Queen of Biohacking Survived Medical Trauma, Crohn’s & Colostomy Bag | Dr. Lauren Leiva | Ep. 107 Transcript

(Transcripts are generated by AI and may contain errors)

Introduction and guest background

When I was going to medical school, they said in class, we are practicing medicine, and we're not perfecting it. I remember this teacher said, you're the smartest person in the room, so act that way.

And if you f***, guess what? That's what malpractice is for. and I thought, wow, that's everything wrong because someone like you killed my mother. What are some of the mistakes that you see that elite athletes make all the time when it comes to recovery?

Oh, not only do I see it, but I them recycle it to their children if you're watching. Today, we have Dr. Lauren Leyva, the queen of biohacking. Welcome.

Dr. Lauren Leva is a doctor of physical therapy, who turned her own medical challenges into a mission to help others heal. She guides people through focused, neuromuscular work and advanced recovery methods that support real progress.

You have a book that you're working on, Patient to Provider. What encouraged you to put this book together and what is it about? So it is truly about my journey.

There's a lot of different sexual abuse that happens in the medical community that nobody talks about. Unfortunately, I had a forced abortion when I was 13, and that's the first time I'm saying it publicly.

It's in my book, but sneak peek. Buy the book for the rest. CBDIVs, I know you've tried it, you like it. Let's talk about it People listening might not know how amazing CBDA is, but it's like a super anti-inflammatory I've used it on my children when they were teething.

I don't give a f*** what anybody says Welcome to another episode of a Healthy Point of View podcast. I'm your host, Sam Tahata. And as usual, we're bringing experts from all over the world to talk about health, wellness, beauty, and mindset.

Today's guest, she seems like she's just going world. She's at every single biohacking and longevity conference. At least that's my opinion because I see her out there all the place.

Helping people get well and also making sure that medical providers take their medical practice to the next level. Today we have Dr. Lauren Leyva, the queen of biohacking.

Welcome. How are you? Thank you for having me. I'm doing well, thank you. Absolutely. So it's been a while. We've been talking about coming on a Healthy Point of View podcast to really, you know, talk about some of the things that are happening in the longevity space.

You know you're heavily involved. But first, the first step I want to take is I wanted people to get to know who the queen of biohacking truly is. What was your upbringing?

Wow, so how much time do we have now? My upbringing is very different. I actually grew up, my father, My family comes from a Holocaust surviving family.

And I was the first born in Florida in America, first college graduate. Um, I went from home to my parents splitting up in a one bedroom apartment. communities, whether it's section eight or a different community where there's a bus stop and you have a pool.

So I've been in different experiences, different from public school to private school. You're from Fort Lauderdale, so I went to Pinecrest Elementary School, which is like the super luxurious elite private school, and I went to Attucks Middle School, you know, in Hollywood, Florida, when I lived in a one bedroom apartment.

So I had a very different background to experience many different communities and social situations. And myself, I have I want to college at USF. I got a full scholarship.

And it was not only for being top of my class, but it for overcoming hardship and from being from a low income background. So it the Jenkins Scholarship from Publix.

Oh, wow. Nice. And I went to USF. I was going to start off. That's in Tampa. Yeah. In Tampa, that's I. Was like, yes, I'm from Fort Lauderdale. This is not South Florida.

Right. All right. When we we had a son together and now two children and 19 years later, I stayed in Tampa I built my business there and You know, that's a really quick background How I got the name queen of biohacking was through different situations with the medical community.

I was diagnosed with Crohn's disease in 1997. They said I had the most severe form of Crohns disease. And because I have no insurance, my parents would take me to a health department or drop me off at the hospital.

When you don't have health insurance or when you're low income, most often people or doctors or wherever it is, they're clocking in, clock out. They want to stabilize you for their time on staff, but really not fix you or heal you because they know insurance won't cover it or you might not be around, you know, next week.

So I grew up with very choppy health care and a lot like my maid of honor, her father's anesthesiologist. And he told me, you know, where I was in my adulthood, I should not have been if I had better providers because I bounced around from health department to health departments, hospital to hospital.

So I got to experience the medical world from a low-income standpoint. And they put me on Prednisone a lot, acicoflagell. And these things caused other problems.

And that's really what drove me into wanting to be a doctor myself. When I went to go to USF Medical School, my mom had a stroke, lung cancer, and my first son, who's now 18, he turned 18 Monday, I thought my mom was gonna help me with my baby while I'm in medical school and now I have a newborn and my mother who I had to help with feeding and bathing and everything.

So I dropped out of medical at that time and what really saved me was getting a yoga teaching license because it helped me stabilize my mental. you know, breathe more, maybe do less, just be able to be for my family, a mother to my son, wife to husband and care for me, for mother.

But once I realized all that hands on amazing stuff for son. He didn't walk or talk, he was born two months early. A lot of people don't know this. And I had to bring him to physical therapy, occupational speech and just going to doctors all the time.

It actually made me really not like, you said I can curse. Yeah, whatever you want. You know, it really made me not like the medical field. I just thought they were all assholes and motherfuckers.

They just wanted to cut and prescribe. My mom, who had good insurance, Medicare or yeah, Medicaid, they don't care about you. Medicare, They do care. About you because you can get paid for.

So they did bilateral carpal tunnel release. they Did total shoulder replacement on both total knee replacement, total hip replacement. You know, they just kept cutting her open and prescribing pain medicine.

And it was her spine. Either way, all these things really made me want to go into physical therapy. So I went back to school. I got my doctorate in physical theory.

With my second child, I was hospitalized nine months. It was kind of a devastation. And TPN, so nothing by mouth. And I had to control my own IV therapy.

I was doing home care once I out of there. Had to replace all my teeth. Every single tooth in my mouth is replaced from being intubated and having malnourishment and just acid buildup.

So I've had a lot of pain to purpose, like a lots of people. Now I'm in a passion state to really help others. When I had a colostomy, when I have the PICC line, I lost feeling in my left arm and I knew in heart as a human I wanted to go to the bathroom.

instead of just changing this thing on my stomach. And I told you earlier, I was a Hawaiian tropic model. So going from a bikini model to taking a shower, looking down and seeing a colostomy was super devastating to me.

Medical trauma and the path to biohacking

Um, so the first biohacking tool I found was the newbie device from New Fit. Oh, with all of the different microcurrents and frequencies, right? So I really dove into that and I found a place in Tampa and the guy kind of laughed at me.

I was still a student. I knew I believed in this device and I know it would help my mom with the stroke that she had. And it will help me feel my left arm again.

So that's really what got me into it. Did it help? 100 percent. It took all my pain away. I go to the bathroom again, the last sentence on the podcast I had with Dr.

Patrick Porter of Brain Tap was, oh, wait, I shit out of my asshole. just to make that clear. But I'm proud of that. And I really think that's why I am that party in a bottle or that positive energy because to literally have gratitude for each and every shit you take is a gift from God.

You know, like I wake up, I stand outside, look at my house, it's six bedrooms. I have a saltwater pool. My kids go to private school and I've built a life for them.

Really biohacking helps with a lot of this, so I'm proud of that queen of biohacking. It's helped not only me, my family, but most of my population that I treat has MS or CP or spastic paraplegia.

I feel like most people don't understand, like you said, you're just happy today that you were able to shit through your asshole, right? Yeah, simple as that.

Some people just don' understand what they have. until you don't have it. And then it makes you appreciate something as simple as that. Most people look at it and it's like, ah, what are they saying on that podcast?

It's just imagine if you have to walk around with a bag where all your fecal matter goes. 100%. That is something that kind of makes you think. Now, Lauren, Dr.

Lauren. One of the things that I've heard you talk about is you losing your mother really shaped your mission to where you're at today. Let's talk that a little bit.

So my mom was absolutely my best friend and often people will say, how long have you been practicing yoga? Even though when I left medical school and I went to get my 200 hour, 500 hour yoga certification, my Mom had me in her 40s and she was a hippie, so I feel like I was birthed on the beach.

You know, South Florida, there was drummings on beach, she taught me laughter yoga. Scream therapy, all these things that were weird back then are now very popular now.

So she really gave me those alternative ways and she practiced like Ayurvedic medicine. And she even gave

marijuana as a child, which back than had so much stigma because I was going to the bathroom 100 times a day.

I wouldn't even throw up water. My stomach was so tight. She started giving me plant medicines as I child. Towards the end, I mean, and when I was in college, like I said, when was going to go to medical school and I when in graduate school, she would proofread my papers.

She was so smart, so intelligent. And I know you're a firefighter, you were a fire fighter. She had a stroke in her house and I'll always remember because I could hear the fire truck that sound coming and it's almost I can hear it all the time every time it drives by it takes me back to this moment because she just had surgery cervical surgery so she had her cervical spine fused which is very serious and she has the cone on and had all these concerns and i was sharing with her doctors and nobody listened and So right when she got home, she had a seizure and I had to stabilize her while the fire truck was coming.

But they told me, because she was speaking gibberish by the time she came, but she stabilized because I was there stabilizing her. However, I knew she has a stroke.

And they said, well, this is what old people do. It wasn't the best set of firemen. They're not always coherent. I'm like, my mother's smart. And I think that's our purpose is living into longevity, smart, wise, youthful, strong.

You know, she said we don't stop playing because we get old, we got old because she we stopped playing. She was a little nudie swinger. I mean, Yeah, so she's the tree I fell from and I knew something was very wrong.

Again, that's what got me into with the newbie to try to rewire her brain. But unfortunately, in 2019, she was overdosed on blood thinner. And it was quite, it just crazy because she overcame all those joint replacement.

She overcame lung cancer. she over came part of her lungs being removed. Um, she was always about, She taught me, you know, it's all about quality of life, not quantity.

You know? She told me I think that gave me a lot of my energy to not be so attached to the physical world of what's tomorrow or how am I going to get from point A to point B?

It was more like just close your eyes and be anywhere you want. I think it was more of like a quantum theory that she was giving me and do what you can in this life and not worry about it.

But that's pretty cool. That's very powerful because, you know, people get so stuck in the moment. Yeah. And in being stuck, in a moment, a lot of the times it's because you're thinking about the past or the future.

You're not living in present. Mm hmm. Then sometimes you just have to just like enjoy life. Right. They say it like, you got to enjoy the journey, not just the destination.

So part of that, it's like, almost like you gotta rewire your mind a bit. 100%. I mean, I've been married 19 years. That doesn't mean I'm her copycat.

She was married five times and she's like, i'd rather be alone than unhappy. So she taught me about happiness and quality of life and I am happy to be able to build out with my children, with husband.

Doesn't always have to look the same for everybody and that's what I love about being a queen because I have that I feel like I have that sexiness of my mom, but it's also different.

I've that stability of like a grounded woman for my children, for husband, and for clients. So I'm just really excited to take the bits and pieces I wanted.

Leave the rest behind. Listen, that newbie technology you're talking about. I have a dear friend of mine, Eric Lander, who's he works in the capacity as a shaman.

Like he studied in all the different countries with a lot of the great masters that are out there. And one of things that he utilizes is the new being in my business mentor, Yadda Kaddla.

He almost lost one of his legs in a ski accident where they had to airlift them. He was in the hospital for about six months. They were going to amputate it.

And fortunately, through a lot of different treatments, stem cells and all kinds of stuff, he was able to save the leg, but he lost all feeling. This is a guy that was doing Ironman's all the time.

And I told him, you got to go see my buddy, Eric. And he went to Eric, he did multiple sessions with the newbie. Leg is like branded. 100%. The feeling and everything.

I love it. So amazing stuff. But now he does a lot of stuff with horses. You know, the race horses and stuff? I fix dogs now. Now I mean, I started biohack your pet last year.

Nice. And I'm not a veterinarian, so legally I can't say I treat dogs, but with the newbie, I have geared my education and they provide good continuing education.

So I've taken every single one of their continuing-education courses. I remember last year on Black Friday, their courses were half off. My husband's like, what are you doing?

I'm like I am doing newbie for MS, new be for hypertrophic training, Newbie, for bodybuilders, Nubie for pelvic floor. Because I wanted to be able to apply it in so many different ways.

It's a kid, elementary school kid getting a grade, you know, meeting. progressing, you know, how kids get graded. I mean, I want to be able to apply the devices that I know to whatever problem I have.

So I've even bought in prostate attachments, pelvic floor attachments for women to fix their pelvic floors after children. And I do water baths with NFL athletes, like we call them Oscar the Grouches.

We fill up, water in a trash can, we stimulate the water. maybe this athlete has testicular torsion or a lot of different issues going on down there that maybe we don't know about and they don' want someone doing manual therapy.

So there's so many ways. And then through that, through the water therapy, I realized, oh, maybe, we should put your dog in it to heal the hip. You know, and now my patients are healing their dogs.

There's just so, many cool things about it. Then when you can tie it in, like the newbie has a program for master reset. you stimulate the vagus nerve, you put two pads on the feet, and for 30 minutes, it's almost like four hours of deep sleep.

Oh, wow. And that's one of the best treatments if someone has MS, CP, Parkinson's, post stroke, just to really reset the nervous system. And if you can combine that with a brain tap, I mean, this is a beautiful thing.

I'm not a gatekeeper. This is why I became a consultant to medical professionals, because if he can do a master reset and a braintap with IV therapy, first of all, you an add on if want another flow of income or you just I joke with my clients.

It's the only happy ending you're going to get in my center. So we give electrical happy endings with our master resets, our brain taps, and just really combining the devices, the frequencies, you can make magic happen.

Yeah, I bet. You know, it's like I keep on telling people frequency is like the future of medicine. It really is. 100%. Yeah. Dr. Lauren. So, so, with everything that we're talking about, do you have a book that you're working on?

Patient to provider. So you're talking about you as a patient, having your certain health issues, your mom in the allopathic, traditional medicine, her issues that you saw as you started having to take care of her.

What encouraged you to put this book together and what is it about? So it is truly about my journey going from being a patient, you know, I've had many different interactions.

And when you're a young girl, especially back in the day, having needing to have an exam down there and your parents aren't in. You could have weird events happen with weird doctors or nurses.

And things that happen to girls happen a boys. So there's a lot of different sexual abuse that happens in the medical community that nobody talks about.

And it's something that I'm starting to talk about, which is still hard for me. But I think that when a child goes from being OK, I was a competitive figure skater, as little Miss Elaine Tropic, was little model to and all of a sudden I am pooping 100 times a day and throwing up all the time.

Nobody asked me what happened and You know, maybe this will be my debut. It'll be crazy. But unfortunately, I had a forced Abortion when I was 13. Oh, that's the first time I'm saying publicly it's in my book but sneak peek by the book for the rest but I Was fine the day before and the after I'd Crohn's disease Wow, but did I have Crohns disease?

So the Croats is came after the forced abortion. I Yeah, and I think it's because I didn't talk about it. I stored it, you know, the issues get stuck in the tissues and You know hold on because i I know what that means But yeah, I got a lot of the listeners and viewers don't understand what you mean by the issue gets stuck issues That actually rhymes.

Issues get stuck in the tissues. Yeah. If I had my phone, I wrote a poem recently, which is turning into a podcast because I met this girl who told me I inspired her.

She said that she was just diagnosed with something and she's pooping and throwing up at the same time. And she sees me on Instagram and talking about poop and She couldn't believe she was next to me and and she's taking all my tips and I found out later something happened to her which was you can only let your mind wander but something like rape and And we can talk about those things because you know, this is the health of all this podcast.

So yeah You know I think those are important things to talk because You don't there's a this. This is a crazy world. We live in right now. Yeah, you now so so What after I just want to say after i met her when I when i when?

Motheru2019s influence and healing through alternative methods

I found out really what happened it actually opened up a whole new thing that's when, I wrote the meditation purge of sisters for brain tap because She started throwing up and pooping after this event happened and I figure our dna And universe and God is so amazing and so divine that her body is literally turning inside out to rid herself of this other person's DNA or the trauma that that energy that went into that.

It's almost like going through this purging detoxification effect. Yeah. So I could I can see that I think so. And I feel that when she came up to me, it was really a revelation that maybe even myself, if I didn't hide all these terrible things when I was 13, maybe I would have never had Crohn's.

So I thought it's my mission to not only tell that girl, you need to report these things, we need do something about it. Maybe you don't have a condition, and maybe a lot of people don' It could be a stored trauma.

Exactly. So let me ask you something specific to your situation at the age of 13. What is it that you feel would be most important for, let's say there's a teenager listening to this podcast or a family member that has teenagers, what would the thing that could have prevented that from happening in your opinion?

So unfortunately, I don't think anything can prevent these things. I think we all have these paths. And unfortunately no matter how strict of a parent you are, um, i speak to so many different trauma victims and caregivers and

parents and things that have happened in their own home, people that never let their kids out, you know, terrible things happen, but it's what you do with them afterwards.

obviously I don't let my kids sleep at other people's homes and you know you go in if there's a doctor especially of the opposite sex with your child and they're getting an exam on the pelvic floor area all of these things are very important but I think to let your children know and and if you're a teenager again but It's really weird because I have been in all of these different backgrounds.

I've had people that have taken out of the home and then they're in a government space that might be worse. So people get afraid to report things or tell on people and they feel like they have nowhere to go.

If there's a teacher, a guidance counselor, or a neighbor, if you have one source, just let them know. Tell them because you're not alone. And I think it's finding that right person because there are so many wrong people.

And that's what happened to me. You know, I would, everybody told me, oh, you're so beautiful and smart. It's like, but I'm in pain and I am sad. Oh, But you are beautiful.

But I want to fucking kill myself. Like, hello, are you listening? It is like you know you got a level head you can maintain and a lot of people shush you.

And then you lose that response of like, this is wrong. What happened to me? You just forget it and you store it. And you move on because we are strong people.

So I think the best advice is telling someone that you trust if you don't have anybody, you know, find me, tell me. I'm a trusted source, but if you do tell someone and they belittle it or they act like it's no big deal, find another person because it is a big thing.

And I think it important for people, especially younger men and women, when they're going through the adolescent age as teenagers, to kind of really understand what these medical examinations and procedures should entail of.

Yes, that is that's a good one like if you're new to it is this normal is it's not normal Yeah, is he or she supposed to be touching me there? Yeah What is his procedure really supposed be like in today's world?

We live in such a digital world. You should be able to find some guidance online, where if things are a little bit weird, lights are turned off, or if there's not another female in the room, if it's a male doctor, these are kind of important things.

And listen, sometimes also just the individual is a bit little weird. If they're a litte bit wierd, maybe you want to go find somebody else. The fire department, they put a lot of emphasis on doing your life scan.

Part of it, you have to get your prostate checked as a guy. and they put the finger in the butt. And I'll tell you, and this is me as a grown ass man, the doctor who was there, there was somebody else in his room, his assistant, he said some weird, slick comment where I turned around and said, dude, what was that all about?

So for me, it was just kind of like, that was a little weird. The guy was professional doctor. Yeah, professional doctor in Boca Raton. And he says, I was like, he's like I promise you won't read about me on the front page of the newspaper.

Yeah. While he has got his finger in my butt checking my prostate. I'm just like that's kind of fucking weird. Don't ever say that comment again, especially while you're doing this procedure.

I mean, I've had dentists make jokes while my mouth is open and I can't say anything and they'll say, why does the dental assistant bowleg or like why is the cowgirl bowlegged?

Because the cowboy was hungry. And I'm like, Like my mouth is open what stimulated this joke and I'm just here

but I think and what happens to women happens some men.

It happens just as much but it's less talked about you know because when I do talk about sexual abuse and different things. Most often a man will tell me, you know, what you said helped me in.

Something happened to me and I've never told anybody. So it does happen to both sexes. It's just not talked about. And again, if someone has a diagnosis and You can take a fish out of the fish bowl, fix it up.

But if you're putting it back in the same environment, you know, it's toxic. So really looking at the environment is important. You know you and I are both very social people were out at a lot of conferences, events were on stage speaking in people out there tend to start like gravitating and liking.

And sometimes in a little bit of a weird way, you know, like I'll get some like older ladies and nothing against old ladies Yeah, yeah, they think it's just fine to come and just like start touching me.

Yeah Take a few steps back and I try to do it in very nice way but So sometimes as we start growing as individuals with their personal brands and being on stage, sometimes people will look at you as an object.

Right. Yeah. And when I was on the fireman's calendar, that that thing really opened up my eyes to what like women experience these. When I wasn't a firemen's calender, you'd go up, I'd be on South Beach onstage with all the other firefighters.

You know, we're stripping our clothes off. But the way we would get treated was like like we were a piece of meat in like Like I did just didn't exist.

I was just being like, yeah, I had a handsome intern that looked, you know, similar to you. And he became a water aerobics teacher during his internship with me.

He came back in and he goes, Dr. Leva, i'm so sorry what happens to all the time because I feel so violated. and I go what happened he goes I was gonna be the water aerobics instructor and i'm like this outside of the pool and all the older women were like come on in here bad boy and like he got in the Water and they're like washboards so my kids just felt like a hundred hands on him and he's like what is this world that you're in?

Being a physical therapist and I get very personal with my patients. I'm glad I've built the confidence in a community that someone told me one day, everybody before you will respect you and honor your time.

That's the business I build. So I don't have any of these issues anymore. But as a new therapist, sometimes I would have the patients just staring at me and at the end, You know, I'm like this is not what it is, but you know they're just like I can't believe I am with the Queen You, know I, can believe i'm here.

I mean it's just physical therapy So so dr. Lord when it comes to biohacking For the everyday person how, would you define bio hacking So I tell people that have no idea that they are probably some form of biohacker if they're speaking with me.

But bio hacking is, I say think of hacking into a computer, you're hacking in to your biology, bio-hacking, like medical terminology, we break it down.

And how do you hack your biology? Well, you could do it for free by grounding barefoot outside, going into the sun at certain times of the day, receiving vitamin D, helping your testosterone, your hormones.

taking supplementation, looking at your blood work regularly and always fixing your weakest links. And for me, that's through IV therapy, because with the colostomy bag and taking out lots of my intestine, it's chronic malnutrition, dehydration.

So really, I tell them it strengthening the weakest link through any way, shape, or form. And there is positive

biohacking, and I also think there's some negative bio hacking.

I don't think everybody needs semi-glutite and all these GLP ones, but there are good ways to take it. However, I have had people in my family that had gastroparesis from it, so when people say, oh, this never happened, like I've seen it happen in own family and people close to me.

and my mom having medical malpractice, it's do no harm first. But biohacking is supplementation. Like I said, electrical stimulation with exercise. What we do in 20 minutes is like four hours in the gym.

So it is time efficient ways to achieve your health goals faster than you would traditionally. I would say that's a good definition. I love that. So, you know, one of the things that I noticed with you, following you for quite a while is you stay mission driven.

It's not necessarily always about the profit for you. And obviously we all want to make money, but with, it's like, there's a mission behind it. Why is that?

Well, because I'm alive for this mission. Because I could have died so many times, but each time when I hear someone say I changed their life, I prevented them from killing themselves.

And being the change I want to see. I had terrible health care when i was younger and I wanted to do better. My mom was killed by being overdosed on blood thinner.

Patient to Provider and speaking about trauma

You know, I never finished that, but that was just way too soon, way to fast. So to be able to do no harm and teach doctors, you know, the patient to provide or even I realize it happens in the institution.

So I host an internship to help doctors of tomorrow have more compassion, more empathy. Right. Um, so it's just, it, truly, like I said, I'm grateful to shit and share.

You know, I've learned so much and some people will tell me I got off stage and these women took pictures. They're like, we bought the same outfit you did.

And like three people bought this same output I did just by chachi bt, finding my boots and my shirt. My mom always said copying is a good form of flattery.

So I was like OK. But I'm up here for a reason, like I am inspiring them through style. But they're like, you are the most authentic person on stage. I don't need to be the best speaker, but I hear this so many times, out of all the talks, I really connected with you.

You keep it real. Yeah, and like they're like I send your talk to five people that need it and that's truly what it's about I usually connect I could connect with two doctors out of hundreds and we're smoking a blunt outside after the conference, you know It's not about the whole masses It who needs to hear your story and who has to actually get that connection, right?

This is a lot of times you go to these conferences and hear doctors on stage one they're a bit too pretentious, right? They're speaking in technical forms and they don't even speak like that on the regular, like if you're just having a beer with them.

So it's just like, now you feel like they are speaking above you. Like you on that other end, you get on this stage and you are just one of anybody, it is a different approach.

When I was going to medical school, they said in class, we are practicing medicine. We're not perfecting it. I remember this. It's in my book. This teacher said, you're the smartest person in the room, so act that way.

And if you fuck up, guess what? That's what malpractice is for. Have a good ego, talk smart, you're gonna do okay. And I thought, wow, that's everything wrong.

Because someone like you killed my mother. It's do no harm first, if you don't know, ask. What I tell my patients, they know I would never hurt them, I always find them the best resource.

I don' need every single one of their dollars, Like I just wanted to refer someone to Tara from Mitozen because they're looking at supplements and she does this all day, every day.

I don't need this consultation. And I want them to get the care they need. So I often send out people when they like, why are you passing on the… What did this one football player say?

Why are passing this blessing, Dr. Leyva? And of course I could take your money, but like someone else can better treat you. Yeah. When they know that, guess what?

They send me everybody else and it's not even about that. I really sit with myself, universe. I believe in God. And it's really as easy as that. Like I just consistently have a conversation there and want to do my best.

Yeah. So so, you know, we were talking about the your mission driven and not necessarily all about to profit. Now you come from different social economic groups, especially growing up, how you mentioned earlier.

There's things that you do where you start making a lot of the recovery tools that. You have affordable, which is something that I resonate with a. Lot because, you know, I grew up in the inner city, immigrant from the Dominican Republic.

Both of my doctors that are my partners in liquid data, Dr. Davis and Dr Haywood, African-American. And one of the things we're going to get into this conversation as well, too, is that the functional medicine and biohacking industry has been primarily white male driven.

Right. And it's been for like the most affluent. Those are the people that have had access to a lot of functional, medicine, bio hacking. And for me, you know, obviously coming from where I come from, I want to make this readily available to the masses.

Right. And make it affordable to them. The reason why I launched this podcast was not for to me make money. It was to get experts like yourself, the information from experts yourself out to people who might not ever get that exposure unless if it is through like a podcast that's free.

So, you're actively doing that. You're also the queen, which you have a lot of strong women power that's behind you. So I want to talk about those two things, about you making recovery tools accessible and affordable, and then also talking about the women in biohacking.

So with accessibility, that's very important because again, most doctors wouldn't even see me because I didn't have insurance. And I could tell the way people treated me, because of finances and even being in school, they're like, well, if this kid has this background or money or financial, we could sprinkle pig DNA on their hand and grow back a hand.

If they are Medicaid, let's amputate the hand, it's like that a whole different Life you grow up with fine motor skills or no hand and that's based off insurance.

So that was just crazy So for me, I always told myself when I have my practice I want to have a day where it's pay anything you can Friday Pay anything.

You can't Friday Pay Anything You Can Friday. So an evaluation at my clinic is around $275. Most things are above $200 an hour. And most memberships start above 800 per 28-day billing cycle, because you need 13 billing cycles, not 12. Pay anything Friday?

Yes, so pay anything you can Friday I thought you said pay any Friday Oh my god! No, no, we had to correct that. P-A-Y, pay Anything you Can. Friday. Hey, anything you can Friday, guys.

Not Panty Friday? Yeah, not Panny Friday! Not panty friday. Okay, we should make pantie Tuesday. You thought that too, right? Okay. Yeah. Maybe panti Tuesday, or if you're broke, sell your panties online.

I'm joking. But no, Pay Anything You Can Friday is very important to me because it's $20 to book your spot. And the reason why I did $ 20 minimum is for people to show up, be on time, and care.

Because most people, even if you are super low income, $ twenty will help you show, help care, value that time. Before we even had that, a lot of people said they would come, there were no shows.

I have a lot of students there and as a facility, you're spending a lotta money and you giving it to the community. I don't think they realize it actually costs the business more money to do that.

The $20 doesn't pay even the bills. And with that 20, I actually give half to our internship, because the students that are interning are not allowed to have jobs or make money while they're in the internship.

They're not let to get paid by me. No tips either. No. Well, I don't watch whatever happens. You guys could tip my interns. I won't look and I. Don't think they'll tell me, but, um, you know, the $20, 10 goes to the facility, ten goes.

To the intern. If someone, which often will happen, say, You know what? This was so amazing. Let me give $40. It's a 50 50 split with the fifth, that facility and the interns, so the.

Interns love it. The community loves it and they have access and it's just really important to me. We also rent out our biohacking tools. So like I could buy a newbie for $18,000 or more and then I can rent it out to a patient or rent is out with guidance and have them be able to have it for a month.

Because maybe they can't afford to buy it permanently but maybe just for month it can help get them better. So and then with our evaluations, we provide six weeks of home exercise program and we'll talk back and forth with the patients.

Because if you look at my reviews, like I've had athletes that have been around the world for two years with neck pain, chronic nerve pain and it only took one session.

Some of my patients that have CPMS, post stroke or certain like Parkinson's, they might need me longer. Like I've had patients for 10 years and longer, so it's kind of beautiful because I don't wanna call them my lifers, but I have patients who are probably gonna be with me the rest of their life, and I'm just honored and grateful, that's how I set up my business.

We have memberships and we have Pay Anything You Can Friday. So that's really good. And then I also have been teaching yoga to high school football teams and to reach a hundred, you know, varsity and junior varsities athletes from, these public schools.

That's amazing to get them young too. So they can really understand how to start taking care of their health. That's very important, you know that the younger you can get to them the better because that's where Longevity and healthspan really, it has a huge effect and teaching them frequency through yoga I brought my drum and it was a buffalo drum very vibrational and for the athletes to ask me hey Dr.

Leyva, can you bring the drum? Like now they're part of the yoga and they really enjoy it. And it really means a lot to me. You know, it's like people typically think, oh, yoga is for women, going all the way back to what you asked before with women.

I like to, first of all, bridge that gap for men and women to know meditation, movement, even gracefulness is not just for woman. But I also want women know they can be sexy and it doesn't have to be slutty.

You know, you don't have to be single to sexy. You don' Well, you know, if you've seen me and the Dave Asprey was on stages, Steve Aoki or wherever, and I'm probably twerking.

And I might be Jersey Turnpike twersking, like face down, ass up. I love to party. Really, when I was hospitalized nine months just sitting there, I had a revelation that when i dance, When I laugh, i'm free and i am happy.

Nobody will ever make me feel like A slut or a whore and these are things that were whispered about me in college and school They're like, you know, how could even the Dean's like look at the Britney Spears anomaly over there You know She's look with her her little tube top, but you like I'm in colleges walking by it How could she be a scholar but also looking like Britney spears like that?

You know, these little things add up, the tiny words. And not until I was burned alive in the hospital bed nine months, I had to disconnect from all of those tiny, tiny worlds.

I've been touched by patients and skilled nursing facilities. You I left my keys in office and when I go back, could hear my supervisor say, well, she deserved it.

Look at the way she dressed with her tiny waist or her boobs. She should wear a turtleneck if she doesn't want someone to grab her. So a lot of people will make you feel like you deserve to be grabbed or touched and where you got to cover up with, you know, a burka.

And I don't some people can do that for religious reasons. But I was told to do in my physical therapy labs when I. Was in school, like, You're distracting.

I'm not covering up. This is what we're doing here. You control yourself. Exactly. Someone could be 200 pounds overweight and her cleavage is just spilling out of her sports bra and mine's all nice and tight in here and they're like, put on a sweater, that's distracting.

What about that? There's like four bowling balls right there, and I'm not even saying it that way.

Accessible recovery tools and women in biohacking

It's just, we all can have our boobs out. And I love to be in women-only events because, again, I am married. I don't want to have my boobs and have guys just staring at me.

You know being in a group of women Also, I brought in that nudity because we all think oh my boobs look funny or my vagina is weird You, know if people look up yoni gazing I thought that was pretty weird pretty crazy and it's exactly what it sounds like what's So this is the yoni, right?

Okay. So like imagine sitting in a circle as women and having your knees propped up and your feet open and you're just having a conversation and You're like, oh wow.

Look at her vagina. That's the thing. Yeah, it's a thing You've done that I've don't know. Well, that's pretty yeah It's like you know, i've sung my butthole with a bunch of women And done naked yoga and the but whole sending them Like, that's popular, but they've asked me to talk about that.

You know, But in the beginning, it's weird. But then all of a sudden you're like, oh, everybody's got a different body and they're all beautiful. It's called Yoni.

Yonni gazing. Yeah. So it. When you can yoni gauge, I guess the women do that women, do they do like pecker gays into this? I don't know. I'm wondering.

Do you just look at different packers and balls hanging? You. Know, i don' know but I think women. If somebody launched that, We would probably get a lot more patients for our sexual health division because the guys would want to come and get like the gains wave treatment to make a longer, bigger, thicker, stronger.

Exactly. Totally. And then even like with that, everybody's like, you know, all I'm saying is it desensitizes you to saying, oh, My right boobs bigger than my left.

My left labia is bigger that my right. I got an in-ear Audi, and I'm not talking about a belly button, but. You know what, you're right about that, about the desensitizing, because when you start thinking about people that live in tribes in these other countries, these are the continents, right?

that they're still living like walking around in the dirt barefooted, they barely wearing anything. They're like naked out in woods. There not looking at each other in a sexual way or anything like that.

And that's because they just like, it's part of nature. Right? And what we've done here specifically in United States is we created that, right? We've created about the clothing and you have to be fully clothed.

Yeah, pale skin, scared to show pecker. No, I'm kidding. Have you seen that Maui movie? It's like a series on TV, but I think it was the Aquaman guy. But he's, like, comes back from being with the pale-skin, you know, because it's Mauai, Hawaii, and when they were colonized.

When he comes, back he is wearing pants. And they're like why are you covering up? And he was like pale scared to show pecker you know but you because he covered everything but um yeah no i mean i've had the i have grounding tables in my clinic that are made of 99.9 percent silver and you can test the emf field in My office which is around 60 hertz and when you touch you you all the radiation goes out of your body I've taken zero, zero complete neutral.

You neutralize. I have the anti-aging covers, but I use the same device. It doesn't even go zero barefoot, old school. But you get close. And you have very close.

But actually, the the grounding sheets are even more grounding neutralized to zero. Oh, but I've like literally dug in myself into the ground and she's to plug into.

The grounding. Yeah, you plug it into that outlet. And if anybody knows the outlets in their wall, it looks like two eyes and a little dot. That's the nose.

So the two is that go like this is where the electricity comes into whatever you're using. and then the little there's a grounding plug. which grounds your house so you don't have a current that flips.

It doesn't the electricity that comes in, it only has the grounding that goes out. So when you plug it in the top two are like these plastic things and the bottom one is the one just pulling all of those electrons out of your body into the EMF field.

It neutralizes it right into the ground. And in Florida, where I live, it's the lightning capital of the US, not the world. Someone told me there was somewhere else.

So every time the Lightning hits the Ground, there's electron donation. That's how it works. Then you have all these positive free radicals. You could think of plus signs going around, and then together you become neutral.

Okay. So when you touch that mat, it just goes, goes goes until all the positive and negative go together. Zero. See all of this stuff that you're talking about with these different modalities on how you treat your patients.

I remember you saying that. You do what a chiropractor does for the spine, but for whole body. Yes, so so these are some of the techniques that your utilizing to really help someone for their full body physically.

So yeah, so the grounding, all of my treatment tables are grounding. So everybody's grounding I do try to remove their phone from them, try and get them on a brain tap, a master reset.

I joke with chiropractors because I work with a lot of UFC fighters and NFL athletes, like concussion athletes.

because I am the brain, the spine lady.

People say, I make people walk again, bitch. I told you. But when you're so good at helping people, walk and talk again. You get a lot of concussion athletes.

And where was I? Would you ask me? Oh, my God, got lost there. Oh, what you do to the spine and the whole body. So we do ankle whips, arm whops. And what that is, if you've ever heard of a heel whip or arm whip, is I adjust the arm by whipping at the ankle and they're like, whoa, I've never had this done before.

I align the extremities along with the spines. Nice. That's where I joke with that. You mentioned athletes. Yes. What are some of the mistakes that you see that elite athletes make all the time when it comes to recovery?

Oh, not only do I see it, but I. See them recycle it to their children if you're watching. But being in the ice bath too long, using ego rather than your energy, you know, it's like you have this chart on the wall who's in.

The ice bat the longest, and it. It's. Like more for competition, Can they stimulate their nervous system, close their eyes, be non-competitive and just breathe?

Because then you receive more of the benefit of what you're trying to do instead of panicking and being in this fight or flight. You're switching the brown and the white fat and you are reducing your risk for heart.

you know, disease and brain degenerative conditions. So really, it's getting rid of that ego and competition when it comes to recovery. Recovery should not be competitive.

You know how long you could, how, far you could stretch should not be competitive. You know, you should do breath work, time, energy, breath, relax your body.

That's how you can tear things. Overuse your cortisol, get stressed out, actually overage. I see a lot of athletes, because they have the neural check from the brain tap, and I scan their brains.

And they can look amazing like you, then I can scan the brains and their brain shows up black. And when you see a black brain with zero energy running through your body, that's when the truth comes out.

Like, oh, Dr. Levi might be doing a specific drug or something that on a schedule that could be caught, but what can I do otherwise? So what is this competitive edge?

And I think when they give, I mean, there's a lot of pressure on professional athletes. It's a really I know people say they should just suck it up. They make a lot of money, but they suck up a.

Lot they're very tough, they get paid a law, But they are storing so much injuries because they, you know, it's just their whole value is based off their performance.

So to just let them know one, teach them how to save and start other businesses. So they can really take off that pressure of performance because you're not gonna be there forever I love to tell my athletes that like find your exit to give yourself grace But don't be competitive and give herself that recovery time I mean, that's like Tom Brady's the goat because he recovers just as much or more than he he was performing Yeah, and I like what you said like recovery should not be competitors.

It really is more of a personalized approach type of, you know, thing that you need to do. It's personalized to the individual based off what you. Need how quickly you could recover other.

Some people recover quickly. Other people. Well, it takes time. Yeah. So I like that where it's not a competition. CBD IVs. I know you've tried it. You like it?

Let's talk about it So I met Pico IV in Las Vegas and I was going through extreme cellulitis, which is crazy.

Everybody's like, what? I had my ankles were cankles and it was growing past my knees, but I on the Biohack Yourself film.

I'm going to be on a red carpet with RFK. And I'd like to talk about that too, because I made a goal in my head of how far I'm gonna make it. And, I've made it exactly to that goal.

So, we gotta make good goals. I should've make a better goal, but either way, by the time I did the red carpet, my body shut down. It had bilateral edema past my knees, so my shower door broke at home.

The glass shattered and I stepped on it, and thought I pulled out all the glass. and it caused a super bad infection that I thought I got rid of, but I was just, you know, I guess with the flight and the travel to Las Vegas, it really blew up.

I've got a fever. The night of their premiere, I actually crawled on my elbows with a scooter and had to be taken to the hospital. But before that, before I went to that hospital, Miles, Terry, and Dr.

Pompa came to my hotel room and I got a Pico IV. I know Dr Pompo got PICO IV too and a couple, Dr Porter got the PCO IV, They gave me Pico IV and bid me farewell, but we all wanted to try it out.

And I am one of the first people in Florida with my marijuana card. So I've studied CBD, THC, all of them. I'm like a CBD IV. People listening might not know how amazing CBD is, it's like super anti-inflammatory.

I've used it on my children when they were teething and I don't give a fuck what anybody says. They're like, put oral gel, I put a CBD gel and my kids were fine.

And they weren't high and they're very smart. So I think there's a huge bias on this type of product. But Miles showed me pictures of other people that have had it and how they benefit.

And he told me, you know, You might not be better right now, but in three days, I know you're going to be Better. I Know it like and he had this really and I love Miles to this day because like he just cared about me.

He knew it would help and He was really excited to get the feedback. I got on the plane, the flight attendant dropped a coke on my ankle. That was so painful, I remember.

But I go home and I was supposed to go straight to the hospital.

Athlete recovery, CBD IVs, and BrainTap

Susan from N101. is the one who told me you need to get out of here if you want to see your kids again, because my fever just went up through the roof.

And I went home, but like a queen does, I had to go home and smoke a blunt first before I go to the hospital and pack and shower. Because unfortunately, when you've been hospitalized nine months, it's a weird trauma going in because you don't know when you're going to come out.

As a firefighter, if you refuse treatment, then you are not being compliant, and then they might not help you. I almost have to prepare to be a little bitch in the hospital and do whatever they say and just go along with it.

For me, this is very much with my mom being killed by the… It was very hard. By the time I went home, I smoked a blunt, my husband got home from work and he's going take me.

Pack my bags. We're on our way there. And I kept telling him, you know, I feel like I know it's crazy because the same day, but I'm like, i feel, like this IV is working.

And my husband's like nope, still got to go to the hospital because I am already here and he's used to dealing with

me. So he is like i'm not going to wait till you pass out because i am very tolerant.

I got the to hospital. They wanted to do ultrasound, clear me for all those things, but really by the time they started doing things I fell asleep in the emergency room and my husband and them let me sleep because I was in so much pain and rocking and I wasn't sleeping and they did not want all the pain medicine.

Either way, they ended up discharging me because no blood clots. And they said I can have this pack of prednisone to take. Before I took it, I just had a feeling I wanted to wait another day.

All I did was a Pico IV literally on the third day, my legs, I could see my ankles. I can see. My knees, they could. See my epicondyles. Like I had legs again and it slowly went away.

And the bruising and the broken capillaries and everything stayed for probably about six months, because I mean, that's how bad it was. But at least the pain went.

Away the swelling. That was one IV. Nice. So it's amazing. A lot of people, They don't understand that there's already a bunch of actual clinical research on CBD.

But what makes the Pico IV different, the pico CBD IV, different is the bioavailability of once it goes intravenously, you know, like all the other CBD that you have access to is like oral tincture.

Not even compared. Doesn't compare. You know you talk about the peak of molecule that's smaller than the nanomolecule that can get into the cells, can give it to all of your organs, including your brain.

and has these tremendous like immune immunology response inside of your body. Yeah. So it's great. I think it is so amazing because somebody, oh, I do that.

It's like, no, suppositories, oral, nothing compares to the peak IV. And I'm excited for it to become more popular and super successful. Because because I know the way it helped me, it can help millions.

Then I am excited to see how it changes the industry. I love that. Yeah, I work closely with them. They've put me on their advisory board. So they're awesome.

I'm excited for that, so I could be the guinea pig. Just send me Pico IV. Give it all to me. There actually here this weekend itself. Oh, that's a conference that we're participating in Jupiter stuff.

So, you know, obviously you put in a lot of work with Brain Tap. You were telling me the other day that you've created certain brain tap sessions for kids.

Your voice is like the last thing they hear before they go to sleep at night. So what is it that put together through BrainTap? So I've actually put a lot of meditations.

I even done one for the prostate because I do know anatomy very well and I'd do anatomical meditations to heal yourself or heal the gut, like walking through a tunnel and painting it with aloe vera, you know, little meditions to heel the body.

What drove me to do the kids' meditation was my son's school, like all the parents were bringing in really bad snacks and they were like, well, you have 10 minutes to speak to the whole school.

Dr. Leva, we'll let you do it in service. And I thought 10 Minutes to Speak to Hundreds of Kids. This is going to be hard. So I made a superhero story about nutrition and all of the kids loved it, which led to I'm like hey, let me submit it to Brain Tap.

They loved. It and then I wrote a series about just different I wrote one about a girl who ice skates and you know everywhere she goes it turns into like an ice river you can ice skate around the world and just really using my

imagination and my voice there's so many AI tools that can record you now I've tried to use those things, but my son told me, you know, mom, that scares me like that monotone weird voice or he knows it's not me.

So I made a point to stay authentic, use my voice. I have done quantum healing journeys. Now I'm doing some for women. Thanks. They just launch braintap.com slash Queen.

So if people want to go there, they can see my meditations and it's really accessible. Braintapp. com slash queen. I love it. You can all of those. It's free for 14 days.

If you want listen and get out of there go for it, but really you can have the app without the headset. The headset just makes it like an IMAX experience.

Yeah, it does. It really does I love my brain tap. I always use it. it helps to reset. i'll tell you, I've gone when I was having issues with sciatica, lower back pain, It's one of the things that actually gave me relief.

You know, got myself on a zero gravity chair, put on my Brain Tap, and it just the power of The mind and pain in your body is is unbelievable. If you know how to control your mind.

100% I mean pain is an output and a lot of people think pain as an input if you study the brain and Dr. Porter will tell you because you know the way I use layman's terms and some of the disconnect between my Reception and the Way I go out there's a Lot of disconnects through trauma and different things I've been through but I really understand the neuromuscular system very deeply.

When you understand, you can switch these signals to feeling pressure, scratchy, sharp. That's why there's variables. What are the descriptors? But then if you train your brain, You can completely get rid of pain.

Because pain is an output and I want to teach people that. Agreed. So there's a big movement going on since the new administration, Make America Healthy Again, the MAHA movement.

What are your thoughts about it? I'm super excited. I have been trying to get my son's classmates' parents to provide better food options when it's someone's birthday.

Someone the other day said, I'm bringing crumble cookies in even though they're terrible. And it is like, look at that sentence. I am bringing this in, even thought they are terrible, doing this, though it sucks.

Glad the food dies are still here so I can still do the Hawaiian punch or the What's that guy, Jake Paul? You know, he has a drink, these prime drinks the kids are drinking.

So I felt like I was doing an uphill battle alone. And now with the Maha movement, I think a lot of moms that they used to call us crunchy moms, granola moms.

We feel like we're being heard more because some of the moms will tell me, oh, you must be so proud of yourself being on biohack yourself or with what you're doing.

I go, yeah, am proud myself. Maha is not political. Everybody should want to be healthy. It should be nonpartisan 100%. And for me, like when people make it political, I just try to educate them that having free choices, whether you want a vaccinate or not, it should whether you want to eat red dye, number this versus that.

I mean, if you really want it, you can find it or order it online. But that's so weird to be like, I'm going to need Tylenol and red die just to on a political side.

We just want be healthy again. Dr. Lauren, this next question, I want you to just take a second and really before you answer it, think about it. I wanted it to come from the heart.

All right. And you take the next minute or two and go all in. Mm hmm. What you're going to do is you've got to go

ahead and tell us what you want the world to know about you.

Hmm. What do you want the world to know about what you do and who you are? What does the word need to now? I'm going to take a sip of water while I swallow that one down.

So. I think what I want, the World to Know is that. I am here to make a change for the better in the mind, body, and soul as my profession. Otherwise, I'm here be love and light to anybody, to animals, my son, the neighbors.

I think if we all just really lead with love and light, the world can change a lot. And even disconnecting from that mission and purpose with the business or changing a billion lives, because we'll have these missions.

It can take us into spinning out of control, like, I want to do more, but just, really, for people to know I'm out here to make a difference with doctors, with students, with the community in any way that I can.

So mostly through biohacking tools, which is a very easy thing. But even if it's through just understanding empathy, community, happiness. I wanna create connection and I want to just tell people they're not alone and we can have a good experience even we've been dealt bad cards.

And that's really my mission. If you were to say that there is one Biggest problem in this world related to what you can make better. What is that problem?

insurance-driven treatment. You know, doctors will treat patients based off of the reimbursement. And I'm really trying to teach doctors that if they have a wellness clinic that have IV or biohacking tools, you can do it differently.

So when you are treating patients, based on reimbursements or what a company says you're allowed to do, I think a lot of magic is gone because you've limited.

and I'm treating someone with cancer right now, and they told me their pain will always be there. And I said, well, how do you know? They were told that.

Then I say, you're with me now. We have to start there, they're like, I am not allowed to do this, or that, because of her insurance. I go, push all of this to the side.

Don't even care if I get reimbursed. Do whatever I can to help you. And it's like just within that self, people get better knowing that it is accessible and someone's not going to limit their treatment based off of reimbursement.

So separating the money and the love with the patients. Nice. Yeah. All right.

MAHA, mission, and closing thoughts

I'm going ask you. Actually, this is what I want to do. We're going have a little fun. So I'm gonna name a biohacker and you're gonna answer with just one word first thing that comes to mind.

You ready? Ben Greenfield. Product slut. Sorry. Dave Asprey. Blue light blockers. That's not one word, but I just think of his glasses all the time. Better word.

Peter Attia. Longevity. I'm trying to think, yeah. Sorry, Ben Greenfield, I didn't mean that like that. Brian Johnson. Brian Johnson, don't die, no. That's not the don' die guy, is he?

There it is. He is, Don't Die. Immortal. Ben Azadi. Oh, Keto. There you go, yep, yup. Gary Brekka. Hydrogen. All right, Andrew Huberman. Hmm. Everybody wants to be him.

No, he's a pretty gold standard. I one word respect. Oh, you know. Right. So the next thing we're going to do here. so one of my favorite podcast is The Diary of a CEO with Steven Barlet.

And he came out with these conversation cards. But I'm going give you this. You're gonna open it up. Are you going? Grab two random cards from the middle.

Okay. And what you're going to do is you gonna read it out loud and you going answer it. Perfect. I want that one and that. All right. What is. Oh, my deepest fear.

My mom always said a mother's greatest fear is losing their children. So I'm gonna say it in a hypothetical way, because I don't wanna say in regards to me, but you get what I mean.

Yeah, 100%, 100%. Do uncomfortable situations bring the best or worst out of me? The best. Frequency is everything. And I think it was a Dave Asprey conference two years ago I was in a networking circle and this woman stood next to me and I could feel such discomfort and frequency through my body.

I found out later she was talking all this smack about me but it was kind of funny because I'm always so confident at conferences and i felt this uncomfortableness but I had to choose to center myself, but I think it's a beautiful thing to understand that frequencies are talking to us.

And just even knowing that I got uncomfortable, using it as a lesson and not to like allow uncomfortable situations to teach you things. Cause I tell my patients, change doesn't happen in comfort.

Change happens when you're uncomfortable. That's the truth. I believe in that. Yeah. Awesome. So, Dr. Lauren, as we wrap up here, if there is someone listening or viewing this podcast that really resonates with today's message, what is one thing you can lead them off with?

Follow me, queen of biohacking. But no. Again, you're never alone. There's always more to go. there is no ceilings when you don't create them. Your mind builds your world truly.

So have good thoughts today. They build your tomorrow. And don' think about all the steps to get to point A from point to Point B. That's like a linear path.

and I think that's very common and what I would say normal people do. You have to think more quantum and just say, I am this right now. So that's the whole thought process of closing your eyes and being just be everything you know you are.

And I used to get upset hearing that, but now I truly understand it. Love it, love it Lauren. It was, well, before we actually wrap up, where can people find you?

find me at theexersciencecenter.com, also queenofbiohacking. com. And if you're wanting to look at my meditations, braintop.comm slash queen. I have a WhatsApp community, so all the links are there.

We only have about 500 people, but it's growing. It's awesome. Yeah, I'm in it. So we have all of these different sub communities, whether you're single, weather you are looking for peptides or advice on your pet.

I love my WhatsApp community. And that's another way. Just like what you do in your podcast for me to have people just get access to the information. Absolutely.

Yeah. Dr. Lorne, it was a pleasure having you here on a healthy point of view podcast. Thank you. Oh, I'm honored. Awesome. Cheers. Here's. All right, guys, you heard Dr Lorin.

Remember, There's no ceiling here. You gotta be able to have the thoughts and live in today's presence, right? Your thoughts have such a huge impact on how your body heals and how the trajectory of your health is moving forward.

Guys, make sure that you follow Dr. Lauren. She shares tons of helpful information. Make sure you take this podcast, share it with your friends and family.

It can be just that one person that it truly helps out. Until then, we'll see you for the next one.