From Autism to Anxiety: How Bioquantum is Changing Lives Globally | Dr. JoQueta Handy | Ep. 31 Transcript

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Podcast Introduction and Guest Overview

If you ask somebody, what do you really want? And they're like, I want a big house. I went this fast car. $1 billion. Okay. Why do want those things? When you're really back into it, What we all want is happiness.

And people have to recognize that true happiness comes with it. Dive into the world of wellness with Dr. Joquita Handy, the CEO of Handy Wellness. As an expert in integrative health, she empowers individuals to reclaim their vitality.

Get ready for transformative insights that will elevate your well-being and inspire your health journey. Give me an example of that voice that doesn't go away.

My typical one is, you're not enough. You're going to succeed. This isn't going work out. Most successful people, one of the things that they always have in them is that not-enoughness, which it can be a gift and a curse.

When we say spiritual, that does mean religion. Right. I know that can a big trigger. People get it mixed up. They do. I try to put a lot of emphasis on that.

If you want, just give us a few examples of what are some type of spiritual belief. Spiritual belief is just knowing that what I brought from working with autistic children into the past seven years was quantum biofeedback.

This is the exciting part. I have to say it for the listeners. Welcome to another episode of a Healthy Point of View podcast. I'm your host, Sam Tahata.

And today we got a special guest. This guest here, she specializes in cognitive neuroscience and a lot of the alternative modalities on helping people get well.

As you guys may already know, we focus on health, wellness, beauty, and we try to bring experts from all over the world to talk about the different things that are out there.

This is gonna be a very interesting one. We're gonna talk a few things most people are a little scared to about, bioquantum. Today we have Dr. Jaquita Handy, and she has a PhD in integrative health, integrates medicine to be exact, she is so focused on making people get well.

Doc, how are you? I'm great. Thank you for having me. So excited to be here. I'm excited. To have this conversation. Me too. We've had the opportunity to have a few different prep talks about the conversations we're going to I'd say in today's world, people are finally allowing it to be accepted.

And for many, many years, and I've been exposed to a lot of things with energy medicine and a lotta these alternative treatments. For many people out here are saying, oh, it's snake oil, let's this, that.

But now, today people becoming way, way more open to it. So I wanna talk a little bit more about what you're doing. To begin with, where are you located?

I'm in Newport Beach, California, so Orange County, Southern California. Nice, I love it.

Internal Family Systems and the Inner Child

So you have a specialty that you've been putting people through different treatments and coaching, right, with

psychedelic therapies and different fun guys that your utilizing.

What is it that do exactly with the psychedelics? Just like you were saying, working with coaching, several different modalities. I know psychedelics are still a great area.

But one of my favorite therapies is working with internal family systems. Dick Schwartz developed that back in the 1980s. It's a psychological approach.

Its also named from his latest book, No Bad Parts, so just recognizing that, you know, Just like our external family system, everybody serves a part. The same thing is true with our internal family systems.

And we developed those parts. Instead of trying to push it away, that voice that we don't want to hear, sometimes when we give it a voice is when can really create freedom and happiness.

Give me an example of that, of voice, doesn't go away. So let's say it's that, you know, a typical one is you're not enough. You're you not gonna succeed.

This isn't gonna work out. And usually that's a protector part that we developed. A lot of our parts we develop as children, specifically out of protection.

They are so loyal. They show up sometimes on a daily basis to protect us. And many times our parts get stuck and forget that, you know, we've grown up and we had other experiences.

So they may stay at that seven-year-old child level. We better be careful. It's not safe out there. And society tells us, just get over it, have a positive outlook.

And so what we're doing to that part is just pushing it away. It becomes like a tantruming child. I have five children, and they're all grown now, but as children a lot of times I didn't understand why, especially as teenagers, why they were losing it.

But that didn't matter. My job was just to show up and just love them. And just say, hey, I don't understand, but that's okay. That's a conversation that we can have with our parts.

So many times, that that a foreign concept of what? You know, I'm supposed to talk to this part. I am supposed have a conversation. And so IFS just provides a structure.

It provides model of what does that conversation look like? What does this want you to know? Right. You know, one thing that you brought up that I can resonate with, you said that the inner child that's in you, and my business mentor, Yadig Tadla, he actually just published a book called Not Enoughness.

And you just brought it up, not enough. This is a topic that we talk about all the time of Since we were kids, we're always told that's not enough. You got to keep on doing.

And most successful people or people that are really succeeding in life, one of the things that they always have in them is that not-enoughness, which it can be a gift and a curse, right?

It can really drive you to where you need to be, but at the same time, you can lose yourself throughout that process. And one of the things that I wanna bring up, and I want you comment more on it, is that inner child that's within.

Because a lot of times myself, I always tap into five-year-old Sam, because five year old Sam is still there. Even though I'm a professional, running a business, chairman of an organization, that five years old, Sam's still here.

So let me ask you a question. When you say tap into that five-year-old Sam, is that from a healing aspect or is from, I just want to tap in to that playful, excited boy?

It's actually both. So for me, On a mental health standpoint, sometimes when things are getting a little bit too overwhelming, I take a step back. I sit down, take deep breath, and I start thinking about, what does five-year-old Sam want?

Forget about all of this crazy stuff that's going on around me. Because for me, when I was, that five-year-old Sam was the one who was always exploring, the ones who wasn't worried about responsibilities, The one that was happy, joyful, and you just knew what you wanted at that point.

Even though you think that the kids don't know what they want, They want they're happy right and sometimes I just have to go back to five-year-old Sam that the kid who's just Having fun like enjoying life because we get so stuck in this day-to-day stuff every single day We forget about the five year old Sam who just is living life, right?

so I go on that side, but at the same time, besides just the mental struggle, sometimes I just tap into, like, who is Sam? Who is five-year-old Sam. And then I can go into detail and say, well, I know who he is.

He's a person who wants to be social, out-connecting with people, making a difference. So what do you think it was that the five-year-old piece that specifically brought that up?

I love everything that you're saying, and I think, yes, there are two sides to look at that, tapping into that little boy that just wanted to explore, was curious, wanted love, that true, unconditional love of a child.

big thing that can be really helpful. Yeah, I would say between the age of five and seven is really where a lot of my memory will go back when I think about me being a kid.

I don't remember too much of when i was like two or three years old. You know I definitely remember I feel like my brain was more developed obviously right around the five-and-seven and that's you know you start kindergarten you're being more in these different environments with a Right and you're getting exposed to other cultures now and other other type of ways that people are based off of how their household is and I'm Those are the times when I start thinking about me being as a kid now the reason why I don't tap into like when?

I was a teenager That's where it starts getting a little bit If you're going through puberty, now you got the girlfriend here, and distress, there's peer pressure.

So that's where the real responsibilities start to develop, is when you were a teen. I always go back to five-year-old Sam. Yeah, I love that, because there are so many things that you could take away from that.

Spirituality, Happiness, and Finding Meaning

What happens? Where does those negative voices come from? Why do we need to develop those protector parts? Because we get really separated from who we are.

And I love the question you came back to. What does the five-year-old Sam want? What is that innocent young boy just wants to go out and play and explore?

And I think it's amazing also the energy that we give those stories and that belief, you know, the more energy we gave it, that bigger it gets. And, I work with people all the time that that five-year-old self, my life was terrible, this was awful, and I'm not trying to downplay trauma in any way, it's real, for sure.

But I think a lot of times we get very stuck on the negatives, the bad times, we don't remember the five-year-old Sam, that's important. And we get, all of us get separated from who we truly are.

Whoever you identify with, whether it's God, it source, the universe, whatever that is, that's the image that we were made in, unconditional love. And that all that that can be.

When we look at our path, it's just looking at how separated did we get from who we really are. And one of the

favorite parts about my job is getting to be that guide back to that self.

I love that. So let me ask you this because we're on that five year old Sam, right? Now everyone didn't have the exact same life that I did growing up where, you know, my parents are still together.

You know I had, I grew up in a house of there was four kids total. I'm the youngest out of four. We would eat dinner at the table together every single night.

Some people had a very broken household. Where there are kids, or should I say there's people that have a lot of childhood trauma. And they've never been able to heal from that childhood drama.

So how does that take a play with what you do on helping people, coaching people? That childhood traumas, so when they do tap into the five-year-old child, and there was a lotta trauma back then, I feel like if people haven't been able to actually recognize that and heal, accept what happened and feel through it, it's something that you carry with you long term.

For sure. Those parts in the terms of Dick Schwartz, they become exiles. They become firefighters. And they become huge protectors. And yes, they can create major blocks in our life.

So in looking at internal family systems, or the way that I approach it, is creating that space first. Again, turning down the intensity of the energy that we've given it.

And so being able to say, you know, here is Sam today, and here's the five year old Sam. And just asking, just starting off with the, what I do is just start off for the simple question.

What part wants to have a voice today? And it may be five-year-old Sam. It may a completely different part. And a lot of times, as we start to flesh it out and start go down the path, what a patient came in with, I want to address not feeling like I'm enough.

there will be a totally different part that comes up and wants to have a voice. And it's like really, are you telling me to talk to myself? Yeah, exactly.

That's what I'm telling you to do. I know that that's not considered in society to be maybe appropriate, but those conversations can be amazing. What do you want me know?

You know, it's another way of just asking, just like you said, tapping into five-year-old Sam, what do you want me to know today? Another way we can look at that is really talking to our heart, talking our soul.

And it is amazing when we give those parts a voice instead of constantly pushing them away, shutting them down, I want you to go away. I don't like you.

You're not a good part. Maybe it's the addictive part, maybe it is the really sad part and it can feel very intense to look at it but we create that safe space, that save container by creating space and just saying you're the parent, you are in control.

and let's, you know, how would you parent this five-year-old part, this seven- year- old part? You know you're not going to come in and yell at them and be like, what are you doing?

What's wrong with you? you gonna be, like hey buddy, I may not understand what's going on, but I'm here and I just want to give you a hug. Sometimes our parts we've ignored them from many, many years, maybe 30 years.

And they don't always trust us. So they might kind of be like, whoa, no, what are you doing? That's okay, you know, I'm here, and I am devoted to showing up every day if that's what you want.

Let's have this conversation. Tell me, what was the event? Maybe we don't even remember where this part came

from. What was event, What happened? And in those conversations, we can then allow that part to shift back.

into who it was really meant to be. What is that? A loving part. Absolutely. So one of the things, and you just mentioned again the loving and the part of self-love as well.

Earlier you mentioned that. what kind of effect does having a spiritual belief have on the results that people have when they talk to that voice? That's such a good question.

I think it's everything. And when we say spiritual, that doesn't mean religion. I know that can be a big trigger. People get it mixed up, and I try to put a lot of emphasis on that, I'm happy you brought that up.

But spiritual belief can mean many things. If you want, just give us a few examples of what are some type of spiritual beliefs. Spiritual belief is just knowing that whatever you wanna call it, a higher vibration, higher resonation, God, source.

We are here for a reason. And when we tap into that, That changes everything that can change a disease state like cancer that. Can change. A course of action of taking your life.

That is knowing that connection having that knowingness. Talking personally about my background. I say I grew up in now shalt not land.

Breathwork, Meditation, and Energy Clearing

I'm very proud of my raising, but it was fundamental Southern Baptist. And I grew up thinking, you know, I am not worthy. I, just, am bad. honestly, that was the way I grew up.

And, um, you know, we're, were gonna move you into submission and it wasn't until I, no, I say the, in working with psychedelics, it's the healing. I didn't know that I needed because I was fine.

That was fun and I doing this for my patients. Wow. Was I wrong? And. it is a knowingness now from a spiritual side. It is not this cerebral knowledge of God of a higher power, of being connected to something way bigger than me.

I know it without a doubt and nobody is going to be able to take that away from me or convince me differently. And so when we have that knowing this, that groundedness, That's flow.

If you ask somebody, what do you really want? And they're like, oh, I want a big house, um, this fast car, a billion dollars. Okay, well, why do want those things?

And when you really back into it, what we all want is happiness. And that's what people are seeking. That is short lived. I think a lot of people have talked about that.

People have to recognize that true happiness comes within. Yes, 100%. I can show you the one person that is as broke as a joke that more happy than the rich guy.

So for the individual, let's say there's someone out here who's listening to the podcast, and they have no spiritual belief. They weren't raised with going to church, they weren' raised any of that.

And people hear that there are all kinds of things out there for spiritual beliefs. You have Kabbalah, you have Buddhism, Scientology, Christianity. Where does someone start?

I think you can start just as simple as asking, what does my soul want me to know today? And just listen. And if you get zero, you're like, I'm not hearing anything.

Just start by being grateful. Gratitude is the fastest way to make a shift. You know, just start, maybe it's in

automatic writing. Thank you. So like journaling can really help kind of create some of that connection that you need with yourself.

What about doing things like breath work or meditation? Huge, huge. That's what, I took the red eye here today. And yeah, after a couple hours of sleep, and that's exactly what I did.

I went in, did an hour long breathwork meditation session. Somatic breath work, one of my favorite molecules to work with in psychedelic medicine is 5-MeO DMT.

It's also known as, the natural medicine of it is Bufo, which comes from frogs. I don't personally use that one. I have an issue with frogs being harmed and, you know, overused.

So this is the analog version of that. They're doing some amazing research. A lot of universities are looking at it, Oxford, Harvard, Yale, where they're mapping DMT in the brain.

And it is medicine that we have in our body. Like somebody using cannabis, we had endocannabinoid receptors that react to cannabis but we don't have cannabis in out body, We have DMT.

And we thought that it only came from a release in the pineal gland. It's also called the God molecule because it is released when we die. and it's released in somatic breath work.

And it, when we combine that with IFS, internal family systems, it just creates this laser focus of what is that part that needs healing, that need to have a voice.

I am connected to a higher consciousness without a doubt. And that's one of the biggest things that I tell my patients is, you know, in working with this, not that you will wonder, you know, is there something bigger?

You will know. You'll know that there's something better. And how amazing to use your breath, right? It's always with you. It is free. it's just so gracious.

That just shows up over and over, and to know we can use that tool. to access this amazing molecule. One of the things that we saw on brain scans was the pineal gland.

And from EMFs, electromagnetic frequencies, which we are surrounded by, they're not going away. We are a technology-driven world. but the pineal gland gets calcified.

When we looked at it on brain scans, it looked like somebody had poured thick, heavy cream over that wonderful little gland right in the center of our brain, which is known as our antenna, our knowingness.

And just with 10 minutes of somatic breath work, and when I say sommatic breathwork, I mean up-regulated breath work. So we're not trying to calm the nervous system, we are actually trying ignite it.

That type of breathwork, how is it? Is that when you're taking deep breaths and breathing quicker and getting the blood flowing? Yes. Wim Hof is kind of the father of somatic breath works.

He's all about breath holds. And then you hold it, right? I've seen people actually squeeze their hands. Yes, yes. And then you release, you know, push that energy up.

Some people can get, I always say, let's try it together first because it can be a little scary. You get really cold. Yeah. Um, that is the relief that shows you you're doing it right.

That's the release of DMT. T-Rex hands. It's good to do it laying down cause you might get lightheaded. All of those things are just clues. you are on the right path.

And 10 minutes of up-regulated or somatic breath work can release that calcification. It releases DMT, which

breaks up the calcsification in the pineal gland.

There's a wonderful app. It was one that I was using. I've used it for about three years called Other Ship. And it's husband and wife. Wim Hof has his technique of breath holds, which is amazing.

Highly recommend it. He has a YouTube that's 11 minute morning breath work. That's great place to start. Other ship, I tend to get bored easily. Othership is a lot of different breathwork combinations.

Um, and it's really easy organized. Like you just open up the app and they'll say up, down, or all around. And you click on that and you know, it may be, um, like in my morning meditation, a lot of times I may just have six minutes, eight minutes.

There's a breath work session for that. And I can click on that one. Today, I wanna go a little deeper in preparing for this podcast. I did a 56 minute breathwork meditation session.

That's awesome. You always do guided meditation? Or do you do? I don't usually do guide meditation. This one was just kind of all together. One of my favorite on other ships, speaking of guided mediation is called Heart opening journey, oh my gosh, that was beautiful.

So it's 15 minutes of somatic breath work and then 15 of just loving yourself, gratitude back to yourself. And it is in a guided meditation. That's amazing.

I went for years trying to just do self-meditation. My business mentor from the beginning, Dr. Robert Willicks, who was a former heart surgeon, who went into energy medicine, actually became a shaman, studied with the natives in Peru.

And he was one of the founders of functional medicine. Unfortunately, he passed away right before COVID at the age of 80. But Dr. Willix was really big into meditation and about the importance of getting your mind into those delta waves and really resetting the mind, bringing it, you know, especially for the people that are nonstop, getting it to actually calm down.

And I went a while trying to do meditation on my own and I just felt like I wasn't really tapping into what I was supposed to tap into. It wasn' until I started doing guided meditation where I actually started feeling more relaxed.

One of the tools that I use now is called BrainTap. I love Brain Tap. Dr. Porter? Yeah, Dr Porter. He's a personal friend. Okay, yeah, I've worked on a few projects with him and have spoken on the same stage as him many times as well too.

And I use it and I have the whole headset with the light therapy in the ears and also over the eyelids. By far I love it. I love his technology, there's a lot of science behind it.

So, and now he's including some regular music with a lotta famous artists that are out there, where now, he playing certain frequencies and whatnot through those songs.

Yeah, Brain Tap's amazing. We're actually talking next Wednesday. Awesome. Um, yeah, we've been friends for over 10 years. I've used Brain Taps in the schools I built for autistic children, in our practice, and our wellness practice in Newport Beach.

It's an amazing, amazing tool. I think one thing that you touched on with meditation is just, what am I supposed to be doing? And I think that's a lot of people ask that question.

Autism, Gut Health, and Quantum Biofeedback

And, I had the most amazing experience this past two weeks. I got to being Bali. Oh, nice. It was wonderful. and I worked with five different healers.

One of the healer's was asked me to do, she wanted to guide me through a meditation. It was so helpful and so healing she said you know you take on a lot of energy that doesn't belong to you Probably working with patients working, with you, know, biofeedback and things like that i'm like, yeah And she was like and it lands right here and she's right yeah, right right in my shoulders and my low back Do you have some kind of pain stress that you usually feel i call it my second my little friend i have a bump i That's right here, because of it.

And I'd always blamed it on scoliosis, but I didn't have scoliosis as a child. So I'm like, where did this come from? And she was like you really need to work on on a daily basis, cleaning the chakras and removing negative energy.

And she said, the way that you do that, she was like, talk out loud in your meditation. And I was really, I thought you were supposed to be quiet. She was, come quiet your brain first.

But she's like talk loud. It has been a wonderful practice for me. That's what I've been working with on a daily basis since returning. The way she guided me was You know, just connect to source first.

Connect to love. My parents' love, you know? Your mother, your father. She was like, it may just be that there's a person that just pops into your head that, I need to connect with this person today in their loving energy.

And call that person's name, connect them, sending them love Setting your intention out loud. I am here meditating specifically to remove negative energy.

And in setting that intention, she was like, then, you know, if anything comes up as a negative in relation to that person, that situation, ask for forgiveness for it.

Every relationship is for a purpose in our life, right? It's for us to learn. It is to experience. Ask for forgiveness. And then where do I feel this in my body?

Send that love, send that forgiveness right to that place. And then allowing that chakra flow, you know, from the root chakra up to the crown chakra, back just that flow of energy.

I can spend about 10 minutes doing that and I just feel like I'm ready to take on the world to start the day. That's amazing. I'm actually like planning what I am going to do after this podcast and over the weekend just listening to you talk about this.

And this is you bringing up about you as a healer absorbing other people's energy. Sometimes it's good energy, sometimes it is a lot of bad energy right?

It's negative energy and this something that in the medical industry we've talked about for the years that I've been into it. And sometimes you're there at their worst time and you taking this in and it's going into your system.

And we have a lot of medical providers that listen to this podcast and I think what you brought up is extremely important for them to understand because sometimes they just have this weight sitting on them and they don't understand what it is.

There is a cleansing, a cleaning process, right? You gotta cleanse yourself from a lotta that energy that you absorb as a healer. So, you know, I remember when I first started Liquevita, and I partnered up with a chiropractor who did a lot of Chinese medicine.

And he's actually the one who actually turned on my light bulb when it came to that. We were dealing with cancer patients that would get the high dose vitamin C IV drips.

And I told them after a long day of it, I was just, man, you know, we're doing such a good thing. We're helping so many people. But you leave out of there and you're just like, what am I doing?

This is just sitting on me. Like I go home with this energy. it's important to go through that cleansing process. Yes.

Right? So important. And that's one of the roles of nature.

It's there to take on our pain. Yeah. To recycle it. So, you know, sometimes it can just be taking our shoes off and standing in the grass. We don't have to to anywhere.

You can stand in grass Connect to that frequency of earth. Exactly. Some grounding. Or, if that grass isn't there you can't get to it right away. I highly recommend what this healer recommended to me.

This past week, it has been such a shift in my practice of going into the office. Patients have asked, how is it being back after two and a half weeks in Bali?

I'm like, It's been great. It's been the shift in me. Yeah. And they feel it, they fell it. So let's talk a little bit about your practice. Sure, great.

Let's go into a bit more detail about what you're doing, and I know you work with a lot of children with autism, so you mentioned earlier the different schools, I want the listeners to kind of hear some of the things that you are doing so they can understand.

Before we start talking about this great product Adam, Excited to try, you know, I haven't been able to it yet, but I've talked to you about it, and I'm excited to have it now that you brought it.

So yeah, your practice, what is it exactly that your doing? Thank you so much for asking. For 30 plus years I worked with autistic children. My favorite were the severe end of the spectrum.

the non-verbal, the self-injurious, aggressive, just because they are the ones that get overlooked the most. Their talents aren't seen. And, you know, fast forward 30 years, I developed curriculum.

Passion was seeing them be successful in the classroom. I always combined language therapy, working with cognition, and nutrition. What made you go into that field specifically?

I started off, my master's is in speech language with pathology and started of in actually voice disorders in Boston and at that time. That was in the early 90s and programs were just getting started.

So I kind of specialized myself right out of the field and then they wanted somebody with like 10 years of experience. I shifted over into the Boston Public Schools.

From there I went into The New York Hospitals. And from New York, moved to California. And when I moved into California, the model that I had been trained under in New york, which was very much of an integrated model in pediatrics, you know, working with occupational physical therapy, everybody inner trained.

It's that way in California. And so I was quickly told, oh, no, that's not your lane. Move aside. This isn't going to work really well for me. When we moved to California, I actually was eight months pregnant with our second child.

And it was the obstetrician that I had just met. He was asking me what I did, and I was kind of disheartened at interviewing. And he was like, you know, I need to introduce you to a child development specialist.

and it was beautiful. It kind of gave me the playground to explore and to work with a lot of amazing, amazing doctors in the area of autism. And what I quickly saw was the connection between the gut and the brain.

I went back to school and started off in first traditional nutrition, That didn't align for me and so I went more in the natural and just started taking class after class, the certification, that certification and it morphed into in 2012 getting my PhD.

Amazing. And it said that your gut is actually your first brain. It is the microbiome. Yes. An autistic children have taught us that, you know, they, have been our teachers.

They were the first ones that showed us about gluten. Yeah. and they've shown us, that are about our food, the toxicity of our, food or medication, our vaccines, um, or environment.

a lot of these environmental toxins, which that's something that I have to bring it up on this podcast because, you know, obviously we just had an election and part of that election, Donald Trump won and we have Robert Kennedy that is totally pro what we do.

and wants to get rid of a lot of this corruption. And I keep on telling people, this is like our industry winning the lottery. All this crap that's been getting people chronically ill needs to be cleaned up, especially our food.

So what do you think about this MAHA movement, Make America Healthy Again? I am a huge fan. I'm not big into politics. You never know what you're going to get when you are in a crowd of people.

been on the stage with him at Autism One. I have followed his work for probably 10 years. I know he speaks the truth. I knew where his heart is. My devotion's gonna be to pray every day for his safety.

Absolutely, that's the most important. People are saying, oh, you gotta put three security guards on him, not just one, because you know how it works in this world.

But I've been telling everyone, I don't care what side you're on, blue or red, What he's doing is for everybody. It is, it is. And he speaks, I have a family member who said, you know, and I know it's in the media that he is giving false information.

He's not. Right. Everything he says, he backs up with research. If you don't believe it, go look at those research articles. I've followed him for 10 years.

There's nothing that is talking about that's true. when he won against Monsanto in that court case, that was huge. And I don't even know how he did it.

When a no touch clause, Obama put a, no-touch clause on Monseanto and he was able to still come back and be victorious. Wow. He is a powerhouse of a man.

I am just so grateful for what he has already done and what I think he can do. Yeah, I'm excited to see what there is to come. And I gonna do my best to participate very closely with all of the efforts when it comes to that.

So, so going back to, you know, the schools and working with autistic kids. So what is it that you've seen throughout those years of working I approached it as every child is a brilliant learner.

Every child has a talent to show us. And just like we were talking about, how do they show is? Through their love. Through that unconditional love and so just kind of like an IFS, just standing back and asking them, what do you wanna show me?

they'll show you their talent. They'll go to it every time. And when they show, you most autistic children learn best through rhythm, movement and visualization, a YouTube video.

You can take those three components and you can copy it across the board in education. anything. I've worked with it from beginning learning skills all the way up to college and then I brought in, so that was kind of the cognitive side that I worked and working one-on-one with teachers and parents and just saw saw those children who were non-verbal be able to have a voice.

Not necessarily in speaking as we know it. One of my patients taught me heart talk. We talk through our heart. That's amazing. And wow, wouldn't it be nice right now if we had more heart, heart-talk?

And so in giving, showing their learning talents, We were able to connect that to voice, whether it was actual audible voice or just voice through the heart.

And they were to have that place be recognized. Some of them were about to graduate from high school. go on and have a job and Have that satisfaction.

But again, every single one of them left an impression on my heart taught me something and created the person that I am today and the compassion and love that I can approach every patient with.

When I'm 57 and when I turned 50, I think my knees just gave out from sitting on the floor for 30 years. And so I transitioned into my husband's a chiropractor.

and I moved into a wellness practice with him. And so I gave up the school side, still work with autistic children, love it, but began working with more just typical cases.

When I say typical, just meaning, wellness cases, working with cancer, thyroid, diet, all of those things, and then combining that with the wellness practice that my husband had as a chiropractor or non-traditional chiopracter.

That has been a wonderful path. What I brought from working without autistic children into the past seven years was quantum biofeedback. This is the exciting part.

I have to say it for the listeners. So the bio-quantum neurofeedback. Quantum biofeed back. And you were telling me earlier that you can do things through telemedicine as well.

How does this work? I'm not even sure how old it is. It's 40 years plus. I brought it into our practice in 2007.

Psychedelics, Adaptogens, and the ADAPT Product

The first time I saw it used was actually with a doctor from India, and I just, I'm like, oh my gosh, this could be autistic children's voice. And it was.

Time after time after. I can tell you so many stories about how it worked. moving fast forward now and just using it, it works through quantum physics.

So it's called biofeedback because when somebody is in person, we can use electrodes to have that bio feedback piece, but It also works on quantum physics.

So Einstein called that spooky science. Yeah, there's no time and place and he called it spooky. Science because he said, how can two cells on opposite sides of the planet interact and about Three or four years ago, NASA, for the first time, was able to capture that in a photograph.

So if you Google Einstein's spooky science and NASA and you'll be able see these two cells on opposite sides of the planet and they're interacting. So that's how.

Are these cells related to each other? Yeah. Okay. Yes, and so if we go back to spiritual connection, our connection into the cosmos, something greater, that all it is, right?

We are electrical chemical beings. Everything that we are doing, we're interacting with. We're just not aware of it. but we're interacting, frequency.

So now in functional medicine, what's becoming a very up and coming recognized medicine is energy medicine. What are we working with? Vibration, energy.

whether you're using a laser that's giving off energy, whether your healing with your hands through energy. Reiki is an amazing science that teaches that.

And even some of the medications that we give are different, what they do is put out different frequencies. Absolutely. Even some the IVs that were doing, or even the EBO2, we're putting it through different light therapy,

which what it's doing is feeding certain frequencies to create that healing component.

Absolutely. So homeopathic frequency medicine. Yeah. Yes. This is something that people have to look further into and understand it. But in my opinion, and this is my personal and professional opinion.

It's the future of medicine, I think so too. We can, and it's becoming more, at least for me, I feel like it is becoming accepted. When I first started using it in 2007, people were like, what is this?

This is voodoo, this is witchcraft, how are you knowing? Because the information that would come up, it would be like yeah, that's just right, but how'd you get that?

I'm like whoa, not okay with this. And another huge piece of it, is, as a practitioner, my trust in myself. Because I can see it on the screen, but if I'm like, oh, there's no way, nope, I don't know how this goes together, then I am not gonna share it.

I not going to lean into it, and so I think that's the biggest thing for me that occurred over 18 years. And I still learning, still take certification classes in it all the time.

you know, watching, working with different practitioners. Okay, how are you approaching this? What does this mean? How are interpreting that? My background in medicine affects how I see it.

Now that I've started working on more the emotional side and the psychedelics, those pieces are coming up on that screen and better able to interpret it, so it was more my comfort with myself and my own knowledge plays into how well you're going to be able to read that screen.

Amazing, amazing. I love it. Now, you mentioned psychedelics. Right. So I'm a, I am a big fan of micro dosing shrooms and some of the most creative things that I've come up with when it comes to business is when I micro dose and I just get to work.

My mind just starts firing off. What are the, some other things you do with the psychedelics? Microdosing is a big part of it with mushrooms, with LSD.

Working with 5-MeO DMT, that could even be considered a microdose because what we're working with is titrated pens at a low, low dose, 1 16th of a molecule.

Okay. So that, again, could be considered a microdose. I think the biggest thing for me in working with psychedelics is, the intention behind the use of the medicine.

And I hope, going back to R. F. K. Jr., one of things he's promised is the legalization. of psychedelics, and I'm part of a non-profit microdosing collective which is all about working with the legislation.

And through cannabis, we saw the things that we did wrong. Hopefully learning from our mistakes is kind of the foundation of microdosing collective. There's a lot of attorneys in the space and a Lot that worked on the Colorado put up their own funds the colorado legislation and So hopefully, in that collective, we will see the proper legalization with the right intention, with trained…

Professionals behind it. Yes, yes. I think that's important. That certification. Right, having that foundation. So, I love it. Now, let's talk about the product.

The product that you have here, you put a lot of time and effort to develop this product, and I'm excited to try it myself. So why did you decide to put this project together?

It actually came from an obsession with the Johns Hopkins research that the book, the documentaries now been written about how to heal your mind. And I probably read that book about four times right when it came out.

obsessed with the science. I'd never been one, you know, everybody's like, oh yeah, I tried mushrooms in college. And so it was a science, how was this working on the brain?

And one of the things that, and you're going back to spirit that impressed me so much about the scientist working in that study is there were atheists, agnostics, you know, every religion and every single scientist said at the end, without a doubt, there is a God.

And I'm like, okay, if there's a medicine that creates these changes in the brain, new neural pathways, Healing addiction, healing by 70%, 70% change in addiction.

Healing depression, anxiety, and we cannot say those things about our pharmaceuticals in that realm. And at the same time, these scientists are saying, without a doubt, there is a God.

I want to know more about this. And so when the pandemic hit, I just saw a huge decline in my caseload. My patients aren't on medication. That changed.

teenagers trying to commit suicide. And so I knew it was time to stop reading about it and do something about. So that's where this formulation came from.

I honored, I felt that I needed to honor again the intention behind it from the label to the medicine in it. it was important for me for that intention to be there.

And so in that role, an important place was honoring the children who had taught me the most. That's amazing. Those ASD kids. So ADAPT is the Most Researched Adaptogens for ASB, and every time I say that, people are like, oh, well then that's not for my, I don't have ASG.

Okay. What is AS for the people that don' know what it is? Autism spectrum disorder. But what, what are autistic children here to teach us? They're here.

To teach as what doesn't work for our bodies. So what works for them works. For everyone. When I formulated it, it was important for me to know that it.

Was safe. It was clean for autistic. Children. And in doing so. it would work for everybody. It is our top seller product. Amazing. And so it works on anxiety.

I've seen it with my own caseload in front of me stop a panic attack in 15 minutes time. Wow. And so it is for anxiety, it for memory, and it's for realm sleep.

Most of us are not getting enough realm sleeps. Some of this aren't getting it at all. Realm sleep is the most, when the glymphatic system, which is your lymphatic of your brain, cleans by 60%. So in preventing Alzheimer's, dementia, overall, the brain fogginess, just brain health, is really, really important.

And there's different data points, like the Aura Ring, that you can actually utilize to manage and see the improvement from the product. Yes, we've personally playing around with it, again, with my caseload.

We saw changes in Realm Sleep in 48 hours. That's nice. It went to efficient Realm sleep in taking Adapt. So Adapt can be taken day or night. And then Enrich is all daytime.

Again, going back to my autistic kids, I felt it was important to honor their parents because they had taught me so much also. And they're on the front lines every day.

And when we did in 2009, I worked with the Brain Treatment Center, and we a lot of brain scans. And the results showed that one in every two, so about 50% of the parents with autistic children, especially on the severe end of spectrum, those parents have PTSD.

So these are the most enriched is the Most researched adaptogens for PTSD. So it's mood elevation, its energy, and its focus. Where are my youngest son played?

He's a lacrosse player. But a lacrosse player in college and he may have been a little superstitious, but he wouldn't play a game without taking in Rich because he just felt that it gave him so much better focus on as a goalie in lacross.

So it's great for sports. Great for even just, you know, at the end of the day, if they're tired, do you need to go out with friends for dinner and you're like, I can't.

Just taking two in rich and you'll just feel that uptake. Not like caffeine, just, I'm on, it's good. It's like a good sense of liveliness, right? Yes, that grounded attention.

So no caffeine in the product. No caffeine. Awesome, awesome. In that product, and I know you mentioned with the athletes, is this something that would pass the Wada Musada list and all that?

100%. Amazing. Where can people find this product? So the website is mybrilliantblends.com, and we're just on Amazon as of this week.

Closing Thoughts and Where to Find Dr. Handy

Awesome, congrats. So you can also get it on the Amazon, we hope to be up on Walmart really soon too. Amazing, amazing, you got some great stuff happening here.

Doc, got a great product. You obviously are a healer who's doing many, many great things and healing many people and getting the word out there. If there is one thing that you can leave someone who's listening who might be struggling with something that we talked about today, what is that one that thing you could leave them with?

Oh wow, thank you for letting me share that. Yeah. It's, it's about, I call it coming home, coming to self. That's where there's hope. that's Where there is happiness and that is where it is the ultimate freedom.

And there a very simple guide. and pathway to do that. It's not hard. We make it so much harder than it really is or that it has to be. And I would personally love to help anybody who is struggling in that way because we all deserve that freedom.

That's a beautiful thing. Bring it home, coming home. You know, really tapping into oneself. that five-year-old Sam. That five year old Sam, that's it.

I mean, you guys heard it here. Where can people find you? You can reach out to me through the website of My Brilliant Plans and also our website with our wellness center in Newport Beach is drhandy.com.

And you can see both my husband and myself on that website. Amazing doc. It was a pleasure to have you on the podcast. I hope more people, you know, bring it home, and tap into their inner self, get to that child self of one self.

And this was amazing. Thank you for this conversation. I just enjoyed it so much. I can tell you, I know for a fact that I could go for hours talking to you about all this stuff.

Same, all the same way. Guys, follow Doc here, make sure you go on the website, on social media pages, very important. So thank you Doc for having. Thank you.

You know, bringing all of this to the people. And thank your staff too. Absolutely. They're awesome. Guys, thank you for tuning in on another episode of a Healthy Point of View podcast.

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