



STORIES & INSIGHTS

Meet Christina Santini

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16 HOURS AGO

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We caught up with the brilliant and insightful Christina Santini a few weeks ago and have shared our conversation below.

Christina, appreciate you joining us today. Do you think your parents have had a meaningful impact on you and your journey?

I have never liked boxes and have always had a strong desire to be able to be creative and see how my efforts could shape my own destiny. And those are traits I deeply value today,



sandbox-level arguing and segmented societies. This has also to a large degree been how we have practiced health care: conventional vs. alternative medicine rather than a more integrative and cross-disciplinary approach.

Both my mother and father have been very independent, hardworking, loving and relatively low-complaint types of people who have focused on ideas, concepts and values. While I lost my dad while I was still a kid, a lot of the later upbringing and responsibility thus landed on my mother,

After my dad passed away we didn't have much, yet my mother worked hard and made sure we could travel and have experiences rather than "things". I look back today and realize she was particularly focused on that I develop skills to navigate in life, that I was able to stand up for myself and unafraid to go against common concepts, if they seemed questionable/ clashed against my own values along with that I have compassion for all living creatures.

I never heard my mother complain much in life, and this is something I deeply value today: people who act rather than complain endlessly. And I have come to realize that way too many of us need to stop playing the victim and take action. Rather than sulk around in our misery, we need to act our way out of it – regardless of however small steps we might be taking. We just need to start walking and stop talking so much.

That said, of course we need to make room for being broken and to have self-compassion and to allow ourselves to fully feel the pain of whatever has happened to us, otherwise our trauma will become our destiny, and far too many of us live lives shaped by a traumatic incident that happened when we were young. And instead of working through it consciously and revisiting what happened and allowing ourselves to fully process it emotionally, we choose to repress it and thus end up with emotional instability and anger management issues that affect the rest of our entire life and pushes people away from us. This is very sad, because while we might have been the victim in the past, now we are creating disharmony in our future by reacting from a place of hurt in a our past which keeps the cycle alive.

We also need to realize that almost every single person has been or will be going through gut-wrenching suffering in their life, and it is not a competition of who has it the worst.

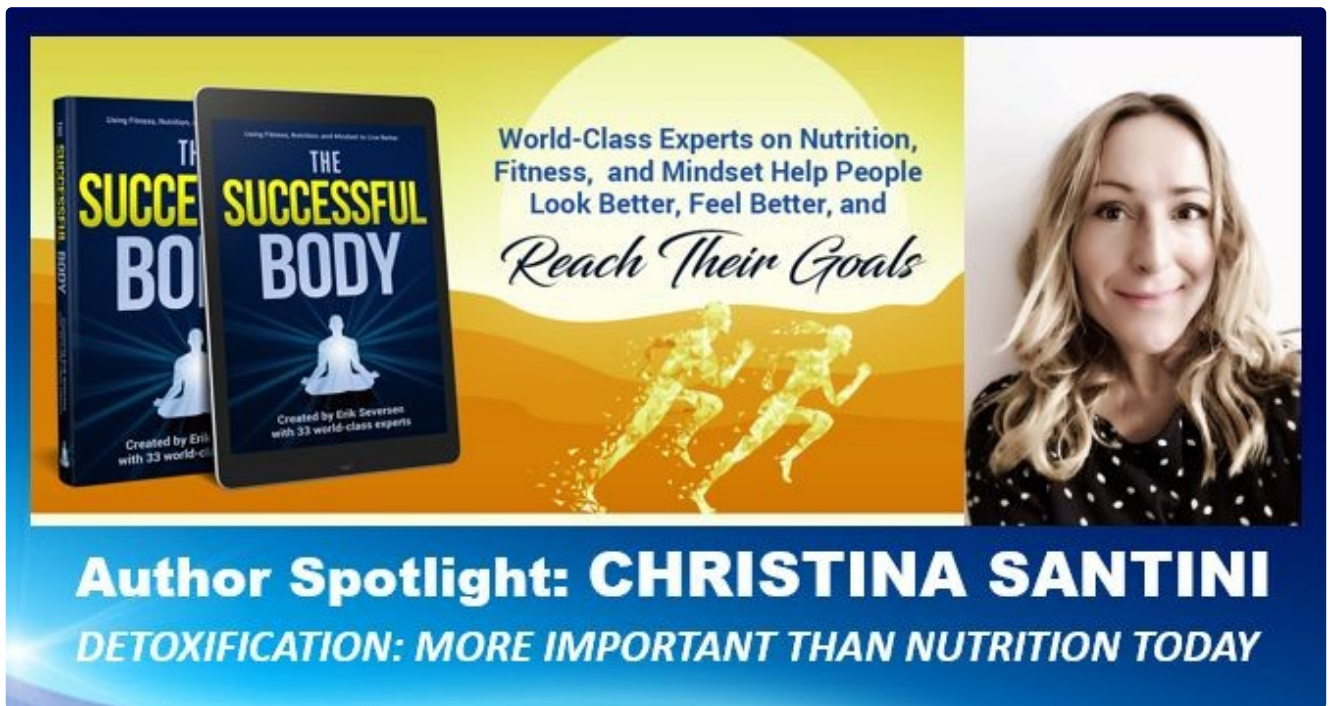
While it can be part of the healing to talk through pain – if this goes on for years, we are making a choice (conscious or not) to stay stuck in our misery, rather than take action and

create a better life. And we will choose to stay stuck as long as the pain of change seems greater than the comfort of staying stuck.

This is something that is deeply ingrained in me, and I recognize in my own life when I am getting sucked into this mind-trap of victimization. If I allow this sometimes reasonable feeling to linger for too long, it will impact me negatively and drain the daylight out of me. It doesn't make me feel empowered in any way, it makes me feel weak, lethargic and incompetent. I think this is important to remember as we as a society are going through a collective victim-mindset at the moment. While speaking up for ourselves if we have been wronged is certainly important, we do need to realize that if we want what is best for ourselves, we need to stop being the victim at some point and act the way, we want to be treated. Actions and responsibility create self-worth and empowerment, being a victim for extended amount of time does the opposite. As humans we need to feel empowered to thrive – and this is only something we can do ourselves. No one can rescue us from our own limiting beliefs – we need to get real tired of our own none-sense and get a healthy feeling of entitlement: we are worth more and we will create the life we want for ourselves. At the very least start walking towards it, and certainly something else will come out of it, rather than the mud we have been stuck in. A little bit of healthy entitlement combined with anger is typically what can get us out of that lethargic poor-me victim mindset. And we need this to move. Anger can be a powerful force to get unstuck – although it should be calmed down once we get moving, otherwise we end up with narcissistic personality traits that are equally as toxic, if we “over-entertain” entitlement and anger. Nevertheless I think it key to figure out how to use various emotions as tools to get moving – and then step back and balance it out by doing an opposite action. This is part of the rhythm of nature – we move, we act – and then we retract and reflect. We need to reflect after acting to understand what is our why for doing in the first place – otherwise we are just acting like busy bees for no real reason. Currently, we also have issues with many of us being addicted to always doing as a means to prove our self-worth and get validated, which is a sad, disconnected and stressful way to live – never being able to relax and just be. Always this need for external validation – and it is a trap I think quite a few of us a prone to fall into if we are not aware of stepping back and reflecting more.

The fact is, change is doable when we want it bad enough, and when we can let go of black-white thinking and accept that the most important thing is simply to start walking and stop talking so much. I feel grateful that both my parents have been doers rather than talkers. Even though I sometimes struggle as a human being with walking the talk myself, at least I am aware of the slippery slope and know I need to walk back at some point unless I want to

create my own misery. In the majority of cases we have a lot of control of our life – of choosing to create a better life with more harmony and happiness. But a lot of us refuse to take account for our actions, and don't want to face the consequences of our inactions – and so we complain.



The graphic features a yellow and orange background with a sun-like glow. On the left, two books titled 'THE SUCCESSFUL BODY' are shown, one in a hardcover and one in a tablet format. The text reads: 'World-Class Experts on Nutrition, Fitness, and Mindset Help People Look Better, Feel Better, and Reach Their Goals'. Below this, a glowing silhouette of a runner is depicted. On the right, a portrait of Christina Santini is shown. At the bottom, a blue banner contains the text: 'Author Spotlight: CHRISTINA SANTINI' and 'DETOXIFICATION: MORE IMPORTANT THAN NUTRITION TODAY'.



Awesome – so before we get into the rest of our questions, can you briefly introduce yourself to our readers.

I am a certified Clinical Nutritionist with ongoing education in biological medicine, and have worked with functional medicine for medical doctors in The States and in Europe and in my own private practice The Nutrition Clinic for 15+ years. I specialize in chronic illnesses and advanced lab testing: understanding how things like environmental toxins and mold play a huge impact in many of these so-called “chronic” illnesses, whether that be something is “simple” as migraines or digestive disorders. Accepting a deteriorating health is simply unacceptable in my view – oftentimes we can make things a lot better if not reverse it. But change takes effort, consistency and faith. Change is never easy but it is possible in the majority of cases.

My work allows me to think creative, analyze cause and correlation and piece the “health puzzle” together: to do the best we can today to attempt to solve complex issues for my clients by combining conventional health care with newer scientific findings.



How'd you build such a strong reputation within your market?

Satisfied customers. I know how important good customer service is and have made a priority out of understanding how to best meet clients' needs and anticipate them before they happen.

While humans can be very complex beings, especially when they are sick, I have found that the more structure, routine, expectations alignment, reliability and small thoughtful details you integrate into your business practice, the less hassle you'll have down the road. And when clients can see improvement happen after 3 months when we do a thermography scan of follow-up labs that is key to keep them going, as symptoms can take longer to improve. So it is critical to have some factual measures in the interim otherwise we lose motivation.



Burberrys forårssamling blev et stort succes, og det var en fantastisk succes. Det var en fantastisk succes. Det var en fantastisk succes.



SÆSONENS STØRSTE OVER- RASKELSE – det, der utvivlsomt bliver et stilistisk paradigmeskifte i moden – blev leveret af Burberry, Englands mest berømte modebrand. Det er ingen hemmelighed, at Burberry har trillet i det og rent *hype*-mæssigt efterhånden var blevet så stort, at det var svært at se det som en italiener til – den tidligere Ricardo Tisci – for at føre det traditionsrige erhalingsbanen. Selvsagt havde de fleste børn været i den øvelse – især ikke fra en designer, som på en sexet neo-gotisk *glam*-æstetik. Men i med jævne mellemrum sker, når en ny designer *ritage brand*. Modens kurs ændres med et slag, og lige midt i solar plexus. Sidste gang, det na Gvasalia debuterede for Balenciaga i 2016 og derden om, at *normcore* var vejen frem. Og sådan på godt og ondt. Realismen kom til at spille en rolle for den måde, vi styiede os på, og modeller blev med hver deres mere eller mindre charmerende, og var hot. Med Tiscis vision for Burberry – på 134 looks i et gigashow, der kunne have været *Beige* – står det klart, at der er kommet en ny, moden. *Chair is back!* Ahhh og uh-la-laaa! Odet sæsonens hotteste buzzword, hvis det står til mig, flatterende, elegante og på sin vis, er det er klar til at give den trætte *normcore*-bølgerne lidt kvalificeret modspil. Mange antager, at det er bare glem, hvorfor vi generelt begyndte at...

...
 FN, S/S 2019, kommer realismen til at krybe ind. Det bliver de store forandrings sæsoner, som på alle niveauer bliver den vindende strategi får frit løb, og hvor de grådige narre og et der fortæller om hver på skærmen. •

ELLE, min karriere



CHRISTINA SANTINI

Ernæringspecialist med speciale i biologisk medicin og mellemliv af sundhedsrådgiver. The Nutrition Doctor, 34 år. Fungede tidligere som ernæringspecialist for VitaVita Health Clinic, særkonsulent for Kildes Hvidovre Hospital, der behandler specialiseret i København. Uddannet fra Metropolitan i København. Uddannet i biologisk medicin, i klinik laboratorievidenskab og i avancerede Desuden certificeret termograf tekniker og yogalærer. Se mere på ChristinaSantini.com og på Instagram @johannekristina



Christina Santini, klinik The Nutrition Doctor, er en del af Kvalitetsklubben Business Hub Office Club på Kgs. Nytorv

MIN KARRIERE

Ernærings-specialisten

For ernæringspecialist **CHRISTINA SANTINI** er det altafgørende at finde årsagen til, hvad vi har af sundhedsmæssige problemer, og løse dem med skræddersyede planer. ELLE mødte hende.



Andetage, Ganni, 2.200 kr.
 Yngste indkøb, Tine Tjørns, 18.870 kr.
 Jeans, Tommy Hilf, 900 kr.
 Mørke rød jakke, Calvin Klein, 1.700 kr.

Det var en bog af Henrik Ronsbo, psykolog med speciale i alkohol- og tobaksbrug, der i hendes gymnasiale tid vakte Christina Santinis interesse. Bogen omhandlede hjernens og hvordan man kan påvirke denne. Fordi omfatter hjerne, som bygges op af signalstoffer i hjernen, blev hun interesseret i, hvordan man kan påvirke vores hjerte, hjerne m.m. Hun læste derfor human ernæring, hvilket ikke ud-dannelsen, specialiseret nok i komplekse behandlinger af syge mennesker, som var hendes ønske. Christina Santini, der er fjerdt amerikansk, flyttede derfor til New York for at arbejde for 'celebrity' doktoren dr. Braverman, hvis begreb om hjernens hjerne havde læst i New York og ikke bare hendes (med egne ord) 'overfløede dem om at arbejde på Park Avenue, på i stierne og have en attachemappe under armen' i oplyselse, her lærte hun også at håndtere et bredt spektrum af sygdomme, først blodprøver og laboratorieprøver og senere senere i nærtliggende behandlingsplaner hos speciallæger, psykologer og kirurger. Efter nogle år i New York med en søster, der konstant bopædede, flyttede Christina Santini til LA, og åbnede som 26-årig sin egen praksis, blev certificeret termograf tekniker (så hun med ultralydsskærme kan spore inflammation i kroppen) samt uddannede sig til yogalærer. 'For det gør alle, når de er i Californien'.

BEHANDLER ÅRSAG FREM FOR SYMPTOMER
 Efter fem år i Californien flyttede Christina Santini tilbage til Danmark, hvor hun i 2017 åbnede klinikken The Nutrition Doctor på Kgs. Nytorv i København. Her kommer bl.a. klienter, der lider af cancer, autoimmne lidelser, søvnmangel, spiserforstyrrelser, migræne og infertilitet. Både i Californien og herhjemme var og er hendes fokus det samme, nemlig at trænge ind i årsagen til et symptom, behandle kernen. 'Mange af os går rundt med et diagnosticeret, der kunne være eksem eller cancer, men så længe du kan ikke finde ud af, hvad der faktisk er sygt, så er du ikke i stand til at løse det', fortæller hun og fortsætter: 'Jeg kan finde ud af, hvad der faktisk er sygt, så er du i stand til at løse det'. Og der gør jeg via nogle laboratorier, der kun er tilgængelige i udlandet. Mit klinik hedder The Nutrition Doctor, fordi det er en nærtliggende klinik – jeg konsulterer med to forskellige læger (USA om bl.a. laboratorieprøver og scanninger). Det giver mine klienter en trykkel af både, at det er en kombination af både læger og ernæringspecialisten, der er involveret. 'Något af det, de amerikanske læger kan give svar på, er kemiske og funktionelle blodprøver i kroppen', hvilket følger Christina Santini er roden til meget ondt, og som hun derfor i den grad efterlyser, at vi også i Danmark kunne undersøge patienter for. Derudover er virkelig disponering også et felt, Christina Santini finder meget interessant, og følger hende handler det om hurtigst muligt at blive klar over, hvad man er disponeret for – det kunne f.eks. være cancer eller maldig som f.eks. alkohol eller overspisning – for det kan forebygges.

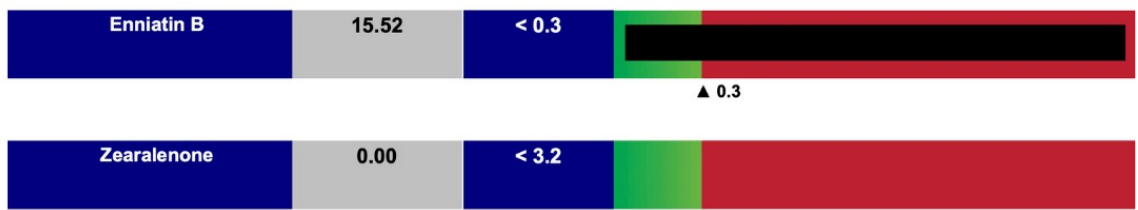
ONE SIZE DOESN'T FIT ALL

Netop disponering er derfor også en af de ting, man som klient hos The Nutrition Doctor kan blive undersøgt for. Efter et top til bålæk af kroppen kigger Christina Santini ikke blot på disponeringer, men også på, hvad der er af sygdomme, hvordan den medicinske historie og familielæstikken ser ud samt selvfølgelig, hvad klientens mål med konsultationen er. Ved næste konsultation har hun konkluderet med lægen i USA og manuelt udarbejdet et 10 ugers skræddersyet sundhedsprogram, der bl.a. beskriver, hvad klientens talerter kan bestå af, hvilke fødevarer, der skal udelukkes, hvilke 10 fødevarer, der for specifikke medicinske egenskaber til de problemer, som den enkelte har, samt hvilke kosttilskud der vil være gavnlige. 'Dg det er evidensbaseret – jeg gør ikke noget, der ikke er evidensbaseret', som hun siger. I det hele taget er hendes tilgang til ernæring på ingen måde 'one size fits all'. Også derfor 'leder' klienterne, som f.eks. streng vegetarisk kost eller Keto-kuren hende, fordi de ikke tager hårde løs, og vi er optaget af individet. Christina Santini vil meget gerne væk fra tankerne om en bestemt 'bestehing', inden for kost, for det skal være plads til, at man som fagperson kan udvikle sig. 'At der hele tiden er mere at lære, er i hvert fald nok sikkert', siger ernæringspecialisten.

Compassion, boundary-setting and patience. As a female I think a lot of us struggle with both being compassionate yet also setting boundaries. Health care practitioners are notoriously known to struggle from practitioner burnout, because it is emotionally demanding to handle sick people as humans are unfortunately not machines that you can hand over a set of guidelines and then expect them to follow. Humans are complex, messy and complicated – and when you work with humans you have to learn how to set boundaries and understand human psychology, if you are not going to burn out in the field.

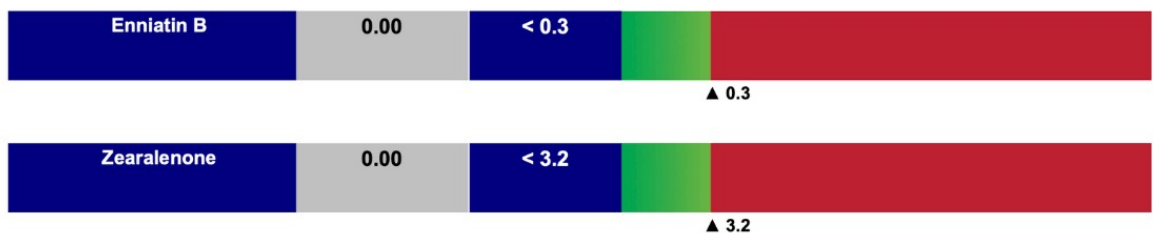
SYMPTOMS BEFORE: CHRONIC FATIGUE + JOINT PAIN

Fusarium



6 MONTHS LATER: NO SYMPTOMS

Fusarium



Contact Info:

- Website: <http://www.christinasantini.com>
- Instagram: <https://www.instagram.com/forkmedicine/>

- **Facebook:** <https://www.facebook.com/christina.santini/>
- **Linkedin:** <https://www.linkedin.com/in/christinasantini/>

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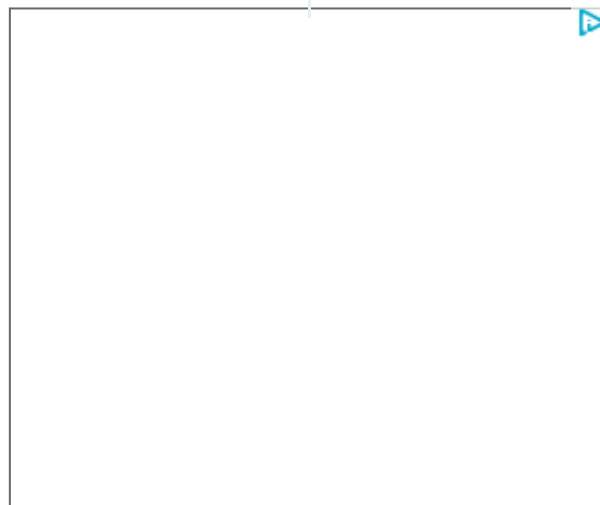


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