I mean, as a physician, all I want to do is help you be the best version, healthiest version of yourself you can. If you cannot manage your mind and how the mind-body connection works, you're never going to be able to heal the body.

You didn't build your clinic to feel like an employee in your own business. I'm Matthew Galovly, and on Out of the System, hosted by Doctor Talks, we challenge the broken rules holding healthcare entrepreneurs back.

Hear from clinic owners, rebels and builders who are creating bold, profitable patient-centered practices and doing it their way. We are sitting here with Dr.

Jordana Quinn of Golden, Colorado, a dear friend. She owns Core, right? Have that correct, I always want to give it a different name. You can rename it another time.

For now it's Core Regenerative Medicine. Core regenerative medicine. And tonight what we're gonna do is we are gonna be sharing your story of how you started your practice without ever using insurance.

What it is like to then have a side house, side little project become a full blown other business managing all that. being a wife, having three kids, you know, just easy stuff, right?

Totally. You want to dive into this? Sure. All right. It's fun. So first off, I'm thrilled you're here. Same. Jordana and I have known each other for what, three years, four years?

Something. Something like that. Whenever we come to Denver, we always make sure that we get together. One of the reasons why I am here in Denver is we're getting ready to, not Jordanna and me, but Christine and are going to go to Ayahuasca.

Thanks to a reference and a referral to you Jordana. So you do a lot of work in the psychedelic space Yes, you a lotta work and regenerative medicine.

How in world did you ever wind up in both of those places? How did You ever merge or? Combine or I should say the Psychedelic work the trauma work with the regenerate of medicine Yeah, was that intentional was it just kind of evolved walkers I mean it evolved the in-between or connection is longevity medicine so I've always been an athlete always wanted to do sports medicine So initially physical medicine and rehab is my board certification So was in the kind of Western medicine world for only two years Outside of residency and just didn't like it I found myself like begging people to take care of themselves like nutrition and reading nutrition books for fun and Just you know talking about were you in?

The ER were like in a regular practice I was an outpatient. Outpatient? Like mostly pain. I did a lot of spinal injections. Okay. But it was sold to me as a sports medicine practice, but it's really a pain management practice.

And I mean, I'm just prescribing people hundreds and hundreds of milligrams of opiates every day. You know, you're not trained in that in residency. How did I end up here?

It's basically like being a drug dealer. Yes. It was totally lied to about the practice but I signed a two-year contract which actually then my boss ended up stealing from like my entire 401k and stealing from me didn't pay me my first two months in practice.

It was like the epitome of the job, you know, that you hear about in pain management that sounds like something you'd see on 2020 or night. Yes, yes. For 60 minutes.

But fortunately, there was another doc that was hired about a year into it and I was What happened? Like, how did

you think this practice was? And he was also sold as if it was a sports medicine practice.

Like I was like, I'm just trusting and I believe everyone. So maybe someone just blew sunshine up my butt. You know, that's what I thinking. I just so eager to have a job, but it's not the case.

That's just how he sells the practice to people. did my whole two-year contract, but I was so miserable in that job. I mean, so, miserable. And I had had two babies at the time, one during that, job and my husband was a stay-at-home dad, and I just would come home and bitch about my job every day.

This was like 10 years ago, right? 15 years? Yeah, like 15, 16 years. Yeah. Right, exactly. April was a baby, yeah. So, let's see. During that time at that job, I mean, we did see some athletes, and athletes can't do steroid injections, which is what we typically do in Western medicine, because they're anti-water.

You can have a steroide when you're competing. I would research, you know, where can people do PRP or stem cells, Which I did learn about in residency, not how to do them.

Really? You learned about it in Residency? Thank you. How? We just, I mean, we learned of it. We didn't learn how to do it, but we learn of. Okay, so it wasn't like you wanna, okay.

Correct. And also in residency when we give grand rounds, even in medical school when had to presentations for our class, always did the holistic approach to fill in the blank.

Right. So I would look up who did that and there was a physician very near me who PRP injections at the time so I'd send my sports medicine patients there.

Kind of what put me over the edge is I had a patient with complex regional pain syndrome which is a terrible disease that affects your nerves. and she was my age and was on a ton of opiates.

And she's just like, isn't there anything else we can do? And so I called this physician assistant who worked in neurosurgery and I was talking to him and he was like we could do IV magnesium.

Turns out he worked part-time at this clinic that I was sending all my PRP patients to. And I like, what does this physician do over there? And so he was an anti-aging medicine doc.

He's now in his 80s. His sister, IV magnesium. IV, high dose magnesium for complex regional pain syndrome. Yep. Really? Yep. And it does work. It doesn't work, I mean, nothing really works for that disease, unfortunately, but it doesn work temporarily.

So I looked him up and I was like, whatever he's doing is really cool, and that's what I thought I would do as a physician, like help people heal. I wrote him a letter, told him he should hire me.

And kind of long story short, he didn't right away. I went for about a year and just shadowed him one day a week. But he mentored me in everything that he knew in the anti-aging medicine space.

And I immediately was like, I could do this for a living? Talk to people about diet and lifestyle. and he taught me regenerative medicine and so then he ended up hiring me to mostly do his regenerate procedures but I did all of longevity medicine so I worked with him off and on for 10 years and then opened my own practice eight years ago and pretty soon into opening, it was less than a year into my opening my practice there was a medicine called 5-MeO.

There was medicine man coming from Mexico. My friend used to bring him out and he's like, you should try this. And in my mind, I was like whatever I can do.

It's 15 minutes. I could do anything for 15. So tell everybody what 5 MeO is. Yes, it's 5 MEO DMT. A medicine that comes from toads. These toad come from the Sonoran Desert.

They come out for only three months out of the year. You can squeeze their glands and they secrete this thing. I want to meet the guy or gal that came up with this.

It's so interesting. How did you decide this? I always want know the origin of stuff. Did you just suck on it? People say you're licking the toad. You're not actually licks the toe.

So you squeeze her glands, where are the glands? They do make synthetic 5-MeO now as well. So you squeeze the glands and you did this and what happens when I don't squeeze this no, I know, you know You just smoke it.

So I smoked it within I mean 30 seconds, maybe a minute You're completely gone like out of your mind. And so before this, i mean I had tried some psychedelics in college, but only like partying with the psychedelic student college work Well, and it was never like ceremony, right?

This was ceremony. Big difference, by the way. We could talk about that. Yeah, I mean, huge difference. But I, mean there was a whole ceremony there, was, you know, a little bit of a diet prep, but, so I was meditating a month before this on show me the weight of my business.

I'm mean my husband was to stay at home, dad. Opened my businesses when my, husband wasn't working. we had zero income for two years. And we can talk, about, that later.

Oh yeah. And I was just like, I need something here, right? And COVID had just hit. And so I meditating on, show me the way in my business. I didn't read anything about this medicine.

So for all I knew, it was going to say, post more on Instagram, like I had no idea what to expect out of this journey. Literally no ideas. It comes out as a toad saying that to your friend.

Post more Instagram. Yes, exactly. It's like, show my face on Instagram. What does it sound like Trumpet the Frog? Hi-ho! Right. Well, there's frog medicine, which is different than Toad, and they actually get, that's Campbell, they get confused a lot.

Yeah, yeah, well there is a- Very, very, different. There's very- there are a lotta nuances to this, folks. But go ahead, okay, so you take this- So I take it, I smoke it.

I'm in a completely different universe. for 15 minutes approximately, it felt like five seconds and five years all at once. What happens on psychedelics is it shuts off your default mode network, but it also shuts of essentially so many of the parts of your brain that tell time.

So in a given moment, our brain has at least 10 different areas where it's thinking about time. It's watching the sun go down. My brain knows how long this conversation has been.

You know, my eyes are taking in information with time, My ears, your smell. And so all of those things are shut off when you do different psychedelics.

So you can process things in very rapid way, in completely different way. Like impossible to explain. The way I explain to people is for me. You're aware of time, but it's not that it stops.

It's that its suspends. Yeah, I mean, for me. I don't even like, you know, we'll just go and we will take whatever some MDMA and mushrooms combo or whatever.

And it is like the walls melt everything. You go to this different place. And it's like we can come in and out a little bit. Like we'll pop out and go whoop.

Okay, we're back here in this place. And all of a sudden, bam, it can go right back in. But it is. It's time melts for me is probably a better way. Yeah.

So there's no sense of time. I mean, you don't even have a sense that you're human on this medicine. There's not sense a body. You're completely gone.

During that journey, there was like a split second, literally, I mean, or who knows how long, but that was, like, there's no need to be afraid or anxious, whatever.

That was so not a big part of the journey. I was one with the universe and one everybody in the university, and I really have it in depth in all of my cells, understanding how we are one, you and are are, one.

We are with every living, breathing thing in this world. And that really was the most profound part to me. coming to, like, I literally watched my right brain and my left brain argue.

My left was like what neurochemically just happened? I want to understand. And my brain was, that was so beautiful and I'm in love with everything. I was watching them kind of fight as I came back to this earth.

Then after that, for two months, almost as literally as possible. I couldn't feel my feet touch the ground. And I mean, this was the part that changed my life, but it was like this, I, my husband would say, you're vibrating from across the room.

Like I came back and I didn't drink coffee. My kids were toddlers at the time. Nothing bothered me. When I went back to my office, even though intellectually nothing had changed, Nothing like I didn't realize that I was showing up from a place of fear of failure until it was gone.

I mean it Was gone nothing bothered me. It is say I've known you for a long time. Yeah, I think all entrepreneurs all humans and then entrepreneurs, especially we have this fear of it falling apart.

Of course. Right? Like, which is, we think that in a weird way, that's the thing that drives us. In reality, as I've been doing this now for 25 years, I realize what it does is it puts this artificial cap on our growth.

Yes. And knowing you as long as i've known you, you certainly carry a lot of that. Totally. I mean, it came back after, remember, like literally almost two months to the day, suddenly this buzzing came in my body and I was like, oh fuck, its back.

So did you think about then going to do it again? I mean, I think, about doing it all the time, but you only do that once. I've done it five times total.

Um, i've never had such a profound experience as that. But. So the transformation was for me was really realizing how powerful these medicines are. in general because I had had friends who'd done mushrooms and they're like I used to be depressed and I did one journey and i'm not depressed in my mind I was I literally like bullshit you just want to take drugs I mean this is literally what I just thought right I i just didn't understand and after that one plant medicine not drugs yes but now it's like i understand like these medicines are real and their transformative and there life-changing and so The smaller part of that was, I mean, now I added psychedelics to my practice because I very much realized, as a physician, all I want to do is help you be the best version, healthiest version of yourself you can.

And practicing in the longevity medicine space, we can do lots of things, but if you cannot manage your mind and how the mind-body connection works, you're never going to be able to heal the body.

I really realized I did many, many journeys since then with lots different medicines to try it out because that's how I function, is I wanted to scientifically understand the different medicine and they work.

And yeah, I felt so called that like this is how I can really help people. I mean, and not the only way, but I was just like, this root cause medicine.

And I've been doing functional longevity medicine and we say it's root-cause medicine, man. This is root caused.

Well, it root causes at a couple of levels, right?

So you want to call it chakra's energy centers, so the base of the spine is the root. But then there's the other component. I'm obviously clearly not a doctor.

So I look at medicine and I Look at patients from a very different lens than how you all look At it, right? And I really appreciate how You all Look At It.

I looked at it purely from like I? Looked at It from A Understanding the power of the brain Okay, the words that we cast the spells we Cast over ourselves with our words.

Mm-hmm Christine does great work on that about talking about words words or spells and And I think about cancer, okay, and I thing about heart disease and all of that, right?

Now we know epigenetically that if you had a traumatic childhood, like loss of a parent at an early age, you're gonna have increased markers for type 2 diabetes, your gonna increase risk for heart attack, we're starting to see some pretty significant studies on that.

I'm not gonna be able to quote them all and sorry folks. No, but the ACEs, which is like adverse childhood events, Yeah, and what they do and how that increases likelihood of type 2 diabetes and heart disease.

So many things. Yes, so many thing, right? And then I think about friends of mine that have cancer in their family genes. Now, yes, there's a gene pool for that, Right?

Yes. And we know that if I thing about something a lot and I worry about a something lot, it's going to… Those are prayer, a worry is a prayer. Well, in the manifestation visualization world, it's not just like, oh, I visualize myself doing a thing.

In order to manifest, and I wish I was better at it, but in order manifest you have to visualize yourself. That's a great Jordana statement right there.

But you also have visualize and also feel it. If you don't have the emotion. Yes. So when you worry, that's inherently an emotion, right? And so you could go there, or some people can go very easily, anxiety, worry.

Yes, they're very good manifestors to the negative. But they could maybe alter that and change it to positive. I did a psilocybin journey once, and I think this was maybe the one that really was like, you have to add this to your practice.

Inside my blood vessels during the journey and I was coming down and so part of the jury was like oh You're not high enough like you can't get there, but I began to see that all, and I say all.

We have genetics and we're predisposed to things. And we can't change all of our genetics. But I could see how so much disease comes from our energetic manifestation.

Yes. That was so clear to me and that was the moment where I was like, oh, I get it. This is root cause medicine and have the ability to change that. There are people who have done psychedelic journeys and they've had cancer and come out and are cancer free.

Nobody can explain that Yeah, I've read those stories. I mean, and I read a bunch of them. Right. And I have read the stories and they're still, like, hard to believe.

Then I had a friend who's a physician, which I believe because, you know, many people will not understand the disease or the ill words, they don't understand it.

He's the physician. His brother had cancer. They went down to Peru and did a series of ayahuasca journeys and

his brother came out cancer free. Like wild, wild.

I spent a pretty significant time in what I would call the surfing the edge of chaos in the Christian faith, right? Like wild, and I've seen some pretty amazing healings.

And I had a friend of mine, his name is Charles Chandler. He's an investigative reporter, was an Investigative Reporter for the Charlotte Observer. And we went down to this call it a revival that was going on in Orlando, and we met at church, you know, we knew each other from church.

And he's like, I'm thinking about going to do this thing. I like let's go. He's, like you want to go? Yeah. You're the investigative reporter. And we're in the splash zone.

We're on the third row. And people are getting healed, right? Literally in front of our eyes. I looked at them and I said… And this was what? This was in Orlando.

It was like a faith healing. A faith heal, okay. Massive, fricking 5,000 people. This went on for like 45 days. Forget the guy's name. And we, and I looked at Charles and said, you need to go over this, because people come up on stage, they get healed and they walk over to the other side, right?

And I said you to be at the side on the steps, to get their names, follow up with them, investigate reporting. So we followed up these people for over seven years, last time I talked to them.

Still healed. Wow, amazing. Here's my documented proof that I had. What is that? Whatever, right? I have this, I've had this cancer, blah blah. I could feel it being healed on stage, boom.

Go to my oncologist, where's your tumor? Documented stuff. Because I think the brain is the… I'm not even going to say the Brain. That's not the right thing.

I actually think that the Brains get in the way. 100%. I just think it's the brains that get's in way, we used to just say that brain was the most powerful tool.

The brain isn't the more powerful. It's our energetic soul. Yeah, I mean, it's both. And I think one can take over the other. We're in medicine trained.

Our brains are trained so highly. I've been personally working on tapping into my intuition, which I am not very good at at all. But it is still like my new thing.

That can totally help you. You can get that cleaned out in about 45 minutes. Amazing. Let's do it. Yeah. Yeah, I do think the brain is powerful and our energetic souls are more powerful.

I think they're two times more power. Our brain stifles them. Right, and we're trained. Not just in medicine, but in the Western world and whatever. We're so trained out of not trusting our intuition.

And we are told not to cry when we were young. Were told to not feel. To suppress. Stop doing that. Don't show emotion. Well, we subjugate our control to another being, like to God or whatever, I'm not ripping Christians or Jews or anything like that.

I am a believer. As I say, Jesus is my homeboy, right? I mean, I not disparaging religion at all because when you look at the text, when I read the teachings of Jesus, He wasn't telling us to join a life group.

He was not telling to volunteer at Sunday school. Those are perfectly fine if that's where you feel called. But repeatedly, he says, the power is within us.

Those are my words, not his, right? And God, I think that God resides in all of us and gives us all this power. However, what we've done in the Western world is we have abdicated our voice, just like we dabbed that in religion

just as we done it in medicine and say, well, you know, higher powers know.

And we just surrender to that. The people in charge know. Yes, exactly. What do you think? I mean, I think that it's so multifactorial, right? It's, in medicine specifically, if something happened in my practice, i can't go to a court of law and be like, oh, it tapped into my intuition.

That's what my inner knowing told me, so. You'll lose right away. Correct. And it's just trained out of us to like, I mean, have scientific studies and research and, you know, standard of care and all of that.

And I don't think they have to be separate. But it is, but it has trained us. So we're definitely not trained in tapping into our intuition and leaning into it and understanding that So, I mean, but I do, not just in medicine, medicine significantly, But even just throughout our lives, again, like as children, we have to show up in school and we need to sit there and memorize and put our physical and emotional needs aside so we can function in a society.

And our society in Western culture doesn't honor someone being different. It doesn' honor needing to go outside and play. I mean, people mostly still live in cities, right, with concrete floors.

We don't understand nature. we still try to control nature, we try still to take over. And so I'm on a tangent. So I think it's hard to to just trust the process because we're taught for so long not to trust it.

And I mean, for me, in the past few months of trying to tap into my intuition and my inner knowing, I don't trust. It's still, it's just like, well, how do I know?

How do know that's right? Or how I do it know it is true? Because we are used to having proof, right, whatever that proof is. Did you do rotations in ER?

You spent expensive time in an ER, would you have a patient come in that was coding and you just knew instantaneously what to do with them? I mean, there's a protocol of what you do.

But still, did you ever have those situations where, or even not in the ER, like with a patient, and before you even read their file, you know what to do with it.

I'm sure I have, but I can't recall at the present moment. I think that's the couple, obviously we do a lot of work with human design and one of the things we talk about with the doctors is your brain is a beautiful piece of equipment.

However, it shouldn't be running the show. What we want to do is we wanna find the place in your body that When you met marty writing that human oh my god it's him right that moment where you knew right or that movement like when the kids were born and that moments where was that in your body where does it reside in the body.

Because when we can identify that. We can teach the doctors or anybody to start to listen to that a little bit more. See, the system is designed, when we talk about being out of the systems, people think it's about leaving insurance.

That's the easiest part in the world. The hardest part of in world is that ongoing conversation of, You're an idiot, you fucked up. You shouldn't have done this.

Your gonna die. What about your 401k? And your mom's calling you going, what do you mean you're still renting? Or how come you are not putting money away for retirement?

What do, don't you have healthcare? Like what are you crazy? We have to understand there's multi-facets to this journey. It's not just how do I open up a business.

Getting a location is the easiest thing in the world. Its the inner battle, the internal battle that goes on. Every single day. Every day, yes. So talk about that battle for you.

I mean, your practice is fairly successful now. You've been having some really good years, right? Yeah. What was it like in the day in and day out when you weren't able to pay yourself?

It's so funny. It is still such a roller coaster. In the early days, it was expected. So it was fine. Now it's like when we have bad month or a bad quarter, it throws me for a loop and I do the like, I'm not good enough or what's the problem or whatever.

Like when you called me when I was in Chicago. Yeah, because it just, when do you get to hit the easy button? I don't know. I've never hit easy the button, right?

You go work at the post office, that's easy. Yeah, I mean, it just, so I think, you know, for me, i mean it's not all psychedelics. Meditation has been a game changer for, me I started meditating when I opened my business and people be like, "I can't meditate." It's like you, know neither can I.

I'm, you know I don't know. Ii can give myself all of the diagnoses. i have a brain that goes a million miles an hour, but It's a practice. I sit there almost every morning for somewhere between five and twenty minutes, and I've done silent meditation, I have done guided meditation.

Presently I just listen to frequency and just try to focus on my breath. And sometimes it's harder, you know, sometimes I spend twenty-minutes thinking about work and then I'm like, well, shoot, forgot to like refocus myself.

But it is the practice of, wait, my brain went over there, now I got to refocused. My brain over and now got a refocuss. What I think meditation actually helped me with was sleeping better at night.

I used to, I mean I use to be a terrible sleeper, i'm a great sleep now. i also think that if i wake up in the middle of the night i could easily go down the rabbit hole of all of these anxiety things and i literally can just tell myself like you don't have to think about this right now, getting a good night of sleep is better.

Think about it in morning and I'm able to focus on my breath and go back to sleep. And I also so think it's helped manage again just my monkey brain during the day like COVID hit when i barely opened a business and I probably, had I not had a meditation practice, gone down a very dark cycle of like, what if and whatever, and I just was, I can just take the punches as they come.

I mean, generally, you know, again, didn't think I had anxiety until it was gone after that first five MEO experience, but Yeah, things I think as a whole don't bother me as much.

And there are times I might call you freaking out or whatever, like things still bother. But I, think in general, the roller coasters are are less severe.

Yeah. Um, and I thinks psychedelics have helped with that. um, And I. Think that as an entrepreneur, you have to be able to manage your mind at least somewhat.

I also think you. Have to. Be able. To manage. Your body. You have. to keep your physical health. Because there's so many excuses to, I mean, I could work 15 hours a day easily and nonstop.

I'm good at it. I love it I love getting my work done, but I have a family and a husband and value my health. And so I think, you know, this I teach my patients this all the time.

We deal with a ton of high performing patients. Those are the ones that come to see me. They want to live long and healthy forever. Yeah. And so, I mean, you got to walk the walk, but also, we talk to people all the time about, people will tell me, well, i don't have time.

I'm like, literally own three businesses by myself and I have three kids. You have the right. Right. Ask me what the latest and greatest show on Netflix was.

Yeah, no clue. Right. Right, and so, you know, I wake up, my kind of routine, so I talk to my patients about this all the time. You have to be rigid with yourself and in that rigidity you have also to allow for fun.

I work out most mornings, but sometimes if I just need to sleep, just sleep. And I used to beat myself up about it, now I don't. Sometimes your body's weak, the better workout's the recovery.

Right, exactly. But my morning average routine is waking up, doing my five to 20 minute meditation, going to work out, come home, deal with three kids, get them off to school, take them to the school whatever, go to, work I work until I'm done working whenever that is.

And then these days with teenagers and tweens, I run home from work. I generally am not like finishing my work day casually. and I'm driving them all over and we're done sometime between eight and nine o'clock and then I lay down.

Sometimes I'll watch a show or I read a book and go to bed. That's it, every single day. It's not like glamorous or awesome or fun, but I still enjoy it.

Success is generally, the habits of success are not glamorous. People think it's glamorous, it is not. We talk about it with our doctors. Talk about the process a lot, right?

And the processes to having a successful practice actually exists on the sidelines. So everybody thinks it's like, well, what do I need to do with the practice?

Okay, let's talk about what you're doing the night before. What do you mean? Like, okay, so walk me through your routine. We know about the science of the phone, we know what the screens do to us, walk me through this.

Are you starting from a place that you're rested? Because sleep is the number, I believe, and a lot of these studies will support it. I believe that sleep is the number one thing.

I think it's the No. 1 health crisis that contributes to a lot of other downstream issues. You don't get enough sleep, you're not going to have the discipline to not eat the sugary food, the carby food.

Studies show that if you don t have enough REM sleep you are going drink coffee, pizza, mac and cheese, eat shitty food And just physiologically, your body doesn't recover and rejuvenate and regenerate if you don't sleep.

You're not creating your own hormones, you're doing all of these things, right? So we start there. And then let's talk about winning the morning. What does your morning look like?

What time do you get up? Well, even for me, like you said, what do I do the night before? I've been an athlete my whole life and I still put my clothes out the nights before because if I don' t, I will use that as an excuse to not want to work out, So my clothes are on the floor also like my husband sleeps later than I do so I mean I sometimes use it as an excuse but I also just want to be quiet for him so my Clothes are On the Floor everything I need so i wake up I don't have to think about it I did that for literally for decades yeah I had all my, clothes yeah i had them set i Had the gym bag packed i have the hangers done so great just the little things like in the wake exactly i Wake up usually between five and six okay My circadian rhythm often wants to wake me up at 4.30, but I refuse to get out of bed before the 5 o'clock hour.

So yeah, I generally wake up between 5 and 6. Lately, my body has actually wanted to sleep a little bit later. But if I'm not to the gym… That happens at age, by the way.

That's annoying. I know. It was really hard adjustment for me. Yeah. Which is, I mean, probably like, it would be fine if I didn't have to take my kids to school and like help get them out of the house.

I luckily don't to do that. Yeah, right. And that's important to me. It's to, there's one morning where I go to the gym later, but it's it important for me to see my kid in the morning because I miss them otherwise.

So yeah, I don't know, but I also have always been a morning person, right? And my routine doesn't have to be your routine, like being regimented is important, your health is also important.

I mean, so sleeping, stress is the number one. Both of them are the numbers one, we don' give stress. Just stress and sleep go hand in hand. They go in and hand, and we do not give it enough credit, because every single one of my patients, it's part of our intake.

Like I ask how your stress levels are, 9 out of 10 people, they say I handle it fine. Or, it's fine. So they say they handle it fine? They handle fine, right, exactly.

I mean, every now and then I'll get someone who's like, oh, I'm stressed, but usually it says I stress lately because of my boss or I am stressed lately, because a family.

But very few people are like I live maxed out all the time, which is me, you know? Well, cause it is a badge of honor. It's a bad honor to say I can handle a lot of stress.

Well and also that is what we're trained to, like we are not trained in Western culture that relaxing and not being stressed is okay. That's the hard thing to learn how to do.

I'll be 59 tomorrow. Happy birthday to me. It's still hard. Really, really hard for me to relax. Like, I always, it's amazing how that is so ingrained.

I don't think I deserve it. Yeah. You know, my brain is like yours. I think about business a lot. Right. Think about the business. The doctors. How we can make it better.

Constantly thinking about how we make a little bit better, everything a bit. But even being able to give yourself the time to Daydream even if you're thinking about the business but laying on the couch and daydreaming like we don't or I don' do I rarely just lay on The couch without like my computer or you know, I mean again, it is a stage of life I'm in with my kids but also just giving yourself that time to day dream and think You know and let the universe speak to you or think about business in a way that isn't having to do Remember when we went to dinner with your sister in Las Vegas, okay, and she said something, I won't say exactly what to protect, but basically we were all talking about journeys.

And she had a friend or something that said the reason why they do the journeys and take them MDMA is it's the only time that their brain shuts off. Then I went, yes, because I'm doing journeys like at least twice a month, right?

And like, is this really smart for me to be doing this? Not MDMA. That was a hard one. Sometimes it's MDM or it might be a microdose of LSD or whatever.

But it is one of the only ways my brain completely shuts off. It's like I give it a four-hour nap. Interesting. On any journey? I mean, I feel like psychedelics make my brain that goes so much faster, but differently fast.

Well, so it has a lot to do with the container. So let's talk about ceremony, okay? Okay. Mm-hmm. Let's about the practice, because you… So you do regenerative, you longevity, and then you're doing ceremony.

Like I know you, do ketamine journeys, right? Yeah. When did you start marrying those together? So I started my practice. It's still a lot regen. Regen is kind of- So regen was where you started?

I mean, I start with all of it except psychedelics. I did add psychedelic a little bit later. That first year after I 5-Meo DMT for the first time, it was still awhile.

And I just started doing a ton of my own journey work and diving into it so I could understand. And then at some point it was like, you have to do this for your clients.

And I fought with that for a year because at one point I did work with addicts, mostly heroin addict, but there was a

ton of- You said the fly to me, by the way.

You're welcome. I'm a mosquito to you. There was ton people who were addicted to ketamine and I was, like I can't give people ketamine. Like I used to work ketamin addict.

This doesn't align with who I am. So I've fought that with for awhile. But the day I knew I had to add psychedelics to my practice was as strong like in every cell of my body as the I day knew that I would be a doctor at 14 years old.

It wasn't just a casual thought. This is what I'm doing. Yeah, so I fought with it for about a year and then Finally when I was like, I just need to do it I had a retreat at my house with my friends and I invited them over and we did yoga and We did like the retreat how I would do.

It we need meditation. We need yoga And we do ketamine we had like really healthy food. we have integration afterwards and it was lovely everyone had A beautiful journey And so I was like, OK, I'm going to add this to my practice.

And side note, like in PMNR residency, i am trained in pain management, and ketamine is part of that training. So I trained on how to administer ketamines.

I also took a course on ketamin and psychedelics during this year. OK. In that first month, three different patients who were my existing patients were like do you do ketomine?

I want to do it with you. The universe knew that I would add it. take a more ceremonial approach than like maybe ketamine clinic in that I sit with my patients.

I mean, I do clear the room energetically with Sage or Palo Santo. And then I do at least the first few journeys. I'm in the room with them the whole time to make sure that they feel loved and held and safe.

There's some people who don't want me in their room. It is so important to have a guide. doing whatever they're doing and on their cell phones is very different than having someone who energetically is holding that space for you.

Side note on that, I've had a complete telepathic exchange with a patient in my office when they were doing ketamine. They came to me, they traveled to see me for a week, and I literally had to thought, oh I need to tell them, like I was so compelled to them.

I forget what it was because it's probably five years ago now, but it something simple though. You are perfect just the way you are. But I was going to interrupt their journey to tell them, like it was needed to them.

And I'm not going interrupt the journey. So how I host my journeys also is when the patients starting to move and come to, I leave, make them tea, and I let them sit and just be in the space on their own for a while.

They can journal or they can just integrate on there own and then I come and download with them maybe 30 minutes later. And she was telling me whatever about her journey and that she wrote down, she goes, oh, did you come take my headphones off and say, you are perfect just the way you or whatever it was.

And I literally just started crying. Like you cannot make that up. I mean, it verbatim what I wanted to tell her. Anyways, that was wild. But so so I try to hold ceremony as my practices have gotten busier I also recognize that I'm not personally like cleared because I am focusing on all the other things I want to do in my business So most of the time now I leave the room because i don't want that You want that energy drifting off onto them.

Correct. But definitely not the first or second time. Like I'm sitting with them in the room and I clear myself before I go into the rooms. And so I really think this ceremony is important and lost in Western medicine.

Anyhow, so that's how I do it. Are you doing any journeys for people with psilocybin? Because obviously here in

Colorado it's legal. Well, it's not legal if you're not a licensed facilitator.

I often, I'm not licensed, but I have done it. For a couple of patients that are end of life, for my old medical assistant who is diagnosed with breast cancer.

She is now in complete remission and she says it is because of the journey we did together. You can't prove that. Did you just do one journey with her?

We did just one and did a ton of ketamine with me. Wow. And she, I mean she's done a lot of things, so who knows, but she whatever in her system, she attributes it to…

that. So I'll take it. But what about the end of life? End of Life was hard. That patient, unfortunately, has deceased. I mean, she was very end-of-life when we did the journey.

What was she looking for? Was she peace? She was just curious. Yeah. Wouldn't she get even more curious at the End? Totally. And I talked to her maybe even a year or two before, like she should go do a journey, but she wasn't ready.

She did find some peace. It's hard to be really sobering to come to end I can't imagine. I'm a little older than you, so I've had friends drop dead and one of my good friends just had throat cancer and another guy had their cancers bopping around.

None of those guys from the camp, nobody's going through, I have one college buddy that's had, he's been in remission now. He's in his third round of remissions of 15 years of fighting cancer, and he still freaking nailing it.

Yeah. I would imagine that would really adjust things. Oh, for sure. Don't you think? Man, I'd be like, let's go a little bit deeper. Well, and that's, I mean, when I do journeys and I, you know, have expressed that.

I've done many journeys in every time I'm terrified going in because part of it's the loss of control. But part it is like my complete belief that we can care ourselves of most things, but we have to face some really bad shit probably that either we've gone in this life or past lives or other lives, or, to get deep.

Things that you're still carrying. Yeah, right. And that a scary, uncomfortable thing. That's been the hardest for me. That's been really difficult for me as to coming to terms with the things that I'm carrying.

It's so hard. And for a while it was the thing that was put on me, right? By people that were supposed to love me? And now I have like this perspective of, you know, it's part of a bigger plan.

Like, it's just been in the works for many lifetimes. Like that this is the culmination of, like this for me, this phase is this part of my life journey is to fix all of those other things.

And that's come to me in medicine quite a bit. Yeah. I've had people that, and I have never shared this on the podcast, right? So the first time I ever shared that on a podcast.

There's only a few people who are very close to that know about this. And I've had random frickin' strangers come up to me and say the exact same thing about, this is the time that you fix all of this stuff from the past.

It's so wild. it's really heady. Like, I'm not gonna lie, the moment I said that we were gonna come here and do ayahuasca, and Christine will tell you, she's off camera, but she'll tell, you I became a bear.

I mean, just, y'know… I wonder if it is going to come out. You know, it's a long weekend. But I also just think of it like this. Isn't anything worth it?

Really hard? Everything. I mean, I just got done reading the book, The Comfort Crisis. Have you read it. Oh my God. Yes. Tell me about, so I want to hear about that because then I'm going to tell you my story about the comfort

crisis.

Wait, I'll tell that in a second. By the way, it's why I am here. Okay. Oh, okay. I wanna hear that, but I just gonna finish the incorporation. So in incorporating psychedelics into my practice, with like ceremony because you asked like, how do you incorporate it?

So now, I mean, so people can come to me just to do ketamine journeys or just do Regen, but most of our patients we're putting on six or 12 month longevity programs and they include Regene and psychedelics.

So, which is what I think makes- Can heal the heart and heal joint. Yes. Can't heal a joint without healing the hearts. 100%. And so I that's what makes our practice stand out and how we incorporate.

We have, you know, like I Everyone is different, but essentially we do gut health and we're doing cardio metabolic then mind body Regen and then opti I mean and Then further optimization right and so that's how we incorporate it into our practice and it just makes sense to me And you have to but not everybody's ready to receive it like we don't do it at first because not Everybody's raised to just receive It I means even my patients and not everyone has to do psychedelics.

You could do psychidelics Yeah, I tell my clients all that all the time. Not everybody has students you can do somatic breathing Yes. There's a lot of different meditation, there's lot different things that you can do.

Yes, yes. So in reading the Comfort Crisis, I mean just, that's it, like it's just basically is like we're getting comfortable, you know, we never want to be hungry, don't want be cold, We don' want too hot.

We live at 75 degrees all the time, essentially. we sit all day, and that leading to, being like stupid, fat and lazy essentially, That's along the short of it.

And so I put, exercise puts you out of your comfort zone, but you do have to push yourself, I mean being too cold, you know all of these things in longevity being in cold plunges in saunas are stimulating different forms of longevity essentially because you're stressing the body.

I mean, in longevity, part of the longevity the importance is stressing body, so there's many different ways you can do that. Psychedelics are one of those ways.

It's so uncomfortable and yes, you are going to grow and change. Starting a business, it's uncomfortable, but it is not just about… That's the whole point of it.

Yes, I think I just posted recently on Instagram, because 5MBO told me to. And I said, owning a businesses isn't… It is the hardest thing I've ever done, It's not about the business, it's about entrepreneurship, the money, about connections in the community and the people I've met along the way.

Literally, that has for me been the journey. But it's it really hard. I mean you don't grow and change I think if you're an entrepreneur and not doing the the personal work like you just can't there's so many and there will always be no matter how obstacle how many obstacles we Overcome about ourselves.

There's always gonna be more but it looks a beautiful. It's like pulling back an artichoke There is always another layer. Yes. Yeah, but is such a I don' know.

What is your comfort crisis? So my oldest child is Megan, and she, you know, fathers and daughters always have a very unique relationship. And then my two other kids are boys, right?

Well, Megan is my very bookish, like, as soon as Harry Potter would come out, we'd get it at the bookstore. I would actually read it to her. It was shocking, I did the voices.

Right? And I knew she was reading, still reading it beyond me, but she loves to read and we exchange books all

the time. And so I was 24. I had gone to do my journey, had my, oh my God, holy crap, I got to change some things.

Like, it was a, literally, listen back to the recording, and I'm like, Oh my god, Holy crap. Oh, my gosh. Literally, that was my entire thing, right? Yes.

And I saw Megan, it was a couple of days before Thanksgiving, and so then she and her husband came over, like December 2nd or something like that, we did a Thanksgiving on whatever, Friday or somethin'.

And she goes, Dad, I got a book for you, gotta read, It's Comfort Crisis. Okay, and I read it and the whole time I'm reading this because the book goes what it is It's a guy and so people understand to get out of his comfort zone He goes on an elk hunt in like the you caribou carabou in the Yukon, right?

And you know Helicoptered in and they're there for seven days and you can't get it. They're for a month They they are for month right and hunting the herd and got a little bit of food and herds these 1,500 pound Caribou which I think would be easy to find or unbelievably difficult to fine right and they're in these big herds and so Anyway, he talks about the whole comfort crisis and I'm reading the book the entire time it literally was like the confirmation of what I got of What I had to do because I was on a very comfortable path I Had built the business it was one-on-one coaching based It was profitable.

I have a couple of staff people. It wasn't entirely fulfilled like one on one coaching for me is very difficult I can't I don't do it anymore. They did it for 20 years because you're no matter what you charge your trading dollars for hours, right and I saw this path that I was on, because I doing some journeys after the bigger journey, some micro doses, and I see the path I'm on and it was a very comfortable path.

My house was nice, my life was, nice my friends were nice. Right? The golf course I was playing at was Nice. Okay. My life didn't have a whole lot of upsets to it.

Um, My relationship was. Nice, okay. And I'd probably would have wound up in Florida, which is nice which I hate. You were going to Florida. I remember that.

Yeah. And I realized, oh, I'm choosing comfort. And then I had this, and what I saw in the journey is I thought this other life that I could have, in this life I would have to stop doing what was doing, completely recycle the entire thing.

not blow it up, but like go through this massive change, which I did for 18 months, changing the way the company, the ways we deliver our services, leave that relationship, move to the West Coast, from the East Coast.

All of these things. And the funny thing is, is my daughter gave me this book, The Comfort Crisis, and she got pretty mad at me for giving up the comfort.

I'll just leave it at that, right? And everyone's like, what are you doing? You've got like this, I'm like nope. Because what I basically saw is if I stay on that path and take the Florida thing, oh, lived like 74, 75. If I take this other path, It's going to be transformed, this transformative work that we're doing, right?

And I'll live to 120 or beyond, like I'm not, it's not going be a, and what I saw was you need to get an amazing shape, call Dr. Haas, tell him to do whatever, the whole, I got back and I read the comfort card and this is what have to.

Right. And that's, I mean, you know, circling back to like kind of the point of your podcast in general. Or, getting out of this system, people make excuses all the time.

I know. Right? Oh, oh I won't have a 401k. Oh I, whatever I need to make per year. We don't need any of it really, we need safety, shelter, food. We don't need a 401k.

It's nice, it's comfortable. I gave up all of those. To me, I've always been a risk taker. I used to, well, I use to coach in the beginning of me coaching.

I'm sorry, opening a business a few years and I was coaching physicians on opening their businesses and all of the excuses exist, right? But it is exactly that.

It's, you know, You want to be comfortable or you want To be secure or You wanna be safe or, But that's an illusion. COVID happened and so many physicians got paid way less, lost their jobs, whatever.

And so control, comfort, it's all an allusion. Comfort is an So if you think about it, the whole concept of retirement is a mid-20th century manufacturer.

Because when they created social security at 65, the average lifespan was 68 years old. Now it's whatever, late 70s and climbing. And so we have all this money flush in.

I'm a marketer, right? We study marketing. Why are things the way they are? Well, they started creating marketing and saying you need to invest in your future.

So you can work really, really hard and then you could quit and you then go do what you really want to do. There weren't 401Ks before World War II. That's a construction of whatever, the 1970s, right?

It's also a terrible construction to say you work really hard and then you do it. You could die. Nobody's guaranteed tomorrow. And in the comfort crisis, I don't know if you remember, but they talk about the country of Bhutan and they have the gross, as opposed to the Gross National Product, main government person.

I don't know what their title is. Their president talk about the gross national happiness. And that is literally what they focus on for their people. Oh, I forgot about that.

Yeah. That is what's important to their People. Not making more money, not doing bigger, faster, stronger, harder. It's literally to make sure that they're um their nation is happy and they ask and so then the author i forget his name even though i literally just the book is on my shelf it's a book i'll never get away they actually say this is interesting that one of the main reasons that they're so happy not only because their government focuses on it and it''s important to them is because they think about death and They think, about, death all the time and i love this this, is so relevant so You know, in Western culture, it's like we're shocked every time someone dies and we are so sad and don't have processes to A, deal with our grief because we've pretended like it is not going to happen, but also we don' have all of this belief necessarily in afterlives or before ancestral healing or ancestral…

I know we just don''t have any of that, But anyhow, they say that every day before they leave their house, They think about the fact that they are actively living but they're also actively dying.

Wow. And if you just think about that for a second, if I think of the fact that I'm actively dying, immediately I am grateful for this moment in time.

Absolutely. Right? That's so powerful to me. So that's super cool. I have a business guy that know of. His mom. I don't know the full backstory to it.

He's a marketer in Austin, Texas, and he told this story from the stage, but his mom used to do this thing called roses for the living. And I think she had a close family friend or something like that who died, And he asked her, are we going to go to the funeral?

And she goes, no, I'm going start doing roses For the Living. And so what she did was she would go visit friends and bring roses. She goes, because I can't talk to them when they're dead.

Why do I want to go there? They're not there. Like I wanna go in a room where everybody's crying and sad. And you grow up Irish Catholic in Chicago, you go to a lot of wakes.

The Irish wake is a real deal. It can be as fun as an Italian wedding, believe it or not. Everybody's sitting around and they are crying. I'm like, what are we crying for?

Are we crying because we're sad? Are crying they're not here? Crying for them? Because we didn't tell them we loved them one more time? We didn' pick up the phone and said, meet me for pizza?

What are we really crying for? All of it, right? I guess all of, and all it's fine. Right, pick up the phone now. I mean, you can't pick it up now for everyone.

There is life that is lived. But also, people hold on to so much anger and resentment, and that's just so unnecessary. And also I think it's this crying, it is a loss, right?

But without potentially a belief that our souls go on and you might see them again, that also is very hard for us to deal with. I don't know, there's so much there.

You talk about comfort, going back to where we came from here in this, in comfort. Really when, and I explain this to doctors, you've done one of the most difficult things a human can do next to probably winning an Olympic gold medal.

You sacrifice your 20s, 95% of people that sit in your chair, I ask them, when did you know? 14, 12. I knew at eight. And I'm a late bloomer, knew it at 19. The Roddy McGee story is 22. He's like I don't know what happened to me.

Has he decided yet? Rodney will be on in about a month. But you've lived your entire life as being uncomfortable. Like, the human body is this biggest mystery and we still don't know that much about it.

Totally. And our entire life is delayed gratification, and often it's still just delayed because we're expecting the destination. Because you're never gratified.

But we expect there to be something in the destiny and we haven't learned how to appreciate the journey. I mean, right? Do you look back at your journey?

And like, do you have a different perspective of your sacrifices in your 20s and early 30s of what you had to do? do look at it and go, wow, that was a fucking badass.

Not really. You just did it. Right? Did you just do it? I mean, it's just like you're just doing though. I don't know. It's interesting. But isn't that what, going back to the book, is that they did when they were hunting the caribou?

They just it because that's what was required. Yes, and I think, I mean, for me right now and every physician listening to this, like, take a minute and think about the fact that you are a badass because those are the moments that we don't ever do.

I, mean people are yelling at us and telling us we're not good enough our entire lives as some sort of crazy initiation. And so then you start a business.

And it's a little bit of the same. It's never good enough. You always want bigger, faster, stronger. Open the business. I was like, OK, either when I pay myself six figures or when my business makes a million dollars, I'm going to celebrate because it's so easy to not.

Those milestones. Both of those milestones did you celebrate? I celebrated one of the milestones and it was such a non celebration, to be honest. It was.

Like, what was the I mean, it. Was like I. I forget, honestly, which one it was, but it's like, oh, I'm doing this thing, whichever. Let's say I was paying myself $100,000. I said to my husband, Oh, we need to drink it because I just paid myself a hundred thousand dollars.

It was just like we have to. I mean, there was no like, we need to take a minute. So I'm gonna take them in it now for the million dollar mark and just actually celebrate.

But it's hard to feel good about it because… Why is it hard? To feel about doing hitting this number? Because this is a number you and I talked about.

Yes. Okay, it is hard. To. Feel. Good. Because when I paid myself $100,000, It felt like it was, you know, as I made a PM and our doc, I should be making 300 ish.

But you hadn't paid yourself for a number of years, right? For a couple years you haven't even paid. It still doesn't feel good enough. My business making a million dollars, my overhead is like, I don't know, 90 percent, so it's not like my business is making $1 million and I'm a millionaire.

I understand. So, I guess that's why it's hard, because you would think it supposed to come with an emotion, or you think the number is supposed come to this emotion or this feeling, and it doesn't, so I have to sit and find that emotion.

So I'm saying it out loud so that I do that this year. But also, there's just so much else that comes with it, right? There's so many more people who you want to hire or who want more of your time or less of When you're an entrepreneur, we do it generally to prove something.

Most of my friends are entrepreneurs, founders, right? We have different phrases. We all are trying to proof something to somebody, okay? You know my story of how I grew up.

I know your story about how you grew. It's not like we were honored or celebrated. Right? Right. Yeah. And I will tell you this. Last night, so we celebrated my birthday last night.

Christine and I, it was the only time I've ever been happy celebrating my It was the only time. And why? I laughed, I cried a little bit. The gifts were phenomenal.

Meal was great, right? The cookies, we had a couple of cookies. We made some cookies in the air fryer, because it's not like we have boxes of cookie sitting around.

Right. I've never allowed myself to celebrate me. It's taken me 59 years to get there. Why did you allow yourself last night? because I've done a fuck ton of work over the last two years and the medicine has helped me tremendously understand the shadows and my blind spots.

And my birthday and birthdays in my family were annoyances. You know, I'm the youngest of six kids, right? My dad worked insane number of hours. He had his own law firm, he worked in the city, took the train back and forth.

My mom was, you know my mother. And it was never something that you were celebrated and honored. It was, okay, we got his birthday tonight, let's get it done, everybody clean the table.

That was it. And so I understand what you're saying because whenever you move to Milestone, I generally don't celebrate that much anymore because I'm like, all right, what's next?

Right, it is what is next. And that's okay, I think, but it's still… It's great though. No, so going back to your question of what… your comment of, it's because you're trying to prove something to someone, maybe, and maybe I thought, whatever, my business making a million dollars would prove to me that I am a good enough doctor or business owner.

Did you think you'd feel a specific way when you hit a $1 million? I think so, yeah. And I just felt like, oh, It's a thing, right? So the trick is to feel that before you make the million.

$100%. So that's the key that people don't get. 100%, 100%. People think the milestone is gonna make them feel

the specific. That's right. Way. Right.

In the quantum field, in frequency. The same, right? By achieving a goal or having a thing, I'm going to be happy. But you get to decide if you're happy right now.

And the thing might contribute to that, but it's not going make you feel. You can only make yourself feel, and the things or the numbers are part of it.

Well, that's why unconditional love of self is so important. Right. Because Anytime we seek validation in love or compliments or anything from somebody else a system a person a parent a friend or whatever Yeah, it's nice to have a friends that celebrates you or a parents that celebrate you I wouldn't know about the second one, but yeah, right, would you right right but um We think that's going to give us the validation.

But that, to me, the beauty of the four gospels is to mean that really what Jesus was teaching us is that you don't need these other people to make you feel good about yourself.

You already do. Well, because you're inherently good enough when you are born. Nobody is any different at birth in society then, whether it's our parents or brothers and sisters or friends.

start telling us or showing us otherwise, but then we also show up that way to like prove that to be true. I don't know, it's fascinating. It's really fascinating, so now that you've hit those two milestones, and like, because I remember we, when we came up, was like two years ago?

I think we were a year and a half ago. And we did a session with you, because I'm like, okay, Jordana, let's try this out. Let's see what happens when we do the medicine and we work on business, right?

We're still trying to figure it out, we'll figure out though. We are getting closer. And you hadn't done a million dollars? No. No, like you were halfway there or something like that?

I mean, I don't remember at the time. Maybe it was like five or six hundred or some thousand? Yeah. Okay, so you hit that. Anything changed the next day?

Did you pause for a second and go, and I remember when you called me and told me, I mean, I think I was happy about it. And then I thought like, wow. I'm just gonna say, yeah, what happened next?

So you're happy and then what? And then it's just the realization of it didn't come with an emotion, right? It doesn't change the fact that my overhead, let's say, is 90% or whatever, so I'm not necessarily paying myself 500,000 or something that would feel good to my family.

And so it was just a realization that all of the other things still exist. But also, there was a pause. I called you, you know, for me, I think the number of a million and then three million, and five million isn't whether I pay myself incrementally more.

I mean, ideally that happens also, but it's the impact, right? If I've affected that many lives, that's fucking awesome because I'm really good at what I do in my office.

The other thing that you and I had talked about is when I reach a certain number, like a percent automatically goes to charity or something I am passionate about, so for me it is feeding children.

So that is awesome. That is also impacting a whole other way of what can I can do when making money. Yeah, for doctors, the motivation generally is not money, okay?

It's about five to six percent of our client base. They're motivated by money. I wanna buy this, I want to have this kind of house, whatever. Most of the doctors are focused on impact in their community.

And so I remember what we did, it's okay if I share a little bit about, so your thing is whatever the number is, like there's what, eight million people in Colorado, I forget the numbers, but whatever.

We figured out there's like half a million kids that go to bed every single night. One in five kids in Colorado, like, don't eat during the day. Yeah, they don' eat.

That is wild. I mean, one in 5. And the food that they used to get, it's gotten a little bit better. But the foods that come out of SNAP programs and the the used-to-like, you know, get craft and then that just contributed to their obesity and to the type 2 diabetes.

So we figured out, okay, let's say there was whatever, I forget the numbers, but let say we figure out it's one in five, so there's like half a million kids in the state that go to sleep every single night hungry because they can't have food.

And what would it cost for us to get them a nutritious meal, whole food, organic, not covered in chemicals? I think we've figured it out as like ten bucks.

Not a lot, yeah. It's eight to ten, by the way, is the number, That's been confirmed because of the stuff that Kennedy has done at HHS, right? Family, you can make a nutritious meal for under $8, which is less than what you're spending for the prepackaged crap, okay?

And so, I think we set 10 bucks to make the math easy, and basically what we figured was that if you made $2 million profit in your practice, You could fix 50% of that, or something like that.

Something like what that does is, the lesson for people is When I when we talk with doctors are like, but I you know, I don't need much like great What do you want?

What's the thing that you wanna fix? Like what motivates me is not? Look, we want to have a beautiful house and for sure in the looking out on the Pacific Ocean in LA, right?

Yeah, for one of those things right But what's more important to me is the impact. That's why it's the 100,000 doctors. Well, it is also, I mean, you told it to be in the context of we were talking about increasing prices and why its uncomfortable and not that it less uncomfortable now, but when I think about it, like it not so I can go drive a Ferrari.

I'd love to see you in a Ferraris. Yes, thank you. Yeah, I mean, it's literally, so I can impact more people and have a greater impact in the world. And something that doesn't relate to this but relates to what we were talking about earlier with the comfort crisis and you talked about retirement and why do we need those things.

I means, actually bad for you to retire but in a longevity, for your mental health, like to quote unquote do nothing. Never retire. In the longevity space, you do need to be uncomfortable to grow and change.

But part of longevity too is actually there is a homeostasis of like people who are constantly hungry, right? So fasting is great, but not having enough food is not good because it's too much stress on the system.

So it is the balance. I knew there was a reason why I didn't like intermittent fasting. Right, exactly. But there does need to be the balance of definitely stressing the body and being able to put the bodies in ease.

So you can't always be, like we talked about both of us, kind of in fight or flight. You do need be able calm the system because that is also part of health and longevity.

And so it's not just fun and games to slow down and not do, it is actually essential for your health. Yeah. It's wildly important for you health I've been doing a lot of reading on that about the ancestral component of it.

My father passed away when he was 60. I'll be 60 next year. So, okay, let's play that game a little bit. I'm in way

better health than he is, right? He had gallbladder surgery, he had congestive heart failure, starting to write about this at 59, mitral valve replacement, and then he'd arrhythmia and died, so it was kind of the process.

So I am in much better shape than is. Great. We're not going to let that… I've not ready to lose you yet. No, leave me, I'll not go anywhere. And I certainly am not playing it loud.

What was fascinating though is my oldest brother, called me one day, he's like, you know, I'm the same age as dad. I was like okay, and he goes, And I've got to have mitral valve replacement.

And like you're not going to die, dude. Like this is, we, so what I am saying is we create these stories, right, that it has to be a certain way. Oh, this happened to this person at my age.

Now there is some scientific basis to that, there we do replay those, but those are codes inside of us. But the thing is that We know that increased cortisol, like we were talking a second ago, increased cortisone increases type 2 diabetes, extended periods.

And if you look at the life of my father in his early years, it was very unsettled. They'd lost the house, they were moving from place to place. His mom died, his sister died.

Can you imagine that? Well, no wonder he had heart issues. He had all these cortisol. Like, he'd have these constant fight or flight things going on, and then World War II.

Yeah, I mean, it's a really, the body is a fascinating thing to me and the epigenetics of it and how we know, do you ever feel like we so much more but know so less about the bodies?

Yes, because I think, not that everything relates to psychedelics, but going back to like… Wouldn't it be great if it did? It's just so interesting because, I'm a scientist.

I love learning and understanding and wanting to know systems and understand how this exact milligram of a substance affects a thing. But then in the psychedelic space, it's working on the energetic component, right?

Which is just not explainable in science. And now that psychedelics have entered the Western medical world, people are researching and trying to understand what milligrams and how to do it very scientifically.

To me, that completely takes away that energetic exchange and the beauty of what can happen internally. But I also love it because I would love to know that 200 milligrams of whatever is the right dose, but doesn't mean it's the dose for everyone, right?

And so, so many people- I never noticed when you take psychedelics, sometimes you'll take a gram and it is like you took seven and sometimes, you will take five and you just took a graham.

The medicine wants to talk to you when the medicine- Correct. And that's what we can't wrap our heads around in Western medicine and also why there's so much, I don't know if people like to say spiritual bypassing, I mean, I do think it's spiritual bypassing because in ancestral traditions, specifically in ayahuasca, which is why I love that tradition, because there is, you don't learn in books.

You learn by sitting with an elder until they tell you you're ready. And that could happen never, and that can happen quickly, right? I'd be still sitting there.

But nope right and so that literally they know you a have to do your own work So I have doctors that reach out to me all the time like please help me open a ketamine clinic and the first thing I say is you have To go do it your work and Nobody comes back to mirror very few people come back.

Yeah, they don't want to that they literally see dollar signs or they want a Medicalize it and you know, but it's not like prescribing thyroid medicine.

I feel like I could prescribe thyroid. Medicine never having tried it Our doctors that are most successful have done the hardest work in themselves. The ones that go, this doesn't work for me, are the ones who don't do the work themselves, I can pick it out.

Yeah, and it's hard to do work. You don' have to psychedelics, you can meditate, but I mean, people who say… Go to a Tony Robbins event. Yes, go. But you gotta exercise, eat healthy.

I don''t know, it''s fascinating. Definitely in the psychedelic space so I struggle being in this space and the more I'm in This space with like the energetic component of it and then the science because it's it just very different parts of like my realize that like Have you had this epiphany yet where?

Are you giving me the epiphany? Probably it called leading. It's called a leading question. So leading the witness. Um Have You have you come to that place where you realize?

The energy is 95% of it, or a percentage of more heavily weighted, I should say. Of what? The success. I think intellectually I understand it, but I haven't embodied it yet.

Okay, what do you mean by you haven' embodied? You do quite a few journeys, you meditate every single morning. You think that's just your shadows trying to hold you back?

Yes. So where does that come from? No, I don't know, so when you came to my house and we did the journey for a business mastermind, and one of the things that came It was like how to be a better leader or something.

What do I need to do? And at the time, it was very clear that I needed to get rid of one of my employees. And I also at that time knew that couldn't do it.

So it's this very clearly like, okay, I'm not ready to step up in that way, right? So my work at at time was actually- So you make a choice. The business stays flat.

Correct. But you choose not to stop. My work was just to actually accept that about myself. And that's okay, right? And so I don't know if I accepted it, but then I did many journeys and that always came up with the same person, like they have to go and I'm not ready to let them go.

So I have deal with that. That's a shitty thing to face about yourself. We're always making compromises with ourselves. Our higher selves is always pulling us in one direction, and our earthbound selves, if you want to call it that, is trying to do another thing.

It's like passing a bill in Congress. There's always a compromise. Unless you reach a really enlightened state. Yeah, I mean, so in answering your question, like, what is it?

Like I sit in meditation and I do work. I just don't trust it yet, you know? I don' t trust you. You've been doing it a long time. Okay, now hold on a second.

Yes. you're a really grounded center. I mean I love you dearly, right? like the minute you and i met I'm like oh yeah perfect like your energy is like perfect match for us and like what we do and all of this.

And I look at you as somebody that has done some amazing work like I know your story and know what you've overcome and wow, this woman's got some real chutzpah to her, right?

Like you've done, I'm in awe of you. Thank you I mean, really, like, and I think it's funny that you think that your just aren't doing that good of a job.

Yeah, I think that's probably part of my shadow. But also, realizing that 95% of it is energy. Again, understand it intellectually, but I don't know that I really feel like…

I mean, by it, you mean everything, right? Yeah. Are you supposed to understand all of this work mentally? No, no, you have to understand it yourself energetically.

I guess working in the psychedelic space and working with so many, oh, I have such a good story to tell you, but working people who are shamans and psychics and I just don't have that and listening to the telepathy tapes and these people have these, what I think are awesome and the true form or context of the word awesome capabilities.

But no gift is more important than another. Okay, fair. I just don't know. Well, I would like to have one of those gifts, but I'm leaning into it. But part of it also is…

That's amazing gifts of healing humans. Thank you. Part of that too is slowing down, right? I fully recognize. And you told me this years ago where you were working on slowing and I don' remember if it was early in the morning or before bed and you got just quiet like you usually go to bed or you do something else.

and you just went outside because you were called to do that and then you had a download from the universe and it was like that moment, right? So listening to that.

I also feel, and maybe this is my excuse, but just also this, so I'm trying to slow down, And it's a hard time of life. You know, I did start two more businesses, But then also I have three kids that need me right now.

And that is- You have 3 kids and the teenagers. One just got a license, yeah. Right. 16 to 12, Right? Yeah. Yes. So I do also think it is a particularly busy time- Well I told you.

Yeah, no, that's the- I mean I've been through that- Yes, yes. It's a brutal phase. I think it's the hardest phase of parenthood. It is a lot. Because you don't have the energy that you did when they were infants, right?

Right. You need more sleep. Your body, most people, they've been abusing their bodies by drinking wine or whatever, or that's how they have been calming down so they don' t get sleep, like it is.

And then your kids don t really like you a lo. Right, my kids still like me. Yeah, you're lucky. Yeah, I mean, or they go quiet, right? It's a hard, it's really hard.

I'm not asking if you want, but women start going through menopause, and it a really difficult time. Right, so even just to get quiet is hard like I have my time in the morning, if my husband wakes up early, which happens about quarterly, you know, just because I need those 20 minutes to myself, to really tap in and trust the energy and intuition, I do just think I still would like more time and just more quiet.

But that's also my excuse. I learned that through Boy Scout high adventure trips. You know what? The quiet and so my oldest boy Andrew is an Eagle Scout and I didn't grow up camping.

My father, my father hated camping, he was World War II Marine. He's like I'm done, not doing that anymore. And we would go on these high adventure trips and you can't bring cell phones, like you don't, the kids can bring any cellphones, right?

And like on day two, they change completely, so you do these trips where you're like in Philmont, in New Mexico mountains, you are going up to like 10,000 feet carrying 50 pounds in your back, or you go to the boundary waters of Minnesota, and your out there for like 7 to 10 days, He gets really quiet, really fast.

You see the satellites cruising across the earth. It's really cool, because there's no light pollution. The stars are amazing. And I learned that the power, I would come off of those trips.

And I'd be like, I got breakthroughs. And you're not bringing a big notebook like this, right? You've got a little notebook, like you can write really small, just little ideas that would come.

That's when it started really happening for me, where I was like oh, this is the power. So I wanna do a darkness

retreat. I think that's gonna do that next year on my 60th birthday.

Amazing. Yeah, every year of my birthday I'm gonna something like ayahuasca. You should. Ibogaine, darkness, retreat, Go to Antarctica. Amazing. Yeah.

I mean, and that's the hard thing to understand as an entrepreneur, right? And I definitely as a physician because we're taught to do, but we do feel like we have to keep doing.

Like, I, there's so many things to on all of my businesses all the time. And so it's also hard. to justify slowing down and just being, even though intellectually you know that is when the universe will speak to you or your system resets.

Maybe you get no downloads but just the reset of the system. But intellectually it's hard to slow down in justify. It's kind of very similar to celebrating yourself on a birthday and it is hard do because why, right?

It feels like there's something else that's more important or that needs to be done or do you deserve it? And so, I think, you know, for at least the entrepreneurs listening, it is important to give yourself that space of just quiet.

Because that is where, and I get it again, intellectually, when I was having this conversation with my brother-in-law, who's been a very successful entrepreneur, he's in the place where money doesn't matter, so he literally just has fun with his business.

He's like, "I'm going to buy a truck and paint something ridiculous on the side." And then money just flows in because he's gotten into his creative and he is literally just having fun and then people are attracted to that and people want to pay him.

Right. And so we think we have to do so. So I get it because I see it happen. I mean, every very successful business person is like, I'm just happy. All of it's not fun.

They work hard. But when you can slow down and get into your creative, that is literally when the beauty happens and the you comes out and your gifts to the world.

And people see that and are attracted to it. Have you read Rick Rubin's book, The Creative Act? It's up on the shelf over there. It is a great book you have to get.

Okay. and it is not a book that you need cover to cover. You can bounce around it and this is what he talks about. Like you create… So when I… This podcast, I do it for me.

I'm curious. You know, like I want to sit down and talk with you for an hour and a half and see, you know what? I wanna record it. And not doing it, for the listeners.

Right. Doing it from me, this is my art. When I put it out there, when this recording is done, and I don't go back and watch them. We listen to it and don' look at the edits.

Don't look the copy that they write for it of a team that does that. I do this because I'm insatiably curious as to why people do the things that they do.

That's why I did this. What causes somebody to say, I've got a better system than what's been designed. I am going to leave this system. This is my art.

And what Rubin talks about is once the art is done, it's done. Now, if people like it, that's great. It's a bonus if they don't. But he said this in an interview, he goes, It is an offering to God.

Right, and whether it's God, Source, Universe, whatever it is. Right. Whatever it it, right? So I think about you as your patients. Your patient is your art canvas.

Totally. And that's your offering to God or Source or whatever is, okay? What do you think when I say that? Does that reframe anything for you, how you thing about your work?

No, I guess it validates what I'm doing or it is. Because owning a business, there's so many business things to do. And when I want to quit or give up, which happens every other hour, it's always out of overwhelm because of the business stuff.

But when i'm one-on-one with a patient, It's the greatest. It is great. Having a day full of patients where I am busy out my head in that way, like, i am fulfilled.

But also what I think about, though, is like these supplement companies I started, which were very unintentional, right? So I first started supplements designed…

So tell me what the company is. So you started a supplement company. I start a company for psychedelic journeys to optimize your cellular health before, like starting three days before.

Hold you during the journeys and then help you recover afterwards. There's no crash. It's called a quintessential journey. There's three supplement lines.

One for ketamine journeys, one for psilocybin, and one MDMA right now. And I started it because I was pre-opping patients for therapists to do psychedelic journeys.

And they would, because I work in the longevity space, ask me what supplements do I recommend? And I was recommending hundreds and hundreds of dollars of supplements for a single journey and getting a ton of questions.

I, A, didn't have time to answer questions from patients like, do take this in morning and before dinner, after dinner? You know, whatever. So I just like I'll make it easy and I make these cute little supplement packs and sell them to the therapists I worked with and that'll be that.

They very quickly became popular and it turned into a business. Those are the best businesses, by the way. The accidental business. Also, the biggest psychedelic conference was in Denver a few months after I started it, and one of my friends, who's a physician in the psychedelics space, was like, that's awesome, you have to have a booth at this psychedelict conference.

So I literally was just packing these supplements, not even thinking about it. And it really wasn't until after that conference I was, like holy cow, I just started a business and I had to decide, do I want to do this or not?

How do you decide to do it? Because you're stubborn. Because the monkey brain is like, we need one more thing! It is actually just so different than being a doctor.

It's so much fun. Yeah, right. Right. I mean, there's some unfun. Some people like to zip line, I like create businesses. Yes. And so it has been fun to see what's created.

It's opened the door. So many people. That same conference is happening again in May and I kind of decided that I'm going to give it till probably about a year from now because you need like through the summer, like to reach out to those connections.

But if it's not pretty profitable, then like, I'll have a come to Jesus. Like, do I still want to continue it? Cause it takes, it hard. It's hard, but even based on that business, since so many physicians know me in the regenerative space, that was actually at a regenerate medicine conference telling a physician that I've known what I was doing in this psychedelic space.

And he was like that's amazing. Will you please make supplements for our stem cell? Absolutely. for stem cell procedures and I was like I mean I took it seriously and i was okay so then I just started researching everything I

could about how to optimize our stem cells in our body like the quality the quantity the viability and so I also love biochemistry so it's fun for me to research these things but so i researched the heck out of how improve our stems cells within our bodies and then i made 30-day supplement packs So now we just include them in our regenerative packages.

We give them to our patients 30 days before and 30 years after and physicians buy them and so then we had to split those companies just because like so now that's why I have three different businesses even though look it's and you know what's funny is it Businesses are They are like children mm-hmm.

Okay, and You have 3 kids, right? it's inherently easier to raise the third one than the first one. Because you know what's coming, generally, right? You don't get as stressed out about the things that you used to get stressed about with the kids, same thing with business.

And then what you realize is all that hard work that had to create to make core to a million dollars, Those skills, you're like, oh, wait a second. Well, I know how to do this.

I could put this together. Or I can get to a couple hundred thousand dollars a year on this or whatever and just, sure, it's providing a service, but you are right, at some point you have to make a decision.

But here's what the decision is. The decision isn't whether or not to keep the company alive or to kill it. the Decision is, are you willing to the work for you to grow to be the CEO of those companies?

It's not about whether or not the company stays alive, because I know it's a viable business. Both of them are viable businesses. I mean, the feedback we've gotten have been nothing but, this is amazing.

Yeah. Right? And you're like, it is no big deal, right? Because you are operating in your zone of genius because you love biochemistry. To me, that is a big thing.

It is. But when you asked me, what did you say about your gift to God or whatever, I thought about the supplements because that has also been my entire path, in terms of regenerative medicine, going into longevity, and going to psychedelics.

no supplements would have happened had I not had that entire path. And then, I mean, never sought out to start supplements or to be in that. It's called corridor principle.

Right, and so I think about like that as truly like my gift. I, mean I thing patient care, think I'm very good at it, people trust me, love my patients, but my gifts to God or this world, especially, into other physicians for the regenerative medicine supplements, they get to up level their procedures very easily to their patients.

Their patients have better outcomes, better results. Yes, in the psychedelic space as it becomes more and more westernized. I mean, I just see it makes me worried that people are gonna just be unsafe.

And this is like, again, i can just help people be more safe and have these outcomes. So I feel like that is, Again, like I had to do everything that I've done in order for the supplement companies to even exist.

and so I really feel that that's my higher self of I have to that. Yours, our last two journeys that we've done, we were out of your supplements, right?

And I mean, kind of know what's in them, but. Yeah, anybody can recreate them. You just have to recreate. But you're providing the package, the solution, which is what I was talking about.

Create a package. Don't sell it to them individually. My recovery was brutal. Sorry. Because I didn't have your stuff. Yeah. Right? Now I kind of know what's in it.

And I have my own, like, you know, I take ABN, HTTB and all that. But there's something about, and when we give

it to the clients that come in and they work with them, they're like yeah, feel great the next day.

You don't that Mollie hangover. That psilocybin hang over. When you go deep and you're really examining. Which then allows you to then continue the integrative work and continue to examine.

Yeah. I mean, I had patients, you know, so I still do host journeys for some people, but getting me out of my clinic for a day is not cheap. You know?

So, um, yeah. But I do love it. It drains me energetically. Yeah, it's a big energetic suck. When you get out the clinic, anyway, we were talking about the sucks.

Yeah, I mean, seeing it transform people, see it change, my father, straight up, wouldn't do another journey with me because he felt so terrible the first journey that he did.

And then I convinced him to do one once I created supplements. So his entire first was overtaken by the fact that felt nauseous and his stomach hurt. I was hosting a retreat, there was many people in the room, and all he was did was loudly, like, "I feel sick, gonna throw up." And he couldn't get over it.

Years later, convinced to him do a journey and he had the best journey of his life, and had no nausea, no belly pain. And so people will tell me like, oh, I don't, especially in the ketamine space, my clients dont have a hangover or they don´t need it, they're fine.

But I've literally had my patients, because 100% of my patient now that do ketamines have to take my supplements, so I have had patients who have been my patience since before I created a quintessential journey, unsolicited say, I didn't know I felt bad until I feel better.

And that's essentially why there's so many people. Same way I'm feeling longevity. I don't how bad I fell until it felt better, right? Exactly. So it's an affordable and easy and beautiful thing.

Kill the company. But you know, it is like the just trying to have a with the monkey brain or just like my personality of just, you just keep pushing head down and working hard.

Like I had to, I kind of like, it's going to be successful. I'm going celebrate when it successful, but also when is the point, like if I just pushing because I am pushing, because that's what I do to like evaluate.

So for me it is essentially this summer next to college. Yeah. And really, and I said it a second ago, so I used to think is We talk about this in the first book, the anatomy of a seven-pronged medical practice.

We talked about the stairway system, and you should focus on one market with one message and one offer, right? But that's when you're starting up. Then every time you start a business, you have to go through that process.

You have be really clear about who's the who, okay? So what I love about both of those businesses is they're really hyper-targeted for who is the Who.

Mm-hmm. The shadow that you deal with, the wounding that to deal that prevents you from going to that other level is always the, I'm doing this, but I don't think I am doing very well, right?

Like that's the pattern, okay? Again, we talk about it. It's not like this isn't something you and I haven't talked about. So then that creates the anchor for you to be able to grow these other companies because in your natural giftedness, you've created these two really amazing products that people love, okay?

And it's right in line with what you love to do and that's to make humans feel better. So it is hitting all of the things, and it a pretty straightforward business.

And by the way, nutraceutical companies like this are highly profitable. You initially told me when I told you I was

doing that they are very hard to successful.

No. Well, they're very hard to be successful, but when you hit it, it hits big. They're either, or they go like this. It's going to do that. Okay. So then, then the question becomes, are you willing to the work to become the leader that can hold that container?

I need to do that work. Definitely. Not that I'm not doing that. Don't feel bad about that when you say it. No. Like, oh, this is a gift from the creator to say, Jordan, I've got something better for you.

Now I needed to some work on yourself. I know. So what is that? Work? I mean, it's interesting because so this past year I have been speaking at a ton of conferences, which is most people aren't like comfortable public speaking.

But what was very cool Which is great because I love talking about my products, but I often do go back to someone's gonna discover that like I don't know I mean I did legitimately research them and look on PubMed and do all of I can but that I Don't you know someone knows better or someone you?

Know I go through all over somebody always knows. Better somebody's always got right idea. You can't Right, right, I do. Go back that but speaking at conferences has been I interesting because I've been speaking a few academic conferences, but recently I spoke at a psychedelic conference, which was less academic and more direct to consumer.

It was Dave Asprey's psychedelics conference. And after that conference people came up to me and said that was the best talk of the entire conference and I got so much.

So people are going to buy you. Look, people can rip you off all day long, right? Somebody's ripped off of all of my stuff. A client of mine came through and went through my program.

Talked about how amazing I was. And then went and took my stuff and stole all the copy off of my website. Took an idea that I had been doing, took all of stuff, re-changed it to about 20% of it, and repackaged it as their own.

Their business is struggling. They don't land clients with it. Because it's not you. It's because it is not me, it isn't their voice, they're an echo.

Okay? And it was people that were very close to me and they stole my Okay. And they're not, I know they are not doing all that well because I can, because it's not their story.

It's, not and so you don't have to worry about, people are always going to try and rip you off. Right. But it is you that people buy, right? It is your energy, it your enthusiasm, your whimsical joy that you buy.

That's what they buying, and all you have do is be the face. The day-to-day ops, I would just teach you how to become a leader that you have somebody that is your trusted right-hand person.

Right, which I have been working on. I mean, in those businesses, VAs immediately have… But it's more than that. It's about… Okay, so I can't draw this, but I'll draw for you.

So I'm going to draw a circle. The outside circle, if you're watching everybody, the outside circles your customers. Okay? The inside circle is you staff.

And the circle inside of that is you. Now, here's the reality. To grow this circle of customers, you have to grow you, and the problem is when you grow, the challenge, not the problems.

The challenge is as you grown yourself, your gonna realize that most of the staff that you aren't gonna fit anymore. So one of my clients, long-term clients called me, and he said, he did journey work.

He went last year at this time. We met at A4M and we were crying over lunch. She's like, oh my God, man, what the hell? He goes, I will be indebted to you forever.

Well, you send him to go see Mike Zeller. And he's, like I feel like this weight's just been lifted off of me. Again, similar stories of you and I, right?

Challenging parents, screaming at them, telling them they suck, all of that. And he called me about six to eight weeks ago and I go, how are things? He goes, not good.

My business is at 50% of what it was. And I said, well, I can tell you exactly what's happened. He says, what that? And said you're no longer the person that hired the people that work for you.

The people who work with you don't know what is going on because you are a completely different person and they want that old version of you back. And so what you have to do is they're either going to get on board with their own transformation or you're going go out and hire people that are whole and healed.

Because everybody hires people on their team based on the woundedness, on there shadow, their blind spots. So VAs are great, they solve a problem, but you're only operating them to the level of your woundedness, to your hurt.

And until you continually work on your heart and your woundedness and change the language, and because those are spells, until do all of that, you'll never have the people that can grow, let me rephrase this, it's gonna be very difficult to have people on the team to be able to grow this thing that you have in your head, because you are always going to sending out an energetic signal that says, I'm not enough.

And you're going to attract people that are not enough. And they're gonna be a reflection of your neurosis or your challenges. So the issue then comes down to…

It always comes to the founder has to work on themselves. For sure. Always. It's not a people problem. There's no good people in my town. it's never that.

So, yes, I have been leaning into that, well, especially since this conference where, there was very successful people there. They moved different, they talked different.

they had a speaker dinner the night before the conference. I was in the room with, the guy who wrote Men Are From Mars, Women Are from Venus, The guy that wrote Chicken Soup from the Soul.

People have been very successful, and I'm sitting there, people who have designed companies out of nowhere. And I texted Marty and was like, I don't think I belong here.

He was, like yes, you do. Yes, yes you, love Marty. There's a reason. I was literally got a text message from Dave Asprey to be at his conference. Since then, yes, what do I need to grow as a leader to become the next version of myself?

And I had an ayahuasca journey years ago, where during that journey, I definitely saw myself as terrible person, doing things that I don't want to say over the air, but I was just like, that felt so bad.

So after the journey I literally was like… Probably your prior life. I was like, what happened? And they kind of were downloading with all of us, and I just started crying.

And I told them what I saw, whatever, just talking about it was helpful. But then this, it is a medicine man from Columbia, they always do a healing ceremony at the end where you literally just sit there and they chant and blow tobacco on you and close out the ceremony.

During that, you're on medicine, during that ceremony I sat there, the opposite, the duality of life, then I saw myself as this very influential person or actually thought of someone in the longevity space.

I don't know why I thought her, but anyway, she's been very successful as a personal trainer. Very, very, successful entrepreneur. And I was like, I could be that.

So I needed that dualty in this journey after I told you Ayahuasca hasn't been that impactful. the duality and to be like, oh, like I can be this and I could be that and it actually is a choice.

Like it's a choose. You can choose the reality, you can use the strength. It's amazing. Yeah, it is amazing, so there's so many steps. I'll say this, and obviously I feel like you know you very well, we've hung out quite a bit.

There's nothing wrong absolutely nothing wrong with having your practice and doing that for the rest of your life. If that's the thing you choose, then that is the things you chose.

There is nothing with it. Nothing wrong having quintessential and the supplement company just be kind of like this small little thing and this clubby little things that the kids, you know, help you pack all the stuff and, it's kind a fun thing to do on whatever Sunday nights or whatever it is, right?

There's nothing For me, the question is always, am I being given an opportunity to become more? Not do more, but become. And by becoming more what I do is I expand my heart.

I extend my energy. One of the things I've noticed, and Christina and I travel quite a bit, is people look at me differently. people walking through the airport smile at me.

There's a different energy that I bring because of this work. And, you know, I think there's lot of way that we can heal our country. I there a lot ways that can we heal out world.

The world needs a more love. Agreed. You know? Yeah. So, learning to unconditionally love oneself is the hardest work that God asks, that our creator asks us to do.

It's so hard. But look, if you choose that you just can keep, that's fine. There's nothing wrong. I'm still coming to Denver and we're still hanging out and I'll still love you forever.

And there's so much more inside of you. Yeah. You know, it's just a question of whether you want to do the work. Whether you wanna be uncomfortable. Right?

I mean, I don't want it to be comfortable, but I am willing to put myself in uncomfortable situations for the girl. But I not asking for an answer. This is the dilemma that all of us deal with.

Yes, well and it never ends too, so it's like you did the work, you got to a place and you can be, I mean I see this like in weight loss in my practice, right?

People, A, want to lose weight quickly, that you have to get uncomfortable, but you lose, weight you are gonna plateau and that's actually important to plateau, and be comfortable there for a while.

You can't just keep losing, keep loosing, So in the work of growing, yeah, as a leader or as human, like you grow, you change, fire your staff, or you do whatever it is that you need.

That hurts. You gotta sit with that for a while. I mean, it's never easy to fire people, but then you gotta set with the person you became, decide if you like that person, accept the parts that like and don't like, and you get to change the ones that don' like.

And then, then grow again. But there's that plateau of accepting and being and understanding the people you are now. Which is, I think it a beautiful thing.

It is a beautiful thing. Okay, so people want to buy more of these supplements so that you stick around doing this. How do they find it? So if they want the psychedelic supplements, they can go to quintessentialjourney.com.

It's quintessential with two Ns, just to make it very long and complicated. But no, because of my last name, Quinn. They can buy them online. For the stem cell packs, right now they buy on the same website, but that's turning into coregenics.

com, which is… K O R E G E N I X dot com or they can just reach out to support at either one of those companies and we'll get them to them directly.

Awesome. All right, thanks for coming out, by the way. Thanks for going here. Yeah. Oh, we love coming here, yeah. And I know we're going to hang out tonight and do some grads of the new wherever, and then I will be over at your place tomorrow.

So prep for… Oh tomorrow, oh cool. Got to prep. Yes, you do have to prepare. You do need to eat. No, I've been eating. Okay, but eat tomorrow? I don't know, they probably had a time like till one or two.

The vegan thing's a little rough, But you know. I couldn't remember what the idea was. They're all a bit different. It's vegan? What are you going to do?

It's just a couple of days. I loaded up on protein prior. OK, good. All right. Hey, thanks everybody for listening. Check out Dr. Jordana Quinn. You'll probably see her at some of the events coming up.

She's an amazing speaker and amazing human and a phenomenal doctor and great friend. Thanks for coming. Thank you. If this episode got you thinking differently, hit follow and share it with someone stuck in the system.

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