Welcome to the Summit

Hi, ladies. Welcome to Mastering The Menopause Transition Summit 2.0. I'm your host, Dr. Sharon Stills. And, you know, I'm excited to be here with you.

I'm always excited to be here and share and learn and grow together. And today we are going to be talking about a subject that is so important to me, so near and dear to my heart on on a personal level, in my own healing journey and what I do with patients in my private practice and what I want to spread as part of my mission about when I say menopause, pause and I parentheses the pause so that we can pause.

And when I say we can pause to see where we've been, where we are, where we're going, and a lot of that is not just, you know, where I've been with my diet or my supplements, although, you know, of course we need to feed the physical body, but it's really about pausing and where have I been emotionally with my life?

What's gone on, where my at, where do I want to go? And so I had to track down and get Dr. Eva Detko, who is an expert in emotional mastery and time together the hormones and emotions.

And I had to have her be a part of the summit. She is she has a bestselling book. She's very well known. She teaches extensively about this. Some of you, if you're lucky enough, already, have seen some of her work.

And if you haven't, you're in for a treat and you're going to want to know more about her work. And so she's very busy traveling. But we finally got a time and a day to record the interview.

And that's right now. And so I'm really thrilled and just feeling really grateful and blessed to have you here, Dr. Eva. So welcome to the summit. Thank you so much.

I'm so excited to connect with you and your viewers. And yeah, hopefully we'll have a great conversation here and obviously deliver some value to everybody watching. Yes.

And so I just learned before we came live that Dr. Eva spends most of her time. She's Polish and lives over there and I'm going to go visit her maybe in a few months.

And so I'm just so curious, like, how did you get started in getting a PhD. and learning about the emotions and really making this your life's work? Was it something personal or just an interest, or how did that all come together?

Yes, certainly. For me, it was very personal. I had a serious sort of birth trauma.

Dr. Eva's Personal Healing Journey

And I do write about this in my book because it's actually very relevant to the path of essentially have chosen. And then a lot of childhood trauma followed as well.

So really, when I got to my teenage years, my twenties and really my health started taking the head because absolutely without any shadow of a doubt, as we will talk more about in this interview, if you have unresolved trauma, if you get triggered emotionally and really I became a bit of an emotional mess, to be honest.

And I know we're talking menopause here, but really, obviously, when you're a teenager and and you have all these hormonal changes, then I can for sure say that I, I was very, very kind of hormonally unbalanced.

And a lot of it was to do with how much of an emotional mess I was. And so that that really sort of first put me on the path of just generally natural medicine and wanting to my body in my mind and I through over the years of

mixed old so many different modalities, so many different things.

But I actually had done to help myself and I've been able to heal from all sorts of things like Hashimoto's thyroid diabetes. I had diagnosed chronic fatigue syndrome, and when I look back, I also had fibromyalgia.

I didn't have that diagnosed at the time. But really looking back, it's obvious I had that as well and I was able to really successfully recover from all these conditions.

I am now approaching 50 and I am actually have more vitality and they thrive. And to be honest, I'm in better health emotionally, mentally and physically than probably have been for most of my life.

And so interestingly, because we talking obviously about hormonal changes in later life and I am perimenopausal now, but I can tell you with ironing out all this emotional stuff and clearing all the emotional garbage and resolving the traumas that were haunting me, I have to say that now.

Well, that also enables me to do is have a better balance within my autonomic nervous system. So we can touch on that because it's so hugely important.

And therefore that means that apart from the fact that I can see my cycle slowing down, I have literally no symptoms whatsoever, like no symptoms at all.

I just know that things are starting to slow down. But other than that, I still have energy. I'm exercising most days. I'm just I'm not ready. My life is not affected.

I don't have the usual symptoms that come with with these changes. So it's I'm hoping that if the viewers are not already totally sold on on this idea of achieving emotional mastery and healing a traumas, but you will be at the end of this because without any shadow of a doubt, this is going to have such a huge impact on your hormonal balance, hormonal health overall.

Yes, I love that because that's a similar story to myself. And I also am a little older than you, but I also went through my menopausal transition and had no symptoms, never had a had flash.

And so I love that you said that. So it's like you have two women sitting here showing you it's possible. It doesn't have to be, you know, suffering might be common, but it's not normal.

And so it and dealing with the emotions is definitely always a huge piece. And I'm just curious to ask you before we really dive in, you know, you talked about clearing your childhood traumas and do you is there anyone who doesn't have childhood trauma or do we all have childhood trauma?

What has been your experience? So for Force Station I can say that anybody who has any health issues, iconic health issues and any sort of imbalances like the sort of imbalances that we are talking about because you're quite right, just because a lot of people experience something doesn't mean it's normal.

And what I would say to that is like whenever you see that this absolutely, I can guarantee that there is something unresolved there and it usually goes back to childhood.

So obviously, I wouldn't necessarily say that hundred percent of people have trauma, but from my perspective, everybody has something.

What Trauma Really Means

It could be a bigger or a smaller piece of the puzzle in terms of your life and your health. But it's always a piece. I honestly, all these years of working with this, I haven't really seen anything to the contrary.

So I would I would say I would echo what you just said, that pretty much everybody has got something. And

unfortunately, a big, big, huge percentage of the population have quite a lot of unresolved trauma and certainly emotional baggage.

Suddenly, all sorts of subconscious patterns, programs that are just simply not serving them. And not only are they not are these patterns not serving them?

Actually messing their physical health or messing them messing them up physically as well? Yeah. And when you say trauma because it could you define what that means and what the listeners could be thinking about because I think we often think about, you know, Capital T well, I didn't have trauma, I wasn't sexually abused, I wasn't hit.

So could you go a little more into that? Because I agree with you, you know 100% that I love the way you said it, because I always just say, like we all have trauma.

I don't think it's avoidable. And I, I have the honor and privilege to be very involved in my grandchildren's life. And they're three in one right now.

And, you know, I'm always looking at like, okay, you know, what happened? You know, is this going to send you to therapy? Is this going to be the trauma?

Because sometimes it could be little things, too, then just the way we perceive it, correct? Yeah, In fact, most of the time. Most of the time. So parents, generally speaking, relax, okay?

It's going to happen. You cannot prevent it. This is part of life, okay? Somehow it's part of life. And we really as people, we do have enough resolve.

Most people will be able to find the way through that. If it's their path, they will heal it. If it's not that problem, that probably won't. But overall, I can say as as a parent or grandparent, honestly, you mustn't give yourself a hard time because the issue you are dealing with and that's why you're going to lose the battle every time, is that trauma is not an event.

Trauma is a response. And it's very much it's it's a perceived situation. So it's perceived from the point of view of of of the child. This is going to be all considered okay is what how it is perceived.

So you could be absolutely creating the best possible environment. And quite honestly, if if you read some of the work on attachment adaptations, on attachment styles, and if a child feels that their needs are satisfied and the safe, 30% of the time, they're likely to attach securely.

So what that means is basically they're going to end up with far fewer hang ups and issues later down, down in law and down the line and later in life now.

So so really 30% of the time, so really parents and grandparents relax because you don't need to get it right hundred percent of the time and it's still going to be okay.

But there is no way you can get it right 100% of the time. And like I said, one of the reasons for that is that you could think that to creating the best possible environment for your child or your grandchild.

But if the child sees it from a different perspective, then you're not to know that you can't possibly be second guessing that all the time. And so so that's why that's why we've got a problem, because sometimes you can for instance, you let's say it's a small baby and you presenting it with a puppy and the puppy goes and licks the baby's face and you and gets the most adorable thing in the world.

And the child could think it's absolutely horrible and it's the most traumatic and Right. Right. So you have no way of always always predicting and you if you were to live your life in that way, always sort of trying to to second guess it, then quite honestly, you would be utterly stressed and you would have a miserable lot and it just wouldn't do anybody any good.

So absolutely, it's it's totally true what you said. But at the same time when two people need to cut themselves some slack and just do their best and just know that's where you need to do your best is observe your your child or your grandchild.

Be receptive, be as much as possible, kind of intuitively, energetically connected to their needs, and then you'll be able to satisfy their needs in a in a perhaps better way than most other people.

Because if you if you feel that your child maybe is a little bit more, you know, maybe a bit more sensitive or a little bit more maybe, quote unquote, needy with regards just care or attention or love or cuddles or kisses, then if you dismissive of that, that's where you're going to start creating problems.

If you're more receptive, then if the child just feels that, like I said, roughly 30% of the time their needs from their perspective are being satisfied at least somewhat, then then you should, if you're doing a good job, okay, you're doing the best you can.

So you hear that, ladies? It's like permission granted to cut yourself some slack. We do that. We do the best we do. I have said to my boys for years, you know, even as they were growing up, I used to like I would say, you know, therapy, I'll pay for therapy for life.

Like whatever I've done to create, you need to go to therapy. I'll help you out. I'll cover it, you know, because it's unavoidable. We're going to do those things.

And I find now in my later years and as a, you know, a grandparent, I'm more, as you were saying, like I'm more stable. I've worked through more of my stuff so I can be more present and receptive to my grandbabies.

And so you know, it's just a process. It's just a journey we take. And then the most important thing is to cut yourself some slack. We're all human. No one's perfect.

And actually, to your point, I think you just made a very, very important point.

Hormones, Emotions, and the Nervous System

When you work on your own issues, on your own unresolved stuff, on your own emotional triggers, you become more stable as an individual. Yes. You're not so easily trigger triggered and you're not seeing everything and interpret everything through the prism of your own traumas.

And that way you can be a stable influence and and basically something that is a constant and the stable in the child's environment, that's going to go a very, very long way for them not to have to develop all sorts of adaptations and talk to and send all sorts of behavioral weirdness that comes with an unstable environment if they're growing up.

So so the more people work on themselves, quite honestly, the more positive influence that they have on people around them, and that includes the children.

So an extra benefit, you get the healing yourself, but you can projected around to others. So so hormones and emotions, what do you have to say? What is the the internally linking the intersection of hormones and emotions?

How do you view that? So there's absolutely no question that there is a number of different ways that we can look at it. But really, I hope that everybody watching this understands by now the human system is very complex.

It's not that here you argue over this and here you've got your pancreas and everything interacts together and that includes the mental processes, the emotional processes and even the energetic body that we have.

Right. So it's a very complex system, but when it comes to just sort of simplifying that connection between the endocrine system and the emotional processes you have, you don't have to look any further than the science of

psycho neuro immunology, right?

Because for starters, this is a science that was first established in 1975, so it's been around for a while. This emerged after two researchers showed that in young and and that was connected to psychological processes and a subsequently many, many, many studies have been done.

So now we have decades of research but basically this science explain how our psychological health and that includes the folds of the leaves, our emotions, because you go back and forth when you have, for instance, destructive thoughts, you immediately feel emotionally activated by it, right?

So so that goes back and forth. So overall, when I'm talking psychological have I'm talking about all these processes and it's it's it's explained the connection between that, between our immune function and between our endocrine system and so therefore, obviously a massive, massive impact on our physical health and our possible resistance to disease and that even.

Right. So when we talking about second uranium ology, we're talking here about the interaction between the sympathetic and the some axis, those that sympathetic, sympathetic adrenal medullary axis, which involves the HPV that people may be familiar with, the hypothalamic pituitary adrenal axis and the sympathetic nervous system.

And just put it simply, this science over the many decades that has been obviously around the whole and the many studies that have been done to show that if you have destructive sort of thought patterns and and emotions that are basically you're dominated by emotions such as fear, anger, grief, toxic shame, guilt, right.

When you are dominant, dominated by those emotions. Because obviously, if we experience things in an acute sense and they come and go and we can clear all the hormonal residues from the system, that's okay.

But when we experience those things chronically, that's quite a different thing. And they can basically make us safe through those physiological connections.

So that is one one way in which we can make that connection. But people may have heard me before I did an interview event on the vagus nerve and autonomic nervous system regulation.

And really you could also consider that from the point of view of the topic that we're discussing here, because the vagus nerve, the 10th cranial nerve that really joins the brain to most vital organs and system that might move vital organs in the abdominal chest cavity will actually come into play here.

Also, because when you're thinking about the vaguest connection to the liver. Right. So that's the start. So in the liver, we've got the production of endocrine hormones, such as a 25 hydroxy vitamin D insulin like growth factor one and other ones.

We've got this hepatic metabolism of hormones. So including this includes steroid hormones as B is going to be very relevant to menopause. Right. And the different interplay of different hormones that we talking about when we're talking about menopausal changes.

And so if the vagus nerve is not online, if it doesn't engage readily, then those metabolic processes, well, processes will be disrupted. And then, of course, we also have the vagus nerve and the connection to the gut.

So we've got pancreas, we've got got hormones. So all of these you know, I know we're talking about menopause, but obviously overall hormonal imbalance, I mean, everything affects everything out as it's not like we can just look at estrogen or progesterone or just after.

We need to be looking at those things collectively. And again, if the vagus nerve is not in a good shape, which means that that rest digest, detoxify and then heal response is not engaging readily, meaning that may be one moment you stress, but then the next moment is like, Oh, okay, I've let that go and I'm good.

If you're not able to switch into that parasympathetic rest digest detoxifying healing response really easily, then that means your, your autonomic nervous system is is not in balance and you your vagus neck probably isn't in good shape.

And I can tell you something, there's going to be loads of different vagus nerve stimulation exercises that people recommend, things like gargling and cold showers and all of that and all of that is fine and great and not negating it.

What I'm saying is you can have all the cold showers, you know, take as many cold showers that you like, but if you don't sort out your emotional health and you ease the emotionally triggered, you know, vagus nerve function will never be good no matter how many cold showers you take.

So so you see, we do have real physiological connections in which we can explain this and that for sure. We need to look at emotions if we want a hormonal balance to be good.

Mm. I couldn't agree more. I do nerve express autonomic nervous system testing on patients and those who are chronically ill. I've never seen anyone who's come in with an activated parasympathetic where there's balance where they can because like you said, it's super important you have to be able to go back and forth.

You can't just be resting and digesting if there's something to be afraid of, you want to be afraid of it and run away. It's just a matter of being able to switch and so you can heal if you're stuck in sympathetic dominance, if your vagus nerve is not on board.

And and I agree, you know, cold shower is a great humming and gargling. You know, they're all great. But if you don't get to the root of what's driving the stress, then they'll only take you so far So so let's talk about that emotional route and you know.

What do you mean? Where does this emotional toxicity come from? Are there certain emotions that you see more prevalent than others? And then, you know what?

What are some things that the listeners can start doing? Yes. So for sure, again, we definitely want to focus on chronically experienced emotions because emotions do have that purpose.

So it's emotion is there for a reason. Otherwise nothing in nature is just pointless. If it's there, it's there for something. And so with anger, with God, boundaries, with fear, we've got survival ride with grief, we've got this letting go so we can actually move to the next stage, next phase of our lives.

Usually. And the issue arises if we experience things over and over and it becomes more of a chronic situation, which we often can desensitize to. And I want to emphasize this because and much of what people experiencing is really subconscious, okay?

Emotional Toxicity and Root Causes

And a lot of people don't have enough self-awareness, unfortunately, to realize that they are absolutely trigger it and they end up in fight flight or freeze response for majority of their waking hours and sometimes during their sleep as well.

And so, so so really, we need to make this draw this line. Okay. So so acute is fine. There's a reason for it. So you feel it. And as you said, you know, you move between the sympathetic and parasympathetic, but then with chronic, when people talk about emotions, they often, if anything, will observe the symptoms of emotional dysregulation.

They will, for instance, say, Oh yeah, okay, I do this negative self-talk. Yeah, okay. Yeah, I kind of recognize that I do that or they feel if you really quizzed them on this, they'll say, Yeah, no, I feel anxious, I feel worried, I feel undeserving.

I feel like I need to desperately be in control. And I kind of chase that that that kind of the control. It's just a constant

urge of being in control.

And there's frustration, this anger, those are all symptoms of envy, jealousy over thinking. I'm being overly analytical, living in your head rather than being connected to a body.

That's a problem in itself. From the point of view of chronic illness being critical. Obviously, of being critical of other people to the point of just being ridiculous about it, just everything's always a criticism.

That's not a good sign. It's a symptom of emotional toxicity, a feeling constantly victimized. Oh, gosh, that's a big victimized feeling. Those ruminating thoughts always going over what was not being able to live in the present, because you always going over past events or past things that people said or did, which was 20 years ago, but you still remember it and going over it and it's triggering you all of those are really symptoms of emotional toxicity.

When are we talking about the root cause? The most sort of obvious root cause that we've already touched on is unresolved trauma, because what's going to happen within the nervous system and the brain when you experience something that from your perspective at a time is traumatic, not necessarily from anybody else's perspective, from your perspective as a child or from any and any point in your life, of course, you can experience trauma at what happens.

Is it your brain and your nervous system gets put on red alert and there are certain processes and things that happen within your brain, specifically the amygdala, and you kind of become sort of alerted to anything that can repeat that same experience.

And we tend to code like every detail when we are in a traumatic situation, the brain really neurologically registers everything, everything. And so then even when you might not recognize this, but even when there's something remotely resembling of the original situation, it in terms of like PTSD, this could be the color of the sky or a certain sound or sentence said some color.

So there was the car crash and there was a red car passing by and then something every time a red car passes by, you feel activated. And most of the time people not necessarily registering that they're not going to register that consciously, but that's what happens neurologically.

And everything is set on fire in your brain. And this cascade of neurochemicals kind of unfolds. And before you know it, you are triggered and you're feeling really angry or upset or sad or fearful.

And so so trauma is a big one in terms of the root cause. Because of that, because of the cascade that it's said that the neurological pattern that then is establishes and then you will go for the rest of your life unless you work specific on that and resolve it, which of course you can.

But if you don't, then there's always going to be that neurochemical cascade and it's going to happen over and over and over again. People who have fears and phobias will be familiar with the fact that no matter how much you go into, explain to yourself logic calmly or rationally that you shouldn't be feeling what you're feeling.

It goes out the window the moment you're in the situation and you're feeling it anyway. And before you know it, your emotions take over because of that neurological pattern that is now set.

Okay. So of course, trauma is a big one, another root cause. That is something that a lot of people do underestimate, a woman underestimated. And I would be on seriously, especially these days.

I definitely be very, very switched on to that. If you're a parent, is social engineering, social engineering, the education system in the West overall, whether it is Europe or the United States or Canada, is, well, I should say, is in the tragic shape and the social conditioning and the social engineering and that kids to receive essentially mind control from the word go.

I mean, I'm not kidding. I mean, I've studied this in a lot of depth. So that's basically what we're dealing with. And

most parents are not even aware of that.

So now your kid is being conditioned to be a victim, y'all, or an abuser or depending on the skin player, blah, blah, blah, all of that. So so this is massive because it really will absolutely.

Well, not just traumatize kids in itself in a lot of cases, but will certainly set the tone for this child's life and how they able to achieve how they able to show up in the world and so on and so on.

And also, don't forget that maybe there may be more susceptible to subsequent traumatized nation because of that. And in fact, each trauma, if not resolved, will make you more susceptible to subsequent trauma because of that sensitivity that now exists.

That red alert that your brain and the nervous system is is now is basically it's got switched on right after the switch has been flipped. So then, of course, we've got we we obviously underestimate the just the everyday day to day pressure.

Okay. So somebody that could be a big part of their emotional toxicity. It could be that socioeconomic situation, whatever. So so that also is a root cause.

However, oftentimes behind that is things like basically subconscious patterns that are just kind of maybe stopping. And this is not across the board, but that's what I'm saying.

It's it's a you can often see that people who maybe are not doing so well in whatever way in their lives, that will be limiting the leaves behind that, because everything essentially is driven by our beliefs about ourselves and the world around us.

So obviously that's a massive, massive root cause, but it's not the ultimate good cause, because what contributes to the beliefs, It's the other stuff that I said conditioning contributes and trauma contributes.

And not just that because we mustn't forget something really, really important. And that is generational issues, okay? Generational conditioning, generational patterns, patterns.

We talking epigenetics here. And we know that certain issues and traumas are coded in our DNA just because our grandparents or great great grandparents went through some hardship, we may now be tearing that little piece of it, and that will then determine how we respond to certain things, how quickly our parasympathetic engages or doesn't.

Right. So so there's quite a lot of different layers here. But, you know, if you have a symptom of getting anxious and you just saying, well, I'm just an anxious person, nobody is just an anxious person.

That's not a thing. It's not a thing. It's something that has a reason, has a cause. Sometimes multiple causes. So I don't want anybody to accept that, oh, I'm just a controlling person or I'm just a, you know, a over analytical or I'm just anxious on the have always been this way.

But that doesn't mean you have to spend the rest of your life being this way. It's up to you. The choice is up to you. All of these things can be resolved.

All right. So I have so many questions. And so what what would your definition be of someone who has resolved these issues, Who's done the work? What would their how would they show up in the world?

I don't think that question, actually. And the first thing that came to me immediately is resilience. Okay, so now we're talking about the person who's not.

Was it? But not just when I'm talking about resilience, I'm talking physical resilience, mental resilience, emotional resilience, energetic resilience, which means how the energy is moving through your body and through your energy

body and also spiritual resilience.

Resilience, Curiosity, and Personal Responsibility

So there is this different there are different layers when it comes to resilience, but now we're talking about the person who is going through life completely and faced by any global event, no matter how scary the media is trying to obviously make it sound because they know that quite honestly, whatever comes, I can handle it.

I've got enough resilience in the system. I've got enough ingenuity and the resilience to because and now I believe that I'm capable. I'm believed that I can handle whatever life throws at me, you know.

So with with somebody who resolved all these things comes self-worth and comes belief in yourself and comes that confidence that, you know what? Like what always happen.

But I will choose to respond, you know, in a positive way. And I will I will use all my resource amassed to kind of keep going forward in the best positive way, no matter what is happening in the world, what's happening around me.

So and of course, a person who has a result, all these things will have what we call the secure attachment, because you can shift even you initially have things like anxious attachment or avoidant attachment style.

You can shift into a more, more secure attachment. So now we're talking about the person who generally more secure has better relationships, doesn't interpret everything around them through the prism of their own emotional garbage.

Quite honestly, which a lot of people do. So do they see the real stuff or do they see what their traumas are showing? Because it's almost like there's a mirror and they're they're being you know, if they're dealing if somebody is traumatized and they're dealing with another person, it's almost like a mirror is being held up to them and they may not like what they see.

So they flip out and suddenly they're victimized or they're angry with the other person or whatever. But if they step out of victimhood and they really consider it usually just showing them what they still haven't happened resolved within themselves.

And I if I if I may literally have just one sort of wish for everybody watching is to have that consideration whenever you dealing with other people or even animals because animals camera for us as have that courage and also curiosity.

The word is that we're looking for curiosity to go, oh, okay, so they just said this or they just did this and nine stunned me or I feel very angry. I feel really fearful.

What was it specifically about the situation on my baby, that tone of voice or whatever else, the words being sad or anything, the way in which the words were being said, etc., etc..

What was it specifically? I encourage everybody to have that curiosity. Don't drop right into victimhood and go, Oh, they're doing this to me. Nobody's doing anything to you.

You choosing to have that emotional response. And yes, that emotional responses could be driven by traumas and other things. And there is that neurochemical cascade that will just happen before you know it.

But I already I'm encouraging people to step out of victimhood and really step into personal responsibility and curiosity about where your emotional responses are coming from.

Yes, I think curiosity is such a you know, we're so curious as children discovering the world. And then we we lose that flavor of being curious. And so to to invite Curiosity back into your life about why I feel this way, why am I

reacting this way, is such a gift to give yourself and such a good place to open the door and start to step into this kind of work.

So in following through with that, what what do you. So first of all, like for those listening, like I'm sure everyone was like, yeah, I do that I'm control, you know, And so this is like not to make you feel bad again, but to say like, okay, here I'm curious too.

Why am I doing that? Why do I consider myself an anxious person? Why do I have to control everything? So for someone who's listening and going, yeah, I can relate to that.

Oh gosh, I do do that. So then what are tools for them? What do you recommend? Are there any things that they could start right now? We talked about curiosity and then what what is involved in like the work that you do to help Because clearing your emotions and the energy, this this is not like something that you do on a Friday evening.

And it's so you could speak to that a little. Yeah, of course. But it's quite honestly, it's you asked me at the beginning how I got to do what I do and all this work that obviously I had to do at some point was absolutely the most valuable thing that I have ever done.

And I've never looked back. In fact, I always want to level up and level up and level up in terms of my consciousness of where my consciousness is, because, you know, we can grow and develop, you know, our entire lives and we should aspire to do that.

You asked about the approach. Well, somebody could well, we could approach it from from a number of angles, actually. So one would be, well, you know what I kind of hear you, but I'm not quite ready to go deep with this stuff.

And by the way, there are methods and tools that we have that mean that you don't have to be reliving any trauma. Okay. That's really is that's that's the approach to to therapy.

We don't do that. I know we don't. But even so, you may just not want to look too deeply at these things. Of course, ultimately, if you want to achieve true emotional mastery, then at some point you need to look a little bit deeper and have that curiosity and dip your toe in and make sure that maybe you're doing it in a supportive environment, etc., etc..

And great. And you have that when you have that support, it's much easier and and that's fine. And that's why, you know, I have that in my community for that reason.

I do have a community so that people can have that support and support each other. And we kind of make sure that people are comfortable, you know, going deeper if they won't.

So with the programs that I have. But and so I have a very extensive online program for covering what we said and and far more. And that's that's deep. Okay.

But I also appreciate that not everybody is ready to go deep right away. Right. So if you thought, well, you know, what? If I was to go deep right now, I will completely fall apart.

Tools for Emotional Healing

So I cannot do this. I need to just keep myself level for for a while. That's okay. Also. And what then I would say to you is in which case, spent more time stabilizing the system.

So if you in that category who's thinking like, yeah, kind of what I need to do, but one, I'm not ready for it. And second, I know that that would me quite a lot.

And in my life I just cannot afford to do that right now. Then I would say I put more emphasis on the vagus nerve work, breathing, exercises, meditation, but rather than just go with cold showers, start doing some of some of these

exercises that are also stabilizing emotionally, such as breathing practices, happening techniques, which I am, I'm obviously the greatest fan of.

People have other things like somewhat experiencing it, all sorts of things like that. And so and then the methods to you, the spa. So just if you're in that, in that category, then put more emphasis first on building stability within your neurology and then you will be able to go deeper with some of these maybe other things that you need to work on and not be as uprooted by them.

So that is a good strategy. Also, it just depends what works for people. I work with amazing technology as well, so that's another option to have technology help you as well because it's not like you don't need to do any work at all and just go just like that.

And we deal with with technology. Now, that's not what I'm saying. But we do have amazing, amazing technology that can help you with vagus nerve stability, that can help you with emotional balance, that can help you even with some of those are more, less and even ancestral trauma.

The technology I work with works at the level of ancestral trauma, because sometimes that's the more elusive one for people. So they may not even have any access to any information as to, you know, their parents, grandparents that they may no longer be alive.

Not that you need that information, but sometimes when you're doing ancestral work, that is helpful. So we have technology that can help with that as well.

So There's this lots and lots of options wherever people are in where what sort of they're able or willing to do at this time, we can kind of tailor to their needs.

I think that's important because not everybody wants to take a deep dive into emotional work right away. Right. And it's you know, it's to me, it's the journey of a lifetime.

It's peeling an onion. There's always a new layer that you can you can get in touch with. I am curious what are happening techniques. And have any techniques is a psycho sensory modality.

So it actually works directly on the amygdala. You know, we mentioned the amygdala before and the fact that when you go through a traumatic experience, what what actually ends up happening is that there are receptors on the surface or on the lateral amygdala that get kind of fixed in place, and then they can get very activated in the way that I describe with anything that even remotely resembles the original sensitizing event.

And so with happening, because we applying touch to the scan in, in a certain way and that stimulates the nervous system to what to come down through accessing Delta wave.

So it's literally it was called at the beginning Delta wave techniques, all amygdala differentiation techniques. So essentially what you're doing is you acting directly on the amygdala and those receptors and you what we call is the potentiate.

So we kind of taking those receptors apart so they no longer causing you any problems. So it's an incredible technique. It can work very quickly, obviously, depending I mean, some people have very, very complex it's like you said, The Onion right the onion but on certain things, certain traumatic events Bombo will 15 minutes and you will never be triggered by that event again.

So yeah it's an incredible technique. I'm I was so, so trained in a lot of different things. But this one, when I did my practitioner training, I started working with that.

I loved it so much that I actually become I've become a trainer, so I'm a trainer for Haven. And so that's how that's how much I love this. And it's the nice thing about happening is also that it combines with other modalities.

So it's not one of those modalities that is strictly need to use that modality. It actually you can bring so many things into it, you can combine it with NLP, you can combine it with affirmations, you can combine it with visualization, you can combine it with a lot of different things.

And then you have an even greater you can have a greater impact. Even with that. Facinating, there's just so much so I want people to know where they can learn more.

But I just want to remind listeners is again, if you're thinking, you know, what does this have to do with my hot flashes? I just want to bring it back full circle to this has everything to do and, you know, I host these summits because I'm so passionate about this time in our lives as women being time where we just step into our power, where we are sharing our gifts and having amazing experiences and relationships and sex and all the things.

If this is holding you back, you're never going to reach your potential. And so I wanted Dr. Eva here to open the conversation for a you know, maybe it's something you've been thinking about or maybe this is brand new to you, but that it become part of, you know, as doctors, we have differential diagnoses.

Someone comes in with an issue and we have a DDX, you know, is it because of A, B, C, D, or E? And so I'd love for everyone listening to have your emotions, emotional toxicity, trauma in your own DDX of what's going on in your life.

And if you're not where you want to be or experiencing what you want to experience, that you think about, you know, could this be contributing? Because obviously Dr.

Eva has made it her life's work. And I can tell you after I think it's 21 years now or 22 years in clinical practice with patients that this is always in my acts and this is always showing up.

And so it I want you all to heal as deeply and profoundly as you can. And this is got to be a piece of it, in my opinion. So where can they learn more about what you're doing and check out what you have to offer?

Yeah. Yeah. I love what you just said. Absolutely. And what I actually wanted to add to the tools that could start somebodies journey is that I developed this really extensive emotional toxicity questionnaire.

It includes the original ACS questions, but it goes way, way beyond that because that was so limited really good as it was. It was very, very limited, let's face it.

So I developed this big question that is just people can just access that on my website if they want to and then score. And that starts the journey of self awareness of what are you with this and perhaps how big a piece of the puzzle that is for you, which feeds into what you just said really Well.

So dr-eva.com is the place already and it just kind of branches off into into all of those areas. But basically my focus is psycho energetic health. So anything to do with emotional, psychological and also the energetic side of of being.

So the energy flow through the system of course is highly relevant to all of this that we discussing also. So I collected collectively call it psycho energetic healing right so yeah so that's where to connect with me.

I've got I've got lots of resources that can get people started. So I invite you to come all the.

Where to Learn More and Final Takeaways

Wonderful wonderful, wonderful. Yeah. I always say, you know, often it's the invisible toxins or issues that are at the root of what's going on. And we are, we are light beings, we are energetic beings, we are energy.

And we we forget that because we live we get stuck in this physical plane and we, you know, we only what we can see. And so, you know, you can't necessarily see the acupuncture meridian or the energy flowing through. You,

you know, unless you're focused on learning how to activate that and be able to see those kind of things.

And so we forget. It's like wi fi, you know, we talk about toxins, like we talk about mercury because you can see it in your mouth, but you can't necessarily see the why of fire.

So it's very convenient to forget that these things are affecting us. So, you know, the emotions, the energetics, these are these are all affecting us.

It's part to me, it's part of the human condition, but it's also part of the human journey. And it can be a very enlightening and even fun. It's not always fun, but it can be very helpful and exciting to learn these things about yourself and to put the pieces and to watch yourself blossom and realize, Oh yeah, that doesn't trigger me anymore.

Like the doctor even said, I can see the red card. It doesn't send me to outer space and stress and so a lot of it is perception and how you look at it.

And so if you look at like you're here in this human body, having the human experience and this is part of the experience to learn. And I think at this point in our lives, we have we've had enough life and now it's time to kind of, you know, take our power back.

And so again, I'm just so happy that you were here because this is such a subject that I'm so passionate about and just want more women to have access to on their hormonal journey.

Yeah, and you know, why go down those rabbit holes and go round and round in circle circles and sort of do circles round yourself because you chasing that one thing and you really focused on bringing this hormone into balance and this targeting this toxin and the other toxin when there are things behind it that will drive it for you anyway.

And unless you clear what's behind it, you will always be chasing those things and you always be going down those rabbit holes. So to me personally, it doesn't really make any sense to do that because I draw that kind of go further upstream things that and then other things will just fall into place.

So many people have so many different symptoms of vagus dysfunction and they go and chase after each one rather than you see what I mean? And the vagus nerve isn't even the ultimate root cause.

There's things that are further and further back, including obviously the energetics and the ancestral stuff and all of that. So absolutely I think that's that's wonderful what you're doing on that.

Exactlyl. Well, thank you. Yeah, I you know, I work a lot with women and, you know, I balance their hormones and I'm an expert in bioidentical hormone replacement and I love that.

And it's very satisfying. And, you know, they feel great. But like, when someone does this kind of work, it's like a whole celebration. It's like, yes, you're like having a win for your for your soul, for your humanity, for your journey.

And I feel like that's what we're here to do. So, yes. So. Okay, big love fest going on here. Well, thank you again so much for being here. And thank you, everyone.

And and, you know, I would just say obviously, go check out Dr. Eva's website. And, you know, listen to this again. You know, did you get triggered when you heard some of what we had to say?

You know, are you still here or did you get triggered and you've already turned it off. But, you know, when we get triggered rather than going. No. And pushing away, go back to that curious, oh, I wonder why I got triggered.

And so listen to this interview again and again and again until something shifts for you. So that's that's what I've got to say. So thank you again, everyone, Dr.

Eva and audience for being here and for being a part of the summit and for for being open to this this window and this part of the healing journey. Thank you so much for having me.

You're so welcome.