Wake Up Your Ability To Heal With Micro-Frequencies And Structured Water Transcript

(Transcripts are generated by AI and may contain errors)

Introduction and Heather's Background

– Hey everybody Dr. Diane Mueller here. Welcome to another episode of microbes and Mental health. I am so excited to introduce you to our next speaker, Heather Gray the line boss, she is a friend, an excellent resource for all things lime and beyond. Welcome to the show Heather, – Awesome. Thanks for this is so exciting.

We had so much fun the last time we did a talk like this together. So it's always a pleasure to spend time with you. – Ditto. Ditto. And let's get right in.

So tell us a little bit about your history. I know you have a wild story with your own history of healing from disease and all of this. So tell us a little bit about how you got into this work. – Yeah, absolutely.

So as you said, I'm Heather Gray, the lime boss, I'm a functional diagnostic nutrition practitioner and I got into this line of work after 27 years of undiagnosed Lyme disease, multi toxicity Cavett ations, three autoimmune diseases and two stents in the sideboard for suicide attempts. One when I was 15 and one when I was 19 and that was part of the reason I was so excited when you you know asked me to be on here, mental health isn't is a huge, you know, a topic that is near and dear to my heart.

You know, after my uncle killed himself when I was four and then you know, I had a couple stents in the sideboard myself with suicide attempts and then went through the same thing with my son as he was growing up. And so it's a conversation that needs to be, you know, talked about 10 times more, 10 times louder.

Like everywhere people need to understand the connection between the gut and the brain and why what we put in our mouth matters and like all the fun stuff that we're gonna talk about today. – Love it, thank you.

And so let's start there. Let's start with like the what we put in our mouth, what happens in the gut and how that's connected. You know, this is microbes and mental health. So let's tie in, you know, gut line brain, all this stuff together for us – And all together.

So back in my own story. So I tell people that I was basically born constipated, right? So I was born full of crap and you know, at that time, nobody was trying to figure out why this four year old was constipated, right? That was around this time, that, like I said, my uncle had killed himself. So there was obviously some trauma in there.

And then I also had undiagnosed celiac disease and it was probably switched on around that time with that trauma, you know? But it started off the path of let's throw band aids and symptoms, right, let's give her stool softeners and all this other nasty oils, they were having me swallow, but nobody was asking why this four year old was constipated, You know? So then fast forward a few more years and more childhood trauma, right? And they're starting to all kinds of research is tying together the early childhood trauma scores right?

The ace, it's the adverse childhood events, right? The higher your ace score, the more likely you are to get autoimmune diseases and other chronic illnesses later on in life. And so I definitely had that that perfect storm of being raised by addicts, you know, the death. Just a lot of neglect abuse.

And then when I was a teenager and got bit by a tick, I was like the perfect storm for developing Lyme disease because not everybody that gets bit by a tick gets Lyme disease, right? Our immune systems uh evolved with this microbe over hundreds and thousands of years, but our lifestyle the way that it is today, right?

Gut Health, Trauma, and Lyme Disease Origins

With fast food, toxic water, toxic thoughts, toxic air, you know, all this stuff that was not, I mean, chlorine in our water for crying out loud, we talk about microbes in our gut, you know, chlorine is meant to kill bugs. What is our gut made out of bugs, right? So here's all these people drinking chlorinated water, taking a bunch of prescription drugs over the counter stuff like things that don't belong in our garden? And that's basically what our gut is right and our gut and there's a huge correlation between our gut and our brain and that's where a lot of the research is right now with, with inflammation and leaky gut.

and if you have a leaky gut, you have a leaky brain and what does that exactly mean? And you know, all the fun Lyme and mold stuff and all the other amazing people that you probably had on this summit talking about, you know, very similar stuff.

But you know, one thing that I kind of did a little differently than others is kind of pulling into this bio energetic piece with lime and and mental health and and gut health and we'll probably get a little more into that here soon.

– Yeah, we definitely will. Before we go there, I want to ask you, why do you think when we're talking about the well of interconnectedness here, Why do you think so many people have such a difficult time healing from, you know from line, is it the environment, is it toxins?

What is it that is making it so difficult to heal? – It's a combination of all the above and the sad part is is we have been conditioned in this society. So there's a pill for every ill, right?

If you get cancer, you get chemo and radiation, you know, so, and it's no different in the lime community and that's what really breaks my heart. And I've seen so many people waste so much money and time focusing on the treatment focusing on the treatment, right? And then they get frustrated because the treatment doesn't work or they relapse because they didn't put down the foundations of health first, they didn't get their diet dialed in, They didn't get their mindset dialed in.

They didn't get their detox pathways open. You know, there's a lot of different things that kind of need to go into place before you ever really, I mean a lot of times, like in my own case, I was like I said undiagnosed Lyme for 27 years when I went to the lime doc and they started throwing napalm at my Lyme disease and a body that had been sick for decades. I thought they were trying to kill me.

I thought, you know, it's funny because my whole life I kind of thought I wanted to die. But then when I actually really felt like what it could feel like to actually die, like I realized that's not really what I wanted. I just didn't want to live that way anymore.

Right? So there's a difference. But you know, nobody, nobody with all the antibiotics and the, even the herbs they put me on and the anti malarial drugs never once did they have a conversation with, how are you eating? You know, what's your diet? Like, how many bowel movements are you having in a day? What's your sleep like?

Like none of this stuff was ever, ever covered and it was no wonder that I struggled like horribly in the beginning when they were trying to treat me and then, you know, and I see it, like I said with a lot of the clients that I'm working with now, it's the same thing and then by the time they get to me, they're even more broke now, they've lost faith in the system and that they can heal it all and they're even, you know, because they're, you know, they went down the rabbit hole a couple different ways and now they're frustrated and have kind of lost hope and that's why I love these type of platforms, is to kind of get this information out there is like, you know, you got to dial in those foundations, you can't build a healthy house on a, on a rocky crappy foundation. You know, I tell people all the time you can't, you can't, like even if you go see a therapist, right, you have a great talk therapy, it was a great session, but if you leave there and you go eat Mcdonald's and you inflame your gut and you inflame your brain right? Like all the other treatment that you did is only going to be this much beneficial because you just kinda undid all the magic that had just gotten done. But like I said, nobody's talking about these things, you know, at least people in my world are, but I'm finding that the general public is still kind of brainwashed into the, this is a part of a balanced breakfast, You remember that crap growing up on tv cereal and orange juice and a piece of toast and fruit, you know what that is, that's freaking diabetes in the making is what that is, that's not a part of a balanced breakfast, and that's what we've been brought up to believe, and it's no wonder people are so confused and lost

when it comes to what it takes to actually get better. – Yeah, thank you.

And I want to take us into kind of orienting to the summit topic, right? So I've asked this question to several people, but I like circling back to this because I really find that when people hear it slightly different ways, it really helps tie things together.

So how do you really feel? And how do you see that, that Lyme disease, that mold illness, some of the co infections that we know that come with these, these insect borne illnesses, how does that tie into leading to mental health issues for people? – Oh jeez, yeah, I mean mold can, can help contribute to leaky gut, you know, they like to poke holes in your intestinal lining, which then causes food to get into your bloodstream and then now your immune system has been activated and a lot of that stuff like I said, if you got a leaky gut, you'll have a leaky brain, so there's a lot of correlation there lime especially to can actually pass the blood brain barrier and cause a lot of inflammation and you know, glial um activity, you know, which is not necessarily a great thing, you know, the glial cells, the immune system of the brain, you know, they can get activated by physical trauma, toxic trauma alcohol, you know, certain food sensitivities and and if once you have what they call a priming event, like an illness, right, a chronic illness can be a priming event, a trauma can be a priming event, concussion, you know, an actual physical trauma can be a priming event, but once you have one of those uh your susceptibility for having another goes really, really, you know, way much higher. And then so then when you um when you have one of these and so like for me like that's part of the reason why I had to quit drinking alcohol altogether, because alcohol for me is it's a priming event and just sends me into that inflammation which then cascades like my mental health, like it's amazing towards the end of my drinking career, you know, one or two drinks, that was it one or two drinks and I literally was like talking suicide the next day, you know, my husband now was like and you're done like no more drinking for you because the next day I'm literally bawling, you know like that ugly drunk that you see on the tv, you know, and I wasn't even drunk, it was just off of two drinks um but so you know, I was never, I mean I told you I was in the psych ward twice, I was never truly crazy bipolar depressed.

It was a lot of the stuff from the celiac, right?

Why Lyme and Mold Are Hard to Heal

So I was malnourished, my gut was total dis bio sis, I had other parasites and then the toxic bucket from the lime and the mold and everything else, like my brain, my mental health, you know, I definitely I was not controlling my emotions, my emotions were definitely controlling me. And I think that was the most frustrating thing because I think the louder that you yell, I'm not crazy, the more people look at you and go and that's what a crazy person would say, right, you know, so it was so frustrating for years and it not until just even very recently have I gotten even that dialed in even that much more.

I've been in remission with the line for over two years, I've lost over £50 I've reversed two out of three of my autoimmune diseases, but like One of the last lingering issues was still this mental health.

Very reactive moody, you know, just, it was, it was tough and just like I said, just just really recently within the last like 3-5 months have I kind of even gotten that dialed in? – Yeah, one of the things I really appreciate about what you're saying here is, you know, talking about these prime these priming events right? That there can be the sickness, right?

The sickness is making us feel bad and maybe making us depressed or anxious and have rage and all these things. But the sickness is actually that pTSD thing that can also be that priming event you're talking about.

So then we're in this cycle that we just cannot get out. So I know you do, I want to save a lot of time for us to talk about like treatment. You have some really interesting therapies you work with that that are quite a bit different for a lot of people in the market. So, will you start with just kind of giving us an overarching treatment strategy for people with line.

But you know, also for people with some of these illnesses from a mental health perspective that that we see with microbes as well. – Absolutely, yeah. So I love starting people with my educational platform first because it teaches

them all the N. F.

D. N. We call it dress, it's diet, rest, exercise, stress reduction, and supplementation, right? It's the foundations of health, you can't supplement your way out of a bad diet, you can't exercise your way out of, you know, a diet, like a bad diet.

It's all interconnected. And that was the other piece that I find so frustrating, like I knew this one client who another practitioner had put them on a different protocol that typically works amazing for folks.

She did the whole nine month protocol was like to the t and at the end, she's like, I still feel like crap. And I, you know, I just had this like, intuitive hit, I'm like, what are you eating?

And she's like, oh, you know, pizza, blah blah bread? And I was just like, I thought my head was gonna explode because this practitioner didn't have this conversation with her, right? I shouldn't be the one having the conversation with her. But I, you know, I told her, I'm like, you really need to look at getting rid of, you know, wheat gluten grains, dairy, you know, for a couple of months, get that inflammation down, get your gut healed and then, you know, tell me how different it is and she didn't believe me like for the first couple of weeks and then I think she got so sick, she tried it and then I heard from her a month later and was like, you were right, that's all she said you were right.

I'm like, right About what? And she's like about my diet and I'm like, I know that. But you know, you've got it, you've got to, you know, like a parent, I know I sound like a parent, you've got to get that dialed in and then the same thing with the sleep.

And so people, you know, I tried the gluten free diet and I tried this and I tried that. Okay, so when do you go to bed at night? I'm usually in bed between like one and two, you know, after spending a couple hours on my laptop and I'm like, so again, you know, if you miss any of those foundations that it's like a beautiful little puzzle piece and only when they're all together, can you see the beautiful picture?

And so that's usually how I'll start with folks is with the with the educational platform and then from there, you know, if they need some functional labs.

Absolutely. I love going there. We, you know, another famous expression in F. D. N. A. Test on gas. I think actually the founder had that trademark quite some time ago. It was kind of awesome.

But you know, it's especially like food sensitivities, right? That's what we call low hanging fruit. If you've got a food sensitivity towards apple's say, right? Typically you would think that's a healthy food.

But in you it's causing inflammation, which isn't causing your, your brain inflammation as well and a whole other, you know, series of other issues. But Once we get those apples taken out the other food sensitivities, the inflammation, it's amazing.

I've had people who come to me with chronic migraines, chronic headaches, stomach issues, pain, wait, Jeez, I lost like £35 the first month of just taking out my food sensitivities because we call that like low hanging fruit, it's just it's an easy way to take a burden off the body and every time you take a burden off the body, it gives it a chance to heal and do what it needs, what it knows how to do, right?

So from the functional lab testing and then um, in that portal to that, I was talking about, I teach a lot of somatic experiencing work because that was one of the first steps for me and dialing in my mental health.

So we're healing the gut. We're taking out the invaders of the gut, we're taking out the food that causes inflammation of the gut and we're healing the gut. And then while we're doing that, we're also working on the nervous system. Because I found in my own journey.

Part of the reason why I kept relapsing, right, functional medicine a lot of times can look a lot like traditional

standard Western medicine will trade a prescription for a supplement, right? And I got really good at dialing and like physical things. Oh, you want me to do this?

No problem. Oh, you want me to do that? No problem. But I never addressed the hidden trauma that was in my nervous system, right? You know, I just started off by talking about my uncle killing himself when I was four years old.

You know, we didn't talk about it in my family. It was like once he was gone, he was just gone. Nobody ever spoke with him again. It was so bizarre. And it didn't even really dawn on me until I was in this part of my journey two years ago that this trauma was in my family line.

You know what I mean? Like it just didn't even dawn on me. I didn't even think to put two and two together of the chronic constipation as a kid, right? And the trauma.

And so I had to I had gained like £65 back. I was back to being angry and reactive and it was my husband now about two years ago. Looks at me, he's like, I don't know what the hell is going on with you, but I'm not going to be married to an angry person anymore.

He's like, I want to support you, I want to do whatever it takes, but you got to figure this out. And that's when I pulled my head out of my butt and was like, okay, you're right, like, okay. So what's my next step?

And I ask that to the university, what's my next step? And I remember reading the body, keep score. Did you ever read that one? – I'm not, but I'm familiar with it.

– Good. God.

Foundations of Treatment and Diet

Is it's freaking you talk about PTSD It's traumatizing like I'm sitting on the couch, like ugly crying. Like, you know, my husband's like, what are you reading?

I'm like this little girl and her dad, he's like, no, no, I don't want to hear anymore, you know? But that's he gets really graphic in the book. But it is to kind of prove a point and it and it was to really kind of hit home of of how these early childhood traumas are affecting us in adults used to piss me off because my mom used to quote Dr. Phil, you gotta raise above you, right?

I got to rise above your raising, you know, like it was that easy, right? Like, like the the stuff that happened to us when we were kids, you know, shouldn't have any effect on us as an adult.

You know, we should be able to just rise above are raising. And I actually kind of thought it was a it was a blessing. It was almost like permission right? When I got older, because that's the stuff that I was I was told, you know, great over you're an adult now, but it doesn't work that way.

– Yeah. – And so the like the somatic experiencing work, I even played around with Ayahuasca and some psychedelics to kind of dig deeper into those dark places that I didn't know existed.

Um I did heart math did tapping, you know, E. F. T. Breath work. Oh my God, breathwork is so freaking powerful and it's free. It's crazy how it can help get the nervous system and that stored trauma because the reason we're talking about this too, and I forgot to say that in the beginning is that, you know, you can't heal when you're in fight or flight, right, we have 22 sides of our audience nervous system and if you're stuck with the gas on, if you're stuck with fight or flight, there's always a tiger in the room, you can't heal like that.

So no reason. No wonder people don't have a sex drive when they're not well either because their body is, you know, they're not wanting to have sex, it's not wanting to eat, it's not wanting to digest your food is wanting to run away from that tiger, you know, so the whole name of that game is calming down your nervous system right, so that

you can get into rest digest and he'll and that's yeah, so the somatic experiencing work was huge Dr. Aimie Apigian she's got the biology of trauma and I did a 20 I think it's a 23 day journey. My nervous system was completely changed after that 23 day journey. 28 day journey.

But it's still needed some tweaking and that's kind of how I got into some of the bio energetic stuff that I just recently added into my toolbox in the past couple of months.

– I love it, I love it, I'm like formulating my questions of like what I think people are gonna be wondering, so my questions are like what is your favorite of?

So when people here are all this stuff and I'm like okay, diet and breathwork and all this nervous system stuff, One of the things that I think people are probably going to be thinking about is okay, well what is your favorite diet?

What is? And I hear you that you know what you're saying is like, okay, make sure you get your food allergies out right from a dietary perspective, I'm gonna come back to breath work and all this, but just thinking about some of our favorites here.

So do you have, when you're working with people, do you have a most commonly prescribed dietary plan for people besides getting there? You know, allergic foods out? – Absolutely. You know what I've had the most luck with has been paleo switching to a whole food, real food and a variety of foods, right? I have a tough time, you know, stuff like carnivore and keto can be really good, great and therapeutic doses, you know, for people who have been really, really sick for a long time and they're really trying to get their their gut back online, but for those that aren't that needing that that severe of the thing.

I like I said, I love paleo because it's it's more of a lifestyle than just a diet. And you know, I actually was brought up Western, a price that was my beginnings and I'm still a huge fan of Western, a price and the difference between Western a price and like paleo is West a price allows some grains and dairy but it needs to be raw, whole dairy and the grains need to be soaked and sprouted because that is how our ancestors, that's how traditionally prepared those types of foods because they knew that this stuff was not, you can't digest this stuff this way.

And so that's a big part of the problem why so many people are getting sick is because you know, they're not soaking and sprouting these grains before they're eating them or nuts and it's such a big protein and it it's like a battering ram.

You think about most seeds right? Like how our seeds, what is the, how are seeds made? You know, they're made for an animal to eat it and then pass through its digestive tract hole and pooped out and starting another plant, you know, So what kind of havoc is that?

You know, causing on our digestive system? Like it's not. Yeah, so I do typically start people off paleo minus their food sensitivities and then at some point, usually within a year later after we really heal the gut.

You know, then if they're willing to do the work, you know, maybe switching them to a more Western, a price type of diet, but most folks just they're sick and they're already their brains inflamed and to go complicated of okay, well you can eat this, but only if you do this, this this, this to it first. Like it's too much of a learning curve I found.

So that's why I kind of reverted back to paleo. – My next favorite question for you and I love that answer is what about breathwork? Right, So let's take it back for breath work. So I love breathwork to, it's amazing. There's a lot of different forms out there.

I think there's, you know, a lot of benefit to a lot of different forms, but from, you know what you've seen with your patient, your clientele, your clients, what what do you feel like is the most commonly breathwork technique that you recommend for people. – I typically have them to keep it simple again, you know, I've loved like a little bit more complex stuff like breath of fire.

It just, I am a person who actually doesn't connect with their emotions well. And so breath of fire is a way for me to

kind of clear out and burn up some excessive stuff that I didn't realize it was there.

And it also helps me to connect to a deeper level. But that's a little bit more on the advanced side. So usually with my clients, I'm having them do like box breathing and usually before eating is the thing that I have them do is because again, if you can get into rest and digest right, especially right before you have a meal, your, your, your experience is just gonna go so much better. And so I usually have them start off with four counts of box breathing. You know, so it's four counts in um four counts hold four counts breath out, four counts hold and then eventually I want them to work up to around seven or eight because the longer you can go with that than than just even deeper that reset in your nervous system can go. But most people can't start off there, they'll feel like they're you know they're gonna hyperventilate and we don't wanna we don't want to make things worse. So start off nice and gentle, nice and easy, you know with a four count. And then I tell them once that feels really good, why don't you move it up to a five? Move it up to six right?

But usually you know three rounds of that before every meal huge game changer especially when it comes to digestion. – I love it. That's actually what I start people with off most most commonly too.

I love box breathing so much and yeah I want to move on so we have time to talk about any asks and you guys, this is the coolest therapy that that heather is doing.

It's a it's blowing my mind, it's blowing my mind. She did a scan for me and it was super interesting about my skin was the what she found on her skin with this technology. I've done some lab work on myself for micronutrient deficiencies and the scan this time total it looks almost like this woo woo type of thing. But it actually matched my lab data.

So mind blown. So that was one of the reasons why I was super excited. One of many reasons why I was super excited to have Heather on the summit. So tell us a little bit about the nes blow our minds. Let's go into that. – Awesome. Yeah.

So it's funny, lime clients have a tendency to be the daredevil. The more controversial, the more whatever the better. Not the better, but we were just forced into these out of these boxes to get better.

Right? I've done some really weird things in the name of getting over Lyme disease and it kind of started off with rife. You know, I had a rife technology, you know, back when I first got diagnosed in 2013, you know, and royal rife was back in the 19 thirties doing some amazing work.

Breathwork and Nervous System Regulation

You know, one of the first ones to kind of see that everything in this world has a vibration, right? It's like how that opera singer can hit that note and smash that glass. It's because we're vibrating the frequencies at the, at the same level, you know? And so I started off with a rife machine and then I went to a Heli and then I had a, oh and then I think I will sido.

And so this is about the fifth or sixth, different type of technology that I've I've tried since 2013. And what I love about all those other ones is they are phenomenal when it comes to the diagnostic part, they really are all spot on. But I didn't find that any of them move the needle when it came to any health benefits. And really, I mean that's what I was looking for with my clients and myself and you know, when I found this technology, it's so heavily backed into physics.

So I mean anytime people even try to go down that we were out, like if they understand physics, which I get it on an intuitive level, but I still have a hard time explaining it sometimes.

But part of the reason why I added this into my toolbox was that whole somatic experiencing stuff because you know, a lot of folks with talk therapy, they're starting to find out that it actually can be really re triggering and and kind of keeping you stuck in that fight or flight. And some of the folks that I work with in the Lyman mold world are so sensitive that any little supplement leads them into a flare and they can't get anywhere. And so I was always on

like this hunt of how do we dig in deeper into the subconscious right into the bio energetic field, which is, can be the root before even the symptoms show up, right? If we're out energetically because there's there's three bodies, right? We have the physical body the emotional body and we have the the bio energetic body. If you're out in any of those areas you're gonna be out in the other areas because they're all talking to each other.

They're all communicating to each other. You know people think about it so you know when was the last time you got to a fight with your partner? Right? And then usually after that fight you feel kind of sick to your stomach right? Especially if like you're misunderstood or if they're not getting something and you just it's not it's not getting resolved and you just feel sick to your stomach or what was the last time you saw something you got really turned on?

Right? What kind of physical sensations happen in the body when you're turned on? You know so we've just had a hard time connecting the dots between our emotions and how it expresses physically and what it does to our organs and our systems. And so the fun part about this the scanner is yeah it takes a look at your bio energetic field which that's not woo because we have our heart has the largest bio energy yeah bio magnetic field right? We test that with E.

K. G. Machines and if that heart you know energetic stuff is out it's gonna unbalance the brain and then it's gonna imbalance other things in the body. And so we no longer have a coherence going on in our body, our body is put together and it's when everything's working right, it's like a symphony, right? Everything, it's different tones, it's different vibrations, but they're all incoherence doing its job.

So when we have something out like her gut or we have something out like our heart, it's going to affect all these other issues. If we have something out emotionally, it's going to affect all these different issues. So like I said, not only is the foundations of health at play, but there's also the bio, energetic and the emotional aspect of play too. And that's why I love this technology is because it helps us to look deeper into like our subconscious even to what are these tapes that have been playing and have been um running the show for so freaking long?

You know, there's expressions out there like if nothing changes, nothing changes right? You know, you can take again all these beautiful supplements, you can change your diet, but if you don't change the subconscious patterning, you're not worth it. You don't deserve to get better.

You're fat and stupid, You suck, you don't deserve it, you're a burden, right? Those were some of the patterns that I had got going on. You know, and it wasn't until I dug deeper into that aspect that everything else fell into place.

Bioenergetic Scanning and Structured Water

And so yeah, it's it I got it to be also a gentle way to help move the needle because like I said because there are so many of those really sensitive physically and so sometimes it helps to take a step back and go into the bio energetic and start kind of healing those pathways first.

So that that way the body then can do its job better. The physical body can do its job better because we've now address this other aspect of our psyche. Does that make sense?

– Yeah, it's great. It's great. I think it's a great big picture say framework of what this does. I want to go a little bit deeper for people into when they when you actually do the scans.

Like there's so many different layers of things that come up right we listed it's like okay lab testing, it's classic lab test, we do a stool culture and we get okay the health of large intestine, a little information about the stomach and that's generally it.

But this is a very the scans are very very different as far as what they are actually showing from looking at this, you know, energetic, magnetic coherence perspective.

So tell everybody a little bit more about just the details because it's so many more details than what people are

classically oriented to when they do any diagnostic lab work.

– Yeah because yeah, so like even with the side, oh this idea would tell me that I had you know lime in my system will not wash it. I knew I had Lyme right?

So cool. You know confirmation that's great. But why was the lime there? Why can't I get rid of it? Why haven't I not been able to clear it? Right? So this goes even deeper. And like it's got so many different pages.

Like you said the first page is how we bring energy in, right? And that's how we're in tune with our environment. Are we getting enough um the enough daylight and sun exposure, are we getting the right kind of diet?

Are we drinking clean water? And how are we relating to the earth's magnetic field? Because that's huge. Like I've I myself and then another one that test is polarity.

And it's funny because every energy worker that's ever worked with me in the past 15 years has always told me my polarities off your polarities off your polarities off.

So if you think about it, if you're. wires are crossed, right, things that everybody else does that works for never worked for me. And I never understood why I had to work so freaking hard at everything in life. It was insane.

So it tells me my polarities off. So now I take this mpasu tickle that it recommends called polarity and for the first time in my life things are working.

Things are falling into place. There's a flow in my life that I have never experienced in my life. So that's like the first page. My boy, there's another one that looks at brain holograms different parts of the brain and um where you stored certain traumas in the body and how that's related into like stomach, right? This is microbes and gut and mental health, you know, a lot of folks with this um in this chronic sickness world that I'm testing stomach is coming up and it's what emotions can't you stomach can't you swallow?

What is it about your life that you can't stomach? Like think about it, I can't remember what the statistic was, but it was like really high of how many people are suffering from constipation, right? And a lot of times they go straight to that physical again of, okay, let's take some magnesium, let's do a laxative, let's do this, let's do that. But really like what, what is it that you can't stomach? What is it that you can't let go of?

Right, the huge aspects to to the gut into chronic constipation, you know, that you wouldn't really think to look into. You know, so there's a couple of those, like deep digging up deep of I had a client one time it came up and said vulnerable and it pointed to the heart and it talked about being related to a physical trauma to the heart of being cut open, like an operation or literally being like heartbroken from from somebody else and she tells me she was Heather, I just had breast cancer surgery, like four weeks ago. You know, I talked about cutting open the chest, you know, and on the same client, there was something coming up about being abandoned and she was like, I was adopted when I was a baby and I've carried this abandonment around with me my whole life, you know? So like both of us now are like crying, you know, she's telling me this story, but I was just like holy sh Nikes, like, you know, with me, I didn't really feel like it had some of those great big epiphanies because I don't remember a lot of my childhood. Like it's it's just gone.

It's pretty common with folks with chronic lyme and you know, early childhood trauma is just kind of a safety measure. You know, my body trying to protect me but I've what I've experienced in the short three or four months that I've been playing with it. Like it is, I can tell that it's actually healing my psyche. My dreams were never dreams.

They were always nightmares, Always horrific nightmares. And in the last couple of months, first off, I didn't even remember my dreams for the longest time. So that was kind of, I guess another blessing in disguise. But then when I did remember they were nightmares and then recently I remembering them every single night, like vividly I'm standing in there in the kitchen every morning telling my husband about the crazy dreams I had the night before, but they're not, they're not horrific. Their me talking, I had one this morning of me being on stage at mastermind or mindshare right? Doing like a comedic bit and having everybody laugh, you know, I actually, I woke up with a smile

on my face like I felt yummy and what a great way to start the day, you know, having those kind of dreams compared to, it seemed like I was just being haunted in my sleep, you know, which also will affect your mental health, right?

If you're not getting a great night's sleep and you're, you're being haunted in your sleep, like you don't wake up feeling refreshed and ready to take on the day, you know, So it's been healing like at a whole another level than I've ever experienced with anything before and it's been just such a blessing.

– I love this, There's so, so, so much goodness in this and thanks for telling your story and this too, is just making it that much more palpable. It was interesting to me when it came up for me as well, like what was coming up around how accurate it was with the stuff in my life and that was another thing that just completely blew my mind with the technology, so I want to make sure we have time to talk about one of the things that actually will say come from the scan where it's telling certain types of structured water for people to take.

So tell us a little bit about structured water, what is it how does it work? How does it benefit people? Can we go into that? – Sure, I'll limp along. That's an area that I'm not the best at.

Because like I said, it's so it's so deep into to the physics that so structured water, they're saying that is actually how are how are how the water in our system is structured basically. And so they're saying that they're structuring it to be like biocompatible with the water in our system.

And there's been a lot of research that says that water holds information holds memory holds information like Dr. Emoto does work. You can go on and actually see, you know physically with pictures of of these different water molecules that have been spoken to one way compared to being spoken to another way.

Like there's and that it's actually got memory, which is amazing. And so basically when you do a scan, it'll recommend, first of all, put together tailored meditation compared to finding what it found on the skin.

The first time I listened to it, I like I started to cry because I felt like she was talking straight to my soul. It was crazy. But and then so it's got the meditations, it's got affirmations that recommends for you?

And I stand there every day because again, we can't you know, if nothing changes, nothing changes, you can't get better with the same Crappy messaging.

Right? That little itty bitty committee is telling you you have to be mindful about it and it takes work. And so I do my affirmations every day and then it it it suggests five different mpasu tickles is what they call them and they're structured water that have been imprinted with 10,000 volts of electricity.

And they're basically like many downloads really is the way to think of it. You're missing software or your software is corrupt and these are downloads to help correct those imbalances, you know, so for me the polarity, I now take polarity all the time just because it keeps coming up in my skin and the one time that it didn't, I noticed that my dreams went back to kind of being nothing again.

And uh so I will always take the polarity. But then I also take the other five that it recommends. And it's like anything from like liver support to chill, right? For someone who's dealing with a lot of anxiety or sleep. Like it's kind of crazy all the different ways that it can, it can help support, but it's like a system, right? And it's not just one piece of it and that's the other problem that I've seen with a lot of folks, especially in this society of a pill for every ill?

Right? So though, okay, I took my emphasis tickles Cool. Did you also do your affirmations and your meditations well now no, you know, it's a system and it's set up that way for a reason, you know, and so you can't cherry pick your way. Well, it's easy just to take something and then go back on autopilot. Right?

We have to take ourselves off autopilot. If we're going to get better, we have to, you know, reprogram ourselves from everything. And that's kind of what those those articles do is they help reprogram.

– Yeah, I think that kind of brings us back full circle to even what you were talking about at the beginning, around the puzzle pieces and the idea of like, oh, it's like maybe if it's just asleep or maybe it's just the food and you know, really, I think this is one of the key things that I hope people are getting out of this talk is like, we gotta stop with the reductionist like thinking around, okay, it's just this one part or this other and really look at like it's actually all of it, you know, and we're kind of full circle back to that point, which is really cool. So I'm also curious with your own experience with the infra surgical's what you're noticing with people that do have a tendency to be more sensitive and to be more reactive are people that in the linemen mold world we might call em cast patients sometimes the people in you know just mental emotional and just notice that like they're doing everything they think they're that they should be doing and they just can't seem to get ahold of their emotions are emotions overtake them, but they take a supplement and it's like everything goes crazy.

Have you seen that that this type of therapy is helping people in that realm? – Oh absolutely. And it's funny because I've had some cocky people who have gone full bore on it, you know, and straight to the full maximum dose and they've actually had a little bit of a shark's. And so there's usually two ways that really sensitive folks can work. One they suggest to take an extra one called CSR which is emotional stress release. And so you can actually take E.

S. R. With your recommended five and that's supposed to help mitigate too much hurt. Sing or you know, a healing crisis type of thing or you can start off slower.

So the recommended dosage is you know, 15 drops. I have a lot of my clients just start off at six and slowly work their way up.

Sensitive Patients, Dosing, and Final Advice

But I always tell them don't stop, don't stop because that's another tendency that I've seen, you know, and a lot of times that goal, that breakthrough is just right over the hump of that uncomfortableness, but because they're chronically sick, you know, they don't want to deal with any more uncomfortableness which I totally get.

But sometimes that's where the sometimes that's where the gold is is just right over that little hump you know so it's like don't stop taking it if you have to back it down or like I said we add the es are on top of it and most people are up to a full dose within a week, week and a half tops and they're doing just fine.

And then there's certain emphasis articles that have more of a detox reaction compared to others. And so a lot of times too I don't even have to warn people if I see someone's got a couple of E. D.

S in their protocol and that's what I'm warning and I'm like okay you might want to start off slower because you've actually got more of the detoxifying ones in your protocol.

But not everybody, you know, it just kind of depends on where your what the priorities are showing up in the scan at the time. – Amazing. Amazing. While in order to wrap up, I want to ask you a final question which is what else besides, I'll, you know, I'll ask people I'll let you tell people how to get a hold of you and all that. But besides that what else do you want to leave people with or what sort of final things have we not covered that you want to make sure that we do cover in our time together. – Oh jeez I mean we went, we went all around, I think we pretty much topped at all.

Like I can't think of any anything else to add to that really except for, you know, don't give up, don't lose hope. You know, I either there's one, you know, the toxic bucket that you know, we really you've got to look into two is as far as unburdening the body from this crazy, crazy lifestyle that we know scented candles and aluminum in your deodorant and I mean perfumes and colognes and it's just oh my gosh, it's making so many people sick and disrupting hormones. So I mean that's another area definitely to, to look into. It's a huge piece too.

A lot of mystery illnesses and why people don't get better, you know? But outside of that, you know, just to not give up right and and continue to dig and if you're working, even if it's a functional practitioner, even it's been an acupuncturist or a regular doctor, if they just want to put you on supplements and they're not asking you about your

lifestyle, how many bowel movements you're having a day, right, what's your stress level like run?

Because you're just, it's just gonna be an expensive little frustration down the line and you're only gonna end up right back where you were at the beginning. So – Yeah, great advice. Great advice and tell us how people will get a hold of you and I think you have a giveaway for us, don't you?

Can you tell us about that? – I do. So pretty easy. thelymeboss.com. So much great information on that site, like testimonials where my podcast is. And I have so many great episodes, like one that I did with Dr. Diane, you know, a while back.

But yeah, the giveaway is my cooking series. So, real cooking for real life. I show you how to take these three kitchen tools and make beautiful healthy meals in 20 minutes or less because I think that was like, one of the biggest problems I was seeing with folks is, you know how I'm telling them to eat whole real food, which they've not had any experience with their whole life.

They walk in the kitchen and go, I don't know what I'm doing and I break it down really simple because I don't think people realize how it doesn't need to be complicated.

I mean, I just for lunch today, we made this um ah a Groll pork egg roll bowl, you know, without the, you know, I do miss the crunchies, I'll admit that, you know, but it didn't have all the inflammatory and you know, all the other stuff and it was absolutely delicious and the whole thing really only took 15 minutes, like I couldn't get over how simple this meal was and how nourishing like both me and my husband after the end of this meal just was like, wow, like our, our to ourselves, to our bones, we just felt nourished like it was amazing. And so yeah, I love, love, love showing people how easy cooking and delicious it can be. People tell me all the time.

I tell them I'm paleo, what does that mean? I'm dairy free, gluten free grain free, what do you eat? And I'm like, okay, I eat amazing. Like we are not, we do not go without like no.

So yeah, so it's a very educational and entertaining little fun video series. – And you guys, I've watched some of this video series and it is phenomenal.

Heather is so amazing at not just showing you stuff, but just making cooking entertaining and fun. Like you really do a great job of just making, it's so fun to cook and watch you and be entertained in the process so you can find all of that information in heather speaker bio and thank you so much for being with us today.

Really appreciate your time and expertise. – Thank you so much. I so appreciate it.