Introduction to Reverse Autoimmune Disease

Welcome back to the Reverse Autoimmune Disease seminar series, everybody. I'm Doctor Keisha, and of course, you're joining me for the fourth and the iteration of this reverse autoimmune disease series.

We're talking about the autoimmune detox. And, you know, when or where we're talking about reversing autoimmune disease. We're saying each one of us is an individual puzzle.

There are four corner pieces to every single puzzle that we are solving. And when we're talking about autoimmune, we're talking about your unique genetics, your unique gut health, your unique past trauma, current day stress, and then your toxic burden, whether it's spiritual, mental, emotional, physical, and then your ability to rid yourself of those toxins.

So that becomes the milieu and works you in autoimmune disease are in relationship. And then we can get that changed. Be out of relationship with that community.

So my guest today is Jason Prall, who is a health educator practitioner, an author, speaker and a filmmaker 2018. His independent research and experience led him to create the Human Longevity Project, which is a nine part film series that uncovers the true nature of chronic disease in our modern world.

He's currently finishing his first book, titled The Longevity Equation, as well as his next film series that explores ancient methods of healing mind, body and soul from indigenous cultures around the world.

Welcome to the series, Jason. Yeah, thanks for having me. It's always a pleasure. So, you know, we were talking before we hit record and you said, I'm kind of a big picture guy, and I, you know, like when we talk about autoimmune disease, there's some larger concepts at play.

And I would love to have you point to those. Yeah. I think when you think about autoimmune disease or any chronic issue, there's there's so many levels to what's going on.

Autoimmune Disease as a Multi-Layered Puzzle

Right. And you mentioned a lot of them in the opening. And this is what makes it so challenging is because you're trying to figure out and somebody that's dealing with this, what is it that I need to hit on?

And generally that the reality is, is, is it's many things. Right. It's it's multiple, aspects. And, you know, when we went around the world for, our recent film series, we, we visited, Doctor Vincent Ladd in India to talk about our Veda and Ayurvedic wisdom.

We went to, the Himalayas into Nepal and worked with some Buddhist inbound healers there. And we went to work with some shamans in South America. And there's something that kind of emerged when when we spoke with all these very wise individuals, who work on many, many levels beyond just the physical.

And it's that these things aren't just in this physical, mental reality that we typically like to, think about things in the West. They go into another realm, another aspect of our being, if you will, that that is there, that is out of balance or that is, holding on to something that is unprocessed.

Right. And this is the common theme that we see is that there's nothing wrong with us. And sure, we have constitutions and we have, alignments that are our own.

That said, these things are not broken. And it's generally speaking, it's something that's kind of stuck that it's un

metabolized undigested in our being.

Now, this can be in our sort of etheric self, our soul level. If you will, our spirit level. However, we want to think about that. But the nonphysical levels of ourselves, it can also be in showing up in the physical.

Right. So it can literally be our digestion is not optimal. So generally what we see is that these things are reflected in multiple aspects of ourselves.

It can be undigested mental processes, like we can't. We keep thinking these same things or we keep believing these same belief patterns. So it's interesting to note that when you find these things, it's probably not just in one level that it's that it's taking hold or that it's manifesting.

It's a multiple levels. And that's generally where I see, the shamans and, and the Vedic practitioners and Chinese medicine and some of these indigenous cultures, they tend to recognize that a little bit more frequently than we do here in the West.

And they they have different ways of working with them, that I think go beyond what we typically, like to think of here. Yeah, yeah. It's not often that you're going to hear that there's a soul retrieval needed for your audio disease.

Right. And and look, the processes are very strange to the Western mind. Like, I, I grew up in the scientific world, and I was a mechanical engineer. I did science classes. I was a prove it.

You got to prove things to me in order for me to believe them. And, the things and the way that they do things, in those cultures and in those practices is very, very strange.

And so to some degree, it actually takes, a little bit of letting your guard down, opening up to that level of reality, to even be able to work in those realms.

We are so powerful as beings that we can actually block the, the healing or the the alignment or the, movement of this stuck energy. And so on some level, we've got to be open to these things.

And so, it's very interesting when you see them. I just wanted you to note that if you go look at some of this stuff, it's like, what the heck? I mean, I had eggs rubbed all over me and prayers and solar retrievers, and it's like, this is strange, strange stuff, but just being open to it, kind of allows for a new reality to emerge.

I love the egg healing, so rubbing eggs all over you and then dropping it into a glass of water and watching the pattern. Right? Yes. And reading that, it's like reading a tea leaves, but you're doing it with egg yolk and the white in in a glass of water.

Very, very strange, but cool nonetheless. So when we're talking about digesting and emotion, that was something that was new to me. So when I was diagnosed with rheumatoid arthritis, I was just shortly after 30.

I read that I, your Vedic medicine actually sees it as undigested anger. And I remember thinking, wow, this word putting digestion in front of an emotion is something so alien to me.

Emotions, Childhood, and Undigested Anger

It's so foreign, you know? Like what? And also a denial inside of myself. That was instantly defensive. Like, I'm not angry, you know? Hey. Yeah. And and just a lack of self-awareness and being able to witness what you might think of in, in common, like union parlance, you know, your shadow self or a part that you don't want to have near you and so disown it and say, I'm not angry, right?

I'm not allowed to be angry. My cultural story has been that anger is bad and therefore. So then how do you proceed with that inside of our culture, with a diagnosis of autoimmunity, knowing all of that?

Yeah, I think there's some interesting language choices that we can use. And and one of them is to instead of saying, I am angry, right. Which is sort of, you're really identifying with the anger.

You can actually sort of shift it into I have anger, right? And I feel angry. And that's a totally different thing to be able to feel anger, that's actually important.

We don't we don't want to suppress anger if we're if we have this anger within us and we want to express that, we want to, so be it for a moment. We want to move it through.

That is actually the point, is that if you've got stuck in anger and you say, I'm not angry, then you're actually just holding on to that, right? And so, so just, recognizing that you can have these things, you can experience these things and you can feel these emotions is important.

And and these emotions are critical. And we are right to feel them. Right. A lot of the, the emotions, that we suppress or that we don't even recognize that we are holding onto are there for a good reason.

And generally in childhood, not always, but but generally speaking, we go through these experiences and we lack the resource to be able to move through them, optimally.

Right. In other words, when we're two and three and four, we we don't have a great ability to digest these, very strong experiences, on our own. So we rely on others generally caregivers, mother, mostly father as well, even grandparents, perhaps even siblings, these beings that are around us, who are more developed and generally more capable, are hopefully able to help process these things for us.

Right. This is often when you see a newborn or young child going to mom's breast. Very, very easy way to reset the system, right? To get back into this rest, digest, calm, nervous system take that is a direct reliance on the mother.

To be able to get into that state without that baby goes nuts and is remains in a sympathetic state. I'm going to die. I'm not okay. And and the baby doesn't know this.

It lacks the resource to understand these things. On a sort of mental emotional level. Right. We are cognitively very underdeveloped as as children because we've got to come out.

We've got these big heads that have come out, come out of mom. And so we are cognitively underdeveloped. It's we have to develop these faculties, which means we need resource mothers to understand what's happening.

So if we don't have that resource available to us and look, on some level, none of us do, right? There's certain things we just don't get now. Sometimes we have things that we can work through, but things get stuck.

We are unable to fully work through them. And so these things we carry with us until we find the resource either within ourselves or generally from other people around us.

And this can be, athletics coaches, this can be teachers, even this can be a lot of different people that can provide this resource. Friends can fill this role, quite well as well as well as your partners.

They can help provide these resources and we can start to metabolize these things. But a lot of times things get stuck. And so. And they're there and they need what they really need is care and support and somebody that that can offer that in a sort of, in a way that is without any judgment, without any agenda, it's a loving presence that, that has that.

And so, and again, this is what the shamans do. This is what a lot of people, they are Vedic practitioners who are really good at this. They can get in there.

There's a lot of different practitioners that that are capable of providing this as a resource. But but all of us go

through our early formative years with undigested, underdeveloped, processes.

And so we've, we've we have these within us. It's just a matter of recognizing what's there and honoring that, and really seeing that if I have anger, there's a reason, as a two year old, that I might be angry because somebody was not there for me.

Something happened. And so there's all kinds of these things that, that are there. And then, of course, if we don't if we have not digested this and not sort of grown up, not developed in that way, then anything that's going to happen in the future that's going to trigger that, it's going to bring that to the surface.

It's just going to sort of magnify within us. And there's a reason for that. It's sort of pointing us to, an aspect saying, hey, there's stuff here. You know, we need to we need to move this through.

And that's the opportunities that we have as we get into adulthood is to to recognize these things, find these things, and hopefully find them resource, in practitioners like yourself, kitchen and others who know how to work with these, identify them, help work with them.

And then you can move these through. And it's a matter unfortunately, sometimes it is not comfortable to feel these things. You actually have to feel the anger.

You have to feel the sadness. You have to feel the disappointment. And I don't know about you, but I don't like feeling disappointed. And there's a big theme in my childhood and I, I it happens over and over again.

To me today, I'm still working this this disappointment side and, and that is going to continue to rise until I find the resource to be able to to move that through fully.

You started flying in the face of something that I just talked to, Sherry Clark about in an interview today about, detoxing old belief patterns so that you can live the, the last half of your life, you know, from a more conscious state.

And one of the things that I was talking about is what I am calling that I call and I probably other people have too. But the tyranny of positive thinking, dispenza effect is, I can't I get that the tyranny of positive thinking is the opposite.

You know, it's the it's the thing that says you're not allowed to feel sad. If you feel anger, get rid of it. If you, you know, like the more that you feel that emotion, you'll manifest more of it.

And that's, that is, I heard something in non-dual context. I was, one time that said it's an enemy of the truth because it's a near enemy. Right? It's almost there.

That's the hardest part, right? Yeah. The near. And it's so good. Right. But that the step that's missing is actually the allowing of the feeling and the emotion.

So it can actually move through your body, you know.

Parts Work, Soul Retrieval, and Nervous System Healing

And what they're saying is correct. Like, yes. You want to ultimately have that clear aligned open channel. You know, where you're you're a channel from the Earth to the cosmos and everything moves through you.

But there's a process, yeah, that your child self has to go through. And, you know, the stuck disease piece is actually a map showing like, oh, yeah, there are places here in this body where there is some stuck undigested emotion and belief experience, memory, you know, that that needs to be processed and moved through and you can't just hop over the top of it, you know, like spiritual bypass, right?

You're going to leave it left in there because your mind is decided. It's done. It's moving on. But the body's like, wait, wait. Right. Well, and I think, you know, where we get caught is, is it's in the judgment of the experience, right?

Yeah. Again, even I caught myself here in a trap, which is to say that I don't like feeling disappointment. Well, that is in itself a judgment. No, it could be a level of truth.

And at the same time, as I awaken to greater levels of reality, then why is this sort of disappointment any better or worse in the in the grander truth of an experience?

Rather, it's just an experience. And so, so what I, what I find helpful here is that there's, there's a lot of it. And here. So I can feel this moment.

I don't really enjoy disappointment. So in other words, I would prefer not to feel disappointed. And perhaps I can learn to recognize that that's just an experience as well.

So not to judge it too harshly. You know, I think again, going back to the and if we have these, these trapped or stuck, emotions, energies, beliefs, thoughts, etc., that, that are in our psyche that are in our, emotional body, in the physical body, perhaps.

And, and I've had experiences where things have cleared and I didn't have to go through the pain or the agony or the or the challenge. Things just cleared.

And I had no content for what it was, but I could feel the energy moving through. And I've had other times where I've actually had to feel the really deep anguish, and so perhaps we can leave room for whatever shows up.

But that's to say that, you know, in some of the most difficult experiences that I've had in clearing some of these, that things have been stuck within me.

There's actually a process that goes for me has gone through horrible agony to the depths of just feeling pain. And then as I'm moving through it, I'm actually in real time having an awakening, an understanding, a realization, not from the mental side of things.

One I'm speaking of directly is a heart awakening where I was feeling the agony and the pain of why are we so awful to each other as humanity. There's so much war and disease and destruction and all this awful things, like, why are we doing this right?

And you can see that, right? There is a judgment. It's me judging the world's experience, humanity's experience as a collective. And as I'm moving through this deep pain of all the horror and atrocity that we've, committed over the ages, I have this natural, real awakening of, oh, that actually has to be that way.

This is this is our development. We are we are moving from infancy into adolescence, so to speak. We're we're learning, we're understanding, and we're growing through this.

And while it's not pleasant on one level, it is necessary and it's beautiful. And then as I continue to move this stuck energy through the heart, awaken further, and I and I, I realized, wow, this is beautiful.

This is this is the way it has to be. This is sort of God's designs is the this is the ultimate plan. Who am I to be judging this? This is this is grand.

This is beautiful. And then my heart awoke and even further. And I said, and I recognized what a gift that it is for us to forget who we are and and the grand nature of ourselves.

It's the ultimate gift. And so that, for me, was an experience of moving through that pain and agony and horror. And I literally felt it within my emotions, within my body.

It was awful. And the awakening occurred as it moved through. I had no plans for this. I had no idea what was coming. It was just going through a sort of healing experience.

And so that for me, shows me the powerful nature and what it was important for me to go through that. So, you know, I think we can we can save room for all of it.

And sometimes we can have the blissful, new awareness, and we don't need to revisit the old. And sometimes we must revisit the old. It is the only way forward.

And so and sometimes you hardly can tell anything's happening. So when I found in those moments when we're having to revisit, it's because I'm having to recognize my own role and the thing that I'm upset about like, oh, how have I been?

Awful and terrible as a human? Instead of judging all those other humans who are just not quite as advanced as I am, you know, and they only thought like I did it, we would be fine, right?

Exactly. Yeah. There's something there's nugget there for you, right? Right. Yeah. And that's that's so important. Yeah yeah yeah yeah. Another way that you know, like I think this sits next to my computer I and so this is, this is a little me and I can, I can feel the feels right.

The emotions and I can recognize who's feeling them. So if it's abandonment oh baby that's you right. It's not this version. It's this little one who actually needs some really tender care, needs some very deep love from me, some attention from this version, this wise version of me that needs to go pick her up and fold her in and say, oh, but I'm not leaving you.

I am right here. Right? And so it's like really regenerating the I don't know, the timeline that says you're born and then you die and it's in a straight line to all of us.

All of our versions are available in one little like cell of time. Right. And we can access any of them. The really ancient one and the really little one.

Right? Usually the little one that when we're really upset, that's the one trying to get some attention. Right? Yeah. And going back to some of these indigenous and ancient cultures, the way that they think about the human being, is so much bigger and grander than.

And we tend to in the West and, and, you know, one of the shamanic perspectives is that we are so essentially fragmented, right? The, the, the larger aspect of ourselves is literally in different dimensions.

It's all over the place. And, and the thing that sort of causes that, well, first, first thing is you're being born. So that's, that's one of the things.

But but it's any of these little what we would call traumas, these, these big experiences that sort of fracture our being. And, and this seems to be an accurate way to describe what we're actually like here is as adults is we have these little pieces all over the place.

Right. I got a part of a here and a part over there and a part over there, and I got my little two year old part that got fractured off because of this thing that happened all the time regularly.

Then I have this little four year old part that got fractured off, so to speak, and developed its own little character identity because something really traumatic and big happened.

So we have all these little parts and pieces and, and they tend to show up when certain things happen. Right? If we, lose our job. Right. And it's a pretty big thing as an adult.

It's not the end of the world, but it can feel like it because there's a lot of things, a lot of ramifications. Well, that

might trigger a six year old part that felt the same way.

So now the six year old version of me shows up and I start behaving like a six year old, a brilliant six year old. But mind you, because I developed these strategies to get through that, but nonetheless, a six year old.

And so if we can start to see ourselves not as, the one who is angry or depressed or, or has autoimmune disease, but rather there's actually fractured parts and pieces, then I can become decided ified with the four year old at six year old when he shows up.

Right. And I've had plenty of moments, daily that these ones show up. And so if I can just recognize, oh, that's that's a part that's showing up. I don't know which part that is, but I know that's not the full grown up adult, developed big whole skill saw me.

Right, right. The skillful part of. Yeah, yeah. And so, so. But we can hold space for that, right. And I can say, yeah, I'm just caught in a part. I'm literally 100% identifying as a, as a, as a six year old right now.

That's how I'm feeling. In fact, before we got on this call, I expressed to you I was kind of in a part and I was feeling and I still am feeling this thing because my family's away from me for a little while.

And it's it's bringing up all kinds of abandonment stuff and, and, just general sadness. And so when I was feeling my mother part come out and I was like, I heard we got to start that, we got to start moving.

Right, right. And so as you're about to get mother done, right, so this can control, this can run in the background right of my everyday experience. And I can ignore it as much as I want it.

And I can pretend to put my big boy pants on and do all the things that that adult me would do. And yet I've got like a six year old running the show.

And so when this is the case, this is reflected in the things that show up for us in life, whether it's support from others, whether it's through this, you might even say fortunate events.

They are also sort of influenced by this. But but speaking directly about this topic today, it shows up in the body, right? So it's showing up in how our heart is functioning, how our liver and our kidneys and our adrenals and and the thyroid in the brain, everything is being affected.

Healing Crises, Symptoms, and Body Wisdom

Because it's all essentially the first point of contact that we can think about anyway, is the nervous system. It's it's reflected throughout our cellular architecture and intracellular space. So it's everywhere.

But it can primarily be recognized as is as the the nervous system. And so this will affect everything. It all affects how we sleep. So it has multiple layers effect very direct effect.

Then it's going to change our eating patterns. It's going to change whether we drink alcohol or smoke cigarets or do drugs. It's going to change how we treat other people, which then has a, a bounce back effect.

It's going to affect our sleep directly. In fact, I couldn't sleep very well last night, so not having sleep will then have another effect, on the body.

So you can see that this thing gets really complicated really fast. And there's so many effects going on. And ultimately it's all being driven by these parts that are kind of running the show for us.

And they might be 5 or 6 ones all kind of working together to keep to keep me stable, you know what I mean? And I've got all kinds of parts popping up to just keep the ship, aligned.

So it's it's pretty wild. And the more that I get in touch with these, the more I recognize them, the more I feel them. Honor them. Not judge them. And and I can find support for them.

Then literally, these things start to get metabolized and digested, and, and the four year old grows up a little bit. Right. And so this is what happens.

And so many parts of us are stuck at at young ages. So it's like me, the adult, and I'm dragging behind me like a thousand little mes that are stuck at different ages.

And, and it's, it's quite a wait. And so again there, there. And I want to honor them. But the first piece is to recognize that they're there and then hopefully be able to work with them, metabolized, and digest some of that stuff so that we can fully come into being as a present adult that is, that is developed and in the shamanic world, you know, use that.

I'm dragging behind all these parts of me, right? In the shamanic world, they talk about soul retrieval, and it wouldn't be like the Abrahamic tradition of soul that we think about.

They're actually talking about these little kid parts, you know, these parts that got an innocence, that got broken off in that moment, that got left behind for safekeeping.

Right. So that it's it's like it's there because it was too much for that little one psyche to manage. Right. And the nervous system is the the part that actually goes beyond our physical structure.

We know this, right? We know the Earth system exists because we have it in photographs now, you know. And so that connects our emotional, mental and spiritual bodies to us.

And it impacts our genetics, our organs, right, our immune system, everything, you know, so whatever we're thinking, feeling is actually influencing genetic expression through the nervous system, which is why it becomes such an important piece.

So, you know, this this idea of soul retrieval being something woowoo it is not. It's going and getting that little one and going, come on, you know. Yeah, come back in and I want to share as a just anecdote here because it's I think it's very relevant. It's interesting.

So a lot of times when we metabolize or digest these, these pieces that are stuck court, we get what we might label as unwanted results. We get we think that if I just metabolize this, then the thing that I'm dealing with is going to go away later.

Sometimes it can get worse. It can actually increase in its expression. And, and there's some models to sort of, explain this. And German New Medicine has a model that I think is very interesting in this case, but I want to, share an experience that, I've ran my genetics, my snips, a long time ago.

Right. And there's, there's some liver enzymes that have shown that I'm very sensitive to caffeine. Now, in my experience, I've never been sensitive to caffeine.

I could drink cold brews and very strong coffees and espressos, and now I feel fine. You know, I, I will uptick in energy, but I never got jittery. I could literally drink this stuff in the afternoon and be fine before sleep.

Never a problem. And recently, due to some kind of more of this healing that we're talking about, I had an experience that I burst out and shingles. Now, I've never had shingles.

It's not a recurring thing for me. I did have chickenpox, which is thought to be the root of shingles in adulthood. But I had this outburst of shingles and it expressed in a very interesting way.

And then after this sort of, they healed, so to speak, I noticed I'm extremely sensitive to caffeine now, and I don't

know why. So this could be a coincidence.

It could be something else, but I have noticed that when I went to this specific healing program or protocol, I got worse. And there was actually a number of other people in my cohort, this group, about 15, another person got shingles, another person got a Candida outbreak.

So things were happening in the body. And my interpretation of this is that things moved through and they expressed in other words, they finally burst out, and this is not a fun thing, but my body was doing something to move this out of the body, and it resulted in what we call shingles. Now.

I wasn't happy about it. It wasn't enjoyable. But ever since then I have noticed positive things. After that healing eruption, you could say sort of this healing crisis.

Right? And they've been called Horkheimer reactions and healing crises before. And again, I would point to German New Medicine as it is an interesting model.

They actually explain this when you're going through the healing phase, there's there's healing and then boom, you have just a really sharp spike in the symptoms.

And then again, it slowly comes down in your and you're on the path to sort of healing again. So you know this is interesting to look out for. It doesn't always look like you think it's going to look.

And when it comes to the body, the body has insane wisdom. Many, many thousands of years of biological experience dealing with this stuff. And it's going to behave in an innate way.

There's also intelligence that we can bring in, sort of intentionally, but but it's there, right? We have the programs. And so I think part of this is trusting the body's natural programs and, and that they may look a little bit different than what you're expecting.

And so sometimes it's hard to know, am I going through the healing like the real healing crisis and this is a good thing, or am I relapsing? And I think there can be both.

In other words, a stuck program that's kind of going through or moving through layer by layer, which is why I think sometimes it can take us a long time to heal because our body, our mind, our, our whole being has only so much capacity at it's sort of current level.

Let's say. And so it's it's in its brilliance. It's going to do what it can, right, without overloading things. And this is a brilliant program. So I think we, we shed some things, we move some things through, we digest little bits and little pieces as much as we can until we get that resource where we can then fully move, move, move things through.

And that's, I believe, what I experienced in this process. And it's been very interesting to to witness, to notice the changes. And I'm very in tune with my body.

Or at least relatively speaking, more than I was, when I was young. And so, I'm noticing these changes. So, anyway, it's it's to your point, it's changing genetic expression in my, view here with regard to how I metabolize caffeine.

And now all of a sudden, I get jittery, and I don't like it. Like I actually stay away. So, very interesting change that has occurred. Subsequent to this, this expression of shingles, you know, I mean, you used interesting language when you were telling the story, right?

You said, twice outburst and yeah, you know, this is a nervous system thing. Shingles. It's it's goes along the nerve endings. Right. And so what I know of you, Jason, is that you don't really get violently angry or I think you do a lot of internal processing, right?

Yeah. And so when you said outburst and burst out explosion, right. These are the words that you used and. Yeah. Yeah. So in your Vedic medicine, that would have been just like a bunch of undigested anger just held.

Right? Yeah. Exactly. Yeah. Yeah. Right. And liver is the organ of digesting anger, according to them. So, you know, so now your liver is clear of that.

So now I can actually speak to you right now you can hear it, you can say, oh, caffeine. Okay, I got you. And people got frustrated by that because now they're more sensitive than they were.

But in reality, what it is, is as you express so beautifully, you're more in tune with your body. Your body trusts you that it can speak up now. And yeah, you can't just eat Oreo cookies, right?

You're right. And that's the other thing too, is that in throughout the last few months, I've done various, you can't detoxes but that upregulate certain bio transformation mechanisms in the body and, and also binding things and moving things through.

Right. So a lot of the stuff that you that I'm sure you do with your, with your patients, that was part of it too, that I did earlier. And so that didn't that didn't do the trick by itself, so to speak.

In other words, I didn't I did those things and it didn't I didn't notice these massive changes. But could it have set the stage possible? Right. So so this is the tricky, tricky part.

And even as a doctor practitioner, we don't really know when things are going to sort of catch right and move through. So this is why we need to analyze what are we doing in our daily lives.

What are the beliefs, where the thoughts? What are the patterns? What are the how am I sleeping? What am I relationship? You really look at it all and you tweak and you modify and you improve what you can.

You become into alignment with a lot of these different things and then some. At some point something shifts and it's it's fascinating when that happens because the, the mind wants to go, oh, I did this thing and that's what did it.

And in reality it's probably not that simple. There's probably a lot of other things that are happening and that set the stage that will allow you to get to that point that you can finally move this through.

So same with the imbalance. As you're saying, there's no smoking gun ever. It is not, you know, because you said when you were first introducing, you said everyone wants to know what it is.

And I quietly listen to that word go by me. And then you came back and you picked it up again. Is that it is never just one thing, right? There's not in it right.

And so people want to latch on to Epstein-Barr virus or Lyme or, you know, and it's just like, well, no, that's the feather that finally capsized.

Alignment, Longevity, and Living at the Extremes

And there's a whole bunch of other stuff there first. Right? Right. Yeah. And one thing to you, I think it's it's worth at least saying it may not be necessary to your, to your audience because I'm probably I bet they're educated enough.

But when we take things like medications, and things that, suppress symptoms, you know, with this in mind that the symptom is sort of both talking to you and a positive expression of something that's happening.

Right. Then then what are we really doing when we take these medications that suppress symptoms? Right. I take a Tylenol for a headache or whatever the case is, whatever the thing that you're taking, right?

I mean, in fact, my my little one, my little one year old is going through a lot of teething and he's getting a lot of

fevers and pretty significant ones.

And that is here's a loving parent, right, is to God that suppress this fever because he's so hot and he's in pain and this is awful and he can't sleep and we can't sleep.

And yet with this sort of again, that's a part going, oh, my God, you know, I want to take care of this little being. And I love him. And this is I'm scared.

And and then there's the sort of adult faculties that goes online that says, okay, I know fevers are good. They're part of the process. This is important biological program by the body to accomplish things.

It's inflammation. It's turning things on. Right. There's lots of things happening. So so let that process play out even though it may create some discomfort.

And heck, it may even create a little bit of a trauma that he's gonna have to work through later. But these are important things. So there's a balancing act here, right, that I'm sort of pointing to, which is that, okay, we can call him off with some tepid water and we can keep the fever manageable so he doesn't overheat and cause problems.

And yet I don't want to completely suppress it. I gotta trust that the body is doing something very, very wise and intelligent. So, so it's it's it's it's I'm pointing to this idea that this isn't easy, right?

Determining what do I do and how much and how much pain in my in my capable of going through am I bring unnecessary suffering? There's all kinds of stuff that come into play here, but trusting the body's wisdom, I think, is so critical to to determine, you know, am I should I be taking any medications at this point, and if so, how many and what's the dose and how do I work with that?

Versus throwing the kitchen sink at the body, saying, let's suppress all these symptoms because I don't like, and this is awful. Yeah. How do I get out of my suffering as quickly as possible instead of what is it here for? Right?

What's its job? What's its role? How does the pattern end, you know, and following it all the way through. Right. And I think it's important to recognize two because there's sometimes, at least for me, I've gotten caught in what is this trying to show me.

And that's a pattern in and of itself. Because I'm caught in this idea that I'm just going to learn from all my pain and suffering, which means keep suffering because I'm going to keep learning.

Whereas this it may be teaching me something and also just blind trust that it's a biological program that's doing something important and it's necessary.

And how do we support that? Right. Not suppress it? How do we support and get in alignment with it so that it can finish its job? Beautifully put. So is there something around the whole subject of autoimmune detox that we haven't covered that you really wish we would right now?

I think there's a general theme of alignment. Right? To me is what it's all about coming into alignment with the food, food choices that you're making given your current circumstances, coming into alignment with the beliefs and the thoughts, and the emotions.

And what I mean by coming into alignment is, is to really feel what's real, what's true. Not not what what you don't want to have happen or you're scared of or, you know, in fact, it's coming into alignment with the fears themselves or the concerns themselves.

And so it's really getting in touch with what am I feeling? What am I believing, what am I thinking and, and and working from there. So when we're sick, a lot of times the starting place of of where I'm the point at which I'm taking action is from a place of fear or anger or frustration or whatever.

And I understand that, in fact, I'm still subject to those. It's not like I've figured out the secret and now I'm all good, but it's constantly analyzing from from what energy am I working here?

Am I working from left? Am I working from compassion for myself? Am I working from a place of trust and and allowing this process to to guide me? Right.

So so what is the energy that you're, that you're operating in as you're taking steps and taking actions and thinking about things and, and coming into these belief processes.

And if you can recognize what that energy is, then that will allow you to identify when you're out of alignment, when you're in a part, when you're operating from a place that is not from true love and compassion and ease.

And so, so I think that's maybe the overall theme that I think is good to become aware of. Where am I taking action from motivation right. Misery to motivation ratio is what I put in my book Solving Auto Immune Puzzle.

I kind of coined this term misery to motivation ratio. The more miserable you are, the more motivated you are to really bring awareness to your motivation.

Yeah, right. You're not miserable is like, why are you change anything? Why would I look at this? So you you have, the human longevity equation coming out?

Yes, yes. And it's a book, so it takes forever publishers. And you know how it goes. The birthing process is long and arduous for. Yeah. Oh, yeah. All sentient beings, including books.

So. Yes. So as we, as you know, we think about that then what what is a human longevity equation like just we don't have to spend a ton of time with like.

But there are some points and I know one thing about your brain is you organize really well. Yeah. Yeah. I think it kind of piggybacking on, on the last point is, one of the things I talk about is coming into alignment with, with sort of these, these universal truths for human beings.

In other words, we need sleep, right? Like that's a universal truth. You can't go very long without sleep. You need water, etc.. So getting into alignment with these universal truths, right.

And there's a there's a number of them. But but it's getting really good time to bite them. No, 2:00 in the morning is not the time to catch up on your work.

Exactly, exactly. So this is critical for longevity. It's critical for your own well-being in every regard. Right. And it's critical for anybody that has a condition that they're that they're working through.

So it's it's getting into alignment with those universal truths. And, and there are a number of them, and I won't go through all of them. But but I think it's a it's a key thing to recognize that we all have these things that we need fundamentally we need connection with others.

Right? We need to be, getting good sleep. We need to be, in touch with nature on some level. Right. So there's there's these things that I think are the fundamental.

I mean, they're, they're basic. There's other levels of reality that are more individuated. Right? So it's becoming it's finding out how to get into alignment with your constitution, with who you really are.

And so this is where our needs vary. Right. And this person might be eating a certain way, and this person might be eating a different way. This person might need a certain amount of exercise and a certain type of exercise that is more beneficial for them and vice versa from here.

So it's learning to recognize what are what's my individuated truth and what are the whole truths, and figuring out

how to get into alignment with. So I think that's a that's a key component. The other one is to operate at the extremes.

And what I mean by that is as humans, we, we, we like these dual nature of reality. It's good for us, like for maximum our body and mind. Good to be in the cold.

Like really cold. Right? Wim Hof, we have ice baths. We have these things. And throughout most of human history, we've been out in in the cold. We didn't have air conditioning and heated spaces the whole time.

So the cold and then we have the heat, right? So it's it's operating at the extremes when we're in, in sort of, the nervous system is tuned up. And when the sympathetic tract could be in the sympathetic go workout, go do something challenging, go work hard, put your mind to to work.

And then the other side. We need rest. We need to totally relax. We need not only just sleep, but total relaxation, total rest, total rest from the mind, from, the stimulation.

Right. So, so thinking about the extremes and operating in there as opposed to just really this comfortable life in the middle. There's something about being touching the edges frequently and not hanging out so much in the middle that I think is really important.

So this idea of cosmetic stress, right? Get me in the sun and get me sunlight now can't be too much. But I need I need something like that's at a universal truth for all human beings.

We need actually something. We need sunlight. So our modern way of living inside the home all the time, not the greatest thing we need to get outside.

So the other thing is, is hermetic stress from exercise standpoint. Right. Another good example of warm and exact. So so it's operate at the extremes.

Get uncomfortable in some of those. It really tunes up the body and does amazing things for the nervous system for for your whole cellular architecture, for your mental state, for your, your emotions. Right.

We want to be we want to be touching the edges, and then getting in alignment with your, Constitution as well as the universal, our whole Constitution.

Beautifully said. Thank you so much, Jason. Thank you for having your baby to be born. Human longevity equation with you. And thanks for sharing. Just a tiny portion of your wisdom with us.

You're very welcome. Again. It's a pleasure to be here. All right, everybody, until next time, be well.