My Journey Through Cancer: Training The Mind to Maintain Health, Energy and Joy Transcript

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Introduction to Leah Lunt and One Whole Health

Welcome to the bio optimized summit where we are exploring the next level of physical and mental health you can achieve through targeted and intentional optimization.

I am your host dr Amy and today I'm very excited to have with me a good friend leah lunt now she is the creator of one whole health and offers coaching and retreats that help you command your frequency and unlock the inner capacity so you can brave life's uncertainties and challenges and truly create a life that you love all of which is especially important right now with all that's been going on in our world and in her capacity is what we're going to be talking about today with leah her programs help you reboot your brain and that is actually how I met her last year with reboot your brain program and she really focuses on rewiring your sub consciousness that you can have the clarity capacity, encouraged to be your true self and live your life's purpose, blending her experience in brain coaching, neuro nutrient therapy, breathwork, spiritual expansion, hypnotherapy, rapid transformation therapy, holistic health coaching leah has designed her unique one whole health methods which uses neuroscience, neuro nutrition, energy, psychology and other techniques altogether. All integrated to help you get to that place of feeling truly happy, confident and content, finding freedom from the anxiety overwhelmed food body issues, depression, emotional eating cravings, all of that that can drain our energy and really be draining the life that we were intended to live.

So leah, thank you so much for joining me today, I'm really excited to talk about inner capacity with you and go through not only your program and how you integrate all of this stuff but then how it's actually been playing out in your life with a recent having to navigate the diagnosis of breast cancer. Welcome leah thank you so much amy thank you for having me here and truly thank you for putting this together.

I mean now more than ever it is so important to understand our capacity and our our biology and what is available to us beyond what we might have realized um because we pretty are we are pretty amazing beings. So I think it's just incredible that you're bringing this information to people.

Thank you. And again I'm just so happy and excited that our worlds have intersected because I love what you do. Like I love how you really integrate the science, the neuroscience and yet the the energy psychology, like you've got the nutrient therapy, you've got all of the essential piece that that I consider essential that I have found essential in my journey.

And so I'm loving the fact that I get to pick your brain today and and let's talk about inner capacity and what that means to you and why is this such an important place for us to start our talk today. Yeah thank you for starting there for me in our capacity is really um includes all of our dimensions of capacity that are part of our natural design. You know and sometimes we get so focused on the outside and finding the magic bullet, right, or that the magic answer or the singular answer and very rarely have have I come across anything in life whether it's my life or any of my clients um and whether it's health related or something else, very rarely was it a single, a singular singular issue because we are mind, we are body, we are spirits. So um to me in her capacity is being able to tap into all the different capacities that are of our natural design and that can include certainly brain capacity but body capacity, our physical body capacity or emotional kapow, our mental capacity um and our energy capacity and even our spiritual capacity and what I teach my clients is is most of us look at one more than the other all the time, you know? So so some of my clients will come and it'll be all about the physical, just you know, help me physically optimize my body and that's you know, I know that'll fix everything and it'll all be good and they do, I want to hear about thoughts or they don't want to hear about, you know, your area of expertise of healing, trauma and emotion.

Defining Inner Capacity and the One Whole Health Method

And without that it's never going to be a sustainable solution or a complete healing. And so that's really for me what inter capacity is is all those different kinds of capacities and how do we know which one to tap into when sometimes it's a matter of we're at a roadblock with one so it look at another one, right? And ideally integrate them all because we are these incredible bio computers. If we look at it, you know physically and physiologically but but we're also integrated with this essence of spirit that it has wisdom beyond, you know, what will ever even understand.

And the way in which you describe capacity then is not only taking this term that's been defined as resilience, but it's like taking that term and making it so much bigger right?

Like resilience tends to focus maybe on like emotional resilience or stress resilience and what you're talking about with capacity is breaking that mold.

Breaking that box that we've put this resilience in and saying no like capacity and building your and all of these different dimensions is truly where you are going to be free from all of this stuff that brings you down whether it's biologically, you know, your thoughts, your emotions, whatever it is like it really is breaking that mold in terms of how we've made our lives very much small in order to try to still feel safe, be safe and have that security that we all are looking for.

Yes, absolutely resilience is I mean it's hand in hand with capacity you might even be able to just interchange them, right? We have mental capacity or mental resilience we have emotional capacity or emotional resilience. That's a really a really good connection.

So with all of your training in your background, then you're able to look at someone and and really figure out where they might be having a hindrance, where they are compromised in terms of building their capacity. And like you mentioned, they can be progressing in one area and then they hit a wall and we've got to focus on and address another area of building capacity and that.

So what is that process? Like where would you know, how does a person know that? Hey, I've got decreased capacity in this area of my life that I need to focus on, that. I need to figure out how do I build capacity in this area of my life? Yeah. So are are one whole health method, the five steps of that, which are, they're not completely linear because we don't work that.

You don't like check it off the list and go, okay now my body is perfect and perfect forever. But but generally speaking, we go in this order of starting with brain because that is command center for everything including our our energy and we are energy beings.

So we start with brain and I can come back and expand on that. Um then shift into body because one thing that a lot of people don't realize as much as our brain sends messaging to our body and directs hormones and, you know, you name it in our body, our body sends messages to our brain also.

So our body has the ability to tell our brain, um, there's danger, there's pain, there's um, we're happy, we're sad, you know, all kinds of different things. The communication goes both ways, so body is really important. Um, third step is we go into emotional capacity, and I do that before the fourth one, which is mastering mindset and and I think that's a distinction from a lot of programs and and practitioners in that we see a lot of mindset programs that are just mindset is everything right?

Like just uh just have this mind of steel and I mean, we probably all know somebody that would run a marathon on a broken leg just with their willpower.

And, you know, to me it doesn't have to be that hard. You don't have to risk damaging other things. And if you can be resilient about your emotions first, so we do emotion third, and then and then um, mastering mindset, and then ultimately what's it all for is your life experience, right? For your dreams, for whatever you want to do.

So I call that one Soul aligned action, which is after you balance these four areas, you can start to take big action in

your life, you have the capacity to do it and, you know, it's nothing specific. It's what is the most important thing to you that feels really aligned. So for some p that started some of my clients are starting their business. Some of my clients that's writing their book, getting on stage finding, you know, a relationship getting married for the first time or maybe again after, you know, a challenging experience, whatever it might be, but really getting into the action of it, because action is also, um I believe it, it really solidifies and completes the the circuit as far as our energy goes and as far as our learning goes. So that's generally speaking, the method that all of our programs, whether it's a retreat, whether it's a group coaching program, whether it's private coaching where we flow through.

And then of course there's ways to assess and different modalities that fall into each of those, each of those areas. And this is awesome because they're not able to take that big action in their life and tell they've built their capacity to do that because otherwise it would overwhelm them.

And like you mentioned with the mindset, sure they could get into this mindset of I can do this action. I'm ready for this. It's just a matter of, you know, fixing my thoughts having the right mindset.

But then I'm sure it's been your experience as well, his mind that when they take that action and if it was bigger than what they had built their capacity for their body gives out like it's their body that actually shuts down and says, no, like I'm not ready for this, You're not listening to me.

And so we're going to put the brakes on regardless of your mind. And the body does send those messages to the mind and and ultimately our survival system kicks in and overrides any logic or mindset that we've created for ourselves.

So true. Yeah.

Thoughts, Words, and Neurotransmitter Depletion

And you know, we have that expression mind over matter. Um I think that can work for a for a while, but our our matter is is our programming is our D. N.

A. And I know I don't have to tell you this. I mean this is really what you are helping people um with and are so gifted at is that you have to pay attention to what your body is telling you.

And the way I think of this work and try to explain it to people is it's like you're on a spiral staircase. And so, you know, you start working on stuff, you start building your capacity as you're walking up the stairs and you can look down and see your progress while at the same time looking up and thinking, oh my goodness, there's so much more work to do. And as you get high, you still circle back to some of the same areas that you may have addressed earlier.

It's just now on a deeper level and you're being able to build capacity on a deeper level in some of these topics that you know, you had dealt with and maybe you thought at the time, oh, I'm so glad I've dealt with that. It's gone.

I'm done with that. Never have to do that again. And you're it's coming up again as you take more and bigger action in your life. This stuff will come up again. But it's it's different, it's on a different level. And so your yeah, it's it's building capacity kind of in a circular way.

Um it's not it's not linear, like you say, and there's levels and layers and levels, layers and, you know, and that's even a capacity builder in its own to know that and to not take that as a sign that you're failing at moving fully, expect that, you know, they'll be the next level and it will feel new again, and it will feel challenging again and um and things will come back from your past and it really is all part of the journey. Yeah. And something that is really important in your program is how we choose to talk to ourselves and the language that we use.

And and so it sounds like this is this is part of what we choose to tell ourselves, is reminding ourselves that, you know, it's not linear. It's going to be a journey of different layers, different levels.

Talk to us more about how we choose which words we use for ourselves and how that can help or hinder this process. Yeah. Yeah, absolutely. Are thought we our thoughts do create and I'm sure everybody listening and has heard that that expression or a version of it. And it's and it's literally true when we come down to neuroscience and quantum physics, you know it is true because our thought will there there's a sequence that and and trauma is gonna be a little side note to this.

Um but there's a sequence of how things unfold. And it typically starts with we have a belief and that's imprinted at a very young age often times. And because of those beliefs then we have thoughts and then because of those thoughts we feel different emotions, those thoughts elicit an emotion in us and we usually act out of our emotion unless we grow emotional capacity some distance between those two things where we can pause and say, okay I'm feeling this but you know I'm gonna shift my more conscious thinking and decide what I actually want to do and then of course that does create our outcome or result or what we could call our reality. Um so our thoughts are almost our beliefs are even deeper than thoughts but our thoughts really start this whole chain reaction of events. And so and and um so that's one aspect of why thoughts are so important. The other thing is the brain is for as much of a miracle as it is. And even neuroscientists are discovering things every day that we didn't know. Um it also functions a lot like just a mechanism meaning whatever input it will do an output.

So whatever thought goes in, it will put out the corresponding chemicals, whether it's stress chemicals, cortisol, adrenaline, you know, or whether it's happier chemicals, oxytocin, serotonin, it'll put the messaging for that.

So whatever we think and whatever we say, not only is it going to start this chain reaction in in our emotional body and in our outcome. Um but it's going to tell our brain and our brain is going to believe it. So that's how I look at it.

Whatever you say, your brain believes you and it will it will it will react or respond to that and put out that kind of chemical messaging for those kinds of neural pathways and the more you practice that that's that's ultimately what will be happening for you.

So yeah, thoughts are are really critical and and and as are words that you say to other people. And this is also then where the nutrient therapy becomes really important in understanding these neurotransmitters and their levels and deficiencies that we can have from chronic stress or, you know, chronically beating ourselves up having that inner critic being too active and it does, it changes our neurotransmitters and what I've been noticing is overall like a more dopamine deficient type of state where we're not finding meaning, we're not finding joy, We're not finding, finding that reward that we that we get from normal things in life that we should. And so we're having to go and find things that are more intense in order to give us that same thing that we would normally be experiencing from other life experiences. So talk to us more about the nutrients and the neurotransmitter depletion that you see and work with.

Um Absolutely. And I agree with you this crazy year, whatever word we want to use and words are important. So I'll just I'll correct that and say this year neutrally right.

Um has been all kidding aside a chronic level of stress for pretty much everything. And no matter if anything, outwardly um difficult has happened or not, you know, maybe you haven't lost your job, maybe you're you're still living a fairly normal life, Maybe nobody in your family has been sick or or gotten covid or anything like that, even just what we're collectively going through has been a chronic stress for every single person. And so we are seeing what is chronic stress is one of the causes of neurotransmitter depletion and we're seeing the effects of neurotransmitter depletion in levels and across the board, like we, I don't think we've ever even seen before.

And what I'm talking about when I say neurotransmitter depletion, there's four main areas of neurotransmitter that are uh there are the amino neurotransmitters and all kinds of neurotransmitters, but that are largely responsible for how we feel. So these are things like serotonin um you mentioned dopamine, which is in the catacomb amine group.

Um There's something called Gaba and there's endorphin and when and our natural design is that from eating protein rich foods, our brain would just make these very easily very readily.

We'd have a constant flow of these molecules after four hours or so give or take, we'd store some of those molecules in reserve so that if we did have a stress we'd have some resilience, we have some chemical resilience that could help help compensate.

But the more we draw on those reserves, the more stress we have, the more we draw on those reserves and then the reserves run dry and if we're compromised in some way like cry stress so that we're not keeping up with the production that we have, it's on both ends, then the reserve is getting depleted and we can't make more fast enough or nearly enough. And the result of that depending on the neurotransmitter are things like depression and anxiety.

Um uh low attention and focus. I don't know about you but I've talked to so many people this year that are like I can't even stay focused on anything, I can't get anything done. The things that I that were just easy before and I didn't even have to think about, I don't know what happens but I just I'm not productive, I don't feel like doing anything. I'm not motivated.

All of that is a neurotransmitter related um as is overwhelmed and physical tightness, inability to relax in your body and then um the low endorphin pieces really, what what dopamine and endorphin where you were speaking to it, it takes there's a higher threshold to feel pleasure or satisfaction or comfort or self soothing. And so then the problem that happens is we look outside ourselves to what our artificial means or substitutes.

I call them ways that we can maybe for a moment have a little burst of these different neurotransmitters and that's where, you know, food addiction and substance abuse and and looking to, you know, those outside ways of stimulating um neurotransmitter come into play and which are also, you know, really at a at a high level right now.

Subconscious Change, Trauma, and the Body

Yeah, so this is the chemical capacity that we're talking about and this will really sabotage people's efforts in just improving their life. Whether or not they're actually also working on emotional work or making to, you know, working to make some big moves in their career or their life.

This chemical capacity is really going to either allow them to do that or really set them back and prevent them from being able to to grow and to move into those things that they want to move into in their life. Absolutely, absolutely.

I I just I'll add kind of bringing it back to the thought piece of things, even if you're doing the work on your mindset or you're doing the learning to process your emotion and grow your emotional capacity. If your neurotransmitters are depleted that work is going to be so much more difficult because your thoughts will be um uh influenced. They'll be negatively influenced and they'll actually be we call them false moods, you know, they'll be you'll have anxious or depressive type thoughts that aren't even real, their biochemical based.

And if you if you restore that biochemical piece then you can deal with you know the actual thoughts that you're having and this is just so much of how the mind and the body are integrated right? Like you cannot separate them and people don't realize just how much their thoughts are exactly what's happening in their biology as well. And many people want to ask like how do I even change these thought processes that are subconscious?

I don't even realize what's happening. And the next thing I know I'm deep into this conversation with someone in my head who's not even in the room, right? And how do we change this subconscious patterning these subconscious thoughts that that are affecting our life.

Yeah. Yeah. Yeah. Conscious thoughts are one thing because you can kind of work through that that sequence that I was talking about. But subconscious, you may not even know what those thoughts are.

And not only can they be imprinted um at a very, very young age even before language as babies we infer from eye contact with adults. So we make meaning to the world and we store it in our subconscious before we can even talk or before we can even understand what words adults are saying. And that's why there are no words to those feelings, there's no words sometimes. So that subconscious process.

Absolutely exactly. So there's really only two ways to change subconscious and and one is hypnotherapy and the other is um what would be called habituation which means repeat, repeat, repeat, repeat, repeat something, new, practice something new and do that consciously.

And they both they both work. So I happen to be trained in rapid transformational therapy which is a really powerful form of hypnotherapy therapy where we do regression and um things like that, that's one option and it's highly effective.

Um And you know you can also I I share with clients you can even record your own voice. Um There has to be a little bit of a conscious element here, but you can decide a new thought you want to have and you can record it in your own voice and be repetitive about it and play it before you go to bed at night.

And it will have somewhat of the similar effect of hypno hypno therapy um because before we go to bed and right when we wake up we're in that theta brain wave.

So the subconscious is very susceptible at that point. Um You also can just like we were talking about all your capacity. You can use your body to change your subconscious mind how well by practicing a new action with your body. So you know if you don't see yourself, I'm just gonna use a simple example if you don't see yourself as a person who goes to the gym When you get your body up and you take it to the gym and you do that repeatedly for long enough. And I know we all here 21 days to make a new habit. Um neuroscience keeps changing but you know it's at least 21-2, 240 days and I think it's different for everybody and it probably also depends on your on your biological capacity for sure. Yeah.

But the point is practice it until it is as subconscious as that other programming was. And so much of what happens in a traumatic event or even if a person doesn't recognize something as as a trauma. But it was it left those imprints on their body, on their biology, on their nervous system. So much of that then becomes their subconscious, their subconscious thoughts, their subconscious feelings or subdue conscious way of seeing themselves seeing the world. They may not even be aware of that and find themselves reacting to situations that then later on they're like I wish I wouldn't have responded that way. But I see that this is a pattern and so that's where we can start to bring some of that subconscious stuff into the conscious but yeah, for something like trauma that is stored in the body, the hypnotherapy is something that that can really access. That was part of my training with the instinctual trauma response model, something that I had never, you know, especially as a medical doctor, like never even considered getting into it all.

And so here was part of this trauma training that I went through and to see how effective it was and how quickly we were able to access the subconscious and shift that in a healthy way.

Is was really neat to see and and yeah, you're talking about the body and the movement and how this stuff is stored in the body and yeah, like this is all, it has to be that body in action and the movements that we do where we can really shift so much more of the subconscious stuff than just trying to think about it, understand it and change our thoughts about it.

It's the movements, it's the action, it's it's the body and movement that can really shift that. Yeah, and and um first of all, can I say, how much I wish every medical doctor studied the things that you studied, you know, because we are so integrated and there is a time and a place for physical intervention. Absolutely, 100% you know, and then there's a time that there is no logic to it, like you're you're saying and and here's the beauty and I know you see this in your work, you don't even have to necessarily fully ever figure out like what it was. You don't need to know the story.

You just can go work directly with the subconscious mind and release the trauma from the nervous system. And the other great thing I know you teaches about the ace scores, you know that not all trauma was the big capital t traumas and um and you know our intellect and our logical mind will say, oh yes, so somebody, you know, my older brother called me a name when I was a child, you know, well that can't be that can't have anything to do with my weight gain now or my illness now or something like that because I know he didn't mean it, it's not about knowing, right? Mhm. And especially more so when it happened in early childhood and for me that was one of the biggest

surprises of my life was when I started to have my health issues and from everything that I knew from the Aces study?

I knew that exactly what I was experiencing were the diseases related to the Aces and I'm like why am I why am I one of those, like, I don't relate to Any of those ace questions that they ask. And so why do I have these early childhood trauma patterns in my nervous system and that was really where I understood the attachment piece on such a deeper level, and you know it's like 80% of our population now has an insecure attachment style and I think all the events of this year have really, you know, brought that to light and this inner security that most people have.

And yet we don't recognize that as a trauma. And yet it is a trauma that impacted our nervous system, the very development of it. And so now we're operating with these uh nervous systems that have decreased capacity without us even realizing it.

Because this has just become our new normal. It's normal to feel insecure, it's normal to have a law lot of anxiety. It's normal to, you know, be afraid of of connection and vulnerability and so we don't see things that are traumas as traumas anymore. Right? Absolutely.

And everything that's going on in the world is re triggering and just bringing all of that up. And um Yes, so for everybody and listening, like, if you respond differently to something than someone else, please be hear what dr amy saying, be gentle with yourself, There's programming here beyond, you know, it being just an intellectual thing and we're all going to have our own responses and then we can talk about stress and trauma, but then we can even talk about creativity, right? And once we build our capacity then we are able to reach into these levels and really move into creating things and growing and so how in what you do, do you really harness the power of our brain?

Creativity, Frequency, and Powerful Creation

The natural power of our brain and its capacity to really move into that full creativity. Mm I love that question for me creativity. The first thing that came to my mind is um is something that I talk about all the time.

Which is being a powerful creator. So to me, what a powerful creator is. Could that be artistic or music or Absolutely like that could absolutely be any of those things we tend to associate with creativity and with art or expression. Um and it's also creating our life, right? It's creating our life experience so that what we want to have or to be or to experience or to enjoy in our life.

We're able to attract to us and and experience. And so to me this this comes into The conversation of us being energy beams and the fact that every single cell in our body, every atom in every cell puts out electricity. It's an invisible lightwave, 1.4V in each atom that that create. That literally create because they interact with the electromagnetic field out there and they attract to us, you know the vibration of that frequency. And um so we get to play and what I actually something I was listening to from one of my spiritual mentors this morning said, you know we're God's pencil right?

Like God is drawing uh this masterpiece And the more open we are in allowing electric flow through us receiving it and giving it back out. Keeping the rate of vibration at a very high frequency level.

Um we get to paint that mural that we don't even know we're painting. Um I have an intention for next summer because I'm taking a little sabbatical and I'm going to write the book that writes itself and people will say, what's it gonna be called? I'm like you're not listening.

I don't know because it's gonna write itself, but I'm going to create the space and keep my energy in the right place where it will it will come through me and it will be here and then I'll tell you what the title will be when I'm done with it when it's done with itself.

Really. So to me, that's the power of creation. And, you know, our brain again sends all the messaging. So it's really about what we put into the brain. And then the brain will send out the messaging and the brain is kind of the

receptor transmitter of, you know, what's coming in from outside influences as well.

So, you know, I'm also very um fascinated and using quite a bit of different type of frequency um tuning and healing myself. Um and that's I think a very strong part of the future of wellness is um literally using devices that help us tune our frequency to that creative state, which is also the receptive state, which is also we could call it higher consciousness.

It's also unity consciousness. Um, and it is the fullest expression of our capacity when, when we get ourselves into that zone. And as you're talking, I'm thinking of what you've had to recently go through with navigating the diagnosis of breast cancer and how you've implemented all of this in that process in order to be making the decisions that are best for you that are most aligned with you being a powerful creator and being in that in that vibrational and flow state. So do you mind sharing a little bit about that and what that process has been for you and how you've actually implemented this in a real life situation? Like getting diagnosed with breast cancer?

Yeah, I would be happy to talk about that. Um, because I do see many, many gifts in this diagnosis. And um, it's been now like a month and I mean a year and three months a year and three months since my diagnosis. And I've done all natural non toxic treatment.

So I haven't done surgery. I haven't had radiation. I haven't had chemo. Um, and I have instead had the privilege and honor to explore all the things I've been talking about this whole time on the next level and layer, right where it's my physical health on the line, so to speak. Um, and there's not a thing I've talked about here that I'm not utilizing as we speak on, on a daily basis.

So if I talk about nutrition of course. Absolutely right. I'm following all the nutritional recommendations. Um I have noticed because of the diet that I've, I've held off, I haven't been eating as much animal protein at this time because it helps the body conserve its energy and use its energy for healing. Um But since that's where the amino acids come from to make the neurotransmitters, I've had a whole experience again with being depleted in neurotransmitters. So I've been supplementing for that.

Um So I've got nutrition, I've got supplementation. Um Absolutely, it was my opportunity to look at thoughts, trauma, emotion, that whole beliefs like that. I'm looking at that every single day.

Um but the place that I started, I went, I just went back to the earliest knowledge I had of all of this, which was Louise, hay bless her and you know, cancer is always holding something in holding things in.

So I just started peeling back every layer I could have, what have I been holding in. What do I need to let out? Have I been expressing myself? Is there something I need to say to someone is there, you know, what are my behaviors and mannerisms on a day to day, even in seemingly um inconsequential interactions, you know, I'm buying my groceries. Do I hold back in anyway, so I just really looked at everything I possibly can can look at from that standpoint.

Um, I've also gone and um, and I actually, before I move on to that, I'll say when I was, when I got the diagnosis, the first thing that I did. Um, so so as, as is just typical, this is not a judgmental comment, but as is typical and you know, traditional medicine, it was like I was put on the conveyor belt of like hurry, hurry, rush, rush, we'll schedule your surgery right now.

You know, you'll probably have to have this amount of radiation, this is gonna happen, that is going to happen.

Leah's Breast Cancer Journey and Integrative Treatment

And I was shell shocked like anybody is I think and so I just, I said okay and we set a date and everything, but I knew even as I was saying yes that the thing I was going to do was give myself some space and time to breathe and to think and to feel and to figure out what it was I wanted to do and um I was in fear, I can honestly say I was in fear for about 24 hours And after 24 hours, all of my training in all of the things that we've talked about today started started to kick in and I started to say, Okay, this is, this is just you know, a great training or a great final final

test even though there is no final test because they will be the next layer. But um, and uh, so then I started to really examine okay, what are my choices and how do I feel in my heart and pray about it and journal about it and all of those things. I also kept the diagnosis to a handful literally of people um because I did not want any other fear in my space and that man, I didn't even tell my mother who's had breast cancer twice because she's fear oriented anyway and I didn't want her worrying and I didn't want her worry on in my vibrational field. And so I just kind of kept that to myself until I made a decision. Ultimately what I decided is I go went to and still go to a wonderful clinic in Mexico.

And they do everything alternative everything, nontoxic, everything holistic integrated. Like we've been talking about, I had initial three weeks where I had something like 13 different types of treatment a day, including emotional therapy, including acupuncture, including um frequency devices, hyperbaric, chamber, coffee, enemas. Like you name it, I did it and I've still been doing a home treatment plan um from there and going back every three months uh as we we start to see shrinkage in in what I call talking about language, I just call it the bump because to me that's it, it's the bump. The bump used to have to outline bump, let's and those bump, let's are gone and the bump is admittedly not shrinking as fast as I would prefer. Um But it's flattening and it appears to be um kind of collapsing onto itself and then of course I do all the blood work and all the things to to see what's going on in the body. And what we truly think is probably the cases, it's actually just dead inside.

I've since done um methylation testing, which is comical because I have so many of my clients do their methylation testing and yet I've never done it for myself.

Um We know and I have seven or eight snips on that pathway. So now of course I'm doing all the nutritional pieces um and and detox pieces to for that.

Um But it would appear that I have an issue with the top aji which so my body isn't really eating up and disposing dead tissue and for the rest of it, I have to say, you know, stay tuned. But that's where we're at right now and just what an awesome way to approach all of that.

And I wish that more of medicine was like that where you went to a place where you were surrounded by love and support and provided with this very integrative comprehensive treatment for something that included the medical stuff and the psychological stuff and the emotional stuff and the energy stuff like all of it.

It all needs to be addressed because when we do that, a person will have the best results absolutely every day in that clinic every day, whether I'm there or not, you know, the morning starts with a prayer circle and with music and um and I'll also share that, you know, one of the things that helped me decide to go there, I talked with some people that had been there um in particular a woman an who was kind of a friend of a friend and she had stage four ovarian and she's two years plus clear now.

Um and they had actually recommended surgery for her and that actually made me feel really good because it told me that it's not all the way to one side or the other. It's it truly is what you're describing this integrative approach where we take the best of all modalities and we try to take action that has the least amount of detrimental side side effect.

Um they also do low dose chemo there for those that need it, but so far that's not even been anywhere in the conversation of of what my body needs right now.

Um but it's nice to know that I would get, you know, really neutral and um objective advice. So how has this experience changed your relationships, your life and especially even your work with other women Because you know, you said that you would spend 24 hours in the fear and I'm looking at, you know, most people and being like, wow if we could get them down to even, you know 24 days, that would be amazing, right? Like living in fear is a normal thing for most people and you've been able to hack it and get it down to 24 hours?

How is this, how has this changed things for you, overall in your work and your life and your relationships? Well, I have to say that first off um completely, personally selfishly whatever you wanna call it, it has been validating, you know, it's been like this um confirmation that the work I do, what I have studied, what I've put out into the world, I

really do believe it, you know, when it, when it was put to a test, I 100% believe it and and I'm walking that um and that feels good, just feels really good. Yeah, it just feels really good.

Um I also more than ever before, pay attention to the emotional side of it and to balance in life and um the protocol that I am still doing to this day, honestly, most days it's about and not even counting exercise, which is huge if I take exercise out of the equation, it's about four hours a day of different my near infrared um lightbulb, my son, uh you know, all the different stuff that I do every day. So that has been a real uh interesting kind of reality check of how I was was or was not prioritizing self care before because I would have said I was really good with self care and now it's like, wow, okay, a whole another level of the amount of time and a day that I get to devote to me just to me.

Um so that's been a really positive change. I also, I just know because I hear it from people almost every day that it has been uh that I've been an inspiration and that it's been a model and that it's just nice to hear actually get, I don't write about it. Um because I really do thought wise, believe that what we focus on grows literally. So it's not like I am writing about cancer every day um here and there in my emails and newsletters, I'll put something out for an update every single time I do though, I will hear from other women that have been through the same experience and especially the ones that went went or are going the alternative route and they're so appreciative to know somebody else that's doing that too. You know, instead of feeling like they're making this decision, that's totally event against convention and what anybody they know would, you know, recommend. So, and and that's really why ultimately I did start talking about it privately. Um I didn't talk about, I mean publicly. I didn't talk about it publicly until after I had my first initial three week time in the clinic that I came back, I went and told my parents in person uh next and I already had the fact about the bump that's been gone. And what I didn't failed to mention earlier, not only the blood tests and things, but also that there's no blood flow to it.

So we can tell from the ultrasounds that it's not feeding itself, which is one of the big issues with cancer that creates its whole own vasculature. And, you know, starts to rapidly grow. There's been no blood flow for a year now.

Um And so I had all that information and I realized I can't not talk about that. I can't share. Just so people know there's options. Mhm. And then we kind of get back to this topic of the difference between energy and time. And I'm looking at all that you do.

And I know that this is part of your work that you help with your coaching program is helping people understand energy versus time and how to think about both of those entities.

And so, can you touch on that briefly and how that is part of your bigger picture now too. Yeah. You know, time is really finite. It's time. It's 24 hours in a day.

We all have them. So it does really come down to the energy that you have in what you're doing and why you're doing it and how you're doing it. I mean, there are some time management tools, but they're really few and far, you know, they're what delegate prioritize and um, you know, watch your clock would be about the only things we can do to change time.

So then it becomes about our quality of being, I believe, while we're in in that time, and um when we're in that high frequency state and we're doing what we love, and we're vibrating at a high level and we're receiving and were engaged in something that we really um feel good about.

It does feel like it stretches time, you know, and then I know, you know that because I know you experience it in in your work. Um and then there's also the side of like, letting enough be enough and just trusting that that quality is worth timelessness, right? It's worth endless amounts of time and still honoring what the physical body needs while we're in it, it does need eight hours of sleep, it does need downtime, Our brain needs downtime and rest to not be in high alert state. Um and and so that's a very precious way to spend some of our time as well, awesome. And I just love how, like you said, it's, it's very affirming that all of this you've actually put to a very major test and know that, you know that, you know that it works, you know? Yeah, it works.

Energy, Time, and Where to Find Leah

It's working and I wouldn't change what I'm doing for anything, you know, I mean, I might make a new decision in the future if there were new developments, but I wouldn't regret is probably the better um way to say it that, you know, we are, if we're gonna go there on time, we are here in a human body for a period of time, right? That's a mystery to us.

And we will leave our human body someday. And um and every now and then, not very often, every now and then I think about that and if that day was today, I really feel like I'd be okay with that. Like it's because again, of the quality of the energy and the quality of the experience that I'm having um in the current moment, you know? And then and then every, every hour after is just another blessing, truly. Yeah.

Where is the best place for people to find Julia and find you in the work that you're doing. So. The website is one whole health dot com and that's one spelled out O N E whole W H O L E health dot com.

And by the way, and in the company that for two reasons and one is everything we're talking about here, right? All the capacities where all of those things, we are one integrated mind, body, spirit, um energy being.

But also I truly believe we are, we are one whole health meaning just like there's collective consciousness. It's collective wellness. So when I keep my vibration high and I'm healing, I'm healing more than just me and I know that and vice versa. So thank you for everyone who's who's actively participating in our wellness. Um, so one whole health dot com, you can find me there. I'm on all the social media is either under my name or that name. Um, and so yeah, those are, those are the and then there's, you know, of course, contact me options in all of that.

Awesome. And thank you, thank you for taking the time and using your energy to be sharing your knowledge and experience with us. I'm in deep gratitude right now.

I feel the same way. Thank you so much for for having me here and for the questions that you asked and um, to everybody who's been listening in, Thank you, thank you for using your time and energy for this purpose for yourself and thank you for joining us today, as leah just said, and I want to encourage you to check out the discount price for the summit while it is still available because once that is gone, it is gone forever.

And I would just love to connect with you inside and get to know you better and how we can serve you together. Let's find that next level of health and aliveness