Introduction to Dr. Ameet Aggarwal

You're going to love the conversation today that I'm going to have with Dr. Ameet Aggarwal. His website is drameet.com and he is one of the top naturopathic doctors worldwide.

He has helped thousands of people heal not just from physical conditions and chronic diseases, autoimmune diseases, but he combines functional medicine, naturopathy and also various forms of therapy like the stealth therapy, which you've heard me talk about on the show many times, family consultations and also eMDR.

And he has free online course of books you can find on his website. drameet.com misspelled that for you to make sure you get it right. drameet.com and you'll find solutions there for whether it's a physical issue, like what a disease or a psychological issue like anxiety and depression.

And you will find his very simple, direct and and present approach, present centered approach. a real joy in the next hour. So welcome. And, Ameet, I'm so grateful you're here.

Wow, Dawson, thank you. And thank you, everyone, for tuning in. And it's a pleasure to lend you my heart and really connect with your heart's desire to lift your spirit into healing and clarity for your life.

So thank you, everyone. Yeah. And I was struck when we were talking before we went live about how from the very first words we spoke together, you were moving us into that that art space and that heart space is a place in which so much healing healing arises.

I love to get a sense of your journey and where you are now, and where you come from, and what led you to the point you are today. Okay. Thank you for this opportunity.

first I'd like to say I combine psychotherapy, Gestalt, eMDR, etc. with holistic medicine. I was a mess as a child. I think I went to boarding school, so I felt quite abandoned by my parents.

Personal Healing Journey and Trauma Background

And then, bullied a lot in school and then left home and went to Canada for studies. And there was a completely junk diet. So I'm combining mind and body stories here, so you understand your potential for healing as well by healing your mind and body together.

A lot of junk food throughout university, you know, acne, gas, bloating, did a lot of drugs as well. So really messed up my health. And I joined naturopathic college and it was funny how just avoiding certain foods, which we're going to talk about and healing the gut and detoxifying the liver, which I'm going to go into more detail.

Transformed my health significantly. My energy went up. clarity of mind. less acne, less skin cleared. You know, everything was feeling healthier. I was healthier in my later years than my younger years.

And, then I joined psychotherapy school, and that literally blew my mind, right? Because when I looked at my childhood and seeing how scared I was to face a British teacher.

So I was Indian. And so there was element of colonialism and racism going on. One number two, there were a lot of bullies in the school. Number three, I was away from my parents and feeling isolated and abandoned.

All all these experiences, of course, stress my nervous system and made me a coward or collapsed. And I had a, long time of struggle trying to fit in with people into society because I felt less than the world.

it was quite painful. And then, of course, this relationship issues I went through in life as well, lots of breakups,

traumas, etc.. And so in psychotherapy school, we really faced this.

Yeah. In Gestalt especially, we stay not only with the experience, but we learn how to also experience our body sensations, while healing a trauma. And I want the listeners to really understand the importance of that.

If you do psychology or therapy that only focus on your mind and the narrative and the story without getting you to feel your body now or to tap it out like EFT does, you know, the EFT tapping or somatic experiencing, anything that gets you into your body is extremely important.

If you really want to heal deeply from trauma because the body stores this, the the body's response basically is stored in our muscles. So whenever you go through a trauma in your childhood, your body also has a response, whether it's tension, whether it's guarding, whether it's avoidance, whether it's shutting down and that stays stuck in your nervous system.

And if you only talk about the the story, the event, the trauma, and you don't get a felt sense in you, in your body, in your experience with the other person, with the therapist, then you will live in your mind and not really include your body in your healing.

And you'll you'll stay nervous or you'll stay depressed or you'll stay depleted and exhausted. Not really getting well. so psychotherapy really helped me attack these wall attack or love really?

These hidden parts of me. Yeah. And I'm going to talk to you about how to combine psychotherapy with homeopathy to really heal emotional trauma. And then why it's important also to heal the gut, the liver and your adrenal system in order to recover mentally.

Yeah. I'm going to talk about the physiology, how gut health, liver health, etc. affects your brain chemicals and what are the remedies I like using, including homeopathic remedies.

I like the range of things you mentioned there because, many people have their own favorite therapy. And of course, they're all these schools of therapy, and they all promote themselves and offer themselves as being a kind of a or the best or the fastest or, some other superlative.

And I appreciate the approach because like, for example, when I'm training people in a team, they get some things yesterday they have somebody breakthroughs initially with the EFT.

They think you have to use the panacea. They say, no, you actually have to pay attention to your physical body, nutrition, diet, exercise, quality of water and air quality, relationships, all those things.

They're externals as well. And even though our consciousness and clearing trauma, clearing energy, old stuff, energy from our bodies, minds is really important, we also have to pay attention to the physical dimension of being.

So I'm I'm so glad you you bring them all all in there. I have to say, on a personal note as well, my parents also moved and then left me boarding school for a few years, and, it was it was totally horrible experience for me.

And, I, I could relate relate to that, and, I, I called it Hogwarts without the magic. And, and I only see Hogwarts in the Harry Potter Harry Potter stories, but, there was certainly, you know, all the all the bullying and all the misery and all the shortsightedness and all the racism there without any magic whatsoever to redeem it.

So, yeah. Absolutely. You're absolutely right. You know. And you know, I as children are nervous system is so fragile and sensitive. Right. So something Miles that looks mild to an adult or even as an adult as you grew up, you look back and it's like, oh, it's not a big deal anymore.

Your your child nervous system is still carrying a lot of that pain and suffering. And we really need to be patient. You need to be patient. Listeners.

You need to be patient with your nervous system and your child self to come out of the blockage of feeling those feelings again.

Working with Trauma Through the Body

You really have to feel it too. There's been research, looking at whether you really have to go back and re-experience trauma in the healing process. And, what you're saying is borne out by so much research that you do.

And if you don't go back and feel actually feel it, then you do what is called spiritual bypassing and as other terms that that describe it as well. And then while you're experiencing, if you can stay in your body with a body based approach and there are lots of them, there's, you know, there's yoga therapy, does this diaphragmatic breathing does this eMDR.

EFT with their eye movements and they're tapping. They help you in the body and it's amazing that if people can just stay in their bodies rather than dissociating, they really, actually can heal.

Yeah. I just want to clarify a point. So sometimes we don't get the person to re-experience the full trauma. We get a small taste of it. Maybe you're like sting like I do somatic experiencing as well.

And I combine that with family consultations, which we'll talk about how to heal ancestral trauma. But in somatic experiencing, we don't necessarily go to the full trauma all the time.

We look at the nervous tension in the body, and we get the person to feel the nervous tension without necessarily going to the main memory. That brought it up.

And then after feeling the tension and getting them to sit with it, like you're saying, Dawson. Right? We bring them back to a safe place so the body understands how to create a bridge between tense and safety, tense and safety.

And that what we call titration back and forth, gives the nervous system an experience of letting go of the guarding or the tension and experiencing bliss or relaxation.

And that experience loosens the tightness of the nervous system. Yeah. that is kind of stuck or loyal to the trauma, even though the memory might not come up, the tension is still there in the body.

Yeah. So I just want to clarify that, yeah, we do. Feeling the tension is very important to heal the trauma. I believe feeling the felt sense, but we don't necessarily I don't want to scare people to think we have to really go a memory again to feel full meaning.

And you're right that all those memories have a similar emotional flavor. They're all processed by the memory learning system in the same way. And like when we do a lot of work with with war veterans and, we find that there's no way they can go and deal with the just horrors they've seen in combat, but we'll have them work on a small thing, and then they get through that, and then they realize, oh, I have the tools now to be able to stay in my body and experience this, re-experience this small trauma, and then that gives me the confidence to build up and then clear more and more of that, that system.

So you're right. Exactly. A small thing with that same emotional signature and that work on that. First. Thank you for clarifying that so beautifully.

Yeah, yeah. Now let's just go back. It's obvious to you and me and it's obvious to those who work with people who are traumatized that trauma is stuck in the muscle.

Stuck in the body. how does this show up for you when you work with your patients? Okay, so I'm quite intuitive, so I'll feel into the body of the person or I'll know what's happening.

At the same time, I'll let the patient let me know what's happening. What does that mean? So let's say we work on,

I don't know, a sister who was bullying my client.

Yeah, my client was bullied by a sister. And there's. The client is narrating about it. Talking about it. I'll say as you're speaking, what's coming up for you?

What? What's happening in your body? So I'll ask them there and then. What's happening? Your body? Yeah. What's happened? Your breathing. Just feel that.

And, I notice your jaw is getting a bit tighter or, your breathing is more shallow. Yeah, or your eyes are going from side to side. So the body is changing as they're going to a different memory.

Yeah. I'll say great. Then I'll introduce a sentence, a healing sentence. I believe a lot in healing sentences that resonate with the body. So I'll say I'll ask my client to say something simple like, dear sister, that was a lot, or I'm afraid of you.

Like really acknowledging the truth in a in a healing way though, right? In a blaming way. And after my client will say, that was a lot for me. Or, you know, I'm really scared of you.

They'll feel a space in the air, right? Because if they acknowledge the truth where they couldn't voice their truth before, and as I say, I'm afraid of you.

And they feel that space. Something will relax in the body. And I'll pick that up right away. And the client will also feel it. I'll say, great, now what's happening?

I'll be like, Something just let go, or, I'm seeing you a bit more clearly. They'll tell me or I'm. I'm realizing who I am without being over pressured by my sister.

Okay? And then I'll get them to stay in the body a bit longer, in the positive experience, in the positive emotions. So that's how the nervous system adjusting to coming out of that fight flight or tense or freeze state, it's adjusting and we help the body and the mind adjust by acknowledging one acknowledgment and conversing with the client to acknowledge the positive feelings, physical feelings, and sensations in their body as, as they're narrating the change.

Yeah, as they're narrating the story and the healing sentence. Right. And then they get, after saying the healing centers, they get a different experience of themselves in relation to the story, and suddenly the story or the image starts changing, or their, their picture of who they are starts changing.

They don't seem as small in the story in the picture, right? They realize, gosh, I'm grown up. I'm out of that situation. Right? Some combining both mental awareness and the images as well as physical sensation to really complete the trauma healing.

Case Examples of Emotional and Physical Healing

Give us an example, a case history of that and what the healing was that ensued. Gosh, there's so many. Okay, I'll use one. One. I'm just sensing into the field what I have permission to share, because I do it with a lot of respect and, guidance.

One client, chronic ulcers. Yeah. Heartburn and nausea. And so we're doing homeopathy, you know, our cynic, next forming of the typical homeopathic remedies I use for that.

And it was small movement, but not not enough. And I said, oh, great. When did this events start, you know, and went back, went back. And it became apparent that it was after an argument with his partner.

Right. And in his culture, he could not like he was very polite person, so he didn't believe in shouting at anyone. And his partner had basically, I think, spent all his money or there was an issue with money.

So as as he talked about it, I could see his heartburn coming up again. He was feeling like tense. And then I knew we're on the right track. So then I asked him to say to the partner, to his wife at that time to say, you know what?

I'm frustrated. I can't handle this. I'm, I'm, I'm I'm really upset. Since we don't have to go to the square was like, f off or something like that. It's just voicing enough of the truth to create some movement.

Yeah, it doesn't have to be the exact word, but some movement. I'm really upset. And suddenly there was a subtle change in the tension. And then once he got the movement, the experience of the movement for movement, I actually got him to go to a mattress and really hit the mattress and say, just scream and shout, yeah, really.

Get it out. Because that was stuck. Anger and pain and shame that was going on. Yeah, there's a lot of shame in the story as well that I can't go into too much detail about.

And when he did that and express more fully, we didn't need homoeopathy anymore. The pain went okay. There was another client as well. they were from Zimbabwe, a female client, and, similar, a lot of jaw pain, I think.

Headaches and also stomach issues. And, they were kicked out of Zimbabwe during, when Mugabe kicked out all the colonials or the Caucasians. Right. And the also started since then.

But the funny thing is that it wasn't about the being kicked out was actually a conflict she had with her family member or sister during the exodus. Yeah, she couldn't express to her sister clearly what what she wanted to say.

And when somebody cannot express clearly when they suppress the truth, that becomes a physiological issue if not addressed in time. And so using Gestalt therapy in two chair work, I got her to sit on one chair, imagine her sister on another chair and talk to the sister and say, you know what?

you annoyed me and I got her to switch and become the sister. And as the sisters talk back to her and say, you know, f off or I don't need to listen to that.

Yeah, just the aggression. Got to switch again, become herself again, and talk back to the sister and say, gosh, that hurts right? And so I guide them.

I can feel in the moment what is the most authentic thing somebody can say to create a release of emotion? And then she went back and said, as assistance is, oh, I didn't know that hurt you so much.

Yeah. That's what she said as being her sister. And then she switched again. And as herself, she says, yeah, I need you to know that. You can feel it.

The relief, the relief came through in the first segment. We were talking about the link between the body and physical healing and mental healing and how every time they are.

And of course, you've trained both as a psychotherapist and also a naturopathy homeopath. So let's go ahead and talk more about that. And also that intriguing possibility you mentioned earlier about, the whole family constellation work and how those family patterns can be affected, not just psychologically, but also by homoeopathy.

Right now, I really want to cover family constellation therapy and healing ancestral trauma. Good. So we as human beings, as children of our ancestors, we carry some of the trauma that our ancestors experienced.

And this has been proven by epigenetics where, where they see that genetic changes in people whose ancestors have gone through the Holocaust through 911.

And I'll explain it a bit physiologically. Imagine your grandmother experienced 911. Right. And, then basically her physiology changes, the stress response changes.

She releases certain cytokines and stress hormones that affect the eggs in her ovaries. One of those eggs

becomes your mother. So your mother's physiology is already changed by your grandmother's experienced, and now you have born of your mother as well.

So you're carrying those changes? Yeah. From your grandmother experiencing 911 or the Holocaust or whatever it was. And Family Constellations has the power to use Healing sentence to actually shift some of those trauma memories.

Because, yes, we carry genetically, but we also carry consciously and unconsciously out of love. Energetically. We carry in. so in Family Constellations, we look at different kinds of things that are carried by us as children.

And I'm going to go through them and then I'll go through a case of how we heal it. One is if there's miscarriages or abortions in your family and you believe you are the first child or the second child, but there's children before you, you might feel very anxious or overwhelmed or depressed as well for a few reasons.

One is you might be carrying the pain and suffering of your parents who lost this child, and you don't realize that you're carrying it again. I'm going to show you how to release that number two, because you believe you're in the first position, you feel overwhelmed that you have to fulfill this role.

Family Constellations and Ancestral Trauma

And when you realize that you are in the second position or third position and as a child before you, even though unborn, you will feel a huge sense of relief.

And I see this all the time with unexplained anxiety, depression, OCD, etc.. Okay, you feel a huge relief by acknowledging your sibling. Okay, so one typical healing sentence we use in miscarriages and abortions will be like, dear mom, you know your pain is a lot.

I miss my sibling as well. I miss my brother as well. Your pain and dad's pain are yours. I have my own way of missing and honoring my sibling, okay? And I and respectfully, I, I let you have your own sadness and pain or suffering.

Yeah. Please bless me and let me be your child and carry my own suffering and let it go. Now, there's different versions of this, but we're really honoring the parents, giving back what belongs to the parents.

This is important. And also acknowledging, please see me as the second child. As the third child. And and I see my siblings before me. And then I see you.

So you're really claiming your true position in your family. That's the beauty of constellations. You will get a physiological change happen in your body immediately, and that's really healing trauma.

Okay. Another typical example is when you know dad is abusing mom and you take mom's side and you reject your dad. So now you're becoming like a parent to your mother, and it should be the other way around, right?

Parent is supposed to take care of you. So in a way, you get over responsible, you get depressed on the on behalf of mom and you start rejecting dad. Yes, you witnessed him do bad things.

And a lot of the rejection also is because mom hates him, for example. And so you're resenting half of your life force, which is coming from your father on behalf of your mother, and that will send you into a conflict and emotional conflict, and you don't even realize you're doing it.

So you might not be open to certain kinds of love from male energy. Yeah. Or from father figures. And you might be so busy caretaking a broken mom that your experience of love and reciprocation will be with the person who is suffering.

So you might look for suffering people in your life and go into partnership with them. And feel that you're doing too

much and feeling responsible, not realizing you're just repeating the cycle you started with, with your mother and your father.

Yeah. So we look at these patterns. Yeah. So in constellations we look at the position being in the right position. Also the balance of giving and taking.

So we receive from parents and we give to others. Yeah. If you start giving to your parents as a caretaker it creates an imbalance. And the third order or important thing to notice in family constellations is including people who are missing, whether it's miscarried or aborted children, whether it's the black sheep of family, whether it's a murderer or victim of war.

Exclu victims of war excluded people. We need to include them and acknowledge them because they are affecting your energetic system. So family constellations exploding therapy in the world because it's really getting to the root cause.

And those of you listening and sharing this conversation, if you really want to get long term relief, it's really important to go to the root cause of the ailments.

Yeah. So it's not only about changing your diet. We talk about changing your diet in your gut, but it's really about where is the energetic entanglement in the first trauma coming from?

Is it really childhood trauma or is it ancestral trauma. So I mean, you also are not just focused on psychological well-being, but on physical well-being.

And your primary tool is homeopathy. I must say, I'm not quite familiar with homeopathy, but, I love to know how you see the two intersecting and why you've chosen that particular modality.

So homeopathy is an energetic form of medicine, developed by Doctor Samuel Hahnemann in Germany, where he found that by by diluting substances in nature, extremely like many, many times.

So extreme dilutions of something creates an energetic healing in the body that really goes to the root cause energetically. Yeah. And so how it works is, is the principle of like cures like.

So if you sniff an onion, you get a water, you get watery eyes and a runny nose, for example. And so if somebody comes to me with an allergy of watery eyes and a runny nose, I'm really simplifying.

This, of course, is more detail and I give them diluted form of onion. Yeah. Homeopathic onion. Yeah. Then the runny nose and watery eyes will start to dissipate.

Why? Because I'm matching the frequency of their disease with a medicine that is frequency based. Even though homeopathy comes in little pills because of the dilution process, it actually works more of an energetic level.

And homeopathy is amazing, for emotional healing because emotions are at an energy level. Right. And I've used homeopathy to heal trauma from the past.

Typical remedies include aconite, Ignatian or Om, and I'll go into more detail on those. And I also use homeopathy to heal anxiety and depression. All this is covered in my online course.

because homeopathy takes into account the individual symptoms of a person. And what do I mean by that? For example, if you are betrayed by a loved one and you feel really tearful and you have a lump in your throat, yeah, and you feel really anxious, that's a different outcome to betrayal than if you feel resentful, withdrawn and in dark mood.

And as a homeopath, I will look at your response to the betrayal. If you have the anxiety, the cheerfulness, the lump in the throat. A typical remedies.

Ignazio MRA. Right. And if you go into more resentment and mistrust and depression and maybe with a headache, then I'm looking at a remedy called natural muriatic.

Right. So you can see why heal me all of these amazing for emotional healing because it really individualize the patient. And it goes deep at the root level because energy, emotions are energy and we need energetic medicine to heal them, whether it's EFT tapping, psychotherapy or homeopathy.

Another remedy I love using when somebody has is really depressed, has suicidal thoughts, feels like a failure, has a lot of guilt and low self-esteem.

I often use Aura Metallic. now of course if you're suicidal, you need to call 911. You need call for help. I'm not saying this is what you use, right?

Check with the practitioner, but this is I often use this in my practice. Right? Based on the individual symptoms.

How Homeopathy Supports Healing

And so those are specific remedies for specific mental pictures. What about trauma itself. If somebody has gone through trauma like seen an accident or something and they get a fright and they're afraid of dying, they get palpitations and they're afraid of the dark.

A typical remedy to use is aconite and really dissipates, the trauma. So I was involved in treating a lot of people who suffered from the terrorist attack in Kenya.

there was a huge terrorist attack, by a militant group from Somalia, and they experienced horrendous stuff, you know, grenades blow, blowing up people and, you know, hiding in the cupboards, footsteps of the perpetrator, the terrorist right next to them.

There's a lot of a lot of shock. Yeah. And each person we were doing, of course, psychotherapy. But each person needed a different homeopathic remedy based on their unique symptoms and the type of trauma.

And when we added the homeopathic remedies in these people's treatment protocol, their recovery was much faster than using psychotherapy alone. you know, because homeopathic was really deep into the, into the whole system.

Right? It's not just a pill that goes into your blood system. It's it's a, it's a frequency that matches. So imagine you're not only a physical body, you're whole experience of frequency, you're a bubble of frequency.

And when something touches at the frequency level, like ripples in water, your whole vibration shifts into a healing movement. And so that goes much deeper into your emotional nuances that normal psychotherapy cannot get to.

And that's why my online course always covers homeopathic remedies as well as emotional healing exercises for anxiety, depression, and trauma. Okay, I also use homeopathy to detoxify the liver and to use that which we'll talk about in the next segment.

but the importance of homeopathy cannot be stressed even more, especially with physical ailments as well. Yeah. Whether you have asthma, eczema, arthritis, any chronic inflammation or headaches.

Yeah. Not only does homeopathy heal trauma, it heals physical diseases as well. By stimulating your vital force and your energy resources, your vitality.

Basically, to overcome the physical disease. What? I have a question that is, puzzled me for a long time. And if you look at Wikipedia, you will find that, the entry there says homeopathy is pseudoscience.

And the, the skeptics who control the Wikipedia pages, write that energy medicine is pseudoscience, that, energy

healing, the whole field of energy healing is is without merit.

And so they, they attack all of these energy based therapies. And they also ignored exclude all the evidence. I mean, acupuncture alone has over, 2000 clinical trials to support it.

And they dismiss all of that, plus dozens of meta analyzes and systematic reviews. All this dismiss all the science behind it. And, why why do you suppose energy therapies, and gender such hostility among among these anti-science groups?

A couple of thing reasons come to my mind. One is these people are uneducated. They haven't experienced energy medicine. Yes. And influenced by their peers, or they're influenced by journals or university and their society that they're growing up in or interacting with.

Yeah. You are basically the results of the people you hang out with. That's one. Number two, some of these people are probably influenced by drug companies.

You know, a lot of university medical education programs are sponsored by drug companies. Yeah. So they're influencing the your way of understanding how the body works.

Yeah. Medical students understand the body, how the body works in terms of biochemistry and in terms of drug interactions. And so because of that understanding, you're drawn towards prescribing drugs because that's the mechanism.

You understand the body to work with the all recognizes homeopathy as a medical science. the royal family in England, they all use homeopathy. You know, I would say more than 50 to 70% of the population of India uses homeopathy with fantastic results.

I use homeopathy in the bush year for poor communities and for kids living with disabilities. And this changes. And it's not possible because these people in the bush, they don't know the difference between homeopathic remedies, a pill and a normal pill.

So they're not biased to think, oh, this is, you know, this is better than the normal pill, right? But they tell me all the time, difficult to treat. Conditions are going away.

Right. Because homeopathy is not suppressing symptoms. That's the beauty of formula. It's stimulating your vital force. What do I mean by what do I mean by vital force?

If you cut yourself right over time, your body's going to heal itself. You have a vital force, a self-healing mechanism, same as when you heal trauma with EFT or some other psychotherapy.

Your body goes through these changes and you, you feel better automatically. This is this, this, this flow of energy. Yeah. It's a self-healing mechanism.

And so homoeopathy, because it's energetic in form, it stimulates that this, that this we call it the healing force in the body. And by stimulating that this healing happens much faster and more completely.

Yeah. So to answer your question, why do people Pooh it? They don't understand it. They don't know they are clinical trials. There are actually clinical trials in homeopathy.

they get a lot of responses or attention by being negative. So when you cut down something, when you insult something, you grab a lot of attention. It almost makes you seem intelligent when you cut down some of them.

Right? So you, you, you brainwash people to following you more because you're not saying anything intelligent, you're just breaking down something that has no defenses right away.

Right? So the crowd mentality, you go with these people. Yeah. So they're manipulating the crowd. And of course maybe some of them are bought up by pharmaceutical companies.

Let's talk more about the the relationship between the gut and liver, how that affects health and mental health. And also there has been all this research in the last few years showing that things like the gut microbiome have a dramatic effect on on diagnoses like depression.

So I'd love to explore that whole, that whole question more with you. And then also another story about somebody who's used this to to heal dramatically.

Now you have a stomach and your intestines, your intestines are like a nice tube, a nice line. And I'm going to connect this to mental health very soon.

Gut, Liver, and Adrenal Health

This lining is kept healthy by good bacteria and good food over time with antibiotic use, a poor diet, inflammatory foods like gluten, dairy, too much coffee, too much alcohol.

The good bacteria get killed off the lining. It's damaging your intestines. Yeah. And what happens? First of all, you're good bacteria. You're good. Back to your make, neurotransmitters like serotonin and Gaba.

Right? So when you destroy your microbiome, your gut microbiome, you produce less neurotransmitters, so you will have more anxiety and depression. That's number one.

Number two, when you're lining, it's damaged. You get holes in there's known as leaky gut syndrome. And with that toxins leak into your bloodstream causing inflammation everywhere in the body.

And that's the leading cause for asthma. Eczema, right. It's a lot of chronic health conditions. This chronic inflammation throws off your neurotransmitters as well and your cortisol levels.

And that suppresses serotonin dopamine Gaba, melatonin again leading to anxiety and depression. Now let's go to the liver the master organ. Yeah. People ignore the liver as the root cause of most chronic conditions.

And I focus on the liver as the root organ to treat. A lot of people are focusing on, you know, gluten sensitivity, dairy sensitivity, healing the gut. But if you get the liver.

So the liver is probably one of the most important organs to treat alongside with your gut. Why? The liver is the master organ. It produces bile that helps with digestion.

Bile also lubricates your stool, so most people with constipation are making a mistake. So taking laxatives. Yeah, which is a big mistake because you get lazy bowel syndrome.

constipation is usually a bile deficiency, lack of bio flow and lack of lubrication. And so by healing the liver, by using either I use certain herbs like milk thistle, dandelion, I add turmeric to the cooking because that improves liver function.

So you want to have bitter herbs and bitter foods as well. That stimulate bile flow. I cover all these in the online course. these will really massage your liver and heal the liver cells.

Your liver is also the master control of hormones. people think it's only the ovaries or testes or adrenals. No. In Chinese medicine, we always treat the liver when treating hormones.

So what does that mean if your liver is stagnant? One from the chronic inflammation from leaky gut, which we just talked about, as well as from pesticides in the foods, from toxins in the air, from toxins in your water, from too much medication, too much alcohol, etc.

your liver will go with malfunction. Even though Western liver tests will show normal enzyme levels. Most people's livers are stagnant, so it's producing less bile, as I talked about.

Then you going to hormonal imbalance. And so most women will experience PMS symptoms and PMS could be gas, bloating, cramping, breast tenderness, etc.

and usually it creates a progesterone deficiency or an estrogen excess. And when people have a progesterone deficiency, Gaba, the anti-anxiety neurotransmitter, doesn't work as effectively in the brain.

Yeah, progesterone is needed to help Gaba work in the brain. So when you have a progesterone deficiency, you go more into anxiety, depression, insomnia and all these mood issues as well.

Okay. So you can see why the liver is super important. The liver also detoxifies the body. Yeah. So reduces chronic inflammation, manages cholesterol levels is super important for weight loss.

A lot of people with weight gain issues have a stagnant liver. Because the liver is responsible for the way you convert glucose back to fat and storage.

Yeah. And of course when the liver is not working, you have too many toxins building up in your body. You get more inflammation. So more water retention, which means more weight gain.

Yeah. More sluggishness. And also your thyroid suffers because most of your thyroid hormones are activated in your liver. And when you have low thyroid function, you also get anxiety and depression.

Okay. And then the last thing I want to talk about is the adrenal system. So our adrenal glands are wiped out from stress and trauma, unhealed stress and trauma.

The adrenal glands also get wiped out because of chronic inflammation from leaky gut and toxic liver. Right. Why? Because chronic inflammation stimulates or forces your adrenal glands to make cortisol to manage the inflammation.

Yeah. And now chronic inflammation puts a continuous demand for cortisol from your adrenal glands. So over time your adrenal glands get wiped out because they're dealing with stress and they're dealing with inflammation.

And when you go into adrenal fatigue then you get into a cortisol imbalance. And then that throws off your neurotransmitters serotonin, dopamine, Gaba, melatonin all start dropping as well as thyroid function or the conversion of T4 to T3 also starts getting wonky or gets compromised.

And all of these things will also affect your mental health. So not only trauma affects your mental health, but your physiology, the foods you eat. Yeah. So it's important to repair the gut.

And I cover that in the course using things like probiotics, vitamin D, certain amino acids, then the liver, herbs and then all the homeopathic remedies that are used for the liver, including Nussbaum, Mega Lycopodium.

I'm just throwing out some names there. So people are familiar with this. Yeah. And then nourishing the adrenal glands back to health with adrenal nourishing herbs.

So that's really a summary of how the pillars of health the gut, the liver, the adrenal system all affect your emotions. Absolutely Ameet To pay attention to all of those things.

Emotional healing is important. Energy eating is important. And also you need to make sure your your body is fully supported. And, in a full picture of of being healthy and all those dimensions and they all come together.

And when they all do come together, when you are paying attention, all of these things and getting them all into, a really positive homeostasis, you can live a wonderful life.

I'm so grateful for your work in giving people the information and inspiration they need to live that life and support themselves in all these ways. Thank you so much for everything you're doing.

I know there's a lot we haven't covered here as well, and I'm grateful for what you're doing and how you're showing it. No effect of your effectively with people.

So thanks again. And I'm also so glad that you and have had you on the show.