The Journey to Your Authentic Self: Using Functional Psychiatry to Find (& Embrace) What Truly Makes You Happiest Transcript

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Introduction and Dr. Goldmanu2019s Background

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

I am your host Dr Amy and today I have with me Dr Lori Goldman and she has become a friend over this last year as our past have just intersected and we have so much in common that it's been a really fun friendship and relationship with her and encouraging each other. She is Is a medical doctor, a psychiatrist and a functional medicine practitioner. She's been in practice since 1999 and has founded clear path wellness where she helps her patients reach maximum state of mental and physical health using a personalized comprehensive approach that we'll be talking about today she treats the whole person as according to the principles of functional medicine and this is what allows her to get the results that she gets with patients that you would normally say are maybe more difficult. So she uses the science of medicine and the art of holistic healing and guides her patients on a positive and change oriented journey that promotes not only growth but then holistic health and disease prevention.

She is also certified by the Institute for functional Medicine and is also um being certified in the Bredesen protocol and reversing cognitive decline.

So we have all that in common. In addition to the training with dr William Walsh and the advanced nutrient treatments. She has been doing an amazing job of bringing information through video series, especially one that she did recently called the authentic you honoring the authentic you And so I love the work that you're doing dr Goldman and thank you so much for joining me here.

Thank you so much. Dr amy I really am excited to be here today. Absolutely. So I actually don't know all of your story and would love for you to share that. And see, let me see like how that transition for you happened when you went into psychiatry. And then how did you decide functional medicine?

Uh you know, approaching psychiatry through that lens actually was the best route for you and for the patients. Yeah, thank you. Thank you for asking that because I it does kind of set the stage when I decided I was going to become a physician. I had no idea what kind of physician I would be, you know, and I did med school with all the different clerkships and I thought I was going to be an O. B G Y N.

Because I had a little bit of everything and a little surgery, primary care, you know, psychology, everything. But psychiatry was head and shoulders above anything else. I just was fascinated um and actually fell in love with it at the V. A. So depression pTSd schizophrenia.

Um and then I thought I was going to be a psychotherapist because I loved the talking with um patients and I started residency. I'm gonna age myself right around the time PROzac came out. So PROzac had been on the market two years.

um and I was seeing people in clinic that had been in psychotherapy for a number of years and kind of plateau owed. And so they got a little bit of medicine and their lives were changed so I quickly got a healthy respect for what medicines could do.

I felt like amazing. Um you know, an artist who wouldn't go, wouldn't leave our house all of a sudden was going to the Art Institute of Chicago on the bus and wasn't even giving it a second thought and then insurance came in and I was really destined to do medication, but medicine was really, really working really well and then this was like the early mid two thousands and then people were getting well and I was getting really burnt out and I kept getting sent people who well we can't figure out what's wrong with them, it must be depression or anxiety and I'm like, it's not

exactly, I mean they're anxious and depressed, but that's not really what's going on.

Root Causes of Anxiety and Depression

I fortunately was exposed to functional medicine in my life change and I'm like, these are the people that I need to be around, you know, just a bigger frame of reference and it's so much more than just medication.

Um and you know, treating people with diet and nutrients supplementation and lifestyle meditation, exercise, but as you know, such a profound effect on the nervous system and I got not burnt out because I was helping people again and um you know, people want to be with the whole picture.

Mhm. I remember walking into that functional medicine training, I started with that whole week long a FNC. And I was, I had found functional medicine after my experience with my own health and so I was more going there for answers to figure out, you know, how I could optimize my own health. And I had that same experience that you're describing, where it's like all of a sudden you're, you're surrounded by people that you're like, these are my people, like we have the same mentality, we have the same desire to help patients, not just prescribe medications, not just uh you know, figure out how to run a business or run have a career, but like we're actually here invested for the patients and their best outcomes and so many people, including myself, found ourselves plateau owed with medications at that point, I was on two different mood medications and still not feeling much changed difference.

And and then, you know, I'm going to therapy thinking that these are my problems with, you know, the anxiety or depression and not really making that much headway in therapy as soon as, I mean, I feel better when I leave, but then the next day I find myself still doing the exact same things that I right, right, so medicine for me was a breath of fresh air and it sounds like that was your experience with that as well.

Absolutely. And there's all the science about it. It wasn't this woo woo out there there's like this amazing science and even you know you know how it is you keep learning and learning more and you realize what you don't know and there's more information. It's just amazing.

I mean it really is and people you know people want a bigger you know that's how we live. You know it really doesn't matter what you eat. It does matter if you exercise um it doesn't matter if you have toxins in your system especially in this day and age. I mean yeah so let's talk about that North to Goldman. So so many people think that oh if you have anxiety if you have depression if you have O. C. D.

If you have any of these what they would consider mental health then all there is is an imbalance in your neurotransmitters maybe or something's wrong with you from your past and you just need to go to therapy. But it's kind of limited to those two philosophies. And you either go to a therapist right or you go to a psychiatrist to prescribe you medication to fix the imbalance in your neurotransmitters. But as a functional medicine psychiatrist now what would you say are some of the root causes of anxiety and depression.

Yeah exactly. That's just as they describe the tree so many different things can contribute to the symptom a tautology of anxiety and Depression, you know, start with what people are eating. We're overfed and undernourished, you know, yesterday was going over blood results with the new client and it was like, Oh my goodness, he had quite a few that were not in the optimal range and enough of them that it could explain what's going on, but he's been seeing a psychiatrist for 20 years.

Um so we're going to replenish those nutrients in addition to get him on um healthier whole foods diet. Of course Gluten. I was amazed at how much gluten can affect the brain um dramatically.

I've seen it dramatic and it was like, you hear the you see the science and you're like, okay, it's not a fad, it really exists. But then to see the neuropsychiatric manifestations and this one uh real quick, this one, young woman 16 when she came to see me two years of anxiety and treatment in and out of the hospital, missing two weeks of school at a time and when she would eat gluten, she would get this intense, horrific anxiety that nobody knew what to do with her.

We changed her diet and I'm not gonna go just like that because it took a long thing. She hasn't had another episode when she went off her diet and she looked different to me, her brain is on fire. Um So nutrients um food allergies can do that as well, so inflammation, inflammation, inflammation, yes, And these are things that most people aren't aware of.

And once I started learning all this, I started changing my diet and it was a process of several years of changing my diet. Find finally find what works for me and boy now do I stick to that? But even growing up, you know, like I remember having some of these symptoms that I recognize now were inflammation and effects from eating the wrong foods from my system.

And yet no one knew anything back then about these sensitivities. I certainly wasn't having like the anaphylactic reaction. And so, you know that that's what people have considered as like a true food allergy and everything else is just kind of you're making it up.

Right. Exactly. Yeah. That's what everybody was saying about this young girl and I'm like looking at her. Um and luckily mom had brought her in when she was going through this. I mean, everybody thought she was making it up.

She was I didn't know her by then. She was not making up. And it was pretty dramatic. And you know, the gluten sugar and dairy, you know, like I knew it. But once you see it, you're just like, mm hmm You know, And I know I'm serious because people are like, you really have to get rid of that. Yeah, you gotta get rid of it and try it.

And that's the first thing I ask people do and it does take people a while, then I'd love to get them on a detox elimination diet and new detox because you can find out so much about yourself and your body.

Um you know, now I'm seeing where the immune system attacks. Um there is a lot of pandas in pants, which is when um the immune system it responds to strep B in Children and attacks the brain.

I saw a young guy, he looked like he was having first break of schizophrenia. Um I mean, he really did. He looks psychotic, thank goodness the parents um their other son, which was celiac, which sort of makes sense. Um and they already knew about functional medicine, otherwise he would have been hospitalized and on medicines forever.

We're treating um the underlying infection really supporting his gut, his brain health, you know, in four weeks he was 80 to 90% back to himself. So it's still, we're working on it. But as a psychiatrist to see severe mental illness, not be, you know, be able to treat it to me, I'm like a kid in a candy store, it's like, but you know, it's just amazing um to see the difference, but depression and anxiety.

So it's hormones, hormone imbalance, I mean, there's so many, unfortunately toxins in our environment, chronic infections, you know, I've seen a number of people have Lyme disease and and you know, they're treated by very reputable psychiatrist and they're just not going anywhere and it was like, I get a functional medicine history because it's, you know, 20 pages fill this out before you come see me and we hit everything and we can find that. Um so it's they're real and they're real people.

Food Sensitivities, Inflammation, and Gut-Brain Links

But you know, a lot is done just by diet changes. Um people really, really, really underestimate how much that can be and it can be as simple. I say simple, but it's not simple when you're going through it, you know, um sensitivity to a specific food that we just don't know.

And as, you know, you go through this and you learn more and more and more about different foods and how things are made and are not made. But um grown, you know, I'm like, I don't eat strawberries anymore.

I love strawberries, but I'm like, oh no. Um, you know, there's just so many toxins. So hormone imbalance, you know, inflammation, um chronic infections, you know, the vascular system, um, simple things like blood flow to the brain is really important and people don't even think about it. And um as a psychiatrist, I was not trained to get

blood work. We got it to watch the liver function tests with medicines or with lithium and lord knows there's lots and lots and lots of thyroid because that's like the canary in the, in the coal mine.

Um it's the first to be attacked, but in about and, you know, how regular physicians don't look at the big picture with viral with um, the thyroid. So there's so much, you know, difficulties outside of just um Hashimoto's thyroid itis and it's just a little, I'm gonna say little tweaks, little tweaks, but all of them add up, make a profound difference. Like, I don't think this guy that I saw yesterday, I think we're gonna replenish him in addition to get him on a good diet.

And I think he's gonna be 80% 80 to 90% and he's been messing around with the psychiatrist for 20 years. And yeah, my and in defense of psychiatrists, they just don't know when they're not trained or not trained.

And the, and most of psychiatrists really want to be helpful and they're using the tools that they know. And I remember saying to um clients because I get a bunch of clients who um ended up in the psychiatrist office, but they knew it wasn't psychiatric and I knew and I could, what I did was validate. Like, I agree, this is not psychiatric.

Yeah. You're anxious and depressed because of, you know, something that we don't know now I have some ideas of what to do to help, which is amazing. Um, but they're made to feel like they're crazy and sometimes validating that they're not can be really helpful and mold, you know, because I had enough person with mold who um, she moved in with her parents because they're redoing the house because it was all filled with mold and no, but nobody's looking at mold is the source of her symptoms.

And it's like, and she's like, you're in my backyard. I'm like, yeah, she's like, everybody said I was crazy and I'm like, no, it's all, it just sounds like mold now, but I know now we only we only label it as crazy when we don't understand it. Exactly.

That is like the beauty of functional medicine, especially for something like psychiatry, that we can understand some of these root causes and why they're producing these symptoms when we have not understood those before. And that just gives a psychiatrist and an individual, so many more tools to work with when they understand all these other possible root causes and they can, like, one by one, go through the list and be like, could this be a factor for me? Could this be a factor for me and start working on how would I address this factor? How would I address?

You know, that I'm undernourished or I may have food sensitivities. This was something that that was one of the first things for me, because I grew up knowing not just thinking dr Goldman, knowing that I had the most healthy diet in the world. And so when I was faced with this idea that I may need to change my diet, I was very resistant to that at first because I knew that I knew that I knew that I was on the most healthiest diet in the world, and that was a vegan diet and I had been on that for most of my life most of my childhood.

And before that I had been vegetarian and so to consider anything different was was just like not an option, like I had, I had narrowed down what a diet should look like. And I remembered most of my childhood bro being like the major comfort food for me, where no matter what I was doing, when I would come back home, there would always be a bagel, it would always be, you know, peanut butter and toast.

Like bread just seems so crucial. Yeah, like, yes, it was such a part of my daily life. And so then when I got this came to this understanding from my own work, right? Like my own training, my own work, no one told me this. Like I had to come to the conclusion that I think I've got to let bread go and it was the hardest thing for me and what I realized was that yes, like all these cravings for bread were actually a sign that I did have a sensitivity to it.

I was reacting to it and when I would stop it, I would feel better and this is what I would do dr Goldman, I was so silly back then, but I started like, exactly as long as we're learning our lessons, I started a food journal.

And so I was tracking everything that I ate and then I was tracking my mood, my energy and my sleep and I did this for months and I would start feeling so well that what would I do? But I would be like, you know, I don't think Brett was the problem. I and and and it's true like bread was not the only problem.

I had to actually take out a whole lot of stuff. Like my diet looks completely different now. So bread was not the only

problem for my system. But I would get that point where it's like, oh man, I missed that. What, you know that comfort food feeling.

And so I would go and I would have bread and I would track it. And interesting for me it was not an immediate effect, it was the next day and it was usually like the next day and a half. And so it took me a while following my food journal to notice this pattern since it didn't happen right away.

But I started to notice distantly, like when I eat bread on friday by saturday evening, I'm having suicidal ideation. Okay. Right. Yes. And yes, yes, yes. And believe me, I did this experiment enough times each time I would think, no, it can't be the bread.

It can't be the bread. It must it must have been something else. It must must have been something else. So let me try this again and it happened consistently time after time after time. And so eventually I eventually yes did learn my lesson and be like okay like bread is a problem for me and I cannot have if I want to feel well. And it wasn't until after I was able to clear that diet out that then I was able to go to the next level for me, which for me was the copper and zinc imbalances the pirouette area and the methylation, all three of which I had. Yeah. No not uncommon.

I know. So talk to us about that. Talk to us about the Walsh protocol these imbalances things that you've seen training to um Yeah it's just part of what I do when I first see somebody you know I do copper, zinc jasmine um to know um what the ratio is and if there's any free copper because we know um the excess copper can create a lot of anxiety, the oxidative stress from the imbalance of the of copper and zinc and um pira luria which is crypto pireaus which is a genetic vulnerability where you have an alternative he metabolism and it pulls out zinc and B. Six from your system and it's a functional test.

So we always think blood test blood test but sometimes when you have a functional test um you know blood blood level show you what it is in the blood not it is what it is in the tissue.

So this is a way to see how is your body function at this particular time and just by giving people zinc and B. Six and some other nutrients their irritability can get dramatically better. And I've had enough people call it's not the it's not the pirouette area, it's not the B. Six and zinc.

And then they go off of it and you're like oh they're they're a little bit irritable and anxious again. Um You know, but I too had it and I I can feel the difference and it's hard to describe. Um So that is part of my my work up initially and people are like what is this crypto pyro thing because you know and it's fallen out of favor but maybe it's I think it's coming back and it's just so much historically and it's like, no like again, you know, I look at the science and go yeah makes sense.

But when you see it with people again and again and again and um yeah it's just used, what was the third one? I'm losing my memory? O methylation. Oh yes.

Oh boy. Yes.

Copper, Zinc, and Methylation Imbalances

Um m th fr um and it's not as simple as we'd like it to be but it's a gene that affects how your body converts. Um methylation and methylation has to do with turning genes off and on.

And um but as we both know, methylation is one process in the entire body. So there's so many other interactions. So I you know being a traditionally based psychiatrist I used to give depth Flynn which is l methyl folate.

Nothing wrong with Teplin but it's 15 mg and you know an equivalent full of acid doses 800 micrograms. So you know as a traditional psychiatrist I would like slamming people with lots and lots of olek with the idea that would help with the synthesis of neurotransmitters for some people really augmented antidepressants and did well.

But some people have like this horrific reactions. And you're like that's when I always listen to the patient and not

the textbook because real humans no they're not making it up. Why would they make it up?

They want to get better? Um People don't create symptoms. You know. Now I start at you know 800 micrograms or milligram and will slowly go up. Um And there's ways you can test for methylation now and not just look at the genes because everybody if I have the gene mutation I must need this. And again it's not with genes it's just a potential and a blueprint but it's a game changer.

And um you know create you know um sam e in the right population works like an S. S. R. I. A serotonin selective reuptake inhibitor and it just kind of blew my mind. But again and you're actually able to address it at the root cause rather than at the end result where the serotonin is low and you give a medication, you give an ss ri and that affects the body in other ways and other systems have to compensate for what's happening and so you get other problems.

Whereas you give a method owner like Sammy for an under meth later and you're able to address the root cause of that low serotonin. Exactly. And the other thing too, also a healthy respect for it because um you know, I came from medication is great, a little is good, more is better and um with nutrients that isn't good because in the wrong with the wrong people there over methyl laters you can create this toxicity and also you don't know what you're creating when you help people start methylated and then you turn certain genes on and you've got to be careful of the downstream effects and to consider that.

So it you know re supports the start low and go slow and listen to your body. And that's the hallmark two of let's talk about what the person is experiencing, not what they say they're supposed to experience.

What are you actually experiencing? Yes. So yeah and what I love about functional psychiatry is that we've been able to identify this more complex view of methylation where you know, in the last few years I've been just really happy that m th fr awareness has come into psychiatry right? And hopefully hopefully they'll get to the next level of understanding where it's not just do you have that gene mutation in m th fr but are you an under math later, are you an over meth later?

Because those approaches are very different. And giving an over meth later, something that an under meth later should take is going to cause problems like their symptoms will get worse and same thing for the under meth later.

Right. And so this is this is one of the things that I've really loved about the development and functional psychiatry, is this whole bigger picture and approach to methylation?

Yeah. And we I think one of the recent talks doctor Walsh gave is he's studying people with schizophrenia and he's saying the kind of um you know, the over methylated under methylated pira Loria has changed in like 30 40 years, which is actually really interesting. That's why you listen to the patient, forget what the what it's supposed to be, let's listen to the patient and how that has changed.

So that's actually pretty amazing too, because I'm like hmm, you know, it's yeah, it gives you all these tools and it's just so nice when you get that, you know, teenager who has put on S. S. R. I. S. And just got anxious and you're like, they're not under bethel later, that's why let's do and they're like they get better and it's so gratifying it is it's really meaningful to actually make that kind of a difference in a person's life and be able to take them off certain mood medications that, that they're not going to be dependent on for the rest of their life, right? It's not no longer a death sentence where, you know, you're never going to get better, this is just how your body is, and so you're always gonna have to be on this medication, it able to give them so much more hope. Exactly, yeah, and and that's one thing that I I'm sure people are learning from your summit when you know something is wrong.

That was what my summit um this past august honor the authentic you was all about people having that, that knowing what their authentic self and so much we spend our times um getting not focused on that and a lot of times physicians unknowingly, you know, lead people the wrong way.

Well it's the doctor they should know. So I'm gonna believe them, but believe that inner sense because that is the core of who you are and there are doctors and practitioners that are out there that want to help and want to work

with you and want to support that. So that is my big message.

Stick to what you know, your, I love the gut feeling because we know the gut brain connection, believe yourself. Um find keep searching until you find somebody who's able to hear and go on the journey with you to guide you.

Um and a lot of people have to do it themselves because there's not enough practitioners out there who know um and people like you who, you know, and everybody on my summit had their own journey um and that's usually the best because you know, it's so much more intimately than um you know, you got the nuances than if you're just learning it's second hand, but listen to that inner sense.

Um yeah, and just with, you know, the trauma that you're talking about, um you know, it comes back to the person's perception of trauma, not what the external viewer is saying and the mismatches you well know in the beginning between mother or primary caregiver and child and the nervous system, it all comes back to that.

It really does, it really does because that really shapes your biology and how your nervous system is wired and even how much stress it can tolerate without going and crossing that line into overwhelm and then just giving up shutting down.

Um yeah, so much, so much of those early years and the development of the nervous system and again, it's not necessarily what is in the environment and what other people are seeing. It's all more of what your body is experiencing and because of genetics, because of these different factors that we've talked about toxins, diet, your system internally could already be in a state of danger and threat because of inflammation because of different yeah, dysfunctions and so your system is already compromised. Which means that any small thing in the external environment is just gonna overwhelm it because it doesn't have the energy doesn't have those resources. And so it really does come back to just what your system experienced rather than what someone else from the outside says.

That shouldn't have affected you that way. That shouldn't have been traumatic. Why can't you get over it? Right. Yeah. Yeah. I love that one. Um Yeah exactly. And listen listen to your gut.

Trauma, the Vagus Nerve, and Listening to Your Body

I love that. Listen to your gut. Um Well so so much of the gut is the vagus nerve right? And that vagus nerve is one of one of the key components of our nervous system and the three different survival states. And you're either in that parasympathetic state where there's this you know calm relaxation. Your your systems are working well because they're in a state where they feel like everything is okay.

And then if a person is overwhelmed and then there's that you know communication and messaging that goes down the back side of the vagus nerve, the dorsal vagal nerve that's still going to our gut.

And that's often the twisting in our gut, right? That knife in our gut. That twisting that says something is off here. I may not know what but something tells me that something is wrong here and that's I mean that's that's our that's our vagus nerve, that's our survival system. It's so amazing.

Um Yeah and I was also um just exposed to um cervical instability, impending on the vagus nerve um and how it can mimic these chronic infections of symptom Atala ji and it's just like when I saw was learning about that, I was like, oh my goodness, you know, just there's it's our bodies are amazing.

They really are, they are designed in an amazing way and there's so much that happens on the subconscious level that we're not even aware of when we when we can become aware of it.

That's really cool because then we can work with it more. We can actually shift some of these some of these pathways, some of these patterns. But yeah, so much of this happens on a subconscious level and and from a functional psychiatry standpoint, that's where all of this becomes really important then to make sure that that system that is happening subconsciously is operating at its best.

Exactly, you got it. Um Again, it's just so amazing to me, it's just so the complexity of the body and it's the whole body, which it should be, it's not just as simple as neurotransmitters as too much or too little.

Um it's, you know, it again, it's just I mean that's why it's been an amazing, it's an amazing discipline to work in because it's you're just constantly learning because the cervical instability and the um and how it can manifest differently.

So keep looking and that goes with a los downloads and the laxity laxity and the ligaments and tendons and it's just like um there's so much and that's why I love these summits because there's so many people with so many different kind of niches but that one niche could make a life altering decision.

So you know, people shouldn't give up and you know, a lot of people, you know what I do is more, I wanna say more potatoes functional medicine if you will.

Um and yeah, it's just a bigger perspective and I just love the philosophy of functional medicine where the patient and the doctor, it's a partnership and you're getting people um you're on a journey together.

Um it's not like the doctor knows at all because unfortunately we don't and patients that's okay, you know, if you're on the journey together, most of them are fine with that, they get that. Um but not just to reduce it to our bodies.

So I mean it's just not that simplistic and but at the same time I've seen medicines help, you know, thousands of people. Um but again we're pretty complex and if it doesn't work for you or you have side effects, listen to your gut, don't listen to the guy who's like something's wrong with you because it doesn't work because that's another thing that's very common in medicine if what I know doesn't work. Um you must, you must be doing something wrong and it's just like uh no what could be doing wrong, I'm doing what you tell me to do.

Um you know blame the patient and no we're not smart enough to figure it out but there's so much it's just been such an explosion with what we know. Um And it's hard to keep up with as you know, I'm sure.

Yeah and this journey really is like the journey to becoming your authentic self. Yeah and knowing your body, knowing what is best for your body, being able to be empowered with those decisions because you've got the knowledge and the understanding of having gone through this journey and acquired all of this along the way.

So just to wrap up, if a person feels like they want to be on that journey towards you know finding and honoring the authentic them, don't really know what that means.

You have not necessarily felt like that's where they're at yet in their life. From a functional psychiatry standpoint, what would be the things that you would encourage them to go do start learning, what would what would be your nutrients.

Let's replenish what you don't have vitamin D. I live in um Chicago. So there's no everybody's low on vitamin D. Check your copper NZ check your white blood cells, your red blood cells, your vitamin B. 12 B. Six.

Um Just all your nutrient levels.

Practical Steps for Healing and Finding the Right Support

There's a variety of ways to do it, you can do it at the regular labs and then there's specialty labs that go greater in depth um and replenish those, which is more than just a multivitamin and to your diet, the first three things that I ask people to get out of their diet is gluten, dairy and sugar. You know, I get out a minimum of three weeks.

If you could do six, that would be better, be super super strict and see if you feel different um and you will feel different, you will definitely feel different and that's then you keep going further then you um if you're still not doing well, you can have, you know, an imbalanced microbiome or your gut and getting good probiotics, eating the right food can really balance you.

Um There simple kinds of supplements that can help with some symptom management while you're still searching for the underlying cause um you know, we didn't even talk about sugar and all the inflammation, but I'm sure your audience is really, really, really familiar with that and and then yeah, toxins and infections um and there's a lot of mold, a lot of line that I was um a lot of the immune system attacking ourselves and creating symptoms. So keep searching. Mhm.

For somebody who you connect with who seems to understand the bigger picture. Mhm. Yeah, I love that advice, Keep searching. Don't settle is what I say, right, whatever level you get at.

Don't settle. There's there's always more, there's always the next level, there's always that next level of feeling well and when we feel better, we do better right? Because so much of what we do happens subconsciously and so when when we are supporting our system, when it has what it needs to be operating well, we will naturally do better in all areas of our life and not even have to think about it because it's all on subconscious.

Yeah. It's like amazing. You know I had a friend who I finally got off um a carb simple carbs and she's like I'm craving protein for the first time in my life.

I'm like yeah it's pretty amazing. She's had dramatic and you think it's simple. It couldn't do that much. Yeah it can a little bit can go an amazingly long way.

And that also um could it be just these two nutrient deficiencies? Yeah. Absolutely. Yeah it can be. Thank you Dr Goldman. Where can people find you? Um My website is Lori Goldman MD dot com. So L A U R I E G O L D M N M D dot com. Great. And I would definitely encourage you to look up Dr Goldman and her work again. Like I love the work that you do Dr Goldman and thank you so much for joining me today and being able to share, share your time and your experience and knowledge with us.

Thank you so much. Dr amy and thank you for joining us and for spending this time with us. I am your host, DR AMY for this bio optimized summit and be sure to purchase the discount while it is still available because once that is gone, that is gone forever. And I would just love to see you inside and together, let's find that next level of health and aliveness.