Introduction to Nervous System Regulation

Our nervous system is our motherboard. When we do things to target the motherboard, eye exercises, breath work, brain retraining, it changes the whole biochemistry.

It really is the common denominator behind all of these illnesses, like what's behind chronic unresolving Lyme, mold that you're not detoxing, chronic digestive issues, mast cell issues, autoimmune issues.

It's a motherboard that hasn't come back into harmony, meaning that the body's ability to signal, let's decrease the cytokines, the inflammatory chemicals, the protective chemistry, that hasn't happened.

And so we have to get the body in a state of signaling safety. If you're overwhelmed with chronic health symptoms and still don't have answers, you're not alone.

I'm Dr. Javin, and on redefining wellness with Dr. Javin, we'll be exploring root causes like Lyme disease, mold, and parasites, and I'll guide you with simple and practical steps towards real healing.

Hello and welcome back to your next episode of Redefining Wellness Podcast with your host here, Dr. Jaben Moore. I have a really special guest with me today, Dr.

Kat. She is the inventor of Primal Trust and CEO. And here's the thing. We all need this, so listen up. If you have overwhelmed burnout, you might get a little dizzy, fatigued, your memory isn't what it once was, and you're just like, yeah, you're describing like everybody.

Okay, your shoulders are up a little high, you don't feel like yourself, or maybe you snap at your kids a little too quickly, you are losing interest in activities you used to love, your nervous system could be dysregulated and she is an absolute expert in this category.

So listen up and thank you, Dr. Cat for joining me today. Thank you. I'm so happy to be here with you. So I'm just going to give a little story and I'm talking a lot here at the beginning, but I'm going to give a little story.

This is how I heard of her and then met her and it was kind of happenstance and it's been a few years now. We've become really good friends, but I didn't know her membership, her nervous system regulating physical therapy training course is what I call it, but it's nervous system regulation course existed.

I didn't know it was a thing. And clients were coming to me and they're like, have you heard of this? Like what primal trust? Like, I have no idea what this is.

And once goes by and I'm just like, interesting. I'll be honest. I didn't look it up. And then it happened again. And again, I'm like, what is this thing?

So I'm looking up primal trust. I'm like, oh, this is interesting. I love the name. Like it just, it resonated with me more so than some of the other nervous system training programs.

But people were just like, you know, I've done this one and I've done that one. And they just, yeah, they did. I didn't resonate with them as much. I love Dr.

Cat. It's working. So when I hear this one, two, three, four, five, six, seven, eight, nine, 10 times, I'm like, all right. So I went and dove into it and I started kind of tearing it apart and trying to figure out, well, why, why is this one working?

And then I bumped into her at a Lyme disease conference and she gets up in front of everyone and starts talking and. We didn't know each other. And she starts going through some of her explanation of what she was doing and polyvagal theory, which we'll get into a little bit today.

But the funniest thing happens. I bring my buddy who was going through a divorce, who has some OCD and quite a bit of dysregulation, bites his nails, high anxiety.

And he's sitting in there doing her demonstration of primal trust that she's going through with everyone. And he comes out of that room and he is fired up.

He's like, just mad for no reason. He was just doing breath work for no reason. He's mad. And I'm like, Hey buddy, that's nervous system dysregulation.

He's like, Oh, I don't like it. I'm like, well, you need it. So that's how I actually got to know who you are. And for the audience, can you tell people why was he angry?

Our brain does not like change and when you feel that you're better off and safer being vigilant, being on guard, not trusting people, scanning your environment and someone says, hey, let's just stop that for a moment and like be here in the body and feel the feels.

There's a part of you that is going to be like, heck no, I'm out of here because it doesn't feel safe to feel safe. And if you're listening to me right now, like, Have you felt that?

Or the person that popped into your mind, your mom, your sister, your dad, your best friend, your college.

Why Dysregulation Blocks Healing

significant other, whatever it is, someone pops into your mind and that's who I work with every day because when you're in that state, your immune system doesn't know what it's doing.

It's not operating properly. You're not detoxing. You're not fighting back against Lyme and mold and parasites. You're just trying to survive one more minute, one more day.

And that's why primal trust, nervous system regulation is such a key component to what I do every day. and never even knew it, nor did I know I needed it for my clients.

Cause I mean, you can make fun of me, Dr. Kat, as you've gotten to know me, I'm kind of the opposite of your typical clientele. So I didn't even know it was needed until all my clients needed it.

And I was like, Oh, this is like the game changer. This is the key that unlocks the body so that we can get results. And that's my goal every day is to help people get their lives back.

Yeah. Yeah. I think that it's often people's last resort because they go down these rabbit holes of like, oh, I don't need nervous system work. I need the right diet.

I need the right pill. I need this person to fix me. I need anything but that actually. And it's the motherboard. And I was the same person. I didn't do nervous system work for over a decade.

You know, went to dozens of doctors, spent every cent I had trying to fix myself and completely ignored the elephant in the room, which was that I was a full stress case all the time.

It was just normal. So I didn't think I needed to address that. You know, it's sexy to talk about peptides right now, IVs, Ebu, ironophoresis. It's sexy to get a stellate ganglion block.

I tell you what, I get on social media and I'm like, hey, look at this giant long ningle that I'm jabbing into my neck.

And people are like, oh, we get 60,000 views.

If I tell you to take a deep breath, no, we're not getting 60,000 views. But it's because it seems too simple. People don't even believe it. And then here's the thing.

People don't believe that this works. And then I have people that are real nervous system dysregulation. This is not everybody. This is not your average dysregulated person, but the ones that are very dysregulated that have childhood trauma that test highly on the childhood adverse events scores that really just have either POTS, Massell, SIRS, those individuals, you start doing, and this is not actually dumb, but this is like the thought process a lot of us have, these dumb exercises with our eyes where they move them around or you look at your thumb or you breathe deeply and you're like, that can't do anything, right?

And then they call me and they're like, doc, you had me do primal trust. That's the only thing I've done. The supplements that we want to be on, the therapies, the cool stuff.

I haven't even started. I'm having a herx reaction. I'm like, what are you herxing to? Well, and then I stop and they're like, I go, has anything changed?

No. I go, did you start anything that I recommended to you? No. Did you start primal trust? Well, yeah, but I mean, I was just doing like breath work.

I was just moving my eyes. That can't be it. Yeah. Yeah, it can. Your nervous system is intimately connected. to immune system. And if your nervous system does something, then it can trigger histamine responses or immune inflammatory responses.

Not that we're trying to do that with primal trust, but if you're so dysregulated that your body feels so unsafe with any change at all, literally breathing can trigger.

Yeah. You know, our whole system, like going into a parasympathetic state, which is what breathwork does, will trigger the rest, digest, and repair. And that often will cause the body to be like, we have enough space now to like go after some of these pathogens or discharge some of these toxins.

And you didn't have to take anything. I also experienced a lot of Herxheimer reactions when I started doing this. And I was just doing some eye exercises and I was like, Oh my gosh, but you know what, after one week, Jayden, of doing eye exercises, after years of debilitation, I couldn't handle light, I couldn't handle sound, I couldn't drive.

After one week, I was able to drive again. I could handle light and sound and I did not take any medication for the Lyme in my brain that was causing this.

It was just brain processing and immune regulation starting to come back online. Yeah. And here's the thing, if you're listening to me and you're like, ah, I still need my port antibiotics.

I still need my coli styramine, my well call for binding mold. I am not telling y'all that you don't need to be doing some of those things. Sometimes you do.

And these pieces of the puzzle worked in tandem together to get your results. Because I can tell you right now, I've gone and worked with people who have done it all spent $50,000 a month on the cool stuff.

What they didn't do was nervous system or eat enough calories, which puts you in fight or flight or some of these more simple things. So unfortunately as docs, we get really excited about the cool stuff.

And I mean, don't get me wrong. I get excited about the cool stuff. I want to go biohack and do some, some of those sorts of things too, but we can't lose track of the basics.

And that's where this comes into play. And if I've got your attention now, let's go into some science because Dr. Kat

sometimes can get a little bit deep in the weeds really quickly.

And I even told her, I was like, Hey, look, I know you're really, really smart, but we've got to make sure people understand why they should listen first before we go into polyvagal theory.

And then people are falling asleep, which you won't fall asleep. You're going to be interested now because I'm super interested in this when I get into it.

But you got to know why it matters. So why in the world is the body reacting at such a high level from movements in the eye, from breath work? What puts someone in this state?

And what is one of your favorite topics? Polyvagal theory. Yes. So our nervous system is our motherboard. When we do things to target the motherboard, eye exercises, breath work, brain retraining, it changes the whole biochemistry.

It really is the common denominator behind all of these illnesses like what's behind chronic unresolving Lyme, mold that you're not detoxing, chronic digestive issues, mast cell issues, autoimmune issues.

It's a motherboard that hasn't come back into harmony, meaning that the body's ability to signal, let's decrease the cytokines, the inflammatory chemicals, the protective chemistry, that hasn't happened.

And so we have to get the body in a state of signaling safety. And that's where the polyvagal theory comes in. The polyvagal theory coined by Stephen Porges describes the different states of our nervous system.

Polyvagal Theory and Nervous System States

And so if you're dealing with chronic illness, chronic trauma, insomnia, anxiety, you need to be somebody who learns how to map your own nervous system state so that you can self-regulate so you know what to do.

Polyvagal theory would say, okay, I am not sleeping. I'm anxious. I'm short of breath. I'm in a sympathetic state. That means I need to do something to calm down.

Or you might be somebody who is so lethargic. you're just brain dead. Like you feel numb. You don't want to move. That means you are in a dorsal vagal state.

You need to do things that mobilize your body. You need to do some slow stretching. You need to look outside and get interested in something. So these are two different approaches to the nervous system.

One is to calm. One is to activate. And there's a time and place for both. And knowing what your nervous system does when it's overloaded is important because that's how you customize this approach, but ultimately we're trying to shift the biochemistry.

This is why nervous system work, like we have cases of people completely healing from Crohn's disease, rheumatoid arthritis, lupus, of course the Lyme in the mold.

How did they heal from these things that are incurable? Their immune system got into a regulated state through targeting the nervous system. And, you know, something that I was researching is, well, how do we prove out what the nervous system is doing?

Like, is there any data, any evidence? And I ran into a couple of studies that showed that nervous system dysregulation, so that could be trauma, for some people would call it trauma, adverse events, actually can trigger the same inflammatory responses as viruses.

So they had some data showing like, you know, COVID triggered, and you're looking this, trauma triggered the same thing. So it's almost as if a dysregulated nervous system is an infection of a kind, right?

It's not, it's, it's lived experience, but it can feel traumatized or you can feel traumatized and then immediately get that inflammatory immune response.

So you are connected between the two and. And as you, as you deep dive this, what have you seen in your group? Like, have you seen people, like, what are they saying when they're going through early stages of what they feel?

What is releasing? What side effects can happen? What are you seeing? Yeah, so when people first start doing nervous system regulation, I just described how that polyvagal theory, how the nervous system shifts states.

For example, when you start to calm down your nervous system, ironically, there's this like discharge of energy, discharge of toxins, and activation that happens because your body's like I have space now to let go so you might actually end up getting insomnia for a little while.

You might get more anxiety. You often get more nightmares. You might start smelling and having a lot of like toxic sweat come out. It can feel really weird.

And usually what I say is they're like, oh my gosh, am I getting worse? And I say, well, it depends on this. Tell me what you've been doing the last few days.

And they're like, well, I've been doing breathing. I've been doing some brain retraining. I was taking some nice walks. I'll say that all sounds like good things.

So I would imagine, I would say, I would bet that what you're experiencing is a healing response. Now, if you had said, oh, I'm feeling a lot worse. And I said, well, what happened in the last few days?

And you're like, well, got in a car accident or something really bad happened to my kid. I would say that might be a stress response of yeah, actually getting worse.

So the discernment of am I getting worse and better is part of what we teach because a lot of people, as they start doing nervous system work, they jump ship and they're like, it's not working.

I was getting worse. And I'm like, oh, you're actually just about to break through. You were discharging that stored trauma, the stored toxins, but you didn't understand that you were going through the bumpy ride.

So it's important to know that you will experience a bumpy ride. Usually for me, it was like the first between the first two weeks and four months on and off.

It was pretty bumpy after about four months of it. I got pretty steady and then it was like that's when the rubber hit the road and I started really cruising after that with the nervous system healing.

And I tell people like this is a commitment at six months. Let's just dive in. It's not that you can't or won't see results before six months, but it's just a period of time that I want you to carve out to make a commitment to rewire your brain.

And a piece of the puzzle that I see in this is the brain itself. creates habits. We have habits, comfortability, addictions, no different than your body.

When you go throw a baseball, if you're throwing it sidearm for years, that's your go-to, especially when you're trying to throw hard. Well, it's not necessarily good physiologically.

You can tear your elbow up. And so when you go to higher levels of baseball, they're going to try and teach you to throw it overhand. It's safer. It takes time to change the habit.

Well, if I EEG your brain and I look at the habits you've created from brain waves, it takes effort to get out of that. And we've seen this over and over and over with brain EEGs that those habits need broken.

And that's why I always go back to my statement. This is physical therapy for your brain. You are rehabbing yourself out of poor brain habits back into good ones.

And you want that, but it's not always easy. When you go work out, what do you do? You get sore. When you detox toxins, do you have a little detox reaction?

So it's not unexpected that as you're going through and changing your brain, that it's going to have some response. And here's the thing. I want a response.

I'm that kind of person. I want to know my body is going through something. I want to know there's a change. So if it's a little bit of a rocky road from wiggling my eyes and breathing and doing things that I think probably prior to learning that they were effective or ridiculous, then it's probably a good thing.

It's definitely not harming me in a long-term way. I will say you've got to go at the right pace. doing this with my eyes looking up and down, going side to side, putting my thumb in front of me and looking up and down.

Like if that's causing a problem, that's very telling to where my body is. And sometimes I have those conversations with people because they're in a not goods place and it is worrisome and that's okay.

But also it's worrisome that You're already in a not okay place before you started that. So we've got to figure out what's acceptable and how fast we can walk through that for you and your body and getting onto the other side.

So is there advice that you have for people? on how hard to push, right? So your program I know already kind of puts the brakes on people, which some really don't like it because a lot of people that are on overdrive all the time don't want brakes put on.

So how do you navigate it? Is it, you know, if you see symptoms increase by 20% slow down. Is it, if you see symptoms at all, take a breather, what is it?

Well, I think that I have people not pay attention to their symptoms, first of all, so it's not about symptoms. It's about the way that we're doing this.

It's not like you would be doing hours a day, like 20 minutes to an hour a day. If you're starting to feel symptomatic, I really don't think it's like, it's not like you're taking a medicine that you're having to detox.

It's literally just your own resistance. And I'd say instead of thinking like, oh, I pushed it too hard because of my symptoms.

Healing Reactions and How to Pace Practice

I'd be like, what do I need to do right now to support myself more? Maybe I need to go lay down on the grass and like cancel my schedule for today or whatever.

So it's more about just allowing yourself to have the spaciousness to change versus thinking like, Oh, that was too much nervous system work. That's usually not how it is.

It's not like you've taken in something that needs to have time to come out of you. You just need space to assimilate that. Now, that being said, I wouldn't be doing this hours a day.

In fact, that's why we have very careful sequencing. The stuff I give you the first few weeks, it's not going to be something that should throw you into a whole loop like you're describing.

Keeping it, I would say, five minutes a day to 20 minutes a day at first. And then as you get going, you've been doing it a few weeks, you can handle the bumps.

Maybe if you are really sick and you need to be dedicated like an hour a day. just like you'd go to the gym if you were dedicated for some race that you needed to train for.

You might train for an hour a day. If you're trying to train to get out of chronic illness, it might end up taking that long, depending on how sick you are.

Now, all of us don't have an hour a day, so you might have to just do what you can. Five minutes, 15 minutes a day just might take longer. So yeah, I don't usually have people monitor their symptoms.

It's more about just give yourself the lifestyle to be able to do this. I know you don't have people monitor their symptoms. There's a little difference between us and I tell them not to monitor them every day.

Absolutely not. I do need some version for a soap note once a month. And I tell them don't track every day. But if things go off the rails, take notice and let's make some changes.

My rule is 20%. If you feel like your symptoms have increased by 20%, like Again, not asking you to track them every single day, not asking you to detail them out or take a journal of it.

But if you just feel like they've raised more than 20% by doing something, we need to look at doing it differently. Does that mean stop it? No, it just means maybe change the pace, add support, go lay in the grass like you said, unless you're in Kansas City where you have chiggers, don't do that here.

If you don't know what a chigger is, you're blessed. They're little annoying organisms that bite you all over your legs and leave little welts like a mosquito does, um, and your grass.

So throw a blanket down. But yeah, I mean, I talked to women that come in that are just living these lives where they're caring for the household and then the family and working.

And I'm just thinking of one that, um, it was, it was so interesting. She was so busy. I was like, look, can you just go in your bathroom? And lock the door.

Does that have a window? Yeah. Okay. Is there a tree outside? Yep. Just stare at the tree for five minutes and come back to me in a week after doing that.

She's like, Oh my gosh, I feel so much more regulated. Well, that's very telling. And it's crazy that we put ourselves here. Have you ever heard the saying, don't burn the candle at both ends?

Anybody ever told you what that actually meant? No. It's just a saying, right? Like you just tell other people. So what it meant, at least what I was told it meant, is in the morning before electricity, you lit a candle.

Right? Well at night, if you want to stay up past dark, you lit a candle. If you're lighting a candle at both ends of your day, you're extending your day, which can wear you out.

It makes more sense now, right? Yeah. Well, how many of your members of your group or my clients are also taking a blowtorch to the middle of it? Right.

The wick is gone and I'm just like people. I know we're all told to do more and you can connect your AI to your email and you can ask chat GPT for a more efficient way and you can do all the things to accelerate.

But how many of us are just not meant to go that fast as the world is trying to push you? We all watch Instagram and we're like, Alex Ramozzi says works 12 hours a day for 30 days straight and see how much more you can get done than if you just worked eight hours a day, five days a week.

Well, yeah, but what costs to your physical body? Because I can run a test on you and tell you most of you that's going to spike cortisol and crash you and you're going to lose the next three months, which is actually going to be

worse for you.

So it's all a matter of tolerance and ability to handle the world that we're in. And since most of us have been pushed beyond our capacity, then we've got to find what makes us go and how we tick and stop blowtorching the middle of your candle wick.

Yeah. Yeah, we're all that way. I mean, even us running the business, we are. I love that analogy. We're lighting the candle in the evening so we can keep working and keep going and keep whatever.

We've totally gotten off our circadian rhythm, which is also one of the best things as far as our nervous system regulation. Get up with the sun. Stop eating when it gets dark.

Go to bed early. Those are one of the best biohacks, and sometimes you don't end up needing to do a program like mine because you're just following the natural rhythm.

Take time to stare at the treater in the day, like you said. It's finding your balance. Hey, not all of us thrive on as much balance as others. You know, some of us like being more busy than others, some of us are broken in that way also, where we've become addicted to our hormones.

So there are people that will get addicted to cortisol, get addicted to busyness, get addicted to scrolling, get addicted to just that drive and drive and drive.

And it's so interesting to me when I put people into your program and they go through it and they come back and they're just like, huh, And you just start talking to them and they're just a different person.

They're literally a different person six months into it because perspective shift, what was once important may not be important in the same way. You'll love this.

And this is maybe not what you say in your membership, but it's the outcome that comes from it. Someone will come into my clinic and it's holiday season and we're having an appointment in early November and then I'm getting back on an appointment with them in mid December or early January and they're a train wreck on that next appointment.

And I'm like, what is going on? I'm prepping and planning for this family dinner or I just had it and now I'm crashing. And I'm like, why is something that's meant to be fulfilling of having family over and cooking a meal and spending time together, tanking so many people.

And I started kind of interviewing and questioning different people that would come in and they're just like, well, I got to get my house perfect and I got the food right.

And I got to make sure that, that, you know, I get all the things done that I waited an entire year to get done in the house right now so that I could have family over.

And I'm like, that sounds awful. Why are you doing all of that to have family dinner? Why even have a family dinner if it's going to be so awful? You're dreading it, but yet you're doing it because you want to be around your family.

That doesn't, that doesn't compute for my brain.

Lifestyle, Burnout, and Daily Regulation

So I'm like, you know, well, my aunts did that. They stopped having family dinners. And we actually didn't have a family dinner for my family one year.

And I was sad about it. My grandma was sad about it. And we thought that might be the end of family dinners, like for the big group of family. My family's huge.

My dad's one of eight. So. We could have 60 people show up. I get it. That's a big house. I mean, do you want to have 60 people in your home and prep for that?

No, nobody does. So I was in, I think I was graduating college. So it was like 13, 14 years ago. I was like, well, I'll have a family there at my house.

My house was half a duplex and not a big fancy duplex, like a normal, um, you know, 40 year old sized duplex. They aren't big back then. And I was just like, y'all can come over and they're like, do you have enough room?

And I'm like, well, no one else volunteered. Pile in, here we go. And when they got there, I'm like, if anyone complains, it's your house next year. Cause that's also my personality, right?

I'm like, just enjoy yourself here and enjoy it wasn't at your house, but it's a potluck for our family. So everybody piled in, they brought their food.

We spread it out everywhere. A lot of us were standing and it was great. and no one complained and we got to be with each other and we got to eat the food and grandma was smiling ear to ear the whole time and eventually I moved and I got a condo it was a little bit bigger and I had it there and then I moved into my current house which was bigger than a condo it was like 1200 square foot condo back then and I got a bigger house now and I've had family dinner now for 13-14 years straight every single one of them And no one's complained because they don't want to do it at their house.

And do I make my house tidy enough? Sure. We have the potluck. I have the house. I clean it enough that we're not in filth. Not that we ever are in my house, but I don't worry about it.

I enjoy the process of having family. And if you're listening thinking, I dread something that's supposed to be fun. You need regulation. You need prioritization.

You need a different outlook. And we all get there. I've been there. And then that's a sign that I probably need to recheck what's going on in my life.

Yeah, that's so beautiful of an example, because that's it. It's really a lifestyle. We're talking about these practices, but it's like, how are you living?

How are you reacting? What is your perspective on the day-to-day? Nervous system regulation helps people to get a check with their gut instinct of like, oh, wait, what am I doing here by excessively preparing?

that's part of what happens with this. They start to get this instinct coming back online of like, oh, I don't need to make this such a big deal. I could say no to this or whatever.

Yeah. Yeah. I mean, even last night, my girlfriend came out of a room and I had smelt gas earlier in the day and she's like, are we safe? And she was like, I'm worried.

And I'm like, we're fine. It was from our tankless hot water heater in my home and you're not using that when we're sleeping. And I had a guy come in the morning to fix it and it can be scary, right?

But I was just, I walked her through the steps and helped her to come out of the anxiety. And by the way, she does primal trust every day. Um, maybe not on the nights that we go on a nice date, but it's just one of those things where perspective is so important.

And once you get out of being dysregulated, your perspective totally shifts and it, it feels like a breath of life. And it also does that for your nervous system.

sorry, an immune system for all of those dealing with the complex chronic illnesses. And is it a cure for Lyme? No. But is it, if you're dysregulated, a roadblock that can keep you from being able to overcome it?

Yes, a hundred percent. Yeah, it's amazing how much it affects everything and yet we are so under educated about it. You know, the medical system definitely isn't and so it's not, it's not, it should be one of the first lines of defense whenever anyone's having a chronic anything, whether it's chronic anxiety or they're getting scripts to go get mental medication, but they're not being told like, hey, there's this practice, this physical therapy for the brain and nervous system that would be helpful.

And really that's part of my mission is to change the common talk in the medical model so that people have this awareness of like, oh, there's some simple little practices that could completely change my perspectives on life.

Yeah, it's amazing. It's about being still and feeling what's in there instead of just reacting all the time, reacting. All right, so I got a question for you.

I'm gonna put you right on the spot because I like to do that to you. Yes. If you had 60 seconds to pick your favorite exercise, explain it and show it like a TikTok reel or TikTok slash Instagram reel, what would it be and how would you explain it?

Yeah, great. So I want to get in my body right now and I want to listen. I want to bring my energy here because I tend to be out there. So hand on the heart, hand on the belly.

I do this all the time. So I'm going to close my eyes and I'm going to breathe into my belly. So I'm feeling my belly and then I'm going to exhale and now I'm going to open my eyes.

I'm going to breathe into my heart and I'm going to look outside for something, look around for something beautiful while I breathe into my heart. I'm going to appreciate the beauty of the thing I'm looking at through my heart.

I'm going to close my eyes again. I'm going to drop in my body and breathe into my belly, into the bowl, my pelvic bowl. Feel my body sitting in the chair.

I'm feeling the chair on my back on me. I'm feeling grounded and I'm centering. I'm listening to my body. And then I'm exhaling. And then I'm going to open my eyes again.

Again, I'm looking out a window, breathing in through the heart. appreciating something with wonder, awe, beauty and gratitude. So that toggling back and forth between the body, your grounding, your heart and your connection literally hits it all in a nutshell because we want to come into the body, but we also want to be open-hearted and aware of the beauty around us because when we're in stress, we're not noticing.

So it really is like a one-two punch. I do that a lot throughout my day when I'm in the car, just like a habit now, heart and belly. Beautiful. I love these simple, free, fast changes that you can make to your body that are going to be effective long-term.

Something that I got from you is also cancellation. Just canceling those negative thoughts. And I actually, I'm just going to ask you to do that. Explain what that means.

Do it fast and effectively so people can just grab it. Okay. Find something in your body that you've been ruminating about that you're paying attention to that maybe makes you feel uneasy.

Maybe it's your latest pain in your belly or you're feeling a heart flutter. So just noticing what you tend to do and noticing there's a story. What's the story that you tend to think of?

This means I'm getting worse. This means my Lyme is flaring. This means I had a mold exposure. Notice you have a story. And then what you would do is you would simply cancel, let it go.

You're canceling the story. not the feeling in the body. So this means that you're – and then drop back into the feeling like, okay, I'm just noticing the discomfort in my belly.

Simple Tools and Program Updates

I'm being with it. canceling the thought about what it means, what I need to look up, what the latest lab test said, what pill I need to take, and just feel the darn feeling in the body.

That is one of the most powerful tools to start shifting your symptoms, I kid you not. You're breaking your limbic addiction to solving it, to controlling it, to fixing it.

And instead, you're redirecting the limbic system, the part of your brain that's emotional and fear, back to the sensation of, I can be with this. When you're able to be with it, the limbic system, the fear center of the brain gets the message that it's safe to exist.

When that symptom is safe to exist, the brain gets out of a circuit of fear about the symptom. It will stop reproducing it over time. So that is a classic symptom pattern interrupt redirect response that's literally rewiring your brain.

Just thinking through that as I'm processing it and it's something I do on a Daily basis, since you taught me, honestly, whenever something's coming up, that is the go-to.

And doing that stops it from taking control physiologically, because when you're ruminating, when you have that thought that just won't get out of your head, well, then it gets in your gut, which triggers an immune response, which weakens your protections and triggers, if you have anything out of immune food allergy, a cascade of an immune response.

And it's so simple. I mean, if I, if I was trying to think of a title for a real right now, it's like the simple way to stop the ruminating thoughts is cancellation.

And then just put your explanation there and boom, that is a tool that people can use in their lives immediately. I love it. Well, I always love talking to you and I always like to talk about the nervous system because although it used to be something people didn't talk about now, it seems like it's, it is the key thing that is, is growing on social because I think there's just a realization of the importance.

So how do people find your program? Yeah. So my website primaltrust.org, that's where you can find out all about the membership or Instagram primaltrusts underscore official.

I have a free book on my website called How Healing Happens. It's under the free resources and it's got a bunch of diagrams of all the science and a bunch of practices.

It's free. It's going to give you like a good understanding of how I teach the approach and to feel like if it's resonant. So under the free resources at primaltrust.org download how healing happens.

Amazing. And we're going to drop her link. So you can just go straight to it from below the podcast here. Also, it's amazing. Like I said, I send people there every single day.

My girlfriend uses it. I use the practice. This is one of those things where it's easy for me to have a conversation and talk about it because I've seen the incredible power that this has to change lives.

So thank you so much for spending your time talking with me, explaining what primal trust is. And I'm excited that you just launched a new tweak to it.

So if you've done primal trust in the past, I know we went all the way through this podcast before we even talked about it, because all of this information is so incredible, but you just launched a new tweak, right?

Like an update. What is the update? The update is that for those who felt like primal trust was too much, too comprehensive, I've changed the format where basically imagine five to seven minutes a day, you're getting an email and a video from me right to your inbox and I'm coaching you 40 days in a row exactly what to think about

and exactly a two to three minute exercise to practice.

You don't need to figure anything out beyond that. I'm going to walk you sequentially through 40 days of different practices that are there to regulate the nervous system, the immune system, detox system and more.

So I've just made it super easy, coach in your back pocket basically. Amazing. Well, everybody jump in on this. If you're not doing it already, if you've done it before and it was overwhelming, thankfully she made this update.

I may have told her once, twice. He may have had something to do with it. Some of my clients were just like, this is too much to get started on. And it was a lot of data.

It was a lot of data. And when you're feeling overwhelmed already in life, a lot of data is hard to intake. I do think it's important to understand it.

And I think that's why you put in bite size amounts now, which help people to just take into it. So thank you for doing that and thank you for doing this and talk soon.

Thank you. Thank you for tuning in to redefining wellness with Dr. Javin. If this episode spoke to you, please follow and share this podcast with someone who is ready to take control of their chronic health symptoms.

Also, please consider leaving a review. It helps more people find the show. See you here again.