Introduction to Kathleen King and Primal Trust

Welcome to another interview for the M. S. and Autoimmune Summit. I'm Doctor Terry Wahls your host. And our next guest is Kathleen King, DPT. Now she's a physical therapist who's passionate about teaching neuroscience based practices targeting the brain and nervous system.

She is the founder and CEO of Primal Trust Academy in community. She weaves together brain retraining, vagus nerve toning, somatic movement, and trauma induced attachment repair techniques in her online worldwide platform.

Her focus is to help people with self-healing from chronic illness and prior trauma patterns. She found freedom from over a decade of debilitating health challenges, including chronic Lyme chronic fatigue syndrome, mold toxicity, and PTSD.

She has been presented as an expert on nervous system healing to both traditional medical providers and the mind body healing community. Learn more at the Primal trust.org.

And it's going to be a wonderful, wonderful interview. So Doctor King, I'm so looking forward to this conversation. We have, such a, important need when I look at my people with their mass and people with systemic autoimmune disease that have neurologic and psychiatric symptoms.

So, let's talk about the primal trust method. That is integral to your work. What is that? First of all, the name primal trust. It simply means finding your innate safety, finding safety in your body and life itself.

And I think that especially a lot of us who've been through a lot of chronic health challenges, we start to feel like the body isn't safe and eventually life isn't safe.

And so the method is really about finding that inner sense of okay ness, despite what our challenges might be. And then, ironically, through finding this innate safety, the nervous system, the brain, your your sense of your reality starts to see things differently and you start to calm down with that difference in your perspective, I find that, you know, what was, what did seem just catastrophic has it has a different lens now, like, yes, I've got this situation, I've got these symptoms, and now I see more of what I can do in life.

And so the Primal trust method is about really rewiring the brain, improving nervous system regulation, improving somatic awareness re patterning trauma responses.

So hang on somatic awareness people don't know what that is.

What the Primal Trust Method Does

So somatic awareness means body awareness. Soma means body. So mind body awareness like how are you breathing. Are you tightening in your stomach right now?

Do you feel your feet on the ground? A lot of times when we have so much stress, we are so mental that we lose that mind body connection and restoring just that sense of what my breath is.

Am I contracting my stomach? I do, I need to pee, do I need to eat all of those things? Can help to rewire these feedback mechanisms with the limbic system in the brain to create a sense of calm and ease, and can affect what our symptoms actually feel like over time as we restore that mind body connection.

Now, you and I know what the limbic system is. Our listeners may not, so, but could you help them with that? Sure,

absolutely. So when I talk about rewiring the brain, I often talk about the limbic system, which is the emotional center of your brain.

It's the center that's trying to decide, are you safe or not safe? It's making associations with everything, with all the foods you eat, with people, with your environment.

And so brain rewiring, which is part of the primal trust method, is to teach the limbic system to down, regulate its sense of threat, and to start to see the world as safer, to start to sense that what's happening in your body is safer, because what can happen over time is, at least for me.

I was sick for years, and it seemed like all of the diagnoses and lab tests just kept piling on in. My sense of safety just went out the door and everything felt dangerous, and I feel like my limbic system even interpreted everything I was eating everything I was smelling, everything I was touching as dangerous.

I started to have reactions to everything, and so I had to rewire this association center of my brain to say, actually, this food is okay, this environment is okay, a little bit of cleaner is okay, a little bit of detergent is okay, this person is okay and decreased that hypervigilant response in my brain.

So that's why we target the limbic system. Now I do know and I'm going to invite you to comment on this, that, people with M. S. and with systemic autoimmune disease, compared to the healthy public, has a much higher rate of adverse childhood experiences and severe early life stress.

Yeah. And I became aware of that when I was going through my clinical trials because my health behaviors study it. When I did everyone's intake, I discovered all but one had had the adverse hell to experience, which then, you know, I got me to look at the literature and also got me to reflect on my own childhood.

And I realized that y actually, I had had several severe adverse childhood experiences as a very young child, and so can you have some comments about that?

Yeah, I too, I remember when I first learned about this, I was I was quite sick with my own issues Lyme disease, mold toxicity, digestive issues. And I had a therapist and he said, I want you to take this test.

And it was all of these things that had happened in my childhood. I'm like, what does this have to do with my infection now? And you know what I'm dealing with now?

And he said, well, your score in this test is an indicator of how likely you are to have some type of immune confusion, chronic illness as an adult. And I scored a nine out of ten.

And, it's interesting because I was. Yeah. So high five overachievers. I remember thinking when I graduated college, I overcame the odds. I came from such a hard background, and I've got this doctoral degree and I'm doing great.

I had this, like mentality of, like, I can overcome the odds. And when he gave me this test after I was sick, it was like, actually, I fell right in line with the statistic of what was potentially going to happen.

I might have gotten out of that environment and I might have graduated and went to college. All the things that seemed like I overcame the odds, but my body, it reacted as predicted at some point, was going to tip into a chronic illness situation.

And that's that's what happened. Yeah.

Childhood Trauma, ACEs, and Chronic Illness

Helping people to understand that that set up of their childhood is the neuro biological development for how their immune system might react to pathogens, to toxins, to stress.

It's how, I think it's a set up for something called cell danger response ongoing, which, you know, Robert Novio talks about. And when I realize that that's what helped me to reorient my approach.

Two primal trust approach, the nervous system approach versus just focusing on infections and toxins and things like that. So this leads in really well to.

So what are some of the practical things that our listeners can do to begin addressing some of that sense of safety that may have happened, began when we were children or when we had a severe, stressful event, in our adult life.

Before I tell you, the tools, I want to tell you a couple of the big moments that are necessary. The first one is that you have to recognize that your condition may have a relationship with your trauma and with the stress, and even gaining that rational awareness and convincing your brain that taking the time to do nervous system practices, trauma release practices for your very real suffering and diagnosis is important.

And I say that because I'm somebody who ignored this for many, many years. I had this diagnosis. I had training in mind body medicine as a physical therapist, and I did not do these practices for well over a decade because I was solely focused on the protocol, on the supplements, on the diets.

I wasn't wanting to take that shift and do this inner work. So first of all, the first step is to convince to believe that this piece of the puzzle might actually impact your symptoms.

The second step, I actually think, is an acknowledgment that you did go through something likely as a child. If you're having this set up, that the statistics would say that you have had some adverse childhood experiences.

And for some people, maybe for the first time, they have to acknowledge that, like, that wasn't okay. I was really hurting. And I don't think I let myself realize that this is a crucial step, because I find that if I try to give nervous system practices to somebody who doesn't believe in the science, that the nervous system could be impacting their their diagnosis and be hasn't validated themselves for what might have happened.

There's almost like this unconscious resistance to doing these practices, and I see them almost have a counter active, a counter effect because there's some missing stuff.

So it's extremely important. And part of what we do is we do a lot of this front end education before we even teach tools, because I've seen people have way better success when they are on board with this theory and emotionally on board with recognizing that there's some inner validation that's going to need to happen about their early childhood experiences.

So once that is done, once you have gone through those stages, I would say the next, tangible thing that I usually hang on, I want to recap that for the listeners.

So step one sounds like there's some awareness that adverse childhood experiences, early life stress are an important factor in setting us up for a immune system that is not, as protective of us.

And we're at greater risk for an autoimmune. And by the way, metabolic health problems and other, health issues. Yeah. So acknowledging that that probably occurred, doing some looking at, what those events might have been, and then realizing that addressing those early traumas, I call some of the sayings the body will keep score if we don't address those, are really necessary, in being willing to then like, okay, I'll begin to do the work on, retraining my brain, helping, calm it down.

And then I'm going to ask another question. Would it be helpful to also find a talk therapist at the same time that you're, perhaps doing some of these mind body, works at that?

We're going to talk about? Yeah, I think absolutely. Having some person, whether some qualified person of some sort to be coaching you through this process, to be there for you.

I personally found for me, a therapist that understood internal family systems or parts work along with attachment theory issues was extremely helpful because because of growing up in adverse childhood experiences, not only did I need to talk about it, but I needed to understand the way that I sort of fragmented myself to survive it.

And I find that internal family systems therapy parts work therapy can help you bring back to a sense of wholeness who you are, where you might have had parts of you that were very much hurting, and then you developed a perfectionist, overachiever part of you to survive.

Finding Safety and Support Before Tools

And at some point, this, this inner world that was created because of trauma needs to come to understand each other. I did a lot of talk therapy for years before doing parts work therapy, and while it was helpful and getting awareness, the actual healing of my psyche happened.

I would say more thoroughly with a type of therapist who understood the fragmentation of our psyche that can happen as we go through trauma. So I just want to say that there's different types of therapy, and there might be a different one for a different stage.

Like sometimes we start with, talk therapy. Then we might go to an internal family systems therapist, sometimes even then a somatic experiencing therapist.

So I also want to say that there's, you know, there's a journey there as well, right? Several types of people with whom you can work to help you on this journey.

Yeah. And so, you know, then it's time to begin the journey. Where do you start? You know, for me, I fortunately had a bit of a background. I was a mind body practitioners of physical therapists.

I work with chronic pain. I knew how to do pain reprocessing, and there were similar exercises that I started to do for myself. But one of them was targeting my vagus nerve.

And the vagus nerve is really important. It's something that you can Google right now. How do I improve the function of my vagus nerve. And you're going to get lots of exercises on YouTube.

But it's our master regulating nerve. And if you are stuck in a chronic stress response, then what you are probably having a hard time with is a parasympathetic nervous system that's engaged and operating optimally.

I should be able to down regulate your stress response. And so vagus nerve exercises are usually where we start. And there's a lot of ways to do that.

There's a lot of ways to target this nerve. But simple breathwork practices, and I don't recommend going off with intense breathwork practices like you'll read Wim Hof in some of those more activating breathwork practices.

Breathwork is not all the same. You're going to want to look for calming breathwork practices, something known as box breathing or 478 breath or, the heart math coherence breath pattern.

Those are three breath patterns that you can easily Google for free right now and start practicing on a daily basis. And that's going to help send signaling to your body of calm and ease.

And we'll actually start with, that mind body connection as well. I know for me, when I started breathwork, I, I was so tight in my chest and I was like, oh, I only breathe into the upper half of my chest.

I don't even feel my belly. In fact, I'm like hyperventilating. I had no idea. I don't know how many years I was breathing that way. But when I started these breathwork practices, I started to become aware.

And again, this is a journey of awareness. So you start to become aware of the state of your nervous system. And

yeah, so that would be step one. Okay.

Excellent. I'm going to put you have you teach me 478. Although I do for seven eight every night the fall asleep. But I want you to teach me so the listeners, can get taught right now if that would be okay. Yeah, absolutely.

I recommend doing the four seven, eight breath. A great way to remind yourself is right before you eat. So then you're going to hit it three times a day.

You're also going to be turning on more of your vagus nerve to help with digestion. And so you can almost think of it as a time of blessing your food through also stilling your breath and being mindful.

So I recommend doing it before your meals or at night is great as well. But I remember doing this before my meals and I would have my kids do it with me.

So there are different ways that people teach the four, seven, eight breath. One way that I like to do is you're going to breathe in for four seconds, and I actually like to put my tongue on my roof of my mouth that's a little extra, and then hold my breath for seven seconds and then exhale for eight seconds.

So and when I exhale, I like to exhale out my mouth. Some people will just do it. All I know is breath, but I like to breathe in through my nose. Hold and breathe out. Is that how you do it or do you do it?

Yes, yes, I do it that way as well. Great. So let's let's do that together. So tongue on the roof of your mouth and let's breathe in for four seconds.

Hold for seven. Exhale out the mouth for eight. Let's repeat that. Will do two more. Hold for seven. And exhale for eight.

Vagus Nerve Toning and 4-7-8 Breathing

Again. Tongue on the roof of the mouth for four. Hold. Exhale for eight. So even just three breaths I feel like I'm more grounded. How about you? Oh, you know, this is lovely.

This is really lovely. Yeah. But again, for the listeners, that simple technique is so helpful. And if you do that with your family, with your kids, it will be very helpful for them.

Remember, so many of our children are developing anxiety and depression, so helping them get grounded also very helpful. Yeah. Yeah. So we we we start with vagus nerve toning I like to start with that before brain retraining.

Brain retraining is where we focus on the limbic system. And the reason why I like vagus nerve toning first is because brain retraining is something where we're trying to teach our limbic system that it's safe to feel safe.

And for some of us, if we've grown up in trauma and you go right into brain retraining, you're going to have parts of you that don't think it's safe to feel safe.

And we'll kind of hijack the process. And, you know, after working with thousands of people, I initially started people off with brain retraining, and a lot of them did it.

But there are a lot that really resisted it. And I was like, okay, there's something here. When you're going rate to the brain, rate to the limbic system, and there isn't even vagus nerve tone on board to begin to feel safe, I found that if you do some breathwork and other types of vagus nerve toning first, then you go into the brain retraining.

Often the psyche will accept it a little bit easier because it's already been practicing feeling safe without having to go into some like positive scenario, which is what you do in brain retraining.

So it's a way of like sneaking into the body of like teaching how to feel safe with some breathwork. We do other

things like exercises for vagus nerve toning and humming and things like that.

And then the next stage is the brain retraining. And so if you're somebody who has done brain retraining and it wasn't it was a little it didn't really jive.

You might want to try vagus nerve toning first. Do you want me to explain brain retraining? I'm happy to do. Yeah. Yes. Okay. Got me really curious about exercises for the bass.

Oh, yeah. Yeah, yeah, I can we can talk about those as. Yes. So I exercises. So like I said, my background was I was a physical therapist. I worked a lot with people with upper cervical instability, chronic pain and things like that.

And I was trained by foreign physical therapists. I was never trained by like, the typical United States therapist. Fortunately, because I learned some really good tricks early on, she taught me that working with one of my mentors taught me working with the eyes like a type of eye yoga to improve brain processing would help with both the limbic system, the vagus nerve, and the way our pain is processed in our body, including stabilizing the upper cervical and the upper cervical part of our spine, actually has a lot of feedback mechanisms between the brain and the body that I think do contribute to some of the chronic issues that we have.

If your upper cervical is unstable, there's a lot of things that can go wonky, including your digestion, your blood pressure regulation, all sorts of things.

And it's can be a missing silent piece. So we would do exercises with almost everyone that came in with chronic pain, post car accident, fibromyalgia, and when I started rehabilitating myself for Lyme and mold and all of those things, I'm like, well, let me try those old eye exercises I used to teach.

Sure enough, within a week my function started to improve drastically. I was somebody who was in a dark, quiet room. I couldn't handle sound, I couldn't handle light.

I couldn't drive. Within a week of doing these exercises and improve my brain processing, so much so that I was able to drive again after a while. Not being able to do that.

And so a very simple way to start, and I want to say that this is going to look so simple that you're going to think, how is this possibly doing anything?

Please do this slow and do this with a small range of motion. Because if you do have upper cervical instability, it can flare you if you do this exercise too quickly.

And it's also reconnecting your brain. And sometimes with that reconnection you can get a flood of emotion and energy. So this is called eye gaze stabilization.

It works on your vestibular ocular motor reflex. And it's going to be working with our midbrain and the back side of our brain. Your upper cervical. You're going to put your thumb straight out in front of your nose just at an arm's length.

And I want you to stare at your thumbnail while you slowly rotate your head side to side like you're shaking your head. No, you want to keep your chin level and you're going to go back and forth side to side.

Now some people, when they first start doing this, they might feel dizzy, they might feel funny, or you might feel just fine.

Eye Exercises and Brain-Body Stabilization

Right now, what we're doing, your eyes or your one of your most direct ways to impact your brain. And we're moving, we're triggering both right and left hemisphere.

We're also triggering the muscles right in the back of our neck, because our eyes are controlled by the muscles in the back of your neck. And so this in some ways can adjust your C1, the upper cervical bone in the back of your neck.

And again, while this seems so simple, I mean, just go back and forth about five times, ten times, very slowly. Just do one of those. If you feel fine, you can do three sets of ten.

And I would try to do that 2 to 3 times a day if you got a lot of dizziness, and that just seemed like it set you off, just do three repetitions very slowly.

Small range of motion once a day and work your way up from there. I was so surprised that so many of my clients, these exercises alone, that's just one of them, help them feel like they have more energy.

They were able to focus better, and I think there must be something, again, about just stabilizing that upper cervical in the way that the brain to body feedback loop works, that for people with chronic illness, it can just be a stabilizing factor to improve their function.

No, I have a question because I think you're right. This is so common in people with math. Yeah. And I don't know if this would be true, but would be doing this exercise be particularly helpful if you had ever had a history of optic neuritis, I think so the physical therapist in me, you know, I haven't worked specifically just with Ms.. But anything that we're doing to strengthen that neural network, that feedback loop, I think we're sending signal to the brain to the optic nerve, like we want to function, we want to be able to focus.

It is it is an exercise. And that being said, I would say to start slowly if you notice that, wow, this is a lot. Maybe you just do it every other day, but I really believe in the use it or lose it thing and this is a way to use it slowly and in a way that targets your brain in a beautiful way.

Targets the upper cervical, and you can Google Eye exercises. There's a company that they actually market to athletes. It's called Z health, and they teach a lot of these exercises on their YouTube and their Instagram, and they'll call it the vision Gym or the Balance Gym.

And they're doing it for, you know, they're marketing it safely for athletic performance. But I find that their program has been really helpful for those who are also on the healing journey.

And you again, just take the exercises slowly. But it's a lot of brain to body feedback exercises that's going to improve brain processing. And I think I think it can be helpful for anyone, I mean, even those who are not sick because it's improving brain processing.

So I think this is wonderful information. Again, for our listeners, I encourage you to check that out. And, it was called Z, as in the letter Z, the health.

Yeah. So they have got a pretty affordable program. The less affordable option would be to go to a functional neurologist, which is a particular discipline in the chiropractic field that does a lot of eye exercises.

That would be a more customized approach to learning them and much more expensive. So, you know, depending I did, you know, I have worked with functional neurologist personally and I think it's great.

And they can do all this testing, kind of figure out where your vision is really working, where it's not, and what kind of exercises are there to improve it.

It's just it's a much more expensive route. So getting started with some exercises free on YouTube would be the way to go. And then if it feels like it's a fit, then maybe look into that way to be absolutely okay.

So now I think we're we've been tuned up a little bit. It's time to hear about the brain retraining. Yeah. So I love brain retraining. And I want to say that for me, it's a way of life.

I mean, even now, as a practitioner and an entrepreneur, I do. Brain retraining every day is how I create my life. It's how I focus my intention. But back when I was super sick, it was how I retrained my limbic system to calm down so that my immune system could modulate itself a little better so that my detoxification system could come back online, my digestive system could improve, my hormones could rebalance.

Because your limbic system directly affects your hypothalamus, and your hypothalamus makes all sorts of biochemical cocktails for for your body to run off from.

And so it would make sense that if you want to affect your biochemistry, one of the most direct ways would be to directly affect the limbic system. And I remember thinking, there's no way this brain retraining is going to affect my very real infection and mold and viruses and parasites and all the things that I had at the time.

But it did it. It really impacted my health. And so I emphatically recommend that anyone on the healing journey of any diagnosis look into brain retraining.

Brain retraining is where we use there's different ways of doing it. You can do this as simple as recognizing that you're in a stress response, or you're ruminating about your symptoms, or you're stuck in blame and resentment, interrupting that habitual stress response loop of the mind and redirecting your focus.

And it could be redirecting on to a positive activity.

Brain Retraining and Positive Visualization

But the type of brain retraining that I teach is actually a creative visualization process, where we are shifting the way that our brain is perceiving our reality and the way we do.

That is like I just said, you're going to interrupt a pattern, which is typically we're feeling stressed or afraid or upset, and then we come into the present moment and we breathe for a minute, just like we just did some type of breathwork pattern.

And that's just to help your mind land into the present moment and stop ruminating about what the doctor said or what might happen a year from now if your symptoms continue or what your child just did.

We want to redirect our attention to this present moment so that our consciousness, our conscious awareness is running the show. Otherwise, our brain is just habitually thinking, worrying thoughts.

So we come into the present moment. We breathe for maybe 30s to a minute. Any type of breath work is fine. And then we do a creative visualization process.

And traditional brain retraining involves two visualization processes. One would be a past memory that you would visualize and rehearse in your mind. And what I mean by that is you're going to remember a time in the past where ideally you felt positive, optimistic, calm or whatever, and you're going to rehearse it as if it's happening right now.

So instead of your brain being on replay of that scary diagnosis or what the doctor said or all the bad things, because that's what we typically replay, we're going to start to replay positive things, and you'd spend anywhere from 1 minute to 5 minutes, 15 minutes, even if you wanted.

Replaying a past memory. Why is this important? I said the earlier that the limbic system is an association making machine, and our associations are made from our memories and so if in the past you're remembering that your body is sick, that you get scary lab tests that you are allergic to such and such food, that so-and-so always hurts you, your brain is going to be expecting more of that.

If that's what you're replaying in your mind, it's going to make associations with things don't work out. I don't feel well. I can't trust them. This isn't safe.

If we want to make associations that help us to heal, which is feelings of I trust this. I'm going to be okay. I'm supported. Life is for me. We're going to have to rework our association center, which is our memory center, to bring forward memories to cause the limbic system to expect good things.

It will not expect good things in the future, if all it can remember is the bad things of the past. Now, this is a particular challenge when you've grown up with a lot of trauma and you've had a lot of suffering.

And I know when I first started this, I said, I don't have any positive memories. I literally felt like I couldn't find them, and that's pretty normal.

So just know your brain is going to say, I don't I don't know, I don't, I can't, I can't find them, but trust me, look for them. And then what's going to happen is your memory center, which, you know, some people would say is your hippocampus.

And some people say, we don't know where memories are stored. But either way, when you start looking for memories, it's almost like a file cabinet starts to open up.

And as you look for positive memories, your brain will start to show you more positive memories. But you have to look for them and it's not going to feel like they're there.

At first. And you might even feel like you're making it up. I know I did, I felt like I was making it up, but as I did and I might have started like a memory of getting an ice cream cone with my mom as a kid, I made up that memory because I couldn't remember it.

It was all negative. And so I remembered the place where the ice cream shop was in my town, and I just sort of made up a memory. Then I actually had memories come forward that were legitimate, and I could use those for part of my brain retraining practices.

So you would just sit there and talk to yourself like I'm remembering a time where I'm ten years old, I'm going to the ice cream shop, and I'm so excited to get the vanilla chocolate swirl.

And I love when they put that hard coated chocolate hard coat on top, and they hand me that ice cream cone, and my mom is there and she's smiling at me, and she she grabs an ice cream cone and we go and we sit in our favorite spot under the tree.

And I take that first bite and I just describe it, and I describe the look on my mom's face, and I'm trying to describe the feeling of joy as a child, and I'm bringing that to life.

That good things happen. And you know what happens when you do this is your hypothalamus starts to release positive chemicals, and those chemicals go through your body.

And for me, I was so surprised that a lot of the the pains that the symptoms I had that in moments they could change. Doing a brain retraining practice of flooding my body with a different biochemistry.

And over time, my body started to look forward to these brain retraining practices because it would make it feel good. I would feel more energy. I felt less pain.

I was able to digest better. I slept better. And so the memory center is important to work for the good so that we can learn to expect the good and help to teach the limbic system to dial down its threat response, because good things happen as well.

And then to piggyback on that, we visualize something positive in the future. So we'll follow it right up with a future visualization of the life you want to have, not the life that you're afraid of having.

Like, I'm afraid of always feeling this way. And this is a real challenge to be willing to be brave enough to visualize a

life that you don't have yet, and to imagine as if it's already here and the gratitude.

And you're going to read so much about this as you learn about brain retraining, you're going to learn about you've got to do this with gratitude, as if it's already happened.

And there's so much research starting to support that. This is powerful, almost like you know it to me. Sometimes it almost felt like magic, as I would imagine a future scenario.

Sometimes they would just happen and I'm like, oh my gosh, I was imagining this opportunity. And here it was as I got good with this practicing feeling gratitude for being able to walk again and and run again and exercise again.

At the time it had been like ten years for me personally that I was mostly bedbound. I was extremely sick. I didn't even tell that part of my story. I thought, how is this ever going to happen?

But as I rehearsed this in my mind, my body started to become familiar with that feeling of exercise, of walking, of joy, of eating foods. And over time, I came out of that threat response.

My cell danger response decreased. My immune, system got more discerning, my digestion improved, my energy improved, and slowly I was able to start doing these things.

Where to Learn More and Free Resources

That was once just a dream. Once just a visualization. I mean, even when I'm doing right now, like talking to you, teaching you. I visualize this when I was bedbound and nobody knew me.

Someday I'm going to get well and I'm going to teach them the things that I learned. I'm doing it right now. This is such a powerful message for everyone listening with the most in your systemic health issues that are going through these exercises that, Doctor King just walked us through.

It may take time. It may take you months and years of work, but it's possible to have these radical transformations and so, yes. And for those of you who are bedbound, wheelchair dependent, scooter dependent, walker dependent, cane dependent, it's still possible to imagine a future where you're walking easily, or you're hiking easily, or you're biking where you're jogging and Doctor King is is telling us some tools that can help you get there that don't require you going to the gym just yet, right.

That you can do even if you are bedbound, wheelchair dependent, walker dependent, cane dependent. Yes, this this is just so spectacular. Doctor King, how do people find you and learn more about this?

Because, you know, hopefully we've gotten people very excited about the possibility that the transformational power of the tools that you have just introduced us to.

Yeah. Well, I have a free book, on my website right here that I download, and it's 130 pages, and it's got all sorts of brain retraining practices, vagus nerve practices and the science behind what I call how healing happens.

So if you go to Primal trust.org under my free resources section, or maybe there'll be a link below the video here. I made a guide and it's full of pictures and diagrams and all of that.

That's a great way to get started, for free, to just feel into this work of nervous system work, and to see if it resonates for you and the practices and how they feel.

And then we have a whole, you know, community that you can find under Primal Trust. Org. We also have an Instagram channel with tons of free resources and PDFs and guides and exercises.

And it's primal trust underscore official. I have a YouTube channel as well, Primal Trust official and we're on Facebook, so there's lots of ways to find me.

And we do have, like I said, a lot of resources out there for free. Because I know with so many people at this point there, they don't even have the money to begin.

And so we want to make sure that you have those resources available too. So start practicing today. Thank you so much. Thank you so very much. Thank you for having me.