The 4-Step Process To Resolve Long Covid And Chronic Fatigue Naturally Transcript

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Introduction to Long COVID and Chronic Fatigue

Welcome back to the conquering Chronic Inflammation Summit. I'm your host, Doctor David Jokers. And today I've got the honor of interviewing Doctor Evan Hirsch from Energy MD method.com.

You guys definitely want to check out his great website. We're talking about the four step process to resolve long Covid and chronic fatigue. Naturally.

Doctor Evan Hirsch is also known as the energy MD. He is a world renowned fatigue expert, bestselling author, and professional speaker. He's the creator of the Energy MD method, the science backed and clinically proven four step process to resolving long Covid and chronic fatigue.

Naturally, through his bestselling book, podcast and international online program, he's helped thousands of people around the world resolve their fatigue.

Again. You can check him out at energy MD method.com. You guys are in for a treat with this interview. So without further ado, let's go right to it. Well, doctor Evan Hirsch.

Great to reconnect with you. And, great to see all the great things that you guys are up to with energy. MD method.com. Today we're talking about how to resolve long Covid and chronic fatigue naturally.

So let's start there. What is long Covid? So long Covid is a syndrome since 2020. You know, since we started getting Covid in the pandemic and whatnot, it's persistent symptoms that result after you get Covid.

So, you know, ideally you would get any sort of infection in the body would take care of it. But what we're finding is that about 30 to 35% of everybody who ends up getting Covid ends up with persistent symptoms.

And this means any new symptom since 2020 that happened after a viral illness. And we're not exactly sure whether or not is related to Covid or not, because the testing isn't very good.

That ended up with persistent symptoms that have lasted for longer than two months. So this can be fatigue, brain fog, body pain, sleep issues, you know, loss of smell or taste.

Any really weird new symptoms since 2020?

Symptoms and Prevalence of Long COVID

Yeah, for sure. That's that's important to know because, you know, for a lot of people we got Covid right. Felt better, you know, pretty quickly afterwards.

But there's a certain segment certain population group where they just never got better. Right. Or they started to feel maybe 10 or 20% better. And then they went backwards right after that.

And they've kind of been yo yoing. Right? And never have never, you know, they've plateaued in their ability to get better. And you're seeing a lot of these with your, your obviously your client base that specializes in chronic fatigue.

Exactly. And you know and we I feel like we're uniquely positioned for this because all the causes of chronic fatigue, which are the toxic five that we can kind of get into today, heavy metals, chemicals, molds, infections and nervous system dysfunction.

All of those are the same for long Covid and the reason why some people end up getting it and other people don't

is because the stage is kind of already been set with a lot of these toxins, infections and nervous system dysfunction.

Yeah, important to know. And what are what are the main signs and symptoms that somebody has long Covid. So the the biggest one is fatigue. The the next one is going to be the, the body pain, the brain fog, the, the sleep issues, the loss of smell and taste.

Those are going to be 95% of that what people experience. But for some people, sometimes they get, heart palpitations and other people they get urinary tract issues.

So it's really any new symptom. You have to include it as part of your differential, or is part of all the causes that you're looking at since 2020, because it really can.

It can cause over 250 different symptoms in the body. When you get long Covid. And so consequently it can be almost any symptom. So that's why we have to include it.

We have to pay attention to the the chronology and the history. Did you get a viral illness. And then, you know, you ended up getting symptoms and those symptoms persisted.

Or as you mentioned, sometimes people get better and they're fine for a bit and they go back to working out or, or, you know, training for a marathon or something, like doing some vigorous exercise and then all of a sudden they're down and out.

You know, we're seeing way too many young people having, having heart issues. You know, our, our one of our newest clients is actually a, college track star who can't run anymore because he got long Covid.

So, and oftentimes that happens when you feel like you're over Covid, and then you go back and you exercise vigorously and it crashes your mitochondria and consequently, you just you it's hard to get back there without going through this whole process of healing.

Yeah. What have you found as well? What percentage of the population has long Covid? So according to the CDC, they say 20 to 25%. There's research to show somewhere between 30 and 40% of everybody.

You know, at this point, everybody pretty much has had Covid, whether they know it or not. And so it's it's about 35 to 40% in my experience.

Mitochondria, Cell Danger Response, and Energy Crash

I mean, I'm obviously I've got a bit of a skewed population, but in terms of the studies that I've looked at, it's somewhere between 20 and 40%. It's a really high percentage.

Yeah. So it's a lot of people are dealing with this and you can have like before Covid came around, there was Post-Viral syndrome, or people would have the flu and they just wouldn't really get better.

And they oftentimes ended up, you know, coming to see you. So it's not like a new thing other than the fact that Covid was, you know, really the most potent coronavirus that we had seen outside of that, you know, the flu is pretty bad, too.

And people can develop the Post-Viral syndrome from that. Absolutely. And that's oftentimes a major cause of chronic fatigue syndrome. You know, and so the difference really is just that we have this new spike protein.

But long Covid could be classified as chronic fatigue syndrome without a doubt. Yeah for sure. Now you mentioned mitochondrial issues right. Can you play into that.

What happens to the mitochondria when we encounter some sort of a potent virus. Right. And what happens to the

mitochondria and somebody that adapts to it.

Right. That basically, you know, overcomes it. And somebody who gets stuck in kind of a post-viral syndrome. Yeah. So for people who aren't familiar, the mitochondria makes about 70 to 90% of our energy, produces ATP body's main energy source.

And it also helps hormones get reabsorbed, gets get absorbed into the cells, it helps to modulate the immune system. And so it plays a really big role in our energy.

Now what happens is that the mitochondria can get damaged in the context or in the in when when there's toxins and infections in the body. And so they'll end up damaging the mitochondria.

And then you're not producing the energy that you need to. The other thing is that infections can take over the DNA of the mitochondria. So a lot of people know that there's DNA in the cell in the nucleus, but not a lot of people also know that there's there's actually DNA in the mitochondria, which is really even more important and plays roles in cancer and other things.

And so if the infection is able to come in and take over the DNA of the mitochondria, then when you're trying to kick on your mitochondria and make more energy, you're actually just replicating that infection.

And so that's a lot, you know, in fact, viruses do that a lot. And so that's part of what's happening right now. And so when that happens and you're asking the body to kick in and to make more energy, like because you're training for a marathon, that's why you end up replicating, you know, it's kind of like putting all these viruses on steroids.

They replicate like crazy. And then all of a sudden you're down and out because of the total inflammation and the total takeover that ends up happening from the virus.

In the case of the long Covid or any other infection, or in the case of chronic fatigue syndrome. Yeah. And the mitochondria also have a sensory function too, where they're sensing that the viral load or the pathogen load is high.

And so they go into danger response. Right. So they either have peacetime physiology or a wartime physiology peacetime. They're producing lots of energy low lower levels of oxidative stress, wartime physiology.

They're producing very little energy at lots of oxidative stress to protect themselves, almost like a shield, that they're putting up. And therefore we feel it like we can, you know, feel great one day, wake up the next morning or even in the middle of the night and just feel absolutely awful. Right?

And it's like a, you will notice sometimes 70, 80% drop, you know, in energy, within an hour or two. Right. And that's that cell danger response triggering in, you know, and obviously viruses viral replication is a big factor with that.

Yeah, I think that's a really important part. I'm glad you brought that up. Is that the you know, the body is always trying to heal itself. And oftentimes, you know, if it's inundated with all of these infections, you know, and it doesn't that mitochondria does not want to kick on because it's concerned about this replication and what's going to happen.

It's going to go to sleep. And then you're not going to produce your energy. And so we have to remember that and we have to respect it. And we have to listen to our bodies.

The Four-Step Healing Process

Because part of part of the process is the body is saying you need to rest, and we're not going to produce the mitochondria. And so that, you know, we take people through a four step process in order to be able to remove these infections and toxins off of the mitochondria, out of the mitochondria, decreasing the stress on the

mitochondria so that, you know, we can kind of free it up.

It can come back online and start producing the energy that you need to. Yeah. Let's talk about that four step process. Break that down for us. Cool. So the first step is to figure out what causes individuals have.

And so when I big picture whenever I'm looking at causes, I'm looking at deficiencies and toxicity. So those are the two categories. So deficiencies or things that are not in the body that are supposed to be there.

These are hormones and vitamins and minerals and lifestyle habits and mindset. Those are all deficiencies. And then the toxicities are like the toxic five that I mentioned.

Heavy metals chemicals molds infections and nervous system dysfunction. And so and that's what we're assessing initially to figure out okay, what are the causes that this individual has.

And we always address the toxic five in everybody that we work on. Because that's what I found. This is the fastest way to get people better. The question is just which of the deficiencies do they have that we need to address as well.

So that's what we figure out in step one. And step two we replace the deficiencies. And you may say, but Evan, you just said that this process is all about the toxic five.

And it's true. And we do that in step four. But we have to set the stage for success. So by replacing the deficiencies that an individual has, it makes them more resilient, decreases stress.

It oftentimes increases their energy just a little bit and allows them to be more successful through the rest of the process. And then in step three, we're opening up the detox or the drainage pathways, the liver, the kidney, the lymph, the neural lymph that's in the brain, the gallbladder, the intestines, these are all, pathways.

This is these are all the ways that we get toxins out of the body. So we kind of have to open them up. It's like it is your drainage system. It is your pipes, essentially.

You know, if you've got a clogged pipe in your kitchen, right. Nothing's flowing down there. You have to make sure that it's patent, that it's open. And then we get into step four and that's where we're removing the toxic five.

We'll see them again just because they're that important. Heavy metals chemicals molds infections and nervous system dysfunction. And what I've found is that if you're not addressing all of those, you may get success, but you're not going to get all the way.

You're not going to get to the finish line. Yeah for sure. Is there a particular order when it comes to those toxic five? Is there a particular order that you found to be more successful, or do you just go in a sense, whichever is making the biggest impact?

Yes. And both of those. So there is a particular order. So we do want to free up. In order to get rid of infections, you have to have a somewhat intact immune system.

And the immune system is going to be very distracted by molds, heavy metals and chemicals. So we do start to go after those first. And we have coverage for all of those.

And we essentially go after all of them at the same time. But we start off by adding things for those first so that the immune system can get freed up to help us get rid of the infections.

But we'll do molds, heavy metals, chemicals and then start going after all of these and all of the infections, whether they're viruses, bacteria, yeast, like, spirit kids, parasites and the nervous system.

Retraining is happening throughout the program from the beginning. Okay. So you're you're targeting the the

molds, heavy metals and environmental chemicals first.

And then as you start to reduce those, then you're going ahead and targeting different pathogens. Correct. And part of this is because, you know, I said about freeing up the immune system.

The other thing is that all of these toxins and infections are all bound up together in a toxic matrix. And so consequently, as you start to remove one of them, so as we start to remove mold, it's going to release infections and heavy metals and chemicals.

Right. And as we start to release pull out heavy metals, it's going to release the other ones. So we want to make sure that we have coverage for all of these while somebody is going through the process, so that as you release a toxin or an infection, they can be addressed adequately.

That's good. So the four step process correct me where where I get it off. But first you're identifying deficient toxicities and deficiencies. Number two is you're addressing deficiencies right.

So you mentioned nutrient deficiencies of course mineral deficiencies hormones. Right. Those being kind of the main ones. And then number three was opening up the drainage pathways.

So making sure I would imagine that's making sure people are peeing and pooping their way to good health, making sure that lymphatic system in their brain is, is, flushing, metabolites from the brain, neurotoxic metabolites and then making sure, you know, basically everything's moving through the body.

We call it like a river rather than being stagnant like a pond. Right. Amen. And then that sets the stage for detoxification, getting rid of, heavy metals.

You mentioned the top five molds. Environmental chemicals, pathogens. And, what was the last one? So infections, nervous systems of function, nervous system dysfunction.

Exactly. Yep. And so how big a role do you find that, nervous system dysfunction with that, that include things like poor vagal tone, hyperactive limbic system.

Is that what you're talking about there? Absolutely. So yeah. So I we've included it as part of our program just in the last six months, just because it's been that important sometimes we tell people to go ahead and do, you know, a standalone program.

Good. Primal trust DNR is one of those. But it's sometimes it's oftentimes when they join our program, it's hard for them to do two programs at once. So we've included kind of like a basic and or more advanced version, our own program.

But it's essential. You know, I find that people get better faster when they're doing it. For some people, it's 90% of their issue, and for other people it's 10% of their issue.

So it's never a 100%, but it can always make a really significant difference in people's lives. And you don't know it's working until it's working. So it's kind of like you do it for three months and you may not notice anything, but then when you get to six months, all of a sudden the lights come on.

And in context with all these other things that we're doing, it just it fits so well and we're just seeing people, you know, I had to embrace it and had to understand it and had to do a deep dive on it in order to be able to understand it fully and realize its potential.

And it's it's really essential. You know, I tell people that you have to do it in order to be able to get better. Our program. Yeah. So that so the people that really need that nervous system, recondition.

Right. And nervous system regulation would be people that have undergone some sort of trauma, maybe early

childhood trauma, or trauma, obviously later in life as well.

So could be the kind of trauma that sometimes, you know, people think, you know, sexual abuse, different things like that. But also it even could be like a health issue that has traumatized them.

I know, like, for example, with my wife we found so she was having chronic sinusitis, chronic sinus infections, and they got so bad to her, her eardrum actually burst one time.

And she and then she would get real hyper, you know, just any time she felt like any sort of, sinus issue, she would get really worried and scared and, and, she would get, antibiotics right away.

And we found that actually, she had four cavities where her wisdom teeth were taken out. One of them was actually budding right up into her jaw.

Nervous System Dysfunction and Trauma

So we got all of that fixed. And she hasn't had a sinus infection since. But with that said, I remember thinking, like, she is so scared that her eardrum is going to burst again, right?

And now she now we've we've addressed it. And even after addressing it, it was like she would feel a little bit of sinus pressure. And for maybe the first six months, she wasn't sure that we had address the root cause.

And I felt like her stress would make her immune system function obviously not, not as effectively, and drive more inflammation and actually progress any kind of issues.

And this is the kind of thing like sometimes people have had a good childhood, but they may have had some sort of issue with maybe Covid or the flu or, you know, a sinus infection that creates this sort of panic response, this hyperactive limbic system.

Are you seeing that as well? Absolutely. Very well said. You know, the you know, trauma is, you know, there's the significant abuse that you talked about, but it's really anything that changes the way that you see the world and makes you believe that the world is not safe or you are not safe.

And so it can really be anything for me. You know, I had a quote unquote happy childhood, but you have to remember that when you are a child, you are being raised by imperfect parents.

You're surrounded by imperfect siblings and imperfect peers, and they're all trying to get their needs met. And so oftentimes you cannot get your needs met.

And if you feel unsafe at any point during that and you've told your nervous system that that's the case, that will end up changing the way that your nervous system develops and your immune system functions and everything.

So I also had rejection of a peer group, which happened a couple of the times in my life that changed the way that I looked at the world. Obviously, medical school and residency, you know, incredibly challenging changes the way, you know, like I went into residency and I was like, you know, the human body is amazing.

And I'm, you know, I, I'm, I'm just a vehicle. And they taught me that I can kill people and that I need to be afraid of that every single moment of every single day.

Right. And so it really changed the way that I thought about myself and my safety in the world. And then I got, I met my wife and, we fell in love, and we and I went to India, and I got parasites and, had, you know, these this stressor, that stressor, whatever.

Some, some other heavy metals, chemicals, molds, like, it all builds up, and then all of a sudden there's a straw that breaks the camel's back. And for me, it was stress at work and burnout.

And then consequently, I got my chronic fatigue syndrome. So it is it is it is all of that that ends up happening. And we have to make sure that we understand that we all have trauma and we all have this nervous system dysfunction, and that it's not just people who have really signally significant abuse.

Yeah. So important. Now let's jump into, step number two, which was deficiencies were the most common deficiencies that you're seeing in your population group.

So I call what I call the big three are adrenals mitochondria and thyroid. So everybody pretty much has adrenals and mitochondrial issues. Adrenals manage stress in the body.

When you have the toxic five you're going to have stress and consequently your adrenals aren't going to be functioning well. If your adrenals aren't functioning well, the rest of your hormones aren't functioning well.

And thyroid is incredibly common, especially for women, who are the main people that we see, and especially after they've had a child. So, you know, after delivery is the number one time for a woman to get autoimmune thyroid conditions because of how progesterone is elevated and the immune system, etc..

So consequently, those are the big three where we start off by optimizing adrenals and then mitochondria. Because those two will help improve thyroid function.

And then we do a subjective thyroid ramp up to get people to their ideal dosing. Now we try not to spend too much time in step two because this process is all about step four.

And you can get stuck in trying to finagle your your hormones, your sex hormones, your vitamins, minerals, whatever for extended periods of time. But we try to do, you know, try to get through it in about a month and a half so that people can continue moving forward.

Other, deficiencies, as we see vitamin D is very common. Vitamin B12 is very common. Magnesium is very common involved in over 500 different, reactions and really important as part of a detox, process.

And also we use it to help people get regular and make sure that they're not having constipation. And so that when they get into step three, they can really get rid of those toxins out of the stool. Best they can.

Yeah, for sure. And so are we. So we're hitting the deficiencies there. Now we're moving into drainage.

Common Deficiencies and Drainage Support

What are you doing to help with opening up all the drainage pathways? So there are a number of manual therapies that will recommend that people do. You know, there's some tapping on different lymph points that you can do throughout the body.

There's drinking three liters of water a day. There's, you know, getting your golden what I call your Goldilocks dose of movement. And so that basically means trying to move as much as you can without feeling worse.

So any sort of movement that you can get is going to be helpful for moving the lymph and opening up these pathways. And then we're using a lot of herbs, you know, in order to be able to open up the liver and the kidney and the lymph and the lymph and the gallbladder and the, and the intestines, you know, we're using some minerals, like I said, magnesium to help with that as well.

But that's mainly what we're using in order to be able to open up to be some of the what do you find to be some of the most helpful herbs? So there's milk thistle.

I really like smile packs or sarsaparilla. There's Berber, there is, there's panela, there's parsley. So Pinellas like more for herbs, Berber and milk thistle and smile packs are more for like liver and for blood cleansing.

There's. Let's see. And acetylcysteine can be incredibly helpful. Then that's not an herb. That's a nutraceutical. But there's there's a number. I'm trying to think of what else we're using in the process.

There's dandelion, which can be really helpful for lymph as well. And then we also like to use products that are, energetically imprinted and energetically tested to make sure that they're going to be helpful for the most amount of people and in general, for step three and step four, we're using tinctures so that we can ramp up, one drop at a time.

And I don't prescribe anymore. And so everything that we're using is all natural and herbal vitamins, minerals. Yeah. For sure. And then what do you find to be the best products for detoxification, for mold, heavy metals, things like that. Yeah.

So for mold we like to use a binder that's a combination of, charcoal and bentonite clay and chlorella and zeolite, which is also really nice crossover for helping out with the heavy metals, including silica and cilantro.

So and then in terms of the infections going after them with a number of herbs, you know, viruses, I really like, to, and skullcap type, Mandalorian. And then, you know, for some of the, some of the Lyme type infections, we're looking at things like, Trying to remember all the components of the different products that we like to use.

So we're looking at cat's claw and band role and stevia, among others. Interesting to note there. Stevia. Yeah, stevia has got some good research on it, you know.

Yeah. For, for getting rid of Borrelia specifically. Yeah. It got some positive benefits there outside of just the sweetness. Correct. Yeah. I remember years ago I used to actually grow Stephen.

My backyard. I'm going to start doing that again. That's the best way to get it. Yeah. For sure. Yeah, absolutely. Well, this four step process seems really thorough.

So you're testing number one. You're doing lab tests. You're doing what what other methods. Obviously you're doing a patient history. To kind of find out what are the key deficiencies you mentioned like thyroid hormone adrenals, mitochondria obviously sex hormones.

And in some cases, as well as well as nutrient deficiency. So you're doing testing. You're also looking at the toxins, that, that, that need to be addressed and then addressing those deficiencies, addressing the drainage pathways and making sure everything is flowing in the body and then going after and getting those toxins right and binding and, and pulling those things out of the body.

And how long typically is your program, what kind of results are you guys seeing? Well, let me just comment on something you said. So, about 90% of the causes that we're looking at are, can be determined by people's symptoms.

So we don't do a lot of laboratory testing so much anymore just because in with my population of people with long Covid and chronic fatigue syndrome, I've never met anybody who has addressed all of the toxic five and hasn't gotten significantly or completely better.

So we we're we address the toxic five and everybody.

Detox Tools, Testing, and Program Length

So we don't even test for heavy metals, chemicals, molds, infections and you can't really test for nervous system dysfunction. But we don't really test for those anymore.

You know I'll test for B12, vitamin D, thyroid. Those are the main things because we're addressing already adrenals and mitochondria, the sex hormones.

We can really tell based on symptoms. The lifestyle habits all need to be you know, updated and remedied. And then the mindset component, which is part of the nervous system retraining anyway.

So, you know, a lot of people are surprised when I say, yeah, we don't really test so much anymore. I would say the two most important tests that we do, one is to make sure that somebody is not living in a mold environment.

So we would like the Emma test to look at molds and mycotoxins in somebody's home. And then the other one that you alluded to previously with your wife is a cone beam CT scan of the mouth to look and see whether somebody has hidden cavities, because those are the two situations in which I found that I can't help somebody as if they are living in a moldy environment and it's not being remedied, or we're not getting them out.

And if they have hidden cavities, hidden infections in their jaw. So really important. Those are the two main tests. But something about the cone beam is because this is what happened to us, and I've heard other people have had this happen to is we have great biological dentists out here.

In fact, I'm one of my friends, great dentists, biological dentist, but great at taking mercury out. Right? All those types of things. Fluoride free but doesn't really know how to read a cone beam x ray has not been trained to do that, to look for hidden infection.

And so he thought things were clear. We had another biological dentist look at her cone beam. She said everything was good, right? But she kept having the symptoms, so we finally sent them out to Doctor Stewart, not only who was basically, like, the world renowned expert in this, and he's out in Austin, Texas, and he said, there's at least three infections in there, probably four, but I won't know till I open it up.

So we went out to Austin near Austin, Texas, sugar Land. I can't remember exactly Sugar Loaf or something like that. In Austin, Texas. And, he went ahead.

He did the procedure on her. Right. And this is a little over a year ago, and, she's been great ever since. Right. And so you might get that X-ray done, but you also need it.

Need it? Read by somebody that's an expert in this. Yeah, that's a really good point. We we have, practitioner up here in the, Tacoma area just south of Seattle who also does muscle testing along with it, you know, but yeah, it's, you raise a really good point.

You've got to get a read by the right person. Yeah. So important. Yeah, that's a really good caveat that you said that if you're living in a moldy home or if you have these hidden infections, you can try to do all the things that we've talked about.

You can take the magnesium supplementation, try to optimize your vitamin D, you're going to plateau. You might notice a little bit of improvements. I mean, a little bit better than nothing.

But you're not going to really resolve these issues. And so that's why that is so important to be able to understand address. And if you're somebody that has been plateauing those are definitely things you need to be looking at.

Right. And obviously working with, you know, the energy method MD right here. Can you know, him and his team can really help you with that and kind of figure out what's going on there? Yeah.

And then your next question about the, about the program length. Yes. So we start everybody off with a six month program. What we really found that success comes from is, is providing a personalized plan to everybody when they first come in and then to, and we give them, a plan for what they're what we assume they're going to be doing over the next 12 months.

And then we provide them with really excellent support along the way, and a great community of people who are going through the same process, where I guarantee your response to any question that somebody has in two business days.

So I answer questions Mondays, Wednesdays and Fridays in order to be able to guarantee this, in order to provide this guarantee. And so that's really, what I have found to be most successful.

Make sure you're addressing every single one of the causes that you have. Make sure you've got really great support. And so, you know, we start everybody off with a six month program.

But I tell people that the magic really happens around month nine, when you've removed a significant amount of the toxic five out of your body and out of your life.

But you know that it takes at least 12 months to get better, you know, and at 12 months people might be 60% or 100% better. We don't know. It really just depends on how much of the toxins they have in their bodies and how long it takes in order to get them out.

Yeah. So key to know. Absolutely.

Mindset, Recovery, and Closing Remarks

Well, guys, you can check out Doctor Hirsch's information at energy MD method.com energy MD method.com is the place to go if you guys know anybody is dealing with long-covid, chronic fatigue, fibromyalgia.

He is a world renowned expert in this, and him and his team are helping people all around the world. So definitely check out again. Check out energy MD method.com and any last words of inspiration for us here.

I think the biggest thing that people can do right now is to work on their mindset. You know you will get better. You just really have to believe it and you have to follow through.

You have to follow a path. You have to hire, a guide, whether it's me or somebody else, whoever you resonate with, you have to take that next step. It's just going to be the fastest way to get better.

But living in gratitude, having a vision for what your life is going to look like, when you're better looking at any sort of limiting beliefs you have, and flipping them into empowering beliefs or affirmations, you know, telling yourself that you're safe every single day.

I still tell myself I'm safe. I'm loved. I'm enough every single day. And then asking yourself empowering questions, don't ask yourself, you know, why is this happening to me?

That's not really going to serve you. Ask yourself, how can I love myself more today? Or what is the next step that I need to take it on my healing journey, right?

And then just being open to receiving and then taking that next step. And don't stop until you hit the finish line. Yeah. Love that. Well thanks again, doctor Evan Hirsch guys.

Again check them out. Energy MD method.com. See you all in a future interview. Be blessed everybody.