Introduction to the Summit and Guest

It's releasing the emotional trauma 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.

I figured out different techniques to do that. Kind of like a medical intuitive, I dive into what happened at age six. What happened when you had that accident or when your father died?

or whatever it was, and we clear that energy. So we're clear those emotions. This is Doctor Talks. Hello, everyone. Welcome back to Reversing Hashimoto's and Thyroid Disorder Summit.

I'm your show host, Dr. Anshul Gupta. And I am 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 really am excited about discussing this aspect of thyroid health.

Let me introduce my speaker first to you today, and then we'll delve into the discussion after that. So Dr. Luis Schwarzwalter 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 transformatonal wizard blending natruropathy, NLP, kinesiology, trauma release work, and powerful energy work. Dr. Louise has 30 years of experience helping over 50,000 people.

She's 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. A team of certified brain soul success coaches are helping people worldwide transform their brains and increase their businesses.

Dr. Lewis has been a guest on KAOB radio and KOB TV, Good Day New Mexico and a partner in INC 5000 magazine and featured in Albuquerque magazine top tops.

Doctor Lewis, welcome over here. Oh, I'm so excited to be with you. I just love you, Dr. Gupta. So thank you so much for having me here today. Absolutely.

A pleasure, pleasure. You know, 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, like there are so many, which I think can be helped by the kind of work that you do.

So I would like to delve into the discussion directly and talk about the connection between brain fog, brain and thyroid. Because several of my patients who have thyroid and Hashimoto's suffer from brainfog and other brain related symptoms.

What is the connexion? What's happening with them? You know what? Well, when the thyroid is off, off 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 balanced as well. Everything from brain fog to anxiety to depression to cognitive delay, even sometimes even spatial things are off balance for people.

So it can result in anything. And of course, you know, that's the low iodine. the low iodine, all the nutrition that people need, but we also have to realize we're whole people.

Brain Fog, Thyroid Imbalance, and Physical Causes

And so it's not just the physical body that's suffering. It's the whole body. So if you really listen to people, you'll find out that they had some kind of trauma or something happened too, or they got super sick right during that time.

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

And again, even being functional medicine doctors, sometimes we have so much focus on working on their underlying biochemistry and physiology. So we're giving them these supplements, we are giving him these diets which are working on their body aspects and some people do not get better with it.

And that also forced me to think that there's something beyond it and I think you are 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, it could be any kind of trauma. You know, so it can be something somebody just lost their mother or their father, you know.

And then they start having depression and fatigue. Then they already maybe had some adrenal kind burnout. They were already tired or stressed out. Now it affects the thyroid.

I also see that people here… I'm in New Mexico, I am in Albuquerque. The higher in the elevation you are, the more iodine you need. So I also see that, again, people are nutritionally depleted just like you see and all the doctors see because they're not eating healthy.

And then we also find allergies related to that too. Do you find that? I find like the gluten allergies and the dairy with a lot of thyroid people. Yeah, especially with Hashimoto's patients, you will see gluten and dairy and other foods, 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. Like you and I right now, we're talking about the body piece, right?

What people need nutritionally. I know a lot of other doctors are talking that here too. Then I also know you work with detoxing the bodies. This is the B equals body peace.

We'll talk more about emotional and the rest of it. But the buddy piece I found this, that many people with thyroid have protozoa 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 has 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.

And she couldn't take her medicine.

Trauma, Emotional Stress, and Thyroid Disease

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 is a tired mommy, right? So we really had to help that along. But I also worked with her emotions.

No, so, you know, she was, 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 in when I think about thyroid dis-ease, whether you're hypo 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 seen besides protozoa as a pathogen is Epstein-Barr. Do you see that? I see Epstein-Barr too. Absolutely. Yeah. Reactivation with Epsteine-Bar is such a common phenomenon, you know, that with Hashimoto's disease.

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, Dr.

Gupta. You know that when we work with people, we're learning all the time too, we learn from our patients, right? And they taught me so much. And I also do neuro biofeedback.

So I work on a neuro-biofeed back program. and so I would hook them up and at that time there were wires. Now it's all long distance, but there are wires around the head and the wrists and ankles and they'd sit in my chair, you know, and I'd be able to see what's coming up in the program on them too.

Like I said, I see a lot of Epstein-Barr and protozoa. so when we treat it 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. NB is body. It's what we're talking about now. We got to the body piece. You know, it is everything that all these amazing people on your summit are sharing.

Here is wisdom on that for people. But then we also have to do ours releasing, and it's 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, what happened at age six.

What happened when you had that accident, or when your father died, and we clear that energy. We clear those emotions. I know that addressing trauma is very important for any autoimmune issue.

I want to pause you 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 there is much more beyond trauma than just big events, right? You know even smaller things can be a trauma too, Right?

So talk about that as people kind of become aware of what we're talking about as trauma? That's such a great question. I love that question, absolutely.

How we accept things in the brain, we're all different, unique people. Even if you were a twin and you are raised in a same environment, same family, say 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 timeout and had to go to their room, that happened over and over again.

Mom and dad are mad at them, they did something wrong. One twin is going to bounce back completely fine, not take it as any kind of trauma, I don't even remember it, but the other one might definitely have a lesion in the brain and felt rejected.

And so we have to clear that rejection. So it doesn't have be a big, you know, accent 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 beaten up on third-grade, maybe they don't hold it as much.

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

And I like to find those. Like I'm a medical intuitive and I like to find those. I can like, oh wow, that's what happened. So yeah, I look for those because it's actually Dr.

Hamer's work. Dr Hamar was a German doctor that discovered that trauma causes illness. And I studied his work and figured out different techniques that I use to clear stuff.

But he did the actual science. 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 in people.

He called them the it stinks moments. So it's like you have that it stinks moment. So whenever you were, again, whether you're a little kid or whether your a teenager or whatever, we all have those little moments.

The Brain-Soul Success System Explained

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

Wow, that's huge. So because a lot of people might think that, you know, what we're talking about over here is just in thin air. Well, yes, there is trauma, but, where is the evidence?

Now here's the, evidence where your study was done, we are clearly working on trauma healed a physical lesion. Definitely trauma work is also damaging or is healing for your thyroid gland if you do the trauma works.

Thank you for kind of talking and explaining it in so much detail. Yeah. Yeah, it's really, really important piece. We forget about that. And I'll watch people when I do the whole system.

So that's the R. It's B is body, R is releasing. A is the line with spirit. Spirit and God, Buddha, the higher power, or 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 I is integrate and it is 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' have a purpose, it' harder to heal. Like they need to have like some driving force.

Like when I was super sick too, and 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 was 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, was a new mommy too.

And just, learning 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 of my patients over the years.

So the next part is integrating your brain frequencies to your soul's true purpose. If you don't have my purpose, the

reason I'm telling the story was to be a mom to my kids.

was sick. I was 89 pounds and dying. 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. That's what I see. Do you see that too? I think so. I mean, so first of all, as you know, the thyroid is so common in females, especially middle-aged females.

Right. And they're wearing so many hats and they have been to so different doctors and have told that there is no hope for them to get better. So I they want to better, but somehow they don't even believe themselves that they can get there.

There is any hope to them get. Better. Lose that purpose. As you talk about that, they believe that cannot be a good mom. They cannot be, you know, good daughter.

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

That will be a huge work that rejuvenating, like reuniting with their purpose. Yeah, no, that's really, really awesome. That's an awesome, awesome observation too, because I do see that 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 is important is belief systems. So I believe in mindset work, but I found that mindset doesn't work unless I do the trauma release, unless we do that the system that I created, because it's not holistic enough.

So we really have to look at the whole person. Getting back to purpose, and helping people change their belief system that they are a good daughter, they're a mother, those kind of things.

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

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

Yeah, 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, the fatigue, is the brain fog, its the physical body not feeling good, but it is also the emotions and the trauma and lack of purpose.

And so the N in my system, we're spelling brain, B-R-A-I-N. The N is a 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 wanna have? So my question I always ask is, what do you have change or be different?

And so someone with thyroid issue might say, I wanna to have more energy and I want be able to think clearly. Right. And why do they want to do that? Oh, I want go play tennis again.

I wanna be, do my art. Want to be a better mom to my kids. You know, go out with my husband. Go on a date. 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 have it turned on and you know where you're going, you are just going to drive in circles.

So we have to rewire the brain and the nervous system and whole body, mind, spirit with their desire. their goal or intention. And that's the new program piece.

Purpose, Belief, and Rewiring the Brain

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 awesome supplements, helping them with their diet.

That's important, that is foundational. Then when you release the trauma, align with spirit, integrate, and put in the program, people leap forward in their life faster.

It just is faster, Absolutely. I'm 100% sure. Integrating all of these things into a system definitely kind of make things very faster. Nobody has a perfect solution.

There is not just one thing that works because I think we are so hardwired to think that, okay, just tell me one things. If I do that I'll 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 this 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 it got there.

I was a special education teacher and then I became a dyslexic therapist as a Dyslexia therapist teaching kids to read, write and spell. I've always been involved with brain.

But when I was a special ed teacher, dyslexic therapist, we did a whole program that combined. It was called a multi-sensory program. So we did what you see, what say, with what hear, write, 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 sky write. B, bat, buh, T, table, tuh. So I'm writing in cursive. A, apple, ah. Then we'd put it together.

Bat. And so I was teaching syllables and phonics, 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, too, and I don't even remember my own phone number. It was written in my wallet, And I like 32. And so I got scared, now it's like, hey, wait a minute, my 30s, am having brain issues.

That's not good. I need to change this. and so it led me on this path of healing my home 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. in helping them change their brain so they can now learn to read, write, and spell, was it had to be multidimensional and multisensory.

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

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

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

Now going back to the trauma work, a lot of people do trauma or they work on their emotions by going to a

psychotherapist or by doing some EMDR therapies.

So there are different kinds of therapies and stuff. What is your take on it? Is one better than the other or people should go on all the different types of therapy?

Tell us more about that. That's such a good question too. I like all this. You know, I liked 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's doing EMDR. EMTR is great. But when you do it together, so I do EM DR, you know, like a whole bunch of stuff all at the same time.

And again, it's based on what I just told you, is 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 clear the visual of that problem, it sticks better.

It's like they don't have to be in therapy for 16 years. So I like all of this. I liked tapping. All the different kinds of energy work that you can do.

And then I discovered some really cool energy that I use that goes seven generations back and seven forward. It has to do with the codes and 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, 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.

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

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

There were still traumas though there were fragments left because it didn't stick. It wasn't enough. 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, it took me 16 years to heal.

Multi-Sensory Healing and Energy Field Work

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, and I did. Nutrition over here, my functional medicine person over, here my spiritual teacher over and my chiropractor over.

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 peace over one.

Little piece. Over here you are 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. I think that's all the case with all, even all of the functional doctors, you know, like, me or any other functional doctor, we always kind of talk about like what does your journey look like?

Because nobody becomes, this kind, 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. That's the reason somebody picks thyroid. Somebody picks 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. I think that's all the trauma and everything that you went through and you worked through that and created this system.

The reason this beautiful system has come Yeah, that's why I've created the system, because it's been a journey, like I said. And then I had such a gift working with so many thyroid people after I did that big talk.

I smashed in 40 people in a room that should hold 15 and did this whole big thing on thyroid. After that, I just did like just thyroid person after thyroid purse.

Might have them hooked up to neuro biofeedback, so I do the brain stuff with them always. but I didn't give 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. That is so great. A lot of people are working, like even me, as a person, I do recommend people doing some psychotherapy or counseling or behavioral therapies or even EMDR, but energy work.

I don't think a lot psychotherapists or psychologists are aware of energy work or do this energy works. 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 as a human being. I thing that is a very unique aspect that people should be paying more attention to about energy field and how you can improve them too.

Yeah, you know, we're energetic beings. You're actually 99% matter, and you're 99 percent space and 1 percent matter. So your DNA is a photon light. So I'm changing DNA every single day.

I do all the anti-aging work, too. You know, I am changing every day by clearing the field. So Dr. Chamonix-Jane talks a lot about this to the biofield, and she was just at our retreat that we had.

And so she's clearing energetic field and working on that. And so other people that do that, Bruce Lipton, Greg Braden, a lot of people might know these names.

So I started working in the energy field years ago, and now it just keeps getting bigger and better. But I use codes. Numbers 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 10 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 MS, like lesions in the brain. Entrepreneur wanted to be successful in her business.

Well, after we worked multi-sensory 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 wanting to have for seven years. Because I cleared the lesion in brain, Her balance was better, her walking was, so physical body, but it affected the outside world too, because we use the energy work.

So it effected her business. She increased her businesses. It was so cool to see. After someone struggling for seven years and spent $50,000 on different coaches, and then in four months, we're taking her from getting healthy but also wealthy, like both.

So that's what I love is I loved that whole person. That's great. I think people need to hear this. It's very important. Yes, 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.

So I'm glad, 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, as you were mentioning that, one of your patients was sensitive to medicine, could not take it.

We see these kinds of people every day basis. Oh, well, I cannot take libutroxine 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, but don't take the medicine because we don' have the ability to maybe change their DNA or change that energy or emotional release 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, some people respond really well to certain things. It's just about finding that puzzle, I guess, or the good match.

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

Gupta here and know you have thyroid issues and he can help you and feel a good feeling there and are like, yes, I want to work with him, listen to that, like listen.

Assessment, Intuition, and Closing Advice

If it's the same here for me or anybody else on the summit, because when follow your intuition and trust it, it will lead you to the right people to help.

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 have gotten to listen to her heart or intuition anymore.

And we just are scared to even do. Yeah, and I see I like to get people's intuition like them trusting it, you know, because I find that when they find years ago, I had somebody who found he was a Native American man.

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

He was like, Hey, just found this. And I think it was horse tail 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 can see what's going on with this whole body. I'm like, oh yeah, that's really helping him.

That's wonderful. And so, when people find something and they're using their intuition, they go, this is going to help me. It probably will. So it's that deeper listening.

It's not 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 worked The things are not working. There is something more you have to work on which can be a trauma which Can be emotional release or whole bunch of things that we spoke about And I think you also talk about doing an assessment with people and kind of telling them about their problems they might have.

So tell people about that assessment that you do. Yeah, I love doing this. 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 what are some of those biggest blocks?

What are those big brain blocks for you? You know, and how do they relate to your whole, whole person, the whole body? So we like to discover those and help people at least know and have a path, right?

Of what direction they're going in. Yeah. So that's an opportunity to talk with myself for a coach. And that is on your website. That's on my website, so the link, I think it's louisewardswalter.com.

It's in the middle of the page. it'll say brain-soul assessment. I'll give you the a link here too. Great, so we'll have all that detailed information and the links over here.

So you can find the website, the great work that she's doing as well as take the advantage of that assessment so that at least you will know where your problems are and see if working with Dr.

Lewis will be useful for you. So very, very nice work you are doing. We can go on this discussion because it's an intriguing topic, at least for me, because there is more that I need to learn.

That's what it feels like. And there's more than 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 work that you're doing, any parting words you have for people over here.

I always say follow your heart, but take your brain with you. Awesome. 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 that it's going to help a lot of people, even including me in my life. So thank you so much for sharing that, Luis. Thank you.

Again, thank so you much coming over here. Well, Thank You so Much. I love you, Dr. Gupta. Absolutely. All right, guys, this is it for today. We will see you next time.

Take care. Bye-bye. Thank you for tuning in to Doctor Talks. We hope today's episode has enlightened and inspired you on your path to optimal health. Each day is a new opportunity to make choices that empower your well-being.

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