Detect Hidden Environmental Factors Of Chronic Gut Issues Transcript

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Introduction and guest background

Welcome back. We are continuing our conversation on Reversing Chronic Gut Conditions. I'm your host, Sinclair Kennally. And today I am joined by the wonderful the one and only Dr. Jessica Peatross.

She's a firebrand. She's a root causes experts. She and I have so much in common in terms of myth busting and helping you get to the bottom of your chronic conditions.

That I'm really excited to have you here. Jess, welcome. Thank you so much, Sinclair. It's an honor. As always. So if you don't know about Dr. Jess, she's got a huge following.

That's all about dealing with your root causes of your chronic conditions. She's a visionary for the future of health care. I really wanted her on and to have you hear from her because she is so in her integrity about what you need to know in order to take back control of your health.

That she actually voluntarily walked away from the medical system even though she was very successful Doctor and hospitalist. So I'll let her share some of her story if we can get her to today.

But just know that her passion for supporting you runs deep. She's got a huge community wellness class, and I can't wait to do a deep dive with you today, Jess.

Thank you so much, Sinclair. Absolutely. Thank you for the introduction. Yeah. Okay. So let's talk about this. Reversing Chronic Gut Conditions. First off, I want to make a really important distinction here because the gut is so resilient. Right.

We have amazing cell turnover within the gut lining itself every 3 to 4 days. It's absolutely rebuilding itself and replacing itself. So one of the biggest questions at the summit is asking is how come we're not getting well if the body is designed to do that?

Right. And I want to give you the chance to do a deep dove today. And what you see are the overlooked root causes of, you know, these gut membrane issues and these persistent gut conditions.

Absolutely. You know, you brought up a good point. And a lot of people don't know that cell turnover in the gut happens like that. It's almost as quick as our hair growth.

And that's why when you do chemotherapy, people get nauseous and lose their hair. It attacks and is rapidly dividing cells. So your guts like that. And this is so interesting because most of the people watching this today, you know, with they've had chronic conditions for years or even decades.

So clearly something is a missed in our medical system. And I would love for you to speak to that. What is the breakdown? You know that we know so much about the digestive tract and what it needs to thrive.

Where are we getting it wrong in traditional health? That's a great question. And I think to drive the point home and answer your question, I have to give a personal story.

Yeah. To really drive the point home.

Gut resilience and why chronic illness persists

So, you know, I didn't always believe like I do now. And when I was in school, I did all the things. I got my flu shots every year. I ate graham crackers and peanut butter with Diet Cokes in the hospital.

I went to work every day and got a gentleman, made my Jimmy Dean's breakfast sausage biscuit in the microwave and had a diet Mountain Dew to go save people at the hospital.

Tell them about health. You know. So there is sort of a hypocrisy, not as much as it was back then, but there still are some doctors that don't see how the healing in mainstream medicine doesn't quite encompass what we consider in the functional world as healing.

And that is, you know, when I was a hospitalist, I would walk into the cafeteria and see that they were forced to put everything on the food pyramid in people's daily meals that were admitted to the hospital.

And I don't know who still believes in that in the FDA food pyramid, if you still believe in Santa Claus, because, you know, that's I'm sorry. You know, it's the truth because the bottom of the pyramid says that carbs, processed carbs, gluten, glyphosate and gluten should be in everyone's meal.

And at the hospital, everyone had to have some meat. There's nothing grass fed. It was all factory farm and processed dairy in every single dish because that was part of the food pyramid.

And so that struck a chord with me and it stayed with me. And the more I started to investigate, the more I saw these big brands that have commercials. That's a tip off right there.

We shouldn't be eating if it has a commercial. And they were just part of the hospital system and vending machines. And for me, you know, what we put in our body turns to the very basic building blocks that run every metabolic reaction in the body and keep us well and provide longevity.

And if we're not starting with that at the root of our healing institutions, we have a huge problem on our hands. I think that's so well said. Yeah. It's that yeah.

I won't build on it because I think you covered it perfectly. So let's dive deeper then, you know, we we have some really damaging, outdated ideas that are still slowing people down the food pyramid being one of them.

I mean, when my dad was in the ICU, I watched him actually gain weight even though he was only being fed hospital food. He went in there like a glowing picture of health.

He'd had a stroke and six weeks in the ICU, they were force feeding him. And sure or, you know, all this. GROSS I mean, I looked at what was on his train.

I was like, this man is going to get sick from eating this food. So I totally agree with you. I've seen it with my own eyes. It's very. Clear. Liquid diet is jello Jell-O, the the foundation, the epitome of health, full of nutrients.

Jell-O. That's right. Let's just start right there. That's what he's being fed. Yeah, exactly. In our most acute situations, that's what we're doing to people.

Okay. So let's talk about how we get there. How do we end up in the hospital? Because you're very eloquent about terrain versus germ theory. And you and I are both so passionate about this.

Hospital food, outdated medicine, and terrain theory

I would love for you to give your version of this to folks who are you know, keep in mind that our audience is a little varied. So we have people just taking back control over their health today, I guess.

And then, of course, we have our beloved summer junkies who are highly educated. They know more than their practitioners in many cases about the conditions.

Right. So let's let's do a quick intro to Train Germ Theory and then let's bring in sort of sprinkle in some advanced nuggets if we have time. Absolutely perfectly said.

So for you guys on the different sides of the spectrum, you're like, What the heck is the train theory or germ theory? So if you guys remember germ theory, I think it was was it Louis Pasteur that said.

Yes, that said he was really the one who coined the germ theory, started antibiotics, all that kind of stuff. Antoine Beauchamp is the fellow who kind of opposed germ theory and said it's more about the train or what's inside the body.

The energy of the body really is there. If you're full of toxins and things, you might attract chronic infections for cleanup because that's what bacteria do in the environment.

They break down organic waste. What does mold do in the environment? Breaks down bacteria. It's all a huge ecosystem. And so if we look at it from that standpoint as humans being part of that ecosystem, we can say, gosh, why are we having recurrent infections?

Why are we why is this happening? Is the problem the germ? Is it now I will be the first to say I would not go have unprotected sex with someone with HIV.

I wouldn't either. Right. So that's it. That's a check for germ theory. Right? But why is that germ allowed to flourish in the body? That's the question we must ask.

What about our bodies are hospitable or inhospitable to some of these microbes? Right. And our gut is full of bacteria. That's all it is, a big walking microorganism.

And so we take antibiotics and we eradicate that bacteria. We're actually hurting our good microbiome and we're stopping possibly an infection process that's there for healing.

Correct. We may stop the healing process too early with antibiotics. And so when I look at people and I say to them a rhetorical question about why are you chronically ill and why is the germ in your body hospitable to that microbe?

A lot of them say, well, gosh, all this started ten years ago when I had food poisoning in Mexico. All this started after a huge divorce. All this started after a huge trauma that I had.

All of this started after I started working at a factory. I lived near this landfill. Right. I moved to this water damaged home and all of this got kicked off.

Right. So it's almost like a toxin bucket theory is how I describe it. Right. So your body can really fight it always is trying to kill you. It's a self-healing machine.

But if you have all these traumas and toxins that continue to fill the bucket, eventually it spills over into a label and then you're on a chronic medication or Band-Aid for the rest of your life without looking for what attracted some of the problems in the first place.

So I don't know if I explain train theory well enough for you. Germ theory is really looking at specifically the germ kill, kill, kill terrain theory is looking at.

Let's not just prematurely kill something, let's use the body showing us this, what's going on to make it hospitable for this to go on in your in your body.

And that is the deeper question that I would like a lot of practitioners to start asking. Yeah, that's so beautifully said. And I think that underlying a lot of what's working today is Terrain theory, you know, an underlying a lot of what's perpetuating illness today is germ theory.

So it's really important for everybody listening to get versed in this and to get comfortable with this concept. Yes. So you mentioned antibiotics and obviously this chronic condition condition summit.

What do you think about using antibiotics for chronic conditions and what would be your thoughts instead? Perfect question. So I'll use a real life example for people to to make it practical.

And that is something like SIBO, small intestinal bacterial overgrowth. Now the majority of these people have had antibiotics in the past that caused the overgrowth of SIBO or CFO and CFO a small intestinal fungal overgrowth which includes things like mold, yeast, candida, you guys are all familiar with that out there.

Probably super fun things make you feel super sexy and not puffy at all, trust me.

Antibiotics, SIBO, and the drainage pathways

Yeah. So they're both. Yes, I agree. It's super fun. So the irony and some of these conditions, the Clostridium difficile is another one caused by an antibiotic such as clindamycin, and then you fix it with an antibiotic called flash or metronidazole.

So, you know, and then with SIBO CFO, they give you Rifaximin. And unfortunately Rifaximin has about a 50% failure rate. So on top of taking a very expensive, very expensive antibiotic every month, it's there's no guarantee whatsoever.

In fact, 50% success rate. It's not great in medicine that will overcome this now. Now, why is that? Let's go back to German train theory that we just discussed.

That's because we're not looking at what caused the Siebel problem in the first place. It's an elimination of the good bacteria, the beneficial bacteria.

And then we're causing we're giving another antibiotic to kill this overgrowth of the wrong Candida bacteria. Wherever it is, it was caused by an antibiotic.

Why don't we pause? Time out on the killing. Time out. What is stuck in the person? Where are they not able to eliminate properly? Because let me tell you, if that Rifaximin had 100% success rate and I was able to give you a pill and say, this'll fix all your problems back like magic.

How would the body still get rid of that pill? Each doctor poop it out, your liver would stop to process it or you'd have to pee it out right? You still have to process that through your inventories or drainage pathways.

Therefore, if you really want to get to the bottom of chronic conditions, you'll say AM I pooping, am I sweating? Is my liver working? Is my bile moving?

Is my lymphatic system taken care of? Because that's the way your body's going to eliminate even a perfect pelvic fixed is you. So, you know, these toxins, according to train theory, are likely attracting the wrong bacteria.

The antibiotics wipe out the good bacteria. How can you reset your body so it's inhospitable to the wrong bacteria? Wrong toxins. Right. The only way to do that is get the body working at peak performance again, because your body is what kills you, not a pill.

Wow. That's a really beautiful way to summarize what's going on here. So I and I love it because what we see in our practice and like in our and our gut course, we see people coming through with C bone C for all the time. And what I think you really highlight and I just want to underscore here is that SIBO itself is not a root cause, it's a label, right?

Or, you know, Crohn's, not a root cause label. You think what what we see over and over again, it happened in my own journey. So I understand it. Like we finally get sick enough to merit a label and we finally feel seen.

We have to hook unhook from that, like, okay, that's the label of my constellation of symptoms now that I feel bad enough to be categorized. But that doesn't mean that I've arrived at the root cause of leaky gut.

Well, why do you have leaky gut? That's not a root cause either. Right? You're just jumping up and down. Yes. And I mean, seriously, this is what every one of the planet needs to hear.

This is such crucial information for you guys. It's a label. Go deeper. And if I may, at the at the risk of maybe offending people, I would say you could this could this label be a guest, a guest that wakes you up?

Because how long would you have continued on the same trajectory of illness and and chronic disease without that label? Yeah. Yeah. For me personally, when I was really sick, I first of all, my labs look fine.

You're fine. It's all in your head. Here's some, you know, drugs to bring you up, take you down, make you feel asleep. Don't be so depressed. I was such a problem.

Your hormones. You woman right. WOMAN Yeah. So very funny and absolutely devastating. And then I finally got sick enough to start marrying some labels, and every time I got a new label, I had a short period of relief like I have been witnessed.

I have it finally been seen by the medical system. Now something might actually happen, but then I would get tortured and hypnotized into this trance of oh, well, Hashimoto's not fixable.

That's going to be here forever. Oh, SIBO very difficult to kill. It's going to be round after round of antibiotics. No guarantee, right. You know Lyme.

Labels versus root causes in chronic gut disease

Oh well you've actually secretly have Lyme for decades, so now it's too late and you're going have to manage that, manage your symptoms. And reaper's of hope. Mm hmm. Yeah.

And so then you get, you get settled into these pigeonholes, right? That are really devastating and you start shaping your life expectations around them.

So what could have been a liberating moment where you're like, Ah, this could be a wake up call. I'm going to take my health back into my own hands. For so many of us, we go into another stage of grief and pain and said, So I wish I'd done your shortcut, but I actually had to like get get fed up first.

And I hope that that's why people are at the summit today. So look at your righteous anger. What it did, though, created your whole platform. Yes. Yeah.

Don't piss off, lady, because I got more stamina for this message than you have any idea. The body is brilliant. You can take your health back into your own hands.

Don't listen anyway and says difference. Work with the body. Don't override the body. Let's go. They're in trouble now. See? I know. That's right. So I just do the same. Just love it.

I wish everyone felt like that. Everyone out there listening deserves to feel that way and to empower themselves like you did. Okay. So you mentioned a couple of really important things that I would love for you to unpack further, because I know you're an expert on these.

So you mentioned a couple of root causes versus those red herrings that are not actual root causes. So let's unpack this a little bit further. If your diagnosis is not actually arriving at a root cause, what are some of the common root causes in your mind that you see underlying some of the most chronic gut conditions today?

Right. So that's a great question. And a lot of times the people out there that follow me have probably heard me talk a lot about things like mold and sick building syndrome and Lyme and parasites, all the things that you talk about as well and you know, that is a root cause that let me let me add a disclaimer to that.

The disclaimer is that those pathogens are there for a reason, like we talked about before, things like victimization and being stuck in fight or fight.

The feeling of abandonment resonates with Lyme disease. So normally people will have, you know, a number of traumas, a number of toxins that fill up their bucket.

And then one big initiating trauma that victimizes them sometimes really appropriately, like they were victimized and then bam, they get a Lyme diagnosis.

Now, what's the root cause of that? We have to as practitioners, kind of Sherlock Holmes, your health and my goal and I think your goal to Sinclair is to teach people that they can learn how to do that too.

It's not just the alphabet soup behind my name that gives me permission to do that. You have the power to. And just a little bit of what that looks like is tracing back your antecedents, your triggers, your history, looking at when you got sick.

Why what happened right before that? What was going on in your life emotionally and physically? Where were you? Where did you live by any factories, toxins?

You know, really, that's Sherlock Holmes, your health. And you need maybe a guide to do that sometimes. But really, if you look back at it really where the root cause for many people's got problems are is antibiotics, glyphosate, stick building syndrome.

So moving into a house without water, air flow or then you get water damage on top of a bunch of toxic chemicals in building materials. Those type. Right, those toxic materials.

Let's just take sick building syndrome, for example. The mold is not the root cause, in my opinion. The root cause is the mycotoxins or they're digesting organic waste that got wet.

Like that's what they do. We evolved with mold. Now what is different now that's making people sick. It's the fact that they have a bunch of other toxicities and trauma and the fact that we're building houses out of it's completely discordant with what nature really is looking for in nature.

There's constant airflow which prevents and overgrowth of mold. Now we have energy efficient homes where we actually have airtight homes. There's no airflow, great for energy efficiency, horrid to to prevent to prevent mold growth and water damage and then homes with flat roofs, things like this.

And then you have viruses, adhesives, toxic paints, all of these things where people are very sensitive, you get those wet and mold growth. On top of that with EMF, these are the things that attract the pathogens, whether it be gram negative bacteria or mold in the home.

And so when I look at you guys and I say, you have to move, you have to remediate. It's not because mold is the problem, because where you are living every day and your lifestyle and the daily habits are the problem.

Mold, sick building syndrome, and environmental triggers

Right? This is so important. Thank you for explaining sick building syndrome as well, because I think people often overlook it and you make it so easy to understand and how you say it.

Yeah. So what I say is that toxicity necessitates a microbial response. Like nature will try to break that down. You know, we don't want to be afraid of our bugs.

You know, we're we're in a gorgeous ecosystem. Were a part of it. Right. So they're only going to morph into that aggressive form and get out of balance with everybody else if they decide, oh, gosh, this needs a response, I have to go in and try to mop this up and break it down.

Toxic environment begets a toxic microbe. That's really what happens. You know, if you're live in a toxic environment, you're going to have activations of microbes, like you said, that are there to do their job.

So let's talk about some of the signs and symptoms of sick buildings, just sand syndrome and some of that mold toxicity that you mentioned. Let's start there with how would people know if this is affecting them and early warning signs.

Yes. So let me first say that there are I think conventional medicine does not do a very good job at explaining gradients of how people can be sick. So they're either like you have chronic inflammatory response syndrome, the extreme of mold illness or not at all.

That's it. Right. But there are gradients to these things and we see this in people's genetic haplotypes. About 20% of the people, 25% of people have a genetic haplotype called IDR, where they're the canary in the coal mine.

They're sick with sick building syndrome, bio toxin illness, Lyme disease, and they are the ones that alert people like a were your genotype like me. But there's something amiss in the environment.

They're the ones who can walk into a moldy home and go, I can't be here. I can't, I can smell it. So that's what I want to tell people first. I'm one of those defectives, so I don't think anybody telling me in the you know, we get a lot of notes from these interviews.

Please don't tell me that your genes are the reason why you can never be. Well again, because I do not accept that this is a factor Dr. just is talking through.

She doesn't think that this is the end of your story either. So hang with. Us. No, not at all. You guys thank God for you, Sinclair, because I could live in a house with green mold on the ceiling and be like, Oh, there's nothing wrong here.

I smell nothing. So, you know, Sinclair, when you lived out in the civilization's evolutionary civilizations, these were the people that drink the water and said, don't drink that.

That'll make you sick over time. So they had a role. But in today's toxic society, it's too much. So sometimes. So you guys are the people that really have to be careful and be very in tune with your bodies.

Right. And so getting back the sick building syndrome, Sinclair knows better than anyone else what these symptoms are. But walking into a moldy house and smelling it, I think people immediately get brain fog, immediately get rashes.

I've seen people have seizures before walking into water damage, home. So there's people on that end. And then there are people like me who it takes a long time for it to kind of chip away at your health, but it eventually gets everybody if you live there too long and you may have things like an asthma diagnosis that magically gets better when you move or your kid outgrew it.

No, guys, no. It's a water. David's house. Oh, kids may start bedwetting again. You may not be able to hold your urine all night long because it inhibits something called anti diuretic hormone, which is inhibited when you drink alcohol.

So it's like breaking muscle on and on all night long, you guys, you may have tingles that kind of static shocks in your extremities when you lie down and you're still you have brain fog, you feel very heavy.

It's hard to get up off the couch. You have severe fatigue, severe name and word recalling. You may have respiratory issues, as I mentioned, you may get autoimmune diagnoses that seem completely unrelated to that, to the whole.

And if you guys are Sherlock Holmes in your health, you'll look back and say, when did this start? Oh, wait, we

moved back then. Wait, I do feel better when I'm on vacation every year.

That's weird. That's a big one. Yeah. You know, so start kind of thinking about these things, you guys, because it's really hard to see yourself, but I promise you, you can get this before most practitioners.

So said. Okay so if that those are early signs for mold and sick building syndrome, are there any digestive issues that you see coming on if you've been really exposed and it's starting to build up in the system?

Yes. Thank you for redirecting me about that. I mentioned that. Minter mentioned that. So CFOs are real thing. You guys, if you live in a water damaged building, it presents like a lot of bloating, a lot of almost like an irritable bowel type of syndrome.

Some people have really inflammatory stools. Other people who are sensitive may not make it really constipated.

Symptoms of mold exposure and gut disruption

You again, you can have all kinds of different diagnoses with this because once the gut becomes kind of permeable or leaky, it's almost like a coffee filter in like food particles and other things can leak through and get the joints and cause autoimmune issues.

So you may get joint pains and things from living in a water damaged building, just pains and aches all over the body that don't make sense. Right. And really, I know with me when I had Candida in my gut and I had leaky gut or permeable gut membrane, I began to gain this puffy weight all around my abdomen.

It was over my upper thighs. It's like it extended from just the abdomen. And my body was screaming at me and I had very little signs and symptoms of it other than fat and maybe a loose stool here or there.

So again, really hard to see yourself, but these type of things, water damage, buildings, yeast, all of these things absolutely can attach to got mold spores can barrier into the gut.

Different bacteria can burrow into the gut. And we know this. Yeah, that's a really important point to make. So just to tie this all up in about what what we're really asserting with this interview is that these chronic conditions, whether you have, you know, on this gradient of health that you introduce, which I love this concept, right.

You could be all the way down at Crohn's and colitis or you could be up here like, oh, I'm just a little sensitive. Oh, I just, I just don't feel great with certain foods right now and then anywhere between.

Right. That's why it's a great everyone is very different. And what you've been exposed to, what your genes are like, what your trauma's like are your unique fingerprint.

Yeah, that's beautifully said. Thank you. Let's talk to a couple of different people in our audience right now then. So if they're starting to hear the connect the dots for themselves right now in this interview, where where can they go if they're just getting started on their health journey and then we'll talk. Don't worry.

Guys are advanced genes. I'll definitely ask Dr. Jess right after that. What are her advanced tips for you as well, if you tried all the things right?

Yep. Yeah, that's a good question. So if you're just getting started and you're a newbie and you're like, I feel so overwhelmed, you know, you really want to just start from like your daily activities and I'll just start, are you pooping, like, literally normalize talking about poop?

Literally. I mean, some people I say, are you constipated? They say no. And I'm like, How often do you go? And they say, Once every three days. And I'm like, Oh God, that's constipation.

So very early on you guys ask yourself and having regular bowel movements, how is my circadian rhythm? How's

my energy throughout the day? And these are like the basic things you kind of want to go for first because you have control over these things.

You know, you can get up with the sunrise and go to bed shortly after sunset at a reasonable hour. You can control the food you put in your body, so maybe you would start illuminate, eliminating inflammatory foods to maybe start doing things like, you know, every time I eat that big, huge sandwich with white bread for lunch every day, I feel so exhausted till like 4 p.m.

And I maybe it is this I have an insensitivity or maybe this gluten is not getting processed to my gut properly and that's it. That's a great aha moment for people.

So maybe you start to eliminate things like processed gluten, really inflammatory dairy and cheeses. Raw milk is not included in that. And then, you know, maybe we look at like, what?

How much fruits and veggies are you getting? Are you eating organic or are there pesticide s on them that really might be causing some damage in your gut?

There's just simple things that you guys can look at at your 9 to 5 every day and tweak just one thing, one thing every week. So it's not too overwhelming.

It's a really great idea, really good way to tackle it, too, because I know feels overwhelming. You know, we get the oh my God, there's so much to do, you know, in the in our courses and things.

And, you know, it, guys, it really is just one step at a time. So how about for our I got my gluten free yogis who still feel like crap. I quit gluten ten years ago.

I ground every day. I have no blue light. I yeah, I get it. You know, I wear the yellow glasses, I'm organic, I'm down to three or five foods. You know, I've tried all the cleansers, all the things.

Starting simple: basics for beginners

What do you recommend for these folks who really do know they're starting to understand, hey, I've been poisoned. And that's why I still don't feel well.

But what next, right? Yeah. These are the biohacking babes. The warrior. Yes, yes. I love it. So is we love you. We do that. We do love you. I admire all of you. You would not believe.

So the first thing I ask these people, Sinclair, honestly, my very first question is, gosh, that's a heck of a routine. You're doing every day. When do you rest your biohacking like the best out there?

Like that's your job. Do you have time for you? Do you feel grounded? Do you are you breathing like do you have gratitude in your life? Because so many of us get like a dog with a bone on these schedules of healing or at work or just like society.

The Matrix Right. And so many people's gut issues are due to nervous system regulation and stress. And so I like to redirect these yogis and whoever's talking to me sometimes, you know, what's your what's your vagal status like?

What's your vagus nerve? What's your are you stuck in fight or fight? Do you can you make decisions okay? Do you feel like you belong? Do you feel safe? Safe?

Do you feel safe? Because if you don't, the gut brain axis, which is connected by the vagus nerve, there is not going to be firing and an appropriate radio two vagal nerves on each side, two vagus nerve.

vagal, vagus nerves on either side. So, you know, we can actually see imbalances in people. We can see gut

issues due to stress, due to chronic long term trauma and stress.

And this is actually I speak from experience here. This is my issue and I'm currently working on my nervous system and I've noticed a change in my bowel movements.

I've noticed a change in my sleep. I've noticed a change in how much weight is in my lower abdomen. Mm hmm. So, you know, like, when I teach people about things, it has to be something that I personally learned and struggled with and gone through.

Or I'm still learning and I'm still learning this. And it's been such a big deal for me that I want to look at all the advanced people out there and say, okay, you're doing, doing, doing.

Can you be a human being? Because I couldn't. So beautifully said, because when we when we're in that space of struggle for so long, I don't know about you, but for me, the last thing I wanted to do was slow down.

Because in. No I so frustrated. And when you finally slowed down into your body and you become aware of the sadness and the pain that's in there and the exhaustion is like, Nope, I would rather work my ass off than feel that, to be quite honest with you, the.

Healers plight right there. Let me say to people. Yeah, so what I want to tell people who are listening, who are like, that sounds awful. I really don't want to slow down.

Guess what? Those feelings don't last, but they're already there in the body. So the more you slow down and actually just acknowledge them and breathe through them, then they can start to release Amy.

Advanced healing: nervous system, stress, and slowing down

And it doesn't last, but it will keep going until you finally address it. Amen. I mean, I did. I was distraction queen. I mean, I'll call myself out here.

I was on I was I was scrolling on Instagram to not think about the pain that was inside of me because I've had a lot of betrayal over the last five and a half years that has affected my health and metabolic health.

And so I've been trying to get to the root cause and it was a lot of distractions I was doing. So if you guys resonate out there with with me on this, I, I'm not on my Instagram anymore.

I hired someone to do it. And guess what? I'm not as reactive. I breathe better, all these things. And so I promise you guys that you think you're involved in another world and doing good out there, that's great.

But sometimes social media is like a big giant cyst that needs to rupture because it's just this all the time. And you're not meant to hear all that from everybody all the time.

You're not here to hear everyone's commentary. And so, you know, really look at how you're living every day because you heal you. You heal, you. That's so beautiful.

In my meditation, our ex-students, we joke about this all the time. We when I was really, really sick, I unfollowed everybody I knew, my family members, my loved ones, my friends.

I didn't want to talk. Nobody wanted to talk to me because I was so sick and so weird because, you know, when you're super disregulated, it's really hard to be around you and everybody just wants you to just get back to normal because you're frankly a giant pain in the ass, right?

Yeah. You go in and you got to go do the deep work. So I unfollowed everybody. I walked everybody and all the people that I used to listen to are the, you know, like artists and creatives that I aspire, like all the healers.

It's like, okay, I can't listen to any of you. And I just followed puppies, kittens, and ducks accounts. I'm not even joking. They were like, you know, a rabbit or something too, but like a squirrel.

But I just. I needed something to actually have the sweetness of life, and it's like I can't compare myself to anybody else anymore. No one has walked this path that I know.

I'm the only one I know right now that's in this much pain. So, so be it. You know, I'm going to stop comparing myself and I'm just going to look for relief.

Now, did that expedite your healing? I think it did. I think I would have actually struggled for far longer if I had kept comparing myself to everybody else and if I kept chasing relationships that I was not a match for at that time.

And I'll tell you, most of the relationship ups on the other side of healing were either completely different or no are no longer a match at all. Yeah.

Yeah. Wow, that's powerful. Wow. And it's not. It sounds nice. But you know what? I would venture to wager that a lot of people listening are already going through this. You know exactly what we're talking about.

I think so. I think it will resonate so heavily with people. And I just want to leave everyone with go back to what your ancestors did in nature, even with your food.

Closing advice on natural rhythms and healing

If your grandparents, great grandparents don't recognize it, don't eat it, get up with the sun, go to bed with the sun and eat when the sun is the highest in the sky in the day.

Really regulate your blood sugars moves. Movement is so important to that gut health move. It's important to peristalsis breathe. It's important for your gut brain axis.

These are very simple things that we have forgotten how to do and they are healing. That's such a beautiful note. Let's end right there because I just got goosebumps and Jess thank you so much for your passion, for educating people and everything you do to help share this message in the world.

I always get excited. I told you this the other day. I'll tell you again. We always look forward to receiving community members from you in our courses and things because we know they'll be super well educated.

They're going to be in it to win it. So you're doing really good work in the world. We're so grateful for your presence in the community and thanks for sharing about your journey today.

At some point we will remember we're not perfect. We're we're teaching the stuff because we've also struggled. And on the other side of this too, so much really, if you just to take it step by step.

Thank you so much right back at you sister like recognizes like. Okay we love you guys go out there and breath. By everyone thank you.