Feeling Stuck and Burned Out

You don't feel like you reach rock bottom, but you kind of know that you're like, man, this is I can't keep doing this. I keep waking up feeling like this every day.

It's got to be something out there. This is just killing me. Just pisses you off. Yeah. Obviously, you have a lot of emotions that come with that because you don' t feel a man anymore.

And you' re like man this isn't I don t like it at all. this has to change. Maybe then you start blaming other things because maybe it's my girlfriend.

maybe my work. it can' be me because I used to kick ass every And you're like, it can't be me anymore, can it? Am I the problem? No, I can be the problems.

Welcome to the Deeper Healing Podcast. I'm your host, Danielle Howley. This is for everyone who's been dismissed, misdiagnosed or told to just live with it and refuse to accept that answer.

You're going to hear amazing patient recovery stories, raw and real in their own words, people who found answers after everything had failed them. You're gonna hear from medical experts we trust that are pioneering new approaches to healing the body because we deeply know we're designed to heal.

Let's dig in. Hi everybody. Really excited to introduce everyone to Stark. Stark is, it's just a cool name. Just love that. Stark has a cold guy too. I think he worked for the governor.

Is that right? Did I get that?

Podcast Introduction and Guest Setup

He's got a high profile job and he's a, I would like to say you're a hyper performer and you are in your prime. And when did, so he had some issues. Thank you for being willing to share them.

and a great recovery story. So we wanted to share this with you. And this is for all the men out there who are not getting help. Okay. We want you listening to this one.

All right. Start telling me how this began and what you tried that didn't work and how you finally came to find deeper healing. That's a long answer and long road in itself.

It started about the been self-employed basically my whole life as a consultant in logistics and things like that. So private aviation, maritime industry, trucking as well, moving things in any planes, trains, automobiles, that kind of stuff.

And after the pandemic. I just started experiencing a ton of brain fog. I couldn't seem to reach to go back to my potential that I had previously. So you get a bout of depression, anxiety because you feel like maybe you're not good enough anymore.

What happened? What did I do wrong? You start beating yourself up and it just becomes one big negative feedback loop and negative thought loop. and you just sort of live in that headspace for a long time.

It's not a fun place to live either. They, it's a dark place. You've tried everything from supplements, probably spent 10 to 20 thousand dollars on all sorts of supplements.

Everything from you know, any sort of junk we see on Instagram or TikTok or any of that kind of stuff, you just like,

oh, I've got that, that should work.

Perfect, let's order the $40 fix. Let's try that. Everybody does it. You become that desperate to feel better. I know. Try anything. Somebody on TikTok said it worked.

That's right, yeah.

Brain Fog After the Pandemic

A bunch of people in China couldn't be wrong, right? Right, exactly. And then, it went down a little bit of a spiritual hole there for a bit. Tried a couple of the different outlets that, not ayahuasca, but I did combo because it's supposed to help clear some of bad stuff out of your system.

And a lot of people that I knew that were doing it, it was really helping them with cancer. And so I was like, you know what, if it's going to help that it should, it ought to be able to brain fog.

Uh, It did. It was a temporary thing, like a lot of treatments. You know, You gotta keep doing it, which is understandable. That's just how the world works.

He got to maintain. And, uh, just it was still an uphill battle and it went on for five years and I reached out to you guys in July and, um, I'm on the road about 150 days a year.

So. I had reached out to you guys in July. I'd had our initial consultation and conversation about how I felt. And I disappeared for another six months, like I always do.

Have to go to somewhere and just can't talk to anybody. Finally reemerged you guys had sent an email about ExoMind and it just happened to be one of those quirk moments actually looked at my emails and like looked thoroughly and I clicked on it and was like, okay, but you know what?

Maybe it's time to sort of reach back out. Let's you and the way Exomind was described Felt like it was a lot of the symptoms that I was going through on a regular basis So I had to jump on the opportunity to become a part of a family Yeah, well, it's with what I love about ExoMind is it works very quickly, you know, and and like you said, a lot of people want a quick fix and it is hard.

It's hard to, especially when you're a big high performing job and you are traveling a like, like are, You know you like okay now I got to deal with my health and I do see a lotta guys out there They're like, I'm going to punt that till later.

They end up dragging themselves in here when they're broken or when their wife's girlfriend is like I've had enough. You need to do something and they'll get them in there.

I love that you were taking the initiative on your own. So you said to me, you felt like it was affecting you personally and professionally. Like you're, like this is hitting every button in my life.

Across the board, it was, you know, my relationship with my girlfriend, with mother, nothing about being on the road, A, having some sort of mental, whatever it could be, instability or whatever could it be affecting up here is certainly going to be exacerbated by never being home, sleeping in a different hotel every two or three nights, all around the country, different time zones.

It is not a healthy way to, to B. So I was finally just, uh, came home one day and my girlfriend looked at me and she goes, you got to do something about this.

And I said, I've said what every man said. Nah, that's not what we do. We just take and you bury it down. I don't want to know. Don't talk about it. It just goes down here.

That's how we live. I see it all the time. And I love that you're talking about that. Another guy on the podcast here named Chip, he did a really great job.

Also, same thing, like same exact story. Like, I was just like, what am I even doing with my life? And he's like I should be in my prime and I am like on a struggle bus and encouraging other men like there's a lot that can be done.

Trying Supplements and Alternative Treatments

So let's hear how you are right now. You come in July, you let a gap come, then you're like, wait, I got to do this brain treatment. I'm coming in for exomein.

So what I love is, and you probably did blood panels too. You were probably looking into like what's going on. A lot, gotta say that out loud, a lot of people just by even fixing their deficiencies, the doctors here always say, People take a lot of crap supplements, but they also take supplements they don't need and they take them for too long.

They never know, like, was that helping me? I don' know. He always says, supplement you need is the one that you're deficient in, you know? And you needed to get till you were at a nice level and then you don"t need to keep doing it, that's the idea.

It's a tough metric to follow. Like you said, medicine cabinet full of 80 different things and you're like, what's that helping? I don't know. Why would I go do blood work and find out what the core problem is?

This is America. Just give me something and let's go. Let's keep rolling. Give me the magic pill. Yeah. Okay. So in some ways, that's so mine, I want to, don' t want say it is a magic help, but the nice thing about it, is, a lot of things that I've seen, they're, like you know, especially when my husband was sick and we were doing the supplement diet route.

Doctors would say things like, well, you might feel better in 18 months. You know, and here we are spending a lot of money. It's like two years in and he's worse than ever.

And you start really losing hope. What I like about ExoMind, so let's talk about the treatments themselves. They're 24 minutes. You're passive, you're literally laying on a very comfortable chair in a comfortable room and you can do them every Monday, Wednesday, Friday.

People who travel to deeper healing do the Monday Wednesday Friday two weeks in row and that is a full six course. So I don't know how did you do it because you live here.

Did you them kind of close together or? I came in initially, did the blood work first and foremost. And that same day we did my first session, knocked out another four sessions pretty quickly.

Again, traveling. So I fell off the wagon, so to speak, briefly. Then Hannah was blowing me up saying, hey, you got another one in the pocket. You better come use it.

Just got back in, I think just last week to finish my sixth and final session. Man, let me tell you what, it was after the first or the second or third session And I could already tell that my reaction to things was completely changed.

And you and I had discussed that previously was of course, you're going to be not happy about traffic or sitting in traffic, but as opposed to having knee jerk reactions, like he used to, to being like, Oh, this guy just cut me off.

I'm going let him know just how I feel today. Cause today ain't the day to mess with me. Yeah. Now it's just court like whatever.

Finding ExoMind and Starting Treatment

Whatever you're like you feel like your you've had an entire mental shift like 100% and my girlfriend's notice anybody who I Talked to from work colleagues on a regular basis have been like I think you and I discussed that also My CEO of our company was like, you good.

I was yeah, I'm doing really good actually. He's like Alright, just wanted to check on you. It's a little different today. Aren't you? Oh, he noticed like they're performing at a higher level your mind well That's what I love about ExoMine too, is it's rerouting your brain.

So if your is kind of like, I don't know, call it gray, you know it literally rerouting that prefrontal cortex. It's affecting you in a lot of ways, not just you may have come in with depression or you might have just been like brain fogged or whatever, but actually it is really good for people who are high performers, who really want their brain at a high level.

And I always say, you just think about the health of your brain. We don't think that a lot. It's funny, I would say modern medicine treats everything like it's a box of gears.

Here's your eye, here's you ear, your skin, brain, heart. But that's not actually how things work. They actually are all working together. So when someone has a lots of inflammation, the brain's inflamed too.

your reactions, people are like, I feel like I have all this anger or I'm not reacting normally. And then when it starts reversing, the people around them are the first ones to be like whoa.

Okay, that's amazing. You did not have a hot-headed moment or, you know, or I think you told me a great story which you had a car accident. Oh yeah, yeah just recently had car accidents.

My mother's got early dementia so she's not allowed to drive and I was getting her groceries and her lunch and everything and It's trying to pull out into folly road traffic, which is always a disaster and I've gotten a little, a minor fender bender.

But instead of being like, you don't know how to drive. You're the problem. I literally hopped out and was like are you good? And she was. Yeah, I'm good.

And I was, all right, well, let's get out of the road so we can get on with our lives. That's amazing. So it's definitely been, like I said, A lot of knee jerk reaction.

The brain fog has definitely lifted a bunch and that was one of the biggest things was trying to go through a day-to-day routine which before the pandemic or ran a helicopter company used to deliver boats, used work with private airplane companies and booking charters and things like that and was always on top of it and then to have all that sort of stripped from you and being able to not function at that level It's a big form of depression and anxiety.

You're like, I wonder if I'll ever get back there. Like, is this it? Like is, this what I got to do now? I know. And there's so many people, i have talked to so, many, people they're, like yeah i mean my doctor was like this is just getting older.

And I'm like, Oh, I hate when they do that. That is ridiculous. The general, the general pool of, yeah, you're just older already. It's like not out to pasture yet.

What the heck? I know, and so many people, even my own grandmothers, they aged really well, their minds were really sharp, you know, I don't see that as much anymore.

Early Results and Mental Shift

I see a lot of memory care, people all in memory, care. People all like, at 50, like even my age 50 you, know like I can't think of the word and you're like a hamburger?

Like, yeah, hamburger. It's like simple words, not SAT words. I just think we've gotten accustomed to a slow slump. Oh yeah, 100%. And it's just not, we don't have to accept that.

And I do think it is related to high toxin levels and that's why a lot of people don' know how to address it. I say it all the time, I'd pay a million bucks to go into one of these memory care facilities and test the toxins levels of the people.

You'll see like, where are they? Where are their metals? where their chemical levels? And how much could they get back in quality of life by addressing it?

100% It's amazing. Well, you have an amazing story. ExoMind is a really powerful, it's a amazing technology. We've been doing BrainAlign in here for years, and we still do Brain Align for some people.

It is very different technology, but what's nice about Exomind, is you can feel a change in two weeks. You can change it in just a few short weeks, I always feel like, When people are coming to deeper healing because everything's new, like rejuvenates, what is it?

What is that? We do everything differently. We're all about oxygen and light and healing the body and doing things that are sustainable and long lasting.

So when people come in, they're like, it's very new. They're always a little skeptical until they have a win. They're like, oh, I slept the night last night.

Oh my God, my brain fog is lifting. My energy's coming back. And all of a sudden it's like they're believing in the whole system and what we're doing.

Then they were like hey, what did you say about diet? What did say you about the air filtration? All of the sudden they are kind of interested in everything.

That's what's amazing about not only seeing your success, but being willing to share it. everything a deeper healing has been word of mouth. Now, how did you find us to start with?

Literally had been researching, you know, here's my issues. Here's, my long list of issues and you start doing like everybody does. I'm on WebMD now, I am a doctor apparently and I know exactly what's wrong with me.

Oh, just get some vitamin D. That should clear it right up. Right, right. and did a lot of deep dives on some of the different brain techniques and things like that and finally stumbled upon you guys after kind of looking up some brain mapping clinics and then you popped up when I was looking for some sort of brain stimulation.

something that was kind of going to reactivate parts of my brain. And that's when I initially reached out. Like I said, I've had such a great career. I can't even imagine people going through what I have gone through because there are outlets, but it's so frustrating and you don't know where to start when you're in that dark hole.

It's a hard hole to crawl out of. and I worked with the SEALs, and used to build armored vehicles for the military, been in private aviation, done a lot of things.

And I'm very proud of what I've done and what, what who I have done it for.

Career, Toxins, and Brain Health

But at the end of the day, like you still, everybody needs to know that there are options out there for them. You just have to want to take that step because I never felt better now.

This is a whole new, a hole new outlook on life coming back and being like, Oh, my brain starting to like process things the way it used to. And every day I get up and I am not like.

When you do this, you're like, I don't know if today's gonna be a good day. You know? I know. I want to mention something just because you mentioned your career.

Some of the most toxic careers are the veterans, not just the mass vaccination, but also the exposures, the burn pits in the Middle East, just so many of things that they're exposed to.

Not only just living on the bases, their deployments. Hanging outside of a helicopter and you got exhaust fumes in your face and all sorts of good stuff.

Literally. Yeah, literally. And the other one is pilots. People don't think of pilots and flight attendants as being a high toxin load. There's a whole new big article right now about the radiation, but also lots of heavy metals are in the altitude that they're in.

So when someone's just flying, like I'm flying once in a while, they're not getting that regular, like, you know, recycled air at that high altitude. There's a lot going on in there, not to mention the germicides and the chemicals that are being used over and over again in a small, confined environment.

So there's what we see a lotta guys in here that're veterans, firefighters, Pilots who do the rejuvenase detox and feel really really different just from that, you know Just from getting the toxin levels down and that's on my list.

I haven't done that yet, but that next on My list that coming back for brain align to coming for everything Rejuvinase it's funny that um a lot what I like about your story is you didn't do both even though I know most people do A lot of people do both at the same time because they're trying to, you know, they are like, oh, I'm driving and I am going to do this and then I will do that.

But it's nice to see I got this full reaction just from doing ExoMind. What Rejuvenase is amazing at is pulling down your toxin levels to make it be sustainable.

We're looking for, we can fix your brain, but if you don't deal with the underlying inflammation, then you're missing a big part of the equation. In a year from now, you'll be like, oh, feeling kind of punky again.

You know what I mean? We are looking at everything to last. We want it to laugh. And that's kind the goal with everything that we're doing in here. We don't want you stuck taking drugs or supplements forever.

We want to be your own amazing healthy self. And we believe the body is perfectly designed to heal itself. After I saw that ExoMind email come through and it had literally been like six months and I was, I thought and was like, nope, we gotta, gotta come in hot now.

Let's do this. Like this has got to be done. I can't do any more doing trucking and all these different logistics. And it's, like I gotta be on my game this year.

throw down the credit card. I was like, whatever you guys need to do. Let's just go. Just do it. Think about all the things you saved by just getting it where you need it to be.

Not to even mention, no one even talks about work performance. We had a guy in here, he was literally at the point, I'm not even able to write an email.

My brain is just done. He was, like I think I have to get out of my business. And he finally, he turned it all around and he is like slaying it at work.

You know? So like, what's that worth? You can't even put a number on that. I've been there before when I'd been on site for something or wherever they send me and you're like man, today's just not my day.

What's going on? Something's kind of not clicking up here today. Now, you have bad days and good days, but I can tell you what, man it's been a complete turnaround for me.

Everyone that comes into contact with me that I do on a regular basis from clients, colleagues, my girlfriend.

Rejuvenase, Recovery, and Closing Thoughts

They've all noticed a difference and it's been really nice just to feel that confidence come back. Because when you get in that dark hole, you start really doubting yourself and your abilities.

And you're like, man, I was coordinating helicopters for a whole thing down in Florida. Like what happened? Like I had no problem doing that five, six years ago.

What happened to me? And, yeah, You know, it's funny, people talk about the downward spiral all the time. And you know when you're in it, you are just like, oh man, I'm not good.

But no one talks about that word spiral. I see the upward spiral, all of the times. Yeah. When I say people come in really nervous, and then I am like you, your going to be fine.

You just got to relax into it. Especially the people that travel in. Usually by the Wednesday, they are here a couple of days in a row. They are like.

you see them relaxing into and they're like oh yeah, these guys got me. On the good hands. You don't have to be your own case manager. I mean, that's what I say all the time.

Even when I was doing it for Marty, I'm like, ''I'm not a freaking doctor.'' I am trying to figure it out. What supplement? What do we need? Just like you were talking about, everybody does it.

Everybody's got cabinets full of stuff that promises the world, doesn't deliver, and you just end up feeling like I don' even know where to turn. That is the purpose of this podcast.

This podcast's purpose is to literally let Stark and Sally and John and whoever else, when they have a story and they a success, and this is, because there's a million Starks out there.

That's what's crazy. There's a million starts out there. I'm definitely not the only guy going through this, trust me. And I can't even imagine, like I said, being, you don't feel like you reach rock bottom, but you kind of know that you're like, man, this is, I, can keep doing this.

How can you keep waking up feeling like this every day? It's gotta be something out. This is just killing me, it just pisses you off. Yeah. Obviously you have a lot of emotions that come with that.

Cause you. Feel like a man anymore. And you're like, man, this isn't, I don't like this at all. This has to change. Maybe then you start blaming other things.

Cause you were like maybe it's my girlfriend, maybe its my work. It can't be me cause I used to kick ass every day at this. And your like it can be any more, can it?

Am I the problem? No, it cant be the problems. Well, you are amazing. Good job, good on you. You got the benefit and you actually helping people. So we are very grateful that you willing to share your story.

Grateful for you guys. Wouldn't have been here without you Well, thank you. And I'm going to keep coming back. I will continue to come back and keep breathing.

Get your butt in there and do the rejuvenase. It's amazing. Hannah tells me that every time she's like, are you going do that today? I mean, I can assure you it's addictive.

The oxygen alone, but the whole process itself. I've had numerous people who were like I did not understand that re-juvinase was the key to the door that I didn't know was closed.

because it just, you're dealing with everything on a cellular level with your juveniles. So it's really. And I will be back to do that, trust me. Okay.

I'm hooked for life. All right. Whenever I need to come back, I'll just call the front desk and make those girls laugh and be like I am all in the way, like just buckle up.

They're the best. Well thank you very much Stark. Yes ma'am. Absolutely. Thank you. We hope this episode inspired you, here's how to go deeper. Visit deeperhealing.com to become a patient.

Online we have loads of courses and a free toxin quiz. Subscribe and please, please share this episode with someone who needs it. It's always that one-on-one support that really gets people to find deeper healing.

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