Opening Story and Podcast Introduction

So like when I started my healing journey, I had no help six years into being super sick. I just started doing yoga and it was so painful and horrible.

And I couldn't breathe and I could not calm down. Like I was just so wound up. If I lie down I'm going to fall down and die. And I think there's two groups of people, but I was just like, if I stop, I will never get up again.

And so my access point was I started this yoga practice. I couldn't do it. So I put on fast music while I's doing it, and then as I did it longer, I slowed it down.

Then I got super spiritual, then I go to this, and then got to my breath and no music at all. To me it was an access. When I look at frequency and I looked at this default mode network stuff and limbic retraining, it's like I need access, If you're overwhelmed with chronic health symptoms and still don't have answers, you are not alone.

I'm Dr. Jabin and on redefining wellness with Dr Jabins, we'll be exploring root causes like Lyme disease, mold and parasites, and I'll guide you with simple and practical steps towards real healing.

Hello, welcome back to redefine wellness podcast, I am your host Dr Jaben Moore. Today, with a friend and a fellow survivor. of a interesting experience in Mexico where we got to hang out in an igloo.

I have a couple hundred degrees. And it brought us together in a lot of new ways of friendship. Dr. Tom here is an absolute expert. He's a speaker. He's a doctor.

He is a healer and a musician. So today we're going to be talking about a little bit of the crossover of how frequency and sound and music can actually be healing in some of most complex chronic illness situations.

Thank you for joining me today. Hey, Jayvon. Thanks for having me here and I'm glad we both made it. Sweat Lodge was an interesting experience I never ever thought I was going do.

Or wanted to do, and there we were. You know, one of the things that's so interesting as you were kind of introing is that it was a really bonding experience because we went through something not everyone else goes through together.

And a lot of what we're going to be talking about is you can use shared experience to help actually individual healing. So we need community and the feeling of safety out in the world, but we also sometimes use our closer community to help us go even deeper.

And that's what I think really happened. I mean, you and I both were able to get into some really deep personal stuff with the support of our other brothers because we were undergoing something that was similar and we're undergoing that same stress and were feeling.

is a shared experience. And sometimes that shared experiences isn't as pleasant as you'd like, but it's like when you find community, like in the Lyme community like where I come from, you know, we really were like.

In the beginning, like going back to my origin story, you know, I was doing the things I loved and I got sick and no one knew what was going on. And then I remember it was like eight years, no, one new is going out with me.

No one had ever heard of anything like the bone pain and the muscle pain, and brain fog, all this just like irritability and anger that came up from no-one knowing what's going.

Eight years in I had a last minute coincidence, you know, change my schedule that allowed me to go to a doctor's office where everybody there sounded like me.

And for the first time in eight years I was like, I'm not alone. Yeah.

Shared Experience, Community, and Chronic Illness Isolation

That's the part I think about the sweat lodge and all these other things that we're going to chat about that is so important because it comes together where we feel like alone, and then that's not safe, right?

But if we can do something even uncomfortable with other people and feel that connection, now we an integrate and we start to access new ways, new opportunities for healing.

I agree with absolutely all of that. Cause so many of the clients that come into my clinic that are dealing with Maso, SIRS, Lyme, parasites, mold, Epstein-Barr chronically.

They're, they're dealing these things and it feels so lonely because the people at work, the, people in our family don't necessarily understand what they are going through.

And even if you have someone in your family and your home even, it still feels very lonely and that is a burden by itself. But before we dive into this, I know I kind of gave a little bit of an intro, but you are a doctor in Utah.

You lecture at medical conferences across the country, whether it's MAPS or ILADS, you run all the tests and you do all of the science. And the reason why I'm saying this is because we're about to get into something a bit different.

But even after seeing the complexity of all these infections, after having access to whatever medication, supplement, herb, IV treatment plan, you started leaning into nervous system as another huge tool.

And you gave a presentation, which is why I like plucked you off of the stage. I go, um, I want to know more about sound and frequency healing. Cause it's something that I've started learning a little bit more.

Right, right. Use a technology brain FM to sleep better and you listen to it. You're like, yep, and I know where they're going with that. Yeah. So for everybody listening, Brain FM is just an app on my phone.

And I was like, does this thing even work? So what I did is I, as a scientist, a doctor, I'm like let me put on an aura ring, my whoop, let track my sleep, see if I sleep better.

with certain tones and frequencies at night versus not sleeping with those tones of frequencies. And sure enough, I slept better. So I was like, okay, i'm going to do that.

You know, what about sound and frequency is healing? You know, I think for me, um, i came at it from, like you said, the scientific perspective and I was doing everything right.

I had the right protocols. Either write this and everything, but the problem was people still weren't fully healing. And my own experience, didn't even, I went to everybody and no one even knew back then what it was.

So. But what I realized is, in the beginning I was like, I've been a musician my whole life. I'd just been interested. But the thing I always was so interested in was, like when I play guitar, it's like I can feel the vibration.

And when looking at a patient, or I mean when listening to a tune, and I'm in an airport and see other people bobbing and stuff, what is that all about?

And so my first foray kind of in the sound healing was really a binaural beats, right? Where we put headphones on, we've got one thing in one ear, and we got another frequency in another ear.

And our brain stem is smart enough to subtract it. So if I have like 104 hertz over here, or whatever the frequency, and 100 over there, my brain starts to say, oh, that's four.

And it's going to start to bring me down to a delta brainwave state. So, but I said, the challenge with that is you always have to have headphones on.

But I'm like, there's people who are dancing and grooving and just kind of like getting all zen with their music. I mean, why is that? turns out there's a ton of research into a thing called the frequency following response, which basically is kind of like, instead of having to have headphones on, your brain stem goes, oh, I'm hearing things around me, and if they're in a certain rhythm that is coherent with my normal bodily functions, i'm going to kindof resonate with that, or, you know, going get in alignment with it.

And it's really kind cool because, a lot of, like I think I've been telling everybody at the conference and in this lecture about everything, A lot of it, there's this 120 BPM or beats per minute to about 130 is very common for a lot electronic music and dance music.

And if you look at a lotta popular music, it's getting close or it around 90. So there these like 60, 90, 120. There's these almost, you know, they're just all multiples of each other.

But if think about what I found was really interesting when I dove in, because everybody thinks about sound healing, like a bowl and the vibrations. Yeah.

You can feel those. part of this. But I was like, what's bigger? Because I love the fact that you and I can sit down and do a sweat lodge together. And I loved that I have friends who are specialists in sound bowl healing.

The whole world doesn't have access to that just now. So like you said, with the app, why are certain types of music super popular? Why are some types music so calming?

do what it does to so many people, and why are so may people listening to it when they're pregnant to help their babies get a jump start in their brain.

Sound, Frequency, and Brain Entrainment Basics

But it's all about the frequencies and the entrainment of the brain, so if you look at electronic music, they use that big thump you hear as a kick drum, right?

And if they do it 120 beats, what's really cool about it is you'll really hear the first one and the third one. Because like most music that we listen to that most people enjoy is what we call four-four time.

There's like four beats in every bar. So it's one, two, three, four. If you ever heard anybody go two two three four and count that way. But they're counting these four cycles.

And so every beat you're hearing a kick drum. but they skip the second one and the fourth one, they'll put something else over the top, like a snare drum or a tom drum, or some sort of weird wooden sounding thing.

They have these claves and all these cool tribal rhythm things that we hear in the background of even popular music these days. So I was thinking about that, and I'm like, wait, so if I am doing boom boom, boom-boom, but then I go boomta-boomta, that sounds like lub-dub, lub dub, it sounds exactly like what physicians and other health practitioners are listening to in your stethoscope when we're listening your heart rate.

So the way that humans have evolved is, one, we just did this tribally, like wherever the Aboriginal people were. But then as we started to produce more music, they found the most popular music among the number of people was really this stuff where we alternate that big thump with some other sound.

And it literally sounds, if you pay attention, your heart beating. So I have a question as you're going through this

and I'm learning cause I'll be honest, I never was in band.

I was never in orchestra. Yeah. Passed choir to get through school. So music wasn't something that I, was innately gravitating toward, but it sounds like to me.

If there's a person that's sick, things I know about them is oftentimes their heart rates can be higher. Their stress hormones are higher, their cadence of their brain electrical patterning.

And the anxiety section or the stress response section goes higher, even though the function may lower their higher frequency at times. And I've done neurofeedback.

I have done EEGs of the brain, but it sounds like to me, what you're saying is we're attracted. to familiar paces. Exactly. And if I were to take somebody that's in my clinic that is out of sync with what their body would deem to be a familiar pace of heartbeat, brain patterning, and then put that around, then they're going to attracted to it to try and pull themselves maybe back into a rhythm.

There's this innate thing within us. And I think what you said, the word familiar is really important here because a lot of people, we'll talk about safety is required for healing.

So if you don't understand and receive the cues of safety, you can't heal. challenges our higher brain goes, of course it's safe to heal from mold exposure or to heel from Lyme disease.

But our reflex protective mechanism in our more reptilian brain that's just trying to keep us alive. It's about keeping you alive and your body's always on your side.

Its not about feeling well, its about being alive, so what I tell people is the problem with safety And I've heard some people say safe enough, but I think the word safety is true, it's really familiarity.

And then you think about your comfort zone. So if I ask you to change, and I asked you change a little bit, you're like, It's a LITTLE uncomfortable, not too bad, I can do it.

It is a litte unfamiliar, BUT I CAN DO IT. But if I go too far and I'm like, whoa, I have never been in this place before. This is scary. It's, you know, does not feel safe.

it's not familiar to me. Your body's going to reflexively pull you back. So this is also healing, right? So, correct. Even because I see this all the time, but I just wanted to jump in because healing too fast.

is actually something the body doesn't want to do and may react negatively where you have a detox or timer negative impact feeling from a good thing because you moved too fast and it was unfamiliar to be healthy.

Correct. I talk about this all the time and I love that you're highlighting it because I have seen people who they get better like in two or three months rather than two to three years.

And I'm like, how the heck did this just happen? But within two of three month again, of them being like I am amazed. They're worse than they ever were.

Nothing else happened. But it was like their nervous system was freaking out. And like you said, it's like sometimes it is short run, but sometimes the bigger picture it pulls them back.

So what I think is happening with a lot of the music and the frequency is that you start to get drawn to something. And maybe for you, its gospel music or jazz and somebody else it, you know, classical or country or EDM or whatever it.

But what you'll start define is, and I played around with this in the stage yesterday, I was asking people about different bands. What you will find is certain bands that are super popular they all sort of resonate around a similar

BPM, a similarly tone, similar harmonic, and they, like, I remember one person saying, we're talking about Tool, because we were goofing around, cause I was playing more spiritual music and more shamanic tribal stuff we are talking, but then I just threw out Tool because a couple of us had been talking.

And someone said to me, you know, at a festival, they started on the other side of the campground, she goes, the second they go two beats, They heard two notes.

They're like, it hit me and I just had to go over there. So there's something about their styles and that allows access, but it's this common thing that's happened through human history where our music.

resonates with the, with, because the big thing is external and internal safety. And so a lot of the lack of internal that we experience is because we're taking external inputs and we are trying to make internal sense of them.

As though a a of people like autistic kids, a lotta times are very internal and they're trying the process what's going on internally. and they don't maybe get out of that yet and we're asking them to deal with us externally.

And some people can't handle that and our kids with pans and pans are the same thing. It's like they're so overwhelmed by what's outside of them, they are trying to figure out how to make sense of it.

So this system is really adaptive to protect ourselves and sometimes someone who closes down or someone opens way up like That's actually the best protection for them and we have to respect it.

And I think what happens with the music is our ancestors paid attention to what was going on around in the environment and then it was like, oh, what feels calming?

So let me reproduce that. That why, you know, and what does it feel like in my body? What does that sound like when I'm quiet? Oh, well, I can hear my heart.

I feel my hear. There's these rhythms and what they did is they combined all of this into this beautiful little thing where it's like you'll just hear this droning.

And now this is what's really interesting. If you notice there's songs, like jazz is one of the things that's tough for some people, not for others. But if you can hear the commonality thread in the background, you could follow it, but a lot of people can't.

And they're like, oh my God, it's just too stimulating to the nervous system. A lot popular music does a drone in background. That kick drum I'm talking about is always in a background in electronic music.

What it does is it becomes predictable.

Safety, Familiarity, and Nervous System Regulation

predictable internally becomes familiar. So when you have kids who are dysregulated, you ever notice they wanna watch the same movie over and over again?

They wanna this same, and now little kids do this innately, but as you get older, if someone's not as neurodiverse or they're ill, they gravitate towards that.

Sometimes you're feeling off and all you wanna do is listen to the song over an over. Because it's predictable, familiar, safe, your nervous system will start to calm on its own, but then you also get the frequency phenomena of the different harmonics that then also take your brainstem back down into a more parasympathetic relaxed healing state.

So for a person that's stressed, dysregulated, their body's out of whack, they're heart rates up, hormones are going and they are looking at, okay, Interesting music.

We like certain things for a reason. How do I make this applicable in a simplistic way? Cause that's what I love doing for people is bringing that to them and saying, this is how we use music and what, I think I'm hearing from you is in general, if you are out of your, cause out where you want to be, we're out health, out optimal function, ways to help to get back.

Well, we can do limbic work. I can just somatic work, We can take supplements. We could do all of these things, but the tool for music is your body has a rhythm.

Your body wants to have, let's call it the average of 72 heartbeats a minute. So if we can take and put music on that triggers a similar beat to that, to some degree, it's going to start to help you to regulate to, that because that's where you're trying to go.

The same thing with what I've seen in neurofeedback, which is electrical frequencies, sound going into ears, lights flashing on a screen. If we regulate that back to bring neural patterning through sound and light and color, It trains us to come back to a grounded state, the original human state.

And this could be a really powerful tool for those people that maybe can't tolerate the treatments, can tolerate. The external inputs as well. Right. So is there ways that you're implementing this into care plans, into treatments for people?

Well, I think that that's really hits the nail on the head is that some of these limbic retraining and these neurofeedbacks may be difficult for they may be overstimulating.

But music essentially these days is as close to free as we can get. And you can choose and you put it on in the background. It's so simple. Like you said, it's your own innate way.

So part of it is I just ask people what they love to listen to and have them put on more. What if it's rap or hip hop or heavy metal? To be honest, some of that's got to be jarring and not positive.

Yes, absolutely. However, one of the things that when we talk about the default mode network, which is that one the networks and the braids, it sounds almost like it gets funny where reductionist scientists, we break the brain apart as if.

It has all these compartments and then we go, oh, the brand is different than the rest of us. when really our conversation is about bringing the totality back together and looking at a human being as opposed to a bunch of pieces, but there are separate functions.

And the idea is when it's trying to make this kind of sense of the external world, for you and I, maybe we go, that's not right. But one of things I've noticed is some people actually need that to access it.

So like when I started my healing journey, I had no help six years into being super sick. I just started doing yoga and it was so painful and horrible.

And I couldn't breathe and I could not calm down. Like I was just so wound up. If I lie down I'm going to fall down and die. I've seen other people, they don't sit down or lie down.

They're going to fall down, and I think there's two groups of people. But I was just like, if I stop, I will never get up again. And so my access point was I started this yoga practice.

I couldn't do it. So I put on fast music while I's doing it, And then as I did it longer, i slowed it down and then I got super spiritual. Then I go to my breath and no music at all.

And it was like, it to me was an access point. And when I look at frequency and I looked at this default mode network stuff and limbic retraining, It's like I need access.

So if I can get you into rap, because rap is actually, I've been playing around with this remixing some old LL Cool J. New rap and old rap are a little different, but that's my opinion.

But what I do is I just try to take people and then I say I'm open to this is their access points. And then I challenge them slowly. And let me rephrase that because I do challenge.

But maybe a better word is an invitation, because if we force any of this, then the nervous system pulls away. So I meet them where they're at. I invite them to tell me what they really love about say rap or heavy metal.

Because if I can get you in from Iron Maiden and Slayer or whatever to Metallica. That's not a big jump for a lot of people. But then, Metallica, and I'm not dissing any of these bands, what I was saying is Metallic starts to bring in a little more of that musicality.

And then I just keep going along that path. I open them up for them to have the experience. It's crazy because as I talk about this, I should be talking about the physical ways we heal.

But this is exactly how I make a treatment protocol with herbs, homeopathics, prescription medications. I meet the body where it's at and then I ask it if it'll go along for the ride because I view healing as the, body has a self-healing, self regulatory mechanism.

And our job is to identify where its stuck and catalyze healing so that it can go, your body can do the work. You know, as I'm listening to you, I am thinking about when I was doing neurofeedback in my clinic and I looking at, you do a map and you see these really high frequencies.

You don't try to just drop that frequency all the way back down day one. You lower the bar this much. Yes. And then when the brain gets good at that, then you lower it.

Then when it gets a good, at you, lower until you reach the bottom. So when I'm asking about like, well, isn't this music maybe not going to be healing, but for them, that's where they're at.

gently, eventually sure you can get to a sound bowl, but soundbowl might be highly offensive to them. And they are exceptionally, the frequency of a Sound Bowl done right is immensely penetrating.

Yeah. Maybe too much. If you find that overwhelming, you know, it's interesting, so is cranking Snoop Dogg. on a good sub, but that feels good to you.

And it's an access point. So what I'm going to do like tomorrow night with our ecstatic dancing is I am going invite people to have a two hour experience where we take them through all of this.

However, there's basically rules. Don't shit on other people. If you want to hang out with them, be cool and ask. And then, and I break all the static dance rules too, because I don't like rules rules.

I just like to set a container and allow someone to have an experience. But the other thing is be open to new possibilities and no judgment. The number one, no judgement is no judging yourself.

Just for two hours. In fact, just for the next minute. But what we see and the reason I wanted to bring that up is sometimes it's about, there's two things.

We've been talking a lot about the internal world and bringing that down.

Music as an Access Point for Healing

The other part is our external worlds feels non-predictable and unsafe. So now the external world has the beat for us, but now we have people around us.

who are doing the same thing. So that brings down how scared we are. That brings the self-judgment like, whoa, am I doing it wrong or whatever? And community can help.

And some people I've seen in our experiences actually are like look, I can't do this for me, but I'll do it for my friend. I do for someone else. And then the second you do if for somebody else, you're actually doing it yourself.

So I find there's a lot of communities. What we try to do is create a container, whether it's in our practice or in these experiences where We provide the safety, a little like token of safety somewhere, whether it's inside of you or around you.

And as soon as you take that one step, you find it opens and unfolds because we create a safe container. I mean, I don't think anybody would argue with the statement that the world we live in today is massively overstimulating.

Massively overstimmulating and everywhere you look, it's the news scaring the crap out of you and sounds everywhere and phone scrolling and your brain is just going nuts.

And then what you're saying is use sound and frequency to start wherever you are and to slowly dial it down until you reach a place that is more in line with what your body needs to be able to move into healing where some of us are so blocked because we're so unsafe.

And part of it, and I was goofed around with that, but it was like, it's interesting. It's noise. Its noise, its mental noise and it says dopamine, dopamine dopamine.

Dopamine dopamine boom, boom boom. Boom boom it. Well, I mean, just, to anyone listening, like how many people do you know that legitimately cannot go to the bathroom out their phone because they need constant Every second of every day stimulation.

So now I'm going to take music and I am going substitute one kind of noise with another kind noise. And then, but the noise that I'm gonna do, I can hook you.

And if you ever notice in a lot of this music, they're droning, and then there's a little something different, you're like, oh, ooh, And the really good music every once in awhile changes just a litte, l and in the background there is this dronning.

So what we do with that is we hook your attention, right as you are about to lose attention we catch you again. So we can, over time, exchange one noise for another noise that's more physiologic.

And that is why I said, hey, if you want Slayer or Kendrick Lamar or whatever, go for it and then be open. to taking that back. And that's why I love like, I loved old school rap because like it was developing kind of as I was a kid.

I'll put on like Poor Righteous Teachers and everybody was like who the hell are these guys? If you go back and look at them on Spotify, they're still there.

They grew up in Trenton, New Jersey, 10 minutes away from my house where I grew. It's like Tribe Called Quest and all the early people who just were lyrically super powerful.

But if you look it even Tribe versus them, Tribe Called Quest had a little bit more of that commerciality or whatever commercial whatever the word is, but they because they brought it on rather than just giving you the message like Poor Righteous Teachers did.

for people who are really into it. These guys said, I can deliver a message if I put not only vocal hooks and beats, their vocals are very melodic, but it's like the sounds they chose for the backing is so good.

Why is like LL Cool J so popular? He's got this really heavy stuff and he's just got like this love ballad dancey rap. And in fact I could hear it in my head.

And so I think what really gets people into it is the commonality of it, and that's what brings us all together. And I say from the stage yesterday, I go, how many of you guys have watched a movie and got, where the person's like struttin' their stuff and lovin' it and they put their music on and have like a theme song of the main character?

And how of many you have wanted that? Like 97% of class was like this. I'm like, well we got these now, pick your song, put it on your headphones, start walkin'.

Yeah. And do it at your house, model the behavior you want to feel, do something that feels cool, and then, you know, start doing it here and, then start, doing in the airport, take it out, but you have to just give yourself an opportunity to do, something different in a safe way and start at home.

So how do we make this something, that somebody can go home and do right now? Like I'm thinking to myself, this is amazing information. Music is extremely accessible.

I mean, I just talked about BrainFN as an app on my phone. the take home message for someone listening to this right now. Do you have a technology you like?

Do have an access point where they can go and just kind of walk a play by play for some one that's at home that feels like they could be more regulated.

What are the three minute steps to these? Yeah, I mean I think the first thing is go like what do you love? That's why I start there all the time and grab Spotify, Apple Music, whatever the heck your favorite music is and just turn it on.

But I would invite you to sit down and go and close your eyes and take a deep breath or keep your eye, but whatever feels comfortable. Just be a little more quiet and ask yourself, what do I love about this?

How does it speak to me? And I think that that's the thing. It's like the hardest part about J-Band is the answer is you need to do it on your own. And I want to empower people to that, but I also want say it's not that hard because you already love it.

So it like, just be aware of how it feels to listen to your favorite song and do that for a couple of days. For a minute or two, right? You said three minutes, no big deal.

Then go, why do I love this thing? And then, you know, can I find something else I loved? For me, I do explorations. Like I have a SoundCloud and, it's like I just pick, all listen the music and I'll just tap ones that I think are cool.

And then when I get a critical mass, I'll go do a DJ set and I won't prep it. But I find that enjoyable and challenging and fun. So the idea isn't to do what I do.

I think your idea like Brain FM is phenomenal because, but you even said yesterday, look, there's so many for focus. So many. So try one. And then the other part is consistency.

Just listen to stuff and just be like, I'm listening with love. I am listening to find out how this speaks to me. Then just do it. One song a day and then maybe take a week off.

Like I find, pretty sure if you do this once, you'll be, like oh my God, this song.

Practical Takeaways and Where to Find Dr. Tom Moorcroft

I'm sitting here thinking when you were going through and when I was listening to your talk, I am like, man, Tom, can you create a set of healing frequencies that start with something high up that's something that would probably be offensive to me that is just like screaming metal level of frequencies and then just take it all the way down the map to sound bowl calm healing frequencies and then just tell someone to listen.

Don't even tell them what level it's on. And then put that frequency on and every day or week or month, bring it down a notch, a notch, and just play it in the background of your house all day long.

until you reach calm. Cause I'm like, if I did this with clients before they even came in and you figure out wherever they were and we could even teach doctors, this is the frequency they're at.

This is a frequency as our goal. Yeah. And then just like work people down and, you know, by the time they get here, their nervous system is going to be in a totally different plane of functionality.

Well, and I think part of this heart math does like a really, they, I mean, There's all kinds of things to do, and I'm not saying that's the best or whatever, but they're one of the first people who put simple in front of us.

They're like, okay, breathe in and out. Breathe into the center of your chest. Be aware that you're breathing in out of you heart. Obviously we all know we're not directly breathing air in or out our heart, or are we?

However, that's a different, but the point is, and they say once you're comfortable, so again, the preparatory stage is just getting comfortable being aware of your breathing into your chest.

But then how do you get your body in coherence? Which basically means that, and we can measure it a million different ways, but it basically, means we're resonating more optimally as a whole totality, as whole being.

How do I do that? Well, I keep breathing and then I think of someone or something that I really love to do. And if I'm so overwhelmed, think if something I used to love do, you know, before I got sick, or something I love to do in the future.

So if we combine love and or gratitude, which could be the same thing, with an action, that is what supercharges it. Along that spectrum you're describing, I may not even have to actually get to soundball healing a particular person, but what I want to get them to is the acknowledgement and the awareness of love in gratitude.

At first, the feeling that that music creates for me, and then ultimately, as soon as you drop in, this is the part I love. As soon you as drop and you go, that makes me feel this way.

I loved it so much. And what you just said by accident and didn't realize it is, I feel that way inside. It is now safe to re-inhabit my body. And I just said, I love myself.

Because my goal for all my patients is to stand up in the morning, look in a mirror and say, Tom, and be able to do that. And now, if you can't, that where you feel weird gives you an opportunity to go experience that over time.

But I think it's so important because we look at recovering from trauma, somatic work, coming back in your body very slowly. If you go too fast, it is okay, you just back off a little.

That is the number one key to healing from all the bullshit in our world. and if walk through the world with everybody scrolling around you, with all this stuff going on, around the globe politically with wars and just people being kind of not as nice as they used to be.

That's good. But if you're grounded in yourself and you feel safe inside and if organize your internal world, that's like the best protection is that bubble of love and gratitude around you.

And I think it really does boil down to the second. So I try to trick people with music. Come inside in a new way that's safe. Realize that it makes you feel a certain way.

And once you fell that way, go, I love the way this makes me feel. Then you just told yourself I loved myself. Now you can actually heal. Sometimes you gotta trick people into being healthy, doing the right things.

That's how I did it to myself by accident. Because they don't feel safe enough to do it. It's scary, it's hard. Yeah. In

one way Well, I really appreciate you bringing this information.

It's different, especially coming from somebody that's again, had been on so many incredible stages. That's a, extremely well-known physician from the science-based Lyme world to now go frequencies.

There's that piece that people do not talk about enough. So where can people find more information about you? Yeah, I appreciate it because usually people are just like, you want to lecture on the pathophysiology of Lyme or how methylene blue works.

I'm like I do that, but this is really where my, this the other part. It's all wonderful. So thank you for that opportunity. Yeah. My medical clinic is called Origins of Health.

We're at originsofhealth.com. You can find me all over social at Dr. Tom Moorcroft and, you know, I also have limetraining.org where we train practitioners to get to kind of where I'm at after a decade and a half of this lime mold stuff and pans pandas in a year, year and half rather than spending all their time doing other things.

So we want to help train. I want get this great information and I again appreciate it. Get that out to the patients so they can feel great and heal. really invite all the doctors to heal, get this information so that they can help their patients.

And also, I'd invite the docs to try on everything you've been saying and I've saying yourself, lead by example. Yeah. Our parents, if you want to get your kid to feel and want them to do their thing, leave by examples, do some of these things without forcing them do it because they're listening and they'll mimic you.

Well, thank you for joining us today. Thanks, brother. Amazing info. Until next time. Thank you for tuning in to redefining wellness with Dr. Javin. If this episode spoke to you, please follow and share this podcast with someone who is ready to take control of their chronic health symptoms.

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