Welcome and session overview

All rightio. Well, thank you so very much. And welcome, everyone. To this hour. Day six live Q&A and healing session for the healing from Lyme Disease Summit.

I know we've talked to a couple folks who came in a little early. If you'd like to drop in the chat where you're, calling in from, that'd be great. And I know we've got some questions.

As always, feel free to drop the question in the chat or in the Q&A box. Either way will work just fine for us. And we've got, Doctor Elena Villanueva with us today, a great friend and neighbor, at least parts of the year online.

But she's been traveling and, so thankful that she decided to take some time out of her busy schedule to be here with us today. And we're going to be talking about the pain paradigm after we go over some questions.

So, Elena, thanks for being here. And maybe if you want to spend a moment while we're letting some other folks roll in, maybe introduce yourself and tell us a little bit about what you've got in store for us on the second half of our session today.

Oh, gosh. Well, first of all, it's so good to be here, Tom. Like you said, just, you know, for all of you that are here attending, Tom and I both love the work that we get to do with you and all the people that we help around the world.

In fact, when we get together, we are neighbors. And when we get together, our entire evening consists of talking about how we're helping people. New protocols that we've, you know, discovered that are working or things that we've come up with ourselves that are really helping people.

Pretty much that is our conversation together all the time. And so we're really glad that we get to be here together to get to share with you our passion, of, you know, how we can help you to get your health back because you're not broken.

There are answers and there are solutions. And while it may take longer for some people than others to find their way back to baseline health, and then optimization, you know, it's it's a little bit of a different road and a little different journey for all of us.

But consistency is key. And so thank you for having me. A little bit about me. So I have an online, educational platform. I had a brick and mortar that I left about five years ago and, really, really went heavy into the education.

And so our goal at modern holistic health, that's the name of our online, educational, and clinical platform. Our model is really one more of education.

We believe I believe that, putting the power and the knowledge back into your hands is what's going to is what is going to give you long term results.

And so rather than just sending you home with a protocol, based off of whatever labs, we actually teach you how to understand, how to interpret your labs and how to put protocols together, how to put, alternate types of protocols together, how to eat according to what's going on in your body at different stages of your healing and your health.

And so, you know, by we believe that by educating you that that's how we're going to really change this, pandemic, world sickness, it all starts with education, Tom.

I totally agree.

Introducing the pain paradigm

And it's like it's so interesting that, we get this opportunity like we all sort of know each other from all around, and then we all flock to a general area.

And there's so many of us who resonate. And it's like a lot of the sessions we've done so far. I close a lot by talking about as you raise your vibration to that level that you want to be in, whether it's your health or for like you and I, obviously it's our health, but also our service to the to those on the planet.

It's really quite cool that like, you just naturally kind of herd together, you know, and and it's so funny how many people pass through the same geographic location, but then also because we're all in the same heart space and that's this healing that can help so, so many people.

So and, you know, so yeah, I'm just so excited. And if you want it, can you give us a little foreshadowing on what we'll do later? And then I'll, we'll jump into some questions and then we'll dive into our session.

Yes, absolutely. So we're going to be talking a little bit about tools and modalities that you can learn that are very, very powerful for your self healing.

And this tool and modality that I learned, that I, you know, I spent as you know, Tom knows, you know, because we are teaching you, we spent hundreds of thousands of dollars learning the tools and modalities that we're teaching you.

And so I'm getting ready. I'm getting ready to teach you one that I wish I had learned back when I was sick. So I was very, very sick about, I don't know, ten, 15 years ago now it's more than ten years ago.

And, and I ended up losing three practices. I lost my memory. I lost my ability to speak. I was very, very, very sick. And, in addition to the brain related, issues that I was having that caused me to lose my memory and my end and made me not be able to find my words.

I literally could not talk anymore. I also had a lot of physical issues going on, and one of them was a lot of physical pain. And so today, I'm going to teach you a little bit, about a very well, I'm going to teach you not a little, but I'm going to I'm going to actually teach you how to do a very powerful modality called the pain paradigm.

And, and so with this modality, you'll literally be able to take your pain down from an 8 or 9, even a ten, and you should be able to get it down to a to within 5 to 6 minutes or less.

And, you know, it's, it, it's it works. Well, this is the premise of how this works. And I want to share a couple of screens, if that's okay. Doctor Tom, so that I can, you know, educate.

Again, education is the basis for our for how we can understand how this stuff works. And so, but a lot of pain is very, very closely tied to our emotions.

And so before I give it all away, maybe we can do a screen share. Yeah. Well, how about we get a couple questions and then dive in? Because that man, I'm, like, dying the chomping at the bit to get there, but I, we want to maybe we'll keep our, our normal kind of flow.

Okay. But it's so good because when you see the slides that Doctor Allen is going to share and you see this experience, or if you're one of the folks who volunteers and you want to do it yourself.

This is really profound. And you'll start to see how everything we've talked about in the summit, especially here on day six, really kind of ties together.

So, and quick note, a couple notes for everyone as as a reminder, these are being recorded. And anyone who gets the summit VIP upgrade package, the premium package.

Not only do you have the ability to buy one and gift one to a friend or share it with a friend, but you also have the opportunity to go back and review these sessions.

These are bonus sessions that if you register, you can attend live. But if you buy that package, this is got your direct teaching from Doctor Lennon to you about how to do the pain paradigm will be contained in that.

So it's really, really important. The other thing is, you know, part of what we're doing, and I just want to say thank you to everyone who's here live and everyone listening to the recording for helping us be able to get this information out in front of the people who need it the most.

Because, as Doctor Lennon said, we're here to serve, and this is our life's mission, is to help alleviate the suffering of others around us so that we can all share our light, to spread our love and just make this world a better place.

And most specifically, in this recover from Lyme disease co-infections, other environmental things like mold. And that's so, so, so important to us. But we couldn't do it without your help, without your energy to motivate us to do it without those of you who've upgraded and been able to help us fund sharing this with other people who may not be able to afford it, you know, or gifting it to a friend.

So I just want to say a big thank you. And I've got my nice microphone, which always blocks my hands in front of my heart. But thank you, thank you. And as promised, I'm through in the chat.

Primal Life Organics, who is one of our sponsors and supporting the summit, has put together a pretty sick offer for people they're doing, I think, if I didn't do the exact math.

But I think it's roughly 60% off their, natural teeth whitening device, which everyone knows I've been talking about because I've got it here and we can make our teeth a little whiter.

We can clean all the bad crap off of our gums and help, nourish things or we can do it both at the same exact time, which is what I do most mornings while I'm getting things going here at my desk.

And also they have their dental detox box. And so I just drop those links in the, webinar chat there so that you can have those, but let's see if anybody has any questions.

Feel free to drop those in the Q&A here. And then I know that someone sent me one to, Whoa. You're right. It's a little longer one. Let me just, while we're waiting for that, I'll skim this one real quick.

Alana. Because we're talking about, tick borne illnesses, chronic Lyme, mycoplasma, chronic fatigue paths, vaccine damage, multiple sensitivities, chemicals, pollen, food, EMF, probably Ehlers-Danlos, which we kind of got born into.

But mold toxicity and mass. Let's see. Interesting. So, detox, we had some issues, with the DPT vaccine, did some kundalini awakening stuff.

Root causes of chronic pain

Did it do yoga? Oh, and so here's kind of an interesting thing I'm going to I think I'm summarizing this correctly. So Joyce, if I get this wrong, let me know what kind of like that combination of we're doing a lot of work on the physical plane, but we're also doing a lot of work with ancestral past life stuff.

We're doing a lot of work. With cranial osteopathy and, shamanic soul recovery. And so when sometimes if we're opening our heart or having, you know, are we have, you know, we can also have a similar reaction, detoxification reaction or similar, as if we were just taking doxycycline or some other things.

And that can lead to some intense physical, symptoms. So, Doctor Alana, I give one of the questions I would have from kind of skimming over this is, you know, how do you deal, you know, what are you seeing in, in, in your work

in terms of like, kind of that, you know, can we have these a mental, emotional sort of detoxification reactions, if you will, that are very similar to I took a bunch of herbs, I took a bunch of meds or I quadrupled down on my sauna and my glutathione.

And I mean, what are you is that something that you see? Oh, absolutely. Absolutely. There's you know, we even teach our clients that, you know, you can't have physical detox without some sort of emotional detox that happens as well.

And vice versa, if you're going to be doing, you know, emotional work, clearing out stuck emotions, stuck trauma, generational trauma, ancestral trauma, expect that you're going to have some physical detox as well.

They really go hand in hand, you know, saying that our mind, body, spirit, is are all separate and work and work individual of each other would be like saying that each of our organs in our bodies work individual of each other, and we know that that's not true.

That's one of the big problems of the traditional medical approach is that, you know, the heart doctor only looks at the heart. The liver doctor just looks at the liver.

The kidney doctor only looks at the kidney. But the reality is that, you know, all three of those, for example, could be causing a high blood pressure issue, but usually the person only gets seen by the heart.

Doctor. You know, and so, you know, but it could be like, you know, a blockage in the kidney, that where the kidney, you know, needs a stent put in and that's causing the blood pressure issue or whatever.

You know, all organ systems work together. And if one organ system starts to have dysfunction, it's going to cause a trickle down effect of other, of of other organ systems to have dysfunction as well.

And it's the same thing when we're looking at, you know, all of the facets of the human condition, we've got our conscious and our unconscious mind. We've got our, you know, we've we've got our spirit, we've got our soul, we've got the physical body, right?

And we've got all of these components that help us to, the that, that help us to navigate this beautiful human experience, this 3D experience. And so, you know, you can't really have one without the other.

You can't have physical detox without having some sort of emotional something coming up. And vice versa, if you're going to be working on the traumas and the emotions and all of these things and clearing them out, it's very, very common for you to have some sort of a response in your body.

Yeah. You know, it's so interesting because I recently have been working on some of this stuff that kind of I see in my data, I see myself, I know is coming from my dad's side.

Oh, and I know about his dad. But then there's a lot of mystery. And we've been doing work. And one of the things, Elena that really surprised me was, well, I mean, I know this, but when it, you know, it's funny, it's like you can teach this to others, but when it happens in your own life, you just have you're like, oh, yeah, that's why I have friends like you that I can go to.

Right? And but it's like I, you know, I was I had this great experience where I was doing a lot of work on it, and everything was really groovy for a couple days, and it was kind of normal.

And then all of a sudden things picked up and everything was. I was feeling good, better and better, and then all of a sudden it's like the shit hit the fan.

It was like two weeks later, everything shifted in a way that was like, whoa, you know? And one of the things that I'm reading through here, there's a question about connective tissue in the brain and the chest and the esophagus and all the air, I mean, and all of our muscles grow and connective tissue, our bones grow in connective tissue. I

mean, this is the whole body.

If you took the connective tissue, the what we call the fascia, and you were to remove everything except the structure, the fascia, you could actually have a structure of a human body, which is so amazing to me.

But one of the things you can do is if we push or we pull on the fascia, the we can actually create what they call it has what they call piezo electric properties.

By putting pressure either less or more, we can change electrical currents flowing through our body. So all these little things like today, we talked with Stacy McCarthy about how to move our body with yoga.

Jenna Danielson talking about the pelvic floor. One of the things, and you release your pelvic floor, which is part of some of the process I'm doing being a guy who's very athletic or anybody who sits in a chair all day.

And I mean, I'm not even going to go into what, you know, the moms out there and their pelvic floor is could have gone through. There's a lot of of potential for, I hate to use the word negative connotation, where it's like trapped, but there's energy that could be locked in that area that really should be flowing throughout the body.

And when you open that up, it's not just, hey, I've got like a little tight hamstring and a tight right pelvic floor, like someone talking may have, but it's that whole emotional piece and it's like, you know, the osteopathic and chiropractic approach to your body and the naturopathy approach to your body is really about where you are.

Your body is this triune nature of body, mind and spirit. And that's been talked about since the mid 1800s. And I know that about chiropractic and not and osteopath ethic, you know, training or traditions because it kind of grew up in the American Midwest together.

And this was uniquely North American at this time where we started to integrate the. So, you know, for all of you patriots out there, I mean, legitimately, the conversation we're having is something that clearly has been around the globe forever.

But from a conventional Western perspective on medicine, it was introduced by the osteopaths in the chiropractors in the mid to late 1800s. And that's how weird was.

So when we say body, mind and spirit, I think it's great that it's come up in the last handful of years, you know, a couple decades that everybody's talking about it.

But from my perspective, we are traditions come from that place where this is the critical key part. There's no difference between an emotional trauma and a physical trauma to your being.

And that's a really important thing. So one of the other questions we have here is if a person is dealing with, let's say, chronic pain, in this case shifting neck pain, that got much worse in last December.

Previously diagnosed with chronic Lyme in the year based on some symptoms in lab testing, treated and then dismissed. Hey, I've been there too, so get that one.

Do you have any thoughts for. And I know we're going to talk about this later, but, in terms of specifically releasing it, but any particular thoughts on, you know, the path to moving forward to dealing with pain?

So before we dive into the specifics of the pain paradigm, are there certain things that you think about? Because, I mean, certainly, I mean, I could talk about that for about five days, I think I think we both could.

But is there any like low hanging fruit? There's things that are just like really important to know about pain. Oh, well, I mean chronic pain. Yeah. I think that, you know, just like with anything else, just like with any other symptom, we really want to dive in and understand, you know what?

What are the root causes. And there are typically some common root causes. And so, you know, we want to first of all start with okay. Well is this a biomechanical issue.

Is it biomechanical. You know, like for example, when I hurt my knee in January, you know, you were, you know, you came to help me assess my knee. I it that was a biomechanical issue.

I was skiing, I twisted the heck out of it. And I ended up, you know, tearing some ligaments and breaking a bone and all of those things. So that was clearly what we call biomechanical, now, a biomechanical issue that is caused, that is the root cause of pain.

Can also be something that's much more, that would seem smaller. So it doesn't have to be a huge tear or break. It can actually be just a misalignment in the joint, a small micro misalignment in the joint can really cause a lot of pain, because it'll start to trigger muscle spasms, because the body's trying to self-correct.

But those muscle spasms are doing what they're giving you. Symptoms of pain. That's your body's way of trying to tell you, hey, you know, there's a misalignment.

There's something, you know, out of balance going on here. And so, you know, I like to tell people when, when we're looking at chronic pain, let's start breaking it down.

Is it a biomechanical issue. And there are some different things that we can do to assess that. You know, we also can look at, chemical toxin sources.

You know, we had a client who came to us about almost five years ago now, and it was her husband who who had, found us. And, she was bedridden. The doctors had basically sent her home to die putting our on pain medications.

And she was in writhing pain. It turned out she had a, arsenic poisoning, but her doctors never checked. She had all the classic symptoms of arsenic poisoning.

We did the testing. The test came back, and by the time I got on the call a couple of days later, you know, after a month of waiting for the labs to come back, she passed away and so, you know, it could be from a chemical toxicity as well.

Heavy metal toxicity chemicals can cause so much inflammation in your body. It can lead to pain. Certain medications can actually cause pain like statin drugs.

We've seen clients, back when I had my sports medicine practices, Tom, we had a couple of patients who came to us who started having really, really bad pain in their muscles and different areas of their body.

And by taking a really good assessment and a history, we discovered that it was from the statins. They had just started like 60 days ago. They had never had the problems till they got on the statins.

And we saved their lives by helping them figure that out. Their doctors were like, oh, I don't know what's wrong. Take some Tylenol. And we're like, the statins are going to kill you.

You need to get off of that. You know, go go back to your doctor and tell them what's going on. And so, you know, we want to break it down. Now, the other thing that a lot of people don't think about, Tom, circles us back to these stuck trauma.

Stuck emotions. You know, that's another really, really big, big issue there. If we have conflicts that we're not dealing with, all of these things change our body's ability to move energy through the body.

And so when we get this energy stuck in different parts of our body that can be, that can cause a symptom of pain. Also. And what's really important to understand is that whatever the symptom is, Tom, whether it's pain or whether it's a rash or whether it's, you know, constipation or whatever, it's your body's way of talking to you.

It's your body's way of saying, hey, you know, the thing is, is that we've just never learned how to tune in and understand. And what is our body trying to tell us?

We just don't understand. We've been taught to cover it up with symptoms. But, emotions, our thoughts, our belief systems, stock trauma, whether it's in our own lifetime or generational stuff or past life stuff, all of that can also cause pain.

And so, Tom, whenever people come to us and they're struggling with chronic pain, we are just trying to figure out, is it inflammation caused by something in their environment, like toxins or foods or medications?

Is it a biomarker chemical issue going on? Or could there be something that I call intangible, like you can't necessarily test for it, but we know that it can cause issues like emotions and trauma and stuff like that.

Right? That is such an amazing overview because it's there's so many different pieces to this. And so, for everyone who's joining us, where our special guest today is Doctor Ellen.

And well, in the waiver I can't speak today. But, from modern holistic health. And I'm just so thankful to have you here where you have, a couple questions about Lyme and EBV that we all, touch on, and you can chime in and then we have another like question that just popped in that is like one of my favorite questions ever.

So we will hit to Willow's question in a minute. I'm going to go backwards order in how I received these just for for a particular reason. But one of the questions is I had a tick bite in New York State about eight years ago.

Eventually ended up getting treated with docs a cyclin. I've had a hand tremor ever since, and it's getting a bit worse. It's interesting because I have a story that I didn't remember I had about that, some brain fog.

They ruled out Parkinson's. I wonder if it's worth doing doxy antibiotics again. It's distressing. And what's really interesting, Alana, is for me. When you were talking, I remember my grandmother when she was alive.

She died at 92, so that was kind of cool. And she was one of those people who was pretty much slowed down for a year or two, but mostly just snapped a little more.

And then she just passed away in her sleep, which is like, let me tell you, she knew how to do it. You know, and hopefully I've got a lot of those genes still on me.

Right. But, she was placed on an Ace inhibitor. So a blood pressure medicine, as you mentioned, blood pressure earlier. And then she developed the cough, and so no one.

And so then they just said, oh, like, take some cough drops. And unfortunately, she accidentally bought, some has vitamin C drops, which are essentially candy.

Not they're not really a health product. They're just like sugar with the word vitamin C on the outside.

Pain, trauma, and nervous system rewiring

And so then she got pre-diabetes at 89, and her doctors started having her take all the sugar away, all the this away and all that. And I was like, what are you doing? She has a cough.

And then so I talked to them and I found the root cause was her blood sugar was elevated because she was having like 20 of these things a day for her cough that was caused by the medicine.

They changed the medicine, the cough went away. And you're like, so you gave an old lady prediabetes. Then they were treating her prediabetes and like, well, prediabetes is going to take 8 or 10 years to do anything.

So why are you treating a 90 year old, 89 year old for, for this stuff? And it was interesting. But then my mom, when

she's helping my dad as he aged, she she tried to catch him one time and broke her arm.

And this goes back to Marie's question. And then all of a sudden, she got a hand tremor that they actually diagnosed with Parkinson's. But her whole arm doesn't move the way it used to.

It didn't heal right because. And she's far away, and she's certainly much more into the conventional system than I am. You know, I use it for what it's worth, but it's really interesting.

Going back to what you just said is common causes. She has what looks like Parkinson's, but it's more of a structural problem. And if she goes to the osteopath regularly, she doesn't have any tremor.

But she has to go about an hour and she's like, I don't want to do that. So she deals with all these meds and I'm like, So anyway, going back to the hand tremor is it can be structural.

It can be cervical like structure in your neck. It can also be Lyme or Bartonella for sure. I mean, they cause it. And Doctor Lentamente mentioned metals and other toxic exposures.

They can do it. Bartonella combined with Lyme or Lyme just combined with mold. So so many people who are getting bit in New York State or Connecticut or have that mold exposure as well.

So that's something to be thinking about. What are those other comorbidities. And so certainly, I don't know if Doc's a cyclin is or antibiotics are required for Lyme recovery because there's so many other things to look at, as we've talked about in the summit, like the other Co toxins, the other co-infections, and then the herbal and natural approaches.

And I would say that this would be a place where when we look at the pain paradigm in a little bit, this is a place where you know, working on the mental emotional stuff can be like you said, this could be five minutes, six minutes and someone's pain can go down.

Pain is a human description of what we call nose perception. It's basically a noxious stimulus on the nervous system at the level of anything outside your brain.

And so in your brain it's like on or off and there are degrees, but it's like, hey, I have a noxious stimulus. And then your part of your brain goes like your reptilian brain goes, I'm in pain.

When I push and I pull away from the pain. And then the higher part of the human brain goes, oh, or I'm in pain, but I don't think I should be in pain.

And that's when we create a thing we call suffering. And it's very interesting to find out how much of your pain is actually, or even your limb symptom of tremor.

Maybe actually Lyme versus how much of it is how much of there is there an emotional component that you've gone on as? This is probably Lyme, I know Lyme, I can't get rid of it.

And I and you have this story going on that contributes to it. And then so that would be a really interesting thing to either have Marie, to have you play along or even volunteer to try out the process in a moment.

So I do think you should get it. If you're concerned that you had a symptom, you got a tick bite, you got treated, and these symptoms started around that time, time wise.

Yeah. Talk to somebody who can help you get the testing to see or actually talk to somebody to see if testing currently is necessary and if it is to decide on what it is.

The other part of that is let's make sure that we've got, you know, all the mental and emotional things that you can work on, on your own there. Because, God, I would hate for you to come and see me.

And then I tell you what we just told you right now, and your symptoms are 97% better. And but we just ordered testing that you don't need, and we just, you know, wasted that time and money.

So, and the other question, can I ask you that? Yes, please. Absolutely. And so a lot of times what what we found is that there's a combination component going on.

The person does have a pathogen or a, you know, structural biomechanical issue or something like a reason to have pain, like there is something that's causing the physical pain.

But then on top of that, if they've been in pain for a long time, they will unknowingly, because people don't understand how their brains and their nervous system work.

They'll they'll start re patterning their nervous system to respond more to that pain, putting getting them so stuck into this hamster wheel of cycling where they can't where they even have even more pain, because now they've developed an emotional trigger around their pain and then everything is triggering their pain.

So, you know, you might have originally gotten pain started from like, like this happened to me. Remember when I told you, I wish I had learned this a long time ago?

I wish I knew all this stuff 25, 30, 35 years ago. I used to struggle with really bad back pain. This was before I got chronically sick. I used to struggle with horrible back pain.

I mean, it would have me on the floor. I'd have to get injections. I would literally pass out. I would blackout because the pain would get so bad and the doctors could never figure out what was wrong.

Not until I found a chiropractor. It changed my life. It was a small misalignment in my lower back pinching on a nerve. But I had developed over the years this, fear of that pain.

I would get afraid because it was so, I mean, reasonably right, like it was so bad when it would happen, it would come out of nowhere, like I'd bend over to grab a sock off the bed and I'd be down on the ground.

And so I started getting really scared. I got scared of, like, moving around. I got scared of, you know, if I would start getting just a little twinge, I'd be like, oh my God, oh my God, oh my God.

And then that would precipitate more pain. So like, you know, I actually started to rewire my nervous system to trigger this back pain more often, more often than it would have likely otherwise happened.

And so we have to remember that, just like Tom said, there oftentimes is a psychological component that develops with these chronic pain issues that develops subsequent or after the original cause of the pain that then keeps you stuck in more pain more often.

The pain is so intense and you just and you can't figure out why. So, you know, this is the other thing too. It. And you know, there are such a big emotional component to pain.

It's it's a perception. And what is the opposite of pain? Pleasure. What does that mean? You can literally rewire your nervous system to perceive pain as pleasure.

Now, I'm not saying that like in all instances, that's going to be a good thing because you don't want to, like, have your hand on a burner and be like, oh yeah, that feels, you know, good.

There actually are people that are, you know, not doing well out there because they don't feel pain in a way that can keep them safe. But my point is, is that if we can learn to master our minds, learn to have a higher emotional awareness, we can do so much not just with pain, but with a lot of other, you know, cycles of suffering that we have.

But when it comes to the pain, we can do a lot more to bring that pain down, to make it more manageable. While we're working on any physical root causes of that pain, we can make it more manageable without Tylenol just by understanding a couple of different modalities.

One of which I'm going to teach you today. You know, it's so interesting because it sounds like I love chatting with you because it literally I sound like I'm listening to myself, except your voice sounds much sweeter to my ears in my own.

But but it's like crazy because it's so critical to understand we're on this continuum where body, mind, spirit is all one thing to our two our totality of being human being.

Right? So when we had a question about how does energy get stuck? And part of it is it gets stuck physically, it gets stuck mentally, it gets stuck emotionally.

And I would say for me, I say over and over and over, the number one cause of inflammation in the developed world is stress. And it's not that. And really to get a little more deep into that, it's it's how you process your stress.

Because as we talked with Ari Witten at the beginning of the week where Mrs.. Or a little bit of stress over the right amount of time. So the right dose of stress over the right amount of time actually is required for us to have energy.

It actually will bring down our anxiety rather than bring it up. It'll allow us to grow. And yeah, and so part of the question is this part of neuroplasticity, this is a part of it. Right.

So the neuroplasticity is the ability of the brain to change. Right. And we can optimize it. I just talked with someone this morning. We're doing brain mapping with them in neurofeedback.

And it's great because they can do it at home. It's one of those amazing things that we can actually now offer to even coaching clients at their house, rather than having to come in with a crazy machine.

But she had hit her head over here and she's like, well, do I permanent like scarring and stuff up there? I'm like, you may, but what's so amazing about your brain is if you give it the right nutrients and by nutrients I mean physical, mental, emotional and spiritual nutrients.

So you give it all the things that the body needs to really go. You can actually change that. You can either recreate a new pathway that's better than the one before.

Sometimes you can, but most of the time you can, or you can actually fix the exact thing in the brain because it changes. So it's so amazing. And I think that I'm so excited.

A couple other things we want to hit on before we dive into your special experience here is, how does extremely highly reactivated EBV affect Lyme recovery?

One of the things I would say, and I know I talked to Doctor Darren about this in his talk from two days ago. Reactivated EBV is a really, really, like, awesome thing to talk about in marketing.

And it's just the question is, if you look at the actual medical research on reactivated EBV, it's a diagnosis of exclusion, which also includes a little bit of lab testing.

The problem is, if you rewind and go back to Darren's talk, we'll talk about polyclonal activation. I think he even talked about it in yesterday's Q&A.

So if you if you happen to have purchased the, the, the all Access pass, the VIP upgrade, you can go and watch that and get more detail because Darren's a microbiologist and that's like before he became a doctor.

So he nerds out on this. But the the bottom line is those viruses are supposed to be asleep. And so it's very

interesting, to see how many people have been told, like, I was at lunch yesterday for Mother's Day, we did a little brunch right before our session here, and one of the ladies like, oh, I do Reiki.

And, my son and I are doing a cleanse from the medical medium. I'm like, that's really great. But EBV is not the cause of all things, and it is not the cause of Lyme disease because EBV is a virus and Lyme is a bacteria.

However, the common thread is our thinking about that, about the symptoms that are being created by these and how many people have chronic Lyme because they think they have chronic Lyme and someone told it.

And so they come in and they tell you or I that they have chronic Lyme or their Bartonella is acting up or they have reactivated EBV, all of which may be true, but I want to know what's really going on in your life.

I want to know what your body is telling you, what your emotions are like so that we can treat you, not a label that someone else suggested to you. And you bought into.

Because a lot of my thought patterns and a lot of my behaviors I learned before I was seven, before I knew I had a choice in accepting or rejecting. I was a little kid. I was a sib.

So that's why we all act so much like our parents. Even if we don't like our parents that much, we still act very much like most people in our family because it was preprogrammed.

And so this is a is a evolutionary sort of, longevity benefit for your family. But it's not necessarily a benefit to you as an individual once you move beyond being a child.

So just remember, high EBV may just be a sign that your immune system is going ballistic and responding to everything, which is more like mast cell activation.

And when you were talking, I was like, well, hey, when your your what you were just saying about the cycles we get into and how there is that fear of pain and that pain cycle, and you're getting triggered just by thinking about it.

Like that's just like your mast cells are getting triggered. They're hyper reactive because they don't get a break and they they're trying their best.

So when you're in fear and your body's clamping down, it is literally your body doing its best for you. In the moment, you probably would like it to do better, but in the moment it is literally giving you all it's got.

So give some love and gratitude to your body. And I would say for EBV, I've definitely I mean, I studied with one of the first people to ever publish on chronic EBV, and he was like exclude Lyme, exclude mold, exclude, exclude, exclude.

And if it's leftover and you have like seven other things, then we can treat that. With that said, I use herbs to treat chronic reactivated EBV a lot because there's some herbals that are not all that dangerous to try.

And it works probably 1 in 30 times. But really what it is, is backing up and doing what Doctor Elena said is look at all the different pieces. So let's see, What do you what do you think, mutated.

Does a couple, quick. Oh, I'm going to make one comment and then, let's see. One I'm going to give that we have a couple questions here. One, I'm going to give it to the Doctor Talks support team because they know the answer to that.

Because it's about the nuts and bolts of purchasing the summit and sharing it with someone that, I know they can help you with that, so I'll ask them to grab that one.

There's a I have one question. I'm going to say a one liner on, and then I'll give it over to you. And while you answer the next question, you can lead right into your presentation and I'll switch the host over to you.

So, someone said, hey, it's interesting. I spoke to your provider today, said you can never heal the gut until you kill the Lyme. And it kind of sounds the opposite of what you've been hearing at the summit.

And I would say you're never going to heal the gut until you find out what's wrong with the gut. It has nothing to do with whether you have to treat the gut itself, or you have to treat the Lyme.

I've seen both happen. I've seen you got to treat the gut directly. If you found something in the gut. I've seen Lyme in bbca causing gut symptoms and leaky gut.

I've also seen, if you think about where we're going today with Doctor Alana is talking about pain. Well, pain is happening in the body and going back to the brain and in the gut where we're processing that second brain, all those emotions and stuff.

EBV, Lyme, and detox genetics

They're going right up the vagus nerve, right back to your brain, and they're communicating with your brain, and your brain is directly communicating with your heart.

So I'd like to have people add the gut brain heart axis back together. But there's so many interconnections. It's about finding out what's causing your gut to be the the sort of that neon sign.

Right? And it might be your GI. It might be you have a parasite, which is I find it's not as common as people think as to what I had a like a two hour conversation about this a couple of weeks ago, but you got to find out the cause, right?

And that's why working with a provider and I would suggest personally, I try never here I go using the word never. I try not to make statements like that because I don't know when your gut is going to heal.

That's not my job. My job is to find out what your body's prioritizing in your healing process. Catalyze healing in that area, step back and be mesmerized and odd at how amazing your ability to heal yourself is.

And then come back in and give you one other thing or five other things if you need, or ten if you need it at the right time and for the right amount, and then remove it and just be in complete all of the magic of you.

So if you want to add anything to that, you certainly can. As I ask you, this one. So because I know I'm pretty sure you have some opinions on this, if you have chronic Lyme or chronic anything else and you're missing some detoxification genes, do you see that really stop in people or what might they be able to do?

You know, these, changes in our genes? I always tell people it's it's not making us broken. It's it's a part of the evolutionary process. And if we understand, if we understand it better, if we understand them on a deeper level, we can see that these, these changes in our genes.

I also come with superpowers. I call them superpowers. There are things that we can do better. They help us to survive. They help us to move forward. And in almost all cases, and we have 99% control over how our genes express.

So you may have a methylation genetic issue like I do. I've got some I've got some I don't like to call them. I don't like to use any negative terms. I, I have a lot of colorful genetic variations, a lot of them.

And by traditional standards, you would look at it and go, oh my gosh, she's high risk for having detoxification issues. She's high risk for Parkinson's, she's high risk for Alzheimer's, high risk for all these things.

And I'm just like, whatever. Because, I've experienced personally how when I was really sick and I was looking for answers and looking for my way back to health, first of all, I found that there were a combination of many things going on.

It's never one thing, including what's causing your gut issue. It's never one thing. It's always like 3 to 7 different things going on all at once. So, when I was looking for answers and I was working on healing myself, which took me about a decade, by the way.

So for those of you that have been working on it for three months and you're frustrated, you know, be realistic with yourself, it's not going to take you ten years.

If you're working with the right people in a year, you can make a huge difference, and two years you can make a massive transformation in your life if you're really working at it.

But it took me ten because we didn't have all yeah, I didn't have these experts. I didn't know Tom back, you know, back when I was sick. So, but when I discovered that I had some big methylation issues and other supposed detoxification genetic snips going on, I started on a really high dose of metal folate.

I swear, in 24 hours, I noticed a huge difference. I was just shocked. I was shocked that, that metal plate alone would make the difference that it made for me.

And I can also tell you that fast forward 15 years later, almost 15 years later, like I, I don't I hardly ever take it. Now there's a test to show, you know, if the gene, if the gene is, is snipped or they call it mutated, whatever, there's a variant I don't know yet.

Tom, if there is a test out there yet to show if the gene is male expressing or not, but there are ancillary tests. So, for example, if you have the methylation genes, if you have a lot of those snips, it's going to affect your detox pathways only if those genes are expressing.

So how do you know those genes are expressing? You look at your homocysteine levels. You look at your MCV levels in your blood work. You look at like other things that will show up as being out of balance.

If you have these, you know. But if the methylation issues are active. And while they used to show active in me years ago, they don't anymore. And and I've changed all my lifestyle.

So all the things that I can do to control the expression of my genes, I do almost all of them. I do the best I can right now. None of us are perfect.

But the result of that has been tremendous for me. I don't have the health issues if I don't take muscle folate anymore. So, now I so so my point being is that is that, you know, you may have a different maintenance schedule, right?

But that's just you learning what what is your what is your maintenance schedule for the, your vehicle. Because it's going to be different. Right. Like the Ferrari has a different maintenance schedule than the explore or right than the Mercedes.

They all have a different maintenance schedule according to their blueprint. So when we can understand our blueprint and then we can understand how we have the control over much of our blueprint and how it works or doesn't work for us, we can go in and we can change that.

Now, sometimes we may need to or want to or, you know, when we're working with somebody like Tom or myself, we may, help you, you know, decide that for now, since we're going to be detoxing all these chemicals out of your body, and you were showing, you know, this stuff in your labs, and you've got these genetic issues, and you've got all this stress and all these things that you haven't dealt with yet.

Yeah. Let's go ahead and let's give you let's up your maintenance schedule. Let's, you know, let's change the spark plugs more often. Let's put this, you know, high performance oil in the car and these high performance tires on.

So you know for a human that would look like let's add these supplements right now and let's add in this

breathwork and let's add in this other type of stuff.

So that we can help make and sure so we can help ensure that we support those detoxification genes to help your body to detoxify. So well said. So, so well said.

I have made you the host so you can do your screen share. And while you're clicking the button, then when you're done you can share it back, but or just end us when we're done.

But I will say one other question I wanted to answer is does fasting help in Lyme? I mean, in the right place? Fasting can help promote autophagy and cleaning out your cells, improving energy detoxification?

Certainly. Go back and check out, conversations with people like Doctor Rita, Maria Le Scalzo and Cynthia Thurlow, who's a nurse practitioner and great friend of mine has, one if you go check out Cynthia's stuff and her podcast, I think it's like one of the top ten health podcasts in the world at this point.

She can amazing book on intermittent fasting so that can help a lot there. So and that is a great question. How long should I fast. That's a that is a very in-depth conversation I don't want to take away from Doctor Lennon's time.

I'm happy. We will be doing another one of these tomorrow at 5 p.m. eastern time and then, with another breathwork session at the end. And then on Wednesday, we and you'll get an email from doctor talks about this in the summit.

We have our official one hour long Q&A and we can dive into that and some other testing questions there as well. That's a great yeah, that's a great question.

That's another one where sometimes, doctor Tom, sometimes looking at your genes helps you understand your personal blueprint and how your and how your systemic engines, you know, and how your genetic engines work, you know, when you want to really dial in on the fasting thing sometimes that that can give you some insight.

And so since I'm kind of being a weenie here, and we've gone over every day because we have these really great conversations, one thing I will say, about that fasting very briefly before I let you do your thing is, you know, it's about going out.

Thank you. You're like me. You're so good at this. Thank you for doing that. A little bit more today than you did yesterday. And see how your body responds.

Don't go to if you're eating. Most of the time you're awake and you're sleeping for eight hours, and now you're fasting for like, you know, don't go all the way to 16 hours of fasting.

Go at 12, you know, go from 8 to 9 hours of fasting, 9 to 10, ten and a half. Move your way up. If you're on a protocol where you have to take a bunch of stuff in the morning and that night with breakfast and dinner, you may not be able to do this fast on a regular time.

So it's very individualized. But Cynthia's got and Cynthia, in her book, as well as in her talk, dive really deep into that. And Doctor Elena and I at some other time are certainly willing to dive super deep into it, because I do it all the time myself.

But I will say it's an individualized protocol because, you know, four to 6 or 7 days a week. I don't eat for about, you know, 18 to 20 hours and other days I fast for only ten so that I can have time with my family and I can go out with my friends.

And so just enjoy it. So anyhow, and we can talk more about that one tomorrow. Well, I would for sure. Yeah, exactly. For you now that I've just kept going after I said it was all you like five times. Yeah.

No no no no, that was so interesting. I was just listening. Listening to that, nodding my head. You know, I, I fast

also. And for me it started more as a, as a natural thing.

You know, I just went with I just as I got more in tune with my body, I started listening. And so I fast and it is definitely intermittent, you know, on days that I'm doing more like we did this amazing hike, we like, did, we did like 1600 feet yesterday, like going up.

We're up here in Washington. We were hiking and the whole thing was uphill, like up this mountain. It was crazy. So like, I obviously did not fast yesterday for me as a woman, you know, I, I enjoyed my calves, I enjoyed my protein.

I was eating yesterday knowing that I was going to be doing that. I ate before and after today. I didn't put I didn't get any protein on my body until right around noon.

So yeah, just, you know, the fasting varies depending on what and what you're doing. All right. So let's try this. This is terrible. I just commented that to Willow that obviously like we're so bad at being host right here because we're so geeking out on intermittent fasting.

But I never thought of it. You said intermittent fasting. I always tell people they don't need to do it all the time. So intermittent fasting means we're doing this intermittent break from food, but we're also intermittently doing it anyway.

Yes, intermittently. Do you do it all time individual? Yeah, exactly. Exactly. All right. So here we go. I'm going to do a screen share here. Tell me if you can see this study from the Journal of Clinical Psychology.

Yep. Okay. Beautiful. So I just want to start here, since we're circling back around to, root causes of chronic pain that, this is a study from the Journal of Clinical Psychology talking about the connection between unresolved trauma, unprocessed emotions and chronic pain.

And it says here that, psychological research demonstrates that greater pain is related to emotional stress and limited emotional awareness, limited emotional expression and limited emotional processing.

And also, it's that it goes on to say that social research shows the, the importance of emotional communication, empathy, attachment and rejection and in relation to pain.

And so this is really important for us to understand, because how many of us know, especially in the US, but in many countries around the world, we are taught to just hold it in.

Right? Just like just pull your pull your socks up and, you know, pull your pants up and just keep on going. Right? Like we were not taught to process.

And a lot of times I don't know about you, but when I was growing up and my parents, they did the best that they knew how, right they learned from their parents.

But, there were times when my parents thought it wasn't appropriate for me to express my emotion. Like, you don't deserve to be upset. I'll give you a reason to be upset.

And then they proceed by spanking me and putting me in my room, or making me feel shamed in some way, which really just precipitated the emotion. But if I wanted to be accepted back into the family again and come back into the living room and be a part of the family, I had to just shove it down, get over it and move on.

Well, what really happened there was that those emotions and all of these stories that I was creating around it were getting stuck inside my body. And so I think it's really important.

And we have found this very, very useful. Tom, the importance of educating people so that you can understand the concept and the science behind this stuff, because it's one thing for us to say it.

It's one thing for a person to just hear an expert say it, but when you get to see that there's been research behind it and there's science behind it, it it changes your perception, right?

Right. It makes it more real to you. And in order to change your perspective, you've got to be able to put on different lenses so that you can believe a different point of view.

And so looking at research can help us as humans to believe a different point of view. Once we can believe it, we can achieve it. Right. And so I wanted to start with a just a couple of slides just to show you this.

Let me see. I know I had another one. So, chronic pain can be from different root causes. We talked about this earlier, Tom. It can be from a biomechanical instability or it can be from environmental, toxins or medications or food, or different pathogens that are causing, inflammation and metabolic damage to the body.

It can be from the brain misinterpreting information from the body that can happen. And then, and then from a rewiring of neural pathways in the brain as a result of trauma or unprocessed emotions.

So let me go through the pain paradigm. This is a there are a couple of tools and modalities that can be used to help us to rewire our neural pathways.

And someone mentioned earlier about neuroplasticity, that's the body's ability to make new new nerves, new neural pathways in the in the brain and in the body.

We actually can do that, which is great news, because when Tom and I were in medical school, we were taught that once you damaged a portion of the brain or once you damaged a nerve, it could not be regenerated.

And I always thought, Tom, that that was so odd, because I remember that everything else could pretty much regenerate itself, but the nervous system couldn't.

And I just thought, wow, that just doesn't make sense to me. I always questioned that, and I'm glad I did because, you know, 30 years later we learned that, oh, well, we actually can regenerate.

We just have to know how to do it. And, and we have to do it. So in some cases, we want to start the process sooner than later, like, you know, so that we can get the best possible outcome.

But this what? When I'm getting ready to do now, Tom, is you and I are going to pull someone from the audience, and we're going to do an example of the pain paradigm.

I'm going to teach you how to do this. And I want all of you who are listening. I want you to go along with it, and I want you to practice it as we do it.

Now, this is what I'm looking for. Don't raise your hand yet. I'm going to tell you kind of what it is that I'm looking for. And then you guys can, raise your hand or say, me or whatever, like in the in the chat, and we'll pick somebody.

But I'm looking for someone who's been struggling with a chronic pain. Something that you've had, you know, maybe over a year or two years, like a back pain or a shoulder pain or even, like, you know, maybe you have a headache right now if you have some sort of pain like that.

And it's not due to a recent biomechanical injury, like you didn't just break your knee yesterday. Now, pain paradigm can work with this too. It can help bring pain down.

But optimally. For the demonstration, I'm looking for someone who. You didn't just hurt yourself yesterday. That's not an acute injury. You've had this pain for a while.

Go ahead and if you would like to participate, we're going to bring you up as a co-host. So go ahead and just pop into the chat or or into the Q&A like a raise your hand, do something and we will go ahead and we'll pick

somebody.

If you want to participate. Looks like Willow and Willow and. We can bring Willow on. You should be able. I don't have control the way that's set up, so I.

You should be able to do it, but I can do it. Okay. Now, now, the other thing, too, is, is you need to be in pain right now. You need to be in. And I would like to see you somewhere between, like, a six and a nine, somewhere on a scale of 0 to 10, with ten being the worst and zero being no pain.

Somewhere between a six and a nine. Katherine and Willow, are you both between a six and a nine right now? Let me know if you are okay. Katherine. Let me see what I can do.

A little or two? Yeah. Cassie. Okay. Willow raised her hand for her. So? So, Katherine, hold on. We may have time to do both, but either way, you can still practice it while we're doing it with Willow.

And then you can let us know where your pain is whenever we're done. See how I do this? Give me one second. Promote to panelist. Okay. I'm. I just promoted you to panelist.

So go ahead and click on the. Except there we go. Hi, Willow. Can we see your face? Do you have a camera? Okay, I'll try to get it on a screen up there.

Working lately? Okay. How old are you, Willow? I want to keep the 118, 18. You're 18. Okay. And where? And you've had back pain. Or what kind of pain have you had?

Like, I keep getting these weird headaches behind my eyes. Like. And I also sometimes get back pain, depending on, like, what I've been eating. But most of the time it's really bad.

New pain, really bad knee pain. Yeah. Like some days I can't really get out of it. Oh, no. Okay. All right. And, for your knee pain, where are you? On a scale of 0 to 10 right now?

Live pain paradigm demonstration

Like 7 or 8. Okay. And what about your eye pain? Right now, I'm not having it, like, very bad. Good, good, good. And what about. And what about your, your back pain?

Right now, my back pain just feels like I've been crouching all day, even though. Like, I'm trying to keep it straight. And if you were to give it a scale of pain on 0 to 10, with ten being the worst and zero being no pain, where would you be?

Five for my back. Okay, so the knees. You said we're at an seven eight? Yeah. Okay. Which one? My knees. No, but it's a seven or an eight. I don't remember what you said.

I was trying to, like, think which one? I have trouble making faces these days. That's okay. It's that's okay. Go. Go with your gut instinct. First. First instinct. Eight. Okay. There you go.

Your unconscious mind never, never will go wrong. It will tell you. We just want to get out of our head and listen. Listen to our body. Listen to our hearts and our guts.

It will. It will tell us what we need. Okay? So let's go ahead and let's start this. I want you to bring your internal awareness to the epicenter of where you feel your pain, which is in your knees.

Correct? Yeah. And, and I want you to tell me, what emotion are you now? And I want you to just to go. Don't think with your head. Just go with your initial gut feeling.

Listen to your heart, okay? What emotion are you feeling right now when you're focused on your knee pain? Sad.

You're feeling sad. Okay, I can appreciate that.

Tell me. What other emotion? Take a deep breath. Feel into that sadness. Just allow yourself to feel it. Really feel it. A lot of us don't allow ourselves to feel our emotions when we think they're bad or heavy.

Right? So I just want you to feel that emotion. Now. I want you to say, repeat after me. I want you to say I am feeling sad right now. I am feeling sad right now.

Good, good, good. Now, what other emotions are coming up for you right now? Are there any other emotions coming up right now? There's one other one. It's starting arousal starting to feel a little worried.

I get out of the sadness. You feel worried? Okay. Now I want you to say acknowledge to your knees and acknowledge to yourself out loud that I am feeling worried right now.

And allow yourself to just be the observer of how you feel. I am feeling worried right now. Okay, now tell me, where is your pain right now? On a scale of 0 to 10?

Six. Perfect. Now let's continue. I want you to tell me, as you feel into your knee discomfort and you feel in your knee pain, what emotion is coming up.

And it can be the same ones. It doesn't have to be a different one all the time. It might be the same. It might be different. What do you what emotion do you feel as you feel into that knee pain?

It's still the same. Can you say it out loud? Say I feel, I feel sad and worried. Still right now. Perfect. Say it again. I feel sad and worried right now.

Take a deep breath. Take a deep breath in and really feel into it as if you are a fly on the wall, observing your own emotion. Like how deeply can you allow yourself to feel it, knowing that it's not you?

It's just it's like a messenger, right? So just allow yourself to feel into it. Take one more deep breath and then tell me what your scale of pain is on a scale from 0 to 10.

It's a little halfway between 5 and 6. There you go. So, this is something I want you to keep practicing this. You could do it for probably another five minutes.

So just for the sake of time, do it. Do it for another five minutes or once. Once we get off the call, I want you to practice it. You got yourself down from a seven.

Down to what? Down to, like a 4 or 5 and what, less than five minutes? And that is, that's a, that's a big reduction in pain in a really, really short time.

And what I invite you to do is to allow yourself to feel it. How intensely without attaching any stories to it. No stories. We're not going to create any stories around it.

This is called mastery of your mind and mastery of your of our thoughts. Because we do have monkey mind and our minds always want to create stories around everything.

Just stay in the present moment. Feel it. What emotion is coming up when you think about your beautiful niece? What emotions are coming up? How intensely can you allow yourself to feel the emotion, remembering that you're just a fly on the wall, just just observing it.

It's not you, it's just an emotion. And to the depth that you can allow yourself to feel it without creating a story around it. You'll notice your pain scale start to come down and down and down.

Now, Catherine, did you also get to practice this? As we were doing this with Willow and let me know if you if you

practiced it and if you did, how far did your pain scale come down from A71?

Thank you. Willow. You're welcome. And as you're. It looks like Catherine kind of saw some improvement. Maybe we can get a number, but I will say I have this weird, chronic, hip thing.

Very just irritating. But it's just there, and I just let it be. I kind of have a sense of where it comes from. And I. One of the things that you just, I think was such a gift for me when I had chronic Lyme and chronic, the easier was I didn't have a name for it.

I literally didn't know for over six years of suffering what it was. And what was so beautiful for me about that was, when you don't know, you can't really put like, I didn't believe chronic fatigue and fibro, right?

Because it just made no sense. So I was like, something's going on and I just have to experience it. But even though you said start at like 7 or 8, you want something profound.

Like I had this like two and a half three irritation if I paid attention to it. Otherwise I don't notice it. But what was really interesting is I was doing it, and I felt a shift like as you and Willow were working.

But the other part was I actually muted myself and set it out loud. And it was like that, that the out loud changed everything. Exactly. It totally does.

And, this is where see, this is where it's so amazing. We were born into this world and we weren't taught how to use it, how to drive the car. We were not taught how to drive the spaceship.

And so learning these things is like magic. It really is alchemy. This is real alchemy. And again, this is not a this is not a cure all, but this is a tool and a modality that can really help you, especially if you, you know, if there are emotions tied to this, tied to the pain, tied to the dysfunction, and you start to talk about it out loud, you can start to notice massive, massive changes.

Now, Catherine, mentioned that I just want this is worth mentioning here because this is what we typically see. Catherine said she started at a seven with her pain.

She got down to a 1 or 2 during this short five minute exercise. That's huge from a seven down to a 1 or 2. And she said she was, sobbing and over the emotions of fear and sadness.

And so she actually was able to, reduce her pain greatly in just a few minutes so we can have emotions that get stuck in our body, thoughts that get stuck in our body, beliefs that get stuck in our body, trauma they get stuck in our body.

They all carry energetic patterns. And if we will finally acknowledge them, that's what they're waiting for. Our body's waiting for us to acknowledge it.

We just drive it into the ground and don't pay any attention. We need to give our this is a this is a gift that God gives us right here. This is a gift.

And as we can learn to respect it and love it and nurture it and listen to it, acknowledge what it's trying to tell us, it can then heal itself. And so I just I'm so glad that we had two amazing experiences here.

And then, Willow is asking, what is alchemy? Alchemy is is basically understanding the, Well, I don't know what the what what the official definition of alchemy is, but it's like, it's like it's like chemistry.

It's like understanding and understanding how to mix, the physical and the spiritual world, how to understand, how to understand how to use them to create healing for yourselves.

And so, you know, that's what our, the original, the original healers of this planet, you know, the original medicine

doctors, they were highly, highly spiritual.

So it wasn't just, you know, using medicines. A lot of our healing comes from inside of us. We work with people all the time, just like Tom, helping teach people how to take themselves from a state of chronic, chronic illness back to a state of health, and even optimization.

And we spend a great deal of time teaching them about how the majority of their healing transformation that the experiences that, that, that they experience is coming from inside of them.

So there's not one pill that's going to ever fix anything. It's never going to happen. Your healing comes from within you and the choices that you make, and learning how to master all of the different facets of your human condition mind, body, and spirit.

Closing reflections and summit wrap-up

Well, I was muted. I'm just so stoked about what everyone, is talking about. And I love the I'm with my tribe and we can talk about, you know, alchemy.

And if you notice most of the conversations, I think every single one that I had on the entire summit includes the word love and how you are so worthy to receive this healing.

And, you know, I'm just so grateful to be able to provide this, you know, exposure to everyone. And one of the things that I think is so important is like I say, over and over and over, like your body is doing its very best for you at any one time.

It is not betraying you. It may not be able to do what you want it to do right now, but together you and your physicality can get that ball rolling in that right direction.

And I think what you said was so important, your body, if you just acknowledge and stop saying you suck your beating me up, why can't you work better?

Because essentially you're just saying that into the mirror, to your psyche and to your heart. But if you can say to yourself, thank you for what you're doing, I acknowledge that you're not feeling well, and I acknowledge that you're here.

For me, it just comes, right? It's so natural we do not our our minds that our bodies and our hearts and our emotions are meant to be expressed in a community of friendship and love.

And it's like, that's what we're here for. And I'm just so, I'm just so blown away and so honored that you're here. I'm so honored that everybody here is here.

So one of the things is, this is exactly what the thrive With our Thrive With Line program is. We're talking about all the nuts and bolts like we do in the summit, but more importantly, focusing on finding the access point for you and your personal routine and ritual to heal yourself and be able to receive all the healing from the doctors you're working with.

So I'm going to drop the link in the chat there. Because we have our masterclass. This is separate from Doctor Darren and I, you know, going over the nuts and bolts together and then talking about autoimmunity and how to recover this with diet.

This is my personal deep dive into things. And this is kind of essentially the summary of conversations that I've had throughout my life with myself, with others who've led me in healing with amazing friends like Doctor Alana here, you know, from modern holistic health.

And this is the place where we get this all together. And I'm so inspired by you guys. If, I'm going to drop an email

address, I'm doing something really stupid, which is like getting inspired in the moment and just going with it.

But, there's a little something special that I'd love to share with all of you around the masterclass and thrive with Lyme. So if anybody's interested in what that's going to look like, you can reach out to support at Tom Walker Ofcom and just let them know that you were at Doctor Elena's, session.

And, I'll get more information to you, you know, in a couple weeks. But that's there for you. And that's just because there's so much gratitude in, the chat here.

And every day that we've been doing this, there's so much gratitude I'm feeling right now for you, Alana, for taking time out. I don't know if people know you just are coming back from a cruise and you're not even at home yet.

You're, like, traveling in-between places. And she took time out of her crazy schedule to be here and support you guys. So let's send a lot of love. And to Doctor Alana and thank you guys all for being here.

Doc, day seven is live. So go enjoy all those will be back for another healing session tomorrow. We're also going to be doing the Q&A in the beginning, and I've got some really cool shamanic beads to jam in the background of our meditation breathwork session.

Maybe you'll be somewhere where you can join us, Alana, but it's going to be super fun. Oh my God, I love that, I love that that's, really, really powerful for all of you listening, do you definitely need to tune in for that?

Yeah. And so everyone, thank you so much. Enjoy the next day of the summit. Thank you for making this such an amazing, amazing experience. And, someone further up in the chat here.

Yeah. Willow, I got to tell you something like. And you're the one who inspired me to make up this crazy on the spot, like, special for you guys here today.

Because you are so brave. And if I could, like, when I was 38, do what you just did at 18, publicly, publicly getting up and following through and, I mean, I wish I knew how to put myself first, like you just did when I was that young.

So people. Yeah, right. That's exactly what I'm doing. The tears are welling up because I have a 13 year old daughter. And sometimes in the world I'm like, this place is messed up.

And that's why we're coming together and bringing love and sharing in this way, because this is what changes the world. And Willow, knowing that there are people like you who are out there who are just a little bit older than my daughter, I know that we have hope.

So I know you can get better. Keep practicing with doctor Alana taught you and you know, definitely reach out. Keep us posted how you're doing. But you know, join us for the Thrive With Line masterclass.

And, you know, just enjoy the rest of the summit. And it's very I mean, I don't really care about hiding my emotions anymore because I realize that's a good thing and we should cry with joy and stuff.

But this group of people today, and, you know, I mean, just blow my mind. So lots love to all of you and thanks for joining us. We'll see you tomorrow.