Be the CEO of Your Health: What Traditional Doctors Won’t Tell You! | Natalie Lefevre | Ep. 29 Transcript

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Introduction to Natalie Lefebvre

Can we give the listeners an example of some spearing? That'd be shy. Do I really? Yeah. Meet Natalie Lefebvre, a renowned longevity expert, keynote speaker, and travel journalist.

Join us as we dive into our insights on health investment and explore the secrets to living a vibrant and fulfilling life. And I tell people, get an MRI, check under the hood of your car, look what's going on under your skin.

Disease hides very, very well. You might not feel anything until it's too late. That's why it is important to take these proactive steps. I get 40 year olds texting me saying, I have cancer.

I don't understand where this is coming from. And I said, have you done your heavy metals test? She's like, my doctor didn't tell me to do that. You know, hospitals are a business too.

They're trying to get that $170,000 body. Being the CEO of your life, how important is data when it comes to that? Well, it's all about data because it Welcome to another episode of a Healthy Point of View podcast.

I'm your host, Sam Tahata. And today we have a special guest. You've probably seen her roaming around the world, around a globe, meeting with some of the top functional medicine practitioners, meetings with the some top biohackers.

On stage, she was just at the Vibe Conference. Today we had Natalie Lefebvre. Natalie. Hi. How are you? I'm great. I am happy to be here to ride out part of the hurricane storm with you.

Yeah, right? Everyone is running around going crazy and stocking up on water. Hopefully they are stocked up with the right things. Yes. You can kind of lose control of your health stock it up the wrong non-perishable items for this hurricane that is coming.

A lot of cans, a lot heavy metals. Yeah, we don't want that. No, no. Hurricane comes and all of a sudden you have heavy metals. Yeah. You gotta come to liquid beta.

Do a detox protocol and that's just a lot tougher to detox versus avoiding it in the first place. So today's topic, the title of todays podcast or stormcast.

Stormcast! is being the CEO of your life and investing in your health. And I love that title.

Emotional Regulation and Grief

I think you're the perfect person to talk about it, Natalie, because one of the things I've noticed when I first connected with you and we started building that relationship, throughout that time, your father passed away.

It was something that happened very quickly, but one other thing that I notice is how you managed your emotions throughout that process. And it was something that was very noticeable where I'm just like, we're still like moving around.

She's like flying around, she's ready to do this. I said, and I think to myself, I kind of feel bad that I am even communicating with her right now. she should be like mourning and everything else.

It really made me realize that you handle that grieving process completely different because of what you've learned

in your lifetime, doing a lot of this health awareness, functional medicine, mindset, meditation, and everything else.

And I'm going to want you to speak on that because, you know, a lotta people, when they go through something like that, they through that grief process, which there's a left denial, there is anger, that's bargaining, There's all kinds of stuff that is happening.

So, number one, I'm happy to see someone who knows how to manage that and go through that process. But number two, you're not just somebody who's focused on themselves, your focus on making sure other people can also tap into that type of mindset and that emotional fitness that you have.

So let's talk about it. Yeah, well, what a great intro and bringing it to the point. I think that emotional regulation is a key component to longevity, wellness, our immune system, because we have voices in our head all the time.

We have stress factors. How do you deal with that? And we all know from the blood work and data that, you know, stress or negative thoughts, those voices in our head cause cortisol, hormones, protein to mutate or transfer into a negative light which affects our body.

So yes, I almost feel I believe in God and I really feel like God was preparing me for this in a way because the last years I've very intensely gotten into Dr.

Joe Dispenza retreats and meditation. And if you had told me three, four years ago that I'd be the girl that loves to meditate an hour or an I'd been like, yeah, right.

I think that's not me. And I got into it because I finally got it. It's like training a muscle. it's really like going to the gym, like you said, emotional fitness of the brain and our brain makes us do everything and talks to I've done fascia release, I have done kinesiology, all sorts of modalities in, you know, psych, K, so many things to make me tap into my body and connect the brain and the heart or the bring gut.

So having this coherence and being aware of that connection and how when we go in Our body can heal naturally, but we're so busy and not connected to feeling sometimes that we are on this auto program and that's really stimulating, I believe, a lot of illness and creating a cortisol which affects your liver.

So, yeah, I just got back from speaking in Denver at Zenergy on emotional intelligence and it's where I speak about regulating your emotions as well as understanding other people's emotions and where they're coming from.

Listening, a lot of us, you know, we're listening and we are ready to react and say something back, well then you're not really listening. You don't even get the time to really process it by reacting so quick.

Yeah, yeah. And so having that space to go quiet and really listen, and if someone's reacting, if they're triggered, it's not necessarily related to you.

It's something that could have been in their childhood. So I try to be very self-aware and I'm always working on it. I've read Eckhart Tolle's book, The Power of Now, Louise Hay, You Can Heal Your Life.

I've done a lot of different retreats and breath work. I think breathwork is really great to regulate your emotions and your nervous system, the vagus nerve.

Um, I wish I would have gotten into that sooner. And so when, when my father, you know, went to the hospital and we found this shocking news that he was stage four metastasized cancer, even though he would go into the doctor all the time.

And he was getting his blood work, but bloodwork is not enough. The system is outdated. And I realize that, and I tell people since one and a half, two years, get an MRI.

Check under the hood of your car. Look what's going on under your skin. We know this, But a lot of people don't,

And the system Is behind. So my dad fell through the cracks of the System.

It was the reason I decided to get up on stage and to devote my life to empowering and inspiring others to really be aware of what you're not doing right, and what should be, what could happen to you, it happened to me.

I told my daddy a year and a half before that, Papa go get an MRI. And they did. They did a CT right here, just one level. And as you know, there's this whole area.

So if you do the abdomen area, There's four layers of CT and they just missed it. they missed the liver, they miss the lung, They missed that urethelial, which was the primary.

and so that was a tough pill to swallow. Because I do a lot of energetic or frequency and I've also done certain versions of plant medicine, not ayahuasca or anything, but opening your heart and realizing to see the gratitude in everything.

So I went, I knew I needed time away from everyone. I want to our old home in Munich at my aunt's and I just didn't see anyone. That skipped all the trips.

Just stayed home a lot because I wanted to also connect with him. Because Albert Einstein says, energy never dies, and Tesla talks about it too, so it's real.

Father's Diagnosis and Medical System Failures

And I've been able to connect with my daddy. I was amazed that he shows up, he sent me messages, but you have to get still in your mind. That's the hard part, right?

Being able really just shut off and just be in you heart. So I did a lot of that. this summer, very consciously, I did screaming. A lot of what? Just screaming, like getting…

Get it out, get it. Get out because emotions store in your body. And so your liver is anger. Your spleen is worrying. You're lung is grief and sadness.

So these things store. I was so aware of that, that I like, oh my gosh. Can we give the listeners an example of some screaming? Don't be shy. Really? Yeah.

That's silly. Why not? Yeah. Perfect. See, that's what it's all about. Does that mean I have to do it now? This is good because people have to understand really what screaming is and they can't be shy especially when they're by themselves You know like right now.

There's a relief I feel it the energy has changed in the room, and this is Good you know um and This Is what we have the talk about it I'm hoping that the people that are listening to the podcast they put the podcasts on on pause And they have their own little screaming session while the podcasters on paws And I urge people to do it because these are the things that you've put so much time and effort to learn.

You know, you're going to some of the greatest healers around the world. I'm in this space and growing and I haven't been able to what you are doing and following what your doing.

Just like, I am amazed by it. You know, and you have the ability to learn. And I want you to talk about this as well, too, because this is a big part about being a CEO of your life is that there's a lot of stuff out there.

Yeah. Consumers beware, you know, because there's good stuff. There's stuff with science behind it. And then there are other stuff that you're trying to get a few dollars out of you.

You have to be very careful. Be careful who to trust. So let's talk about that because you at some point made a decision of like And I remember this when we were at the biohacking conference.

He was like, I'm not an influencer. Like I am here. I have a purpose. There's a lot of healing that's involved. So I want people to understand like what made you make this decision to just go connect and meet with all of these big bio hackers, functional medicine doctors and go to all these different countries.

Well, I think going to all the different countries started at a young age. I'm born in the Seychelles Islands off the east coast of Africa, half German, we had to leave, grew up in Texas, so countries and people and culture, and I love it, were all one.

But yeah, got really ill at the age of 30, had a pneumonia that was misdiagnosed, only the fourth antibiotic started working. And then I was in the hospital and it was Christmas and he was just scary like I like oh my gosh this happens to other people.

And my doctor accidentally punctured my lung and when he's going to the rib cage infection like so many things went wrong and I realized. I can't trust them.

And I want to be better. So I read all these books. I could feel how my body turned wanting the vitamin that was missing. Then I became a pescatarian, then I was full of heavy metals, I thought salmon was healthy.

I started feeling unwell, and I went and saw that my mercury was on a level of 1 to 7, that I had 23. And I said, oh my goodness, thought I'm doing the right thing, eating salads and egg and salmon.

So I learned and did the detox, the heavy metal detox. then I guess my mother started with a little bit of signs of forgetfulness about two and a half years ago and I was you know quite well known in the travel world and i know in The Instagram world, and luxury and different friends everywhere in, the world And which I got from both my parents who just loved people and and so that was probably the first tricker that you, know I I felt empty doing just travel and being the girl on the Indian Ocean and these beautiful villas in the world.

I wanted to learn, but I also wanted give back to my audience and I want to heal my mother and understand this brain-gut connection. more. So I started mostly talking to people who knew about Alzheimer's, the brain, how the gut works.

And so that's why I know that this screaming emotional release or, you know, when we were babies, it was okay and safe to cry and scream. But we've been taught and changed our identity as to how we should be seen on the outside and what we shouldn't be to be accepted.

I wanted to hit that rewind button. And so I got into just curiosity was my motivation and wanting to heal my mother and just kind of change the direction.

And I was a little afraid at the time to really just go all in. So I started slowly, slowly changing it and people seemed to resonate. Then as I starting going to all these biohacking summits globally and meeting everyone and You know, I know Dave Asprey and Gary Brekka and he did my first methylation test.

And so meeting all these people and learning and I just was like a sponge soaking it in and going to a lot of the health spas and just learning by doing.

Then I realized, wow, you know people are going about it all wrong. Regular doctors, even the doctor I trusted that I still know from Munich that was my old doctor back then with the lung infection, I even like, we talk about stuff and we share notes and I'm just like I see now his method of seeing things and it's not their fault, you know.

Everybody's doing the best with what they have and what the learned and they studied. So another part of emotional intelligence is realizing that You know, you should be in charge of your own life.

You should take that into your hands, which was my big lesson. And he's doing his best, and he knows that black and white formula, what he learned in the textbooks with his education, But there's more to it.

And you should be looking at your microbiome. If you've been vaccinated, you need to definitely check more into your microcirculation and your microbion.

Some people are really pushing methylene blue. Well, there are some people that say, and I'm on the advisory board with Progenobion, with Dr. Sabin Hazan, they have proof or data that methylane blue is not necessarily good for the microbiom gut of certain people.

So you could actually be giving yourself a negative. So when we're watching all these biohackers out there, so many of them are, you know, great, giving us great advice and doing it themselves, which I commend them for.

But like, I'm just a little more old school and conservative, and I'd like to be cautious with just everything I am supposed to take. And we are going to find out things in 10, 20 years.

Maybe that was good, maybe it wasn't good. Be the CEO of your life, because this is the biggest job you are gonna have. I agree.

Health Data, Precision Testing, and Biohacking

And, you know, one of the things that is extremely important when you're going through those different treatments and processes is figuring out, with anything that I do personally for my health, the first thing that i always ask is, sir, I always say, is there a way that we can go ahead and manage the data of that outcome of what this is doing, right?

So if I'm going to get, let's say hormone optimization therapy, I don't just want to take things to uptake my hormones. I want figure out what's the baseline.

And once I start taking whatever the product is or medication, I wanna see the data of how this is affecting my body. Yep. Right. So this one of the things that's extremely important.

You know, you've had the opportunity to go to two different type of clinics, Likovita being one them. where we have several different data points. Yeah.

Blood work. We send some of the blood we do here, other blood draws that we give, we send that off to Germany, send it off the Greece. I think today you just did the RGCC, right?

Oh yeah. So these are the different datapoints that I usually tell people. If you are going to start taking supplements, if you're going start to taking even vitamins, get a baseline, see where you're at, right?

How do you feel when we talk about being the CEO of your life, how important is data when it comes to that? Well, it's all about data because it is about your precision blueprint.

And what I love about… I like that precision Blueprint. Yeah, because my precision blueprints is different than Sam's and what i'm doing or emotionally or the stress factors or all these things and that's what love you guys.

I've spoken to Dr. Davies and Arnold, everyone in your team and you also took my other data, older data to compare to see with the new data where I'm at and where i'm going.

So, and you guys, you know, I am very cautious with who I trust, but like I love, Dr. Davies and y'all, i trust you because you really are deep diving in the data and your really looking at multiple layers of everything.

That's the only way you can really optimize health. If you're just shooting in dark and just randomly take heavy metal tests like my mercury baby high, but if I have cobalt, is it coming from my teeth?

Is it from what I'm eating? So that's where the research and the analysis for the outcome is important. to get you to that end destination, right? And I'm having another follow-up meeting with Dr.

Davies. So he's on it. He's like really checking that data. And, I feel like he knows me. I fell like, he is taking time for really Natalie to personalize it and I think personalized medicine is the way of the future.

It really is. One of things that you just brought up is like the heavy metals, like mercury. You know, it's easy to test for mercury and then you figure out, okay, well you have mercury toxicity, we need to do something to chelate that out of your body.

But when you talk about that precision, right, and really figuring out what that mercury is, doing a test where you can figure it out is it organic or inorganic, like Dr.

Christopher Shades, he has this test to figure if it is organic of in organic, is that now you could figure some kind of fillings in your teeth? Is it something you got exposed through like a chemical that's inorganic?

Or is it the fish that you're eating in a salad every other day? Now we have a better idea because it's one thing to be able to get rid of the mercury.

right, and chelate it out of your body. But if you're still feeding your buddy the mercury, you are still dealing with the same problem. Yep. So, so. Which is very common.

It's very, right. And in today's world, a lot of the stuff with toxins is it's difficult to eliminate all of it because we're just walking outside in it.

Yeah. You know, understanding the detox pathways and everything else. Also, if, If you can remove yourself from that environment, that's where that precision that you were talking about comes into play.

Yeah. Natalie, so… Deep, deep diet testing. You guys cover a lot of ground on that one. Yeah, yeah. On this podcast, we have a lots of our doctors that tune in.

We sell our IV kits to over 4,000 doctors throughout the nation that offer IV vitamin therapy to the patients. And these doctors, they listen to podcasts to learn new things from a of the experts that we bring on board.

And some of them that are listening, you know, because our conversation we're having here, sometimes this conversation probably will lead more to, like, the consumer versus the doctors.

But I want to actually stop that thought process of any doctors that aren't listening to the podcast right now, Because one of the things that's important that I've seen a lot in the industry is that a of these healers, a a these doctors, that get into the they forget to take care of their own health.

Right? Though they're so busy trying to take care of everyone else and learning all this great stuff, but I see some of these functional medicine doctors walking around looking like little Oompa Loompas.

Unaccepted. So when we talk about be the CEO of your own health, it's just like when you're on the air point, right? And they give you that whole emergency talk, about putting your mask on first before you put it on your kids.

Yeah. It's like you got to to care for yourself first, before actually start healing other people. And some of these doctors are extremely smart. They know a lot about functional medicine, health and wellness, but they got to take care of themselves.

So I want, you know, especially being a CEO of your own life, like how can we put more emphasis on these? Doctors that are listening about the importance of them taking care Well, it's a challenging one because I'm also a health optimization expert and I have clients and to me sometimes it is frustrating.

I am like, you look on the outside and some of them look good. To me, I was like looking good and then on inside what was really going on was a different story, right?

Right. And so it was frustrating to I think it's like 1% that actually converts into really making the change or really following the protocols of what to do and change.

So I just think that it is time and making people understand that self-care is important. I've done those mistakes too, you know. I didn't guilty of them too.

Yeah. So, I mean, and I think it's just time and sometimes I feel like I want to just go, my God, like you've got to do this and it is in front of you.

And I just explained it to you that you need a genomics test. You need to microbiome. Your vaccinated. you should check your bifidobacteria. To me, it s a no-brainer and i know it.

And I think that just we're fighting this old fashioned allopathic system of medicine, you know, including my dad's doctors who made their mistakes, but they didn't do it on purpose, so I hold no grudge.

But I did have to scream about that one and just let it out. And then I wrote them a message and I said, I'm not mad of what happened, but please let my dad be, you know, a sign for what you're going to do different with your other patients when there was enough history for you to send him to an MRI and check these areas like the prostate, which is a big thing for men.

And so there were stuff there, like we should be making MRIs normal. So I think it's just, I think it's going to take time to convince some of these doctors and just convincing my clients or whoever because they just think they're invincible and we don't wake up until it is too late or someone next to you is affected or you get a blood work result and then you're like, oh, Well, I'm I mean, 40 year olds texting me saying I have cancer.

I don't understand where this is coming from. And I said, have you done your heavy metals test? And the lady just two days ago, you know, but I get a lot of these different 18, 20 years old, like young people.

and she's like, my doctor didn't tell me to do that. She's, why didn' my doctors tell you to that? It's not their fault. They weren't trained that way to go and look at all these things.

Or I just got back from the Seychelles in August. That was with my mother. You know managing stuff for her and I went and did another heavy metals test and we've got one coming after today And I see you know arsenic cobalt that's from the pots those nasty pots in the restaurant from The water heater for the hot water for The coffee or the tea?

Arsenic and rice like it's in everything so our is your immune system really functioning? at capacity and if we don't feel it we think we're like okay you know so that's And one of the scariest parts, too, is when you have some of those clients or friends or family members that come to you, I say, man, just came from the doctor and I got diagnosed with cancer.

Sometimes they'll tell you it's stage four. It's like, well, what happened to stage one, two, or three? And, one other thing that I try to tell people is disease hides very, very well.

You might not feel anything until it is too late.

Doctors, Self-Care, and Early Detection

And that's why it important to take these proactive steps. Yeah. Let me ask you this. Which I think is great because you guys have the RGCC and I know you can detect it early.

Yeah. But you also know how to analyze the data of other stuff that's forming and you need to catch it before it's transitioning. Right. Exactly. And that that is extremely important.

I want to get more doctors to think that way. One of the things you mentioned earlier, you said that you had to kind

of scream at these doctors, write about your father, and tell them about the future.

Hopefully, they take a different approach with some of the patients. How did you feel after you actually communicated that information to these doctor?

Do you that they care a bit about what you said, or do you just feel like they brush it off and move on? Well, I expressed my dissatisfaction. I didn't scream at them because I don't blame them.

But yeah, it's important to voice, not hold things in. We're taught to hold thing in, so I wanted to express that, but in a kind way. And I think that they were shocked.

I thing that probably both of them, because they're on my dad's WhatsApp, they are friends. One of the showed up in the hospital, but I didn't want to tell him in hospital.

Like I was waiting, I went through all the files and I saw what went wrong. I think they were shocked and I thought they felt a little guilty and had shame.

We all make mistakes, but I'm sure you get back into your normal gist of life and you forget it. They didn't reply, before that they all were really good at replying.

You know, maybe I should follow up and his best friend from Seychelles the next day, he passed away on a Sunday and on Monday, Mike was going for an MRI.

And I was like, wow, that's a tough pill to swallow, you know? And and I told my dad, get an M. R. I. a year and a half earlier. Had I gone to the doctor with him and pushed it and followed up on him, I would have had a years and half.

Maybe he was stage two. that time I would have been able to and another thing you know I found out that in the hospital your dead body is worth a hundred seventy grand so they make money and he they should have given him dialysis because he was in semi kidney failure they didn't give him Dialysis for like they delayed it for eight days I was too late so 170 grand this is first time That's what I heard, yeah.

Do you know more? Can you talk a little bit more about that? Yeah, I mean, you I did a lot of deep dive learning and I'm going to say it, my dad had three vaccinations.

I 100% believe that there is such a thing as turbo cancer or cardiovascular issues. I'm grateful. I do believe in prayer. For us, the Lord gave us a beautiful gift, and so I am just going to focus on the fact that I had my beautiful beloved daddy for 48 years.

And I was so blessed to have such an incredible man and connection. He grew me more wings to be here and speak out and have more courage. Oh, yeah. The purpose has magnified.

since then yeah and you also i mean thanks to you you actually were one of my first keynote speeches and i was like okay fantastic i loved it i watched every bit of it and then i watch it again once they they had the recording oh really so i want to say Thank you because you've helped push me in that direction and given me also more courage to know that this is where I should go.

This is Where I Should Be. I need to speak my voice, my truth and try to help save lives because that's really why we're in this. And the thing is people are hungry for it.

It's not like we are just trying to They know something's off. People know. They knew something is not right. Well, look, I mean, the other day you sent it to me and Dr.

Mark Hyman is part of it. Make America healthy again. Right. There's a whole huge movement of the toxic foods. You start hearing about what some of these American companies, food companies what they're doing to our food

here.

But they are producing the exact same food, but healthy in other parts of What do you think about that? Make America healthy again. Well, I'm all in support for Mark.

I post everything I love that he's going, you know, up against Congress, and it's not a political thing. Tony Robbins has also joined. And it is not about which political side of the government, whoever our president is, who ever we have in these Areas need to be pushing for this, you know, right this change in mindset I mean America is really probably one of the unhealthiest nations and I love going to Europe and half German and the raspberries just taste different than at Whole Foods, You know and a lot of people like I also love crispy cancer I'm gonna give a shout out to him because He makes us aware of where these toxins are hidden.

So appeal, for example, like Whole Foods does not say a lot of the spray in the organic food section is sprayed with appeal. You think you're eating organic and it's not.

It's you are eating this, I have to make sure I peel all my apples now. So creating awareness about that, for example, Costco is really great because they focus on their true identity with the food and the produce being organic because there are membership program.

So we need to be aware what we really are putting in our mouth and not trust. you know, necessarily a whole foods because why aren't they speaking up and saying, oh no, we are 100% working.

You gotta be careful. I call it the hospitality fruits and vegetables. They look pretty, right? But they have no nutritional value and they're full of toxins.

It's like you take a bite into a strawberry here, it tastes like water. You go to Costa Rica, bite it into strawberry, you're just like, where did these flavors come from?

You bite that strawberry. So it's you got to really understand the difference between the fruits and vegetables, the real organic stuff versus what's displayed in some of these grocery stores.

Because you think you did it in the nutrients, but you really aren't. Yeah. I mean, we could heal ourselves if we just were eating natural product. Like, in the old days, before Rockefeller took over with his allopathic medicine to make money, nutrition was a healing factor.

You would just, it was your diet alone. It was all the vegetables. But now, you know, we're eating, I mean, a good pizza in Italy is fine, but a pizza here in America, what's in it?

What's the flour? You know? Like it's, or the coffee in a plane. That water that they make the coffe from. Stay away. And I think I saw something on the Starbucks cups.

So when the heat gets with that Starbucks and like plastic bottles, I thank University of Columbia said 240,000 micro nanoparticles in a plastic bottle.

And OK, sometimes we have to take one because we're traveling or something. But at home I try to drink glass bottles. Glass bottles? Yeah. Because that stuff will stick inside of your body in your cells, your fat cells your gastrointestinal tract, you know, a lot of those different toxins will stay there and You know cause a a different change in you body and it's not a good change.

It's a very negative change It is a big change on your mitochondria. I just did a blood cleanse. So I've really gotten into this plasmapheresis or eneuphoresis and in Germany being in germany i get to see a lot of these new trends that are coming and i did a h.a.t and um wow i mean when i saw the thing after it's like 10 10 washes of your whole blood not just the plasma and I saw stuff come out and, I was a little tired for two days and then i was also just well paying a lot and so like all this nasty stuff was coming out and I feel so strong.

Food Toxins, Detox, and Environmental Exposure

Like all the toxins are out, all of the stuff that we've accumulated over a lifetime, flying. But yeah, it's incredible. There's a lotta stuff I think we're gonna see to improve our health, but we have to be proactive.

We do, we do. In traveling to these other countries, I mean, like Germany, they're always at the forefront when it comes to a lot of the, you know, alternative medicine or functional medicine type of technologies.

Have you been to Switzerland? Yeah, I mean I I have yeah, but I haven't done anything really there yet I Mean, they're pretty pro, you know proactive in the blood washing as well Germany's there's a main place kind of out of Dresden and some other places in Austria Japanese technology that they brought there and But Switzerland, yeah.

They're really great with the skin. I know there was an amazing biological dentist Conference coming up. Okay, and I know you're probably talking about week is which is the New Henry should know but what some people don't know is The original Henry Chanel is in the villa Eden started in The Villa Eden in Merano and then he went and created his own company with investors and the original team is and Merrano Palace Hotel so So, you know, they've taken the concept, and I'm sure it's good, but I'd rather, mixing Chinese and Western medicine is, I like to go to the source.

I would like the people who really knew about the acupressure points, the Acupuncture, which I think also works your meridians, your fascia. You should meet the guys from Human Garage.

which is the under layer of your skin, right before my dad went into the hospital. And it was like, you can do it in the bones or the muscles and it's a little painful.

It's kind of like raw thing. I walked into hospital and I knew this big mountain I was up against, but I so calm. I was like so calm and I even looked at my sister like, I don't understand why I'm so calmly.

I know what this means. And I just did my meditation every day and was focused on holding my dad's hand as much as I could because I knew that this was precious time.

get back. And I do want to add, he's been showing up. So when you can go quiet in your mind, He would send me signs, birds or scents. I thought so and I wasn't sure and then I felt him.

But then this The grandson, not the landlord in Costa Rica, he's like, you should talk to him, your dad's been talking to, and I'm like okay. And this guy said stuff like it was my dad, 100%. And he said, You've always been stronger than you think you are.

I've been always proud of you. Then I said Papa, how can I communicate with you? He said you have been. And I'm like, okay, it's true. And what he told me was, push your thoughts out of your head, go into your heart, and you can hear me.

If that's hard, try to meditate, do music. There's this guy, Barry Goldstein, he's done the music for Dr. Joe Dispenza, gonna do some for Awaken, Danny Morrell.

So music is a vibration. Or you can also go to a waterfall so that dripling can just help you shut off because we're so much in our mind and overthinking and worrying and so trying to shut that off has been like my whole summer project so then I could just hear him The mind is such a powerful thing.

It really is. And some people when they start thinking about health and wellness, and this is one of the things I really love about the conversation we've been having, it's not just about what you put into your body, right?

There's another part which is really your mind and making sure your mine is where it needs to be. And on a daily basis, we're all struggling with a lot of stress.

And regardless if it's good stress or bad stress, right, going to a funeral or going a wedding, stress is stress your body doesn't recognize them any differently.

It recognizes it as stress and it puts a tremendous load on your bodies. So being able to tap into it how you have through proper mindset, meditation, That there alone, in my opinion, my professional opinion it's one of the greatest healing powers that you could have.

100%. And this conference was about bioenergetics. and they actually have figured out a way to have a wearable that you can detect your emotions. Yeah, I'm going to share that with you because it's really cool.

This guy, Harry, fell off the rock and was eight years bedridden, and through energy, he healed himself. And there are so many stories like this. So our mind, yes, can make you sick, your thoughts, but you could also heal yourself.

we are in this huge paradigm shift, I feel like, and I'm really excited about it because I've seen so much that is real and we can change the course of our health, not just by the power of thought alone and going in and doing those, working on your energy chakras and bioenergetics, energetic healing and giving ourselves certain frequencies to calm or heal so that we're not in fight-or-flight mode so, that that parasympathetic nervous system is calm.

And that's when we have our most power because life force is also hell. So, Natalie, you know, one of the things that I try to tell people because some people doubt me when I say how strong the power of mind is.

One of things I tell is, have you ever been ready to eat like a sour piece of candy or something spicy. What happens inside of your mouth? You start to produce more saliva.

It changes, right? But that's your mind, you didn't even taste the candy, the sour candy as of yet.

Mindset, Healing, and Final Advice

You didn' bite into the lime or the lemon. Yeah, great analogy, yeah. Bite into anything spicy, but your body is preparing itself for it because you just thought about it.

That's just only one way that your migorex, it does that throughout everything else, even when you're dealing with pain, with physical pain. If you put yourself in the position where you can shut that off, that pain you'll actually get relief.

And I started learning a lot of that through guided meditation through brain tap. Brain tap will put you through some of those scenarios where it's like, holy cow, this just happened in my body while I'm doing the brain tab.

I wasn't exposed to that, I was not exposed the sour thing, the spicy thing or the pain on my back. All of a sudden you get this relief or this change in your body and that's how strong your mind is.

It has the ability to do certain things and healing is one of them. Yeah, I'd say it's the monkey mind, right? And we can control it. It's kind of like a dog.

You've got to be like, sit still, but the big step is awareness, like being aware in that moment. And yeah, the triggers. I'm always trying to work on that like you, and I have a brain tap.

There's this great picture I just posted that the canine dogs were trained to have a cat in front. You see like the row of like 15 dogs and they were all standing there and have to not react.

Seeing the cat and just not to react and realize that it just is. Right. Wow. That's amazing. I've never heard about that work. Yeah. It's interesting.

Well, being a firefighter, I thought you'd love that one. Yeah, yeah. You know how many cats we've saved out of trees? Oh. Many. That's a lot. For you.

I would always tell the people that I call 911 about it. How many cat skeletons have you ever seen inside of a tree? Never. The cats figure out how to get out of the tree.

So we're running out time here, but Natalie, if there's one thing that you can leave the listeners with, the listener that want to make that change, that wants to go ahead and take that step of being the CEO of their health, what is the first step, one that thing you want leave them with?

I would say just start because a lot of people delay and don't start. There are so many things out there where you can get started even if you just started with one test.

But start, please, because you're going to elongate your life and if do nothing, you're going to end up with some kind of shocking sad news. And that's what breaks my heart.

So I would say start, but start somewhere and don't feel overwhelmed. Start with one thing, start with testing, with diagnostics, your microbiome, heavy metals.

Your methylation, there's a lot of different tests. I talk about the big five, which are your microbiome, methyilation, heavy metals and toxins, or any kind of blood work to understand where you are, genomics and epigenetics, because your epi genetic factors are oxidative stress that change the genes.

Let's just start somewhere. Got to start. Don't procrastinate. Yeah. No analysis paralysis. Like just started. Love it. Love. It Natalie if people want to find you.

How do they find me? Natalie Lefebvre calm lefevre.com and on Instagram, it's island Natalie Awesome, Natalie. Was a pleasure having you on the podcast.

I'm so glad we got to do this Sam I love you and thank you for everything that you're doing just one out of many We got a lot of work today to spread them as a do we do I've all in awesome.

Oh Thank you for watching another episode of a Healthy Point of View podcast. Again, I'm your host, Sam Tejada. Make sure you subscribe, follow, share, leave comments, do all the good stuff.

We'll see you on the next one.