Introduction to the Autoimmune Detox Summit

Welcome back to the reverse Autoimmune Disease Summit series everybody. This is of course the fourth of this series we're working on. Remember the four corners of reversing autoimmune disease and solving your puzzle.

Genetics is one. Your gut is another, toxic burden is another. And past trauma is the fourth. We're working on that toxic burden on this one with the Autoimmune Detox Summit.

And I'm really excited to bring a new friend and colleague to you. We've just been talking for the last half an hour, and I just absolutely love this man and his work.

So this is doctor of me. He was voted one of the top 43 naturopathy doctors worldwide, and he's helped thousands of people around the world heal from trauma, anxiety, depression and chronic disease by combining naturopathic and functional medicine, Gestalt psychotherapy, family constellation therapy, eMDR and homeopathy.

His website is Doctor amit.com. His bestselling book Heal Your Body, Cure Your Mind. Online therapy sessions and online courses on Doctor and meet.com have helped thousands of people heal their mind and body together with emotional release techniques and holistic medicine.

He also treats poor communities of children living with disabilities in Kenya through his charitable work and sales of his book and online course. It is so great to have you here, doctor. Me thank you.

It's a pleasure as well. And greetings from Kenya everyone. I, I actually skipped over the URL and I want to make sure that I have it because, it's not as easy as Doctor of meat.com, but if you can just for a second and talk about the it's, I am Africa, dawg.

What is this? Right. The main website is dreams.com. That's doctor Mi.com. And then the charity work I do is FIM africa.org. As I'm e africa.org.

Kenya, Land Trauma, and Generational Violence

And that's so the sales of the book and the online course helped me do that community work that you'll see. That's beautiful. I've been to Kenya a few times doing trauma retreats there, and that's a big need there.

And I just really of course, it's just goes in line with what I've coming to know about you. So that's really beautiful. We talked a little bit before I started recording, us and our interview about land trauma, you know, and, since you're doing this kind of work in Kenya, we were saying.

Yeah, sometimes we don't even notice when there's trauma on the land that we're living on. But this, this sort of energy system, what what would you identify in Kenya as being, you know, some of this, this trauma that can affect health?

Because then I'm going to talk about how stress and trauma affect your health. But I think sometimes like, you know, in our Vedic medicine, in the Vedas, they said, if you want to know the health of your community, look to the friends.

And then we also have the saying about a frog and boiling water doesn't realize until it's too late, right? What, what what is the trauma of land country people, do you think, and how that's affecting each of us?

So there's a history to Kenya of colonialism. And in that, of course, there's multiple layers. One is the resentment towards the colonial. Then there's the violence that took place when the Mau Mau fought with the colonial.

So there is the history of violence on the land and fighting for your rights. So there's a lot of bloodshed on the land, and that violence seems to permeate the ether, for generations to come.

You know, we see conflict with the land. We see politicians basically inciting the community to get violent with the farmers. We see resentment and hurt from the Maasai community and local African populations against the colonial farmer who was still hanging on to the land.

And there's no right or wrong, I guess everyone feels that they're entitled to their feelings. Unfortunately, though, we we do see it come across sometimes with a bit of bloodshed or strange episodes.

Right? Strange occurrences, for example, a lot of poaching on the land as well, killing off the elephants or death by poisonous snakes like you were telling me.

Yeah. And or being killed by an animal. There is that vibration of fragility, of life. Yeah, that's still resonating through the generations. And I'm curious what the initial trauma was that manifested a pattern of continuous violence and deceit and just sense of, safety for people over time.

I'm not sure what it is. I'm not saying all of Kenya is like that. But it seems to be patterns in certain systems. I was pointing to it because in the United States, this is burbling up to the top yet again.

How Stress and Trauma Drive Autoimmunity

You know, like our racism, our violence that is happened on our land and the US has not ever been healed. And so when things don't get healed, they burble up to the top.

And, you know, in your Vedic medicine, they say we are the microcosm of the macrocosm, right? And so we can take that not actually healing what's underneath the root.

And then that burbling up to the top and seeing social unrest and destruction and violence, and then we can take that to our own bodies and watch. That's what's happening in autoimmune disease.

This is the exact thing that happens inside of us, right? How does stress and trauma affect our health? Yeah. Good call there. So whether it's generational stress, family stress or your own stress in life, that will trigger a stress response in your body, right.

The fight or flight response. Yeah. Which then stimulates your adrenal glands to be hyperactive to produce adrenaline and excess of cortisol. Now the thing is perpetual stress.

It just doesn't suit your body off. Your body never gets to rest. And ideally your adrenal glands are meant to be active for 20 minutes at a time maximum.

Take a break and then get 20 minutes of overactivity or activity. Again, that's how we evolved as primitive beings. We hunt for 20 minutes, we eat or we rest, take a break, etc.

in modern day world that stress doesn't switch off number one, right? I was laughing because the ideal part we just are not doing. We don't do that, you know, there's different demands and callings from either spirit or from society or from corporations.

I'm not sure which one yet. Or maybe it's all the mix or karma or. Yeah, and duty and Dharma. Yeah, yeah. And what happens is when you have prolonged, elevated levels of cortisol and adrenaline, your body, then tissue damage occurs.

One number two, your neurotransmitters go off balance. So when you have excessive cortisol for example, serotonin, dopamine, melatonin, Gaba, all these brain chemicals start dropping to experience more anxiety and depression, which leads to overeating.

And binge eating and food cravings, which eventually been damages during this time. And we all know that your gut is the seed of your health and a permeable, permeable gut or a leaky gut.

A damaged gut is often a trigger for autoimmune conditions. The other thing with elevated cortisol levels is you suppress your thyroid hormones, your active T3 and T3 is very important to help keep your cell junctions tight.

Yeah, strong in your intestines and all your cells. T3 is very important for all yourselves to cells to function well, now imagine you have elevated cortisol levels.

Then different chemical message signals are sent into your intestines, and the cells in your intestines don't stick well together, so you get a worsening of leaky gut.

What does that mean? More toxins then leak into your bloodstream, cause more inflammation throughout your body, triggering an immune response. Yeah, and it aggravates all the immune cells lining your gut and the gut associated lymphatic tissue.

That's irritated. Yeah. That triggers also a hyper immune response. And the theory is that some of the particles that we eat and the protein molecules that trigger, an immune reaction, those particles mimic parts of our body sometimes.

So the antibodies we create to these particles become antibodies to our cells as well. Our own cells, leading to autoimmune. That's one of the theories around autoimmune.

And then there's a whole cascade of events that happen with leaky gut. You have chronic inflammation and chronic toxicity. All this toxicity goes to the liver.

The master organ in Chinese medicine. And I'll talk about more how to heal your liver. But first I'll explain why the liver is the seat of your health.

Your liver produces bile. This beautiful juice that helps with digestion. Now, with chronic inflammation and excessive toxicity, your liver becomes what we call stagnant.

It produces less bile. With less bile, you get more in digestion, heartburn, gas, bloating, constipation, worsening of leaky gut. And because your liver is meant to detoxify everything and it gets backed up, you have more toxins in your blood.

You get more chronic inflammation. So a worsening of chronic disease. So that's really how stress goes on to worsen leaky gut by worsening cortisol levels.

And that leaky gut then leads to more chronic inflammation and more liver stagnation, which then leads to a vicious cycle of hyper permeability in your intestinal membrane.

And then when we're reaching, you know, again, like I Ayurvedic medicine talks about these six tastes, right. These six tests that we have.

Anger, Shame, and the Liver Connection

And if we find that are if we don't have enough emotional mastery, then oftentimes if we find that life itself is more bitter or pungent or, you know, we're sad, it sounds salty and we're having a lot of that, then we reach for sweet to try and balance.

And so then we'll reach for sweet through food to try and balance the emotional system. And that's, you know, the wise mind of a child finds grounding in that too. But when you get into adulthood, this can also begin to cause insulin resistance.

And that extra sugar, where does that go when someone's insulin resistant they're eating sugar. It can't get into the cell. Then what? Yeah, we get weight gain.

Then we get oxidative damage as well happening in the blood vessels. So suddenly now you got plaque formation going on. With more insulin resistance, then you get a cortisol imbalance.

And that again leads to, of course, anxiety and depression and higher deposits of fat in your tissues. You're going to produce more estrogen as well. You're going to go into hormonal imbalance leading to, you know, PMS symptoms or even more tendency or a high risk of estrogen dominant cancers as well.

Right. Yeah. And autoimmunity and yeah. And it's also being stored this extra is being stored in the liver again. So this poor liver has so much to do right.

And I you know I remember when I when I was I was diagnosed with rheumatoid arthritis, I don't know if you ever knew this when I was 30 and was able to reverse it within about six months.

But the thing that I learned immediately when I went on PubMed and looked for what else besides methotrexate, right? I was being told to do, and and I found an article on yoga and autoimmunity.

And so I did my first yoga class and then learned about avita. And one of the things they talked about was how autoimmune disease is undigested anger, and that it's actually the liver that is part of the processing of anger to this poor liver.

Yes, yes. And resentment. Stration, you know, also a sense of what's it called? Vulnerability. So some people don't feel safe feeling and see what happens is so in Chinese medicine, the liver is connect with the emotions of anger, resentment, impatience.

Right. So if you have a stagnant level, you get more of these emotions. And if you have a lot of these emotions also you stagnate or harm your liver. Yeah.

Now, the thing is, why there's a lot of shame around anger is multiple things. Society doesn't accept it. You're shunned. And also as a child, when you were insulted or hurt by a parent, you are.

You go into an internal conflict because you hurt by the person who's giving you love and food and life. So it's it's a conflict of interest in your own mind to aggress against what gives you love in life.

Right. And so you freeze, you go into a freeze response. So and you learn to swallow, just insult out of loyalty and love. And that creates this internal brewing party of just disappointment with yourself because you feel you're failing and not getting what you want, but really you you're not expressing just out of loyalty to the system because you want to belong to a certain society, the society you grew up in.

And we know for put on the outside of the firelight circle, the sabertooth tiger can eat us. Exactly. So feelings of rejection and betrayal are unsafe.

So then we get this amygdala kind of looking around all the time. And I see for myself on my safe, right. Absolutely. Yeah, I so yeah, I train people to healthily express anger and also feel the vulnerability and the lack of support that leads to the swallowing of anger.

You know, that's really the place that needs the most love. I had a conversation with my 30 year old son the other day, and he's living in a spiritual community, and he said, it's a Tibetan, this community.

And he said the teacher called him out on some on one of his patterns and, and said, this because he's very funny. He used to be a stand up comedian in Manhattan.

So he's he's very funny and he uses it. Right? Of course, we all, whenever we have as our as our polished front of

the world is also the thing hiding the most pain.

And so he got called out for the first time, which I've gently, gently said, you know, that might be hiding, you know, lack of vulnerability. But he got called out in front of the whole community about using humor as a deflection.

Yeah. And and that that it's discarding love and that it's a form of aggression. And he called me and he said mom, you know, I know, I know that this has been pointed out to me, I know you've been telling me this, but and then the shame in front of the whole community.

Right. Yeah. And then drew his teacher to say, no, no, no, no, no, don't go. Don't withdraw. Just be with it. Feel it. You know, that's that same as that's apparent child thing that's happening right now.

And you know you are now 30. And so it's okay. You know, and just like letting him feel safe. And he said he was just crying, you know. Oh I can actually be seen without this humor, without this mask and, and have it pointed out and be loved and held and supported.

Right. All of those. And and he was just weeping when he was telling me. And so was I was like, oh my gosh, I'm so happy, you know, because those big moments then are some of the ones I know that you've witnessed.

Perfectionism, Freeze Responses, and Body Armor

I've witnessed where physical healing occurs then. Yeah. When we release emotional pain and trauma, the physiology shifts completely. You know, trauma is stored in our cellular membranes.

And by expressing anger, vulnerability and also allowing the shame and other awkward feelings to be to be seen by other people, right? Yeah. And so these monks are correct because we are programed to hide these feelings because they came up when boys or girls were attacking us, when we were feeling ridiculed or excluded by our peers or our parents were threatening us.

So automatically, it's like those emotions that occurred while we were under threat. Those emotions also don't become okay to experience. Yeah. And so when a monk says yes, feel them.

You are an adult now. It's okay. And you're safe. You can feel this. Yeah. You're safe. People are waiting to hold you and love you in this place. There's nothing wrong with you as you're feeling these emotions.

Boom, right? Big need, big relief and a freeing of body armor, what we call body armor. Okay. And then you can take in more love. You can take more oxygen, and your blood actually flows better.

And what happens is you actually get less inner conflict. And I believe sometimes autoimmune is attack against the self. Yeah. Emotionally as well. The narrative in our mind.

And when you feel this freedom you get this freedom of being in good about yourself and this shameful feeling. You have less criticism about your own self, about your feelings.

And I honestly believe that translates less into biological self attack as well in terms in the form of autoimmune. Yep. I agree 100%. And I always say that like if if one part of you is attacking the other, there's no winner.

Like fear of war with you, right? You don't feel worthy unless you're doing X, Y or Z. And I always say people especially I see this with women with autoimmune disease and women have 80% of the autoimmune diseases anyway.

You know, it's they have these four P's in place. They have perfectionism, people pleasing, the poison of past pain and usually in the Vedic spectrum they have a lot of pitta.

And it's them that put that right. They want you just to pointed to you in Chinese medicine. What damages the liver

right? Is that irritation? Is that anger and frustration like these things that's put there when it is not mastered, when it's not made friends with, when it's not a collaborative energy inside of the body, but one that's turned here and here, you know, and, and so that fire, then it's inflammation.

It burns you up. Yeah. Yeah, yeah. It completely burns you up in what? Unfortunately we do that to mimic our parents and our society. Right. Because if you're not supported as a young child, you blame yourself for something that goes wrong. Yeah.

Or if parents are criticizing you, then before you criticize by another person, you kind of control yourself with criticism almost to fit in that box that you grew up with.

Not knowing that that continuous narrative of criticism is actually harming your biology. Yeah. And then it's causing more and more contraction in your liver and anything that stagnates for a while bubbles and brews and creates more heat, which is the pit that you're talking about, right?

Yeah. So I guess what I want to remind people is, in healthy ways, giving back the voice of the parents, back to the parents and the ancestors, and to society in the right way when you're feeling ready to do that.

Knowing that the language you use upon yourself, you were not born with it and you're just trying to fit in and belong. Yeah. And receive love by mimicking what maybe a harmful parent did to you and that you will be loved and received by loving people, even if you let that narrative go once in a while.

And I use the word once in a while on purpose, because if I just say let it go, then you have this internal pressure, gosh, I need to fix this and I'll let it go.

If you if you allow yourself to entertain the thought of once in a while. Yeah, I can let go once in a while. You're not forced to let it go all the time, so it's more achievable to let it go, if that makes sense.

And you give yourself permission to try it a bit and let and stop trying. That's where the once in a while can be really relieving for some of these internal struggle for peace.

I like to work a lot with internal family systems and it's like what you're saying the the trying it just once, right. And then letting the little one that's so nervous about that recognize that she or he is safe, like, oh, okay.

And I don't need my protector to be out here anymore. And having this energy wall and barrier that, you know, is the thing that I present. Oh, okay. And then the next time you try it, right.

Oh, and so the little at a time makes it so that that one can learn to trust that you are there, you are safe, and you're going to hold her his hand and that protector that has been holding up all the barriers to the world so that you don't see yourself and no one else does.

You they're you know, that energy can start to relax. And when I started learning that whole so much energy I put up of perfectionism, you know, I was such a I was a good perfectionist, really perfect, a perfectionist, a perfectionist who had perfected perfectionism, you know, and when that that amount of energy and people pleasing, you know, and I started really learning to relax that and go, there's so much energy available, right?

So much energy available. That was this wall. It keeps a lot. It's a lot of energy to keep it going. You know. And we do. And we don't realize we're using that energy.

Right? Right. We think it's normal. We think it's the normal way of existing out there with this chronic smile. Right. But it's like a pain inside our nervous system.

Emotional Release Techniques for Healing

And the benefit of realizing that we're using energy then gives us the choice not to give it so much energy. Right.

You know, so noticing that it's using energy means I'm actually it's an active process, meaning I'm making a lot of effort into pleasing people.

I'm making a lot of effort into smiling. It's not that I'm stuck in a smile because out of fear, it's I'm I'm using my fear to smile more. And when you get that paradigm shift, suddenly you you you let go, right?

Of the chronic habit that you've been putting energy into because you get a sense of the act you're doing and it's not necessary anymore as an adult, if that makes sense.

It makes complete sense. And then it frees up some energy for your mitochondria to use, for your liver detoxification, for your lymphatic system to go ahead and start the drainage process.

Because you know, you you've freed up so much tension and energy that now your body can enlist in doing its functions. You know, your body's not betraying you when you have autoimmune disease.

It's not. It's it's been robbing Peter to pay Paul for a really long time. And then when you when you put some more energy in the bank account, it goes, thank you.

You know, yeah, I fully agree. And then when we release that, when we stop using that energy, also what happens is the adrenal glands stop going to fight or flight.

Right. As well. So then we have a lot more energy for the mitochondria. And your cortisol levels normalize. Right. And when your stress response and the cortisol levels normalize, leaky gut gets better.

And you've got and there's less irritation on your immune cells in your that are lining your intestinal wall. Right. So you less triggers for inflammation.

So yeah mind and body healing are super super important. Not just I do want to speak to the ones who don't just have fight or flight, but the ones that freeze because I know a lot of women freeze.

They they don't ever experience, fight or flee, right? They actually experienced freeze. And the same exact process is happening in the body. With freeze, you're not your cortisol is still pumping out right when you're frozen, keep you alive in that frozen space.

And so that's that's another aspect. I know that sometimes women don't like to fight. Well, I'm not trying to flee. I'm not you know, they're just frozen.

Absolutely. And also men I as a man I know I've frozen a lot because I grew up in boarding school and I had no power to stand up for myself. So the safest thing was to freeze.

Yeah, yeah. Keep your all children. The safest thing is to freeze. You can't like you said, aggress that the one that's harming you. If they're a big person and you're a little person.

So I think the most that we do is freeze, right? Yeah. Yeah, exactly. You put it right. The most that we do is with a lot of frozen parts in us. And, my studies in psychotherapy stalled, emotional release, etc.

what I find helpful to undo that freeze response is actually experimenting with aggression and fleeing. So either hitting a mattress or growling, I'll get my clients to stick their jaw out like that and just swear or just growl or shout.

Dislodging the nervous system. Yeah. And they do the same thing. We go over to the cliff over here at the island, and they can scream out into the ocean, that's what I do when I'm at the ocean.

Actually, I go underwater so no one can hear me, and I just give it everything. Yeah, and my body gets so much more energy, right? Because you let go of that active process of keeping everything inside.

And I want to repeat that to everyone, keeping everything inside some. You might experience it as a collapse of your energy. I promise you, it's actually an active process that you're doing to rescue yourself.

Yeah. And you can slowly, slowly peel yourself away from that active process. Once you get to taste the safety in your outside world. And that's done through, of course, loving and caring environments.

And people will often ask about emotional techniques, to use. We've talked about a couple of them here. Are there any more that you'd like to share? When people feel themselves frozen or activated, you know, where there's a tsunami of emotion and they don't know what to do with it.

So I, I use eMDR as well. I movement and desensitization and reprocessing, where I'll get them to stay with the feel, the traumatic memory, the negative thoughts they have about themselves, the physical sensation in their body and the negative emotion or the overwhelm.

And when they're connected to all these pieces of information, I'll either get them to follow my fingers left and right, or tap left and right on their collarbones, which is different from emotional freedom technique, which is tapping on different points. Right.

And by doing this, what we call bilateral stimulation, stimulation, left, right, either with the eyes of the tapping, what happens is the frontal cortex of the brain, begins to fully process all the stored emotions that were stuck in the limbic brain.

In your primitive brain. Yeah. Creating a safe and deep release of the stuck emotion. That's one technique I use. I use Havering technique as well. Which is an upcoming therapy where the client allows the client to basically rub up and down certain energetic points.

We start with the arms up and down and ask them to imagine a safe scene, place of bliss, happiness, comfort, and as you rubbing and imagining, I'll come from 1 to 10.

And of course I'll feel energetically. I'll feel the words that, that I need to also introduce into the meditation or into the guidance. And the thing is, as you count from 1 to 10, the client is supposed to now take either take a step in the scene or look at something new in the scene.

So they're they're following a safe counting method in a safe environment and being preoccupied with instruction. Yeah, of looking for something new. So that kind of distracts them from the frenzy of fight or flight.

Yeah. And they get preoccupied with looking for safer things in a guided way. So the body experiences love and support. Yeah. While stimulating nerve endings that are very closely associated with childhood experiences of love.

So that combination as well reduces the stress response in the body. I also use homeopathy to release trauma. A lot of it homeopathic medicines like aconite, Ignatian or all of these remedies can actually dispel the traumatic energy from a person's nervous system.

And I find getting the right homeopathic remedy can save a person, you know, years of therapy because it goes really deep, really fast, you know, encompasses the whole thing.

Family Constellations, Loyalty, and Freedom

And then the last therapy uses Family constellations therapy and family constellations. Therapy is a very interesting therapy because it's not necessarily only for trauma release.

It's for, you know, ways of being like loyalties that we have towards our ancestors, to the for the traumas of our ancestors was the traumas of our parents, towards the imbalances in our family system that we don't know exists.

So we're behaving in a way that is a result, a direct result of the history of your family. You know, the traditions, the

the beliefs, the experiences that were passed on from generation to generation.

Unfortunately, this loyalty, these behaviors also contribute towards a freeze response because you're not free to move as your as your soul, as your authentic being.

You know you're committed to either rescuing your mom or your dad, or being sad because of a lost child in the system you know, or guarding yourself because of the history of rape, abuse, colonialism, trauma in your family history as well.

So, you know, dancing as a free so you carrying baggage. And that is actually a frozen response in a way. And using healing sentences, certain sentences that, that bring acknowledgment to your soul of what's really happening in your system and separating your parents or ancestral trauma from your inner child.

The innocence. Yeah. That free spirit that those sentences disentangle what I call the entanglement. Yeah. The loyalty towards these traumas. And suddenly the child feels free.

You feel free to breathe, to live your life without feeling that you're betraying your ancestors or your tradition. Yeah. Because your parents, your ancestors want you to have the fullest life and not carry their baggage.

Right? 100%. Yeah. It's there now, if anyone can hear that, that's my husband's alarm. And it's Hotel California. And he's not getting it. So, you cut in and out or something?

Yeah. Let me just pause. This recording is subsequent to say, gosh, what we were talking about. We were so sorry about hotel California, everybody. So, so what we were talking about is how.

Well, so I work a lot with constellation and internal family systems. It's that it's that microcosm of macrocosm. So if you have something out here with those loyalties, like I have made an agreement to take care of my mother, actually, that's one that I did make.

I made an agreement to take care of my mother right then. Then that means if something comes up where my little kid needs to be, get some attention, and it's in conflict with what my mom needs, then there's going to be a conflict for me internally.

And so then that healing has to happen, because that agreement that you made as a child isn't it was the wise mind of the child that made it. But it's not serving the adult right?

Yeah. It's not serving the adult, nor is it empowering the family members. No, not at all. Yeah. Who's in a way, the family members. Then become weak, and then they believe in their weakness and their dependency, and, they never access their strength.

You know, when they when parents see children thriving, parents thrive as well. So true. Yeah. And, one of the ways to honor your parents, what I found from Family Constellations therapy is to really live your life.

Yeah. And give back to your parents with respect what they need to carry for themselves and ask for their blessings so that you can live and honor the life they have given you.

With so much love, we can live it fully. Yeah. And then draw in the correct kind of energy from the universe. You don't have to be loyal to drawing in energy only from your family members.

That's another mistake people make. You know, they're so loyal. If you if you only belong to that family system. And when you can disentangle yourself from these loyalties, you receive a lot more energy from the sun, from the universe, from other people, from, you know, like spirited people.

And your body heals. With that, you feel more energized, less depressed, you know, less. And part of a larger energy field than the one that is just contains your family, which in reality we are we are part of the entire network,

right?

That we could even say goes beyond the planetary one that we're on. And so, you know, when you can expand your awareness and your consciousness, then to that vast of a scope, then so can your cells internally, they can open up to they can let the trash out and they can bring the nutrients in.

You know, there can be this expansion in there too, right? Absolutely. Because your cells are hungry for it. Actually they are they're actually contracted because they're receiving the same old energy and the same old conflicts and the disappointments and all that.

They're not breathing well, and you'll feel it in your body, like if your shoulders are slumped forward, you know, if you have alignment problems, if you, you know, pain in any part in your body, that's that's just a signal of that contraction.

Wow. There's awareness, a horrible part. It's a sign. And it's a sign I don't know I don't know how you're going to add it all this, but good luck. Actually, I think it's kind of amusing.

Everyone needs to know that everything happens and this is how it goes. And nothing is polished. It just happens organically. Well, doctor Amit, I really appreciate you taking the time to share your wisdom with us.

This has been invaluable and I think, like the final analysis, that the mind and the body are not separate. Right? The way we try to make it. Psychology and medicine, two separate things.

Closing Thoughts on Mind-Body Healing

Yeah. Absolutely. No. Yeah. There together. And if anyone's interested, I have some free videos describing how to heal. You got your liver, your adrenal glands and emotional blocks together on that website.

That's doctor Me drm.com. We'll get a link from you and we'll put it as a free gift for people to go with your your interview. That would be really fantastic. Thank you.

The support my mobile clinics in Kenya then. Thank you. Beautiful. Thank you. Is there anything that you wish we would have talked about in this, you know, in this discussion that you want to end with?

The word loyalty is coming up. Loyalty to family members. You know, we're so stuck or entangled with the grief of other family members, and we believe that sharing their misery or being miserable alongside with them will help, help carry the burden for them.

But that darkens your energy and it darkens the entire family system. Yeah. So I'm inviting you all to explore the possibility of being your own light and trusting that your light will awaken those around you.

Yeah. Will lessen the burden of those. So rather than sharing the burden of other people, awaken your light so that they can awaken as well. Thank you so much.

Thank you. All right, everybody, until next time, be.