so bold and mm-hmm, <affirmative> so confident that he's singing while he's handcuffed in a prison or, you know, like all those stories. But it's because he believes it to his core. And that's, that's what, that's what being with you is like, like you believe something to your core. And it's so refreshing. So, wow. Yes. I'm excited that you're on today. Yeah.

Kristi F. Teague, PharmD, MBA ([00:07:46](#)):

Yes. I hope that the listeners can really feel that energy too, because yeah, whenever you're with Christina, you do feel like the Holy Spirit has filled her and is radiating out of her, which is why I think light radiating, like, it's, it is a potent thing. And, and I love that, you know, you are so passionate about teaching others how to be filled with that light. So I'm sorry we're making her cry.

Christina Fontana, PharmD, CHC, CHt ([00:08:09](#)):

<Laugh>. No, no. It's, it's beautiful. It's like tears of dr. Like, for someone to see that I'm like, you know, I always think of our name like, Kristi, I didn't even know your name was Christina. Like, Christ, you know, I, I want to be, you know, an example of that in the world, and that's really what my business is. So it just is like, oh my God, you saw that within like five minutes.

Kristi F. Teague, PharmD, MBA ([00:08:34](#)):

Yes. Oh, and it's cool how it translates over, you know, technology too, because we're on Zoom right now and, and you know, of course in person at the conference that I feel like on social media it is true too. So well, yeah, let's talk about you, Christina. I mean, let's talk about like the services you provide. You know, we'll dive into your story a little bit, but we like to call this like our education segment. Because education, motivation and optimization, for those that are new listening, those are our three pillars of my functional pharmacist. So that's what we wanna really

Christina Fontana, PharmD, CHC, CHt ([00:09:08](#)):

Make

Kristi F. Teague, PharmD, MBA ([00:09:08](#)):

Sure we're always offering. So yeah, let's dive into the education segment and just hear a little bit more about, you know, your business, you know, the services you provide, coaching, Facebook group,

Christina Fontana, PharmD, CHC, CHt ([00:09:20](#)):

Healers,

Kristi F. Teague, PharmD, MBA ([00:09:20](#)):

And healthcare show. I mean, you've got a lot going on and <laugh> you're killing it. But yeah, just give us a snapshot.

Christina Fontana, PharmD, CHC, CHt ([00:09:26](#)):

Yeah. So what came to me as you were just asking that was like, I really, if you really peel away, or like, you know, the business coach, dah, dah, dah, dah, dah, I help heal human hearts. Like that is really what I hope that people walk away with, is that, you know, becoming more of who they really are. And like I said, we have these experiences through life where we shut down certain parts of ourselves. 'cause It's like, oh, that's not safe to be, or I can't be myself in some way because of these past experiences. And so when, especially, you know, I'm working with someone in their business, I am really looking at, okay, where are you getting stuck? What's the resistance point? How can we shift that? And I use a lot of different tools to do that. Hypnosis somatic healing, energy work, prayer.

Christina Fontana, PharmD, CHC, CHt ([00:10:19](#)):

I mean, there's so much that we do. And so I kind of intuitively, and I guess I, I just channel that. I'm like, okay, like this is the tool that's really gonna help this person shift. Whether it's like a tuning with them or an inner child part, or an inner teenager, whatever that is. And with that release of energy, we're liberating energy so that that person can then use that creative energy to take steps forward in their business. 'cause Oftentimes people come to me and they're stuck in some way. And so there's something that needs to be released in order for them to be able to move forward. And I can kind of intuitively pick up what that is. Often it's, it's layered and it all makes sense. So I want people to know that when they come to work with me, that there's there's no shaming, there's no condemning.

Christina Fontana, PharmD, CHC, CHt ([00:11:03](#)):

Like, it all makes sense because when we have trauma that's undigested, it's going to show up through the nervous system, through our limiting beliefs, through self-doubt. And so I hold them in the space and love them and say, Hey, this makes sense and this is how we're gonna shift this, and we're gonna love you through it. And then of course, there's strategy, but like strategy that's like 5% of it, right? It's really bringing out this person's gifts and allowing them to, like, I I, I almost like translate energy. So like, I can look at someone and say like, okay, this is your zone of genius. This is your brilliance. Let's really like dial up that energy. And this is the magnetic messaging that feels really aligned for you to be able to then attract those clients who really need the medicine that you have. And as pharmacists, our medicine comes in different forms. It's not always in the form of a pill or Mm-Hmm.

Kristi F. Teague, PharmD, MBA ([00:11:56](#)):

<Affirmative>

Christina Fontana, PharmD, CHC, CHt ([00:11:56](#)):

An injection or, or all of those other things. It can be in the form of, of self-love of forgiveness of these different tools that, you know, as healers in healthcare, we all use. So I, again, it's, I guess I, I just keep getting this like uplifting, like uplift them, elevate the energy so that they're able to attract those clients who are ready to work with them. So again, we ignite, like I'm igniting a healer so that they can continue their healing work in the world. So I think that that is really, I, that's what I get teary-eyed about, because I think about even Sugen as an example. Sugen came to my May retreat in 2021, we worked together, she went through her healing journey, and now she started a nonprofit and she's doing

advocacy work. So because she moved through her own healing, she's now impacting her entire community.

Christina Fontana, PharmD, CHC, CHt ([00:12:49](#)):

So that is why I am here. This is why I do the work that I do. Because as corny as it sounds like I really want to see more healing in the world, and it's because of the pain and the darkness and the craziness that I went through all throughout my early life that I've been able to kind of alchemize that into gold, right? Like spin it into gold. And if you look at all my, you know, everybody Kevin Walker was like, well, why is everything gold and glittery? I'm like, because I want people to shine in who they are. I want people to feel safe to be who they are. So that's, I love the golden glitter

Kristi F. Teague, PharmD, MBA ([00:13:27](#)):

<Laugh>. What'd you say? I said, I love the golden glitter. It's, yeah, it just radiates. I mean, again, just that, that shining that you're trying to come across. So I love that. That is so good. You know, at the conference we kept saying, or at least I kept saying empowered empathy was like the, the phrase that was coming across for me of just all of the teachings of like, you know, Christina's trying to empower us so that we can connect with others. So the empathy, and then it's just like, then that's a ripple effect. And that's a ripple effect. And that, I mean, yeah, for our faith, that is like what we're called to do. And so it's just, it is cool to see,

Christina Fontana, PharmD, CHC, CHt ([00:14:01](#)):

And

Kristi F. Teague, PharmD, MBA ([00:14:02](#)):

You're never too corny on

Christina Fontana, PharmD, CHC, CHt ([00:14:03](#)):

This

Kristi F. Teague, PharmD, MBA ([00:14:04](#)):

Podcast, <laugh>, so at least this is a safe, safe space.

Christina Fontana, PharmD, CHC, CHt ([00:14:06](#)):

So <laugh> so this is funny. I actually, so like in college, so when I was 18, we, you know, I went to St. John's University and everybody had to go around and you had to make an alliteration with your name. So it was like animated Ashley, whatever. And when it came to me, I was corny. I was like, I'm corny, Christina.

Kristi F. Teague, PharmD, MBA ([00:14:23](#)):

Oh my gosh, I love it. Oh, I love it. Yes. I, so I appreciate a good dad joke in corn pun and all the things. So

Kristi F. Teague, PharmD, MBA ([00:14:34](#)):

In the right, in the right podcast, Hey, just briefly interrupting our conversation to make sure y'all know about our new product called overreacting. My PMS problem packs. Do you have painful periods, awful



PMS symptoms looking for something more natural? Well, we know that you are not overreacting when it comes to your PMS, which is why these problem packs were thoughtfully created for women by women with the hopes that it makes your time of the month less of a problem. We know that women are extremely busy, so we've already packed professional grade supplements into daily perforated doses. All you have to do is simply rip and take the pack of your daily dose of supplements. And it's so much easier than clunky bottles or pill boxes that you have to put together once a week. As y'all know, we're a pharmacists. Some may call us medication experts, which just means that we are obsessed with quality, safety, and outcomes. We only partner with others who share these core values. So you can really trust that you're getting the best of the best when it comes to supplement quality. We have heard great reviews from those who have tried it out so far, and we actually take them ourselves. So if you just head on over to my functional pharmacist.com, you can check it out under my problem packs and let us know what you think. Thanks so much. Now, back to our conversation.

Candice Burtner, PharmD ([00:16:10](#)):

Yeah. So as you're just talking about what you do, can you go a little bit

Christina Fontana, PharmD, CHC, CHt ([00:16:16](#)):

Before that

Candice Burtner, PharmD ([00:16:16](#)):

And tell us

Christina Fontana, PharmD, CHC, CHt ([00:16:17](#)):

How

Candice Burtner, PharmD ([00:16:17](#)):

You

Christina Fontana, PharmD, CHC, CHt ([00:16:19](#)):

Start

Candice Burtner, PharmD ([00:16:19](#)):

A little bit about your story and then how you started into this?

Christina Fontana, PharmD, CHC, CHt ([00:16:22](#)):

How did you

Candice Burtner, PharmD ([00:16:23](#)):

Get into what you're doing?

Christina Fontana, PharmD, CHC, CHt ([00:16:24](#)):

Yeah, so my own transformation and why I do the work that I do came from back a background of abuse, physical, mental, emotional from my dad and people in my family. And growing up in a very highly critical environment and going through a lot of, like, living in a very chaotic environment, is how I

would say it. Both of my parents had trauma from their, their respective backgrounds. We know how they grew up. And so they were both unavailable in, in a way, like they were going through the motions, but they weren't really physically, or, or my dad wasn't physically, but like, my mom was kind of like always in overwhelm and never really present. And as a result of all of that trauma and the, the physical, mental, emotional abuse and manipulation that I grew up with, I developed physical symptoms. You know, I had an eating disorder when I was 14.

Christina Fontana, PharmD, CHC, CHt ([00:17:24](#)):

So I started, actually, I can remember even probably earlier on 12, 13, 14, starting to weigh myself every day and like really fixating on how I looked and was I thin enough and good enough and all of that. And it wasn't until I went into college then it was a kind of the opposite where I started bingeing every night and I would eat really, you know, like salads and all these healthy things during the day. And then I was, it was almost like I couldn't control it. Like, I was so out of control, I think because my nervous system was so, like, now I can look back and see what was happening. My nervous system had so much trauma in it, unresolved trauma, and I had a lot of the, you know, perfectionism, people pleasing. I grew up not being able to really express my emotions because I was, it was perceived as weak, like to be, to cry.

Christina Fontana, PharmD, CHC, CHt ([00:18:17](#)):

I would've gotten hit or I would've gotten yelled at in some way. And so I grew up believing unconsciously that I, I couldn't be myself, that I was bad and there was a lot of shame and guilt and a lot of things around my identity. And it resulted in this physical this physical dis-ease, right? So it was, you know, eating disorders, anxiety, depression, all of that by the time I was 18. So I kind of just went through pharmacy school from 18 to about 23. And I just, I wasn't on any medication, but I was suffering with this, with all of these physical ailments. And no one really knew how to help me. Like my parents kind of, my dad buried his head in the sand. I went to therapist, but like, no one really knew how to help me. So then fast forward to right around the time that I was about to graduate pharmacy school, I knew that I wanted to do something different.

Christina Fontana, PharmD, CHC, CHt ([00:19:08](#)):

My dad had a pharmacy, he was a pharmacist. My sister worked there. It was like a whole family affair. And it was the first time that God really came and, and was present in my heart. 'cause I never really grew up in like believing, like I, I kind of, I grew up Catholic, but it wasn't really until that moment I can remember I was sitting on my bed and in my parents' house, and I just felt this voice and this like, it was just, it was like loud in my ears. I can remember it. And God was like, you cannot stay in this toxic environment. Like, you need to leave. And so I made my kind of like, escape, I guess you could say. I knew, I, I was like, I'm not gonna stay at this pharmacy. I wanna do a residency. I'm getting out of here.

Christina Fontana, PharmD, CHC, CHt ([00:19:51](#)):

And I was ridiculed for it, you know, my dad was mad at me, he couldn't even look me in the eye. My whole family thought I was crazy. You know, my mom at one point was so mad at me 'cause I guess they thought I was betraying the family threw like a mustard bottle at me and it like, hit the door. And I could still remember, like flipped out absolutely flipped out. And they, I think it was because they didn't have control of what I was doing. So anyway, I wound up getting this residency through the scramble and really worked my s off to get to get to that point. And the next day was when I got this text from my mom and she was like, you better come get all your stuff because like, we're throwing you outta the

house. And like, I'm not gonna repeat what was said, but it just really nasty text messages that I received about like, you know, essentially me making wrong, the wrong decision.

Christina Fontana, PharmD, CHC, CHt ([00:20:43](#)):

And then I felt extremely guilty about it. But I came home and literally all of my stuff, like, imagine your room. All of my stuff, all of your stuff is just thrown out onto like the front lawn essentially. So I was extremely traumatized, obviously by that. And I had to stuff all of my things into like these leaf bags. And I had to put these leaf bags into my tiny Mazda three car and figure out where I was gonna live. And I was living with friends and living outta my car. And I was about to graduate pharmacy school, so I had to take my boards. I was starting my residency. I had nowhere to live. I had no job. I had no income. So everybody's like, oh, I'm going out to celebrate the graduation. I'm like I don't know where I'm gonna live right now.

Christina Fontana, PharmD, CHC, CHt ([00:21:28](#)):

That's where, that's where my mind is. So anyway, I, that was really my rock bottom. 'cause I still had my e eating disorder. I had anxiety, depression my entire family essentially I was estranged from them. And so I had to just kind of be, again in that like doing mode. I couldn't really process what was happening. And so anyway, I went through the residency. I wound up kind of getting attracted to all these different types of healing modalities. I, I was out of the abuse, but I still had a lot of those negative thoughts that were going through my mind and I'm not good enough. And shame and unworthiness and all of that. And gradually step by step, I, I used that. You know, I think of like the, you know, the ashes, like literally everything being burnt down to the ground and your life.

Christina Fontana, PharmD, CHC, CHt ([00:22:19](#)):

That was the fertile soil for which I built my life to where I am now. And it, I I say that to show people what's possible because I know, I know that that was used for God's glory Mm-Hmm. <Affirmative>. And that my story, I hope that inspires and touches somebody to know that even if you are in the depths of hell and you don't know what's, like, whether you're going through a divorce or whatever that is, that when you plug into God, he will lead your steps. And that is exactly how my life was restored because I, I had nothing, I, and like most people's worst fear is what I, what I lived.

Kristi F. Teague, PharmD, MBA ([00:23:12](#)):

Yeah. That resiliency Yeah. Is unbelievable. Yeah. And it's only because, yeah, you plugged into the, the true source. Yeah. yeah. And gosh, that is, that's so powerful. And I've heard Christina's story before and it still is still very impactful. So I'm sure listeners out there are empathizing and relating and it's touching people out there. So just thank you for always like, being vulnerable and leading by example. You talk about the power of your story and sharing, and you've gotta go first though, and you, you know, you do a great job, you know, just Yeah. Sharing and being authentic and vulnerable. So yeah. I don't wanna make you relive all of that, but

Christina Fontana, PharmD, CHC, CHt ([00:23:58](#)):

No, it's, you can ask any question. Yeah, I've told it many times in the past week actually. 'cause I've been doing a lot of different podcasts. But, you know, I, I want people to know that, to, to be able to see that level of, of depth of just everything that happened. And then I've been able to, you know, find my light and, and reignite that and, and reclaim parts of myself that were just so broken from, you know, I had an ex-boyfriend slash my tires and like stalk me. I've had just crazy things happen. And to show that

you can be restored mm-hmm. <Affirmative> that you can, and that's really what healing is. Healing is coming back to wholeness to who we are. And, and for me it's living and, and being the example for, for God and, and helping uplift other people and heal, like I said, healing human hearts. That's really what I do. So, yeah.

Kristi F. Teague, PharmD, MBA ([00:25:01](#)):

And I think a lot of women out there are gonna be able to relate to so many of that. So, so many elements of your story, I wanted to say, you could write a book, but Christina's already written four or five, five <laugh>, so

Christina Fontana, PharmD, CHC, CHt ([00:25:15](#)):

You can also check those out. That's awesome.

Kristi F. Teague, PharmD, MBA ([00:25:16](#)):

Yeah, she's definitely, well-rounded, author, speaker, writer, coach, all the things. So yeah. I love, I love that transformation.

Christina Fontana, PharmD, CHC, CHt ([00:25:29](#)):

Christina, while you were talking, I wrote down just some words that popped out to me and I just wanna voice those. And then I wanna I want you to continue your story to where you are now. Yep. The words I wrote down were chaos, out of control, guilt, shame, focus on people pleasing Yeah. Physical disses and all of that, that you described instability. And amidst, amidst all of that, you talked about hearing a voice that basically said, turn right, move, like, go a different direction when you're in this pit. And so clearly immediately you took a step to turn, but it wasn't immediately easy. It sounds like you still went through a lot of hard stuff, is what I'm hearing. Take us after the hard stuff, and maybe there's still some, I'm sure there is, but how did you go from pharmacy school, residency, being a pharmacist?

Christina Fontana, PharmD, CHC, CHt ([00:26:38](#)):

Like maybe in whatever your, your first career was into what you're doing now? Yeah, that's a great question. So for me, as I'm hearing you say it, it's an ascension journey. So going from being a pharmacist to then exploring more of, you know, the holistic side of things and all of these different modalities I learned, started learning about proper nutrition, which I never had really, you know, 'cause they don't teach us that in pharmacy school. So, you know, learning about that and going through all these different certifications, going through my own healing journey, like I, I have been to so many events, Tony Robbins, Brenda Bouchard, Maton, KIPP, I just immersed myself and became almost like, obsessed with, I need to reprogram this and be around people and that are forward-thinking, people that are gonna uplift me being in, I'm almost like seeing it as like planting new seeds in my mind of like how I wanna be and what am I living into.

Christina Fontana, PharmD, CHC, CHt ([00:27:41](#)):

So I remember listening, like to, I think it was Tony Robbins or Maston, KIPP. I would listen to it every single day on my way to work to my residency. And I just started kind of planting new seeds and saying, okay, like, I'm out of that now. I need to rewire who I am. And so it kind of, I just, I'm a person that I follow my intuition. So I've been led to so many different coaches and healers, and I just say yes to it because I know God always supports me. And when you were saying chaos and all of that, when you were reflecting that back, I got this message in my mind that this stability comes from God, that God is

safety. So that's really what I started to learn to lean on, because there was nothing else. Literally, everything was stripped from me.

Christina Fontana, PharmD, CHC, CHt ([00:28:30](#)):

So what else is there? But God, so that's where I feel that was my gift that I got out of that adversity was being so connected to God and plugging into that because I had never really done that before. I was kind of asleep to that. And then also the deep compassion that I have for humankind, because no matter what we go through, a lot of us have the same human emotions, right? It's unworthiness, shame, guilt, fear of being seen, or fear of being ourself. So I, I see that as a gift and a treasure that I've been able to cultivate throughout the years. And, you know a lot of the different modalities, like I said, I mean, I'm recently done nervous system work and, you know, all of it comes back to healing. So it's just a different tool to help that person to remember the divinity within them. Mm-Hmm. <Affirmative>. So that's really what I'm being called to share. No, that's, so did I answer your question? <Laugh>? Sorry, I got in my own Rampage

Candice Burtner, PharmD ([00:29:34](#)):

Think's got out and

Candice Burtner, PharmD ([00:29:41](#)):

Own healing is where you learned all this. And then you, at some point you just decided to, Hey, let's turn this into, I wanna do this for a living. I wanna do, I wanna help other people. And we, and Christie and I talk a lot about this, and I was gonna say it, our motivation, I'm sorry, Christie, we're jump we're jumping down into motivation here probably. It's okay. Flexibility is really important and I'm really learning that lately. So let's go there. <Laugh>. Well, some of the things you were saying earlier, Christina made me think of what CTI and I talk about a lot is, you know, we, at the core of what we do is we wanna help women with their health so that they can be the hands and feet of Jesuses. Mm-Hmm. You know, women are so a lot of us, like you have the gift of compassion, Christina.

Candice Burtner, PharmD ([00:30:29](#)):

Right? That is very clear. And, and a lot of women do. And it's, you know, we're service oriented. We wanna help people. We have the heart behind a lot of that. And if we're not healthy, or if we're ignoring our basic needs, you know, if we're ignoring what even as simple as what we talk about, not drinking enough water, <laugh> Mm-Hmm. <Affirmative>, we're ignoring the fact that we should have bowel movements every day, but we're too busy to drink water and have go to the bathroom. You know, like, that's part of my own story. <Laugh>, right? Yeah. Retail pharmacy, <laugh>. But if you can branch that out Yeah. To, to however deep you wanna go with it. But if we're too, if we're too busy thinking we can do things on our own power that we're ignoring our basic needs, maybe that basic need is Jesus.

Candice Burtner, PharmD ([00:31:19](#)):

Right? We know it's but if we're ignoring what he teaches and the small disciplines that he teaches, then we're no longer going to be available to be the healers or to be the hands and feet of Jesus in our own world. Mm-Hmm. <Affirmative> to our own children, to our own friends, to our own parents, or whatever that looks like. You know? And so you're describing a lot of what also we do and, and, and the basis and the foundation of, of where we come from and where we function from. And just channeling all of your gifts, you know, the gifts, the gift of compassion. Clearly you have a gift of a determined heart. And, and we know the Lord sees that. And so somehow he's reached you and surrounded you

with all of this goodness combined with your self-determination and your willingness to seek him out, which also I think is rare. You know, sometimes that's not we, that's not always there for people. But it just turned it into this beautiful con like totally opposite from all those words that I mentioned earlier. You know, like completely, completely transformed you. And yeah, I mean, I think that's, I, I think that's what

Christina Fontana, PharmD, CHC, CHt ([00:32:40](#)):

The Lord wants from all of us, is to be transformed by him and then to share that out with others. So, mm-Hmm. <Affirmative>, well that's really what transformation is. It's a change of heart. It's a change of, you know, 'cause we do, you know, physical, mental, emotional, spiritual, all of those layers need to be nourished and cared for and, and for us to be able to be a channel for God. So I love that we have that similar mission because it really is, it's healing and being available to say, I I say to God all the time, I'm like, use me. Mm-Hmm. <Affirmative>, what will you have me do? And just being, being open to that and, you know, it's, especially in business, I mean, that's gonna grow and change and evolve. And sometimes I'm like, wait, what about this over here? And it's like, you're being redirected this way. And it's just really I've had to surrender my ego a lot, <laugh>, and the control that I'm like, wait, but I just did all this. Now what? It really does require a level of just deep surrender to okay, I I am aligning my will with God's will. And even if it's not convenient for my ego, I'm willing to walk that path. Which is hard.

Kristi F. Teague, PharmD, MBA ([00:33:58](#)):

It's hard. No, it's so hard. You know, I have the, the perfect verse is coming to me. I had to look it up to make sure I get it right, but <laugh> Romans 12, two, do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you'll be able to test and approve what God's will, is his good pleasing and perfect will. Like that just gives me goosebumps. Because that literally just sums up your story and everything we're talking about today, and Yeah. And just how scripture can be so alive and active in our modern society if we let it Yes. If we surrender, you know, exactly what you're saying. So I know some of this may be new for some listeners out there, or, or maybe more abstract. But just hang in there with us.

Kristi F. Teague, PharmD, MBA ([00:34:45](#)):

We're gonna connect all the dots if you need a little more handholding. I know the three of us really like to go deep <laugh> and quickly. Yeah. So hang on for the journey. So let's, let's rewind, I guess a little bit then. Let's talk about nervous system work, because that is really a buzz word in the wellness community over the last year or so. And you know, the idea of it, I think has been around much longer. But let's talk about that and how that's impacted, you know, your journey and like, what is that for those that don't know?

Christina Fontana, PharmD, CHC, CHt ([00:35:19](#)):

Yeah. So trauma lives in the body. So the nervous system is your autonomic nervous system, which, you know, parasympathetic sympathetic essentially Stephen Porges came up with this theory, the polyvagal theory, that there are these different states and blended states of the autonomic nervous system. So, you know, ventral, vagal is like that safety where we feel connected to ourselves. There's no threat from the environment and everything is easy breezy. So that's at the top of the ladder. Then you have the sympathetic or hyper arousal where this is actually where I tend to go. It's like your, your body is experiencing some kind of threat, whether that's from the outside, or some people like are, I know I had

this for a while, I was hypervigilant all the time. So your body is always in that, because when you've experienced a lot of trauma, your body, it's like that switch is always on.

Christina Fontana, PharmD, CHC, CHt ([00:36:17](#)):

And so there's always that stress chemistry that's flooding through your body. You're in more of that fight state or flight. And that's where you are probably prone to more like anxiety, agitation, anger. And so that's kind of like the next stage that happens after a threats in your environment. Then at the bottom of that ladder, when there's too much going on and your body is like, it's like a computer, it's like, I need to just shut down to conserve energy because there's a, a, a severe danger that's happening, even if it's not like you're being chased by a lion, but to your nervous system. It's like a, or a severe threat. Then you go into dorsal vagal, which is essentially shut down and that's where you wanna hide. You're not really motivated. You have no energy because your body is trying to conserve that, that energy because of everything that's going on in your life.

Christina Fontana, PharmD, CHC, CHt ([00:37:13](#)):

So there's also a blended state called freeze, which I find a lot of high achievers tend to, to be kind of stuck in that o over the overwhelm, the freeze response. So that's a blended state of the sympathetic and also dorsal shutdown where you're experiencing perfectionism, procrastination, it's like having a one foot on the gas, one foot on the brake. It's very uncomfortable. I, I, I hate freeze personally. 'cause I feel like I'm like, I can't move. Right? Your body wants to move, but you can't move. Then you'll have a lot of thoughts like, well, I don't have enough time, and like, I'm so busy and all of that. So the reason why we wanna look at the nervous system is because that's really the root of everything. So your, your state, your nervous system state informs the story that your brain is, is telling you right now.

Christina Fontana, PharmD, CHC, CHt ([00:38:03](#)):

So if you're in a free state, you're gonna be overwhelmed, right? Because there's so many things going on. There's too many, like, I call them balls in the pool. And that could be from undigested trauma, from just all of the things of everyday life that you have going on. And so when we're operating from this state, again, there's nothing bad or wrong about it, but it's not efficient. So if you're wanting to move forward in your business, but you're getting stuck in freeze and shutdown, it's gonna be really frustrating because you wanna move, you wanna really do those things. And you guys might see this too with your patients as well. Like, you tell them something, you give them a protocol, and then you, you circle back and you're like, Hey, how did that go? And the person's like, I just got so overwhelmed. Like, I can't do it.

Christina Fontana, PharmD, CHC, CHt ([00:38:51](#)):

This is what's happening. So when we look at the nervous system, and there's a lot of different tools and techniques, and actually ai, which is really cool that you can kind of look at to see, okay like how am I using my energy is, is today. Like I, I know I use that with my nervous system coach. It's the source app, and you can actually measure your RV to use your energy efficiently in your life and in your business. So there's a lot of those different tools and techniques that are out there now to help you rewire the nervous system so that you have capacity. Because when you have capacity to really be present with people to think more strategically, right? When you bring the blood flow back to the prefrontal cortex instead of in the amygdala, there's a lot more peace and there's a lot more presence with the people that you're gonna be interacting with.

Christina Fontana, PharmD, CHC, CHt ([00:39:44](#)):

So it's, I've been doing a nervous system work for the past nine months. It has been a game changer for my business to be able to hold not only just physical capacity, like, you know, with the conference, more people, but even emotionally understanding people now, really with even more compassion. Like, I get where you're at because before I did the nervous system work, I was like, oh, I don't get why, like, why is this person not moving? Or like, what's happening now that I have gone through it myself and experienced these different states, and now I know how to help my clients get, you know, move through freeze and get out of freeze as an example. It helps them be more efficient in their business while also attuning to the part of you. That's, that makes sense. It makes sense why you're, you're freezing. Mm-Hmm.

Christina Fontana, PharmD, CHC, CHt ([00:40:33](#)):

<Affirmative>. You know, I had just had a client, like I said this week that I, you know, I was working through that with her 'cause she had an experience from childhood that was coming through, and so she tends to hide and she's like, well, I'm a I'm terrified of being seen because X, Y, Z. So it's working with these multidimensional layers of the nervous system, the thoughts that you're telling yourself, healing through these undigested emotions to again, bring you back to wholeness so that you can shine and be that light out in your business and say, this is who I am. I'm, you know, what I, maybe if I get criticized, I know how to bring safety back into my body. So that's a little bit about the nervous system. <Laugh>.

Kristi F. Teague, PharmD, MBA ([00:41:13](#)):

No, that was perfect. You know, just

Kristi F. Teague, PharmD, MBA ([00:41:17](#)):

Reiterating some, yeah. Common themes that I kind of took away from that is the free state, obviously paralysis by analysis. You can call it a lot of different things. But I think you know, just a lot of perfectionism out there. Our society definitely celebrated for so long, and I think social media is finally starting to see a shift to being more real and authentic. But I definitely think for years and years of that inundated in our brain caused that perfectionism to, to cause people to, to freeze and to not post in your business or to not move forward with implementing, you know, like you said, our, we have an implementation plan that we ask our patients, and yeah, Candace, don't we hear that all the time? This is really overwhelming. And so Candace does a beautiful job breaking it into bite-sized pieces, and literally, let's do one thing a week, and if we, you know, need to do more or less, we can.

Kristi F. Teague, PharmD, MBA ([00:42:13](#)):

And yeah. And then also, yeah, that hypervigilant, I think we've all felt that <laugh>, I know in the emergency room, when I worked as a pharmacist there for a couple years, it, it really was, yeah, the crux of everything, or the climax, I would say, of just burnout for me, because I constantly had my head on the swivel and it just wasn't an environment where I could truly thrive. So I personally resonated with a lot of that. So hopefully a lot of other women out there are taking notes and, you know, go do some, some of your own research on this. There's so much great info out there. Yeah, I, I just love that. Candace, do you have anything else on nervous system?

Candice Burtner, PharmD ([00:42:57](#)):

Yes, I do. I mean, I would love everything that you are saying



Christina Fontana, PharmD, CHC, CHt ([00:43:01](#)):

Fits in

Candice Burtner, PharmD ([00:43:02](#)):

What we do so well, but it just takes it so much deeper. Mm-Hmm, <affirmative>

Christina Fontana, PharmD, CHC, CHt ([00:43:07](#)):

Much deeper. You

Candice Burtner, PharmD ([00:43:08](#)):

Know, we talk a lot about cortisol

Christina Fontana, PharmD, CHC, CHt ([00:43:10](#)):

And

Candice Burtner, PharmD ([00:43:11](#)):

Thyroid hormones and sex hormones and all, you know, all of that. People usually come to us with hormones or something of that nature. And so as we're educating and teaching about what's going on one of our buckets that we use is called reframe, right? And we have some general things that we put in there but we know there are much more highly specialized areas that we, that we are not trained in. And that, and, and this is where you come in, you know, so I would love to know your thoughts

Christina Fontana, PharmD, CHC, CHt ([00:43:44](#)):

On

Candice Burtner, PharmD ([00:43:45](#)):

How it connects with cortisol, how what you do connects with cortisol.

Christina Fontana, PharmD, CHC, CHt ([00:43:50](#)):

So whenever we experience a trauma, high frequency gamma waves hit the brain, and it's, those are very unstable. So your brain is, it's, you get shocked, right? And typically trauma, you're in a powerless state. Think about when somebody gets diagnosed with something, they're like, oh my God, wait, I have cancer. What? Like, so all, all of a sudden the stress chemistry starts flooding the bloodstream, norepinephrine, cortisol, your body goes into fight, fight, flight, freeze. Some people are gonna be like, no, I don't have that right fight. Some of them are gonna just leave the office flight. Or they

Candice Burtner, PharmD ([00:44:25](#)):

Might freeze

Christina Fontana, PharmD, CHC, CHt ([00:44:26](#)):

And say, oh my gosh, what? So our body is responding to, like I said, either external stressors or it could be internal, where it's just kind of like looping when you're always on that hyper vigilance. Like, oh, you know, and it's not cognitive, it's not something that we think about. But if you find yourself constantly getting triggered, that's what's happening is that we're typically in that like, you know, scanning the

environment for a threat because we wanna keep ourselves safe and it all makes sense. So that's kind of the way that I see the cortisol picture fitting in. And of course, you know, it makes sense. Like I'm thinking about even my own eating disorder, you know, of course it makes sense that my body doesn't know. Like, am I hungry? Am I not hungry? You know, your hormones are, are dysregulated, your nervous system, the thoughts, and that is where the trauma, you know what, and especially as a highly sensitive person, it informed my thoughts that I'm not good enough.

Christina Fontana, PharmD, CHC, CHT ([00:45:26](#)):

Oh, I need to weigh my, like, and to continue that pattern. So that's why I really believe that looking at some of these root causes and healing the nervous system is such a game changer. In addition to these other tools that I've talked about. And again, each person's different, but to be able to regulate the system, because when you get to that root and you help that person self-heal and be empowered, they're naturally going to take action to love themselves and, and, you know drink the water and they're going to be taking their pills 'cause they love themselves. Think about a person, I'm gonna use my father-in-law as an example. Love them to death, but he doesn't treat his body well. 'cause He has a lot of, I think, undigested things from the past. And when you're at, when you're holding onto that guilt seeks punishment.

Christina Fontana, PharmD, CHC, CHT ([00:46:15](#)):

So you're, you know, his bo he's like, well, I don't deserve to treat my body well, you know, so he's very unhealthy. When I, you know, didn't love myself, I was smoking cigarettes, I was drinking alcohol. Like you would never see that now. But it's because of the, the trauma that is undigested that needs to be addressed in order for that person to rise in, in the level of energy, to be able to be empowered, to take those vitamins, to do whatever they have to do. Because a person who loves themselves is not gonna abuse their body. Mm-Hmm. <affirmative>, right? Wow. So really just thinking of that. No, that, that's so if I love myself mm-hmm, yeah. If I love myself, I wouldn't be doing this. And it's not shaming and like, you know, I've been there too, you know, doing all these horrible things 'cause I was abused. But in that healing, we give that person the opportunity to be inspired so we don't have to motivate them. It's, it's ins they're inspired to take that action. Mm-Hmm. <affirmative>. So

Kristi F. Teague, PharmD, MBA ([00:47:16](#)):

That makes sense.

Christina Fontana, PharmD, CHC, CHT ([00:47:17](#)):

That,

Kristi F. Teague, PharmD, MBA ([00:47:18](#)):

You know, just makes me think of what you shared on Instagram last night about body image and getting like external shame from people and just like the growth that you've experienced of how, how you were able to just tolerate it and laugh about it and have a positive mindset.

Christina Fontana, PharmD, CHC, CHT ([00:47:36](#)):

I

Kristi F. Teague, PharmD, MBA ([00:47:36](#)):

Don't know if you wanna share a little bit about that, but I was just, I love that story just because I can relate

Christina Fontana, PharmD, CHC, CHt ([00:47:42](#)):

And

Kristi F. Teague, PharmD, MBA ([00:47:42](#)):

I think a lot of women out there can relate to body image struggles and approval of others and, and all of that. So yeah. Will you just kind of touch on that and how this all ties together?

Christina Fontana, PharmD, CHC, CHt ([00:47:53](#)):

So I wanna just say, I never laugh at anybody else's experience. I laugh at my own experience. So before I tell the story, mm-Hmm, please, I, I want you to know that I, I'm laughing because I know what's happening with that other person. So I got a message from somebody on LinkedIn the other day, I don't know who this person is, and she just said, you are too thin. And I was like, huh. So I, of course I was like, what? Where did that come from? And so I looked at the girl's profile, she doesn't have a profile, a picture, I don't know who it is, but I laughed at it 'cause I'm like, okay, you know, I don't even know who you are. But then there was another instance that happened this morning that was kind of interesting where, you know, so that person was kind of like criticizing my body.

Christina Fontana, PharmD, CHC, CHt ([00:48:43](#)):

Then I had another experience this morning with an older man who called me stupid. And I was like, I don't even know who you are. Like, so I was trying to connect with this man to, 'cause like I saw his his name came up or his business came up in the p or Pennsylvania Pharmacist Association newsletter. I was like, oh, let me reconnect with this guy. So I was like, Hey, I'd love to chat with you. You know, he does like business consulting. I didn't know if there was any synergy there. So obviously now there's not <laugh>, but you never know unless you try <laugh>. Yeah. So I just reached out to him. I was like, Hey, can we connect? He goes, yeah, sure, call me at 11 today. So I was like, okay, I don't have your phone number. Can I have your phone number?

Christina Fontana, PharmD, CHC, CHt ([00:49:23](#)):

So he's like, well, if this is really Christina, then you'll have my number. I was like, dude, I haven't talked to you since 2017. So anyway, I just said, well, here's my number. I said, I saw your number in this. I screenshotted it and showed him. And then he goes okay, well obviously you're not Christina 'cause she's not that stupid. So I was like, okay. So I said very nicely. I said, okay, nevermind. It actually was me. Like, he thought that it wasn't me for pro for whatever reason. And I said, I am not going to be spoken to this way. And I said, take care. And I closed the door and I won't touch that with a 10 foot pole, but I did a whole Instagram li live on this because I know how much, you know, the fear of being seen, the fear of criticism, all of that is so real for people.

Christina Fontana, PharmD, CHC, CHt ([00:50:10](#)):

And as you grow and expand, you're gonna be reaching more people and this might happen. So I wanna just, you know, anybody listening, I want you to realize that people are projecting their own stuff onto you, and it's actually about them. Like, that's his stuff. I always say, when you have an orange, don't expect to get grapefruit juice out of that orange. Like, he's angry inside. So if I do something, he, whatever comes out is what's already inside. So I actually, I, I was like, again, I laughed. I'm like, okay, I

know I'm not stupid. I know I'm not too thin, whatever it is. And, and if you do get triggered, that's okay too. It's not right or wrong. Mm-Hmm. <Affirmative>. But realizing that people are experiencing, they're in their own world. So whatever he's got going on, it has nothing to do with me.

Christina Fontana, PharmD, CHC, CHt ([00:51:04](#)):

And I think that softens the, the blow a little bit, and it's not excusing the behavior, and I'm not, it's not condoning the behavior, but I, because I've done so much personal development work and seen why people act the way that they do, I'm like, I, I bless you if anything. Mm-Hmm, <affirmative>, you know, I'm not gonna, my mom was like, oh, you should have said you're stupid. I was like, no, why am I gonna <laugh>, why am I gonna come back at him and say that? Like, I bless you because obviously you're in pain.

Kristi F. Teague, PharmD, MBA ([00:51:30](#)):

Yeah.

Christina Fontana, PharmD, CHC, CHt ([00:51:31](#)):

So it's that, but also setting boundaries. So again, when you love yourself, you're not gonna be putting yourself in toxic situations for people or where people are gonna abuse you. And coming from that background, being helpless and powerless and being in those chaotic, abusive environments, I don't, I don't put myself in that situation. So I think, you know, as women, we really need to know that we have a voice, that we have the power to say, whenever somebody does that, I'm like, they should have a sign that says healing in progress. I need space <laugh>. That's what, that's what the sign should say, <laugh>. So, you

Kristi F. Teague, PharmD, MBA ([00:52:08](#)):

Know, just, I love it.

Christina Fontana, PharmD, CHC, CHt ([00:52:09](#)):

Whatever, you know, if you're, if you're dealing with whether it's a family member or whoever, like be able to set those boundaries for yourself because you deserve nothing but love and support and kindness. So

Kristi F. Teague, PharmD, MBA ([00:52:22](#)):

Yeah, I

Christina Fontana, PharmD, CHC, CHt ([00:52:22](#)):

Think that's a good story to share.

Kristi F. Teague, PharmD, MBA ([00:52:24](#)):

No, I loved it. And that's, I wanted to make sure we talked about it because yeah, it just shows that you have the capacity now to take that on. Whereas maybe those that are starting out with their nervous system journey and their cortisol's haywire, maybe they don't have the capacity right now and they feel emotionally reactive to everything. That was me like

Kristi F. Teague, PharmD, MBA ([00:52:44](#)):

Nine, 10 months ago. I, I literally felt like I was having an emotional response to everything and it wasn't me anymore. And I've been on this journey where I'm seeing that pool that Christina talked about get bigger or things being taken out of the pool, so there's more space to swim around. So that, that leads me to optimization, which I really wanna end on today with talking about, I think the pool was like the best analogy for optimization, wouldn't you think so? Yeah. Would you just share how the ideas to implementation, the pool, all of that ties together and how that can really be relatable not only for those that own their own business,

Christina Fontana, PharmD, CHC, CHt ([00:53:25](#)):

But

Kristi F. Teague, PharmD, MBA ([00:53:26](#)):

Just for Yeah. Like the patient out there who's just seeking help.

Christina Fontana, PharmD, CHC, CHt ([00:53:29](#)):

Right. So yeah, at the Healers in Healthcare conference, we talk a lot about the nervous system work and the idea that you can think of your nervous system as a metaphor of a pool and say that people start throwing in somebody starts throwing in balls into the pool and that represents your, your health journey or whatever you're going through. Then somebody else throws in balls that represents all of the stuff that you, you have with your kids and all the obligations and all that. Then you throw in more balls, that's your undigested trauma. And before you know it, you're in this pool like, oh my God, I can't even move around. That's what's happening with the nervous system. When you have all of these, these things that are going on, of course you're gonna feel overwhelmed, of course you're going to shut down and say, okay, I need to just take a break.

Christina Fontana, PharmD, CHC, CHt ([00:54:14](#)):

I, it's not safe to move 'cause there's so much going on. And so when you're trying to in, in business or even in a health journey, if you're trying to take that idea to implementation, there's gonna be a big gap between the time that you get that idea and the time that you actually execute it because there's so much going on. There's a lot of that resistance. It could be self-doubt or procrastination or perfectionism or whatever's showing up it, it's resistance in some way. And so when you do this work and when you start looking at some of the, I call them blocks, some of the blocks that are showing up, you shorten that gap so that you have an idea and you can implement that way. You're using your energy efficiently and you're able to take those steps and you, like I said, you can use that same analogy for, you know, your health journey as well.

Christina Fontana, PharmD, CHC, CHt ([00:55:07](#)):

Like, if you're finding that, that you're self-sabotaging, that's your body literally trying to say, Hey, something's wrong here. Like, if you're repeating a pattern over and over again and it's self-sabotage, that's part of this, that's part of what's happening. Your body is trying to say, Hey, I, I need love and attention right now. Mm-Hmm. <Affirmative>. And it's really through this deep healing that you can bring that back to, okay, what do I need to release? Who do I need to forgive? And it, you know, we talked about that heart transformation. That's really what transformation is. It's being able to deeply love and deeply and completely love and accept yourself no matter what you're going through. So bringing that love back to yourself again, shortens that gap so that you're able to, and you're inspired to,

I love myself, so I wanna go do this. I love myself so much, so I wanna go eat healthy and, and exercise and move my body.

Kristi F. Teague, PharmD, MBA ([00:56:03](#)):

Mm-Hmm. <affirmative>. And

Christina Fontana, PharmD, CHC, CHT ([00:56:03](#)):

It starts with this deep work. So,

Kristi F. Teague, PharmD, MBA ([00:56:06](#)):

Absolutely. Yes. I think

Christina Fontana, PharmD, CHC, CHT ([00:56:08](#)):

In

Kristi F. Teague, PharmD, MBA ([00:56:08](#)):

My own journey of just high school eating disorders and working out, 'cause you felt shame, like, oh, I have to do this to, you know

Kristi F. Teague, PharmD, MBA ([00:56:18](#)):

Counteract whatever. I had a piece of cake at this birthday party or something, you know, and like just being on the elliptical for hours and just doing it outta shame and just like, yeah. Hating your body. And now it's like, okay, maybe I don't always get the like results I think I deserve, or, or whatever it may be. But I'm so thankful that my body can move and can lift these weights and look at what it can do. I feel so empowered by that and that's kept me motivated. So I think yeah, it all ties together with yeah, what energy are you operating out of? Are you operating with that shame mentality? Which I know at the conference you talked about how that's like the lowest level of frequency Yeah. Versus loving and love is the highest. And that just syncs up with Yeah.

Kristi F. Teague, PharmD, MBA ([00:57:07](#)):

The Bible too. I know we've made a lot of scripture references, but I mean, that's threaded throughout everything. So I don't know. I just think it's so cool how, you know, mind, body, soul, everything's connected. And so hopefully that can help some of the women out there who, yeah, maybe it's a weight loss journey or maybe it's a nervous system journey or, or whatever specific health journey it may be with your hormones. You know, just wanted to shed some light on just another layer to this basically. So but yeah, we could be here with you all day. Christina, this has been <laugh>.

Christina Fontana, PharmD, CHC, CHT ([00:57:43](#)):

Well, I did wanna actually give you a little surprise. So for all the listeners, I would love to gift you, it's called the Ascension collection. So it's a collection of all my hypnosis activations, meditations that will help you to support you along your healing journey. So it's free. I will give that I'll send you the link so that you can share with your audience. And I would, I would love to give that to, to those of you who are, you know, really,

Candice Burtner, PharmD ([00:58:07](#)):

Really

Christina Fontana, PharmD, CHC, CHt ([00:58:07](#)):

Ready to elevate into that love that we were just talking about. I think it'll really just be so nourishing and helpful. And helpful. I've heard that I have a very soothing voice, <laugh>.

Kristi F. Teague, PharmD, MBA ([00:58:18](#)):

Yes, yes, she does. I've, I've done her meditations before and it's very tranquil, so that is so sweet. Thank you so much. Oh,

Christina Fontana, PharmD, CHC, CHt ([00:58:26](#)):

Absolutely. Excited

Kristi F. Teague, PharmD, MBA ([00:58:27](#)):

To share that.

Candice Burtner, PharmD ([00:58:28](#)):

That is awesome. So, okay. To finish out and, and as we get into wrapping things up, I do have one more, so as, and I'm gonna go back to stress for a little bit and then ask for like three takeaways. I'll try and keep it <laugh>. Okay. If, you know, just for, maybe we take just an average Jane out there who just to really simplify only struggles with anxiety. Yep. Right. It's crippling, it's, it's crippling and kind of, you know, starting to take over daily functions. And going back to this sympathetic and all the different vagal things that you talked about, I think that was really interesting. I've heard before, and maybe this is true, maybe it's not true, but stress is more about what is your body doing when it should be relaxed, right? It's normal when we're under stress or we have some stressors to act in the stress responses and for our nervous system to act in that way. But the problem is when

Christina Fontana, PharmD, CHC, CHt ([00:59:39](#)):

It's

Candice Burtner, PharmD ([00:59:39](#)):

Acting in that way when we should be resting. Right. Right,

Christina Fontana, PharmD, CHC, CHt ([00:59:42](#)):

Right.

Candice Burtner, PharmD ([00:59:43](#)):

And so, and then that's what, you know, obviously that's kind of what takes over and then gets you into those dorsal back down into the dorsal vagal that you're talking about. So what would be three, just super simple takeaways

Christina Fontana, PharmD, CHC, CHt ([00:59:58](#)):

For

Candice Burtner, PharmD ([01:00:01](#)):

The anxiety, if you can give three.

Christina Fontana, PharmD, CHC, CHt ([01:00:03](#)):

Yeah. So I would say number one, I always go to the body. So I would be attuning with that person. What is it that you feel anxious about? Where does anxiety live for you and your body? What does that feel like? What does the sensation of anxiety? And I would go deeper into those questions and say, okay, what is it? What is that sensation? Because there's probably a past. I also look at like, is there a past part of you that felt anxiety and now it's cycling. And like, say your seven year old self as an example, had an experience that really shook you up and, and created some of this anxiety, and as a result you started thinking certain thoughts and that became your identity. So I would look at like, where did this start for you? And really attuning with that part because oftentimes our little selves are like, Hey, pay attention to me.

Christina Fontana, PharmD, CHC, CHt ([01:01:02](#)):

Hey, pay attention. And it comes through as anxiety. So when I even look back at my own journey, my 5, 6, 7 year old self already was feeling anxiety. So I would go back to that and say, let's be with this inner child. Let's be with this part of you. That was terrified, because when we can be with that part and digest the emotion, because it's probably fear or terror or something that's there that's undigested, you liberate that energy and you bring that inner child back into your heart and say, honey, it's okay. And then you're not so reactive to whatever's happening out there. So that's where I would go. You know, doing some of that inner, just inner inquiry and curiosity about where is this coming from? Of course there's things like tapping as well you know, neutralizing the fear, but I would really want to get to the root of it, like, where is this actually coming from? So I would be looking at that. Obviously tapping can come into it, you know, even though I feel this fear, I deeply, completely love and accept myself that helps neutralize the,

Candice Burtner, PharmD ([01:02:06](#)):

The fear.

Christina Fontana, PharmD, CHC, CHt ([01:02:07](#)):

And then I would probably go through some kind of nervous system exercise with them to help create that inner safety. 'cause That's really what we, what we want. You know, we, people wanna feel safe, feel safe in your own body. So I would probably go through some kind of nervous system exercise, which I mean, there's so many that you can do. Mm-Hmm. <Affirmative>, I just took one of my clients through this where you stand up with your hip, with your feet hip width apart, and you just start rocking and you start kind of like a baby. Like when a, when a mom is like rocking a baby, you can literally just start putting your like putting your weight on one foot and putting it on the other foot. And you just start gently rocking for about 20 seconds. So if you're listening to this episode and you wanna try this out, just see if you can feel a 1% shift when you start doing that.

Christina Fontana, PharmD, CHC, CHt ([01:02:57](#)):

Another thing that you can do is bilateral stimulation. So this is what I do is, you know, you kind of just, well, if somebody's watching the podcast, they can't see it, but it's just literally crossing over. And if you think about how like a baby like lays in the womb, it's like this, right? So it's literally creating that safety, and you do this about 10 times. You just cross the arms, you pull it down, and then you switch. So like, it



would be like this, and then the other one would be like this. You do 10 rounds of that helps to really anchor safety into the body, and you're gonna feel that sense of relief, like ohm Okay. So that's kind of how I work, is just intuitively like, okay, this is what's gonna help you. And really getting to the root of it. Okay.

Candice Burtner, PharmD ([01:03:40](#)):

That's so helpful and, and so simple. You know, I love the simple things that you can

Candice Burtner, PharmD ([01:03:48](#)):

But it's great to have someone who's knowledgeable

Christina Fontana, PharmD, CHC, CHt ([01:03:50](#)):

About these things and can, you know, just

Candice Burtner, PharmD ([01:03:52](#)):

Have someone to guide you through

Kristi F. Teague, PharmD, MBA ([01:03:54](#)):

It. Mm-Hmm. <affirmative>, yes. Thank you for reminding us to ask a really practical summary. Candace, she's really good about sitting on things and then she'll just be like able to tie it all together at the end. <Laugh>, she really absorbs

Christina Fontana, PharmD, CHC, CHt ([01:04:07](#)):

Everything with a beautiful bow at the end.

Kristi F. Teague, PharmD, MBA ([01:04:09](#)):

Yes, yes. So,

Christina Fontana, PharmD, CHC, CHt ([01:04:12](#)):

Well,

Kristi F. Teague, PharmD, MBA ([01:04:12](#)):

I know this is kind of spontaneous, but I, I don't know, I know we prayed for us before the podcast, but I don't know, I think it'd be cool, we've never done this on the podcast. If we just pray for our listeners out there, you know, the, the girl that's struggling or need some clarity and need some motivation to implement these things. So if y'all are okay with that, I think that would just be a really cool way, especially this group to close us out. Candace, do you want or are you okay with me doing it?

Candice Burtner, PharmD ([01:04:42](#)):

I would love to. Do you wanna?

Kristi F. Teague, PharmD, MBA ([01:04:47](#)):

I'll just do it'll, yeah, I'm fine with it. Let's do it. <Laugh>. I was taking a step of faith there. Alright, so, alright, dear Lord, thank you so much for this great group of women. Gosh, it is so cool to be surrounded

by such deep thinkers and intelligent women who just put you first and have such a drive and gotta just pray for the listeners out there that this conversation just really touches their hearts and it just awakens something in them that they can learn to shed that shame and begin to shine. And God, I pray that they would just start to take these practical next steps of seeking you and their health journey and implementing all of these different tools that Christina has talked about and shared with us today. So we just pray over them and just be with them throughout that process. And thank you for this platform where we get to talk about you so freely and connect with other women. In your name we pray. Amen. Beautiful. Thanks. Yeah, we've never done that before. So first things first. So

Christina Fontana, PharmD, CHC, CHt ([01:05:51](#)):

I absolutely love it. What a gift both of you are. I really just appreciate this so much. What, like an hour just flew by <laugh>. I know, I know,

Kristi F. Teague, PharmD, MBA ([01:06:00](#)):

I know. So fun. Well, thank you Christina for hanging out with us really genuinely. We, we appreciate it. I always learn something when I'm with you, so

Christina Fontana, PharmD, CHC, CHt ([01:06:10](#)):

As do I, it's so filling to talk with you and in, in such a unique spirit. So thanks.

Kristi F. Teague, PharmD, MBA ([01:06:18](#)):

Don't y'all feel so much better after listening to that <laugh>. I certainly do. As I'm editing this and reflecting, it's just really great to get to connect with such awesome ladies who really go deep spiritually and wanna make such an impact in the world. So thank you again Dr. Christina for coming on the podcast and sharing your knowledge with all of our listeners. We are so grateful and we are also very thankful for the Ascension collection that she has gifted all of you. This has over 40 of her meditations to support you along your healing and business journey. We will include that link in the description and show notes. So be sure to check that out. And if you really love this episode, be sure to gift her some love at the pharmacist Coach on all social media platforms. All right, well, thank you for hanging out with us today. As always, if you're interested in following along for more content, be sure to subscribe to our podcast, give us a review, and check out our social media for updates along the way. Until then, we hope you found this motivating as you seek to optimize your own health and take care of your woman problems. Period.