# Your Blind Spot: How Drainage And Muscle Testing Impact Healing Transcript

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## Introduction and Guest Background

Welcome to the bio optimized summit where we explore the next level of physical and mental health you can achieve through intentional and targeted optimization.

I'm your host dr Amy and today we have with us a very special guest. I'm very happy to have her on here and for her to talk about how to help your body get on track. This is Laminar Sardar, she is a scientist, nutritionist and holistic healer who did not start out that way and our lives or careers have had very similar pathways. So I'm excited to share this with you and she has started to help recover kids from autism and using many strategies.

And this is partly why I wanted to bring her on is because she is able to get so um such significant results with working with the autistic kids and this would be a hard population like their bodies are definitely compromise their biology is struggling and so if she can help them optimize their biology and get to a better place, I want to learn what she's doing.

And she actually started with genetics and cell biology degree similar to me. And then she went on to be a molecular biologist at University of Chicago.

And then she went into a masters of business degree. She started marketing career and even worked with neutral city NutraSweet and with the biotech field.

But then she started having allergies and she found that the normal scientific things uh you know that carrying around the EpiPen was what she needed to do until she found energetic healing and this was not something that science could explain. And so it really piqued her curiosity because this wasn't supposed to be working and clearing up all of her allergies.

And so very similar to all of her other works. She dived into this to understand the science behind it because if it's working, then there must be a reason on the cellular level, on the biological level. And so that's what she explored and that's ultimately then what landed her in this space now of helping to optimize the biology.

And so today we're gonna be talking about drainage and how that is necessary, necessary for optimizing our biology and our health. And then we will talk about the neuromodulation technique that she uses as one of her tools to help the autistic population. Thank you so much for joining us today.

Well, thank you for having me here. I'm really excited to share this information and help people to, you know, bio hack a little bit, be stronger and healthier in the body.

Absolutely. So let's jump in and talk about drainage because this is not a topic that would cross most of our path. We don't think about it on a daily basis. And so why would drainage be so important for someone who is trying to live optimized?

Well, I'm gonna go back to the kids with autism that I work with, like you said, they're pretty sick, you know, they have this vital life force that because their Children right on the one hand, and on the other hand, they just have this, like all this stuff bogging them down and there, they don't function well. Um at the biochemical level, energetic level um at a lot of levels. So um so everything I'm gonna tell you is from my experience and training and studying of that population, which can help anybody, right? The chronically ill, or even people who feel pretty good because I use this stuff on myself and I pretty healthy.

So drainage is if you think about it, think about in your house, you have your pipes that take your waist to the sewer system and then to the water treatment plant. So drainage is like cleaning your pipes, right? It's like the sewer system in your body.

And I have some visuals that I want to show. Um if I can share my screen because that really helps explain. Mhm. So this first one, this is the inside of the body. I'm sure your listeners will have an idea of the working of the body, but you know, basically our liver here does the lion's share of detoxification, even though every cell can detoxify.

Um this does the brunt of it, you know, the it's the workhorse, but um in the drainage system we have like a funnel, right? And um at the bottom uh is the rectum and that's where we excrete our feces, and I talk, you know, I talk about poop all the time.

Um because most of the kids I work with are super constipated and they're not eliminating. And what happens when you don't eliminate all that fecal matter just sits up here particularly likes to get compacted here in this area of research is found um or I guess experience has found. And um and what happens is in the colon, you're when, when all your waste gets to that kind of endpoint water gets re absorbed from your colon. And and with that toxins can get re absorbed.

And then what happens, your liver worked really hard to get all those toxins broken down and send them out through the intestines and they're they're compacting and then they get re absorbed and they just go right back into the body.

## Understanding Drainage and Detox Pathways

So, um so if you're constipated and anybody, you know, and I know a lot of people are um then that's the first plug in your drainage pathways, right? So that's the first area of drainage.

Um and a lot of people are backed up in their liver here and the gallbladders underneath there, but the liver gallbladder, um and the bile ducts that are just so congested because we're overwhelmed with toxins and our liver is doing a big job, we produce bile and the toxins go out in the bio and if there's any blockage in any way in any of these ducks, then you're not even excreting everything from the liver to go down through the intestines. So that's kind of the bottom of the funnel, the colon and then a little bit up on the funnel is the kidney.

Now, if the kidneys, sorry liver, now, if the liver is overwhelmed, things will go out through the kidney, right? Um And a lot of times in with the kids I see it's called P talks. So they have frequent urination.

So think about if you have frequent urination, that's telling you maybe have some liver congestion and you might not have any symptoms from liver congestion, you know, but um and we can still be working kind of double time over time.

And then up the drainage funnel from there is the lymphatic system. So you can see all these green lines are our lymph system and that parallels our cardiovascular system and that's the sewer pipes, right?

So things go from the cells into the lymph and then all that stuff gets carried and dumped into the heart. And then that goes right over to the liver.

Um to be detoxified. And this is a picture of that drainage funnel, the colon at the bottom, there's your liver and bio and gallbladder, then your lymphatic system.

Um notice if this is um clogged up you go to your secondary excretion routes, right are lungs, we excrete um We excrete toxins through our breath and our kidneys through our urine and our skin. Um you know through sweating.

That's um you know, saunas are really good sweating exercise are all really good. Um And then up the funnels our organs and tissues. So we have and I'll just explain this in just a second um where we have toxins that come out from there and then we have toxins in our cells. And what I find with the kids I work with is there really toxic inside their cells. Things like heavy metals, mold toxins, toxins from pathogens sit on their key enzymes that are supposed to make create, you know, make make biology happen. Um They just get in the way and um pest pesticide herbicide glyphosate, which is what's in roundup is another big thing that messes up um cellular function.

Um So I show this picture because these white areas are fashion that it holds our muscle together. It's kind of like a saran wrap that covers the whole body. And um I wanted just to speak about the connective tissue a little bit. So here's another depiction.

This is from a fashion book I have and it just shows how it wraps in the different ways. Right? These are fibers. And this is like when people talk about their um having collagen right there drinking collagen to help with either healing the gut or I have a suspicion these fibers are made of collagen and elastin and other proteins and Glasgow proteins.

So I have a sense that maybe the collagen is helping these those amino acids are helping rebuild these fibers. Um and then here's another close up look.

So if you think about these are all, you know, composed of proteins and if those proteins are messed up um or they're not formed properly or they're not working well.

Um or I think, you know, biochemically these proteins and Glasgow proteins, they hold things right there um kind of sticky in a way. Um I mean that's not exactly the scientific term, but they can hold, grab things and so my suspicion is, and there's not a lot of research on this because it's not sexy to study the fashion or the lymphatic system.

You know, it's not sexy to study excretion from the body, but my suspicion is that at the cellular level, so here's a depiction of the cell, right things come out the cell through the membrane and then they Get stuck in this fashion. So one of the things I look at when I look at the kids is I look at their whole excretion pathway and basically the efficiency of how, how it's performing versus 100% optimal. And I asked the body through muscle testing.

So, um I find frequently this connective tissue, this extra cellular space that's just outside the cell is very clogged with things like I said, I haven't found any research on it.

I haven't necessarily looked. But um I just asked the body and I just, I feel like we hold on to this stuff because the rest of the drainage funnel isn't open and it can't move, so it's kind of like having a seven lane freeway go down to one lane and you have a big traffic jam, right? So things just sit there.

So I just want to show the cell because I know you have someone talking about optimizing mitochondria, these are mitochondria in the cell. And if you see all these little lines here, those are membranes and are membranes are composed of lipids. And if you think about some of the things that we're told um or that in our food system like um fried foods or foods with oils like uh corn oil, soy oil, any kind of vegetable oil.

Um those are really really bad for our body. Our membranes are supposed to be fluid and um you know let things in and out and when we have these bad fats and they get incorporated in our cell membranes um the fluidity our of our membranes, they don't function as well.

So that goes for the mitochondria but it also goes for the whole cell membrane here. Um and then we also have toxins that can sit on any number of these cell organelles, these components inside the cell. Okay, that was a lot a lot. But I love it.

And what I love is that we really are going back to the cellular level and the mitochondria because as our cells run right like they produce waste that needs to be cleared out and if there's any kind of compromise in that system whether because there's toxin or because there's um again it's clogged, it's backed up our liver is not functioning well. Then it's going to back up all the way to that cellular level.

And we can talk about the bigger systems of kidney and skin and lungs. But we are really also talking about the cellular level and even the organelles within the cell like the mitochondria because those are the powerhouses for ourselves for our whole body. And so they need to be um to have this drainage system optimized in order to function at its best.

Absolutely. I think it all goes back to the cellular level and I think that's what bio hackers are kind of getting more

and more into. Um The other thing that's very popular these days is autopsy ji.

Right? So that's um I'm sure you probably have someone talking about that autopsy JI means auto eating self. So it's really the process of the cell recycling.

Like let's say it breaks down the protein that's no longer functional. It can recycle all of those amino acids and use them for something else. But that process of autopsy g will also help break down it'll you know you'll recycle but you'll also spit out the toxic stuff you don't need.

So I want to go back to something I said earlier with the glyphosate and you know dr Stephanie cena from M. I. T. Has talked a lot about the harm of glyphosate and all the different things it does in the body.

And and one of the things um she suspects is that glyphosate looks very much like the amino acid glycerine. It just has an extra chemical group on it.

So um and what's also known is our biological enzymes that do a lot of conversion work within our body. Um The I'm just gonna try and do a picture if this is the active site of the enzyme and then something pops in there to you know to do the work. Um This active site is glycerine rich so it has a lot of glycerine amino acids in there. But if you have glyphosate instead it's like you've got little pokey things sticking up and your your substrate doesn't fit into the enzyme.

So um tautology would break those down right ideally find oh that doesn't look like the right enzyme or it's not working. Hopefully the body would recognize that and break it down. So that's I feel like being glyphosate being almost everywhere and it's water soluble and it gets in our water supply.

Um I think that's quite problematic and I don't think it's um recognized by mainstream science how much of an issue it is in all the different molecular things it can do in the body. Yeah on the molecular level it is a big disruptor because of how similar it is to our own protein structures that glycerine.

And so it's it's messing with the normal messenger and communication system between glycerine and its receptors and the normal communication that happens with that.

It's disrupting that entirely. So here's a little bio hack on that. So, um if you think about your body has a lot of glyphosate in it, I mean there's tests you can do right? Great Plains Lab has a glyphosate test and I think there's one called out of Iowa, I think it's near the Institute for Responsible Technology research labs, I can't remember their name.

Um so you can do uh urine glyphosate tests and like 95% of the population has glyphosate in their body, right? Um so the bio hack is that if your if your body says, oh here's glyphosate, we better put this in this protein because that's all that's around. If you super saturate your body with slicing like what's your body gonna do? It's gonna take the right thing because I think we have this innate intelligence. So I tell people just dose up on slicing, it's if you get it you can get it in the powder form, it's slightly sweet, it tastes good and it helps heal the gut. It's there's no harm in it, I don't think yes, it can heal the gut. And speaking of the gut that obviously as you explain and saw in your diagrams, the gut plays a huge role in the drainage system that's really where the funnel comes down to. And so many people especially now more than ever because of all the different reasons that can cause constipation or just not eliminating as effectively they have all these toxins sitting in their guts in their colon specifically. And we have this entero hepatic circulation that happens where the body will actually re circulate toxins that are in the colon to be excreted. That's why they're there.

But because it's not being excreted properly and in the right amount of time then the body re circulates that and those toxins come back into our system and so addressing this and optimizing pooping which is not always sexy to talk about but how essential that is just to be able to um not have that entero hepatic circulation happening but actually being able to effectively eliminate the toxins that your gallbladder has already done the work to bind you know the chemicals to it that it can't eliminate it well and I have another tip there too.

## Supporting Elimination: Gut, Liver, Lymph, and Kidneys

So um what I tell my clients constantly is binders binders binders so I don't know if anyone's mentioned this um And just if people don't know a binder is something you take orally it's you know activated trickle clara L.

A. And there's specific binders um you know apple pectin and there's a whole bunch of them that will bind specific things. So what do I mean? It's a compound that acts like a sponge in your gut and it will hold on to certain toxins. So if someone you know accidentally swallows poison usually kids right if they get rushed to the hospital they use activated charcoal to mop that up so that's gonna mop up the toxins and hold onto them.

So even as your water is reabsorbed in your colon these guys are held onto. So it's super key with all the kids I work with um when even after I do like a neuromodulation technique, healing session on them or as we're draining toxins out, they'll tell me oh my kids more steamy or hyper or won't fall asleep.

I say well have you tried increasing binders? I always say increase the binders and once they do that the symptoms come down. So that tells me that when they're bound up in the gut then they're no longer going to recirculate and create those a bunch of symptoms awesome. So let's talk about then.

What are the different ways that the drainage systems can be supported not only in the gut with the binders but with the kidneys with the skin, With the lymph system.

What are some practical ways that people can do to support those systems of drainage? Well let me start with the bottom plug the constipation because I just see that so often.

So um there are a lot of things that can help um one of you know their supplements. So there's different herbs. I like the cell cor Biosciences. Well I'll mention the retail site which is microbe formula. So they have a bowel mover which is herbs.

It's called you know you know I know the silicone names anyway I think it's called bowel mover. Um And magnesium hydroxide. I like also noted ozone ated magnesium hydroxide from global healing center.

And it kind of scrubs the gut internally. So it helps even um take away that like fecal matter that's sitting on the you know along the sides. And it helps with breaking down biofilm.

So we can have a biofilm. Well we do have biofilms in the gut but there can be a lot of microbes hiding behind it. We can be parasites so parasites can contribute to um constipation as well. So the mimosa proceed from um it's a you know just in capsule form from microbe formulas that can help with constipation and also scrubbing the gut.

Um aloe juice. Um There's certain amino acids that help healing the gut that are not necessarily for constipation but I mentioned glycerin already glutamine probiotics and different fermented food can help with that constipation issue.

Castor oil even either internally you can use casserole a few different ways you can take a teaspoon of it and that'll you know soften things. You can rub it on. You can actually do a manual rubbing um in a clockwise direction so the direction that the poop goes through the colon um with castor oil.

And then you can do a castor oil pack over the liver gallbladder area and you know with a little heat so that pulls toxins out through the skin. Um I like to use homeopathic that are specifically for drainage and um I find at least the people I work with are really super sensitive and homeopathic.

These energy frequencies really are very very effective for them and you know there's different brands and different ones and for different symptoms but those are super effective. Um of course calming that autonomic nervous system right? When we're in stress, fight or flight all the time, I was just going to the nervous system. Your your you don't want to let go, you wanna fight, right? So we want to get people in that rest and digest mode. So there's different breathing techniques and you know, there's vagus nerve stimulators and there's sound and frequencies.

And you probably have people talking about that I would guess. Yes. And then we even have a whole talk on somatic, experiencing and using that to be able to shift the nervous system to be consistently in that parasympathetic state where your body is going to be operating optimally because you're not in that survival state. You're not either um wanting to fight back or defend yourself or even over in the overwhelm and shut down and kind of have given up.

So being in that parasympathetic parasympathetic state with your nervous system is essential for all of your body. Even down to the cellular level. Because that's the messages that that are happening when it comes to survival and being on the defense.

Right? And there's a lot of talk about the cell danger response that robert Navio out of U. C. S. D. Has studied extensively and that's a similar it's like that stress response at the cell level right?

It's where the cells have been attacked and they fight back. But then the attacker leaves the pathogen or toxin whatever. But they still stay in that we gotta fight. We gotta fight.

So um it can happen at the systemic level but also at the cellular level. And again you know what we're talking about? Like it's at the cell that I think there's a lot of keys that happened at the cell that need to be adjusted.

Um So I wanted to talk about the liver and gallbladder. Um parasite cleanse. Uh We find parasites hide in those ducks and then they like literally that's the traffic jam. Right?

Um Candy where you know you have the six lanes down to one lane of traffic because the parasites are sitting in there and what a great place to hang out right?

Um Also in the you know small intestine, large intestine. So parasite cleansing can be really really great. There's herbs. Um I like um bio ray has one called liver life.

It's nourishing for the liver. Um I like using phosphate title choline to help with remodeling those liver cells right? The membranes. Um omega three fatty acids are also really good. That stuff is also good for the brain because we have a lot of fat there and our cell membranes everywhere.

Um Again, homeopathic remedies I mentioned castor oil packs essential oils to our amazing you can rub those right on the skin, there's digestive blends, there's ginger, peppermint, fennel, rosemary. Um I don't know.

Maybe you have someone talking about essential oils in your summit. So um oh and one thing I wanted to mention too is coffee enemas. I know it sounds gross but uh well the idea of elimination can sound really gross but that's what we need to do is to optimize elimination. And so when you use a coffee enema um organic coffee only uh the caffeine stimulates the liver to release.

So you get a dump of toxins and then that comes out. Um Coffee enemas are definitely a bio hacking secret. Only those who are true, truly dedicated to this process of really optimizing their biology are doing the coffee enemas but very effective at helping elimination.

You want to one up the coffee enema here's a tip. So um microbe formulas has these liquid. I love this company because on the practitioner level at cell core Biosciences and on the retail level it's micro formulas. And I love this company because their products work so incredibly effectively better than almost any supplement company I've worked with.

And that's saying a lot but they have a couple of products. One is called bio active carbon minerals. So these are their products are based on their phobic and humid acids and then they usually have things hanging off of those.

Right? So they do different functions. So the minerals you would I think it's the minerals you add to the coffee enema and then you add the bio molecular oxygen and it's just super charges the coffee enema.

But you can use those in so many other ways I won't I won't go into right now. But you guys check them out. Yeah because that's also gonna add like that aspect of being able to scrub the colon and help eliminate dead cells.

Old cells that need need to be cleared. We'll also I I don't know exactly how it works. I suspect the minerals then you know there's so many things we use minerals for.

Right? Um So they must have some thinking of biological processes in the colon. You know maybe they do help to break down that biofilm or maybe they do help to energize something in there.

Right. Give minerals So that particular reaction could work or maybe they get absorbed through the colon and that's and that's what I'm thinking because with so many people they have a lot of information higher up in their gut.

And so it's very likely that the minerals aren't even reaching the colon. And so by being able to give those minerals directly to the colon cells, they're finally able to get the nourishment that they need to work optimally.

That's a great point. I hadn't thought that much about it. But if people go on the micro formulas website, they have like tons and tons of videos every week or two. They do a question and answer thing um on video.

So um it's it's just a great resource. Okay, so that's liver and gallbladder. And for lymph again homeopathic, there's herbs. Um And I brought my lymph brush. So I'm gonna share my screen one more time.

Awesome. And let's see, so limp brushing is something you can do to manually move the waste through the sewer system through the lymph. And as you, you know, as you see, you just brush in the direction that's indicated here.

What else do I have? Oh there's a limp brush. And I have my, that's when I used to have one like that. Now I have this one and you just brush in an upward direction.

And the reason you want to do that is because unlike your arteries that have smooth muscle that actually compress and move the blood around both your veins and your lymphatic system just have valves. So you have to actually physically move it and then the valves keep it from going back down. So exercise really helps jumping on a rebounder or trampoline and then the lymph brushing. So just, I do it every day before I take a shower before I get dressed, you know, so that's super helpful. Um, let me see if I have anything else in my notes. Yeah. And for kidneys, I use, um, herbs, homeopathic, um, binders. And um, and then what I mentioned those bio active carbon minerals. Um, if you think about it, they're going to give the cells good minerals that we need.

And I think somehow they might help balance with the kidneys. But I'm not sure biologically how. I just suspect that, you know, our kidneys are going to filter a lot of, a lot of chemicals and a lot of metals out.

So, um, yeah, I just imagine that that's going to help with that. Um, I wanted to mention, um, for kidneys Clara ella, the blue green algae. So if we take that as a binder for the gut, then that helps to hold onto those metals. So if you know, they're not going to go then to the kidney to be excreted. So I think that gives the kidneys a little break. Yes. Clara was something that I started implementing a few years back and really noticed the difference.

That's great. I'll give you a tip on that. Um, there's a guy named Mike Adams. Uh, and he has a newsletter. Natural news. I don't know, I definitely don't always agree with his view points. But he has a natural news uh store.

And he has set up his own lab to test purity of compounds and contaminants and stuff. So I really like his products. So he has a product called clean Clear L.

A. And you can get it in a £2 can all those little corella tablets or the powder. It's it's such a good deal. So yeah so if you know that you're going to be constantly having chlor ella.

I take maybe three or 43 times a day. So if you know that you're gonna be or feed your whole family right claw rela. Then that's a good value awesome.

Let's talk about some of the other aspects that you address when working with someone to speed up their recovery. What are you what are you doing other than drainage as well? Okay Thanks.

Um Yeah the first thing I started doing was neuromodulation technique and then um which is an energy healing technique that I learned to you know eliminated my allergies and then spontaneously improve my vision which kind of freaked me out because I wasn't sure what's going on um until I figured that out. But it's that is basically a way of giving the body an instruction on how to function better.

So we find the dysfunction. But I use muscle testing you ask the body specific questions and you get answers and then you say oh well you're handling this um this chemical like an allergen here's the way to handle it better.

So it's giving the body instruction at an energetic level. And I used to only do that and what I found out was that sometimes you get the body functioning better and then it needs more raw materials, right?

So maybe it needs more vitamins or minerals or um and then I discovered drainage right? And then I thought oh well we need to get junk out before we could put stuff in.

So I started using the whole combination of everything. But being a molecular biologist and a biochemistry geek, um what I figured out is that there's a couple of things you can do in the body to help the body. Um So if we optimize some biochemical reactions then um it's basically like revving up your factory efficiency from say 50% to 80 90 100%. So there's two um type of biochemical reactions I tend to look at and and help kids with. So the first one is mitochondrial function.

So you're you know, you're you're talking about that. But if what I find in my the population I work with is that um they're really loaded like picture like heavy backpacks right? Like and your kids trying to trudge to school, they're really loaded with toxins and they just can't, they're not very efficient.

So we pull the toxins out and the mitochondria start working better. So I look at that, I assess at at that level. so that's number one if we can get their energy up they have more energy to do everything. And the second thing is methylation so there's this whole cycle of methylation um where a little ch three carbon and three hydrogen group is shuttled from molecule to molecule. And it helps with you know it turns on and off genes. It helps with neurotransmitter production and it's just so many things in the body. But one of the key things it does is it helps our detoxification system.

So I again look for toxins sitting on these I find metals mold toxins from pathogens. Um I find a lot of issues um there's epigenetic issues so we just clear those and um and then their their methylation can work better. So if we have they're more energy being produced more capacity to detox and and kind of fix their neurotransmitter issues and their D.

N. A. Issues then you've all of a sudden it's like it's like you have gears and you you know there's a stick got caught in between the gears and then they kind of came to a stop so you're taking the sticks out of the gears and then and then the factory can work better.

So getting optimizing at the cellular level um getting things to drain and then the neuromodulation it's you know I work with them to create awareness in their body that this stuff is happening and then we just give an instruction to um like even at the molecular level we can say you know use your micro tubules which are inside the cell to move things around. Let's work with autopsy gee you know so I have an autopsy gee pathway, our clinical pathway which is a set of instructions.

So let's work with these various things wherever the body needs the help and and get that functioning better. And it's literally giving the body a therapeutic intention direction. And it's like mind to mind, it's like using waves you know like we talk on the cellphone and the waves go to the satellite, the cell tower and the satellite and come back down so it's just a different kind of wave we're using and the body changes its I don't you know, it's quantum physics based. So that got me down the quantum physics rabbit hole when I started learning that and I just trust it because I see at work again and again and again. Exactly. And that's really what I've come to as well is when I see

something working, I know that there's science behind it, even though I may not understand the science or collectively we may not understand the science yet. But if I see something working it's working for a reason and there are some scientific principles at play here and this is what's exciting about this work is that we can really gain some significant shifts in a very difficult population like the autistic population when we're using all these different kinds of modalities and being focused on actually what works and what we see shifting in the body. Absolutely. And I think I want to also say that, you know, I love working at the biochemical level because I just geek out on that.

It's so fun for me. And there's a lot of dysfunction going on and a lot of toxicity. I love working at the energetic level. But there's also emotions which you very well know about.

## Neuromodulation, Muscle Testing, and Energy Healing

Um, and they're all tied in together. So I might do kind of a acupuncture, you know, clearing meridians type of, of thing for kids. Um, I might every session I do, I'm working on emotions.

I'm always clearing out. I don't exactly understand how emotions are locked in the tissues, but I feel like they are because I see the results when we clear emotions and maybe it's a chemical signature. Maybe it's an energetic signature.

I see that when that happens, If I do a session that's focused specifically on releasing emotions. Like I've had kids. I had a 16 year old who she went to a room and cried and she, you know, for an hour that night. She's like, mom, I don't know why I'm crying. You know, like I like they don't understand it, but I think we have an energetic release then we need an emotional release sometimes. And, and then there's a physical release.

So I guess it's all about releasing right well. And what I have found with the emotional stuff is that a lot of that can't even be electrical and electromagnetic because we're working with the nervous system anytime. We're dealing with emotions, we're working with the nervous system and some degree of that survival system.

And there's a wide spectrum in that, but all of that is communicated by the, you know, the the charges that flow down the nervous system all the way down to the cellular level. And so yeah, what I have found is a lot of the emotional work is we're just working with the nervous system and that electromagnetic field that the nervous system creates through the different charges, wow, that's a great way to look at it because I never thought of it that way in relation to emotions. But there is a book called The Spark in the machine. I don't know if you know it um where he's an osteopathic physician in England, where he's also chinese medicine doctor.

So he likens the whole fascist system, which I talked about, right, and the electrical charges that go through it. Um like correlates that to how the chinese medicine meridians work.

So it is fascinating about the electrical, how electrons flow in the body. Yes, there's this whole different communication system in our body that's separate from hormones that's separate from chemicals that we get to work with as well when we learn those tools and how to do that.

So with the neuromodulation technique, is this something that that is more of a visualization that you have people do, where they're visualizing the micro tubules in their cells and the work that they're doing or give us some details on how the neuromodulation technique is actually implemented.

Um yeah, if I'm in a session with you, what I would do is have your subconscious mind scan your body and I'd be looking for specific things. So it's almost like I'm sending something in there with a searchlight, right, or a little flashlight looking around and um let's say we're looking at, let's say we're looking at the liver functions. So one of the things I like to, so I'll ask the body um relative to 100% efficiency, what's the efficiency of your phase one liver detox reactions? How are you doing with that?

What's the efficiency of Phase two, Phase three, you know? And so I just ask specific questions like that and let's say you're at 60% efficiency for phase one. Well, that tells me you're not breaking down your big toxins and um how can we improve that efficiency?

So um I have a list of maybe kind of like a menu. So it's almost like I'm hand, I'm holding up a menu for you saying, what would you like to choose today from my list of clinical pathways that are going to help you improve the efficiency of that phase one, those phase one liver reactions, detox reactions. So you choose something off the menu.

It could be um and I'm of course doing this with muscle testing. And so it sounds like that sounds like you are asking the question and then getting the answer back through the muscle testing. Yeah, so pretty much all my clients are in the distance. So I I use myself as the surrogate and I use muscle testing like this, right? My resistance finger, my push down finger or muscle. Um so I'm asking the question and because I know what the list of clinical pathways are. It's almost like I'm mirroring that to you and um and so you might choose the body fluid systems pathway.

And that's where we look at every little element of moving fluids around and what's congesting that like is their uric acid in the way is their cellular debris are their pathogens. So we can go into that level of detail.

You might choose my acupuncture ayurvedic and chinese medicine pathway, which is all about how the energy flows and probably that electrical stuff going in the body that we talked about and we might choose, you know, maybe the toxin pathway. So it's just whatever we might choose the autonomic regulation pathway, Right? That's the one about getting balance between that, you know sympathetic and parasympathetic nervous system and and also that shutdown mechanism and any reflexive behavior from the vagus nerve or any any other shutdown behaviors.

So um depending on what you choose, I just deliver the, you know, I ask the body questions related to that. I deliver a correction statement and um basically from a distance I would have you do some tapping on your spine with a different breathing technique to just have you anchor that in like physically into your body. And that's basically a session.

I mean, there's obviously more detail I go into during that, but um that's what it looks like and I love it. Like I love this and I have to say that as a physician trained in conventional methods, the muscle testing was a really hard one for me to uh come on board with and even be open to it, even be open to it. And a lot of that also had to do with my upbringing and certain beliefs about the body and and communicating with the body in this way.

But I remember the first time that I was introduced to this, and it was when I had reached a health crisis and I was stuck and I had no idea of how to get out of this, because conventional medicine, like kind of just told me like, we can't really find anything wrong and, you know, come back to us when you get worse and we'll give you a diagnosis of, of an autoimmune condition and I was like a bunch of drugs.

Exactly, and then we'll start you on drugs. So, um so in my search, like I I was on a trip and I was really not doing well, really stuck, really stuck physically, mentally emotionally.

And so I reached out to someone that I knew in the area and they referred me to uh provider who could help me just, just kind of like a band aid, right? Like I was on a trip.

This isn't where I'm settling down, but but I need something now. And so I went and I saw this lady and she started doing muscle testing on me and then she ended up having to do like surrogate muscle testing because my body was so confused that it wasn't it wasn't giving accurate answers and I was just, I was like florida, I'm like, what is going on here?

Like how can she actually be getting answers from my body using her fingers. But but at least I was at the place where I was now curious about it because I didn't know what else to do. And so what she did with the muscle testing is very similar to what you're describing, where it was asking my body given where we're at right now what would be the most efficient way to get a shift, There's so many things that need to be done right because obviously there's a lot of things wrong if we got this stuck, but right now what would be the most effective tool to use right now in this session today.

And so it really got my curiosity open when I saw that my body did actually choose something and I could see the difference in her muscle testing and then I went back home and I went to see a chiropractor and lo and behold he also used muscle testing and and and so I watched him do this for about six months and I could feel the difference and he was testing it on me and I could feel the difference as he would ask my body questions and I knew that I was not doing anything differently.

And so finally after six months I'm like all right, I want you to teach me what you're doing because there's something there and again, like I don't understand it scientifically yet, but I I see I see this happening and I and I see what a tool it can be, especially if I could learn how to do some basic muscle testing for myself and then I could be at home and be guiding myself on what would be the best supplement to take that day, what would be the best, you know, thing to add to my meal, because that's the I didn't know other ways of getting that information and I saw this as such an effective way to really support my body in what it needed in that moment. So everything that you're describing about the neuromodulation technique, like I'm loving it because that's really what you're doing and you're able to individualize their treatment because you're actually asking their body and getting getting that direction from them.

Exactly, and um two things I want to say to that um I also trained with Dr Kling Heart, the autonomic response testing, and what I find is when people teach the muscle testing, it's great because then you have all this information, but the neuromodulation goes a little further and it actually makes a correction based on that information.

So that's one cool thing. And the other thing I wanted to say is my experience of coming to muscle testing was very similar because I had this anaphylactic allergy and I started going to an acupuncturist who was muscle testing me and I was like how do you know? And she was silent, like I'm holding vials and she's silent and I'm like what? And she was the one that explained to me, it's kind of like electricity, it's always been around, but we just didn't understand it until we did. So there's things in the body that we don't always understand and I really love that explanation because that was that's what was able to get my scientist brain to understand, oh we just don't understand it yet, right? It's a new thing and and I wanted to say to, because you mentioned it, I would go into the chiropractor who was doing neuromodulation on me and you know my allergies were complete but since my vision had changed um And I went to the eye doctor and she was like oh you've got the wrong prescription you need less. And I was like that never happened before in my life. What?

And so I went back to the N. M. T. And I said can you to the chiropractor? I said can you work on my vision? So I would literally, my eye doctor would give me a contact lens that was like half a Diop for less than what I needed. So my vision was somewhat blurry but you know good enough to drive and everything and he would do the N.

M. T. 2222 muscle testing correction and then like that in an instant my vision would change, it would become clear and it would happen time and time again. I did hit a wall at about you know when my lens prescription decreased by about 33% then I wasn't going any further.

But it would change instantly. So I also knew it wasn't something else. Mhm awesome. Like I love that we have this shared experience of we're scientists, we geek out about the cellular level and I don't understand this because this is not science but it's working and it's actually changing my biology.

So okay let let me learn this, let me learn this then yeah let me implement this with others because I see such results. Such dramatic results. Yeah. And and one of the things I've just started doing is I'm teaching my parents. So parents, if you don't know, parents with kids on the autism spectrum, they're always looking for that. What's going to help my kid and they like never give up. They're so persistent.

I mean they're amazing and and they're looking for that next supplement they hear about on facebook or that next protocol. So one of the things I wanted to do was save them a bunch of trial and error and time and hassle and money by teaching them to learn how to muscle test for their kids. So I have a course that um where I can teach them muscle test, but I'll teach anybody, you know, because it's such an important thing like you learned and you know what your body needs and what it doesn't.

So I've got that going um soon. I've got it going soon, awesome. Good. Well, thank you so much for joining us today. This has been really awesome. Talking about the drainage drainage systems, how to optimize those because those are essential for the cells to be working well.

And then the neuromodulation technique and actually how to get information from your biology from your cells on what they need and being able to do that effectively and efficiently. Yeah, you're welcome.

Um and you know, I started, well I'm working mostly with autistic kids, but then I end up working with their parents and then I end up working with other people.

So I'm open to other types of people to work with. Um I mean chronic illness is always the funnest, but I do have one adult client who's more of a bio optimizer. And whenever I get on the phone with her, she's like, do your magic, do your magic on me, I want this and this and this.

So she just kind of pinpoints all the different things that we dig in and we really go to the detailed level and she just, you know, so thrilled and I'm like, okay, this is, you're not sick, but I'll work with you anyway.

Well is that detailed level where you're really going to optimize your biology, being staying superficial, staying even on the system level is not gonna be optimizing.

We need to be able to look at the system, see any imbalances, but then go into the details and figure out what are the exact root causes of the imbalance and target and be very intentional about treating and addressing those exact and the cool thing about muscle testing is you can ask any question, you just have to ask it in a yes, no format. So we can go into that rabbit hole of detail, awesome. Well, I will have to check out your course that you have on the muscle testing because that might be something that I will want to refer people to think that Yeah, Good. And thank you for joining us today together. Let's find that next level of health and aliveness.