## Introduction to the summit and guest

Welcome back to the Conquering Chronic Inflammation Summit. I'm your host, Dr. David Jockers. And today I'm doing a deep dive on how to use peptides to.

Heal. Chronic inflammation. My guest is Lorrie Rivers. She's going to be talking about The Wolverine Stack. And you guys are going to learn about that.

Lorrie is the founder of the H*E*A*L* Advanced Recovery Program for long Covid, chronic fatigue syndrome, fibromyalgia, and other chronic illnesses, which is a truly holistic program that focuses on the client as a complete being, covers nervous system reset, emotional healing, immune inflammation, pathogen protocols, pacing strategies, and much more in a supportive group setting.

Lorrie offers a unique style of intuition and caring mixed with over 25 years of holistic coaching. She believes that every body, mind, body and soul innately has a blueprint for joyful vitality and health, and together she and her students and clients get to uncover it.

So the whole self heals and plays and playfully thrives on all levels. You can find her at lorrieriversholistic.com. That's lorrieriversholistic.com. We're going to do a deep dive all about peptides.

I actually tore my left distal bicep tendon in March of 2024. And I use a peptide called BPC 157, one of the most popular peptide compounds. Body protective compound 157 really helps speed up my healing process from a torn tendon.

And people are using these unique peptides to heal from chronic inflammatory conditions from a wide range of different disorders. We're going to go through that in today's, interview.

So without further ado, let's go into the interview with Lorrie Rivers. All right. Well, Lorrie Rivers is great to connect here. And I know you're an expert when it comes to dealing with these chronic, chronic, basically, chronic inflammatory conditions, things like post Covid, things like fibromyalgia as well as chronic fatigue syndrome.

## Why chronic illness can emerge after an infection or trauma

And you actually have your H*E*A*L* Advanced Recovery Program, which seems really interesting. And you're working with lots of people through that. And so a lot of your, the people that come to you, they they were very seemingly healthy.

You didn't have a whole lot of symptoms. And all of a sudden they got, you know, a viral infection like Covid or something like that. The flu. And then they just never seem to get over the hump.

And progressively, even though they were no longer, in the acute infection, the actual symptoms never fully went away. And then their health just started dragging down, in a downward direction.

And so why why does that happen to some individuals and not others? Yeah. So it seems like there's this specific on set and people can look back to that and say, you know, I was fine before that.

I used to be really active. And they think that with it. I mean, I thought this actually I experienced this many years ago as well. And so we think that the problem was that onset.

Right. So with long Covid, we think that it was the Covid that actually was the only thing that caused the problem, when in fact there were things leading up to that.

So typically the people that I work with, we say, hey, look back to before that specific onset time, did you have other chronic symptoms? You know, even things like asthma or frequent throat infections when you're growing up?

so, so just taking a look at all these things and what happens is that virus or that trauma, whatever that trauma is, it can also be, you know, emotional trauma, actually.

And that's the thing that breaks the camel's back, which I'm sure you're very, you're very, familiar with. So the way that I look at it is it's like a water barrel.

And we have over our lives fill that barrel. And then when something really, intense, like Covid comes along, then it fills that barrel even more. And then, and I'm going to mix my metaphors.

But the structure of the house has been compromised, and that big storm just collapses. The house. Yeah. Yeah, absolutely. So, like some sort of major traumatic stress, which could be an infection.

It could be, you know, a relational issue. Right. maybe a divorce or family issue, or it could be a physical trauma, like a head trauma or a car accident.

Could be a major toxin exposure. In a sense, that's like the spark. But the gas was already building up, right? And now we get the explosion. And so this is what's happening in our society.

And when it comes to like talking about Covid, for example, I've heard that people with post Covid, one of the issues is that they have kind of a reservoir of the virus still in their system.

So not enough to test positive, but they haven't actually fully eliminated it. And so it's kind of keeping that fire running. Is that is that what you're seeing as well.

Well, what we find of course there's also the spike protein that the body's still dealing with. But but really it's not just with post-Covid with long Covid where we find that because with inflammation the body's immune system is out of whack.

So the inflammation part of the immune system is up rather than the part of. And we'll probably talk about this a little bit more later with cell danger response.

But the so the the in planetary part of the immune system is up rather than the fighting off the bad guys, right. Part of the immune system. And so yes, there might be some leftovers of the virus.

Also the spike protein, other pathogens get reactivated sometimes or sometimes even activated for the first time. I have a lot of people that I work with who didn't have Lyme symptoms before they got Covid, and then that has become a part of what they're dealing with now, because the Lyme was latent within their body.

But it's these pathogens are opportunistic, right. So when that big storm comes along and everything kind of kind of falls apart, then those other pathogens go, okay, party time.

## Cell danger response and mitochondrial dysfunction

So so we address all these kind of not always in the same way but in a similar way. So the first thing is to get that immune system rebalance and to get the inflammation down.

Yeah. Super key. And you mentioned the cell danger response. And I think I'd like to go into that next because that's really a it's it's really a cutting edge way of understanding how the body adapts.

And unfortunately at the cell danger response stays on too long. It can lead to these complex chronic illnesses. But it's important to understand that this is actually a normal physiological process in the body.

Absolutely. The same thing with some of these pathogens, you know. Yeah, some of the things that end up turning into pathogens are actually naturally occurring in the body.

And help us out. But when there's got dysbiosis, when there's that imbalance, then they become like like gremlins. I don't know if you ever saw that movie back in the day, but, you know, if you put water on these cute little furry creatures after midnight, then they turn into scary creatures.

So some of those pathogens are the same. So cell danger response. Fascinating and really helpful in understanding what's going on in the body and why we want to approach these complex chronic illnesses in a holistic way.

So let's start out with mitochondria. So we learn in school that the mitochondria is the powerhouse of the cells right. It's creating our energy for us.

We did not learn though, that when the body is under stress, whether that's from a virus, another type of pathogen, emotional stress, a toxin or many toxins or a combination thereof, which is what we're usually dealing with, then what happens is the cell danger response is started off, and I won't go into the specific effects of the three different stages of the cell danger response.

But when we're talking about the mitochondria, for example, when that cell danger response is triggered, the mitochondria actually go outside of the cells because they are signalers to let the immune system know that it needs to turn on and start doing stuff.

So when they're outside of the cells, they're not able to create the energy that's needed inside the cells. So this is why with so many of these chronic inflammation illnesses just there's no energy there, right?

It's what I call bone tired fatigue. it's not like, you know. Oh, I went on a big hike yesterday or anything like that. It's, it's it's undescribable for some people, actually.

So so that's the that's the reason that the energy is, is gone. Those they're those mitochondria are doing what they're supposed to do. But like you said, the issue happens.

The problem happens when the cell danger response, when it gets stuck in one of those stages. Yeah for sure. Yeah. So the mitochondria we we think of and we learn in biology that they're basically just an engine cranking out energy.

And they're just kind of going to continue to crank out energy as long as they got the raw materials, the nutrients to do it, as long as they're not over rusted from oxidative stress, they're just going to continue to crank out the same amount of energy.

But we realize now is they can actually alter and they will alter the amount of energy intelligently. They will change the amount of energy they produce based on if they feel like they're in a wartime mode.

Right. They're under danger. That's the cell danger response. Or if they feel like they're at peace and then they're trying to allow the cells to thrive, they're going to change your energy production.

They're going to change the amount of oxidative stress and rusting that they undergo as well, and then change how they produce energy. And, and so it's really, really interesting to start to see the mitochondria from that perspective.

Yeah. Yeah. Yeah. So what we want to do is to be able to give the body in many different ways, the ability to complete that cell danger response cycle so that the mitochondria can come back home inside the cells so that they can do their jobs.

Yeah. Yeah. So where do we start with that? Yeah. So what what I find there, there are three different broad categories that we take a look at. Right.

So the first one is your environment. if you're living in a moldy house, you got get out. You know you got to take care of that. It's it's your body just doesn't have the ability to overcome the what's happening inside of it when you're still taking in all those toxins.

Same kind of thing with your food, with your water. so we look at environment and that includes food to begin with and then or. Air, water and food. So what are we being exposed to in our air that could be like mold, chemicals, right.

Our water and our food. Yeah. Yeah. Absolutely. So that's the first thing that we really get into place. And at the same time we start to address nervous system regulation.

And I've been using this particular method that we use in the course, have been doing it for 25 years. And it literally retrained the amygdala in the brain to not start off the fight flight freeze response unless it needs to.

So we do that. And of course it takes time to for the amygdala to relearn that. So that's the second thing that we address. The nervous system.

## Holistic recovery pillars: environment, nervous system, and detox

And that's really key because kind of like anybody that's dealt with, let's say early childhood trauma, the way that they perceive maybe adversity in their life, maybe rejection from other relationships, the way they perceive setbacks is different than somebody who didn't face that level of adversity, because their nervous system is kind of on hyper their reticular activating system is on hyper drive looking for, you know, threats.

And so they may overreact to something. And so resetting that nervous system is so key because somebody that has, let's say fibromyalgia or one of these kind of chronic inflammatory type of conditions, these chronic conditions, their whole physiology is on overdrive.

So what some small stressor adversity or chemical exposure that, you know, could be harmless, basically harmless, or even more medic even beneficial for somebody else, like even like exercise, for example, overwhelms their system.

And that's why that's where that nervous system reset comes in. Absolutely, absolutely. Yeah. Especially with people like, you know, who are dealing with long Covid.

And, and I met CFS specifically with that post exertional malaise, the Hermetic stress. Is it it takes you backwards. So yeah, that is very important to focus on really for for any of these, including just, you know, inflammatory illnesses, which of course these are all related, right?

They're all pretty much baseless. the root causes are very similar or the same. And then the third thing that we do is we come in and start taking care of the physiological stuff that's happening right?

We make sure that drainage pathways are open. We start addressing toxins and taking those out of the body, and we start addressing pathogens. I have not had a student or client yet who has not passed worms.

Yeah. Period. So we make sure that we're taking the pathogens out of the body. And one of the phenomenal ways that we have started to build the body up so that it's able to handle the detox so that it rebalances the nervous system so that the inflammation isn't so high anymore, so that the the immune system can actually start working properly again.

and lots of other things is with peptides. yeah. this is I'm so I'm just geeking out about it all the time because they're so, so promising and so helpful.

yeah. That's great. And so let's talk about a little bit more about peptides. What are they and how do they impact the body. Right. So if you think about protein genes, we know that proteins are made up of amino acids.

Peptides are also made up of chains of amino acids as well. They're just smaller chains than proteins. And what peptides do in the body is their signals.

So they say, hey body, create more HGH or let's do some healing or let's take the inflammation down so they literally signal the body as opposed to like a drug that is coming in and saying, actually not saying it's just doing something right.

It's taking an action. So that's part of the reason that these peptides are so incredibly safe and effective as well, because they're actually working with the body.

Now, we do have to make sure that your minerals are all in place. It's very helpful if your hormones are already balanced. so these are things that we want to take a look at before starting to use them.

They're just much more effective and good. because there can be some side effects if, you know, minerals aren't in place. things like that. So yeah. So so when do you start to implement?

First let's talk about when you start implementing peptides and what are the what are the key ones that you like to look at? I know you've got something called the monster stat or the Warriors.

We're here not Monster Warriors. I want to talk about that as well. Yeah, yeah. So the that you know my Wolverine stack is different from other Wolverine sex.

The peptides became popular in the like bodybuilding area way before people started to use them for these wellness applications. And so they had something called the Wolverine sack.

And if you are kind of nerdy like me, you know, maybe an X-Man fan, you know, about Wolverine. He has these amazing healing powers. so that's what the Wolverine stock does.

So my Wolverine stock is we start out with something called La Raza Tide. And this is an incredible peptide that goes into the gut, and it zips up all of the junctions in the gut.

So even if you haven't been diagnosed with leaky gut syndrome or any of those kinds of gut things, it is most likely that if you're dealing with chronic inflammation, that you're if you're dealing with chronic symptoms, you probably have loose junctions in there, right?

It also does the same thing for the blood brain barrier, which is huge. And for the liver and other organs. So we are starting out with the integrity.

And of course we all know how important the gut is to everything in the body. So we start out with the lorazepam. That's that's my number one. My number two is something called famous an alpha one.

Now the thymus and spine margins, these are all related to the thymus gland in the body. It's really interesting because a lot of the longevity research that's being done is around the famous gland as well.

## What peptides are and how they support healing

But of course it does a lot to regulate the immune system. So we were talking earlier about how with also with chronic inflammation that the kind of the, the not helpful side of the immune system for, for what we're dealing with is up and the other side is down.

Right. We we want to balance that out. And that's what thymus and Alpha one does to one does really beautifully. And then and and it depends from person to person.

Right. If somebody is dealing with let's say mast cell activation syndrome or you know histamine stuff, then we we might start before the same time as an alpha one.

We might start off with something called KP v which is very specific with inflammation, with taking down inflammation. So that's the next one. So we've got the Rasa tied thymus and alpha one kp v.

And then we're going to bring in two others. I have five in my stack. So we've got another thymus. Then this is a time of some beta four frag fragment.

And this is also going to act on the immune system. But it's more around healing. So all these things are going to help to balance the immune system and, and heal things.

and then BPC 157. So if you've started to dabble in the world of peptides, you have probably come across BP once 157. It stands for body protection compound.

And it's incredible at healing. Yeah, I actually tore my distal bicep tendon in my left arm. My non-dominant arm, just a few months ago, actually, before this interview.

And I use BP, BPC 157 as part of my regimen, right, to help speed up the healing. And, you know, as, as of this interview, I think I'm about ten, 11 weeks from that injury.

And I'm, I'm at like full strength. I never got a surgery. You know, typically they recommend you got to get, you know, the that you get because a tendon tore off the bone.

So typically you got to get that reinserted I decided no surgery. You know I did a couple different therapies. I did read an infrared pulse wave right.

An infrared light on it. I did soft wave TRT, which is kind of an acoustic wave that in there in there to help healing. I use proteolytic enzymes and I used bp C 157 pretty good sized doses of that.

And I mean within six weeks I was, you know, lifting weights. I mean, I just I felt a lot better. And now like the hardest thing was getting back to pull ups.

So normally I could do 15 pull ups, which is a lot of stress on that elbow joint bicep. And you know, now I'm doing 12 pull ups without any issues. So, ten weeks, ten weeks after, right.

No surgery. It's amazing. Amazing, amazing. Yeah. Absolutely. Yeah. So I'm familiar with that one. The other ones actually were newer. I recently read a book on peptides, so I've heard of them.

But, yeah, I think most of my listeners are going to be very new information for them with these peptides. And so that is your Wolverine stack. Right.

And so yeah. And so how long are people taking these on this stock. So it depends from person to person. One of the things that we want to make sure that we're paying attention to with peptides is and with some specifically more than others, is that we are cycling them because the body can actually build up antibodies to the peptides, which means they're not going to work as well.

Right? So, I won't go too much into, into this, but if you've been hearing about things like Ozempic and, yeah, you know, whatever those are peptides to but people are taking them in the wrong way.

So that they're not taking a break from them. So they have to keep on taking these larger and larger doses, and then it just stops working. And it's because the body has built up those antibodies.

So that's important to know. Yeah. Yeah. And this is you know, it's important it is important to work with a practitioner who knows what they're doing with these.

## The Wolverine Stack peptide protocol

Yeah. BPC 157 if you're taking it in an oral form, that one you can take, you know, forever as far as we know. Yeah. but with some of these others you probably want to look at, at cycling them.

And what's a normal cycle schedule. It depends from peptide to peptide. So for example with, with the Wolverine stock that I just told you about, we usually do that for about three months.

again depending from person to person. also depending on how sensitive they are, I work with a lot of people who are super sensitive, so we have to start off low and slow, and we have to start off one peptide at a time.

Sure. Right. Yeah. So it takes some time to build up to the full dose. but typically I like to we like to stay there for, for about 90 days. And within that time we'll also start to introduce some of the other supplements that we use and also some other peptides.

So there's another there's a really cool one called SIP which stands for Delta sleep inducing peptide. They use this in the military for people who are out in the field and can only get, you know, three, four hours of sleep a night.

So they use this and it doesn't help you fall asleep. If you're having problems with that, you need something else for that. But it does help you to get deeper sleep.

When you do sleep. Which is quality sleep. Yeah, I track my sleep with our aura ring and, you know, I might sleep seven hours, but, you know, only an hour and a half or two hours.

That is deep hour and a half of Ram. Right. So it's like three and a half to four hours of that is like the really high quality sleep. And then the rest is more like just filler.

Absolutely. Yep. Yeah. Yeah, yeah. So for example, with the DSF you can only use about a max of 15 times a month. otherwise the body just builds up those antibodies to it and it, it stops working for you.

So that's just an example. there are some other ones that we bring in. EPA marella is a great one to help people's HGH come back online. And but of course, that's one where we really want to make sure with all of these, we want to make sure that the rest of your hormones are in line for our, you know, testosterone, estrogen, progesterone, for for women, your thyroid, all of those basics.

We want to have that in place. But what we find with the EPA marella, when we bring that start to bring that in, you know, later on, is that it does help out with the sleep.

It helps out with, pain sometimes. So, you know, a lot of. HGH, it's helping boost human growth hormone, which is your quintessential anti-aging hormone.

So it helps preserve lean body tissue, bone and muscle tissue, burn fat, helps with tissue regeneration. Collagen production helps elastin production in your skin.

It's very anti-aging and healing effect, but you're saying it works best kind of later in the protocol. Yeah, we want to get the body strong first. We want to get things a little more regulated.

The other things that we start to bring in later on in the protocol, in addition to the supplements to start addressing those pathogens, is one called L 37, which can cause die off symptoms because it is antibacterial, anti-microbial, anti all those things.

So for our people who are dealing with sears mold you know, things like that, we'll bring that on later on as well. And that's another one that you want to make sure to cycle about every 50 days with a couple of weeks off from that.

So yeah. So there are other ones that we, that we add in later on. But again, this is all within a holistic approach of, you know, what are you putting into your body as far as eating?

Are you doing your your exercises for your nervous system regulation, all those things? Yeah. You got to address the root cause factors and not just treat the symptoms.

You want to enhance the body's healing process, but you know, it's in functional medicine. We say, you know, if there's you know, if there's five, nails in somebody's foot and you take out three of them, they still have foot pain, right?

You got to remove all five of those, and then you got to help the body to actually heal those wounds. Right? Right. That's super key. Yeah. now with the. Male to the floor. Yes.

Right. Exactly. That's right. So with these, with these peptides, I know peptides can be taken orally. They can also be injected, in your protocols. Are they oral peptides.

How are you using them. It depends from person to person. Most of them at this point are going to be better injected. now having said that. So actually lorazepam hired is only oral, which is, you know, one of the first ones that that's.

Your initial one for gut healing. yeah. And the there, there are these wonderful doctor scientists who are working on oral forms that are actually effective.

Right. So we have, BPC 157 is great in oral form. KP v is great in oral form. The, the Simonson alpha one, there's a there's a version of that that's time a Gen alpha one.

But it gets a little tricky as far as okay, we know how to dose with the injectable form. But then how does that translate to these, for these chronic conditions with the oral.

So, so that's kind of one of the things that we're working on as well. Yeah. Because you got to make up for the fact that the digestive system is going to degrade some of that versus when you inject it, it's getting directly into the bloodstream of bypasses the stomach acid.

The bile doesn't have to get through the intestinal wall. So it's more of a direct shot. Obviously it's more invasive. You're getting an injection. You got to go see a practitioner.

It's obviously more convenient to get an oral dose, but there's a lot that has to be figured out to get, to actually make it effective. Yeah. And I also need to say that most of these peptides are not FDA approved.

So when you use them, you are saying, I am conducting research on myself. Yeah. Important. Yeah. Yeah. Yeah. And not used to treat any sort of diagnosis or condition.

Right. Exactly. You know we can say hey this will possibly be supportive for your body and we've seen that again and again and again. Right. And and it's going to mean that you're more likely to heal from whatever it is that you're dealing with right now.

So yeah. Yeah, absolutely. And so what's been your experience utilizing these peptides. How long have you been using this particular, Wolverine protocol?

## Peptide cycling, oral vs injectable use, and safety

And what's been your experience with that? it's actually it's been probably about four months at this point. And what I'm finding is that because, you know, you you know, how it goes with someone who's dealing with these chronic, complex illnesses.

you generally don't see improvement until, good ways into treating. Yeah. Or it's like two steps forward. One step back. Exactly. Yeah. Exactly. And so what I'm finding what we're finding with using these peptides is that the body is much more able to it.

It's able to move more quickly, quickly in quotes right through these protocols. It's able to handle them more easily. So going back to the example of the people who are so super sensitive, they're able to like I had I had one who started before I started using the peptides, and she was just eking through the I mean, God bless her, you know, which I, I mean, we're we're patient.

We're patient. she started using the, the Cfpb. She got to the place where she, she was using the La Raza and the BPC, and she was able to start loose protocols so much more quickly and to go through them more quickly and to see results more quickly.

So we are actually seeing results more quickly now. There are there are some people who, for whom we have to tweak it a lot. So I'll give you an example.

one of the some of the other peptides that we use are for brain function. Right. So there are two called c link and c max. And these are nasal sprays.

And super benign to most people who use them. But one of my students recently just she and her family actually they all have long Covid. They're they're amazing because they're just troopers.

But, she did the I think it was the C line or something. And her face puffed up, her throat puffed up, and so we said, okay, clearly there's there's something going on with your body right now that means that this one needs to go to the back of the fridge for a while, and then we'll come back and revisit it, you know, so it it is so specific from person to person.

Most people, most people tolerate the parts of the Wolverine stock pretty well. but again, you just have to go from, from person to person. So my guess is that probably in, you know, three, four months, she'll be fine with the, with the nasal spray.

Yeah. It's interesting thing about working with people with complex chronic illness. You're constantly learning from every single, interaction that you're dealing with.

And your protocol is constantly being tinkered and personalized for each particular individual because they are the real sensitive people. And, you know, you'll have unique responses to different things.

So, yeah, very, very, very interesting there. Now, you mentioned earlier, I want to go back to the nervous system exercises. Are there a couple of nervous system exercises that you can help our listeners just kind of get started with?

I think that's a really great place to start as far as, you know, the healing response, you know, outside of going out and taking, you know, a walk and getting a little bit of sun exposure and things like that.

What what else can they do to help balance that nervous system? Do you want to do one right now? Sure. Sounds good. Awesome. So, so actually, I'm going to be in a summit with Dawson Church coming up on trauma as well.

I think a little bit after yours. And we're going to be talking about this in more depth. But what I use is something called meridian tapping. It's also known as EFT Emotional Freedom Technique.

And you know, I have done probably every tool, not every technique out there, but I've trained in so many different techniques of brain retraining. hypnosis, all sorts of different things.

And I just keep coming back to the tapping because it's so simple. Once you know the pattern, you can do it yourself. And I really like that. I, you know, my my big thing is empowering you, empowering my students, my clients to take their health into their own hands, and of course, to work with a practitioner.

Yes, to guide you. But to to take that responsibility. Right. Yeah. So the fact. Yeah. So the fact that that you can do this yourself, without needing me or another practitioner to, you know, do Reiki on you or whatever, which I mean,

yeah.

Yeah. So we'll do one for anxiety. Right. what I'd like for our listeners to do and you as well, Doctor Jacobs, if you'd like, is to just take a moment to go inside and see what your anxiety level is like right now.

And then give it a rating on a scale of 0 to 10. Ten is the most negatively intense, right? So for me right now, because I am talking to you, mine's probably at about oh five.

You know, I'm, I'm typically around a, three or so sometimes a at about a five. How about you, doctor? Doctors. Yeah, I'm probably about a three. Fortunately.

## Personal experience with peptides and faster recovery

I don't really struggle with much anxiety, but some anxiety is actually beneficial. Means you care, right? So some level of small amount of healthy anxiety means.

Yeah, you want to perform well. You want to do well. Right. So yeah, that's a good point. That's a good point. and the way that we're going to do this is we are going to tap together and I'm going to say a phrase, and then you'll repeat that phrase after me as you're doing the tapping.

And then I'll also explain how people can do this on their own about anything that they're dealing with. Right now. So you're going to start off by tapping on the side of your hands called the Karate Chop Point.

Also, and repeating after me, even though I'm experiencing this anxiety. Even though I'm experiencing this anxiety. I deeply and completely love and accept myself.

I deeply and completely love and accept myself. Even though I'm afraid to feel my feelings sometimes. Even though I'm afraid to feel my feelings sometimes.

And I can get stressed out sometimes and. I can get stressed out sometimes. I choose to love and accept myself and my feelings. I choose to love, and I set myself and my feelings.

Even though I don't like the way that my body feels when I'm stressed out. Even though I don't like the way my body feels when I'm stressed out. I choose to love and accept myself and my body right now.

I choose to love and accept myself and my body right now. Great. So we're going to start off by tapping on the inner eyebrow. So right about here either side.

Just the inner eyebrow. Yeah. Either side. Some people say that it's best to do it with your dominant hand. And I don't think it really matters. Yeah. Yeah.

So you can do it if if you're doing your right hand you'll be doing your right inner eyebrow. All right. And repeating after me again and again doctor Jockers I know that you are not feeling anxiety right now.

Sharing it is something that's pretty. That's a big deal in our society. Yeah. Yeah exactly. So inner eyebrow all this anxiety. All this anxiety. Outer eye and it's right on the bone there.

I can feel it in my body. I can feel it in my body. Under the eye. And again right on the bone there and then. You don't have to repeat after me for this one, but just tune in right now to your body and see where you feel that anxiety in your body.

So maybe it's in your gut, maybe it's in your throat just tuning in to the body right now. And repeating after me again under the notes, I can feel this anxiety in my body.

I can feel this anxiety in my body. Under the mouth. I don't like the way it feels. I don't like the way it feels

collarbone. And this one is just underneath that knobby part.

But I wonder if I can accept that I am feeling it. But I wonder if I can accept that I am feeling it. And then under the arm, this will be right where your bra strap is.

## Nervous system regulation with EFT tapping

If you're a woman, I'm going to let it be okay that I'm experiencing anxiety. I'm going to let it be okay that I'm experiencing anxiety. Top of the head.

I'm going to soften around it. I'm going to soften around it. And her eyebrow, all this anxiety. All this anxiety outer I. All this anxiety in my body.

All this anxiety in my body. Under the I. I wonder if it's safe to let go of some of it. I wonder if it's safe to let go of it. Under the nose. I don't have to let go of all of it right now.

I don't have to let go of all of it right now. Under the mouth. But I wonder if I can let go of one person. But I wonder if I can let go of one person.

Collarbone. I think I can let go of 1% of that anxiety. I think I can let go of 1% of that anxiety. Under the arm. Softening, softening, top of the head, remembering that everything is okay.

Remembering that everything is okay right now. And releasing. Yeah. And now feels great. Yeah. Now you can tune back in and recreate that that anxiety rating.

Right. So I don't know about you but I'm like. I felt calm. Now. Yeah. So it's like a self-massage. And you mentioned hitting a meridian points. So those are can you explain a little bit more of that.

The meridian points. Yeah sure. So our our body has these energy channels in them and they've been mapped out by, you know, acupuncturists and in Chinese medicine.

And they are super elaborate and just it's a, it's a beautiful thing to look at even when you see it mapped out. But there are some basics that we can access really easily.

And, and these are the ones that, you know, that we were tapping on. Now, the full EFT Emotional Freedom Technique process includes lots of other ones, but we find that this does the trick right.

And so each point, each acupressure point corresponds with a specific organ or specific, part of the body. And I don't remember which, which one. Sure. Yeah.

You know, but the what what ends up happening is when we tap on these points, you notice that you feel calmer. You notice that you that even your your thought patterns start to shift.

Right? So we started out with an issue. Let's say your partner did something to make you angry. you just start talking. That's the other thing that's so easy about it.

You just start tapping and saying, you know, even though they did this and I'm so mad, I deeply and completely love and accept myself. And you do that on the side of the hand 2 or 3 times, and then you just start talking about it.

You're like, I can't believe they did that. Oh, so mad. You just keep talking it out, and then you start to find that the emotion goes down and like I said, those thoughts start to change. So.

So if you're doing this on, let's say a body symptom really interesting. Two is that I would say nine times out of ten when you're doing it on a symptom, the symptom will shift.

might not completely go away. And it doesn't usually stay away when you just do one round or whatever. But but it's amazing the physical effects that it has on the body too.

But the main thing that we're, we're thinking about here is going back to the amygdala and that it's, it's retraining the amygdala. There are these fascinating, MRI scans of before and after doing the meridian, tapping before the amygdala is lit up all red everywhere.

And the amygdala has to do with fight or flight response, express fear. Right. And so when it's lit up, we're thinking this kind of stress, fear cycle, anxiety cycle, survival cycle.

Exactly. Yeah. Yeah. And so it's lit up beforehand. And then they did an MRI scan after, you know, 2 or 3 rounds. So tapping for maybe 15 minutes or so.

Nothing. it was calm. So of course it this is something that builds over time and that shifts over time. It's not like you're going to do it for, you know, a day or a week, and it's going to change everything.

I don't know, maybe it would, you know, for somebody, I'm not going to push away a miracle. But but it usually it takes time. But, you know, my students are like, when I first started, I was anxious all the time.

I was, I was in fight or flight or freeze all the time. And I can tell now, you know, after three months, four months of using it, that I'm just a lot calmer.

Yeah. That's great. And from a neurophysiological perspective, I know we know that, that our cerebral cortex, prefrontal cortex helps inhibit when we're getting activity in there that helps inhibit the amygdala, calm the amygdala.

And movement is actually one of the best ways why a lot of people get anxiety relief from just going out. Taking a walk. Right. Or exercise can be really beneficial there.

But then also that acupressure helps stimulate that prefrontal cortex and also talk therapy, right? When people go and they go to a therapist and therapist just sits there and asks them, what do you think about that? Right.

And then they just talk right? And they're talking it out that so you in a sense you're giving yourself your own therapy. Plus you're getting the acupressure all in that all of that helps to activate that prefrontal cortex, which is going to have an inhibiting dampening effect on that amygdala.

So yeah, from a kind of a neuro physiological perspective, it makes a lot of sense. Yeah. And also say that one of the things, one of the other many things that people find so helpful about it is that you're able to actually say what you've been feeling instead of just constantly put it.

## Where to learn more and closing thoughts

I mean, because people who have chronic illnesses are always trying to put on a brave face. I mean, most of them. and so to be able to voice it to, to give it a voice and to really be honest about how you're feeling is, is so helpful.

And it's not that you're, that you're wallowing in it at all because it's shifting. Yeah. Something as you're doing the tapping. Yeah. That's so key. That's so good.

So, Lorrie you've got a great program. And obviously people are wondering how they can access that, but also the peptides. How can you access these peptides that we are talking about safely.

Yeah. So we do have a free gift that is, peptide guide. Really. There are a couple of places in the US, there are two places in the US that we trust and work with.

So you can find that in the, in the guide. and the H*E*A*L* There are two different versions of the H*E*A*L* Course.

There's the H*E*A*L* starter course and that one is, self led.

And we do not go into peptides in that because you really do need to be working with a practitioner. So the advanced H*E*A*L* program is where we get into the peptides, where we do, we have this wonderful community.

So we have like weekly group coaching sessions. Everybody's so supportive of each other. So yeah. So you can go to well, we'll have a link for you for both of those.

And I am going to be doing like an intro course for the H*E*A*L* Program as well to, you know, if you have questions. And also just to kind of get you pointed in the right direction.

Yeah. And people can find out more information on lorrieriversholistic.com as well. That's her her main site. Lorrie, you're just a wealth of knowledge.

And you know, I really I really appreciate your expertise and, just your, your, your clinical experience and sharing that with our audience today. Any last words of inspiration here for our community?

I just this it's doable. Whatever you're dealing with, it's doable. And and you're probably going to go down a lot of different winding paths. But you know, when you find somebody like Dr. Jockers or you come to the H*E*A*L* Program or another good practitioner, and a great community and you're approaching it in this holistic way, you're going to get there.

It's going to take time, but you're going to get there. Yeah. That's great. Thanks so much Lorrie. Guys. Again check her out at lorrieriversholistic.com.

And we'll see you all in a future interview. Be blessed everybody.