Introduction and Guest Background

Hello everyone. Welcome back to Reversing Hashimoto's and Thyroid Disorders Summit. I am your show host, Doctor Anshul Gupta, and I'm really excited for this discussion, which is going to happen right now because I have a very dear friend of mine.

She is doing amazing work, very different work from what other doctors are doing. So I'm really excited about discussing this aspect of thyroid health.

So let me introduce my speaker first to you today, and then we will delve into that into the discussion after that. So Doctor Louise Swartswalter, is a master transformational coach, naturopathic doctor and frequency medicine pioneer who helps entrepreneurs achieve their optimal brain power for success in life and business.

A transformational wizard blending naturopathy and NLP, kinesiology, trauma release work and powerful energy work, Doctor Louise has 30 years of experience helping over 50,000 people.

She is a creator of the Brain Soul Success Academy, with a mission to change 10 million brains by 2025, and the Brain System, a unique multi dimensional system that works on the mind, body, soul and energetic fields all at the same time to release the ancestral trauma with fast results that stick.

She's passionate about connecting, clearing anxiety and trauma, helping others achieve their highest potential for team of certified Brain Soul success, coaches are helping people worldwide transform their brains and increase their businesses.

Doctor Louise has been a guest on Kobe Radio and Kobe TV, Good Day New Mexico and a partner in ANZ 5000 magazine and featured in Albuquerque Magazine, Top Dogs, Doctor Louise, welcome over here.

Oh, I'm so excited to be with you. I just love you, Doctor Gupta. So thank you so much for having me here today. Absolute pleasure. Pleasure. You know, we we have connected over several occasions about different things.

And your work always intrigues me. And, you know, seeing thousands of patients with thyroid patients, you know, like there are so many which I think can be helped by the kind of work that you do.

So we like to delve into the discussion directly and talk about the connection between brain fog, brain and thyroid, because several of my patients, you know, who have diet and Hashimoto's suffer from brain fog and other brain related symptoms.

What is the connection, what is happening with them? You know what? When when the thyroid is off of balance, it's not just thyroid. It can be kidney and adrenal too.

So it's like the whole body is sort of off balance. And that does cause the brain to be off balance as well.

Brain Fog and Thyroid Imbalance

So what I see as I see everything from brain fog to my anxiety to depression to cognitive delay, even sometimes even spatial, spatial things are off balance for people.

So it can it can result in anything. And of course, you know, that's the, you know, the low iodine, you know, the low iodine, all the nutrition that people need.

Well, we also have to realize we're whole people. And so it's not just the physical body that's suffering, it's the whole body, you know? So if you really listen to people, you'll find out that, you know, they had some kind of

trauma or something happen to or they got super sick right during that time.

So I kind of look at the whole person when I, when I'm working with, you know, brain aspects as well as body, mind, spirit. Absolutely. And I think, you know, being a conventional doctor, we are so hardwired to think that, you know, all the diseases are very physical, right?

And again, you know, like you and even being a functional medicine doctor, sometimes we are so much focus on working on their underlying biochemistry and physiology.

So we're giving them the supplements. We are giving them these diets which are working on their body aspects. And some people do not get better with it.

And that also force me to think that there is something beyond it. And I think you're pointing to an important connection, like, you know, this trauma or emotional connection to the thyroid.

So tell us more about that piece. Also, how does that affect. Yeah, absolutely. So I mean, you could be any kind of trauma, you know. So it could be something somebody just lost their mother or their father, you know.

And then they start having depression and fatigue. And then they already maybe had some adrenal kind of burnout. You know, they were already tired or stressed out.

And so now it affects the thyroid, you know. So and then I also see that the people here I'm in New Mexico, I am in Albuquerque. And the higher on the elevation you are, the more iodine you need.

So so I also see that, you know again people are nutritionally depleted just like you see. And all the doctors see because they're not eating healthy you know.

And then we also find allergies related to that too. Do you find that I find like the gluten allergies and no dairy. Absolutely. Thyroid people. Yeah.

Especially with Hashimoto's patients you will see that, you know, gluten and dairy and other foods are they are very, very sensitive to them. And removing them makes a huge difference. Yes.

And you know what I'm thinking. So I like do things in a framework. So I created a system. So like you and I right now we're talking about the body piece right.

You know what people need nutritionally. And I know a lot of other doctors are talking about that here too. And then I also know you work with detoxing the body.

So this is the big body piece. And then we'll talk more about the emotional and the rest of it. But the body piece I also found this that many people with thyroid have protozoa.

Trauma, Emotional Stress, and Autoimmune Health

Protozoa is a single celled parasite. And it comes in to clean up high copper and copper is always out of balance for people with thyroid, either copper or lead.

Okay, so heavy metals. So years ago I had a client who had her thyroid removed. She was a young woman. She had, thyroid cancer, so she had no thyroid gland.

And she grew up in Thailand in a mining community. And they mined lead. It was the lead poisoning that she ended up with the thyroid cancer. And she was completely fatigued, like wiped out, just like.

And she couldn't take her medicine. She was sensitive to the thyroid medicine. So I had to treat her for her thyroid medicine. And when I treated her for that allergy or that sensitivity to her medicine, then she could take it.

She had two little boys that she was taking care of, and she was a tired mommy. Right. So we really had to help that along. But I also worked with her emotions now.

So, you know, she was she had gone through some stress with the thyroid cancer. She was a new mom. She had two little kids to take care of. So that's what I see.

And when I think about thyroid disease, whether you're hyper or hyper or whatever, the problem is, it often still relates to something else going on in that person's life as well as the physical body.

And the other thing that I see besides protozoa as the pathogen is Epstein-Barr. Do you see that? I see Epstein-Barr, too. Absolutely. A reactivation of Epstein-Barr is such a common phenomenon.

You know that with Hashimoto's. Yeah. So I often also I did I did a talk years ago in my office, on the secret to a balanced thyroid, and I ended up getting all of these amazing thyroid people, and they were my teachers.

Doctor Gupta, you know that when we work with people, we are learning all the time too. We learn from our patients. Right? And they taught me so much.

And I also do neurobiol feedback. So I work on a neurobiol feedback program. And so I would hook them up. And at that time our wires now it's all long distance.

But there were wires around the head, in the wrist, in the ankles. And they'd sit in my chair, you know, and I'd be able to see what's coming up in the, in the, in the program on them too.

And like I said, I'd see a lot of Epstein-Barr and protozoa. So when we treated for that, their energy would start to come back up. But I also figured out that we had to do the whole body.

And so I created a system and I call it the brain system, but it's really acronyms and B is body. It's what we're talking about now we got to do the body piece.

You know, it's everything that all these all these amazing people on your summit are sharing. Here is wisdom on that for people. But then we also have to do R is releasing and is releasing the emotional trauma, you know, or the baggage that you're carrying even from childhood.

It could be childhood wounds. So I release the traumas in the spaces of the brain. So I figured out different techniques to do that. So I dive into kind of like a medical intuitive.

I dive into what happened at age six, what happened when you were, you know, when you had that accident or when your father died or whatever it was. And we clear that energy so we clear those emotions.

So I know that addressing trauma is very important for any autoimmune issue. So I want to pursue over here because I think a lot of people, when they start working with me and when I talk to them about trauma, they feel that they have to be really, really a big event that happened in their lifetime.

They said, well, you know, I've been lucky. I don't think I have any trauma, but I think there is much more beyond trauma than just big events. Right? You know, even small acts can be a trauma, too, right?

To talk about that. People kind of become aware of what we are talking about is trauma. That's such a great question. I love that question. Absolutely.

You know, so, you know, how we accept things in the brain, we're all different, unique people. Even if you were a twin and you were raised in the same environment, same family, same mom and dad, it's how we take it.

It's our perception. So if those twins got in trouble, let's say, and they were given a time out and they had to go to their room, and that happened over and over again.

You know, Mom and Dad are mad at them there. Did something wrong. Okay. One twin's going to bounce back completely fine. Not take it as any kind of trauma, not even remember it.

But the other the other one might might definitely have like a lesion in the brain and felt rejected. And so we have to clear that rejection. So it doesn't have to be a big, you know, accident or death or thing like that.

It really is your perception. Or it could be the third grade bully on the playground. You got beat up by the third grade bully. Okay. Now somebody else who got beat up on third grade, maybe they don't they don't hold it as much.

It doesn't it doesn't create as much trauma for them. So it truly is our own unique ability and how we perceive things can be something a little. It can be something totally little.

And I like to find those like I'm a medical intuitive and I like to find those like I'm like, oh wow, that's what happened, you know? So yeah, I look, I look for those because it's actually Doctor Hammer's work.

Doctor hammer was a German doctor that discovered that trauma causes illness. Okay. And I studied his work and figured out different techniques that I use to clear stuff up.

But he did the actual science.

The Brain Soul Success Framework

He took pictures of people's brains, and he'd find the lesion in the brain that was connected to a certain trauma. And he put whole charts together because he found themes and people, and he called them the it stinks moments.

So it's like you have that it stinks moment. So whenever you were again when you were a little kid or whether you were a teenager or whatever, we all have those little, those little moments.

And yet he actually found them. And the physical lesion in the brain. And then they would treat for trauma and take another Spect scan of the brain, and the trauma would be gone.

The lesion would be gone. Oh that's huge, I know. So because a lot of people might think that, you know, what we are talking about over here is just in thin air.

Well, yes, there is trauma, but, you know, where is the evidence now, here's the evidence where this study was done. We are clearly working on trauma healed a physical lesion.

So definitely trauma work you know, is also damaging or is healing for your thyroid gland. If you do the trauma work. So thank you for kind of talking about explaining it in so much detail.

Yeah. Yeah. It's really, really important piece. We forget about that, you know. And I watch people when I do the whole system. So that's the are it's be is body are is releasing a is aligned with spirit.

So spirit and God you know Buddha the higher power the divine, whatever you believe is always a part of healing. You know. So it's the person's own innate belief.

But that's always a part of healing. And then AI is integrate and it's integrating your brain frequency to your soul's true purpose. So I don't know if you found this, but I did.

I found that when people don't have a purpose, it's harder to heal. Like they need to have like some driving force. Like when I was super sick to. And I hope if I had known you, I would have gotten better, faster.

This was 30 years ago. You guys, I crashed too, and no one picked up thyroid and adrenal. They didn't know what's going on with me. Okay, And I know it was also sort of a little bit postpartum depression.

It was my son was born, so I have two kids. And so I was a new mommy, too. And just, you know, learning all of all of that. But I really did. I really crashed.

And when I look back, it definitely was, you know, thyroid and stuff. And so I figured out this whole system, obviously from my own path and from all my people that I've worked with all my patients over the years.

And so the next part is integrating your brain frequencies to your soul's true purpose. And if you don't have my purpose, the reason I'm telling the story was to be a mom to my kids.

I was sick, I was 89 pounds and dying. I was really sick. All I wanted to do was just be their mom. So that was my purpose. But I find when people don't have a purpose, it's harder to heal.

They kind of stay in that brain fog fatigue cycle. I don't know, that's what I see. And do you see that too? I think so, I think you make a lot of I mean, so first of all, you know, as you know, the thyroid is so common in females, especially middle aged females.

Right. And they have so many heads and they have been to so many different doctors and they have been told that, you know, there is no hope for them to get better.

So I think, you know, they want to get better, but somehow they don't even believe themselves that they can get better. There is any hope for them to get better.

So I think so lose that purpose. You know, as you talk more that they believe that they cannot be a good mom. They cannot be, you know, good daughter.

They cannot be like, you know, taking care of their family. So that purpose is not so I think, you know, person like you when they meet and when that, you know, they get that hope and they understand what that purpose can do to them.

I think that that will be a huge work that, you know, rejuvenated, like reuniting with their purpose. I think that's that's the work that you would be doing.

Yeah. No, that's really, really awesome. That's an awesome, awesome observation too, because I do see that with with women wearing all the hats and the stress that they have, they lose sight of that purpose.

Right. And who they really are. Other thing you mentioned that's important is belief systems. So, you know, I believe in mindset work. But but I found that mindset work doesn't work unless I do the trauma release.

Unless we do the bra. I am the system that I created because it's it's not a holistic enough, you know, so we really have to look at the whole the whole person.

So getting back to purpose and helping people change their belief system, that they are a good daughter, they are a good mother. They are, you know, that those kind of things.

So look at that is really building confidence isn't it. Absolutely. Yes. It's giving confidence and hope and helping people get back. I call it getting back to your soul's truth.

That's interesting. Yeah. That's, that's I think a very very nice word. You know like you know getting back your soul's truth. I don't think I have used, I have not heard of anybody using those two words together.

Soul and truth. So that's that's amazing. Yeah. You know, it's 100% soul. Truth is, when you're 100% your soul truth, you can do anything. But what stops us.

Yes, it's the thyroid issues. It's the fatigue. It's the brain fog. It's the physical body not feeling good, but it's also the emotions and the trauma and the lack of purpose.

And so the and in my system were spelling brain break I n the n is the new program. And I actually think this is missed a lot in healing and in the healing world.

You have to rewire the brain with how you want to show up. What is it that you want to have? So my question I always ask is what do you want to have change or be different?

And so someone with thyroid issue might say, I want to have more energy and I want to be able to think clearly.

Purpose, Belief, and Rewiring the Brain

Right. And why do they want to do that? Oh, I want to go play tennis again. I want to be I want to do my art. I want to be a better mom to my kids. You know, I want to go out with my husband.

I want to go on a date. I want to have fun again. You know, you hear that a lot. I want to have fun again. Right? So we have to get them there. But if we don't have, it's kind of like the GPS in the car.

If you don't, if you don't have it turned on and you don't know where you're going, you're just going to drive in circles. So we have to rewire the brain and the nervous system and the whole body, mind, spirit with their their desire, their goal or intention.

And that's the new program piece. And so when we do all those steps together, we work on the body, just like all the doctors here. And like you do, is giving people are awesome, right?

Supplements helping them with their diet. That's important. That's foundational. And then when we release the trauma, align with spirit, integrate and put in the new program, people leap forward in their life, faster.

It just is faster. Absolutely. I am 100% sure, you know, like integrating all of these things into a system. Definitely kind of make things very faster.

I mean, nobody has a perfect solution. Like there is not this one thing that works because I think we are so hardwired to think that, okay, just tell me one thing.

If I do that, you know I will be cured or I will just be miraculously better. But I think it's the steps you have to work on the whole body approach, multiple levels, then only people can get better.

And I think the system is which is focusing on all different levels. Is that correct? Yeah, absolutely. So I like working with the whole person that way.

You know how I discovered that? I'll tell you the story of how I got there. I was a special education teacher and then I became a dyslexic therapist. As a dyslexic therapist, teaching kids to read, write and spell.

So I always been involved with brain like since I was six, I've always been involved with brain. But when I was a special ed teacher, dyslexic therapist, we did a whole program that that combined it was called a multi-sensory program.

So we did what you see what you say with what you hear, with what you write, with what you feel. At the same time, for those kids now to see the difference between a B and a D, to know the sound, buh duh.

And we would even skyride b bat but t table. So I'm writing in cursive Apple and we'd put it together bat and so I was teaching syllables and phonics and and and but it was rewiring the brain for those kids with a multi-sensory program.

Well, I didn't have any brain power when I was super sick. So I went through all that to and I didn't even remember my own phone number. It was written in my wallet and I was like 32.

And so I got scared and I was like, hey, wait, I'm in my 30s. I'm having brain issues. That's not good. I need to change this. And so it led me on this path of healing my own own body and clearing heavy metals and everything I had to do.

What I figured out one day was what we did with those kids. You know, and helping them change their brain so they can now learn to read, write and spell was it had to be multi-dimensional and multi-sensory.

And this light bulb went off. Doctor Gupta and I went, we're not doing that. And health and healing. Maybe I need to create something that does that. And that's really how the brain system came to be.

That is great. You know, that is awesome because, you know, like these great discoveries are great things, you know, which come out of like, you know, a person keen observation and experience.

So obviously like, you know, your work with kids, your work with brain, you know, for all lifelong was very important. So I'm glad that, you know, you put all of this together and, you know, worked on the system.

Now going back to the trauma work, right? A lot of people do trauma work or they work on their emotions by going to a psychotherapist or by doing some eMDR therapies.

So the different kinds of therapies and stuff, what is your take on it, you know, is one better than the other? Or like, you know, people should go on all all the different kinds of therapies.

Tell us more about that. That's such a good question too. I like all this. You know, I like this whole world, so people will do tapping. Okay. But I found that it only gets them to a certain level because we're still not clearing that lesion in the brain.

Okay. I also have someone new who is doing eMDR. EMDR is great, but when you do it together. So I do eMDR, I do, you know, I do I do like a whole bunch of stuff all at the same time.

And again, it's based on what I just told you. It's multi-sensory, multi-dimensional. So I combine like medical intuitive work going into the brain, figuring out where the trauma was, clearing it.

And when we clear that and we do the eMDR at the same time and we clear the visual of that problem, okay, it sticks better. It's like they don't have to be in therapy for 16 years.

So I like all of this, okay, I like tapping. I like all the different kinds of energy work that you can do. And then I discovered some really like really cool energy work that I use that goes seven generations back and seven forwards, and it has to do with codes in the feet.

The energetic field. So we're energy bodies. And so I'll show people that pain starts in the field. Meaning if you have pain in your shoulder I can show you that it's not here.

Multi-Sensory Healing and Energy Work

It starts here with muscle testing. And then I'll use these codes. And those codes will actually clear the person's pain in the moment within three minutes, like right then and there.

And then they go, oh hey, my shoulder feels better. What did you do? You know, so I believe that we have to do the, the, the energy field piece as well as the trauma release piece.

And when I combine all those things together, that's when I find it sticks or people are still having. And I just work with a woman who's doing eMDR and has done other things too.

And there were still traumas, though. There were fragments left because it didn't stick. It wasn't enough. And again, you have to do things multi-sensory or you're going to be in this loop for a long time now.

How did I figure that out? Again, I had six, it took me 16 years to heal. Wow. Okay. I was really, really I was 89 pounds on oxygen for three years and just wanted to be a mom to my kids.

And so that journey taught me that I and I did I did, you know, nutrition over here, you know, my functional medicine person over here, my spiritual teacher over here, my chiropractor over here, I did all of that.

But it wasn't until it was all put together that it would stick. And so when you're doing one little piece over here, one little piece over here, one little piece over here, one little piece over here, you're still not you.

You're not 100% you. And so that's how I figured out we had to do it all at the same time. Now this journey, it was a journey. I think that's all the case with all, you know, all the functional doctors, you know, like, you know, yeah, me or any other functional doctors, we always kind of talk about it.

What does your journey look like? Because nobody becomes, you know, like this kind of, you know, a different healer or a functional medicine doctor or anything else, unless they have gone through their own struggles.

And then when we come out of that struggle, we always have new learnings. You know, that's the reason somebody picks thyroid, somebody picks, you know, like other autoimmune conditions, cancers, heart diseases, because they had gone through it.

So when it is a personal motive, you put more effort into it and then you have more learning. So so I think that yeah, all that trauma and everything that you went through when you work through that and created this system, that's the reason this beautiful system has come out of it.

Yeah. That's why I've created the system because it's been, you know, it's been a journey, like I said. And then, I mean, I had such a gift working with so many thyroid people after I did that, that big talk, I, you know, I don't know, I, I smashed in, you know, 40 people in a room that should hold 15.

And I did this whole big thing on thyroid. And after that I just did, like just thyroid person after thyroid person might have them hooked up to neuro biofeedback.

So I did the brain stuff with them always, but. And gave them the right supplements and did all that. But they started teaching me that those emotions were important.

And so I was starting to learn and put together this system. And that is so great. You know, like a lot of people are working, like even me, like, you know, as a person, you know, I do recommend people doing some like psychotherapy or counseling or behavioral therapies or even eMDR.

But energy work, you know, like, I don't think a lot of psychotherapists or like, psychologists are aware of energy work or do this energy work. So I think combining so many different modalities that you are doing, I'm sure that's the reason your clients or patients are seeing much better improvement.

And I don't think we talk about the energy fields, you know, like, you know, as, you know, as a human being. So, so I think that's a very unique aspect that people should be paying more attention to about energy fields and how you can improve them, too.

Yeah. You know what? We are energetic beings. You're actually 99% matter. And, you know, like you're 99% space and 1% matter. So your DNA is a photon light.

So I'm changing DNA every single day. You know, I do all the anti-aging work too. You know, I'm changing DNA every single day by clearing the field. So, doctor Shamone Jane talks a lot about this, too.

The bio field. And she was just at our retreat that we had. And so she's clearing the energetic field and and working on that. And so other people that do that, Bruce Lipton, Greg Braden, a lot of people might know these names.

And so I started working, you know, in the energy field years ago. And now it just keeps getting bigger and better. But I use codes. And so numbers is the is the universal language and it speaks to your field.

And so the codes actually were taught to me by my teacher. She passed about ten years ago. And they clear the field. So much so that we do before and after pictures.

So people literally change like that. So like Bonnie came in and Bonnie had, almost beginning mass like lesions in the brain. Entrepreneur wanted to be successful in her business.

Well, after we worked multisensory with my system, what ended up happening was in four months, she finally had clients. She finally was making money. She had a retreat she'd been having wanting to have for seven years because I cleared the lesions in the brain.

Her balance was better, her walking was better. So physical body. But it affected the outside world too, because we use the energy work. So it affected her business, so she increased her business.

It was so cool to see, you know, after so much struggling for seven years and spent $50,000 on different coaches, and then in four months were taking her from, you know, getting healthy but also wealthy, like both, you know, so that's what I love is I love that whole person.

That's great. You know, like, I think, you know, like, I think people need to hear this, it's very important. Yes. You know, as a functional medicine provider, I can do only certain things.

And I always tell people if I'm not able to get you better, there is more things which are hidden. And trauma, emotions, energy, work. This is beyond my scope. I'm not trained to this thing.

So I'm glad.

Assessment, Intuition, and Closing Thoughts

You know, like, we have people like you who have dedicated their life into researching and working on these fields because there are certain people who need work like, you know, and as you were mentioning that, you know, your one of your patient was sensitive to medicine, could not take it.

We see these kind of people everyday basis. Oh, well, I cannot agree with Roxanne because it's giving me side effects or there is something about it which actually makes me worse than getting better.

And, for us we will say, okay, well, don't take the medicine because we don't have the ability to maybe change their DNA or change their energy or emotional re so that the medicine, you know, maybe works better for them.

So I think those are the people that needs you for sure. Yes. And everybody's different. You know, some people respond really well to certain things. So really you know it's just about finding that puzzle, I guess, for the good match.

You know, you know, what I want to encourage people to do is follow their intuition and trust it. I think if you are, if. Yeah, when you're feeling, when you're not feeling good and you, you get in touch with God.

Doctor Gupta here and you know, you have thyroid issues and he can help you. And you feel a good feeling there. And you're like, yes, I want to work with him.

Listen to that. Like, listen to that. You know, if it's the same here for me or anybody else on the summit, because when you follow your intuition and trusted, it's going to lead you to the right people to help you.

And you do that in anything in your life that is well said. You know, like, I think we are always listening to our minds so much that we ought to listen to our heart or intuition anymore, and we just are scared to even do that.

Yeah. And I to say, I like to get people's intuition like them trusting it, you know, because I find that when they find yours, go ahead. Somebody who found, it was a Native American man.

I was doing this whole big thing in my office on heart stuff and hearts definitely connected to, you know, whole body thyroid, too. And, he came in with a supplement.

He was like, hey, I just found this. I think it's helping me. And I think it was horsetail, and I'll never forget it because he found it. So he resonated with it.

And so in that moment, he was my teacher, right. Because I listened to him and then I could I put his body on biofeedback so I could see what's going on with his whole body.

So I'm like, oh, yeah, that's really helping him. That's really wonderful. And so I realized that when people find something and they're using their intuition and they go, this is going to help me, it probably will.

So it's that deeper listening. It's that listening. Yes, I think that's absolutely correct. You know, like if anybody takes anything out of this talk is that listen to your intuition, look beyond don't lose hope that okay, well, you've tried a few things.

Things have not work. The things are not working. There is something more you have to work on, which can be a drama, which can be emotional release or a whole bunch of things that we spoke about.

And I think you also talk about, like doing an assessment with people and, you know, kind of telling them about their, like problems they might have. So tell us like, tell people about that, that assessment that you do.

Yeah, I love I love, love, love doing this. So we have a brain soul assessment, which is just an opportunity to talk with myself or one of my coaches so we can really define, you know, what are some of those biggest blocks?

What are those biggest brain blocks for you, you know, and how do they relate to your whole whole person, whole body. So we like to discover those and help people we know and have a pass right of what direction they're going in.

Yeah. So that's an opportunity to talk with myself for coach. And that's on your website and that's on my website. So the link I think it's louiseswartswalter.com.

So in the middle of the page it'll say brain soul assessment. And I'll give you the link here to. Great. So we'll have all that detailed information and the links over here so you can find the website.

You know, the great work that she's doing as well as, you know, take the advantage of that assessment so that at least you will know where your problems are and see if working, you know, with Doctor Louise will be useful for you.

So very, very nice work you are doing. We can go on this like in a discussion because it's it's intriguing topic, at least for me because, you know, like there is more that I need to learn.

That's what it feels like. And there is more that I can tell my patients to refer out to somebody like you who are just not getting better. So thank you so much for sharing this.

Like, you know, work that you're doing. Any parting words you have for people over here? You know, I always say, follow, follow your heart, but take your brain with you.

Awesome. That's that's a that's an amazing thing. It's a very short sentence. People might have to listen to it again, but if you follow it, I'm sure you know that it's going to help a lot of people, even including me, in my life.

So thank you so much for sharing that, Lewis. Again, thank you so much for coming over here. Well, thank you so

much. I love you, Doctor Gupta. Thank you so much.

Absolutely. All right, guys, this is it for today. We will see you next time. Take care. Bye bye.