Sick With No Trauma? This Is For You Transcript

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Introduction to trauma and healing

I feel like everybody needs this work, even if you don't feel you have any trauma at all. If you feel your life is perfect, you still probably need the work because even everybody has trauma.

Everybody has a subconscious that we have suppressed and we've never learned how to deal with ourselves, our subconscious, and how we really act in life.

We were never taught these things. So it is very important for all of us, I fell like, to be doing the mental, emotional, body, somatic work. I feel like trauma is probably the number one thing of why people get sick.

And anyway, autoimmune, cancer, I mean, all the things. I think that my personal opinion is just they attract it because of their vibration that isn't in alignment with the divine.

When you're in an alignment, with purpose, your power, God-sourced universe, nothing can penetrate that. You won't get If you're overwhelmed with chronic health symptoms and still don't have answers, you are not alone.

I'm Dr. Javan and on redefining wellness with Dr Javin, we'll be exploring root causes like Lyme disease, mold and parasites, and I'll guide you with simple and practical steps towards real healing.

Welcome back to another episode of redefining wellness podcast. I'm your host Dr. J. Ben Moore and today I am with Elizabeth Carson and she has done everything.

She's done more than a hundred different treatments. she turned her entire life back around in a way that none of you would even believe unless you've already listened to her talk before.

i'm going to let her tell that story. Elizabeth, thank you for joining us today. Thank you so much for having me. Yes, my life definitely has been a little crazy in a nutshell.

I guess I'll give you guys like the real quick nutshell version. Let's see, I was abandoned at birth by my birth mother and adopted. And it brought me back into the memory of that birth and I was able to see that my mother never looked at me.

I Was like taken right away. She never you know held me and it was kind of just monitored for the first three months of my life So I think that that's what?

Lended to the anger to like the energy of not feeling like I belonged and you at a very young age and then you Know I got adopted when I three-months-old by amazing family, but just they were like opposite of who I am and nothing in common.

And unfortunately, you know, abuse started happening pretty, pretty young. Not due to my family, but, baby sitters, et cetera. So it was like, at a very, very young age, I started just kind of internalizing life, not being safe, and the people that were supposed to keep me safe not.

And so I was just really angry, always trying to feel a different way. So by the age of 11, Iwas drinking by age 12. I think I smoking sage thinking it was weed.

Elizabeth Carson's early life and struggles

And by 14, I moved out of my parents' house and I learned how to sell drugs because there was some guys a couple doors down. I was living with my high school sweetheart and his father who was a drug addict.

so there was no oversight and I'm 14 years old at this time and so these guys a couple doors down teach me the game and i'm like awesome now i have an entire high school that i can serve right so i was getting people fake ids i Was selling weed i, was just i.

Was the plug basically in high, school and And obviously, lots of fights, just lots a trauma. I mean, by the time I was like 12, 13, I partying with college kids, it was just all bad.

And, you know, of course, when you're in the wrong place at the right time, bad things are gonna happen. So, trauma just kept compiling in my life at that age, and then by that lovely age of 18, had this massive, amazing dream of becoming a stripper, so I did.

And I was a dancer for a little while there and that's where the drugs got kind of bad for me. It was like, I got into the heavier stuff, cocaine, Adderall, ecstasy, anything to get myself out of myself so I could perform and do the things that I doing.

Super, it was very, a very very toxic time in my life. But then I started modeling and I ended up moving to LA. And in LA, was becoming like a popular model.

I was on, you know, front covers of magazines and in movies and TV shows. So from the outside looking in, I had made it. I mean, was this popular girl from Detroit that blew up by the name of Asia Rain.

And I wasn't all of these popular things. But at the same time, toxicity trying to get out of the way I was feeling with drugs, alcohol, partying. And so it was like a parallel life that I living for a couple years then.

I never put down the streets. It was always hustling in the street, still doing illegal things. By the time I in my early 20s, that caught up to me and I ended up getting in trouble and serving time in jail.

When I got out, I was with my boyfriend at the time and we both got locked up together. So when I got out, I go out before him and then he got because, you know, we got lock up on a Friday.

I'm thinking we're going to bond out on Monday. On Wednesday, the following week, We finally get arranged and the judge puts a $250,000 cash only bond on both of us.

And I think we are not getting out. This is bad, right? Like really bad. We were a flight risk because we weren't in the city where we were from. So that added to it.

And the whole situation was crazy. Anyways, I get out and then he gets out probably a month later. When he get's out, we find out that he is indicted by the federal government for marijuana.

And I was like, oh my God, we can't go back to jail. We got to go on the run. So we went on The Run and on THE RUN, I remember this night I got pregnant and I knew I Was pregnant like I Knew something in me was just like you're pregnant.

And so, you know a couple months down the line. I take the test I'm pregnant And when I figure out I'm pregnant, I am like, look, we have to put this life away.

We can't be doing this anymore. This is like we, you know, have another life to be responsible for. So long story short, the feds ended up giving him a couple years, but time with his son before he had to turn himself in.

Now, we drive up to this federal prison out of state, and I remember this day like it was yesterday, because it's the day that I completely woke up. I was walking into this prison, looking at my son's dad, carrying our son on his hip, our three-month-old, And we're walking in to the prison.

We open the door, doors bang behind us. There's one of those security things, like a metal detector, We go through the metal detectors, were on the other side, Looking at this big giant room, there's a door in the corner.

and I see the door open, and it's a cop coming out with clanking with handcuffs. And the doors slams behind him. This is all going in slow motion, mind you, at this point.

I'm like, looking at him, I am looking him looking our kid, like I cannot believe this is happening. So, he looks at our kids, gives him a kiss on his forehead, hands our son to me, And I like holding my son, watching my sons dad stick out his wrists, and I'm watching the cop cuff him and take him away as I am holding my three-month-old.

And I was like, yo, what has my life become? If I continue to walk this life, I will end up in prison, dead on the streets. It's going to be bad and my son will grow up with no mother.

So that is the moment that I completely shifted. When I 19, was introduced to neurofeedback. through a friend of a friends of mine. And so that was like a glimmer of hope for me.

Not that I used that in a healthy way back in the day because I was using that modality to basically go do a bunch of drugs in Hollywood and then come back, get my brain right so I could function properly just to go to more drugs.

So the space that it gave me at the time at 19, it was, like, oh my God, I fixed my life for a couple of weeks there. But if you don't change your environment, then you are going to go directly back into the same old patterns that you've always been in because your brain, the new neural pathways that it's created, are pruning away.

And so now you're just back to, you know, who you used to be. So when I was pregnant and I had my son at 26, I'm like, there is things out there that can help me, provide me some space, help my brain help, my emotions.

That's really when i dove into work. And so for the past almost decade and a half, I mean, i've experienced over a hundred different holistic modalities diving into the research.

I became a chef, a real estate agent, despite a felony record, by the way. And anything is possible when you don't have limiting beliefs. So I was able to get my license.

I became the president of a mental health facility that was really popular. And then I know a lot of people know me from my previous job, which was I came into the COO and co-owner of worldwide media brands that I helped scale from six to eight figures in three years and three to 11 million followers in four.

So then, you know, last year was this big, huge divorce, very public, and very embarrassing. For the past year, I've rebuilt everything since. What I noticed, a pattern in my life, was that I was hiding behind different people to try to push and boost their businesses.

And every person that boosted I ended up falling out with me and taking everything. Like, everything, like I never worked, right? So after this last collapse last year, I decided I'm not and no longer going to be hiding behind anyone else anymore.

I am going step in front and I going show the world, you know, what I made of, my story, how you can go through all of the bad things, but yet turn it all the way around and become whoever you wanna be.

20 years ago, if you would have told me that I would be speaking internationally on multiple stages around the world, teaching thousands of people, hundreds of thousands, even millions of People how to heal and deal with their trauma.

I Would have never believed you, you know, but like going through this journey, I just know that anything is possible. So what I do is I Just basically use my lived experience and teach through that because you Know what's better than than lived experienced, right?

So that's a nutshell. Wow, what a story. What a comeback to where you are today. But I talk to people about trauma every single day. Trauma is absolutely something that can just knock somebody down, drag them out, put them in a health crisis, cause them to do things that they might have thought was crazy even before it.

I've got whether it be military childhood trauma or something else. where I'll work with these individuals. And that can be a huge reason why they have histamine reactions, autoimmune diseases, all of those sorts of things going on in their body because their bodies get so stressed out from this trauma that's sitting on them, even if it's not conscious.

So it can completely subconscious. I always put my hand behind my head like you don't even know what's there. You said neurofeedback is a tool I absolutely love to refer people to have to go do.

Let's just do this. If you had to give me a list of tools that you're like, yes, out of a hundred different things, 120 different, whatever number you've done, these tools are awesome.

Do those. And then what are the ones that are just like nothing? I'd have got nothing out. Yes, okay, so I love this. I actually, doc, I created like a four-step method through all of these modalities and things that I've worked with because I found that you have to work with your body in a certain way to have it stick.

So the four steps, it's regulate the nervous system, then it is rewrite the root story, right?

Turning point and beginning the healing journey

So it getting to the roots. Number three is rewrite the subconscious. So you're getting into your subconscious to start to rewire that. And then number four is embody.

How is your new identity stepping forth into this third dimensional reality? How are you embodying that, right? I always kind of slip in modalities with those four steps because without doing it in that order, I feel like it's not going to stick.

Because I've tried so many different pieces, different things, but what I have noticed through all the healing You know, this whole healing journey that I've been on is that you really have to settle your nervous system down first, you know.

And there's simple things you can do with that, like havening. I mean, that's super simple, super easy. You just take your arms, cross your body, and stroke down.

Regulate the nervous systems, stimulate the vagus nerve, You can play with your ears. So there are several different things that You could do to regulate the Nervous system.

Then moving to, getting to the root is like, once your Nerve system is calm, then you're not in protective mode and you can kind of get into the subconscious, whereas like you said, the patterns, you don't even know they're there.

So you have to calm all the way down, let go of all of the stories, right? And then get in to the place, like the root of what it is. and in that really regulated place will kind of open up doors to things that you might, you know, have been unseen before.

Different types of hypnotism, because the hypnotist can get you into that subconscious state where you can speak, like, what is in your subconscious without you even consciously being there.

So, hypnotists, I like to go seven Ys deep. I forgot what book I got that from. I think it was Five Whys, but I go to seven, seven whys deep. So ask yourself, why do I feel like this?

And then ask again, Why? and then asked again why? So once you get down to the fifth, sixth, seventh why, you're really getting into like the root story there.

Then rewrite the subconscious or rewire the sub-conscious. This is like, the most popular step and this is, a lot of people, I don't think really talk too much about it.

But thanks to rewire the subconscious that I found is EFT emotional freedom technique is incredibly powerful. I've like rewired so many like trauma stories.

So what Eft does is it really like lowers the emotional charge in a story that you have so you Like, there's no charge to that story anymore. Like I just talked about my entire story.

I ran through it with a smile on my face because I've done so much work about removing that emotional charge out of my body. So EFT, emotional freedom technique, tapping is incredible for that.

Trauma release exercise, TRE, by Dr. David Brescelli is also very popular and really, really awesome because It releases tension and trauma out of your physical body without you actually having to consciously go there.

Sometimes it does connect and you will go. But sometimes that energy and that trauma is locked so deep in your body that it's so hard to get to. And that ball of energy is causing physical ailments.

As you said, it can lead to so many different diseases. So, you know, trauma release exercise kind of releases that energy out so you can kind start from, naked again, without all of these energy blocks.

Getting into your subconscious, I would say any way that you're able to drop your brainwave state from beta into alpha to theta, which is the realm of your subconcious, um, You can start doing subconscious work there too.

So with entrainment music, and you, can do flotation therapy, Which is also good for your body. And flotation is sensory deprivation, which our brains and our bodies never really get a chance to shut down and be quiet.

So flottation kind of provides that which kind pushes your brain and drops your Brainwave state into that subconscious realm alpha theta. Any of those things you can kind start to rework in your subconscious and then I would say embody I mean, embodying is basically take the energy of the person that you see yourself as, like the optimized perfect person.

So when I lost everything last year in my divorce, I didn't have connections. I don't know how I was going to be a speaker. but I believed it so deeply that I embodied the energy of who I am today back then, even though I didn't have anything.

So I was walking around like a powerful international CEO that runs all this business. You know, I taking the of energy who wanted to be and embodying that today and I held it there.

I would put alarms on my phone every three hours, like an alarm goes off, are you still that person? Just to remind myself, if I ever like fall off that energy, just to reroute back into the energy of who I want to be.

How would that person smell? How will that that talk? Who would the person talk to? What meetings would this person take? You know, what morning routine would they have?

Evening routine? So really just embodiment is taking All of that and interacting as that now today. So four step method I would say like if you do that any of those things in that row I promise you your life will change So those were some really amazing modalities that i've done and the method is is like the best and I think I've taught this all over the world and i'm gotten really Amazing results of people that are like, oh wow, I can actually like feel calm enough to get into the scary story that I never was able to Get into before.

So that four step method is like is the way now modalities that didn't work for me. There are probably so many I would say like I I did this liver gallbladder flush.

And I didn't use the right type of magnesium to do that and I almost died.

The four-step healing method

So that was really awful. Oh, so bad. I was so dehydrated. It was literally I'm definitely killing myself right now. Oops. so yeah, I mean I would say be really careful with detoxes like any type Of that stuff, especially if you're not getting it from like a doctor, you know I am saying like you were just getting from the internet.

Just be careful. You can actually really hurt yourself Yeah, you got to do those things right. You got do them at the right pace. The mindset, the mental aspect that you're talking about is exactly what it takes because here's the thing that I talk about all the time with people is I tell people that their nervous system, which is what we're taking about a little bit, their identity subconsciously and consciously is or is not the reason why they're going to overcome chronic illness.

So I work with people that are chronically all the time and the thing that people don't typically acknowledge, they go, okay, look, I have Lyme disease.

I've parasites. I have some kind of infection, toxin or otherwise. That is what is making me sick. And I'm like, true. But also if you've had that for 10 years, you don' think you have an identity in that.

You don"t think that the wiring in your own brain has not gotten used to anxiety, to depression, and you've driven ruts right through your brain, which there's some active activity connections to be anxious, because I've had people that overcame all of the infection.

All the toxin, their energy levels are there. Their brain fog is gone. They're body pain is going on. There, there asthma, they're anxieties. The only thing that's left, that anxiety.

their skin stuff is done. the anxiety stays. And I'm like, it's because your brain has gotten used to it. So now it is stuck there and then guess what comes back?

All their symptoms come back because it suppresses their immune system and let's the organisms come. It stops you from detoxing. All that is amazing. But then if you haven't done the brain part and you go and try to do the detox part, and your body's worried about running from the bear of trauma that's happened in your life, And now you're trying to deal with your liver and gut, it's like, no, we can't do that.

We're not thinking about that, then you are way more sensitive. So for all those histamine, mast cell, hormonal people out there, get your mind right, or at least be working on your MIND while you're working in your detox.

It's not necessarily one or the other because they will both fail individually in many cases. Do them together. Yes. Yeah. For sure. And also like emotions and memory lives in the body.

So like for a while, you know, the first probably five, six years of my journey, I was focusing only on the mind and I still stuck. And I'm like, what is going on?

Like I feel these massive triggers. Like, still I'd feel this massive reactions. What is it going? Only until I started doing the body stuff, somatic work, was I able to align it all.

You know? It was like my mind knew, but I couldn't control myself because my body was going crazy. So it's like… You know, important to do mind, body, somatic stuff.

That's why I talk a lot about like, you know trauma release and things that really address the body. Craniosacral, I had massive emotional releases during craniosacre, so.

We'll see people get chiropractic adjustments, get acupuncture, getting craniosacral, but it's not. So everybody listening is probably just like, well, that didn't work for me.

Like you said, it is a method. It's an order for the person. That's important because if you do it out of order, doesn't matter. You can go get somebody to do a massage on your body.

They hit every square inch of your by nothing happens. But if. little limbic somatic work, and then somebody goes in and does a couple trigger points or acupuncture points associated with the trauma.

And then you're just weeping, hysterically bawling for no reason. Then all of a sudden you come out and you are like, oh my gosh. So as you've gone through this year, obviously you have such an incredible story.

And you have a method that you've built out of it, but make this relatable to let's call it the more average person. Cause not everybody's been through everything you been.

What gives them a sign, a connection like, Hey, I should probably start doing these tools. Is there like a hypervigilance body posture or mindset or something you say like Hey if you are start thinking about these.

Yeah, I would say, like, if you feel stuck, you know, a lot of the people that I talk to, they feel very stuck. They just don't know what they want. And they just feel like everything is very flat.

Like, They're going to a job that they hate, but they're afraid to quit because they don' know. Right? So it's like that unease, that place of uneas. That is complete out of alignment.

You are just out alignment with God, Source, Universe, whatever you want to call it. and you're out-of-alignment with your purpose. because everybody that does not wake up with massive passion in the morning to go attack the day, you are somewhat low-levely depressed or anxious or upset about your life.

Because I literally wake and I'm like, yes, how am I gonna attack this day today? What am gonna accomplish? It's like I don't really have that drag out of my bed.

So that's another really big sign. If you feel draggy or like you wake, and you're like here we go again today, that is a huge sign that you are out of alignment.

And just to be honest, doc, I feel like everybody needs this work. Even if you don't feel you have any trauma at all. If you feel your life is perfect.

You still probably need the work because even everybody has trauma. Everybody. And everybody has a subconscious that we have suppressed and we've never learned how to deal with ourselves, our subconscious, and how we really act in life.

We were never taught these things. So it is very important for all of us, I feel like, to be doing the mental, emotional, body, somatic work. Because I, in my personal opinion, I feel like trauma is probably the number one thing of why people get sick.

And anyway, autoimmune, cancer, all the things. I think that my PERSONAL opinion is just they attract it because of their vibration that isn't in alignment with the divine.

When you're in alignement with purpose, with your power, God-sourced universe, nothing can penetrate that. You won't get sick. You wont have autoimmune disease.

I mean, people have had miraculous healings. Why is that? I think it's because you raise your body's frequency so high that sickness cannot live there anymore.

So, just my personal opinion. Well, I mean, just looking at it from the perspective of what I see in a day to day when people run their labs, when they do their urine tests, their blood tests their hair tests and then just the outcomes.

I call this work physical therapy for the brain. Sometimes people get, you know, You got the group of people that love the woo. You've got a group people who don't love.

The woo woo I'm just like, look, for me, let's just break it down. This is physical. For your brain and how you

respond to the world, because every single one of us has been through stuff we don' like.

Whether that's being made fun in school, being abused, stressed out too much, getting broken up with, we've all been through something, which can be just like an injury to a shoulder.

You have to then reteach yourself how to properly move. And if you're not doing that, then you just stay stuck. If you stay stock, it's wear and tear on your body.

Well, wear an tear in your shoulder if move hitting properly because you got poor posture or your lower back gets injured because your pick something up off the ground wrong.

That's something we can all think about. Yeah, like I know somebody that picked something up wrong throughout their back. Yep. They went to physical therapy.

What do they do? They taught them to bend their knees and they did some exercises on their backs, core strength. Yes, same thing for your brain. But what is this going to look like?

Well, if your Brain isn't firing properly, Well then what can happen is you send a signal that instead of it being when I don't know somebody says something wrong to you somebody swerves at you in traffic or but the case that more of us have is we had an experience when we were younger that told us that when somebody isn't pleased with us, that it's the end of the world.

So then we become a people pleaser because that sends a stress signal. It tells us to be afraid or something happened when were are younger where we didn't have control, so then we started taking control of everything and making it work out better.

So we call ourselves a perfectionist. These are personality types that are triggered by something that happened when we were a child. We probably don't even remember to be honest.

It might have happened we're three or four. Dad or mom did something. You didn' like it. Then you started trying to control the situation that led to this people-pleasing.

What didn't work and why order matters

You can call it the older daughter syndrome, whatever you want to call for each of these different types of personalities that we all enjoy swiping on an Instagram.

But what really happens is when the personality type sees a problem, instead of that going, who cares if the house is a little dirty when family's coming over?

Or, you know what, my brother, sister, best friend, they're a bit unhappy with me, but I stood up for myself, I put a boundary out there, so I'm not a people pleaser, right?

If you can't do that for yourself, it spikes cortisol, a stress hormone. A little cortisol actually is good for you. It goes up when you work out, it gives you a little bit more strength, you're able to go.

Cortisol stacked on top of cortisol, stacked in top a cortisol. What does this do? Well, this makes your brain swim in cortisol which depletes you of dopamine receptors.

When you don't have dopamine receptor you start losing motivation. You can end up with depression. you can also end an addict because you are looking for dopamine.

So what spikes dopamine? Alcohol, drugs, unfortunately scrolling through your phone. So you start becoming more of the addict without the motivation. And so, so the situation is it's not, do you have something that's happened to you?

Do it. It's has your body been stressed out and cause cortisol spikes? It has. And it's not, do we have some sort of device that destroys our brain receptors that puts us out of high functioning?

You do. So then, like you said, everybody should be doing this. And when you have those high cortisol spikes all the time, cortisol up for a moment, increased immune function.

cortisol up for a long period of time, suppressed immune system. Autoimmune is not an overactive immune. It's a suppressed system that's reacting improperly.

So that is where autoimmunity comes from. A suppressed immunity system disallows normal function for fighting cancer. That's where some of the cancer comes from.

So you start actually looking at the scientific literature of what the brain is doing. And now you're like, crap, everybody should be doing this. No different than everybody.

Should go to the gym and everybody, should fast every once in a while. There are just standards that are required for proper optimal physiological function and what I call brain physical therapy and will you call your four step method.

That is what it is. Yeah, I love how you just broke that down in such a scientific way. I was saying that exactly. That was good. Yes, so true. And you know, like I think a lot of, you, know children like addicts, addict, i think it's all due to trauma as a child because you're getting wired in those moments.

So if you are being depleted of love, let's say of like that comforting, nurturing love. then like your receptors are going to really want that. And so those people end up tending to go towards opioids and like heroin and stuff.

Then the other people that, you know, have other childhood experiences go for the uppers for, the dopamine hits. So it's like, I don't know. I really feel like a lot of, addicts, it is just childhood trauma.

If we were able, what do you think about Ibogaine? Because that completely resets your receptor. Like I, don t know why, Let me speak to both things you just said there.

You said that kids going through trauma end up being a higher likelihood for an addict. And I actually was interviewing a PhD specialist in dopamine, and I was just intrigued with this topic.

So I thinking, well, let's look at the Navy SEAL mindset, like the David Goggins mindset.

Brain, trauma, and chronic illness

Hard things make you have more dopamine response. Therefore, you actually build up your brain in your motivation centers. So then wouldn't having trauma as a child, especially if you survive it, make you stronger?

And she was like, no. And I go, well, wait a minute. She goes, because when you're a kid, it's not necessarily that you are wanting these things to happen.

They're happening to you, which increased cortisol. Cortisol over time breaks down dopamine receptors. So your highest threshold people are the ones that have very little intrinsic stress, but then put themselves into stress like a Navy SEAL, they chose to do that, right?

Like they choose to go and join, and they choice to push themselves. Like you and I, we choose wake up every day and work hard and do those things, even if we don't want to, that builds the receptor, whereas childhood trauma depletes the receptors.

A depleted receptor then gravitates toward things that will elevate dopamine on its own, artificially, meaning scrolling drugs, alcohol, bad relationships, because dopamine goes up and down and someone love-bombs you,

then takes away and then does it again.

So that's the addictive process and that is where the ruts get cut into your brain, right? So when I say a rut, take a piece of paper, it's completely flat and I'm going to grab a billiard off of my table and we're going go like this.

So this is your completely sheet of flat paper. The rut is, okay well, If I fold it in half and that's your brain of doing a behavior, that rut becomes easy and it's hard not to do the rut.

So if we're consistently doing the rot, then the way to get out of that is lots and lots of brain work, which means that you have to put in months and months of effort of limbic somatic vagal nerve exercises or You go and find somebody to do something such as Ibogaine, psilocybin, MDMA, ayahuasca, which then smooths that over for you a little bit easier.

Now, you still have habits and those habits are still problematic. So you still have to change the people you're around and the stuff in your environment, but it makes it easier because it starts to smooth it so you can choose to make a different choice.

So yes, those things can be incredible at changing. Ketamine became so popular. All of these tools can to be highly effective. But you have the change, the behavior around it, because what I see is people like, I'm going to go from a Hiawaska weekend.

We're good to. No, you just smoothed it. Now, just don't go make the habit again. So also do the at-home work. Again, physical therapy. There's passive, which is I put some electrodes on your body, I make you move.

And then there's active, Which is, I put you on a machine and you have to do The exercises yourself with your muscle, which is the active. Passive, people with Ibogaine, active can be more of that limbic somatic vagal nerve training.

Gotcha. Yeah, I support psychedelics and psychedelic work. I just I always talk about the integration because I know a guy he's like brags about doing ayahuasca like 90 times.

And I'm like, dude, it obviously is not working for you. You know, try something else. It's about integration. That's not about experience. What about you?

You take back from the experience that you learned and input into your daily life. So there's a lot of abuse in psychedelcs, I agree. I think that a lot of these tools are the easy thing, right?

So in medicine or within my clinic, we have a medical team that prescribes for us and does the diagnosing. The chiropractor, I do the health coaching piece, the lifestyle piece.

So I go and do research and bring it back to the team and say, okay, how are we going to implement this together? And what I'm seeing in the biohacking world, actually joke, like I am the anti-biohacker.

Because I go out and I look at all this stuff and i'm like, oh my gosh, like take a statin drug to lower your cholesterol. Okay. Well, take niacin to lowering cholesterol, it's safer, but it is the same concept.

Why is your Cholesterol elevated? Well because you're living in mold. You have a liver problem. The brain is same kind of thing. If you have problem with dopamine receptors, you keep getting depressed, But you refuse to give up your phone and scroll at night.

And you refused to stop drinking alcohol. Refused to start doing drugs. If you have to do a high OASC every month to make yourself not an addict, you're just using it no different than you are using a medication like an SSRI.

So we need to take responsibility for our physiology and do something about it. Yeah, yeah, absolutely, and, you know, it is work. Like, a lot of people are like, well, y'know, its not working for me.

It's not easy, when I lost everything last year and I didn't have any husband, I don't any life, any money, friends, because they all left me, It was like oh my god, but I did know what to do.

I knew that Hebbian law says neurons that fire together, wire together. So I know if I would have let myself think negatively and put myself in victim mentality, that I was going to wire like that.

And it was just going be a negative Nancy. I literally, knowing the body, allowed myself to feel the emotions only for a moment. Then I cut the pattern, like ran outside and I sat in the sun.

Or I'd blast music and start dancing around. Because the minute you start changing the movements of your body you started to fell better. A lot of people are depressed because they won't get out of bed.

Get out a bed, start to move, go take a walk outside. You know, you'll feel a little bit better. So I knew these things and like, it was really hard work.

It was not easy to get outta bed when I lost everything. Ya know? It wasn't that easy. it's one of the hardest things I've ever had to do. But guess what?

I did it every day. so now I'm here because I wired for gratitude and power instead of wiring for, oh it his fault and it her fault, and screw them. Like, I wasn't going to wire myself like that.

I wired for power. And so you really can do this, but it's work. It's hard work, and you have to consistently do it on repeat to be able to make that your automatic, you know?

So, yeah, it works. Well, as we're kind of closing in on the end of this, I think people will get a lot out of the fact that, you just overcame so much.

Psychedelics, integration, and responsibility

You've done the work on mind and clients every single day that come into me, they're happy to just take another supplement. They're to get another lab test.

The hardest thing for me to do is say, hey, look, those things are necessary, but you also have to buy into the brain work. So to make things as simple as possible, because you've done a hundred different modalities, you got the four step method, where would the single step be?

Like do this now listening to this, like start immediately, click this link, go here, do tell people and it's free. Go ground, go outside. It's simple, you don't have to get a technology for it.

You literally just go out and connect your bare skin with the earth's surface because those negative ions that are covering it, our bodies need to function properly.

So when you're able to ground you can literally feel your stress being sucked out of your body. and everybody that I've told about grounding. I mean, I did gymnastics for like 15 years, so I used to wake up in massive amounts of pain every single day, like my back was jacked up.

But I started to ground and I got grounding sheets, and have a grounding pad on my laptop. Ever since I start it, my pain in my body has gone away. And if you have pain your body and you're able to eliminate that, then you open yourself up, your bodies energy and your mind for so much more capacity to create.

So, you know, anybody that can get out of pain, just, grounding is amazing. And it brought me out pain. So I would tell people to do that. I like free and easy and natural.

How do you feel when you go to the beach and you're standing in the sand with the ocean in your feet? That's grounding. That is the negative ions leaving.

It's so normal that people say I feel better at the ocean and they don't really think of why because you're reconnecting.

Grounding and closing resources

Now, it's not the same to go to my backyard here in Missouri and stick my feet in the mud after a big rainstorm. As far as like the the sound of water, but the electrical connection to the earth is still there and we all avoid it so much so easily.

I mean, I know when sometimes when the hammer drops and I'm working and i've got clients and trying to get so many things put together that I just don't get outside nearly enough and I can just feel myself wearing down.

So grounding is an amazing tool. Elizabeth, I really appreciate this conversation. Anything mindset, neuro, nervous system is just so much fun to talk about.

How do people actually get more about you to understand the force of methods so they can jump into that? Yes, yes. So people can find me on elizabethunlimited.com, Elizabeth underscore unlimited on Instagram.

And I'm also, you know, I've just launched my nonprofit, the unlimited life foundation incorporated, and that is going to be helping with prison reform and recidivism.

so that's like the next avenue I am jumping into. That's incredible. Thank you for joining me today.