Book launch and ACEs introduction

Hey, you guys, it's me, Dr. Tori. My book is officially out. And yes, It is time to talk about ACEs. You guys can find the books everywhere. However, I would encourage you, guys to go to my website, BeVictorious.com and place your order today.

Yes, its time, to Talk About ACE's. Let's go, y'all. Hello, hello, you guys. Welcome to another episode of Be Victorious. Listen, this is a dream come true for me.

This is the reason why I advocate for ACEs so much. I want to go on and on. You guys have known me talk so highly of this individual. To have him sitting, and I want to introduce him so bad, I really don't think he needs an introduction because if it wasn't for him, we would not be studying ACES right now.

Dr. Almond, where are you? I am in San Diego. Can you see me? You're supposed to come and see ME. I am here right now, Dr. Torrey. There he goes! You all know about this 10-question survey.

You know what it is. Right. This is the man that got a whole bunch of people together.

Meeting Dr. Felitti and the origins of ACEs

Now understand, you guys. Dr Vincent Felitti and Dr Robert Enda are the ones that kind of pioneered it, but this man here, That's the reason why we're here.

Hey, Dr. Omni. Thank you, Doctor Tori. Well, we have chatted before and we both know we come into helping people with ACEs with a real purpose, with passion and perseverance.

We will do this no matter what. Whoever tries to stop us or get in our way, We'll keep going forward. And that's been the spirit of the partnership I have with Dr.

Folletti since the beginning, since we were figuring out the 10 most common questions. And then he brought me in really to help a little bit with the questions, but really, to helped with treatment solutions.

Because I was seeing his most difficult patients and getting a lot of success. Turns out, this is before ACEs were called ACE's, they all had ACES. Wow.

Well, how many years would you say you've been doing this? Let's just start from the beginning story. Yeah. Do you have ACES? Yes, Dr. Feletti and I, and everybody knows Vincent Felitti.

He's the medical doctor. I'm the PhD. We bridged medicine, psychology, what we call biopsychosocial healing. And we started this in the 80s. Late 80s, we were doing this work already, and we've spoken about our own ACEs.

In fact, We both recently talked with the Surgeon General in a meeting and she was asking the questions like, how did this all start? Where did it come from?

Why did you do this? All that. And we both agreed we had our And so we had an extra big motivation to help other people help themselves with what we've learned from, you know, started off with hundreds, then thousands, and tens of thousands and hundreds of 1000s, now millions of people that have really helped us get better at what We do.

Right. Yeah. Now tell us more about what you do well. Dr. Folletti had a department called Preventive Medicine at Kaiser Permanente in San Diego. And like all healthcare organizations, 20% of the patients were using 80% services.

In other words, what they were calling back then high utilizers, people that had had to keep going back to the doctor, keep go back the different doctors, different specialists.

And it just didn't make sense why these people would have to go to doctor so much and they had so many different problems. What's at the root of this?

What is causing this and then we were running a weight loss program together at Kaiser And I was doing the treatment solutions and he was the presentations, working on questions and conversations and groups.

And why would people try so hard and let go of 100, 150, 200, 250 pounds and then gain it all back? Why? You know, you work so hard. It took you years, a year and a half, two, three years to get this weight off.

You had to do everything. And then you gained the weight back faster than we could believe it. So why do people need the doctor so much? Why do the people lose all that weight, gain it all back?

why are people struggling with this autoimmune illness, this cancer, This cardiovascular, these addictions, the depression, What's going on? So of course, the old approach is you just talk to the patients, you write a prescription, and follow up and hope they do better.

OK, well, that wasn't working. That's the whole biomedical approach. So you started sending these people to me. And I would see them in groups where primarily I'd see these individuals for two hours, maybe three hours.

Kaiser treatment program and early findings

Maybe six, Maybe eight. Not a lot. And they got a lot better. And he was just amazed that people would get that much better that quickly. So a few patients turned into dozens of patients, turned it to hundreds of patience, turn into him asking me if I would be the director and founder of the ACE treatment solution.

program at Kaiser with him, with ACES, teaching around the world, training doctors, therapists, teachers, parents, everybody that was interested in being trained.

And so that's really how it all started. We both had our own ACEs, so we had own personal motivations to help ourselves and help other people. And then being the practitioners, the clinicians, people that are supposed to be helping these people, say, well, what don't we know?

Why isn't this working? What's going on with these peoples? So of course, these questions themselves, like you know, Dr. Tory very well that we started to ask people their story.

What your podcast is all about. You know what's your story? You what happened to you? You know, what's going on in your body, emotionally, mentally? And one of the most important questions he and I discovered, thanks to all of these people who were coming in for our help, is at what age?

Did you first start to gain weight? At what age did you start smoking? And what did did start drinking? What age you started doing drugs? Why then? Why not two years earlier, five years later?

What was happening in your life at the time? And how has that unresolved trauma, that unreolved adverse childhood experience impacted you years and decades later.

And then we listened. We listened with acceptance. This is a super important point, Dr. Tori, what we learned was We had to do better than that. We have to listen with unconditional acceptance.

And the people were so amazed that we wanted to see them again after they told us their deepest, darkest secrets. And we were fascinated, we we're curious, want to help them.

We wanted them help themselves after the got to the root cause, the ACE, or the Adverse Adult Experience

because we added another assessment for adults because not all traumas happen between birth and 18. But what is it going to take?

to help this person heal, resolve, and not only get to the root cause and resolve that, but how to integrate their self-healing and their care into their everyday life, because we're following everybody up.

and 20, 30 years later. So we know who stays better. And if they are struggling, we ask them to come in, We meet with them. We still meet every week after all these decades as we're still coming up.

we just finished a new book, From Trauma to Enlightenment. and so we are always creative and always wanting to help people and we still learning with students and teachers.

Yeah. And this is what I let people know. It's a transition, it's transformational because you got to think about it. In 1998, what was discovered was such an amazing idea.

I think in regards to my book, I have a book of course, as you know, is called, It Talks About Aces. Yes. In 1998, when it was discovered, it came out of a medical book.

And our community, I'm saying the African-American community of black indigenous people of color community didn't have access to that type of thing. They weren't interested in this type thing back in 1998. It was new.

Who knew? But when I go to different presentations, always bring my dissertation. Because people want to know how I became Dr. Williams. And I have to let them know it was from this book.

People don't know that it's time to talk about ACEs. It's actually a real life study that I did at a school. Right. Wow, this is what happened? For real?

Well, how did you do this? I just told my story. That's what makes it so powerful. So that's the reason why we're going to celebrate this 30. We have no other choice because it's an eye-opener for a community that really needs it.

To understand ACEs seriously, we have to get to the root of the situation. And we had you guys to thank for that. Like it is out here you, guys. It's been out for the longest.

Then to find out like how you say it, I actually thought Dr. Fellini was going to be here, but it's okay. We're going get them because this is history in the making already.

Just to connect what happened then to now and make it make sense in 2025, I'm watching it change people's lives as we speak. I am here for a conference and the conference is called It's All About Aces.

So you have to understand how powerful your information is out here for a community that really needs it.

Why trauma shows up in health and behavior

And here it is, I'm walking in and they're like, oh, Dr. Toy. But it's hard to tell my story without sharing the experiences that made me who I am. We don't have to live off those experiences we can build.

And that's why community is so important. That's is why it is important that you're here with me right now. It's called bridging the gap. Letting people know that we still can do this.

if we bring awareness to what has already been out here for years. And people want to share their stories because we heard from thousands of people, they would stop us in the hallway and say, I didn't think anybody would ever ask you those questions.

I thought I was going to take it to the grave. and you could just see in their face the relief from being asked the

questions. And we did a study, actually it wasn't us, it was a professor at UCSD, University of California, San Diego, because he had heard about our assessment, he'd heard my treatment solutions, many of which I developed with Dr.

Folletti and with all of these different people. He wondered really how helpful is it? So he asked Kaiser Permanente, which is the world's largest nonprofit healthcare provider, if he could access the records of the patients that we were seeing at Kaiser.

And they said, yes. So we got access, and they keep very good records, of every visit for every reason, no matter what. They're amazing. What he found was that in one year's time, that people that answered the assessment questions and then learned a technique that actually was a combination of a number of techniques, but one technique in particular, that there was a 35% reduction in medical visits that year, an 11% in emergency room visits, and it saved Kaiser Permanente $2 billion in one year from exactly what you're bringing up, exactly you write about in your book, what your living, sharing, encouraging people to do the work we know.

It's much easier to do the healing than it is to not do healing. Because when we don't do it, it's just manifesting all kinds of trouble in our bodies, our cardiovascular system, or immune system because it takes a lot of energy and it take a body, mind, emotion, spirit to keep these things stuff down and repressed.

And it not that people want to repress it. That's what they learned as kids because Dr. Fleti and I have learned that people are brought up in all communities with the same handshake agreement.

Nice people don't talk about difficult things. Right. So what do you do? You hold it in, you stuff it down. Where does it go? It goes into the body, it goes in to the mind, and it's goes to your emotions.

And then years and decades later, I mean, we've seen people that have had ACEs and had traumas when they were single digits, five, six, seven, eight, nine years old.

We've actually worked with them when there were in their 60s, 70s And they've had a lot of medical problems, a psychological problems. A lot emotional manifestations.

But they start getting better right away when they learn the techniques that are individualized to fit them, their community, there religion, they're kind of family, single parent, both parents, grandparents.

When the technique are to individualize to who you are. in your story. Right. It's startling how fast people can improve. Quick. Yes. Understand it. So what's something that you wish people understood more about it that isn't talked enough?

That learning The solutions, both to get to the root cause and to integrate the techniques into your daily life, is actually joyful. It's actually inspiring.

You're in a good mood. No, you don't feel worse before you feel better. Right. We don' just stir the soup of the traumas and feel worst. And you start to feel like you're getting thorns out.

Oh my God. I feel lighter emotionally. I fell lighter mentally. And you know what? I've actually been losing weight and I'm actually not needing as much of the antidepressants.

The doctor thinks I might come off of them. Right. You know, what my diabetes type two is actually going away. So I mean, having all of these benefits and you people are feeling great.

So people don't know that. They think, oh, I don' want to deal with that, keep it in the closet, Keep it buried. No one can help me. It'll take forever.

no, no. And then they start getting help. Wow, they're amazed at their own inner resources. Right. And here you are, you've been doing this for so long.

Personal ACEs, family history, and motivation

You have to tell us your motivation behind it. Tell us, what was your childhood like that made you want to be so passionate about this, for all these years?

Well, probably you and a lot of your viewers, I love people. I love people, I loved helping people help themselves. I've been like that. When I was a little kid, seven, eight, nine years old, that was the Pied Piper of the neighborhood with the kids.

They all loved to follow me around and ride their bikes with me and go explore with my. And I Love the Kids and being around them. So I always had that role of being a support person. I was raised by a very supportive mother who was the matriarch of her family.

Her ace was that when she was 14 and eighth grade, her mother died of breast cancer. And she had a one-year-old and a two-and-a-half- year- old. That was my mother's baby brother and sister.

When my mom's mother My mother left school in the eighth grade at 14 and raised her baby sister and brother as her own kids. And then me and my sister came along 12 years later.

And so I always thought I was in a family of four, two sisters, you know, brother, to boys to girls. You know there's my sisters brother. When I in the fourth grade, one of the neighborhood kids, kind of a bully, wise guy kid, like his dad, I'll just say that.

He said to me, your brother's not your bother and your sister is not you sister. He goes, yeah, that's your aunt and uncle. I go, what? So I went home, I said to my mother, is that true?

Right. You know, Robbie just said that was true. Is that? And she said, it's true, and here's the story. And I was touched, i was glad to hear the truth.

i went back out and played and never thought of it ever again. That's my brother and sister and that So my mother turned her aces into resources. Great parent, great with us, with them, the rest of the family.

When they trouble with the kids, they bring them to our house. Unfortunately, we had lots of cousins staying at our home. My mother was willing to let everybody stay.

And I'd say, do they have to stay here again? You have to stay here for a month. They're coming back again. Yeah, yeah, they're having trouble with their mom or their dad.

There is a household dysfunction. OK, OK. So I grew up like that. Kind of a communal family, help everybody that needs help. And my mother would say to me, when you need a helping hand, look at the end of your wrist.

Learn how to help yourself right here. We're the family, we're a community, and we are here. You also have to know how to help yourself. So those are the kind of lessons I got.

No wonder I went into the field. My other ace besides My father was never around in that working or not working, whatever he was doing, he never was around.

So like Dr. Folletti, we were really neglected by the male, by father, had the moms around, but didn't have a father role model. We found other coaches, teachers, other people.

That was an ace for both of us. I was born missing part of my back, part L4 and L5. So I had a lot of chronic pain as a kid. Really? So physical challenges are ACEs.

And I will tell you, I need to introduce you to Dr. Gina Calderon. She's in San Diego with you. Oh. He puts physical therapy and ACE together. What I tell she does, she a great job.

Exactly. I will introduce you guys. She talks about it to the tee, and she's that point of proof for me that physical therapists and ACEs are connected, absolutely.

It's true. You know, it's interesting you use that as an example also, because when I was first doing my work, I said to Dr. Fleti, we need to train everybody.

We need train teachers, ambulance drivers, nurses, doctors, therapists, grandparents, every, we need to train everybody. And he said, you know, that's not going to go over very good because, legally and malpractice and all that.

So I did some presentations and to different professional organizations and I shared exactly what I'm saying to you and people were like, Oh, no, you don't want to train.

No, You don' want do that. And I said, oh, yes, I want help everybody from bus drivers to ambulance drivers, to teachers, teachers assistants, nurses, anybody that's working with people that may be traumatized going through a trauma or have an old trauma.

I wanted them to know how they can assess it and how can help people. One of those organizations never invited me back because I wasn't following the rules of only training the people they thought should be trained.

But I was coming from the place, no, everybody that can be helpful, I'm going to train them. I mean, so I did some risks, and it wasn' very popular, but hey, aces weren't popular for a long time.

And there's still a lot of people in our professions that aren't crazy about dealing with acEs. The medical doctors will say, I don't want to deal with that.

That was 20, 30 years ago. What do you expect me to do about that? If I wanted to be a goddamn shrink, I would have been a god damn shrink. You know, we get those kinds of comments, you know.

And I believe you, but me and I will share. I think what's working is just bringing awareness to it. because I don't want to be a therapist. I do not.

That is not my job. My job as the educator is to bring the information back to the forefront and say, hey, this is what happened. These are your lived experiences, but let's do something about it because if you don t, you're going to end up like us on the CDC with the things that are already on there, like diabetes, That's the reason why we need to have the conversation.

And it's interesting you would say that, too, because I really go beyond the boundaries to help everybody that needs help.

Expanding ACEs training and community awareness

What you just said, Dr. Torrey, is interesting because in some ways, education is therapy. Yeah. You're educating people. We are educating and it's very therapeutic.

It makes a big difference to them. So again, the lines are kind of blurred and you want to help people as much as you can. Every opportunity, like people that I know, even in my own community, And in San Diego, it's a little bit like where I was raised in Massachusetts, where say I live and where grew up.

It's very mixed area. There's people of many different backgrounds, financially different, family history, ethnic difference, a lot of differences, kind of a melting pot kind place.

And people will come to me and say, you know, I know what you do. And I'm having a lot of trouble with my daughter or my son or wife or whatever. Do you think you could give me some advice?

Yes. I'd be happy to give you some. You don't need to be a patient. Don't have to pay me. We can take a walk. We can have a chat. Let me know what's going on, and I will do my best to figure out how I can help you, which may be, like you're saying, recommending certain resources.

There's a lot of resources around. But to figuring out I how can I help them, their family. So I don't go, oh, no, that's boundary. You're a neighbor.

I cannot help my neighbors. No, you need help. The answer is yes. That's the answer. It's yes! Okay. And then move forward from there. So it's, in a lot of ways, it is being respectful of people and, you know, enjoying people, and really wanting, look, mental health, emotional health physical, that's a right.

That's not like something that you have to pay for or something. Everyone has a There's a right to good physical health, there's right too good emotional health family health community health.

These are rights, and we have to support each other to make sure we all have those rights. I agree. Yeah, you're so powerful. And I think that's the reason why.

this new, it's 2025, and we have some new things added, those other adversities. Now there's so many people like, let's address these, or let us find out about the other childhood trauma that we don't talk about.

And these are the conversations that need to be had. You said something very surprising when we first met. I said to you, We realized when we were getting people to go to zero, and I don't have any of those traumas.

Why do I have an auto mule nose? Why am I addicted? why am i overweight? I didn't Have any those 10 traumAs. That's impossible. I Don't So we figured out, we better ask them an 11th question, which is, is there any trauma, difficulty, or stress you've been through that we didn't ask you in those first 10 questions?

Because those were simply the 10 most common. We started off with a list of 40. Right. And we just ended up with the ten most commonly. You've been working on the exact same thing at the same time.

And I thought that it was so classic that, you know, we got to the place. So it took us probably 25 years, it probably took you five years. Well, hell, your smarter than us, what can we say?

But we went to to same place! Yes, I just I love the fact that now people are more aware because being out here, it's like, well, because they don't see it in black and white, they dont consider it an average childhood experience.

What it is. So let me show you when you share this religious trauma that you're going through, that is child hood trauma, that it is the child abuse that they're talking about, the the Child Neglect that They're Talking About.

It's there, you just have to put it in terms. So that's the reason why I always tell people about the umbrella. it looks so weird. But when you think about it, these are the four.

And it fits in the category. so you have To be the person to place it In that category, to identify what And I think that's what works for me because people are like, that makes sense.

Okay, I get it. The abortion, yes, let's talk about what happened. Bring that awareness and then you take the next steps. And not to say it like that, again, my job is to bring awareness so you can understand what they did back in 1998 is so beneficial in 2025. Yeah, and that abortion, it's like the loss of a child.

And there's unbelievably effective treatment solutions for both of those. A lot of people, maybe more now, but we come from a country and we've taught in 50 different countries, we live in a countries where there were the haves and the have nots.

I grew up where we had very serious and difficult financial trouble, like no money. I've been working since I was eight years old. If I wasn't delivering newspapers, shoveling snow, mowing leaves, doing anything I could do, there

was no one money for anything.

So I had to take on a lot. And of course I felt bad for my mother and felt for bad my family, so I add an extra sense of responsibility and loyalty. But a financial stress, you think about it every day.

You go to bed feeling pain about at night because you know it's gonna be another difficult day without the money, without being able to pay the bills and the bill's going to come in and it gonna to be hard and what are we gonna do?

How are you gonna this? And it goes on and on. And that's traumatic. It is. People that never have financial trouble have no idea How traumatic that is.

It's like being sexually abused. If you weren't sexually abuse, you have no idea how traumatic.

New ACEs categories and broader trauma examples

That is same with emotional abuse. We see a lot of judgmental critical ace causing parents. You don't even know what that's. Like if you didn't have that in your experience, but if he did.

The pain, the trauma, it's debilitating. It's like being run over by a truck every day. That's how painful and how bad it feels and you're helpless. I'm a kid.

What can I do about this? Nothing I can do. God, I want to do something. And that's really tough for kids growing up. It was very tough to me. And I know it's tough a lot of the people listening because a of us have been through things that would be the answer to that question of did you ever go through a stress or trauma or difficult time in your life that we didn't ask you in those first 10 questions.

And that's the reason why I start with that one now. Yeah. So I've kind of stepped back a little bit on the, on that because I think that is the that gets them to understanding the rest of the 10 questions.

the questions come up, oh, so could you answer these questions? Yeah. And then they look at the question and then now it makes a little bit more sense because we're protected just being who we are.

Nobody wants to admit the things that happened, especially the thing that happen in their household, because us being raised up, we were told to keep these things within the household.

But now that we know that these same things are in our body, it's the stress that's we've held for all of these years and not getting the root of the trauma together.

That's why we work. Absolutely why were here. So if there was one thing you could say to someone just starting their healing journey, What would it be?

Good question. After you answer the 12 questions in the ACE assessment, Answer the 12 questions in the Positive Childhood Experiences Assessment. Okay.

Then go answer the twelve questions and the Adverse Adult Experences Assessment, because not all time is like we've agreed happened between birth and 18.

And then answer to the Twelve Positive Adult. Answer to assessments. Get a sense of what you feel inside might work because I've been amazed at how intuitive people are when they open up to who they are.

Wow. Positive, negative, adverse, all of that. When people open their heart, open-up their life story to us, I'm amazed how their intuition was like under there the whole time.

It's like the gold was under the lead. And as you get the led out and tell the stories and the adversities, the goal is

there and people are very intuitive.

So I say to people, your inner mind, you're unconscious, intuition, spirituality is even smarter than you are. And we want to help you connect with that.

And the only way you're really going to be able to connect Whether you think of it as trauma or drama, I hear all kinds, oh, just upset times, worry times difficult times.

Those are just synonyms. Call it whatever you want to call it. It's your life that you are healing. Yes. Might be a parent's life because we take on our parents' traumas.

You know, in this whole intergenerational, we take on our great, great great grandparents, our grandparents. You we carry the traumas of our family. And as you very wisely point out, Dr.

Tory, We even carry with the trauma of community because it affects us. It makes us feel bad. it makes feel, oh, you know what can I do? I'm just one person.

Well, that's my point to answer your question. Each individual can do a lot to help themselves and help other people. The biggest mistake people make is they underestimate themselves.

Every one of us are healers. Yes. Right? Heal ourselves, help heal other, people help them heal themselves, however you think about it. But we all have to be proactive.

We all to do something. And you and I, you know, we're unstoppable. You are a part of this be victorious community. Okay, you got it. And I love what you're doing.

I had everybody on my team get your book, and they love your books. So you have a fan club of people that really appreciate the work that you are doing, Thank you.

So when you asked me to come on and say yes right away, I told Dr. Fleddy that I was coming on. He knows that we're together right now. And so, yeah, so you're getting a lot of encouragement from us to keep doing everything you doing.

I don't want to say do more because I know you are doing so much. But I have to. Well, this is the thing. really community-based. I have to be because I believe in what you all did, and I want to continue to support.

But if we're going to do it the way that I would like to it, it would be the education because the educational is key for me. So that awareness plus the community is the empowerment that we are going need in order to heal.

That's the reason why I keep bringing powerhouses. Diana, Was an angel is still an angle to me because she was there you. Oh, my God, you were there. So you have to understand how it's a full circle moment for me, because in my community, again, it is hard for to share my story if people don't understand aces.

Healing tools, positive experiences, and self-acceptance

I'm a doctor. OK, everybody say, oh, doctor, OK. Yay. But you don't know what it took for me to get here. And in order to do that, I have to share my story.

Because going and saying she was a first generation high school graduate, when you think about that. Yeah, it's a big deal. But, you know, what? It took.

For me. To get from there to here, That's the power in sharing your story storytelling is there people, some people when they don't know it. So that's my job to bring in people.

And that the reason why this podcast is so special because this cycle breaker series. The people that we have,

they've been amazing. I started with me on episode, I can do this, and here me and my producer still to this day, he's making movies.

And out here educating, we are doing this together. We're out there servicing a community that needs this so bad. For that, again and again, please spread the message to everybody else as I do with you all the time, thank you.

Yep, we will. I recommend your book. And I want to mention something, too, because Dr. Folletti and I just finished book number 15, From Trauma to Enlightenment.

Yes. The reason we called it that is that in teaching in a foreign country, We learned that the definition of enlightenment is unconditional self-acceptance.

It's not sitting on a mountaintop in Bali, India, Bangladesh. It is not doing the yoga or meditation. Its unconditional acceptance of yourself. Now here is the thing that is so relevant to aces and us is that that means unconditional acceptance of your ace experience.

Wow, unconditional acceptance of the seven year old you that was traumatized unconditional accepted into the 13 year-old you. That was rebelling and trying to figure out a way out the fast way the shortcut all of those ages and stages.

unconditional acceptance of all of our ACE experiences, and a lot of us have a more than one, then unconditional acceptance of what we did to try to solve the problems that actually cause more problems while we're trying to solving them.

That's very common. So that from trauma to enlightenment is a very important title to us because it means more than the typical, oh, enlightenment. Oh, yeah, I've heard about that.

Yeah. That's for certain people from certain parts of the world. No, no. Unconditional self-acceptance is a journey. Nobody actually gets there and, okay, now I'm there, and now, I might just say, no, it's a Germany.

And a lot of time, It's like a tight rope walk where, Okay, feeling it today. I am feeling good. Oh, losing it. Not feeling so good about myself. Feeling kind of judgmental.

Up. Feel a bit more balanced now. So those self care skills on a daily basis, It's part of the movement, part the forward progress, the balance that we develop, because we don't get to a point where, okay, now everything's perfect.

Well, no, that doesn't ever happen. And we'll say to people, your situation isn't perfect, but you're perfectly okay. And we try to get people as much of that acceptance, that unconditional acceptance as we can.

So they go, oh, wow, it feels so good when somebody's so accepting of me and reassuring of, I wonder what it'd be like if I could do this for myself. Yes.

You're getting there. That's awesome. I'm glad you brought that up. Then we're on our way. We are a powerhouse. Wait, just wait, they just don't know.

There's so much in the pipeline, you guys, we have to understand. So I wanna say for this episode, of course, it is the one, but we to continue to have conversations like this.

Before we end, I want people to know where they can find you, so we can go ahead and continue having these conversations, because you have have understand, We have a community.

It's not just me. You have Dr. Almond. He is out here. What he's saying is, listen, you guys, I want to help. I won't come here and have this conversation because I would have never in my right mind think I will be in this position right now talking to the people that helped me become who I am today.

And that is my guide to honest truth. So where can I find you, Dr Alman? Well, I love what you're saying, Dr. Tory, because you are 100% right. When people reach out, we always get back to them.

Okay, so we are real. We have our own aces. So we will get back to you. I create a new post with videos every day on TikTok, Instagram, Facebook, LinkedIn.

Anywhere you go, YouTube, I'm creating new techniques, new videos, and new information every days.

Where to find Dr. Almond and closing remarks

So people can just go to YouTube. Go to LinkedIn, go Instagram. go Facebook. Or go TikTok. Wherever you're going. and connect with me there. Obviously, if you go to Amazon, you'll see lots of the books.

If you Google me, You'll get hundreds of pages. And it'll be all about Dr. Fleddy and I, because he's my partner. So reach out, make the connection, mention Dr Tori.

I'll send you a technique, I will send a deep dive into how we heal ACEs, and send an actual audio or video, whatever you prefer, free. just because Dr.

Tory introduced us. So I will, you mentioned Dr Tory's video and I'll send you a wonderful technique that we developed in the ACE study. And it's a visualization.

You're visualizing using guided imagery, using all of your senses, your intuition, and your creativity. Very upbeat, very beautiful. I'm going to send that to everybody that mentions Dr.

Tory when you get back to me. You got to tell them, Brett. One of our newest ACES ambassadors. This is really a campaign, you guys. It's only a dollar a day.

We have to get this information out here everywhere. And we have tools like this that we're giving out for free right now. But in order to do what we are doing, we had to continue to have the conversation.

Yes. Let's go. This is what we're doing. Watch out for us. We have more things coming. I thank you so much, Dr. Almond, for just taking time out to be who, not again, I can say this over and over.

You guys have to continue to stay tuned because we have so many things in store for you. The Cycle Breaker episode, I'm telling you guys, the series has been so amazing and I have to thank you again for being here.

So thank again so much. You guys make sure you come and follow everywhere what we are doing and understand that it's going to take a community for us to do what need to.

So again, you guys, another wonderful episode of Be Victorious. You know who I am. How to find me. I'm everywhere. And we will see you, guys soon. Take care of you.

Bye-bye for now.