So we either go through it with it being hard and scary or we go though it, being comical and having connection. Like real human people to share these experiences with and change our perspective.

I think it's, I love perspectives that are different than mine. Me too. It's so important. Just be outside the box. Yeah. be outside the box, because God didn't put us in a box.

He created each of us individually with our own thoughts, our feelings, Our desires, passions, talents, and we just seem to lose track of those. And that's health.

It is health, yeah. If your mind is well, your body is as well. Yeah, you can deal with whatever comes at you then. Absolutely, absolutely. I absolutely believe that and I think we need to pay more attention to how we see the world for sure.

Welcome to Take Back My Brain with Lori Hammer, where real healing starts in the brain. I'm Lori, a functional nutritionist and mom who's walked the path from anxiety and burnout to clarity and calm.

Each week, we're going to dive into brain-based tools like amino acid therapy, gut health, fasting and faith to help you reclaim your energy, emotions and sense of self.

Well, today we have with me, Trisha Pingle. And I'm so excited to have her here with us today because we're going to talk about how to stop modeling burnout and start creating joy, which is, I love that.

We talk this all the time on the Take Back My Brain podcast. So, Tricia, welcome to the podcast. I'm so excited to be here. Thank you. Let's talk joy.

Right? I am so exited about joy! So you were a runway model and then you became a naturopathic physician. Yeah. So how did that happen? You know, it's such an interesting twisting story.

But yes, I was born in front of the camera. My first job I actually nine months old. Oh my. My mom was a model, my dad was photographer, so I was cute.

So they threw me right in front of the camera. And throughout my life, I'm was in theater, modeling all the way through high school, all of way into college, and I going to become a veterinarian.

How I just out of nowhere Switched into medicine, I don't know. Maybe it was innately in my brain. Mm-hmm. Was gonna become a veterinarian. My dad had a massive stroke.

Okay. I was 24 years old, applying to vet school. And I saw what the medical system was at that time, when I as a caregiver or as family member. Sure.

Some of the holes in it. and I thought, you know what? I think we can do this better. to go into human medicine. It was kind of out of nowhere. But that's how I ended up becoming a physician.

And then when I graduated, somehow landed in stress response, not realizing that I was just plain burning myself out. Right. Do we ever really realize we're burning ourselves out?

Apparently not. Apparently, because I've done that too. I mean, I, too, was known as the adrenal doctor and the stress doctor. Uh-huh. working women right now.

I mean, I think we take things on unintentionally, maybe to try to quiet the chaos around us. So we'd take all these things and then we find ourselves doing so much and burning ourselves out.

And that's exactly what I did. What did that look like for you? Didn't want to get up in the morning. I didn't wanna be with my young kids. And I did not want go to work.

It was half hearing my patients. My hair was falling out. In the modeling industry, it was great. Because I had lost a bunch of weight, I was on the runway.

Working all the way through med school. Formally retired from modeling a couple years ago. I was miserable. And I don't know what it was. I feel like it just one day, I had lost my mom through cancer, and there's a bunch we can talk about there that just broke my heart.

and I found myself really wondering, who am I? Why am here? What's my purpose? Have I accomplished anything? You know? And something just clicked in me.

What did I used to love to do when I a kid? And the answer was dance. Okay. So I started hip hop dancing. And I've seen your videos. Oh boy. Fantastic.

And I mean, I say dance saved my life, and I meant it because it brought me back to who I am. That identity crisis that so many people go through, just being raised as a people pleaser.

My entire life I was told who to be. Stay on here. This is your mom. Wear this outfit. Sure. You know, this is who you are today. I think I took that imposter syndrome into medical school.

Okay. I took it into being a wife. I take it in to being friend. You know, and there had to be that moment where I just went, you know what? I'm gonna just be Trisha.

Yeah. And I think that is so hard for us women to do that because we're not sure who that's supposed to. There's the word the suppose. How are you helping your clients find what they were meant to, what were created to?

Yeah, have you ever seen that where, let's say you want to buy a car, I think it's called the red car phenomenon, like you buy cars, you don't see any red cars.

But then you by one and then everyone has a red card. Yeah. Right. And that lasts for a while before you kind of forget the idea and they don' see red cards anywhere.

So our brain sees what we tell it. Okay, right. Yes, it does. So if we're constantly telling it that we are not enough, and we constantly saying we have to be better, we need to change, please this person, do this, that is what we will become and what I think we all are trying to avoid.

Right. So one of the things that I do with my clients is I help them see their lives through a different lens. That might be through gratitude, that might through be me scanning their brain and seeing what different areas of their brains are slowing or speeding up or what they like, talking to people about what there were like as a kid.

Like what were you like when you were four? Oh gosh, I, That's a great question. I loved animals. Um, it was just fun. I just remember life being really fun and do you have animals now?

Oh, yes. Oh yes good Oh Yes, right and we forget about those cute little animals I was the same way I love animals and I have this cute Little dog piggy and i just love her more than anything in the world, but I think We spend so much time as practitioners.

As a naturopathic practitioner, I can't tell you how many tests I've done on people from the neck down. I have done toxin testing, hormone testing and nutritional testing.

Physical testing everything from here down But we don't spend a lot of time, we say mindset is great and we should change our mindset. Right. But how do we do that?

We don' t spend time above the net. We dont. If I could use an example. Yes, go ahead. So if you're on a roller coaster, I love roller coasters. You too.

I do. Love them too! But if your on the rollercoaster next to someone and one person is like, yes! this is the best I've watched this. And the other person's like, oh my gosh, I'm going to die.

I am never going make it. If you think about it, you're both in the exact same environment, the same stress, this same hill, same chair. Yes. Right? Yes So when you have two people in a situation, it can be viewed through two completely different lenses.

yes And if we change our lens, we changed the outcome, right? Right. So the roller coaster can become Yes. And exciting and not fearful. I think about generations a lot, how we pass on these tendencies to generations, perfectionism, people-pleasing, and I look at things like social media these days and how our youth are looking at it and using it, whatever, what we're passing on.

And we have an opportunity to change the lens of how we live our life and what we model and pass that on to the next generation to have health. Right.

And happiness and joy and gratitude towards what versus what we think we don't. Right. That is so true. I was thinking back about when I Was young and I, was bulimic for about 12 years of my life.

And the first time that ever the thought, I didn't know what bulimeo was, but I watched a Karen Carpenter movie. and when you're talking about modeling, you know, what We're putting in front of our our eyes in, front our kids eyes depending on their their age and what's going on in their life like even when my daughter was younger there was like cartoon stuff that I wouldn't let her watch like really good stuff you know like documentaries because she was so sensitive to those things and so putting things in front of her that would model a better way that wouldn't kind of, you know, shape her brain in a way we didn't want it to be shaped, because she would have a lot of fear and those kind things.

So, there's just so many different things in our lives that can create a different perception that our brain takes on. And so, my niece and my sister-in-law were riding in roller coaster and I was sitting behind them, like, three weeks ago.

My sister in law was like this. We got done and she didn' move. You know, they were in the same car, same position, saying everything. And it was just a totally different outcome for each of them.

My sister-in-law was like, I'm never doing that again. My niece's like, let's do it again. And life is like that all the time. Hey friend, just a quick break to remind you, if calming your brain is the missing piece in your practice or in you home, my Mind Thrive certification course teaches you exactly how to do that with targeted amino acid therapy.

So it's real science, real results, no band-aids. Enrollment is now open. Link is in the show notes. Back to the Show. All the time, and I think we try as parents, at least I did, like you're saying, put them in the right environment, whatever, but here's the, if, do we have these things called mirror neurons?

Yes. Right? So if you were at a playground and the toddler falls down, what's first thing they do? They look at you. And they go, am I hurt? Right, so we do all these thing, we shield them from things, We give them the organic food.

We do these all things to teach them. But really, they're looking at YOU. They're learning from your action. Not from what you say, not from you shield them from, right?

I'll tell you, being in the modeling industry, yeah, I mean, was exposed to, hey, people told me all the time, you need to be skinnier, taller, have blonde hair, whatever.

I think it was that that changed my eating, my disorder that caused disorder eating in me. That's what was the low self-worth. My mom was also a model, and she was very self-critical of herself.

And she always looking in the mirror and saying, Uh, you know, I learned from watching her. Sure. It wasn't the industry. We can blame the industries all we want.

we can Blame social media. You can't blame whoever we. Right. But to be honest, we have to take authority in who we are and what we're, We are personally modeling for our neighbors, our friends, Yes.

our kids, Our colleagues, are patients, right? We have To stand up and take ownership of that. If we wanna make any change, You know we were all here at this amazing conference because we Want to make an impact.

in health. And we could do all sorts of amazing things and inject with things, and whatnot. But really my question would be, what are we modeling about what health is?

That is so true. Yes. Because to me, if I'm not waking up with joy in my life, I am not healthy. No, and I work with so many fellow practitioners who are burnt out.

You know, we're balancing their brain with amino acids and all sorts of other things. And they never intended to get there. But they didn't, my daughter will even say this to What would you tell your clients to do now mom like go take a nap go eat just like and that's probably what you should do.

But you know we as practitioners parents whatever we're such a hamster wheel it feels like so much of the time and i think that awareness and attentionality that you're talking about we really have to take step back.

and say, what am I modeling to myself? If I'm teaching my clients this and I am still doing something else, then that's where our business never grows.

We're incongruent really in every area of our life. You do a fun and fascinating scan of the brain. I'd love for you to touch on that because you were just telling me before this that It helps people say, I am creative or, oh, and this.

So tell us about that. I think in life we forget what we are. Yeah. It's so cool. So we use an EEG machine, we put it on the head, and we do a QEEG. We're doing essentially a brain map.

How it's different is that the research that went into the technology to interpret it is looking at all these different patterns over the course of time.

Someone who's a very creative brain, for example, have you ever noticed that creatives tend to, a lot of them, become addicted? So when their creative itch is not being met, let's say that you have a musician who loves to play his guitar and he's able to wander and do his thing and be creative.

And then all of a sudden they become big and now they have this rigid schedule and they're held by these certain timelines. Now he doesn't have the opportunity to explore his brain, his natural brain.

They tend to turn to substances in order to escape, right? So all us have these ingrained patterns in our brain of how we handle stress. how we see the world.

We can see in the brain if you're a people pleaser, we can if your perfect ways. Of course. we could see if we're impacted by people around you. So for example, were working a lot with first responders.

Do you send a first responder into a traumatic scene? Is it somebody that's gonna take it personally and have trauma from it? Or is it gonna be someone that can be able to roll it off our back?

We all know those people. Yes. so we now see what is your natural brain profile and what environment are you best in? So, for example, if you had a husky dog, and you put the huskey dog in the snow, you gave it a sled.

So happy. Happy dog. Take the wagging plane with the kids. You pick that dog up, You put it in. The desert in July. Oh, not a happy dog? The dog is going to be lethargic, right?

Not interacting. And we're quick to say, well, why is your dog so depressed? Like, we put a label on that. The dog is depressed. Let's give a therapy to the dog because something's wrong with the dogs, right?

But the Dog wasn't built to be in that environment. And if you picked that dog up and put it back in Alaska, within two days, tail wagging, pulling sled, not depressed anymore.

Right. We have this habit of wanting to diagnose and wanting label people and treat it as a problem. And my argument is our brain was built to do something and it was build to be in a certain environment and unfortunately our lives, our stress, everything we're taking on pulls us out of that environment.

And then now we are overwhelmed and depressed and anxious and we don't sleep and feel good about ourselves and were told well maybe you should meditate.

Well how many times a day? Is meditation good for your brain or not? When I did my scan, it was so interesting, because it had been… I've been back at dance 11 years now.

I just did scan last year. And it said, clearly, you need at least four days of intense exercise of creative origin. Okay. Well, no, I didn't want to dance.

Yes. If I would have known that, I could have intercepted that when I was 25 or 30. If i could've known I needed to make priority for creative space, yes, i would've done so.

There are people who are focused achievers, there's people that are empathetic, There're people, who analyze everything, you have people need order. So if you know what your brain needs to thrive, Your brain will then dictate to your body what to do.

Then we don't have that constant, dysregulated cortisol going up and down, wreaking havoc on our hormones, our nutrition, or gut health, physical health.

All these things that we test for from the neck down. Right. I mean, you could take all the ashwagandha you want, and I love ashwa ganda, but you can take it all you wanted.

If you still think you're going to die on the roller coaster, it's not going change. No, It's Not. It is not. And I hate to break the bubble of the supplement companies, I don't see why we should be putting a ton of money into a supplement if we can't change the lens of which we see our lives.

Right. Start there. Yeah, as a man thinks, so is he. Yes. So this gives people objective data, it gives you people a report, a road map for where to start, because lifestyle recommendations can be so like throw spaghetti at the wall.

And it just doesn't always stick. So if somebody doesn't have a brain map, where would you tell them to start? I would tell him to go back to, what were you like when you were four?

And if you don't remember, ask the people around you who knew you before. One of the saddest things is when I talk to someone, and I ask them that question, I don't remember who I was or what I like to do.

And that is a lot of you out there. That I say, how do you find joy? What do do for yourself? Oh, well, I dunno. I'll do it later, after Christmas. When the kids go graduate.

when my job is done, when I have a time, enough money. You know, we give all these excuses for when we're gonna go back to who we were. But I would like encourage the audience to recognize that you were given unique gifts.

you knew when you were a kid who you are. And somebody along the way told you you had to be somebody else. Right. So go back to who was I? What did I love to do?

The other thing I loved to decorate. When I was a child, I used to build Barbie houses out of all my books. Yes. for hours, and I always had music playing.

And when I'm stressed, I'll move the couch or I will move a drawer where the forks are. It's fun for my family because they come home, they're like, why is the coach?

But innately, that's just what I do. I nest. So I would say go back to that, go to how you were. If you don't remember, ask someone and then invest that commitment in yourself.

It was not easy for me to go back to hip-hop dance in a class with a bunch of 14-year-olds. I was 39 years old. Oh my God. A bunch a 14 year-old, I couldn't remember a single eight count.

And I wanted to quit because it was hard. Yeah. and I wasn't as good as I used to be. Mm-hmm. But I didn't quit, because those girls, when I looked in the mirror, they were looking in their mirror saying exactly what I am.

Right. Not good enough, not doing it good, who's looking at me, And I thought, my gosh, I'm just where they are. Right? So, yeah, why don't I just come and have fun?

And now I dance seven hours a week. I can hold choreo. Yes. It's so much fun. Inspire others to do fun things like that. And so many people write me on social media that say, always want to dance.

Never thought I could. See you do it. Now I want dance again. That warms my heart. Yeah, I love your videos where you're dancing, because it just brings me so much joy.

Thanks. Yeah. Let's do it. I dance in front of my daughter all the time, and she just like rolls her eyes at me. But did it make you laugh? She's like, yes.

Yes, it did. Sing to them in the morning when they wake up. Mom, does this doesn't make you laugh? You'd miss it. She's like, I don't think so. But she would.

So important. It is this life is hard. And so we either go through it with it being hard and scary, or we go Through it, being comical and having connection.

Yeah, like real human people to share these experiences with. Yes, and change our perspective. I think it's I love perspectives that are different than mine.

Oh, me too. It's so important. Just be outside the box. Yeah. Because God didn't put us in a box, he created each of us individually with our own thoughts, our feelings, desires, passions, talents, and we just seemed to lose track of those.

And that's health. It is health, yeah. If your mind is well, your body is as well. Yeah, and you can deal with whatever comes at you then. Absolutely, absolutely.

I absolutely believe that and I think we need to pay more attention to how we see the world for sure. This has been an amazing conversation. Thank you so much for being here.

Yes. Thank you so much. And thank you all for listening. We appreciate you. Go spread your joy. Do something fun today. God bless. I'll see you in the next episode.

Thanks for listing to Take Back My Brain. If today's episode helped you connect with hope or direction, I want you to follow the show, leave us a review, and share it with someone who needs it.

And if you're ready to start your own healing journey, explore our courses and our coaching programs at lorihammer.com backslash store. So until next time, remember you cannot medicate away a nutrient deficiency and healing your brain isn't just possible, it's powerful.