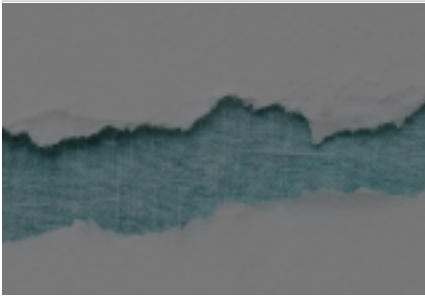


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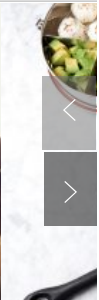
UNCENSORED: A WORD FROM OUR DOCTORS



3 HEALTHY, MAKE-AHEAD SNACKS KIDS WILL ACTUALLY EAT



A GUIDE TO SPIRIT ANIMALS



KIDS |

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Do

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Uncensored: A Word from Our Doctors

As goop has grown, so has the attention we receive. We consistently find ourselves to be of interest to many—and for that, we are grateful—but we also find that there are third parties who critique goop to leverage that interest and bring attention to themselves. Encouraging discussion of new ideas is certainly one of our goals, but indiscriminate attacks that question the motivation and integrity of the doctors who contribute to the site is not. This is the first in a series of posts revisiting these topics and offering our contributing M.D.'s a chance to articulate theirs, in a respectful and substantive manner.

We always welcome conversation. That's at the core of what we're trying to do. What we don't welcome is the idea that questions are not okay. Being dismissive—of discourse, of questions from patients, of practices that women might find empowering or healing, of daring to poke at a long-held belief—seems like the most dangerous practice of all. Where would we be if we all still believed in female hysteria instead of orgasm equality? That smoking didn't cause lung cancer? If every nutritionist today saw the original food pyramid as gospel?

Last January, we published a [Q&A with Shiva Rose](#) about her jade egg practice, which has helped her (and legions of other women who wrote to us in response) feel more in touch with her sexuality, and more empowered. A San Francisco-based OB-GYN/blogger posted a mocking response on her site, which has the tagline: "Wielding the Lasso of Truth." (We also love *Wonder Woman*, though we're pretty sure she's into women taking ownership of female sexual pleasure.)

There was a tremendous amount of press pick-up on the doctor's post, which was partially based on her own strangely confident assertion that putting a crystal in your vagina for pelvic-floor strengthening exercises would put you in danger of getting Toxic Shock Syndrome—even though there is no study/case/report which links the two—and also stating with 100 percent certainty that [conventional tampons](#) laden with glyphosate

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COMES
THE SUN
HIGH-
POTENCY
VITAMIN
D3

Hum
Nutrition

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ROSE
QUARTZ
EGG

(classified by the WHO as probably carcinogenic) are no cause for concern. Since her first post, she has been taking advantage of the attention and issuing attacks to build her personal platform—ridiculing the women who might read our site in the process.

Some of the coverage that goop receives suggests that women are lemmings, ready to jump off a cliff whenever one of our doctors discusses checking for [EBV](#), or [Candida](#), or low levels of [vitamin D](#)—or, heaven forbid, take a [walk barefoot](#). As women, we chafe at the idea that we are not intelligent enough to read something and take what serves us, and leave what does not. We simply want information; we want autonomy over our health. That's why we do unfiltered Q&As, so you can hear directly from doctors; we see no reason to interpret or influence what they're saying, to tell you what to think.

And speaking of doctors, we are drawn to physicians who are interested in both Western and Eastern modalities and incorporate the best from both, as they generally believe that while traditional medicine can be really good at saving lives, functional medicine is more adept at tackling issues that are chronic. These are the doctors we regularly feature on goop: doctors who publish in peer-reviewed journals; doctors who trained at the best institutions; doctors who are repeatedly at the forefront of medicine; doctors who persistently and aggressively maintain an open mind. The thing about science and medicine is that it evolves all the time. Studies and beliefs that we held sacred even in the last decade have since been proven to be unequivocally false, and sometimes even harmful. Meanwhile, other advances in science and medicine continue to change and save lives. It is not a perfect system; it is a human system.

While we have earned a reputation for often seeking the alternative, it would be a gross misunderstanding to believe that we reject Western medicine. On the contrary. We would never suggest that someone skip a colonoscopy, pap smear, or a mammogram, that they refuse chemotherapy or radiation, that they not have that clogged artery in their heart attended to. There is much in Western medicine to marvel at. But where we have found our primary place is in addressing people, women in particular, who are tired of feeling less-than-great, who are looking for solutions—these women are not hypochondriacs, and they

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should not be dismissed or marginalized.

Asking questions is the job of all of us; it is also the job of the doctors and scientists who collectively move our health forward. There is much that we do not know. It is unfortunate that there are some who seem to believe that they already know it all, who pre-judge information before they've even taken the time to read or understand it, who believe that there is actually nothing left to learn, who believe that they, singularly, own the truth. That is troubling, and that is dangerous.

Here's to an open and honest dialogue, to open minds and open hearts.

With gratitude,

Team goop

A Note From Dr. Steven Gundry

I have read Dr. Jennifer Gunter's recent diatribe online about some of goop's advice, and since one of my recommendations was mentioned, and my credentials and motives were brought into question, I believe I have the right and duty to respond.

First, Dr. Gunter, I have been in academic medicine for forty years and up until your posting, have never seen a medical discussion start or end with the "F-bomb," yet yours did. A very wise Professor of Surgery at the University of Michigan once instructed me to never write anything that my mother or child wouldn't be proud to read. I hope, for the sake of your mother and child, that a re-reading of your article fails his test, and following his sage advice, that you will remove it.

But, since you did not do even a simple Google search of me before opening your mouth, let me give you a brief history: I have published over 300 papers, chapters, and abstracts on my research in peer-reviewed journals and have presented over 500 papers at peer-reviewed academic meetings. For a paper to be accepted, a committee of peers (I sat on the American Heart Association's Review board for fifteen years, for example) reviews the research done, then reads the literature, decides whether the research has merit, and then accepts it for presentation. A discussant, who is an acknowledged expert in the field, is

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Other Things To DO

THE MEDICAL MEDIUM—AND WHAT'S POTENTIALLY AT THE ROOT OF MEDICAL MYSTERIES

In the forward to the new book, *Medical Medium*, Dr. Alejandro Junger writes, "As a man of science, I have been taught to the point of indoctrination that I must only trust what I can observe, measure, test, and reproduce." But Dr. Junger then goes on to explain his career-long...

TRACY ANDERSON ON HOW TO LOSE WEIGHT FAST

TA devotees, goop readers, and staffers alike never run out of questions for Tracy Anderson. The word "diet" has become a lightning rod in our society, but Anderson

then selected to orally critique the results, and tries to find weak points in the argument or research; the researcher then has time to rebut the discussant's comments. Others are then invited from the audience to weigh in on their opinion, with similar time for rebuttal. These discussions can sometimes last for an hour on a controversial paper. Yet, an F-bomb is never dropped.

I bring this up because I am writing this on a plane while returning from giving a paper to the 11th annual World Congress on Polyphenols Applications—on the effect of a lectin-limited diet, supplemented with polyphenols with fish oil, on intravascular markers of inflammation in 467 patients with known coronary disease. I won't bore you, but when we removed high lectin-containing foods like grains, beans, and, yes, nightshades like your beloved tomatoes, their elevated markers of inflammation returned to normal. Great, but I'm not finished. Remember Koch's postulates that must be fulfilled to prove the agent causes a disease (go ahead, look it up)? Well, once cured, you have to reintroduce the agent and see that the disease returns. Sure enough, in 57 patients, we reintroduced lectins, and back came the inflammation in all 57 patients' next blood tests. Finally, you have to remove the agent again; which we did, and all 57 patients numbers normalized a second time, proving that indeed lectins were the cause of this process. Conclusion: Lectins cause human disease.

Not good enough for you? Why not look at hundreds of peer-reviewed research articles that I cite in *The Plant Paradox*, showing the damage lectins cause; why not look at my abstract* on 78 patients with marker proven autoimmune diseases, which became negative on lectin removal and restoration of gut wall integrity with The Plant Paradox program (more on that in a minute)?

Now, back to your tomatoes; the Italians always peel and deseed their tomatoes before making sauces because the peels and seeds are where lectins are concentrated. They do the same with their peppers; go buy a jar of Italian bell peppers: see any peels and seeds? Nope, they're gone. Still not convinced? Fly down to New Mexico this fall to the Hatch Chile Roast Festival. That's right, they roast the skins, remove them and the seeds before eating them! Been doing it for thousands of years. But

still fields an enormous number of questions; her approach to both fitness and nutrition are serious and clean clean clean.

ASK JEAN: REGULAR CONDITIONER VS. LEAVE-IN?

Dear Jean, I have average-thick hair that sometimes frizzes but is otherwise okay. I want it to be shiny and healthy—should I be using regular wash-off conditioner, or leave-in?—Samantha B.

ASK JEAN: DO I REALLY NEED TONER?

Q: I'm in my late thirties and still get the occasional breakout—but I'm also seeing wrinkles and some dryness. I use a great cleanser—Tata Harper Nourishing Oil cleanser—and I love Vintner's Daughter for treatment. Should I be doing anything else? Do I need a toner? —Bonnie D.

CLEAN BEAUTY—AND WHY IT'S IMPORTANT

Everything you need to know about the unregulated personal care industry, and our recommendations for outstanding clean—i.e. entirely non-toxic, good-for-you—beauty essentials.

spare the expense; buy a can of chopped green chilies at your store, and open it up. See any peels and seeds? Right, they're gone as well. Wow, there are a lot of really stupid cultures out there who go to such trouble over some harmless little proteins called lectins, huh?

Now, it's fine to get into a reasonable discussion about the pros and cons of lectins without throwing F-bombs. Dr. Oz and I just had a friendly discussion on this topic—you might learn something if you [tune in](#).

Speaking of learning something, a Google search would have shown you that fifteen years ago I resigned my position as Professor and Chairman of Cardiothoracic Surgery at a major medical school to devote myself to reversing disease with food and nutraceutical supplementation, instead of bypasses, stents, or medications, just like Hippocrates asked you and me to do when we took our oath: "Let food be thy medicine." He also instructed that all disease begins in the gut. And finally, he taught that a physician's job was to search out and remove the obstacles that are keeping the patient from healing themselves. For the last fifteen years, I've been doing just that seven days a week (yes, you read that right, Saturday and Sunday as well, just ask my overworked staff).

And yes, I do have a few famous concierge patients, but 95 percent of my practice is Medicare, insurance, and (spoiler alert!) Medi-Cal/Medicaid. Shockingly, I think everyone is entitled to vibrant health regardless of income or ability to pay and I'm sure that you and I can agree that our current system is failing all of us miserably. Even more shockingly, they allow me to teach my crazy ideas to medical students and family practice and internal medicine residents at my current hospital; they now do monthly rotations in my clinic, so perhaps the tide can change and maybe I'm not as crazy as you make me out to be. (Dean, do we need to re-assess those poor medical students after reading Dr. Gunter's article?)

Earlier I mentioned my research in autoimmune disease and during your diatribe you mentioned a child with thyroid issues. About 50 percent of my patients have, or have recovered from, autoimmune diseases, including a large number of pediatric patients whom I profile in my book. Read about their successes. If it strikes a note of hope, I'm happy

to work your child into my clinic. No, I wouldn't tell you it's EBV (it's not), it's not candidiasis (maybe seen it twice, and never needed antibiotics to get rid of it), it's not adrenal fatigue, etc. I would like to get some blood tests that insurance covers. And I promise that I will not look for auras around her/his head and give you a prescription for Eye of Newt and burying a Ram's Horn filled with manure during a full moon (although, the latter might help biodynamic grapes up there in Napa grow better, but I digress). And no, I do not sell supplements in my office, but I can bet his/her vitamin D level isn't 100ng/ml and his/her Omega-3 Index isn't 10-12. And I don't need food allergy tests; I already know he/she is eating lectins because you "know" that they have nothing to do with the problem.

Fifteen years ago, a guy named Big Ed shook my core beliefs and challenged everything I "knew," and changed the arc of my life's work. I was lucky enough, or alert enough to have had my eyes open that day so I could "see" it. With the belief system that I had in place at that time, I could just as easily have tossed him aside with an F-bomb. My hope for you, if you read my book, is you'll read it with your eyes wide open! If not, then discourse begins and ends with civility. Think about it. If that still doesn't work, go show your article to your mother and kids. Really.

To your good health,

Steven R. Gundry M.D.

Medical Director

The International Heart and Lung Institute

The Centers for Restorative Medicine

Palm Springs and Santa Barbara, CA

A Note From Dr. Aviva Romm

If women seeking wellness is a trend, I'd say that it's a positive one, particularly in a country facing diabetes, obesity, chronic disease, and narcotic-related death epidemics of epic proportions. Further, let's not forget that many common medical practices that were not too long ago considered wellness trends, at best, unscientific bunk, or at worst, dangerous, are now widely incorporated into conventional patient care. Fish oil for heart health, a Mediterranean-style or vegetarian diet for

prevention of cardiovascular disease, probiotics for inflammatory bowel disease, or St. John's wort for depression, are just a few we're all now familiar with due to "wellness trends."

Do all wellness trends pan out to be scientific and reliable? Of course not. Then again, neither do many of our trusted pharmaceuticals, tests, and procedures when given the test of time. And of the mainstream trends that turn out to be overtly dangerous—those fade fast. Do I think medical testing and treatments—including alternative ones—should ideally be safe, effective, and scientifically validated? Absolutely. Unfortunately, much like what happened with some of those I mentioned above, research was only done when the demand from consumers became loud enough to be heard or something became a big enough trend to merit attention.

In a time when women are desperately hungry for safe alternatives to mainstream practices that too often fall short of helpful for chronic symptoms, and in the setting of a medical system that is continually falling short of providing lasting solutions to the chronic disease problems we're facing: I prefer, rather than ridiculing vehicles that are actually highly effective at reaching large numbers of women who want to be well, to seek to understand what women are looking for, what the mainstream isn't providing; and how we can work together to support those vehicles in elevating their content so that women are receiving the meaningful, and evidence-based answers, they want and deserve, whenever possible.

To women's wellness,

Aviva Romm, M.D. (Yale School of Medicine)

[Author](#) of the textbook *Botanical Medicine for Women's Health*

And the #1 bestselling book *The Adrenal Thyroid Revolution*

**Gundry, S.R, 2016. Curing/remission of multiple autoimmune diseases is possible by manipulation of the human gut microbiome: The effect of a lectin limited, polyphenol enriched, prebiotic/probiotic regimen in 78 patients. Journal of International Society of Microbiota 3(1).*

Dr. Gundry is the director of [the International Heart & Lung Institute](#) in

Palm Springs, California and the founder/director of [the Center for Restorative Medicine](#) in Palm Springs and Santa Barbara. He is the author of *Dr. Gundry's Diet Evolution: Turn Off the Genes That Are Killing You and Your Waistline and Drop the Weight for Good* and *The Plant Paradox: The Hidden Dangers in "Healthy" Foods That Cause Disease and Weight Gain*.

Aviva Romm, M.D. is a Manhattan-based integrative women and children's physician, and author of The Adrenal Thyroid Revolution. Romm did her medical training and internship in Internal Medicine at Yale School of Medicine and her residency in Family Medicine with Obstetrics at Tufts Family Medicine Residency. She's also a midwife and herbalist, and a graduate of the University of Arizona Integrative Medicine Residency program.

The views expressed in this article intend to highlight alternative studies and induce conversation. They are the views of the author and do not necessarily represent the views of goop, and are for informational purposes only, even if and to the extent that this article features the advice of physicians and medical practitioners. This article is not, nor is it intended to be, a substitute for professional medical advice, diagnosis, or treatment, and should never be relied upon for specific medical advice.

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3 Healthy, Make-Ahead Snacks Kids Will Actually Eat

When it comes to kids' snacks, trying to compete with all the sugary junk on the market can feel like a losing battle. But, stay strong! Here are three healthy, kid-approved recipes to satisfy their little sweet tooth without all the refined sugar.

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COOKER,
8 QT

Fagor



Jumbo Banana
Muffins

The secret cinnamon almond butter filling makes these banana muffins insanely good. If you don't have a jumbo silicone muffin tin, use a standard one—just be sure to add less batter and use greaseproof muffin liners.

GET RECIPE



Homemade
Granola Bars

Completely healthy and totally easy to make, this treat makes for a great breakfast, after-school or midday snack.

GET RECIPE



Strawberry Fruit
Leather

Kids love fruit roll-ups, and while there are some great brands out there made with just fruit, you save a ton of dough making them yourself. Although there are guidelines here, you'll have to experiment with the cooking time, as timing, oven type, and berry quality all have to be taken into consideration.

GET RECIPE

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Here are three healthy,
kid-approved recipes
to satisfy their little
sweet tooth without all
the refined sugar.

THE 2016 GOOP DETOX

It's here: That moment
when we vow to put
our elastic waist-
banded pants in the
back of the closet and
kick-start some
healthier patterns in
the kitchen. As always,
the goal with the
annual goop detox is to
not try to pull off a
week of starvation: It's
to simply...

IT'S ALL GOOD

We knew our Editor-in-
Chief was hard at work
with her second book
and seeing it now, we
are pretty blown away.

Here’s what we wanted to ask the author/our founder.

THE TACO: GP X MAGNUS

Magnus Nilsson (head chef of two-Michelin-star restaurant Fäviken and author of Fäviken and The Nordic Cookbook) is a straight-up culinary legend, so when he decided to swing by our brand-new test kitchen last month, we were, understandably, a little star-struck.

KIDS LUNCHESES THAT ADULTS CAN GET IN ON

We’ve created three double-duty lunch box recipes that use the same ingredient list to yield two totally different lunches—one for the kids and one for the parents, both delicious and healthy.

Be

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A Guide to Spirit Animals

In certain cultures and spiritual systems, there is a belief that we each travel with a cadre of spirit guides, which also includes animals. Shamanic healer and intuitive, [Colleen McCann](#), explains below what spirit animals are, and how they can be harnessed for help in life, whether through meditation or totem form. In regards to the latter, we collaborated with the exceptionally talented jeweler, Kim Dunham, on a [small collection](#) of hand-engraved spirit animal signet rings, which can be customized with inscriptions inside to make them extra-special.

A Q&A with Colleen McCann

Q

What is a spirit animal?

A

A spirit animal is characterized as a teacher or messenger that comes in the form of an animal and has a personal relationship to an individual. Other names might be animal guides, spirit helpers, spirit allies, power animals, or animal helpers. It is believed that you do not choose the animal, rather it chooses, or has already chosen you. The animal is there to provide “medicine” to the recipient in the form of guidance, lessons,

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protection, power, or wisdom. Shamans worldwide have relied on the guidance, wisdom, and symbolism of spirit animals for thousands of years.

HERE ARE THE THINGS TO KNOW:

1.

You can have one or several spirit animals throughout your lifetime. They can come in and out of our lives to give us guidance, teach us about ourselves, and help us maintain balance. The timing and direction we are headed on our path, a specific occasion that may arise, phases of life, or tasks that need to be completed along our journey will dictate what animal steps forward to help.

2.

An animal can bring us a message in several ways. We can physically cross paths with the animal, we can dream about it, it can visit us in our meditations, or we might have it as a pet.

3.

Your spirit animal often represents qualities and attributes that you may see in yourself. On a base level, you want to understand the general vibe of the animal and look at it as an archetypal figure in your life; a symbolic representation of you. You may never personally interact with your animal, like a tiger or whale. But pay attention to the details like specific behaviors, character traits, habitat, diet, social status. Are you group oriented, a loner, nomadic, sedentary, etc.?

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Q

How do you figure out what your spirit animal is?

A

Quite simply, ask the animal to show itself to you.

Notice repetitive encounters with an animal within a physical interaction or in a symbolic form. Typically an animal might appear to you over and



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over again in an obvious way. For example, perhaps you almost hit three deer on three different encounters over the course of the week. Then, you turn on the TV, and the Discovery Channel is featuring migration patterns of caribou. You walk into a store and there are antlers decorating the wall. Someone compliments you on your “doe-eyes”. Disney re-releases *Bambi* and you see advertisements for it everywhere. The medicine of deer is trying to speak to you.

Let your spirit animal choose you or come to you during meditation, dream time, or other altered states of consciousness. Set the intention or ask the animal to show itself to you. You can also do it through tarot, like [this deck](#), or a book, like [this one](#). You can also work with a shaman or other licensed energy healer to give you some guidance.

Meanwhile, are there animals that have resonated with you since childhood without any familial attachment? Are there animals you feel drawn to without any logical explanation?

Q

Are there spirit guides for zodiac signs?

A

Yes, you can call this your “birth animal.” Depending on what astrology system you follow (Native American, Chinese, Western, or Celtic) your birth animal will vary. Google it!

A Cheat Sheet to Common Spirit Animals

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REALITY CHECK: ANAL SEX

First it was shocking, then it was having a cultural moment, now it's practically standard in the modern bedroom repertoire—or so a quick scan of any media, from porn to HBO, will tell you.

HOW THE HOLLYWOOD MEDIUM CHANNELS THE OTHER SIDE

Twenty-one-year-old clairvoyant Tyler Henry, host of the eponymous reality show *Hollywood Medium* with Tyler Henry, has an uncanny ability to seemingly connect people with departed loved ones, delivering messages to the living from the other side.

A GUIDE TO SPIRIT ANIMALS



HORSE

Giddyap and prepare for change! The horse will teach you to ride in a new direction, for new journeys and adventures may be heading your way. Alternately, you may be looking for a renewed sense of freedom somewhere in your life. Horse medicine asks us to examine the balance between the

instinctive and tame parts of ourselves. When calling on horse in your life you embody strong personal drive, expression, vitality, and physical and inner strength.

KIM DUNHAM SPIRIT ANIMAL RING *goop*, \$2,400



EAGLE

We are asked to look at life from an eagle’s-eye perspective. In flight, eagles are able to broadly view what is below them while still being able to hone in on specific items with their laser-sharp sight. Being an eagle requires looking at life with a wide lens and not getting tripped up on daily details, or looking closely at

minute details in order to see life from a broader perspective. Eagles provide vision, wisdom, strength, and courage. The eagle allows us to soar to new heights and lets us know when the winds of change are coming.

KIM DUNHAM SPIRIT ANIMAL RING *goop*, \$2,400

In certain cultures and spiritual systems, there is a belief that we each travel with a cadre of spirit guides, which also includes animals.

COULD THIS HAIR TREATMENT CHANGE YOUR LIFE?

Renowned stylist and colorist Andi Scarbrough blends spiritual psychology with transformative salon experiences —incorporating body and energy work, essential oils, crystals, and more.

VEDANTA: WHY ARE WE ALL SO UNHAPPY?

At its heart, Vedanta revolves around developing the intellect: That we are all unhappy because we drive our lives forward using only our minds, which are the seat of emotion, likes, and dislikes—we need our intellect, the seat of reason and rationality—to keep the rambling and anxiety in check.



LION

King of the jungle, lions teach us how to embrace our personal power and self-confidence as well as warning us about threatening situations in our lives. We learn strength, assertiveness, and leadership. The lion may also be letting us

know it is time to deal with anger, authority issues, fears, aggression, or control-freak tendencies.
KIM DUNHAM SPIRIT
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RABBIT

Rabbits are associated with procreation, desire, and fertility...f*%k like a bunny, right? Rabbit lets us follow our intuitive instincts in an alert, quick-witted way. Rabbits' heightened senses invite us to use cleverness and fast

reflexes to succeed, as well as sense fear and danger.
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FOX

Sly like a fox, this animal is a great ally to have when you are facing a tricky situation or encountering obstacles. Foxes are cunning, quick-thinking, intelligent, deceptive, and sometimes tricksters. The fox teaches us how to get around obstacles fluidly

instead of facing them head on with the same bag of tricks. The fox can teach us increased discernment in situations having to do with business and relationships.

**KIM DUNHAM SPIRIT
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SNAKE

What does a snake do? It sheds its skin over and over again. When a snake appears in your life it represent healing, transformation, and life changes. As a snakes sheds its skin, we shed layers that are no longer serving us. The spirit of the snake is connected to our life force. As a reptile,

it symbolizes our primal needs and instincts. Snakes can provide guidance about life changes and

**KIM DUNHAM SPIRIT
ANIMAL RING** *goop,*
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What is an "animal totem"?

An animal totem is a symbolic representation of your animal guide. It can be represented in the form of a totem pole, talisman, emblem, crest, statue, or jewelry. A totem can symbolically represent a whole group of like-minded people, a family lineage, or an individual. Totem animals are believed to be the animals that we feel a very strong connection with and can influence us throughout our lives.

In shamanism, an animal totem is meant to be a representation of the traits and skills that you are supposed to learn, acquire, or embody.

Totems have been used in shamanistic practice throughout human history. Hunters and warriors from ancient civilizations would depict their prey on walls during ceremonies to bless and ensure a plentiful hunt and to acknowledge, bless, and thank the spirit of the animal being sacrificed. Ancient tribes, religions, and spiritual traditions have all in some form embedded animal symbolism into their practices.

Many traditions believe that a totem animal is one who stays with you for life, both in the physical and spiritual world. Though people may identify with different animal guides throughout their lifetimes, it is this one totem animal that acts as the main guardian spirit. The animal at the top of the totem is believed to guide you in all aspects of your life: mentally, emotionally, spiritually, physically. Although you will most likely identify with different animals throughout your life, the totem animal acts as the main guardian spirit, in other words, your “ride or die” spirit animal.

Totem Traditions: 9-Animal Totem

Native American traditions believe that we are each connected with nine different animal guides that accompany us through life. You have a totem animal within each of the seven directions: north, south, west, east, above, below, and within yourself. The other two animals are believed to walk on either side of you.

North: Reminds us to live in gratitude, and when to listen, and when to speak.

South: Protects our inner-child and reminds us to stay humble and have discernment in who we trust, and when to trust.

West: Promotes trust in your inner-knowing, and discernment around goal-oriented tasks.

East: Guides you to, and through your greatest spiritual challenges.

Above: Governs the dream state, and reminds us that we came from the stars and we will return to the stars.

Below: Explains how to stay grounded and on your personal path.

Within: Guides you on a personal path that makes you happy.

This is the protector of your “sacred space” or personal space—the place that is never accessed by anyone unless invited.

Right Side: Protects the masculine side of the body and all characteristics that are associated with this idea—like courage, fire, force, action, doing, and movement.

Left Side: Protects the feminine side of the body and all characteristics that are associated with this idea—like flow, receiving, mothering, relationships, being, and intuition.

Totem by Type

You can call on an animal during specific occasions:

Protectors: For strength, energy, warning of danger, and strategy. Call on **LION!**

Teachers: For accessing your own inner wisdom. Call on **EAGLE!**

Healers: For times of mental, physical, or emotional illness.

Call on **SNAKE!**

Advisors: For choices, decisions, path, guidance, or direction when lost in life, or literally where you have no cell service—call on **FOX!**

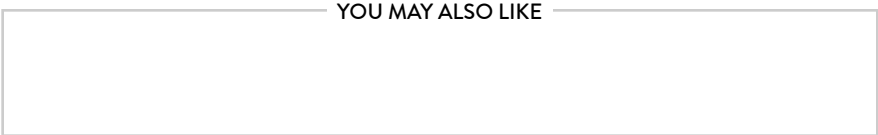
Q

Shortcuts for learning more?

A

There are two great apps, [Indie Goes](#) and [Earth Magic](#). And there are many quizzes: [Spirit Animal](#), [Brainfall](#), [What Is My Spirit Animal?](#), [Spirit Hoods](#), [Jeri Smith](#).

Colleen McCann, fashion stylist turned energy practitioner, has traveled the world in her studies of deeply rooted spiritual traditions and rituals, and beauty in many forms. She is a certified shamanic energy medicine practitioner and now lives and practices bi-coastally, with posts in LA and NYC. Her work with clients focuses on achieving a sense of balance, wellness, and fullness, and utilizes a combination of crystals, color theory, chakra systems, astrology, naturopathy, and Feng Shui principles.



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