Introduction and Doctor Chang's Background

I am so excited about the person you're going to get to hear from right now. I've only known him about a year. I actually met him last year in March at a conference that he had flown in to speak at, and I was there too, and I had heard a little bit about him because he's got lots of fans that are people that I know that are friends.

But I was blown away when I saw him get up to speak because not only was he a conventional doctor, an MD and specializing in internal medicine, what he had done is he had also learned functional medicine and created a huge clinic in Houston and was helping a lot of people that were friends of mine.

They were going to him and and literally like amazing things were happening in their life. But I got a chance to experience that. I got a chance to see him speak, see him talk.

He also our guest, Doctor Chang Ron, M. D., was just voted and I just found this out, was just voted the top internal medicine doctor in all of Houston.

And it's interesting because it was voted on by other doctors, conventional doctors, which, you know, you have to be really amazing chain to get them to vote for you in light of the way that you practice medicine, which is Western, but also integrating some eastern practices, which we're going to talk about today, energy medicine and functional medicine.

So I'm so excited to have you here. He also has become, by the way, my go to M. D.. I love the fact that he's he's got education in, in traditional Western medicine.

So I know that he's a scientist. He's, he's gone down that road. But the real reason I call him is because he's got an open mind. And so if I've got a question on a supplement or if I've got a question for a family member of mine or anything happening for me health wise, this is my go to doctor.

So I'm really excited to introduce him to you. And so Chang, welcome to the Global Energy Healing Summit. Thank you so much for being with us. Thanks, Tom.

What a fabulous introduction. I'm very humbled by that. And, really well, thank you for having me. And we're going to have some fun today talking about some of my favorite topics, so I can't wait.

Awesome. And I asked you to I asked you to start with a little stat. I gave a little heads up. What's what's something that might even be a little bit shocking, but what's one reason why we should really pay attention to what you have to say today?

You know, in 2016, the British Medical Journal, published this article and it says that medical errors was the third leading cause of death in the United States. Wow.

So back in 2016, that was a shocker for me. Because I didn't really know what to make of it. And what I really found out of that experience in that journal is one of the propelling things that launched me into integrative health and functional medicine.

Yeah. So in case you missed that, medical errors are a huge cause of death. Things that people go in to see their doctors for and they get prescriptions end up killing them.

That's pretty crazy. And so we're going to listen to a doctor that was inspired by that and literally changed his practice so that he wasn't going to be part of that.

He was going to be part of truly healing people. What you're going to give us a lot of information around energy healing and and ways we can, things we can do to implement that in our lives.

What what's the hope at the end of this call? What's the big promise here? That at the end of this, at the end of this, I call it a call. But at the end of this little interview, what what are people going to be able to do?

How are they going to be able to think, what do you want to make different in their lives? You are going to be absolutely empowered by the end of this interview, because there's so many things around us that consist of energy, but we use different terms, but it's on a daily interaction with our friends or family, and there's so much control over your own health.

And I would love for people to know that. I love that control over your own health, everybody. That's what you need. So go back to your you had this traditional Western medicine, education, although you did grow up with a mom who's a very famous acupuncturist and treats lots of celebrities.

Medical Errors and the Case for Integrative Medicine

So you you had some of the background in the eastern philosophy, but you were going along practicing as an internal medicine doctor, going the traditional path.

You said you saw that statistic back in 2016. That was a huge risk, though, to make a change. You had a nice practice. You literally you did almost a 180.

Well, like, what gave you the courage to make that change? Well, you know, so my mom's very famous Chinese medicine doctor, acupuncture therapy, but my dad is just as famous.

He's an MD, PhD. He's, currently one of the deans of pharmacology, University of Houston. So I had science, throughout my whole life. And I've always tied together the Eastern and Western philosophies.

So it's normal for me. The problem is, you know, when I finished my residency, out of New York and New York, Presbyterian Queens, got into private practice.

It just wasn't as a rewarding. Right, because a lot of people would come in getting the prescriptions and whatnot, and in the system in the United States is not really designed to to create this communication.

Integrative mindset. So the risk that I took, was really understanding why was it that that statistic we talked about the very beginning, you know, medical errors was creating such huge effect on the on the country.

And so at that time, I, I was in I was doing outpatient medicine, primary care. I was also doing critical care medicine in the hospital, and I was a hospice and palliative care doctor.

And so sports medicine doctors, I saw people from when they're very young to their deathbed. And so that variety gave me, this, this, this massive appreciation for life.

Yeah. That people may think, well, what sports medicine have to do with intensive care, do with hospice medicine. Well, the energetics are identical, and we have to respect that.

And I learned that from my from my mother. And so thinking about how medical errors are really creating, a detriment in the country, I really have to dig deeper on, on on why that is.

Yeah, I love that, I love that. And so energy medicine, a lot of people think it's kind of out there, not people listening. Hopefully to this interview, because you came here for a reason, but many people think it's it's a little weird.

It's out there. It's airy fairy. You actually grounded in science. You, you because you're a scientist. I mean, first and foremost, you want to do things that work that will cause great effects.

Talk about the science of energy, medicine. So I want people to understand that, the word science, let's just kind of define what that is. Science is something that can be traditionally proven, in a concept that's usually very material.

Material and something that's tangible. Problem in America is that science has been deep rooted in the fundamental, algorithms to validate pharmaceutical drugs.

And we called a double blinded randomized control trial. You. And so the idea is, you know what would to change one variable and see how it affects other things over a period of time.

And we're going to validate, drug. That's not how our body works. And in fact, if you if you look at how medicine is practiced, most of the medications that we give for that one effect has a ton of side effects.

Right? So these pharmaceutical commercials at 8 p.m. at night time, they go on through all the beautiful scenery. You see all the side effects. The side effects is coming from one of the mechanisms of the medication.

That's huge downstream effects. And we list multiple side effects. But I call that the energetics of change. And all those side effects are basically little names that define energetics and change.

And so here's here's the real deal. And most doctors don't like to talk about this, but a majority of the medicines that the doctors prescribe do not prolong life.

Is this is that surprising. Okay. And so I'll give you some example. There's blood pressure medicine in different classes. Some classes do prolong life.

Most of them don't is cardiovascular medicine and some people prolong life but most of them don't.

Defining Energy Medicine Through Science

Right, right. And then there's diabetes medicines. Some prolong life, but most of them don't. And so the question is like why are these drugs made for these specific purposes.

Yeah. Just the way we the medicine defines success is a little messed up. And it has nothing to do with necessarily just prolonging life, but with some number that they're trying to hit.

Right. It's what's known as some of the great examples. Cholesterol medicines can get the numbers down but doesn't prolong life. Well not really. We don't know. It's people.

It can hurt them. And so understanding that, well, that's why medical errors can lead to high causes of death in the United States. But here's a here's here's how it defined energy medicine.

I think we have to have an overarching, overarching understand what energy medicines. Yeah. If you think about it, if you walk into a doctor's office and, someone slaps a blood pressure cuff on your arm, it squeezes it, and, the blood pressure is registering a very high number because you're either very scared or something like that.

And then the doctor say, well, your blood pressure is high. Let's test it again. Test it again. It's still high. Well, it's pushing on some medications.

And that's usually the end of the story for the next 90 days. So lots of seizures again. Right. Well, no one's really looking at well what is your blood pressure trend and all these different things.

What causes your blood pressure to trend up and down has to do with your daily interactions and the energy of it. Okay. Yeah. So let's say you're just waking up in the morning and, and you're going to breakfast, but you're in a hurry, so you have no time.

The blood pressure's creeping up, your heart rate's creeping up, your lungs are free from. Though the energetics of it came from an intention, the intention to get somewhere quickly and bypass something not that is supposed to slow you down.

And you don't want to do it, although that something is so important. Right. And so that's something is an intention. So part of the beginning of all energy is an intention.

So I have I said I intend to slow down, sit down, practice with my family on a daily basis. That's my ritual routine. And guess what? Your blood pressure is not going to be your heart.

It's not going to be, right. Yeah, those are going to be relatively balanced. So your brain waves are to be balance. So these are things that we can now measure.

And in fact at Texas Center for Lifestyle Medicine here in Houston, that's what we do. We put people local brainwave activity machines called Cdbg. And the device is called Brain View.

And we actually literally look at what their brain is doing for the next 24 months. Yeah. Into focus on something to calm down. And some people are so primed to skip over things that slow them down.

The brain is in the circuitry, and that circuitry is the energetics behind all this, right? Yeah. Brain circuitry can create blood pressure issues, the blood sugar issues, the thyroid issues, the adrenal issues and whatnot.

And these are all just different names that we have to describe phenomenon of energy with a huge downstream effects. So that's what I like to define as energy medicine first.

And then we can prove that this actually is the case. So Tom, this is something that, yeah, I like to tell people and they're always very surprised. So up until three months of age, an infant can synchronize the heart rate as well as brain frequencies with their mom.

It's like, yeah. So how do we describe that in conventional medicine? Well, we really can't. Something that happens, right? There's hundreds is right.

I can also tell you that, in animal models, you can actually transfer memory from one animal to another by giving the animal its own RNA. So what's the transpose over?

The other animal starts adapting behaviors of what the first animal learned. Okay. We called it mRNA translation. So what that means is that knowledge can be passed on.

That's the energetic setting. In in science we call this epigenetic expression. So there's genetics in your genes that you're born with. And then epigenetics means outside of genetics there's something affecting the gene expression that is learned that is exposed.

And that's what that's what energy really is. And so we take a look at that. Do you see. Okay. Well we recognize that exists. Well what are some what are some things in conventional medicine side that has already been FDA approved to treat people using energetic medicine?

The best example I can give you is TMS, which is transcranial magnetic stimulation, which has helped thousands, hundreds of thousands of people. You know, it's a person, through obsessive compulsive disorder.

Right. And it's usually it's magnets affecting one particular area in the brain. That's the energetics of it. Right? I can tell you that three years ago, there's, there's someone who looked at corpses of people who have little bundles of connective tissue under points.

And these points correlated for some points, correlate with acupuncture points they found 5000 years ago. And they find these are connected along these highways, which acupuncture is called meridians.

So these physical bundles, we can actually see what's called an extracellular matrix. Okay. So you have so many things that are deep rooted in, in evidence that we can see and we're correlating to, to, to the energetics of medicine.

So I think that we're in a field that's widely acceptable. We're also in the field that people can change the energetics with evidence. And that's what's really exciting.

I love that, and I love the example that you started off with two about blood pressure, because how many people around the world have gone in, they're already a little nervous to be in the physician's office.

Their blood pressure is up, right? They the doctor tells them, calm down, but they're still in the office. And now they just heard, my blood pressure is up, so it's still up.

And then immediately the fix is take this pill. And also, which is a very, weak way to try and fix an energetic problem is you describe blood pressure is there's times during the day when everybody's blood pressure is a little bit up, like when you're exercising your blood pressure is going to go up, but it comes back down.

And so now somebody not only is told to take a pill, but they're told by an authority figure. You've got high blood pressure. So now they adopt that energetically and probably recreate it every time they come back in.

And, and the mechanism that's being treated is, is not it's treating the symptom, not the cause. I love the fact that you've identified that, because I know a lot of people listening to this, probably, have struggled with that or cholesterol or different things.

They've been told that they don't have any control over, you know, take this pill. It's the only hope. The thing that scares me is when I watch these, you know, watching a sporting event on TV and then, you know, drug commercial after drug commercial and, you know, it makes it look like, hey, this is pretty cool.

And then as you said, they do the side effects. Oh my God, you listen to some of these side effects. It's like, who would take that for. Like who? It's just crazy. So love the examples.

And I love how you really have kind of talked about two there's a science to energy, just like I mean even these pills are impacting your energy at the end of the day.

But but in a way where they're probably weakening you because it's dealing at a top level. What what is the, what's the most important thing you've learned?

And since you've switched over to functional medicine, what's the most important thing you've learned about people's mindsets and and how they can be influenced to help causes shift in energy.

The placebo is the most powerful weapon against is. Yeah. I thought you were going to say that. Yeah. So talk about the placebo and the nocebo effect a little bit.

I'll tell you what. You know, I'll break it down. It's really simple. You know, in in pharmaceutical studies, we know that if someone believes that this is a real there is an effect on it.

So the study that was done in 2017 looked at, thousands of people with osteoarthritis, which is basically bone and bone arthritis, feelings of the knee.

And then they're all diagnosed with it. They all have imaging that suggests that there's there's severe arthritis. But they looked at pills compared to placebo and the placebo had a massive effect on people improving pain like massive effect.

Yeah. Still bone on bone arthritis. So as it turns out, as it turns out, not only are they having less pain, they actually have less inflammation.

Placebo, Epigenetics, and Gene Expression

So there's other studies looking at, and how that there's less local inflammation, which means inflammation in that

area where there's pain. If they believe that this pill was placebo, it's something that's good for them.

And there's nothing in the pill that that was going to cause that increases their belief about the pill. But there's a lot in the pill that there's energy in that pill.

There's that pill only has energy because the people who took that pill gave it energy. Nice. Yeah. Great way to explain that. Yeah, I love that. And so, you know, you know, Doctor Joe Dispenza came up with this book or you are the placebo.

And it's fabulous understanding of how much control you have over the things that are around you. The problem, Tom, right now is that the placebo effect is heavily influenced by digital media.

Okay. So let's go back to the blood pressure example. Right. So the doctor say you got this high blood pressure a put you on a medicine. So someone goes and looks up online that there's, this this medication has all these severe side effects that, like, I don't want to take.

It is already negative energy towards that thing, that pill. Yeah, yeah. They need to take it by their family or by whoever it is. And they take it and they're almost guaranteed to have that side effect.

They already know the writing on the wall, right? That's right. And then there's resentment against the family, against the doctor. And then the energy just goes kaput.

Right? Yeah. Of course your blood position remain high because you just got pissed off even though you're taking the medication. Yeah, yeah. And so that's how powerful the placebo is.

You know, there's studies looking at, people with cancer treatment with placebo. So, there's people who get the placebo, and this group of people have less rates of progressing cancer.

Yeah, because the person gave the energy to the placebo, and you take it and there's, there's there's a reason it's going on. But from a pharmaceutical research, they just call it the placebo effect.

And I'm like, that's awesome. You know, to me, little effect. Because it's just such a powerful thing. And so pharmaceutical companies says, you know, this, this pill didn't outperform placebo.

So this therefore this pills is not effective. And so I'm looking at it like, man, like I want to talk to the placebo group and see what the right. And so that's that's the true energy that's behind it is the intention I intend for this pill.

Nothing in it or I don't know, there's nothing in it. And yeah, well for me it's happens energetically. We call it epigenetic change. Yeah. Epigenetics also the genetic.

And something changes your gene expression that allows for downstream things to happen. So that's the opposite of a side effect. It's really good effect. Yeah.

And so even when somebody says you know I've got this cancer gene that's supposed to cause cancer, I've got the heart disease gene. You're saying if you buy into that.

Yeah. What were you you made it. You have the gene, right? You have the gene that's identified with that in the past. You buy into it, then it will tend to to come to fruition.

But if you go, hey, I got the gene, but I'm healthy, I'm strong, and you practice a lot of things that you would teach them to do. Epigenetics can cause that gene not to express itself in the way that maybe it did in your ancestors, or your neighbor, or whoever else.

So. So I'm gonna give you a really good example of this, and it's become really clear. So there's this gene, and it used to be called a god gene, because if you have this gene, you live longer up for the Alzheimer's gene.

You call it the able protein E4. Okay, I have one. And that's the same thing. The God gene in the Alzheimer's. The same thing. Yes. Oh wow. So this example was employed, right.

So the reason was kind of God's unique because they see this emerge about 10,000 years ago in Homo sapiens. And this said, this gene allows me, the walking man or woman, to to mount more of an inflammatory response.

And at that time, you know, I was barefoot. I'm walking on dung. You know, I'm getting here's the mosquitoes. That inflammation was beneficial for me.

Fast forward right now we're in 2021. Well all this inflammation can be detrimental. So you get over inflammation. And now it's called the Alzheimer's gene because you have two copies of the gene.

You have over 90% chance of developing Alzheimer's disease. You know before the age of 75. And so okay so we know that's the case, but we also know that there's epigenetics meaning sex.

Similarly that affects this gene. Lo and behold, if we for gene and cardiology is also called a fat metabolism gene. Yes it is. It affects inflammation affects fat metabolism all these different things.

And so different specialties. Look at this in sort of a different view. So for me I was like great we know that you have this genome side. But that's okay because we can try to optimize everything around it, which is the energetics or the essence of of it.

Yeah. And you can not only, shut off some of the components that causes you to develop bad things from the gene. But you can you can and these are all modifiable risk that people don't understand.

Yeah. Yeah. That makes total sense. Yeah. So so hey we you're talking about you know this is so great. You know when you discovered it you're like, wow, this is so cool.

Why is it not adopted throughout all the doctors that are practicing? Why why is it still such a tough sell to to most of the doctors that people that are watching this interview are going to.

Well, Tom, it's actually not a tough sell. Most doctors know about stuff like this, but, you know, a walk through what medical training really is, right?

So, you know, you learn your stuff and then you have your internship, which uses the first year of residency where it's get thrown in and do a bunch of studies trying to survive.

And then you go through residency and then maybe you do a fellowship, the entire sequence, entire, you know, line by line sequence. There's there's curated rules around each step of training.

And these rules are guidelines. There's guidelines that are there that are put forth, by different bodies of either the government or specialty groups.

And these guidelines are what doctors are supposed to adhere by. If you don't hereby, that means you're going outside the standard of practice and you have liability like legal liability.

So that's pretty scary. Yeah. Oh it's, it's, it was meant to protect. Yeah. Yeah. Reality. You have to look at who's making the plans because the guidelines before 1980 for those people who had heart attacks, they were given drugs that slow their heart rate down so the heart doesn't overwork.

And then, lo and behold, the next year they reversed the guidelines because people were dying more than they were surviving on that on the heart is right, you know, speed it up now.

Yeah, it's called I. V. beta blockers. Right. So for me, as a young doc learning the history of that, I was like, wow, this is like standard practice before 1980 to do this now, like, no, you don't want to do that.

You want to leave the patient alone. We learn from mistakes. But why was this so rooted in the standard of practice before then? It's because there's guidelines that are made and guidelines have different levels of evidence.

A lot of those level evidence, which is expert opinion, you have to look at who the experts are, right? Yeah. That's not what we're taught to do a lot.

School was like, hey, these are the guidelines. So there's nothing wrong with the guidelines, right? Most for the most part, the guidelines are actually pretty good.

But there's different parts of the guidelines that tend to be ignored. For example, the cholesterol guidelines and the new guidelines says you should have three months of a lifestyle modification prior to prescribing this drug.

How many doctors do you think wait that three months is the very first step? Yeah. Wow. Not many right? No. And people bypass it because we're not taught in school to deal with people for that first.

Like what do we do. So the first thing was I can prescribe a drug. You know, I get really antsy. It's like, yeah. And so in integrative medicine, and especially in functional medicine, we looked at okay, well there's different functionalities with looking.

We'll look at diagnose stop this. We're not trained in it. You know officially we're formally trained in it. And so that 90 days is a golden period. And that golden period established some really good energetics.

Yeah. What is some poor system? What's going on at home? You know, are you are you, are you on intoxicating agents like alcohol?

Why Functional Medicine Works in Practice

Are you happy addicts to behaviors like cigaret smoking, whatever it is. And so these are just barely touched on. But there's there's a lot of mind body medicine that really needs to be practiced for that to be balanced. Right?

It's a lot of times I tag my mom in my mom's acupuncture. An herbal specialist. Yeah. Listen, you know, this person has a lot of, like, sugar addictions.

Like, what can we do from that side? So I see a lot of successes come from my mom's clinic and come back to work with them. And that's how we integrate everything together.

But there's a energetics to it right now. What's your point going into a bundle of something called the solar matrix in this tissue place will release a lot of different things throughout the body, and we can actually see that, and then and then seeing that, okay, now you're more balanced energetically.

Let's come over here and let's talk about the rest. So what are we looking at from conventional medicine. So markers that we're looking at and that's where health care is supposed to go I think we're we're heading in the right direction.

I love it. So and you started off with the example of the blood pressure. You look at people differently. You don't look at just a number on a gauge. You look at that as a, as a, as a being that's got energy that something's being excited in them right now or they are hurrying too much.

I think you said you also just mentioned something about the energetics of the environment that they're in, like, you know, what's going on at their home.

How important is that the environment and what's going on at home, what's going on at work? Does that explain how that plays into people's energy in their health?

Absolutely. So whenever someone comes into the office and me and my entire team, I mean, the first question are

Miles is Julie, who what is your goal?

What do you want? And after we list out what you want to choose, like what are some things that are inhibiting you from getting to your goal? Yeah, it sounds that a ten is something that home with something in the family, something at work.

And so we know that there's barriers in which you the patient perceived to have and most of it's root in the home. That's what we that's what we want to talk about first and say, hey, what can I do as a doctor. What my health is.

What can I do? Is it help us to help you overcome this barrier, to help you, empower you? Do the things that are necessary to get you to the next step.

So revealing that is part of what we like to call motivational interviewing, which is it's easier to practice in every, every business except medicine.

I feel like is part of that. Is in the very short time, understand what people are going through instead of assuming that, hey, you're coming in and I can't prescribe you medicine, I'm sorry.

You know, what's the current state of care in the United States? Right. So that what's going on, is the foundation. If I know that you don't have a support structure, you don't have the finances to do it.

Like, why would I even talk about your diet? Why would I even talk about prescribing information if you can't afford it? Makes no sense. Right. And so let's talk about okay, before I prescribe a drug like, are you okay.

Let's go on home. You know, from 2017, August, we had heard of Hurricane Harvey in Houston. Flooded half the city of my house. Now, when people were coming in the week after that, like, we're not talking about drugs.

We're not talking about diet, changing the money stuff. We're talking about what are your energetics like? What's around you right now? And half the people are are displaced.

They're living with other people on the second floor, and the first floor is flooded and the trying to remediate that. Right? Yeah. So energy and that and speaking about energy will create trust in that.

Trust will generate even more positive energy. And that's where we see people start to improve. That's where we see this miracle start to happen. I'll tell you that, you know, ever since I started Texas Center for Lifestyle Medicine 2017, which is six weeks before hurricane RV, wow.

I have seen more success stories in these short years, and I have in the whole career, and it's just very bizarre to me, how I didn't know how to do this or was taught how to do this.

And so that's what what are some of the examples of success stories, like, what are some of the conditions that since you started the new clinic, you've been able to have way more success than you would have in your old practice just practicing conventional medicine?

Number one, it's probably dementia. Like that's like about the cavalry, right? We're experiencing the early onset Alzheimer's. In reality, there's environmental things that are going on.

And, Tom, you might be surprised notice a lot of elderly, sick dementia so they can be left alone because they're so depressed. Okay. It's a mental evaluation.

They will actually test positive on the neuroscientists. They're faking it. Okay. And then I'm going to say they're faking it. They actually don't know they're faking it. Tom. Yeah.

And it's because they don't want to be left alone. Well, they're they're either have a chronic or serious right is chronic if they're frail and they don't want to deal and be reminded daily of frailty, and it's not retreat conversations.

Right. You hey, you can potentially do X, Y and Z. All of a sudden they light up what they come out with, with, with words that are families never heard before.

And another thing is that some people even are some severe memory loss. Well, a lot of times they're stuck. They're stuck in the memory. Where is the last memory that they were happy in?

And that last memory was, I don't know, World War Two? Well, you know, my patients at that time, none of us kids were born yet. So he's not going to remember the names of his kids.

Yeah, Laura. But what we did is when we went with the energy, like, okay, now let's go back with you into World War Two. What do you see around these days?

And they work my health coaches and we're able to target things that made him happy. And then and back to the present times like, hey, no, that's Robert, that's your kid right there.

That's your son. You know, all of a sudden they have like, oh yeah, of course it is, right? Is what the brain is stuck in the energetic of a past life.

And we got to that point was some level of collective traumatic experience stored up over time. And so whenever we did this, we did this without using medicine or anything crazy.

These supplements at the very beginning was the conversation that conversations happened to energy, that they never had a connection before. So that's my most powerful example.

And now, you know, I'm that's asking before you go to another one that I that just to reinforce that Alzheimer's is really stuck energy. Yes. So it's stuck energy with the physiologic, cascade of different.

Okay. Yeah. Okay. Interesting. Yeah. So a couple other things that you've had great success with. Yeah. The other things is autoimmune diseases in medicine.

You know, in medical school and residency. We just talk, you know, it just comes and slap in the face and you get diagnosed with it. And here's some drugs, you know.

Yeah. You know consensus even among rheumatologists. But you know, but but in reality, autoimmune disease is just tells you that you're kind of going at the speed of life that's not compatible with your success.

And so and I'll tell you what that means. So, really cool example. And I'll never forget this. I had this person and I'm not gonna use any names here without privacy.

This person had five children. Task for children. And, two of them, are top level of their athletic ability. And gymnastics, the very top level. And then the other three are entitled. No.

And different martial arts. And her life consists of waking you up to your kids, to these practices, coming home. And so she spent those 16 hours a day outside the home and the whole thing.

And she's a nutritionist. You say, I'm doing these shakes, I'm doing these green smoothies and stuff like that. It's like all of a sudden she skin these eczema issues and like lupus flares and all that stuff like that.

And I'm like. And then she did, with another practitioner. She did some tests looking at food intolerances. She was allergic to like 144 different things.

And I'm not that was actually 144. So that's actually and so and and she and she's like, you know I have eliminated myself to these six foods that I can eat.

Okay. And I just don't remember coach life. Man six foods you can eat. Right. And I'm like I'm like, listen, like, you

know, you're only know you're allergic 144 different things because someone look for 200, you know.

Well, it for six, it'll be two maybe. But the, the the more serious note is like, don't change anything in your diet. I just want to slow down. So she, she was doing she was eating, smoothies.

Slowing Down, Stress, and Healing the Body

She had a blender in her center console in her Honda Odyssey and just doing it right away and driving. Yeah. But what happens is when you do that, your brain is a butterfly.

It's like, UV rays. It's our brains and butterflies just drive. Innovation is going down in traffic, and it's like trying to drink a smoothie when a tiger is chasing after you.

If I recognize that. So there's less stomach acid produced. There's less blood flow to the gut. Most of the floor in the shoulders right here. So. And then so when the food comes in, there's not enough stomach acid that just the food.

And then you system comes and say, hey this is not digested. So I'm gonna try to digest it with other different things like bacteria and the other parts of the immune response.

And it causes acid reflux and it causes autoimmune, disorders of the esophagus. And it causes all these different bad things, the bacterial overgrowth and the gut bloating, which she ate all that stuff.

Yeah. Right. But I'm like, you know what? I don't want you to change anything. And she was very upset at me at the very beginning. So medications or, fix me.

Come on, fix me. I don't change anything. Yeah. I was like, so we got her family. I was like, all I want you all to do is just support your mom. I'm not allowed to eat in the van just to slow down for two weeks.

So in about six weeks for bloating out better. And we redid her food allergy and food intolerance panel from 144 to 4 days. Wow. Like, now you have, 140 things that you can like what happened here?

Yeah. Look down. And that's the energetics of it. The food was not ingested intentionally. Therefore it was creating these immune flares and the body's reacting to it.

Okay. Wow. Okay. I see that so often now that we stopped testing for food and sensitivities, until they can prove to me that they actually slow down because all we do is waste, right?

All right. So that's what are your top 2 or 3 tips on slowing down? This sounds like a big deal that pretty much all of us need to figure out. And in the life that we're living, you're talking about, you know, taking the kids only had to, but I remember it being super hectic with all the athletic events and different things they're doing, and, and it's kind of thrilling when you're in it. Right?

Because you're moving and then you don't realize what it's doing to you. How do we slow down in today's day and time? What are your top 2 or 3 tips on that?

My, my my best tip is stop the screen time after dark. It's okay. Phones the social medias. Because we know that blue light stimulates the wakefulness areas of the brain.

I can actually see that on the brain map that we do here. You know, that's that's by far the hardest for a lot of people to do. Yeah, yeah. And also, speak your intentions very loud and clear with your loved ones.

Okay. You know, instead of saying, hey, honey, pass me the salt. You know, I would like this to be safe. Them a little better. Do you think? You know salt would be a good addition? Right?

And so there's different wording that you can say, with the people that are around you, just just try to just tell people

what you're and the end result you're trying to achieve is and then by but by people understanding where you're trying to go empowers other people to, to, to give their own energy to you.

And a lot of energy healers, actually. Yeah, they use that energy for themselves. They try to transfer it to people so you can see the brainwaves. This sickness so low alpha stage, which is nice and calm, relaxing.

And then when someone comes in and is sitting next to them, the brain's also all of a sudden go to this low alpha phase, right? Couples who are really close to each other in relationship.

When you put when you put them on a sheet, you seen the same, same patterns. They have identical sleep patterns too. They go into stage once together, stage to sleep, say three, six, four REM sleep together.

These are all things that we see in conventional science that we don't know why happens, but it's the energetics of it. And so, if you look at what you just said, because I want to make sure, again, people catch this rather than just pass the salt or you get the salt, but people don't really understand what you're really asking, saying, I would, I like, you know, seasoning are you said it better than I did, you know, you know, could this could could I get that?

How could I season this or could you help me season this or. And now people know the next time. Hey, would you like some salt on that? Or they're going to season it before they even servant to you.

And so a lot of people are keeping their true, intentions or what they want bottled up, which is probably stressful too, because and then they're fighting the tide because no one really knows what it is.

And that person's not serving you in the way that you would like. You're probably not serving them in the way they would like because they're not expressing it.

So what a great idea. What a what a such a simple and yet elegant tool you just shared with us. That was awesome. I love that your blood pressure will come down.

Yeah, seriously, because you're not bottling it up, right? That's perfect. And so another example, Tom, is that those people who are actually diabetic, sometimes when there was very little items, they took a deep breath in and out and check your blood sugar.

In a couple minutes, they come by, they come down by 15, 20 points. There's a right breathing by the energy. Yeah, absolutely. Yeah. That's awesome. So, how can energy medicine and all this great stuff you're saying it can heal and I didn't even.

I know there's probably a ton more you can tell us, because I know you use it in helping people to, work through cancer. And all sorts of things that that you're getting great results in your clinic with.

How can how can it be combined with traditional medicine? Because there's some things in traditional Western medicine, like if you need surgery for, compound fracture, right, you'll want to go in and you want to do the, the conventional Western medicine way of, of healing that wound, putting a rod in it, all those things, probably, penicillin and things like that.

When, when there's, really bad infection potentially. Or maybe I'm wrong on that, but there's some really good things that we want the critical care medicine, those type things.

How can it be combined though? What's your vision for the future for this? It's really my vision for the current because that's exactly what we do here.

Okay. There for lifestyle medicine, you know, when I know you're doing it. But we need more people to do it, right? Absolutely. There's a simple answer to this.

You know, we have great energy with each other. We have great energy with other doctors. And I do think that's

why, you know, I got to go to top doc in Houston for 2021 is because I work with the surgeons, I work with anesthesiologists, and we work.

There's a lot of communication happening on the back end. That transfer information in the back end already supports the energetics of a patient's right.

The outcome is going to be better when they go somewhere. They're going to be heard more. And so and so. What's not happening in conventional medicine is that there's not enough time allocated to speaking.

Now. There's already not enough time allocated speaking to patients also not enough on the holidays, speaking with the family members and the other doctors, it becomes a very difficult place.

But there's changes, especially in 2021 with the new, insurance guidelines are set forth by the center for Medicare and Medicaid Services to allow communications to happen.

Unfortunately, not a whole lot of doctors know about it, but in the next five years, the way that we we practice medicine will change. And now there's using technology telemedicine, right.

There's using phone calls and and digital visits and secure messaging. So these are all things that are finally recognized by, insurance providers. So that can be a standard of care, you know, across America.

And that's where we're going next five years. I love it, I love it. Hey, at the very beginning, you gave us that that that scary, thought that the doctors, well-meaning doctors, are prescribing things to people that actually are killing them.

And you said you wanted us to take control of our health. You've given us some great ideas on how to do that. And one of the ones that just resonates with me big time is slowing it down a little bit.

Combining Conventional Care with Energy Healing

You know, not getting sped up by the life and thinking you've got no control over the pace you go. We all have control or just not exercised at that one thing you told us, you know, turning your screen off after dark again is going to be a struggle for some people watching this.

But if you do that and that is, yes, good for me too. Yeah, it's not good for you. But when they do start to do that and even if it's not, maybe, you know, right after dark, but they, they were keeping it on till 10 p.m.

and now they start, you know, turning it off at 8 p.m.. That's a huge change. Huge change, I love it. Any final any final thoughts on on, what you would like to leave the audience with?

And, and then, at the end, I'm going to ask you to also, tell, tell people how they can get in touch with you, because I know a lot of people are going to want to reach out to you and, and potentially even go to your clinic.

But any final thoughts before we get to that? Yes. The the big takeaway, as I said at the very beginning, is I want people to be empowered for the fact that they actually have control of their own right.

And and it's not just a health issue or an illness issue. It's a life issue. And so too long have doctors been trying to separate between life and health and illness.

Right now, the three different categories. But truly, it's not because they're all powered by energy. My biggest takeaway for people is that, the the best and the quickest way, you can heal is to relieve yourself of guilt and open yourself up to those that are around you.

By far the best way. Why relieve yourself of guilt? Why is that so important? Because guilt can create such a downward spiral for people that they get stuck in it and it becomes automatic.

And by working on that part of yourself and allowing people to come in, you stop that downward spiral, the energetics, which is blossom and day after day you can start the healing process and it just goes on.

And it's fabulous to see when our patients go through, I love it. And how do you heal? How do you heal yourself of guilt? Is that forgiving yourself or what? What do you recommend?

Man, that's another three hour talks. Okay. But, the easiest, the easiest way is to write right down and be honest with yourself. What are you guilty and the things around it?

Well, what causes it and what triggers it? And, like just doing that alone. Cry and tear up. Look at the pain. Right? And by you crying, the energetics comes out.

And then you deal with the emotion and it creates support structures that are not don't, don't work for other people to support you create your own support structures that are around you.

And that's how. And letting and crying is actually letting that, that, that energy move through. You get it flowing. And I mean, I used to think, how can I cry about something?

And I used to hold everything and you got to be strong and and then, you know, letting letting things move through you is so freeing and so amazing. What a great gift you've given us.

So how do people get in touch with you if they want to reach out? And I, I know that a lot of people will what's what's something that, or how can they get in touch with you and find out more information about you through multiple ways?

I'm all over social media. Okay. Yeah. I just look for my name. Shame on you, Angie. Are you an MD on Instagram, Facebook and Twitter? Our clinic website, is, Texas Life Med, so life Med Dawg stands for Texas Center for Lifestyle Medicine.

Yeah. Use the inquiry on there. And, come check us out here in Houston, Texas, we literally see people from all over the world from next door. We're here to Saudi Arabia, so.

Wow. It's. Yeah, it's more of a smaller place with telemedicine. Yeah. No. Absolutely. Well, I can't give any higher recommendation to a doctor than I would give for you.

You are. You're a gift to the world. You really have inspired so many people, including me, and helped so many people, helped my my, my, my, my children, my son.

You helped out, my wife, whose mom was suffering, or suffering as dementia. You've been a huge help for her. And so I just feel so blessed to know you.

I'm so glad that you and I were at that conference last year, and I got to know you. And we've had so many interactions throughout the year, and I know you're going to be a friend of mine the rest of my life.

So thank you so much for being part of our Energy Healing Summit. I encourage everybody to reach out, connect with Chang, and really find out more about his work.

He's a wonderful guide and he can help you become healthy. It takes some work. It's not just taking a pill, but the kind of things that he can share with you and what this whole summit is about are going to build the type of you that will stay healthy.

And if something does happen, you'll know how to heal it much quicker than the average person. And so thank you again for being part of this. Chang, and can't wait to talk to you on our next conversation.

Absolutely. Thanks for having me, I appreciate it. Take good care now. Bye bye. Thank you so much. Right.