



EPISODE 104

Bridging the Gap with Dr. Shanicka Scarbrough

See notes at: www.drberriepierre.com/LLP104

Introduction:

Dr. Berry

And welcome to another episode of the Lunch and Learn with Dr. Berry. I'm your host, Dr. Berry Pierre, your favorite Board Certified Internist. Founder of Dr. Berry.com as well as PR medical consulting. Helping you empower yourself with better health with the number one podcast, where patient advocacy helping you empower yourself with better health. This week we have an amazing guest. A good friend of mine, Dr. Shanicka Scarbrough who is going to educate us on how we bridge the gap.

We get to talk about National Minority Health Month. We get to talk about a lot of her endeavors. Because she's a phenomenal woman who just does absolutely amazing things and is probably busier than me, right? And I know I know a lot of people say I'm busy. With this one, she is a busy one. Like this kind of doors and my works, like she makes me work a little harder when I see the amount of work that she gets done.

So quick bio. I know you guys need that credibility boost so you know like hey, make sure Dr. Berry is just talking to anybody. Dr. Shanicka Scarbrough a.k.a. America's favorite family medicine doctor. Graduated from the University of Illinois College of Medicine in 2009. She completed her family medicine residency program at Advocate Christ Medical Center in 2012. Since then she has gained invaluable experience as a board-certified family physician.

She has had the privilege of owning and operating a private medical practice. She is a bestselling author with four titles including *As the Wind Blows* Vol. 1 and 2. As well as her *Daily Journal Series* where she emboldens women to take one step closer to Christ and a longtime physician entrepreneur where she teaches at a physician and physicians in training how to start her medical practice. Currently, Dr. Shanicka is the Medical Director of Black Doctor.org and works as a wound care specialist in Sacramento where she lives with her husband Pastor Darrell Scarbrough and their three rambunctious dogs.

Dr. Shanicka mission is to be transparent about her life in hopes and share her testimonies will help bring others closer to God. Haven't been the featured MC of the *Diva M.D.* radio show on urban broadcast media as well as a variety of other platforms on television social media. She speaks in various educational inspirational settings travels internationally including Haiti and many countries in Africa to extend her knowledge skills and expertise around the globe and you do and you'll have the links to her website and her daily general series that I think you guys all need to pick up because it's absolutely amazing. And like I said you know this is amazing person right. And again weekly, we talk a lot about her work with Black Doctor.org or we talk a lot about her work with the international mission trips as she does.

So you just got to sit tight and be ready for another great episode but remember before you do that make sure you hit that subscribe button. Make sure you share this with a friend of yours. Tell them to hit the subscribe button and leave 5-star review. Dr. Shanicka 5 star review. Let her know she did an amazing job and you guys have a great take. You're ready for an amazing episode.



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Episode

Dr. Berry:

All right, Lunch and Learn community. Again, you heard amazing intro from not only a person I respect in the health community especially when it talked about minority health and it talked about physician empowerment. But a friend of mine, Dr. Shanicka Scarbrough, who is, you know, really helped educate us on, you know, obviously when rational minority health needs. You know, what the roadblocks of being an author. You know, why, as she kinda, taken upon herself to get physician out there, own way. You know, put the pen and paper. So definitely excited about today show. And again, Dr. Shanicka Scarbrough, thank you for coming.

Dr. Shanicka Scarbrough:

Thank you so much for having me, Dr. Berry.

Dr. Berry:

Again, again, Lunch and Learn community, I can't hide this person enough. Again, I think, things were going on almost 3 years now I think and it's (Yes, sir). Quite some time and as see, we both see each other grow. Its pace is been absolutely amazing and I'm the biggest geek fan. I watch a lot of my colleagues from afar. Do amazing things. So I knew Lunch and Learn community, that I needed to get her, you know, to educate us a little bit and talk about some things I think is important. Especially in this month that we're in now when we talk about National Minority Health Month. Again, first of all, before that, Dr. Shanika, please tell Lunch and Learn community a little bit about yourself and you know, they may not know, they may not read the bio about of.

Dr. Shanicka Scarbrough:

Absolutely. Again, thank you, Dr. Berry, for having me on your podcast, Lunch and Learn. This is an amazing platform. I am a geek as well, looking from afar (laughing). And all of you guys do some amazing things and watching you all, do your amazing things is actually what motivated me and some of the positions that I have now, to be able to amplify that. So, super excited about that and we can talk about that and just a bit. And I am back, Dr. Shanicka Scarbrough, formerly Dr. Shanicka Williams. Scarbrough came two and a half years. No. Yeah. Two and a half years.

Now, my husband is a pastor. We are originally held from Chicago. Then we moved all the way to Sacramento, California. Our work, he has called to pastor church. My church, Homboss church in Sacramento. So I'm super excited about what God is doing in the city of Sacramento itself and our church community. I am a Board Certified Family Medicine Physician. I went to the University of Illinois at Chicago College of Medicine (laughing), in hometown 2009. And did a residency in family medicine. I'm an advocate of Christ in 2012. Since then, I have a multitude of opportunities and things to do within the family medicine scope. That's really shaped to why become as a physician as well as some of the physicians that I currently have. I am currently the medical director of Black Doctor.org as of September of 2018.

And I am a skilled wound care physician and that's a wound care specialist where I going to nurse and council. I take care patients who have wounds, all types of wounds, diabetic wounds, pressure ulcers, so any wounds that inspection, any wound that you can think of, I'm taking care of those, in the nursing homes. And over the past, since September, actually been able to prop of my lifestyle to fit the way I wanted to look. You know, as a physician. It's always a tough thing to do. (You're right about that). Yeah. (Laughing). That's always a tough thing to do but I think right now, I think I fit that sweet spot. So, yeah. I'm excited about what happens in medicine, what happens in the African-American community, as far as the physician, and the growth of physician in medicine, increasing the diversity in medicine. So all of that is important to me.

Dr. Berry:

Love it. So again, Lunch and Learn community until you see, some special. I usually, I guess. I got a lot of special friends and she's definitely one of them and you know, I thought of, depending on where you listen to his month of April, National Minority Health Month which obviously, I'm biased, right? Because a minority, as a physician, I'm keying to a lot of the different concerns that the, especially the African-American male faces on a daily basis when it comes to healthcare. Obviously, tell us, especially with the month going on as it is in your role at Black Doctor.org. What does national minority health month kinda mean to you?

Dr. Shanicka Scarbrough:

Yeah, absolutely. So, I've always had a passion for the African-American community, not just because I'm an African-American or I'm an African-American physician. But because of our inequality in health. I have a passion for any person or group of people that are marginalized, that is decent advantage, especially when it comes to healthcare because that's my profession. That is what I see the most.

So, everything that I do is centered around career wise and education wise and getting the word out is centered around education, educating the minority population on health disparities, things that they need to know, to live a healthier life and that is ultimately how I became to be the medical director of BlackDoctor.org. So national minority health month is huge for me because I feel like, it is my duty (strong word). It is. It is my duty, not just in April, right? Not just in February, you know. It's my duty on a daily basis to educate and whatever that's look like. That's what I'm gonna do.



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Whatever capacity or role that I'm in. That's what I'm gonna do. So I'm a first lady of the church. We have the first lady's health initiative where we are around the country. We have chapters around the country that focus on health in the African-American churches. So I didn't want just to be a pastor's wife. I didn't want just to be a pastor's wife right? I used my platform to educate and that it's all about. So National Minority Health Month has just been an exemplification of what my goal is to do on a daily basis, every day of the year.

Dr. Berry:

And it's so important, right? Lunch and Learn community. We talked about various diseases here in a podcast, where diabetes, heart diseases, and immortality and birth. You've heard them (Absolutely). And the minority seems to be more adversely affected by it, right? So it's definitely something that drives a lot of us to really want to do more because we need to do more, right? It's a duty. A lot of us really feel like it is our duty to do more because if we don't if we continue to trend, right? It's not gonna be good.

Dr. Shanicka Scarbrough:

It's detrimental to our community. Absolutely.

Dr. Berry:

I like. Actually, it's a first lady, what is that?

Dr. Shanicka Scarbrough:

So a first lady is just a pastor's wife. (Right). If you are a pastor's wife, your pastor having a church, you are considered especially in the African-American community to be the first lady of that church. And if you can even see me but I'm putting up air clothes, as I'm talking. So you know, there are a lot of people like you know, that take that role very seriously and you know, unfortunately, but fortunately, people, they follow you, like that. Because you have that role. So I don't want to be, miss in my responsibilities and that's what God is calling me to do. Any opportunity, it's not just a title to me. Any opportunity that I have, I gonna push God's agenda, all the time, every time. (Love it). And He has a passion for the marginalized.

Dr. Berry:

Speaking of roles, as a medical director, again, I've always been familiar about Black Doctor.org has been, one of those websites, even as a medical student, as a student, oh ok, this is speaking to me, right? And I'm always, always keen to stuff that, kinda speech directly to me. SO that, I actually love the way website. Obviously, you have been the director. What's the rule kinda and tell them what some say that you know what, I can do this?

Dr. Shanicka Scarbrough:

I'm always pushing whether act to do this. That is always the question of my life, am I qualify for this? Am I doing just fine? But, so, actually, Black Doctor.org, I became aware of them because they are Chicago-based company. Maybe a company. And I've always loved looking at their articles, receiving their newsletter, all of those things. So kinda develop he relationship with the CEO, over the course of many years. I did a few educational Facebook live for them while I'm living in Chicago and even came back.

And you know, once I move, but because of that relationship, the rapport that I built with the CEO, I was able to relate to him some of my passions, some of my desires and some of my frustrations, about the way medicine was going and share with him some of the jobs I was working in frustrated me. And you know he's a business mind and ok, let's create some solutions. All right! Let's do it. Officially, as of September of 2018, I became their very first medical director Black Doctor.org and my role is essentially is to create programs and services that ultimately connect positions with the patient. And one of my ideas was what we just launched last month.

Web video connects directory. Is a directory, culturally sensitive positions. So that patients can go on our site. Our site already has over a hundred thousand kids a day where patients are looking for doctors. So we have to find a doctor feature. Now, we are building our list of African-American physicians that are culturally sensitive physicians. You don't have to be African-American to be a part of our directory, but it does mean that you have a passion for decreasing the health disparities in the African-American community.

So yeah, so we're building that directory right now as we speak and positions across the nation are joining and we are hearing testimonials of a patient coming to the doctor office saying I found you on Black Doctor.org and I trust you. That in itself, ok look, we are on the right track. We are growing, we supposed to do. In the ultimate goal is to really bridge that gap and help disparities present patients with physicians that they trust so that they can get good access to care, that's the bottom line. That's our ultimate goal in any of the products and services that we create.

Dr. Berry:

Now was especially that first business of just connecting patients to physicians. Was that something that a lot of the viewers and people come to a website that ask for, hey, how do I found one in Detroit? How do I found one where I living?



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Dr. Shanicka Scarbrough:

Absolutely, we would see that questions all of the time. Like our facebook page, in our customer support, asking where can they find physicians that look like them or as culturally sensitive. You would also see it. Even if some of our doctor's work. People don't know that we have a small community or even a large community of doctors where we talk to each other across the nation and we would get the question of, hey looking for African-American doctor in Philly, that you now, see OBG.

We would have those conversations among ourselves because we want to refer our patients to people that we trust. So it was twofold, you know. Not only with the consumers asking but also the doctor. I wanna, need a doctor that I wanna send my patient too for, especially to care or happy is. I'm so, we are definitely trying to fill that void and make that easier for people to connect.

Dr. Berry:

And Lunch and Learn community, I wanna really stress on, I think we talked about this in the past. It's already been shown that if you're doctor shares similar characteristic like you, it kinda looks like you, you are one more likely to follow the direction, you're more likely to take the medication was supposed to and see them when actually supposed to. It adds to the cycle of becoming healthy and getting healthier. When you actually follow the direction of the doctor.

Dr. Shanicka Scarbrough:

Absolutely, absolutely.

Dr. Berry:

I remember, there was a doctor, I forget, where the person I suppose to be while back where the family didn't speak in English, English were not there primary language and the physician actually upset that the person can't speak in English. Speaking of a non-culturally competent physician. Like that's where a lot of people run into. They run a lot of physicians who don't respect their culture, don't look like them and can't relate to them and this is no way they can possibly treat them to best of ability. So I'm definitely excited about this, the connection.

That's really it is. I know a lot of time when people talk about these disparities. They always say they would just go to, they can't really find them. It's not that they don't want to go to OB, they really don't want to go to PH, and they really can't. They don't know where they're at. (Exactly). Not a twofold part because again actually, me and Dr. Shanicka talked about all time, a lot of us physician, we don't do that a bit job, let folks over here, right? If you've heard Dr. Shanicka, she let you know she's in the building, when she's here. There is no question about it. But a lot of us, unfortunately, what we did during medical school, during our residency, we get to a place, we don't tell people, hey this is why you need to come to me. Definitely thankful for, Black DOctor.org just can able to say hey we gonna do the legwork for you.

Dr. Shanicka Scarbrough:

Yeah. And we're also, our goal is to be able to offer cultural sensitive training as well. So hospitals and organizations can offer webinars or seminars or some type of didactic so that they are able actually to get culturally sensitive training, right. For all of the physicians. You know, we need it. I'm not just saying that just African-American. Listen. If I have Chinese patients or I have Korean patients, or I have Muslim patients, I wanna know culturally acceptable, right? (That's so true.) We can all use it, you know. That the United States is supposed to be united. (Talk about it). Laughing. Just say it.

Dr. Berry:

Speaking of United, again I want to, you know, Dr. Shanicka business right, before. For those again, if this is the first time you've heard of her. She does now only amazing work here in the United States, but she, let her said, her passport is full. She might already on the second book. I don't know even know. Right? She probably in the second book. Because she is, not only the Christian to the world of health care right? In the United States and try to get us together. But she does outside the country. Can you tell Lunch and Learn community, just a little about your international work, right? What's influenced you? Again I'm in awe in some of the stuff that you do.

Dr. Shanicka Scarbrough:

Laughing. Let me just tell you. The guy blesses my feet. He's definitely blessed my feet. In the past year and a half, I wanna say. I have been to Africa five times. In Haiti in May, it would be at least three or four times. I try to lost count. But I go again, I go again in May. I was, actually really blessed to come across a young lady Sheryl Posla, a missionary for Christ, whose vision and the mission was so completely in line with everything that I stand for. That I have not on a mission trip without her and her team yet.

So every trip that she's goes on that I'm able to go on. I just go. I just go. We've been in too many parts of Africa. We've been to South Africa with our church as well. We've been to South Africa, West Africa. You know, a lot of different parts. Burkina Faso, Chad, Cameron, like Kenya, it has been, which the other one, I trying to, I see it in my head and I can't, oh Ivory Coast.



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Dr. Berry:

If you like Lunch and Learn, I tell you, you thought I'm playing if I said she's in the second book. I think you know, the first book is like, put away somewhere.

Dr. Shanicka Scarbrough:

No. Claim it, claim it. It's not yet but claims it. I'll take it. Yeah. So you know, her vision. I'm a Christian. I'm a follower of Christ. What we do is we spread the Word. Not only, will a lot of these countries not let you in. You know just to talk about Christ. Period. So she has few bringing medical care and treatment to countries all over the world and just so happen over the past two and a half, it's been, Africa. But she goes wherever she leads her.

And you know also, try to save souls. We have awesome times. We were usually gone for 10 days. We usually go three or four times a year. It has been you know, be most. I don't even know how to describe it. Amazing experience. If any physicians, whether you are a Christian or Muslim. Whatever you know, whatever you are, that holds no bearing for what God is calling you to do. But if you are a physician and have not done a mission trip. It puts the United States healthcare system on the front line. Ok.

When you see so many people that do not have access to care and the appreciation that they have for members to come and bring them medical care, to bring them to health education, to try to treat their diseases. I've seen miracles happened. I've seen patients who were ostracized by their country or by their tribe because of medical condition that they have that easily fixable, right? But they didn't have access to care. Just the stigma, you know, laid upon them. Just the feeling of gratitude to be able to assist them and to help them, to love on them. To come across the country for them. It just, it has been an amazing ride. If you are a physician and you have not done medical mission trips, you know, please, please, please. Get with the organization and go.

Dr. Berry:

Try to have Dr. Shanicka. (Get with me). And I think, you said a great point because I remember going to, I believe it is Jamaica and the act of gratitude. Like they were so happy that I was just saying hey, this is what you should take for blood pressure. Something that we take for granted. I'll be honest, we take for granted over it sometimes right? Just abilities, oh just take this medication, just do this here. And when you go to the country that you know.

Yes, we have some resource unavailability here in the United States. Like it doesn't even compare, right? Doesn't even compare when you go to these countries and just as you see the look of their face and just happy to talk to them. Because they are happy because they know the work that you have do just to come to their country. You know what, thank you. I've never heard so many thank you when I did a medical trip because they were just so thankful that I was just there to take blood pressure and to do vitals. It's just an amazing thing, with that sentiment. So you have heard basically what does mean.

Dr. Shanicka Scarbrough:

I am, oh my gosh. Yes. As many times as financially possible that I can go, absolutely I am all over. And when I say it put the US healthcare system in the front line. I hear some of these surgeons that are going out and operating, for instance, like cataract surgery, there's a doctor out in Kenya who does cataract surgeries and it costs the patient maybe \$20. Now \$20 to them is a lot of money, you know, and they have to gather their resources and they have to do the things they have to do to get that \$20 but what can you get?

You can't get to get Starbucks by yourself and get free and a cup of coffee and a Donut, \$20 you understand what I'm saying? That it costs, you know, thousands and thousands of dollars putting people in debt for surgeries that could be, you know, costs pennies on the dollar. So it, you know, it frustrates me the way our health, the direction our healthcare is turning to. It's really frustrating. And not only that and that's a whole another soapbox to get into.

Dr. Berry:

Well probably, we probably have to do a separate episode. Where do we upset about with them?

Dr. Shanicka Scarbrough:

Because you know, I can go in and I can go in all day long, (Yes.) on our healthcare system. Then I won't do it on this podcast Dr. Berry.

Dr. Berry:

No, that's a future one, that's a future one. Lunch and Learn community, she already says she'll come back for a second one so we don't, we gonna talk about the ills of our healthcare system. Just to get a look on our side.

Dr. Shanicka Scarbrough:

Yeah, absolutely. I'm all for it. I'm all for it. We got to make a change. Right? If we don't talk about it, we can't do anything about it.



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Dr. Berry:

I agree. It is speaking to talk about it. One thing that what I love about you as you love the document, right? One thing is people are gonna know what you're doing because you're going to let people know what you're doing. Right? Can you talk about just how important it is to really document one story and you know, get their truth out there?

Dr. Shanicka Scarbrough:

Absolutely. So I don't do it just so people can know what I'm doing. I'd do it because I want people's lives to be transformed. If I, if I could be honest with you, I'd transparent with you if I'd never posted again on a social media site. But if you were to look back from my post from 2010 where I was just posting to be posted versus you know, the posts that you see now, all of my posts have some transformative message.

Then I want you to get that, you know, if you are not born to get it anywhere else, you scroll past my page and at least gave it for me. You know, sometimes people say that your life is, you know, maybe the only Bible people read, you know. So, and I want to be a testament. I want to be a testament to God's goodness. I want to be a testament of if it mobilizes you to do good for someone else. Awesome, I've done my job. So that's, that is the intent behind my content of sharing with people. Is, I really want people's lives to be transformed. Whether their health, whether it's spirituality, whether you know, whatever the case may be. I want you to be transformed.

Dr. Berry:

And speaking of that, can we, can we just, can we talk about the, your, your, your journal series just to bring the Lunch and Learn community, just kind of talking about it again. And that's where I really want to really, really dive deep. And because I think one thing about you that I love is that your word is so consistent. It's been consistent for three plus years. Through ups, through downs. It's, it's just been this like, I want you, and depending on who you are, whatever the subject is, I just want you to do better.

Dr. Shanicka Scarbrough:

Yeah, no, that's that. That's it right there. You said it in a nutshell. That's how the Her Daily series, Her Daily Journal series was born. Um, I was literally in the car with my husband driving to you know, San Francisco or Oakland. Driving somewhere is fun. And God spoke to me and I said I needed to write a journal a month for the next year. And you know, see how that transform people's lives. And what it is, is every for the month or for the year of 2018.

The beginning, the end of 2017 to almost the end of 2018, I literally live in front of everyone watching. Wrote 12 books in 12 months and each one detailing some biblical principle. That you know, that and it's mostly geared towards women. That they can use to help them in their everyday lives. And that was one of the most difficult but amazing journeys I've ever taken in my life. To be able to hear God speak one thing and then see Him bring it to finish 12 months later. And the close of the journals was at the death of my mom right after the death of my mom.

So that final journal was, was dedicated to her. And actually, her death actually brought everything full circle for me and brought everything into perspective for me. And, and it just made me just love God more. So that was an amazing journal, that journal, you know, those journals are out and they can be used every, every month for the rest of your life. Yeah. I have people that are going through the journals for the second time. We're now doing a hard daily journal live online book club for women. So on the last day of each month, we go over the journal. That you know, what was going on for that month.

For April, we're going up a prayer daily chats with God, how much talks about how to pray prevalently and what that means, what does it mean to pray. So yeah, it's, it's been exciting. I've been, you know, I get so many messages about, you know, women's lives are being transformed by these journals and it's just a blessing. I didn't write one of them. Okay. I didn't write one of them. It was the Holy Spirit that led me the entire way. I thought I had a list of topics I was going to cover and God was like, (I got this, I got this) Laughing. I got this. Exactly.

And you can actually see as I'm going through them again, you can actually see my progression as I get close to Christ. And that's, that's the model. You know that these journals helped embolden women to take one step closer to Christ. And you can literally if you did journal by journal starting from December. December, what's the first one you can see my journal, my journey of growth. And that's what epitomizes for me is that I want women to grow as they continue to go through each of the journals.

Dr. Berry:

I love it. And, and, and it's so, so interesting, especially because again, we, we've known each other for a while. So, ah, you know, we used to watch, I used to watch and take care of your mom and I could just see the love that was there. I could see, you know, that I can see regardless of what was going on, you are there to brighten up her day.

And she brightens up. And again, Lunch and Learn community, you know, we're fear at the logo, so leave it I guess to say we've actually been rocking the, again for a good time, but you know, pretty close. I definitely am happy for, for everything that's been going on, but especially the accumulation of the journal series. You know that.



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Dr. Shanicka Scarbrough:

I appreciate that. Thank you for your support. You've always been very, very supportive and I'm very appreciative of that. Absolutely.

Dr. Berry:

So, so you've, you've taken, you've taken what God's kind of put your heart into your mind, right? And put it on paper. But then when I noticed, right, again, again, cause I get it, I'm watching from afar. You did channel that energy to get other people to do the same. What, what was, what was that motivation and how did, like, because again, you dropped 12 books, I figured you're like, Oh wow, (laughing). Oh, I'm bringing you along with me. (Yeah) It gets again, right? Because again, this the subject, you, the, you, the word you is always objective, right? But whoever that you is, I'm going to bring you along with me and I want you to tell your story. Like what was that thought process? And, and again, as I said, I'm always surprised at the stuff you do. So I just very you, regardless of whatever you want to do, you just go ahead and do it.

Dr. Shanicka Scarbrough:

Hey, you know what? That's the whole point is to be obedient, right? If God gives you something, you want to be obedient in what He tells you to do. And that's what I've been and you know, really focusing on over the past couple of years is number one, being able to hear him clearly and then two, you know, acting on what he tells me to do. I don't want to just be a consumer, you know, I want to be able to give, you know, give what you told me to do and do it because it's not about me. It's about the fruit.

It's about the people that are being blessed by it and the lives that are being changed by it. And that's basically the concept. Um, and I believe you're speaking of as the wind blows series. Yes. Yeah. So those are, those are two analogies that I've done and I'll probably continue those, but everybody has a story. Everybody has a testimony. Everybody has something that they have gone through that they have overcome. And you know, I want it to be able to share that with people. I want you to hear other people's struggles and let them know that you are an overcomer, that you can overcome this, that just because you're in the situation that you're in right now, it doesn't mean that number one, God doesn't love you.

And number two, that he's not going to bring you out of it. You just got to trust him. So to be able to see people tell their testimonies and even watching them, watching them write it and the transformations that they had reliving it as they put their pens and paper and you know, the cleansing that came from releasing their stories. Some of these people, they never shared their stories with anyone before in life. So to be able to open up their heart on, on pen and paper and to share with the world is huge for them. And to see the feedback given to them because they were so transparent and because they were so open and willing to share their story of redemption.

I think that's what it's all about. You know? How, how did God transform you? How did, how did he shift? How did he change you? You know what? What steps did you take to become, you know, who you are now? How did you overcome the abuse? How did you overcome the addiction? How did you overcome depression? Right? So those are, those are all stories that need to be told. Um, and I think if more people open up their mouths right, then more people will be transformed.

Dr. Berry:

Now, was it difficult to get them to put that on the paper to get them to open their mouth of that was, that was where they, in a way, it was there some issue, (No). That we caused them to say like, I've been, I didn't want to do it before.

Dr. Shanicka Scarbrough:

Well, as some, sometimes some people didn't actually know that that's what they were supposed to do until they saw the calling. Does that make sense? (Yeah). So they were like, oh wait, I do have a story. Oh, oh wait, I did survive the abuse. He tried to kill me and I did survive that. Maybe I'm rape. Right? For some people, it was a revelation. Other people, this was the first step to the full book that they needed to, right?

So one of them, my authors wrote just a, uh, a snippet of her story and we just finished her book. Lishel Evans, Breakthrough. We just finished her, but she completed her whole book. So it was a stepping stone and something that gave her the courage to say, listen, I want to tell more of my story and I want, I want people to hear it so that they can be transformed.

Dr. Berry:

Beautiful. Like I say it again. Let me, like we alluded earlier, Lunch and Learn community. When you know, when you have special guests like Dr. Shanicka and you can just kind of see the different facets of her life and her work. But you can always see at the end, right? It's always about, you know, becoming a better you. When we talk about national minority when we're talking about a National Minority Health Month. But how can we help our minority community to become better again? Right?

When we talk about international work, like how can someone become better, right? So that's a theme that a, is such a sight to see. And sometimes I, and I, I like to, I always, I always like to get on my friend, right? Because a lot of times we're doing so much great work that we don't really have the time. Right. So like the lay it all out say, Oh wow, look at all the stuff I'm doing it right.



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So this is why I started to like to brag on because they, cause they won't brag on the cell. That too humble. Fortunately for me, right? Humility sometimes still working on it. Right. So like I can recognize like when I'm doing something and I could recognize when they're doing so again, that's why, you know, I said yeah she, we, she gotta be on the show because we got and we just got to talk about her and you know how she can help us become better us.

Dr. Shanicka Scarbrough:

Oh, that's amazing. Thank you. (Laughing).

Dr. Berry:

Before I let you go, because I know I've been long talking to you. Right? I want, you know, just, you know, just some, some quick caveats like how is, I probably already said it right when I, how is what you're doing, you know, not only, you know, empowering other women really to the better, better excels and better control of their health and everything else. But like just like the world, how are you, how are you doing that?

Dr. Shanicka Scarbrough:

Oh boy. But no. That's, you know, to sum it all up, whenever you see me do, you may be in a different position, you know, next week or you might see me in a different country next month. Just know that everything that I do has a purpose. I'm still working on me.

I'm still, you know, that still has some things in me that I, that needs to be ironed out and, and kicked out and punch that. (Laughing). It tells something. But I'd like to share that journey because the transparency on that journey, whether it's, you know, you know I have a post on my Vimeo right now that yeah, I gained, I gained 20 pounds. (Laughing).

I like to be transparent and my journey to show that you know, number one I'm human. Number two, you are human, you know, and if you know God is still working on me, he's still working on you, (yes) right? So health-wise, mentally, physically, spiritually, however, I can get you to a place where you are healthier, you are smarter, you are spiritually field, and you, you know, you are everything to make your home, then that's what I'm going to do. I come to bear fruit. That's it.

Dr. Berry:

Love it. We appreciate it. Where can others, you know, find you, right? Where can others find you, whether it be at, like a or where the media international or list them links out cause you know, they're gonna want, they're gonna want to read the books. They're going to want to read a series. Like, tell them.

Dr. Shanicka Scarbrough:

Yeah. Absolutely. So everything can be found at www.shanicka.com. That is, um, that'd be www.shanicka.com. You can find some free gifts for health. You know, a free shopping cart lists that you can take to the grocery store to help you shop for better foods. And you'll also find my books.

You'll also find how to join the Her Daily Journal. If you want to go directly to the book club, you just go to www.herdailyjournal.com and it has us, you can donate to mission partners for Christ, you know so that we can continue our medical missions. It has everything on that one site and finds out where, you know, all of my social media handles, everything is on that site. Oh d, oh wait! I used to do a radio show, The Diva MD show. (Laughing).

Dr. Berry:

Again. Honestly, regardless if she says she used to do blank. I'm a believer. Okay. There are no reasons. Like she's already shown me three years of work to say that she probably could do whatever, you know we put in front of her so it's a believer.

Dr. Shanicka Scarbrough:

That was a health show. So you know, if you want to go back into the archives and listen to some old health shows, we can do that as well.

Dr. Berry:

Perfect. And again, Lunch and Learn community, if you're driving, you know, at work, take a shower, whatever. All of these links will be in the show notes. Because again, you definitely, this is definitely a person. If you can only follow one person on a social media platform, this is definitely a person I think you should choose you guys. Absolutely amazing. Again, Dr. Shanicka thank you for coming to the Lunch and Learn community and you know, really blessing us, educating us, putting our thoughts into motion of how we can be better us.

Dr. Shanicka Scarbrough:

I appreciate you Dr. Berry for having me. This is an amazing opportunity and all of the work that you're doing is, is phenomenal. You know, I follow the blog, I follow, I get all of your emails. Yes, and the podcast.



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Dr. Berry:
I apologize for this.

Dr. Shanicka Scarbrough:
But that great information, they'll make sure that you guys are subscribing to this podcast because you know we are movers and shakers and medicine so we want to make sure that you guys are aware and hanging out with Dr. Berry. Dr. Berry for Lunch and Learn.

Dr. Berry:
Yes, thank you. And again, Lunch and Learn community. See you guys next week. You have a blessed week.

Dr. Shanicka Scarbrough:
Take care.



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