Introduction to the missing ingredient in Lyme healing

Hi, everybody. Dr. Tom Moorcroft, back with you for this episode of The Healing from Lyme Disease Summit. And today, I have the great pleasure of bringing you a chat with my dear friend Roseanne Kaplan of Hoj.

Dr. Roseanne, to most of you are out there. You may know her as a founder of the Global Institute of Children's Mental Health and Dr. Roseanne is one of the first people I met when I started to really dove into Lyme disease, Bartonella and Babesia.

And the sort of the the oddities, the weird things that they triggering kids. So we're going to kind of dove into what those are, this whole pans pandas thing and autoimmune encephalitis and, you know, it's just one of these things that whenever I get a chance to talk to Dr.

Roseanne, I feel like we're really talking about that missing ingredient that's of like how our kids not getting better when we're giving them all the antibiotics or they're changing the diet.

And so this is really the conversation today, is how do we create like a comprehensive program that actually allows your child to calm down and thrive despite all of these infections?

And I just I mean, kind of a spoiler alert, Dr. Ro, we're going to I'm going to share right now. It is like it's probably going to be a lot simpler than you think.

And it's going to be the thing that you typically don't want to actually focus on because you don't know the right person or people to support you with it.

So that's why I brought Dr. Ro in today to talk about this Dr. Roseanne coupon. A huge thanks for joining us. Hello, my dear buddy. I always love talking to you. And Dr.

Time is as fun in real life, even more fun in real life. When the two of us get together, we have shenanigans, but we also share a lot of cases together.

And, you know, we often are for different reasons, but the same reasons we're often the last stop for people and I wish we were the first stop so that people could get better quicker.

And I'm so grateful for this conversation about the missing ingredient. Why you or your child isn't getting better from infectious disease and toxins like mold and other things.

And it's really pretty simple, as you said, and it's when the brain is incom, it's a dysregulated nervous system. And what we know from science, because we always have to look to science, we can't just pull things out of our hat.

What does science tell us about healing? Science tells us the study of stress it on the impact of the immune system is called psycho immunology and it says the body can't heal or can't heal well with a stress activated nervous system.

And so, you know, we are in the northeast. You're sort of west. You're bicoastal now, doctor time. You're still fancy.

Why a dysregulated nervous system blocks recovery

I'm everywhere. No. You're not anywhere. But what we know in the in the Northeast, that there's so many amazing practitioners there really, really are.

I wish there were more. I shouldn't say there's so many, but the top practitioners there, we started Lyme disease in Connecticut. Hello, Lyme, Connecticut.

So there is a lot of practitioners that've been helping individuals for a long time. And so I would get clients that would be going to, you know, the guy that wrote the book and this person and that person, they wouldn't be getting better.

And really, what was it? Why would people come to me and get better by using brain based tools like Neurofeedback? Pete Ask specific types of psychotherapy, doing supplements to regulate the nervous system because their system was so in a red state that they couldn't allow the body to do its own work in healing.

And so once I regulated them, then all of those functions that the body does, the neurotic transmitters, the immune systems, the hormones, the brainwaves, everything would regulate.

And then the body would then say, okay, I can get rid of this infection. And that really is an oversimplified explanation. But really that is the piece and a lot of times with infectious disease, just like you said, we only want to do the medical part and we don't want to support the regulating of nervous system and behavior too.

Right time. Like, you know, when OCD shows up, they're like, I'm just going to keep doing this. These antibiotics and the OCD is going to go away. But that's not the way the brain works.

It's formed a habit. You have to address it. Well, Dr. Rosin, I think it's one of the I really like what you just closed on there, like it forms a habit.

I see this all the time. It's like I had the great fortune, and I want to see kind of how you you define this, too. But I worked with Charles Ray Jones and I mean, everybody says they worked with them.

I live 40 minutes down the road from him and he let me in his office any time I wanted for years. So I'm not saying that like just not other people haven't done it, but I see a lot of people have gone in for like three and four times and they're like, you know, that the guru student of the master and you know, I think the thing is we need to come at this being humble.

And Ray Jones would do exactly what you just said a minute ago. Go back to the science and, you know, we talk about pans and pianos, you know what I mean? Stuff like this.

And Ray broke it down as an infection triggered or infection induced autoimmune encephalitis. And I just go one other step and say it's a toxin. And then I've seen heard you use that word toxin today already toxin induced because some of an infection is but technically it's a toxicant.

But anyhow, we just typically call it a toxin, but we have this toxicant induced which of which an infection is part of autoimmune inflammatory process.

So I look at it like, Hey, we've got a toxin, we've got the infection, it triggers autoimmunity. I take the infection away or the toxin away. I may still have the autoimmune feedforward, positive feedback loop, trace it.

And then the next part, and this is the part where I really love where you went and I want to let you like riff on this thing is you've got an infection or inflammation and that inflammation, I would love for you to just talk a little bit about the brain inflammation and the esophagitis, because a lot of people think the brain's like swelling up, like you just got hit in the head with the with car or something and you need surgery.

And that's not what we're talking about. But that habit that gets set up in the inflammation of the nervous system, that creates a habit of behavior. So your kid, even though they have an infection, they have autoimmunity, they still have this other piece.

And so what is that like? How does the brain get into that place? Yeah, how the heck do we fix it? Yeah, well, you

know, I mean, I have the privilege of working with people every day.

I have somebody right now who came with OCD and patterns, and they're a great example. Right? So first of all, they live in a state where you know, it's a southern state nonexistent to get appropriate care.

And please know that whenever I talk about cases, I make it where it's unidentifiable and I change things so that protect people's, you know, privacy.

Right. And I do actually have permission from this family to talk about it because we have some pre and post COVID maps. But this is what happens, right?

So this is a family where this child had anxiety pretty much their whole life but was functional. Right. So nobody really thinks about it. And then what we now know is infections came in, Lyme disease came in, as well as virus says.

So it produced an inflammatory response. Develop started developing very subtle signs of OCD. And just to understand the way OCD work, you know, works and not everybody has OCD with PMS and pandas, sometimes you have rage and you're punching walls.

Brain inflammation, OCD, and behavior patterns

Sometimes your school avoid it. Sometimes you have tics, sometimes you have restrictive eating. You can have a host of things, right? And so what happened was the behaviors started to form and a habit started to form.

So we have inflammation right in certain parts of the brain. And I am able to do brain maps which very, very high level kind of explanation, very quick understanding of it is that it's a way to look at the brain and get a visual representation of what's working and what's not.

And so if your brain in a specific region or the brain communication is under working, you're going to see probably behaviors like inattentiveness, brain fog, you know, more of those kind of inward behaviors.

If it's overstimulated, you might see high levels of anxiety, OCD, rage, you're going to see that. And people can have combinations. But what happens in infectious disease, it's not like the entire brain is inflamed.

It's that certain regions might be over active, underactive, and, you know, infections do different things, right? So so bacteria and parasites tend to push into overactivity in the brain from my perspective and doing all these QE GS over 10,000 QE GS is that then when it's viral, it produces low level activity.

But in top of that, all of these brains have inflammation, right? And it can be systemic inflammation. It can be specific to the brain as well. And the brain, you many of the people that come to me, you know, they come in all different states as well as you write.

You get people who are new to the infection in toxins. Then you get people who they've tried. You've already worked with seven practitioners. You've get people who are like I mid 80%.

I believe I can get to 100%. And right is that time. Like you get all levels of that and I certainly get people who have no idea they have pants. I get that all the time because they're coming to me with a mental health problem and then we do a brain map and when somebody has autoimmune encephalopathy, the brain looks very identifiable.

It's not a guessing game like the rest of mental health is, and frankly, a lot of medicine is. So we have to look at what's driving it and the way that these behaviors show up.

They they start with insulin information. They start with how these toxins impact the way the brain is functioning, the way the body is functioning. And then behaviors get stuck at a very subconscious level.

And, you know, so many just like this family, this is one of the best families ever work with is one of the most impaired kids I've ever worked with, actually with OCD in patterns.

But the attitude that they were going to lick this thing and do whatever it took was probably one of the best families I ever worked with. And so to have somebody who was so impaired but then just to be like, we got this, of course we can do this, this is hard and not, you know, just a face fierce was really, truly remarkable.

We've all been crying here all week just to see what this kid would do in ten days. And and it's not typical for somebody to make the kind of progress he did, but his brain probably improved 50% in with neurofeedback and PMF.

And we just have to start thinking about how can we calm this nervous system, what is what are proven ways to calm the nervous system? And I think when you say, you know, what can we do?

Everybody can do this. So if if you can't come and work with me in my program, that's okay. Follow me in my channel, follow me in my Facebook group. Follow somebody you trust and do things like Breathwork, meditation, yoga.

These are all science backed ways to regulate the nervous system. But then there are other things like PMI and neuro feedback. That's those are the two main things that I do.

But you have to do it and you also have to make a commitment to counter stress. And you can't just say, well, forget it. It's it's a complete crap show right now.

I'm a hands mom. Charles Ray Jones was our doctor back in the day. And you have to say, I'm going to I'm today is a crap day and this is what I can do.

But every day that you make an effort, it chips away. And it really helps the nervous system to regulate because we've got to. Do it even on a crap day.

You got to. Differentiate between those who succeed. And don't you look at a professional athlete on a crap day, they still do the work. You look at, say, who heals on a crap day?

You still do the work. Yeah. The work on. The crap day may not be as big as the that you're not going to do that. Sometimes a crap day means you rest and that's what your body needs.

That's you're right focused and moving in that right direction. But you're going to prioritize sleep, right, because 90% of brain detoxification occurs.

It's currently. So, you know, you're going to make that your priority. You're not going to sleep all day and be depressed. It's like, okay, you can have a bad day, but you know, you you have to make a decision and you know, whatever you tell your brain, it's going to believe it.

So, you know, this kid came in here and he was like, I can't do it. And we were like, Oh, no, I can do it. But it's hard. And and he wouldn't even accept a compliment for me on day one.

Like you just you just open the door with only one set of gloves instead of five, you know? And he was like, But I still have my glove on. And I was like, But you got rid of four of them, my friend.

You know, like, we have to start changing it. We have to say it out loud. We have to have that hope and belief. And that is part of a positive mindset.

But it's really also to help your nervous system regularly because listen, let's face it, you know, you and I are both of our kids have had something at one time or another.

Every kid has it and it's scary, right? So if you're a parent and you're like just like, you know, I'm out of hope or I'm driving the worry train, you really have to say I've got to get my stuff together.

And as little as 10 minutes a day is going to help build your reserves. It's going to help fill your cup. You must be regulated as to the best of your ability, not perfection, in order to share that calm with your kid.

Who's your kid is co regulating off of you? I think that's one of the most important things. RO is like the kid, like you are. So everyone listening. You are so influential over every single person around you, especially yourself and your children.

And even when your kid is 13 or 14 and kind of pushing the boundaries and they're giving it maybe flipping the bird to your face like they're around the corner listening.

I know, right? Ha. Dr. Rosie. So everything you do, so if you're like, oh, you need to be gluten free. And then they see a hammer in like, you know, pretzels in the background, you need to lead.

And one of the way, like my daughter does not like the word meditation. It was like in school at some point, yoga and meditation had a very positive sort of connotation.

Then all of a sudden it didn't. And so it's like or maybe it's just doing it at home with the parents, but it's like it's boring quieting it, you know, to me, meditation, the best definition I ever heard, Rosanne is like to become familiar with so I want people to become familiar with the state they want to live in, not the state they don't. So I don't want you being a neighbor.

I love. That. And the part that's so important here is it doesn't mean looking at a candle until you reach nirvana. It doesn't mean breathing, it doesn't mean prayer reading.

It means whatever it means to you that where, like you said, 10 minutes a day, even if it's broken down in five minute chunks or two minute chunks or 1/2.

Just. Focus on that thing you want. And one of the things I wanted to highlight, I love what you were saying about like, you know, the words that people use.

And like as a parent, you might lose hope you might. This is, I think, the hardest part about healing. A kid, I think, is the parents have to start to take the responsibility to understand that the words that are coming out of their mouth, the way they frame different aspects of the day, are actual digital programs that are being accepted into your child's subconscious.

And essentially you can reprogram their iPhone by what you say and the way you act. So maybe some situation that's going on in your day is not the way you want it, but the way you put it so well.

It's like, I'm not going to sleep all day and depressed is like, this is just what today is. I'm going to sleep a little more, but then I'm going to do a little bit.

That's right. You got to set those things in.

Calming the nervous system with daily tools

You know, this is this is heart as hard as it gets. I mean, I wouldn't wish pans and pandas and autoimmune encephalopathy and Lyme disease and my worst freakin enemy.

I mean, it's it's bad. I mean, there's so many parts to it. But, you know, the people that really achieve success, like here's a comparison. Like I had another case last year where the child probably didn't even have OCD, add up to 25% of this level of this child.

But these this set of parents somehow got like, you know, you have to apply to work with me. And I only take people with an attitude of I'm going to do it and it's hard and you have to be nice.

You're not nice that that'll work with you. I don't care what the problem is. I don't care how complex the problem is. I love helping people, but this is somebody that was could only it's if we didn't achieve absolute extinguishing of OCD saw it as a failure and their child made such dramatic progress.

It was pretty pretty remarkable what they were able to do. But the message to the child was, you're not done with it and that's not okay. And and even though the expectations were outlined.

Right. And, you know, you know, we our brain is wired to focus on the gap, not the game. So it takes one quarter second to recognize something negative, 20 seconds to recognize something positive.

So you have to swim upstream like those salmon. Okay. And everybody is is absolutely capable of it. And even when it's like the hardest day. And again, you know, I'm not just a practitioner.

I'm a mom of a hands kid who doesn't have a dark day. Right. But again, you have to be like, we're going to like this thing. This thing doesn't have a chance.

And we have to infuse that, not just in our words, but how our tone, our body language. And we have to help our kids to do that. And, you know, we're moving into way with mental health where everybody is waiting for the crisis.

Right. They're being way more reactive than proactive. 50% of all police calls, 911 calls are mental health related. And what has happened in the pandemic is people are calling ambulances and taking their kids to the hospital for out of control behavior.

I'm not saying the behavior isn't out of control, but there is just desperation, like in a way that is shocking to me. And and yeah. Okay. A lot of kids do have toxic infection related stuff, but there's lots of kids that don't.

And so wherever people are, they have to have that openness. They have to have that attitude of, yes, we're going to do this. And yes, psychotherapy is important.

I don't believe in psych meds as the first line of defense. I think it's overused and also sends a message to parents that they don't have power and that their child doesn't have power.

And there are a lot of evidence based approaches like we talked about neurofeedback, PMA, RF supplements, meditation, prayer, exercise. I mean, exercising three times a week for 30 minutes.

Moderate level of reduces ADHD symptoms by 40%. I mean, why aren't we talking about that? You know. That's kind of why I'm like kind of staring off in the corner here, like, why don't we talk about it?

Like, oh, but and I mean, I feel like we're here to talk about the truth, even if it's a little bitter tasting. Yeah, but at the same time, I get so frustrated as a parent, like, who gets physical education in school, who?

And then parents like, we're going to tell you, Oh, you should do this, you should do this, you should do this. These are the tricks to making it easier.

But don't shut on yourself like I just did for a second there, because the problem is, well, what if you're working instead of 8 hours? You're working 12 hours and you're making less than you used to.

And it's like everything costs more, but we're all making less. So what's the what's the rub here? So it's like we have to take back the control over the things we can cause.

We need to lead our kids. Our kids are suffering. When I was a kid, we had just enough to put food on the table, but my mom stopped working in order to raise us.

And that was a common thing. And I'm not home and should be at home and dad shouldn't be and not get in that crap. So don't give me any of that shit. Like, what I'm saying is the family should be respected as one of the highest priorities in the entire society.

In my personal opinion. And the problem is a lot of our parents are asking you to do things where you're like, I can't do that. And I'm like, Well, I think we can.

You have to decide that you and your kids are worth 10 minutes a day. And you can also be very aware, just like think about like I always had people, Roseanne, like, think about like just do a check today for the next seven days.

Just write down the top seven things you say to yourself and all you're really in your head to yourself. To yourself. Now, the cool part is everyone just goes seven days, long time.

Guess what? You only need about 7 minutes, maybe even an hour if you're really mindful. But you say the same thing over and over and over. You have the same thoughts 95% of the time.

Figure out what those thoughts are and listen to yourself. What do you say to your kids over and over? And it's like, Hey, you can have them stop playing the game ahead of time.

Like I'm world like and I feel like I know you well enough to know that like a lot of what we do is recover, help people recover from chronic illness, get these kids back on track.

But really, my goal when I got in the medicine and I think I see a lot of this in you, Roseanne is we really wanted the people and these kids. We just want to teach them how to remain healthy and live a great, amazing life.

Absolutely love. So why don't we start practicing that no matter where we're at? Because if you're kid, if one kid is sick and the other kid is healthy, while your healthy kid is just going to learn the tools to get be less susceptible, your sick kid will now be less susceptible and heal better.

But just watch what we're saying to them, right? Yeah. And so one of the questions. So important, so important what you're saying, it's incredible. And the one thing that when you were talking earlier that got me off on this incredible fun tangent is like I find that a lot of parents create a lot of stress for themselves and their kids by having unrealistic expectations totally.

And so how do you go about one? I mean, because some of it's like I just moved and we got a hot tub. So I'm going to hop in the hot tub for an hour a day.

I'm like, whoa, that's a feat that, you know, or my kids doing this, I smack down and I ripped their iPad away for a week. Like, there's certain things that are just like when we're in that back against the wall.

Yeah, we reflexively do something where how do you, how do you share your expectations? And then how do you kind of compassionately enforce some of this stuff?

So you remind parents because parents are also suffering in this as well. Oh, my gosh. I mean, and, you know, we're only as happy as our happiest kid.

And when we have kids that are struggling, I mean, it's there is nothing else that really matter. It's like we try to think and I love love your idea about your your take, keeping track of your thoughts.

Because, you know, most of us, I mean, 70% of all decisions are made to avoid something. They're fear based. That's adults to people. So when our thoughts get out of control, it really is an activation of the nervous system.

So when we talk about, you know, where we're at, what we can do, expectations, right? So a lot of families I work with the parent, at least one parent had to leave their job because they have to go to medical appointments.

Managing expectations and creating a flare care plan

And, you know, I had to start homeschooling my my family and my old one is still homeschooled because we couldn't get anywhere. We had to go to like seven appointments a week.

It was like I had to go here, I had to go there. So a lot of people get to me and they could have started these things on their own. They don't understand the importance, right?

So one, let's start with regulating, okay? To let's real in our negative thoughts. Okay? Get off the freakin worry train and find a way. Find a mantra.

What is my mantra? We will get better. We will get healed. I can do this. It's going to be okay, which is my book and my podcast, whatever it is. And your coffee mug right there.

And my coffee mug and and, you know, so do that. Find somebody. You know, I have a I have a podcast that's ten, 15 minutes. And it's all about addressing clinical issues.

You can binge listen, you can do it. Sure, you can do whatever it is. Find somebody that can help you with these implementing these solutions. And then you know, as far as expectations, I find that to be one of the most challenging things clinically.

A lot of people get themselves into the murky water. And again, no shame or blame. I'm a parent to I've had unrealistic expectations, like I'm getting in this sauna and I'm going to do it every day.

You know what I mean? Or somebody does neurofeedback with me. They're like, Can I do it twice a day? And I'm like, Absolutely not. Well, absolutely not.

Great need for. NAG. You're going to be upset at yourself. You can't do it like that. So. But expectations, right? Like so we have unrealistic, unrealistic expectations for healing.

We all think it's a rocket ship. It's we're lucky when it's a positive trending stock market. Right. We're it's up and down. Up and down. We can't can fully control healing, but we can influence it.

And what we can do is we regulate the nervous system that starts with our thoughts and our sensations. And you talked about a lot of people are resistant to meditation.

And, you know, I do somatic therapy and it's a type of psychotherapy that is grounded in body sensations. And what you were talking about is how do you want to feel, right?

So even if you do a body scan, right, and you're like, wait, there's a place where I feel a little anxious in most people reported in their chest or their head.

And you can just say, okay, let's think, stop for a minute. Visualizing getting it better. Okay, let's take a minute. Let's really lessen that. Okay. When you stop and you put mindful effort on that, it will lessen.

So however it is, if it's prayer, it's gratitude, it's actual breath work or meditation or it's body scanning. These are tools that can be of help to you, but we have to have realistic expectations.

And I find you hold the vision. What is my vision? My child getting better and healing. And, you know, I have a kid who's going to turn 18 and got panned, you know, got bitten by a tick at 22 months and when I really pulled back the expectations and really started to say, I'm going to hold the vision, but I'm going to on the day to day is what I'm going to focus on.

So just because we have a bad day does not mean shit show is happening, okay? It doesn't mean it's a flare. It doesn't mean he's going backwards. It doesn't mean any of those things.

But also I then say, like, what's going on? Like, you know, anything in, you know, and what do I need to do? What's in my flare care? Prevention care.

Oh, looks like. Oh, his brother's got a cold. Maybe I need whatever worked for us, which is Chinese herbs and vitamin K. So but that's what works for me.

So we have to be logical and then we have to be action oriented and we have to be kind to ourselves. And that is also really paying attention to our mind and not letting it get off track and saying very hurtful things to ourselves because my God, people say hurtful things to themselves.

Yeah. And, you know, and it's like and then you listen to what people are saying to their kids and I'm like, there's no way someone is saying and I mean, there's science and research behind this as well, which is what I love about our conversations, is all this stuff that sounds like we're all in the womb now.

This is all science based science fact. There is no way that you say something worth to your child. Then you say to yourself, So if you if you're seeing someone in public, like essentially emotionally traumatizing their child, imagine what they're saying to themselves.

So a lot of it is it's tough. And so I kind of you know, I think one of the things that was really cool about what you were just saying, RO, was about the flare kit.

And so one of the things or people are like, oh, in the heat of the moment, I can't blah, blah, blah. That's right. Me neither. But so tell us about this concept of a flare kit and pieces, because to me that sounds like.

Proactive. Getting ready for what may happen. Yeah. And it's likely to happen so that when the big bad Turkheimer, the big, bad emotional thing happens, you're prepared so that you don't have to freak out.

You have to freak out. So I have a program called Brain Behavior Research, right? So we have to reset the brain that address behavior, right? So we go from the.

Patient's brain or the parent's brain or the doctor's brain. Well, it's the whole family. It's the whole family damage. Yes. So, you know, so it's about calming the nervous system, coming in with new learning.

That's how we create change. Right? We want to create change. You know, these are I mean, I wouldn't have wished it was. I said like, you know, my son's learning journey with Lyme and patterns is been a flip and nightmare, but it also brought a lot of things into my life that I'm grateful for, and it also removed a lot of people in my life that shouldn't have been there.

And but when I create a flare care plan as part of anybody who goes through our program and basically it's what are the tools that work and we write it out, what is it?

So when somebody calls me in a panic, I'm like, Hold on, let's go back. Let's take a aerial view. What has changed is this sneaking week is he doing this?

Is he doing that? Somebody recently came back and they were like, He's out of control. And I was like, What has changed? He's a teenager. And she said, Oh, he's sneaking wheat.

And I was like, okay, yeah. Mhm. So what can we do to mitigate it. What has helped us in the past. And then she right away was like, okay what's in your plan?

Okay. So it doesn't mean new things come to the table. So you know, a lot of my people, so I have a device called com EMF and so people will buy that.

And if the PMF works, I'm like, first of all, you should be doing it every day because you just pop it in your pocket. It's a little device and you also can wear it at night when you're sleeping.

But if that works for you, it's going to keep working for you. Don't put it on a shelf, you know, use it. So we want to be smart and not fear driven like something is something new there. Yes.

Let's address it. If not, let's go back to what worked. And it's natural to be afraid. It's natural to be, you know, so worried that you feel like you can't take time for yourself.

But just like Dr. Tom said, if you're out in the street in your screaming at your kid, I mean, who hasn't done that? But you are much able to better to deal with things when you are regulated and your child will co regulate off for you.

So if we're not tending to our garden, you know, we're going to get it's going to be tough with your child. Even tougher. So and nobody wants to take care of themselves like in the beginning when, you know, a billion years ago when my son had Lyme, I kept thinking everything was a sprint and they didn't know was a marathon.

And I also didn't know as much as I was already an integrative mental health care worker. I didn't know how important the lifestyle changes were and that you really need to keep them.

And just like you said, with having siblings, this is an opportunity to benefit the whole family. It's, you know, taking a mess and saying, okay, what am I going to pull from this that's going to help me for the rest of my life?

Yeah. I mean, there's so many lessons if you want to have them there. And I think that like whenever we focus on the lesson, people think we're like, Oh, you're pretending the bad shit's not happening.

And it, oh, no. It really is happening. But we have way more control than we believe and we don't really fully access our brain in our mind. And often people come to this part, in this work with me after being like, okay, I surrender, like I'm doing it because this other shitty work and, and I'm like, okay, let's do it, you know?

Team-based care, resources, and closing thoughts

And again, it's evidence based, you know, all of these tools we're talking about this, these are tools we know that regulate the nervous system, support our cognitive behavioral components.

And you can't separate out regulating the nervous system with without taking new action. You can't expect to do right. Einstein Says A Definition of insanity is do the same thing over and over and expect a different result.

And that's what happens with our families dealing with this. They keeps going, Well, I'm going to the local hospital because that's all I can do. And they don't realize that I'm going to the same therapist and I'm afraid to do this program with you.

And I'm like, But you spend $10,200 a year on psychotherapy. What are you doing if it's not really helping. Not moving the needle. You know, and you got to give things time, you know, nobody again, expectations don't come in to a provider and say, you know, somebody recently I helped them to understand they had patterns on the brain map and they went and got evaluated and they do.

And and they said, you know, we've been getting treated for five weeks. We don't really notice the difference. And I'm like, Hmm. I was like, Let's change the expectation on that because healing is unique to everybody.

I had a mom today. She they just started neurofeedback. She literally physically came in to cry and tell me that her daughter in two sessions is having a dramatic result.

And I said that is not typical and a real reflection there some brain stuff going on in there like a brain injury. So we don't know where the healing is going to be, but we have to lean into what works.

We have to try to regulate ourselves and support our kids nervous system. And that's the missing ingredient in healing infectious disease, regardless of of people who are had it for 50 years, which you and I work with people or

you just got it six months ago.

We'd like to get people earlier in there, but usually there is just such a disconnect between finding, you know, believing that these things can help and also finding the right provider who really can help your child.

We need more providers, and that's why you have a program to train providers. And we just desperately need more providers who really understand the and how autoimmune encephalopathy affects behavior and health totally.

You know, and there's we do need more. And I love how you just wrapped it back to that missing ingredient because I just like as you were talking there and just like breaks my heart that people aren't getting to you and me first, right?

And first. And the thing is, a lot of the ways we started to really develop a friendship is we were sharing patients. You were doing things that weren't in my wheelhouse and I was doing things that weren't in your were totally together.

We could create that. And that's the part about working together in a team. And it's like doing more antibiotics or more herbs when they didn't work before.

Like, I just everybody wants the pill that doesn't require the work. So I really love the way you highlighted all the simple things people can do at home and the more advanced things.

And one of the things I love about the work you're doing is, you know that not everybody can do it on their own and not everybody is at a place where they're going to come in.

They can do like a full intensive, but you've created a lot of other things that guide them along the way from very simple to the next step to the next step so they can figure this out a little bit without, you know, test the water, so to speak, and see that what we were talking about today really works.

So when someone's really interested in learning more about what you do and the different ways that they can interact and learn some of these tools, or maybe even get a PMF device that can calm the nervous system because sometimes we need passive calming.

It's not all just active. No. How can people find out about more about what you're doing? Yeah, well, you can go to my Web site, Dr. dot com. So that's democracy and dot com and you can join my free Facebook group.

It's called Natural Parenting Solutions and you can listen to my podcast, which is basically on every pop platform called It's Going To Be Okay, exclamation point with Dr.

Rosen and all of my work is about solutions that are science backed and natural, that is all of my work. And, you know, we are doing more things. Tom So I work with people remotely all over the world.

We're able to send people equipment, but we're also creating groups right now where you can have access to me and my team and then you can get my com PMF device and get support around these type of initiatives because, you know, not everybody can do the work for a lot of reasons, but I love every family that gets to me is an amazing family.

And, you know, as I always say, wherever people are on that journey, you've got to work on calming the brain. I mean, it is literally the missing ingredient in mental health.

And I hope people are inspired by the different ways, both Dr. Tom and I talked about doing that. And you just got to pick something and do it for 30 days and then see what happens.

That's really the key is the consistency. I love it. Dr. Rosen, Kapono Hodge, thank you so much for joining us today. What an inspiring conversation. And as you know, everyone, I love just sharing with you the leaders who are

bringing us the truth, but in a compassionate, loving and way that also provides hope.

And I think that that's really what I get out of my conversations with Dr. every time including today is there is hope to hear for your child, for yourself, for anyone else you know who may be suffering.

When we engage in these healing activities. So I want to say thank you for joining us for this episode of The Healing from Lyme Disease Summit, and look forward to seeing you in our next interview.