Getting and Keeping Your Energy Edge

Heather Sandison, N.D. interviewing **Laura Frontiero FNP-BC**

Heather Sandison, N.D.
Welcome to this episode of the Reverse Alzheimer's Summit. I'm so delighted to introduce you to my friend, Laura Frontiero today. She has served thousands of patients, working as a Nurse Practitioner over the last 22 years. Her work in the health industry, marries both traditional and functional medicine. Laura's wellness programs help her high performing clients boost their energy, renew their mental focus, feel great in their bodies and be productive again. Her belief is that to create optimal wellness, first, we need to identify and clear the root causes of our health problems, usually toxins, chronic infections, and then eliminate inflammation, restore gut health and mitochondrial health. You can see why I've invited her here today. Her and I overlap in the way that we approach disease in terms of root cause medicine. And I know that she has so many great insights to share with us, Laura, welcome.

Laura Frontiero FNP-BC
Thank you so much, Heather. It's wonderful to be here. I'm so glad to participate and support this audience. This is such an important topic.

Heather Sandison, N.D.
So, you started and still work at Kaiser, one of the largest HMOs in America. And you have been shifting, kind of like your passion and interests have been shifting over the past few years. So, tell us about this transition and sort of why you're changing focus.

Laura Frontiero FNP-BC
Yes, I grew up in Kaiser, right? I had my first job as a Nurse Practitioner there in 2001 , that's when I started. We're now in 2022. And prior to that, I was a registered nurse working in hospitals, but about 17, 18 years into my career, I realized that there was something that was missing in the Western medicine model that people weren't getting better. My eyes were opened to the possibility with functional medicine, and it's interesting because I worked in a Preventive Medicine Department and they do amazing work, they do. And the difference between Western Medicine Prevention and Functional Medicine Prevention is huge, because in the Western medicine world, it's not really prevention, they're looking for early detection and that's a difference. So, you go in and you get your colon cancer screening, your prostate cancer screening, your breast cancer screening, your cervical cancer screening, you get your labs run and what are they looking for? Early disease. We're looking for colon cancer early, so we can treat it. We're feeling your thyroid and we're palpating for a nodule so we can find it early and do something about it. We're doing a mammogram, so we can find early cancer and do something about it. So, this is really a different kind of perspective with functional medicine where we're going really upstream, and we're trying to find the source that can cause problems like cancer, Alzheimer's, chronic heart disease, and we're trying to eliminate that. So, instead of looking for early detection, we're just looking at real prevention, and that's a huge difference, wouldn't you agree, Heather?

Heather Sandison, N.D.
Absolutely, yes, it's just a totally different definition, a totally different concept and I think when people say prevention, we think we're saying the same things, but then to really define like, no, what we mean by prevention is not actually having a disease at all. Not going down that path. And so you talk a lot about cell health and in particular mitochondrial health, right? These are the powerhouses of our cells. They generate energy and our brains use so much of the energy, right? It's 3% of our weight, but 20% of the oxygen used, 30% of the energy used in our bodies and especially when we're asking it to do some work, some heavy lifting cognitively. And so I think this is a theme across the Reverse Alzheimer's Summit, but tell us about like the cell health and cell function and how you support mitochondria for your patient.

Laura Frontiero FNP-BC
So, mitochondria are like your life force, right? Think of mitochondria like your life force, you can think of how tiny a cell is, like we can wrap our mind around that. Now think that in a particular

cell, in a really important organ in your body, like your heart or your brain, you'll have 10,000 or more mitochondria inside that cell, along with the cell nucleus and everything else that's happening inside the cell, and that's just mind blowing, right? How can all that fit in there? And how can those little, teeny tiny things be so important? So, I really like to simplify things and make it really easy to understand for people. So when I think about, we know that the mitochondria are your powerhouse of your cell, we hear that all the time, we learned that in biology class, they produce something called ATP, which is energy via the electron transport chain. And I really like to break it down to two types of energy, you have physical energy and you have invisible energy. So, physical energy, is the energy you feel throughout your day.

Do I get a slump midday or do I have enough energy to get through my day? That's kind of like your skeletal and your muscle energy, right? You feel this fatigue, you can feel it in your brain, kind of when you're feeling tired and sluggish, but then there's also this invisible energy. And invisible energy, it's all the energy that you need to do all the things, that you don't know is going on in your body. So, your body at any given time is digesting food, it's making hormones, it's making neurotransmitters for your brain, it's putting together vitamins, it's restoring tissues, it's removing toxins from where they're not supposed to be. That's invisible energy and you need energy for that too. So, I'd like to just break down how mitochondria work and what they are, 'cause there's kind of like this crazy concept of all these little organelles that live inside of the cells. So, let's talk about, I like to compare them to a house plant Heather . So, I know, we'll keep it really light. So, mitochondria are a lot like house plants.

And what we're gonna talk about is location and living conditions and function of mitochondria. So, in terms of location, location is everything right? So, we know that some cells in certain organs of your body, like your brain or your heart, they have a really vital job and if those cells are not healthy or if you don't have a lot of mitochondria in those cells, they're not gonna function well. So, in terms of where mitochondria live, they live inside individual cells like we just talked about, which are located inside the organ, so your brain, liver, kidney, heart, which are located inside of your body. So, you see we're going from small to bigger. Now, similarly house plants , they live on a windowsill, or they're sitting on a shelf in a room or they're hanging in a little potted plant, and that is inside of a room in your house. So, they're in your kitchen or they're in your bedroom or they're in your bathroom or they're on the patio and that's inside of the bigger structure of your house. So, just to kind of give you an idea of how they're similar, where they live, and then you think about living conditions. So, given the right conditions, mitochondria will

thrive, grow, they'll reproduce and so will house plants if you give them the right conditions. And they're also fragile, mitochondria are fragile. If you withhold what they need, they're gonna die or they're gonna malfunction and house plants are the same, they're gonna die or they're going to limp along. And mitochondria and house plants need almost the same things. They need clean water, they need sunlight and they need nutrition . So, I know it's crazy, right? So, now everybody really understands about mitochondria and here's something else even funny, studies show that if you talk negative to your house plants, they are more likely to have stunted growth and the same for your mitochondria. If you are in a stressful, negative, environment, you're going to yield lower mitochondrial function and lower mitochondrial production in your body, so, a lot the same. In terms of function, house plants create life giving oxygen and they help remove toxins from the air, and mitochondria create life giving ATP energy that's needed for every cellular function in your body, that physical and invisible energy we talked about, plus they assist in the detox pathways to keep your body flushed of toxins. So there you go, house plants and mitochondria.

Heather Sandison, N.D.
I love it, I think that's great. I was talking to our friend, Chris Shade, this morning and it's a lot of Nrf2 and it's a two ends and, it's such phenomenal information and really, really helpful, but like, I've gotta turn my brain on just to keep up with him, and I spent four years in medical school. So, I know that this is when we can relate these things to tangible with the house plants, things that we're very familiar with, I think it's helpful 'cause then when we go to water ourselves, nourish ourselves, get that sunlight, we can think back to that house plant and your analogy, and I just think it so, so helpful.

Laura Frontiero FNP-BC
We're real quick, before we go onto the next thing, I just wanna say there's three main functions that mitochondria do. I mean, they do lots and lots and lots of stuff, but I think it's really important to talk about those main functions, now that we kind of established how they're similar to house plants, but what the heck are they really doing? Because we all know they create energy. So, would it be okay if I talk about those three functions really quick?

Heather Sandison, N.D.
Yes, let's hear it.

Laura Frontiero FNP-BC
Okay, so first thing, we're gonna talk about cellular respiration, energy production and cell danger response, right? So, those are really important concepts. Now, cellular respiration, so if you think about how your lungs work, right? So, when you breathe, oxygen goes into your lungs and then it's moved throughout your body by your bloodstream to your cells. And then it gets into the cells where mitochondria use the oxygen and then carbon dioxide is released from the cells and move back through your bloodstream, to your lungs and exhaled. So, your cells have their own biochemical process that occur called cellular respiration, kind of similar to respiration in your lungs. Something's coming in, oxygen, something else is coming out, CO2 and just byproducts of metabolism and everything, it's moving throughout the body. So, that's a big function of mitochondria.

And then the second thing is this energy ATP production. So, you've heard a lot about this from Chris Shade, from other people on your summit. I just wanna break this down really simply for you. So, I want you to think of ATP like currency. So, you have a bank account with money in it. So, ATP is the currency, or the money of your body, and when you are at the vending machine and you wanna get a candy bar out of it, you have to put in a currency to get it out. Well, ATP is like the same thing, when you're ready to make a neurotransmitter, there's a currency exchange that needs to happen for that neurotransmitter to be made. So, let's say that costs 2ATP, but let's say getting up and walking across the room, costs you 20 ATP, now I'm just making up these numbers. I'm sure somebody somewhere knows the numbers. Somebody smart on your summit knows the numbers, but so it's this currency exchange and that ATP is really vital and the mitochondria make that currency for us so that we can do everything, the physical energetic things and the invisible energetic things.

And then there's this whole cell danger response, and this is really important, and this has come up in research in recent years that mitochondria have this really critical role in defending the body against threats. And this is gonna blow your mind, so they can detect, mitochondria can detect the presence of things like infections, inflammation, immune over activation and the presence of toxins. So, I'm sure there's a lot of people right now watching this who had COVID at some point in the last couple of years. So one of the hallmark signs of COVID is you have severe fatigue. Well, this is part of the mitochondrial response, the cell danger response, because the virus, any virus coming into your body also requires ATP. It wants your energy, and so what do the mitochondria do? They shut down ATP production to starve the virus or whatever thing,

infection you're fighting, and at the same time, your physical energy and your invisible energy goes down as well and you just feel wiped out. Now that's an acute cell danger response. It's kind of like how we have a fever to help burn out bacteria or viruses. You wanna let that fever go until it gets to a point where it's too dangerous or uncomfortable and then we give you something to bring it down, but I know when I'm sick, I let it rip, like let that fever fly because I want it to kill off pathogens in my body. Well, that ATP reduction, that fatigue is one of those responses. The problem is when you're in chronic inflammation and chronic attack by infections and chronic distress, and you have this cell danger response going all the time, that's not good, but acute it's really good. So, I just wanted to talk about that for a second, 'cause I think that's really important to understand that it's not just about producing energy, those mitochondria do a couple of things, so okay. I sidebar, but go ahead.

Heather Sandison, N.D.
Extremely important and I think that that, that gives us a really good sense of what's the connection between mitochondrial health and dementia. And even like COVID you mentioned another one of the hallmarks is this brain fog that people are stuck with after having COVID particularly those who are susceptible to long-haul COVID and that the mitochondria, I think we can all relate to this being sick and just feeling like you don't have no energy for anything, and that's what you're describing that, like down regulation of energy production in an effort to protect us. Well, when this happens like you said, there's like this switch that flips where it's not the acute response anymore, but now a chronic condition of cell danger response. Now we're stuck in this self-perpetuating cycle of inflammation, of lack of energy, and now our brains don't work. And we wonder why, so what do we do about it? How do we restore mitochondrial function?

Laura Frontiero FNP-BC
Well, first you have to think about the link between mitochondria health and chronic health problems before you get to restoring, right? So, there's this cascade of steps that occur with mitochondrial damage. So, first we damage them, right? We're gonna talk about how to repair them, but first we kind of need to talk about, what did we do to mess them up in the first place, right? So, some things we have control over and some things we don't, so you don't have control over your genetics, you don't have control over aging every year, you're a year older and that's just how it is, but you do have control over some things like how active you are. So, for example a sedentary lifestyle is detrimental to our mitochondria, chronic inflammation, when a lot of things

cause chronic inflammation, which I'm sure you've had tons of speakers talking about it, but gut dysbiosis is one of the ways we get chronic inflammation and that's my happy place, is working with people on their gut health because it's so central to everything. We can't heal you unless we fix that piece, and I know that's a central piece in your programs as well. And then if you have chronic hyperglycemia, high blood sugar levels, and that is affected by so many things, it's affected by what we eat, it's affected by your stress levels and cortisol levels. If you have a poor diet, that's just full of sugar and processed food and non-organic food containing pesticides, and if you have nutrient deficiencies, if you're not getting enough food, healthy food and of course chronic stress, and I'm sure a lot of people watching this right now have chronic stress, they're either caring for loved ones who are sick with Alzheimer's or maybe you're seeing you're in the beginning stages of dementia and you have this stress and you're worried about this progressing. We've seen it happen to loved ones. So, chronic stress is a piece of that, it's a toxin, right? Stress is a toxin and sleep deprivation is another one. I know you've had lots of people talking on here about the importance of sleep. And then one of my favorite things that, I mean, it's funny to say it's my favorite thing, it's what I love to help people with is infections. So, chronic bacterial infections that are common in the gut and the urinary tract, fungal Candida infections, parasite infections, chronic viral infections.

When we think of virus, we think of Chronic Epstein-Barr, hepatitis herpes virus, all these things can downregulate the immune system and cause inflammation and cause mitochondria decline, and then environmental toxins, things like your cleaning products, body products, beauty products, using toxic candles and air fresheners, the off-gassing of your furniture and your carpet, and your wall, the paint on the walls and the car that you drive, and the toxins that are just out there from industry and manufacturing that are getting into our water source and our soil and our air, radiation, radioactive elements that are in our water like uranium and radon, and then there's EMFs and all the 5G and the routers in our house and the non-stop assault of EMFs, heavy metals, industrial toxins, mold, and mycotoxins. So, you can see the list of the ways that we screw up, our mitochondria is enormous. And then once you start to have that attack of all these things coming at your body, it leads to metabolic instability. So, what happens is energy production, ATP bank account is decreasing. You're running out of that currency. You have this increased metabolic waste. Your cells are releasing damaging free radicals and waste that needs to be carried away by your detox pathways. You get an increase in oxidative stress in the body, this hurts your brain. You get a lowered antioxidant production, which are protective to your brain. So, you're making less of them. And the next phase in the cascade is this dysfunction or

metabolic inflexibility. So, you now have dysfunctional energy production, you have poor fatty acid metabolism. This metabolic inflexibility is a really important concept. This is the ability of your body to respond to your metabolic demand and choose the best fuel ketones over glucose. So, we want to be fat burners, we don't wanna be sugar burners, and ketones they burn cleaner, they have less waste when we burn them, we make better energy, but most Americans are glucose burners because we have such high carb diets, and I'm sure keto diet is part of what you use in your programs as well. And the increased oxidative stress just goes crazy, and finally, this leads to chronic disease. So, now you have Alzheimer's, now you have Parkinson's, now you have heart disease, now you have cancer, you have metabolic syndrome problems, you have Lou Gehrig's disease, muscular dystrophy, epilepsy, autoimmune disorders, autism, fibromyalgia, chronic fatigue syndrome, migraine headaches. I mean, it just goes on and on, right, Heather?

Heather Sandison, N.D.
Right, right, this can feel a bit overwhelming I think for people. They need guides like you to help, but where do we get started?

Laura Frontiero FNP-BC
Yes, so how do we fix this? What do we do to restore the mitochondria? So nutrition, nutrition, nutrition, right? So, we start here and this is simple things like eliminating refined sugar and processed grains and bad rancid fats, like your seed oils, canola and sunflower and sunflower oil, rancid fats, eliminating casein and eliminating gluten and artificial ingredients and eating lots of greens and vegetables and herbs and fruits and nuts and seeds and legumes and whole grains, the really good healthy foods and healthy fats like avocados and olives and coconut oil and grass-fed butter and ghee, and pasture raised eggs, for example, and clean proteins. So, grass-fed, wild-caught free range, all those words are really important when you're buying your meat and organ meat is also really healthy for your mitochondria. So liver, kidneys, heart, tongue, brain, I mean, it's crazy, but if that grosses you out, you can take 'em in a capsule. You don't have to eat the organ meat. I would never eat it, when I was a kid, my mom grew up eating liver and she loved it and she would make liver and onions and I just couldn't do it, I'm more of a capsule girl.

Heather Sandison, N.D.
Same, same, and you're not the first person to mention this on the summit, that liver has so dense in nutrients, but we got, like you said, to make sure it's grass-fed organic, because the liver

is a place where we can concentrate those toxins. So, we don't wanna be eating that animal's concentrated toxins, but getting all these good concentrated nutrients.

Laura Frontiero FNP-BC
So, you have to get good liver and then when it comes to eating on the whole, so we talked about clean eating basically, and then there's some things you can do with your eating that'll really help like intermittent and extended fasting, which helps the damaged mitochondria be purged through something called autophagy. It allows the process of the mitochondria to remove damage debris, to remove accumulated reactive oxygen and nitrogen species, and then there's keto, this high-fat, low-carb plan that uses ketones instead of glucose for energy. So, you become an efficient energy producer, energy maker, your power plant works better basically. And as an Alzheimer's specialist how important this is, do you have your clients do intermittent fasting or keto?

Heather Sandison, N.D.
Yes, if we talk to people who have never been in ketosis, then absolutely a 100%, we want everyone to try it. It's not always for everyone and we don't wanna be in ketosis forever, it's just as bad as being in glycolysis forever, but what we want is that dynamic flexibility that resilience in the system, like you talked about metabolic flexibility to be able to go back and forth from ketosis to glycolysis using those fuels for energy really efficiently, and the way our ancestors did, the way that we're designed to use fuel.

Laura Frontiero FNP-BC
Yes, absolutely, and yes, not forever. That's really important to say, but a period of time of ketosis is gonna help clean things up, right? You're gonna become more efficient and then you'll be able to incorporate carbs back in and get outta that ketosis. So, that kind of covers food and eating and the way that you eat. And then of course, regular exercise studies show that, that you get a 50 to 80% increase in mitochondrial capacity in people who exercise with interval training. And I mean, you don't have to be an athlete to get this kind of interval and exercise, but it really helps with mitochondria repair. It helps with balancing the mitochondrial cells, production of new mitochondria, and there's a difference between movement and exercise. I wanna say that, I mean, movement is low intensity and exercise is higher intensity with the goal to build strength and muscle endurance and burn fat and stuff. I work with a lot of geriatrics in my Kaiser Clinic, and a lot of times when I'm talking I work in a bone osteoporosis clinic, and when I'm talking to

people about exercise, like yes, I'm busy, I keep myself active, I don't sit around just like, but do you really go out there and lift heavy things and get your heart rate up, right?

Heather Sandison, N.D.
Walking is not enough.

Laura Frontiero FNP-BC
No, I mean, who has seen an overweight letter carrier?

Heather Sandison, N.D.
Right, right, right.

Laura Frontiero FNP-BC
Yes, they walk how many miles a day ?

Heather Sandison, N.D.
And people have these little dogs, oh yes, I have to get up and walk with the dog every day, and so we're out, but it's a lot of like standing and waiting for the dog to pee, not getting like real exercise, which is what you're describing.

Laura Frontiero FNP-BC
Exactly, so that's really important and people don't like to hear that, they want credit for going out and watching the dog pee.

Heather Sandison, N.D.
We wanna reverse dementia.

Laura Frontiero FNP-BC
Yes, we are on it. So, then the next thing would be stress reduction. So, chronic stress increases inflammation, it reduces our immune system function, it increases fatigue. So, lots of strategies for stress reduction, I know you probably heard people on here talking about stress reduction for sure. So, the next thing would be, get good sleep, anything less than seven hours of sleep per night, decreases your mitochondria functioning and decreases the mitochondria DNA, and you just end up with poor cellular function. So, sleep at least seven to eight hours a night, and you

just have to get on a good sleep wake cycle. I'm sure in your programs, you've got people on a good routine and cycle, that's probably first and foremost.

Heather Sandison, N.D.
Definitely early on and then the sleep studies and wearing the CPAP or the oral device, whatever it is that you need to keep your airway open at night, just absolutely critical, if you're not breathing through your nose efficiently at night, you're not getting enough oxygen to your brain, which is essentially creating brain damage each night.

Laura Frontiero FNP-BC
Totally, and then sunlight. So sunlight, it turns out vitamin D is important for mitochondrial function, it promotes mitochondrial biogenesis, the reproduction of new mitochondria, and it increases our oxidative capacity and just like house plants, we want sunlight. So, how often do you have people with dementia, Alzheimer's that go live in an assisted living facility and never go outside again?

Heather Sandison, N.D.
Oh, it's heartbreaking, that's why we created Marama. I love it, I'll pull up over there, and the ladies will be like sunbathing outside, following the sun around the house, it's so cute and sweet. We aim to have yoga outside and it's devastating that people are parked in front of TVs and fed cake and ice cream, the exact opposite of what you want for brain health.

Laura Frontiero FNP-BC
Yes, so next would be red light. Let's just sunlight and now red light therapy, and I'm pretty sure you have red light therapy?

Heather Sandison, N.D.
We do.

Laura Frontiero FNP-BC
So, there's this Photobiomodulation, that occurs in our bodies, red light goes deep inside the cell, it increases cellular energy and antioxidant production. It stimulates cytochrome c oxidase molecules. It's just important for the electron transport chain. It produces ATP, mitochondria

make more energy when we're exposed to red light. So, that is super beneficial. I try to tell my clients to get into red light at least three days a week, what's your recommendation?

Heather Sandison, N.D.
We use a which is like a cap and we'll do that six days a week, 'cause sometimes--

Laura Frontiero FNP-BC
Amazing.

Heather Sandison, N.D.
For our residents and then we have the , which is like more of a full body.

Laura Frontiero FNP-BC
Love.

Heather Sandison, N.D.
We'll do that five, six days a week .

Laura Frontiero FNP-BC
Perfect, I'm dealing with people who don't live in a place like Marama.

Heather Sandison, N.D.
Their entire day is just totally designed around getting as many of the things for brain health as possible. So yes, don't hold yourself to that standard, but getting some red light, like you're saying, I love it, 'cause up the street here, we both live in San Diego, so in Carlsbad here, there is a place called Fitness Genome and they have all these things set up. So, it's kind of like the casino we have, and the circuit we have at Marama, but you can come in from the community, you can buy a package and you can do 10 sessions of level 2 or 10 sessions of . And so then you're not having to invest in it at home until you've seen that, like you can get benefit and you can create time and space in your life to do it.

Laura Frontiero FNP-BC
So good, so good, so, okay, should we keep going?

Heather Sandison, N.D.
Yes, keep going, what else do we do?

Laura Frontiero FNP-BC
So, the next thing, mitochondria hormesis. So, this is where you put mild stressors on the body, so things like cold therapy, so like cryotherapy or cold bathing or hot, or heat therapy, or even intermittent fasting creates this. And so this actually improves mitochondrial function when you have like this kind of stressor that hits it. It's pretty cool and so that will help. Shivering, so cold exposure, shivering will recruit your mitochondria to generate heat. So, you may do cold showers or baths or cryotherapy, do you do that too in your process?

Heather Sandison, N.D.
We don't do it at Marama as much, but I certainly do it personally.

Laura Frontiero FNP-BC
Yes, I can see if you have somebody with some cognitive decline, that might be really hard for them to understand, why are you putting me through this really uncomfortable thing?

Heather Sandison, N.D.
Yes, our ladies over there, they love sunbathing but like putting--

Laura Frontiero FNP-BC
Cold.

Heather Sandison, N.D.
To cold, no, no, they won't even go outside the fence .

Laura Frontiero FNP-BC
No, not so much. Well, if you are trying to prevent, if you don't have any kind of cognitive decline and your main goal is prevent it, add that in .

Heather Sandison, N.D.
Everything we do on this kind of hormetic effect, this hormetic graph like you're describing where you wanna stress the system so that you get more resilience, these are things that if you

take 'em too far, they'll kill you, right? You don't get enough calories, you starve. You've hyperthermia, hypothermia, if you get too hot or cold than, the body doesn't work. But if you stress this system enough, what you get is a more resilient system. And so we also do this with oxygen, so, we do contrast oxygen therapy with exercise and a very similar thing where you get autophagy, you get rid of those senescent cells, you get better circulation and you get higher mitochondrial density per cell over time and more energy. So, better detox, the laundry list of great things about it is long, but it takes an effort.

Laura Frontiero FNP-BC
Exactly, then the next thing would be nutrition supplements or nutrient supplements which at least in my practice I like to test before I just start recommending all kinds of nutrients. I'm sure you've had people in here talk about supportive mitochondria nutrients, things like CoQ10, L-carnitine, B vitamins, magnesium, alpha-lipoic acid, curcumin . I mean, there's a whole bunch of things we can use, but we really wanna know what do you need, and what would make sense? So, something like an organic acid's test to figure out what your mitochondrial need is, this is probably something that you have routinely in your practice as well.

Heather Sandison, N.D.
Yes, and what I love is hearing you say that all these things are great for mitochondria and a lot of them are really good for the brain too.

Laura Frontiero FNP-BC
Yes, but that's because your brain's full of mitochondria .

Heather Sandison, N.D.
There's a lot of overlap, they increase the beat enough, they send signals to the . So, there's a ton of overlap when we're getting these really good nutrients in these foods and high polyphenols and all of that sends signals to the brain that helps with cognitive function.

Laura Frontiero FNP-BC
Totally, well, that's pretty much my list. Would you add anything to it?

Heather Sandison, N.D.
I love it, no, it's super comprehensive, and I think you're doing amazing work in the world and it's inspiring and exciting and I just love the energy that you bring to all of this. It's so fun to be around you and to learn from you and I'm so grateful to you for sharing. Tell everyone, I know you're going to be the host of the Mitochondrial--

Laura Frontiero FNP-BC
Restore your Mitochondrial Matrix Summit, that airs in August, so it's after yours. So, that'll be coming up for everyone. So, look for it in August .

Heather Sandison, N.D.
Excellent, and then tell everyone where they can learn more about your practice.

Laura Frontiero FNP-BC
Yes, so I have a completely virtual functional medicine consulting practice, and you can find me at laurafrontiero.com. You can find me on Instagram, @laura.frontiero. That's like the Great Frontier, with an O on the end, Frontiero, . Yes, so find me there and I look forward to connecting with people, wonderful.

Heather Sandison, N.D.
Amazing, thank you again, Laura, for spending this time with us, sharing your expertise and wisdom, it's been an absolute pleasure having you.

Laura Frontiero FNP-BC
Oh my pleasure, bye Heather.