The 5-Step Neurocycle That Can Transform Your Mental Health Transcript

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Introduction and Guest Background

Hello. Welcome to this summit episode of Hormones and Mental Health. And we're coming in to production in ADHD. I'm your host, Duncan Parsons there, and I have with me today, Doctor Caroline Leeds.

She is a communication pathologist and she's going to talk to us about how anxiety and depression can play into our hormonal issues. She's actually an audiologist, a pathologist, which is a communication pathologist, an audiologist and a clinical neuroscientist specializing in research from psycho neurobiology.

She's published 19 bestselling books in 24 languages, has over 15 million downloads on her award winning podcast, Cleaning Up the Mental Illness. And over 9 million downloads on YouTube.

She runs research trials in mental health and publishes in scientific journals. She speaks to diverse audiences around the world, including neuroscience around the world about neuroscience and medical conferences, and also talks on TEDx.

So thank you for joining us on this summit. I'm very excited to have you. There's so much chatter currently in the world about, you know, mindset and how mindset is so important for our health and how, you know, mindset leads or helps with anxiety and depression and will allow you to, you know, lead you to anxiety and depression reminds us that or it can help prevent anxiety and depression.

So can you kind of tell us, I guess maybe start with like what got you interested in in in this space that you're in? Well, this is for two years now.

And I've been doing research in clinical practice for 25 years. And what got me in the field was the fact that we need to understand more about the mind.

And when I was trained in the 80s, there was a lot of emphasis on the mind and the brain and understanding that these were separate things and noticing.

And in that changed in the mid 90s with the advent of MRI technology. And in the last 40 years, there's been a huge emphasis on this thing for 40 years.

Huge emphasis on brain, brain, brain and bring the mind doing the same thing. So my interest was very much in helping people to understand the mind, understand the protons, understand that the mind and brain 40 or think of the good TV unit, but random on the mind is our image in aliveness.

And we we understand mind, which is 99% of who we are. That's for the fact that your heart's beating, your hormones are working order, there is nothing happening and your mind is basically incorporating you in life.

To manage your mind is the intended purpose on how the brain functions, how the body functions.

Mind, Brain, and Neuroplasticity

And by the same token, how hormones function with specifically, you know, the so that that interest has been fascinating. It's been added to that flow.

And that interest in the mind and body connection has been around for thousands of years. You that we did go through period in the last 40, 40 years or so with this understanding of mind and more focused on brain and body movements and the physical.

And so that's how we might get into this, and we can make that and help people understand what's the mind. Yeah. No, I completely agree. So what is so can you explain to people what neuroplasticity.

Like what does that mean. Absolute. So neuro stands for brain means to change. And so even things when you hear the word neuroplasticity and there's so much in the media about it as well now you can think, well, it's the brain changing itself, but the brain can't change itself.

The brain is changed by something else. And the thing that changes the brain is also going to change the body. So neuroplasticity is the ability that we have as humans with our thinking of thoughts.

That's how we think and feel and choose. It's generates energy that goes into the brain and the body and changes the brain in the body. Now, when you live from the moment you wake up in the morning two months ago and while we were asleep, we are processing life through a mind, in your brain, in our body.

And that processing of that energy is to produce the brain in the body and it's changes in our genes and chemistry and biochemistry of the brain in the body.

And then they make structural changes in the brain, in the body through neuroplasticity is the result of the mind changing the brain and the body constantly.

And that your plasticity mutable. The neuroplasticity paradox is, I think, both addictions all day long. We're experiencing that all day long we are having all these things happening.

And whether you like it or not, your mind is changing, your brain is changing, the body is changing. It's not clear. You're in what you can do, which is really great in terms of mental health and so on, and hormones.

And just seeing the human that we can learn to direct your we can learn to influence the change. Why would we want to do it? Well, whatever you experience becomes hooked into the network of the mind body.

And whatever becomes established in the network is the habit. That's what drives the function, and it influences how what is if we put a lot of, things that we're not monitoring a lot of space cause a lot of issues, a lot of traumas, a lot of habits that is not managing those.

We constantly feeding into strengthening networks in our body connection, you know, driving us in a way, I think it's fantastic to make the calls and it's connected, inspecting the body.

And if it's the hormones and you function. Okay. So there's this like five step process. Is that right. It like a neural cycle. There's a five step process.

And how that works. Is that correct. Yes. So what I developed it's like it's say no. So so explain to me, explain to us like that five step process. Absolutely.

So about 38 years ago, I was working a lot with paramedic brain injury patients, with people with Parkinson's and autism abilities. And, and I soon discovered that they have a you were trained to help people to think what to take.

You know, they had folks facing all these different kinds of things and the kinds of therapy techniques, the kinds of things that you were trained to help with, didn't they?

They were stimulating or but it wasn't making the changes and empowering people to make the changes. I would like to it was more it to do, which we know now is not the truth.

I mean, it was maybe from the mid-nineties. That's easy to do with your mind. Is directing changes in the brain, and the brain is always changing the body's response.

It was thinking to think direction. So what I wanted to do was to understand how does it feel to form with the

thoughts or the emotions, experiences, things that we had not nice.

And all these experiences of life become processed through our mind and become thoughts, those thoughts wired into the mind body connection, and those are the things that are driving us.

So essentially, I wanted to understand the process of how that happens because it is a neuropathic paradox, which means that it's not always changing whether we like it or not.

It might be always changing. And if you don't conform to change or change, I'm going the wrong direction. So we can then develop bad habits and make it worse and that kind of thing.

I want to understand how does this process become and can we intervene? Is there a way of us stepping in and managing this process and reversing it? And that's what the neuroscience is.

It's gone through various different things. But the current is the name for the last five years, reported the news cycle, because it's a cycle that you go through in helping to identify the patterns of how you showing up in your life and what are your emotions and behaviors and perspectives and body sensations.

That combination of signals how are you showing us what is and where's it coming from? Because how you show up isn't who you are. Depression isn't a disease. It isn't who you are.

It is a signal that something's going on, the emotional signal that something's going on. It is something going on in your body when you feel those sensations telling us information.

So I want you to understand how can we look at how we show up as humans and then reverse engineer this according to the process of health in the first place? And that's what the news cycle is.

And so very complex scientists simplified it down to a five step process that we go through as information. Experience comes into a mind body constitution and how we can make this.

This, in other words, have to do with and then we can reverse the metaverse with this. So it's basically how we can find a publisher with the company.

So they might be content with having to, but you can change what it looks like inside those groups. Therefore what's driving this vehicle? Whatever's happened in the past, present experience I have an audience here because life is big set where we can actually identify how they stick it back to the source behind it, which is the experience reconstructed, reconstructed, and change our place until future.

The Neurocycle and Rewiring Habits

And that's a lot of mind with that explains is the way that the body functions and then also influences things like humans. And that's basically what the five step yourselfer process does.

So is there there's a way to go back and change how your mind will process that? Yes, yes. And your text, as it is essentially, how your mind is processing life into your networks.

And the more you think about something, the more you process it into the networks and the stronger the network becomes. So every experience that we have and just think of that, we have trillions of experiences through a lifetime.

Those experiences that we focus on become these networks as equals. When they are stabilized over time into habits, they drive us. So what we can do is reverse that process, because if we had a negative experience, like a trauma, for example, in childhood to adulthood or whatever, we have a bad habit that you just get into.

Do those become toxic networks as networks or not as what is called thin, unhealthy networks? And if you've done

them a lot and they're a habit, it means that you practice thinking that they form and that means that means they're driving you.

If, oh, you know, as a as a medical practitioner that online mind body connection or body is wired for survival is required to and to die. We want to try and survive.

In the neuroscience world because why I do that with essentially all bodies a mind, my body mind to do is identify those parts of the media that have become habits and or disruptive to oriented functioning and therefore physical function.

What those are, and then rewire those and not to be able to do so. You'll never forget the trauma, but you can take the strength and energy and power out of the trauma.

For example, people change. And in doing that side, the something which comes in mind, which is the psychic part of the 99% of who we are as equals in the mind and think changes.

All this stuff is an opportunity to control the mind, brain and body and people how it plays out. And that's how we can go to go to therapy, goes through the processes and we can then see, oh, I was like that.

Now that's the new cycle, empowering people to do just I'm also here in counseling with that. But you never do self 24 seven. You are the one that's driving your life and so you can't benefit here.

Put the counselor in the middle of the night will be in the shower and having a panic attack. Going to the another meeting and you pretty anxious. You wouldn't know how to manage your mind in the moment.

You prove yourself guilt, and that doesn't mean you're going to solve all problems immediately. But you can recognize the signals. You can then get a handle by using your sample on how to react in the moment, and then you can take time at a later time.

And next day to work on if you recognize. Yeah, keep working in the same way. This is a thing you can spend time. You can, and it does take time. You can use the neuro cycle in the moment very quickly to help you calm down in a meeting or calm down in a fiery relationship situation, or deal with something that lasts for that day.

But then in order to really change those networks, it takes at least 63 days. You often get 21 days to break a habit, but it actually takes consistent steps, consistent routine daily for around 63 days, three factors of 21 to really rewire that as neuroplasticity grooves into a healthy groove.

Otherwise, it's all done. And then we get persuaded. So so you kind of talked about the brain and the mind and how they're and little different. So you're saying so so explain that again.

So the mind is how you perceive everything else. And the brain is not it's perceiving the world around you. Is that kind of what you're saying. Sort of okay.

So the brain is a physical world as we know. And the body's called the mind also has a little of to it, but it's energy based. That's an energy for that.

Because if you give you an view in Egypt or send a grain, you picking up energy, that's very things that we can do in the body. We can pick up the different energy forces in the body.

To mind is an energy force that drives the the mental part of us and involves seeing someone does that energy for Spurs and most of the brain cells in the body disintegrate.

So the mind is a life force and it's consciousness and all those big words, consciousness and emotions and thoughts and all those things, it's got different levels of complexity, but it's basically an a field of energy that is unique to each person and every experience we have.

Think of it like the mind, like a school to a school, to the field around you and through and every experience. A sickness is forming like you think of the sky up, I think of clouds in the sky and we experience it flowing into like a cloud in the sports field and those.

So as you experience something like this conversation, it's the mind energy that in first person is what I'm saying, and goes back into this, into a mind network and energy transfer from the back into the brain and the body.

Similar to sleep. And that changes the networks. Build the network into the brain and builds networks into the cells of the body. Which is why you stressed to feel that place in the body.

If you have trauma, you can feel the heart that is the connects to the mind. Brain is like the mind is the energy force. The brain is. It is a receiver, a concentrated storage unit literally of and all the different parts of the brain.

Are designed to respond to the mind that way. So we often hear about the amygdala and the fear response. And it makes it a little confusing. But when we feel fear in our mind, then it is activated to and with the support of the brain and different parts of the brain and the different parts of the brain oxygenated by the mind.

And that's when we are able to then respond to life. Two things, because the brain is a physical, filter and the body's physical of the mind is the force that keeps the pulse, the and the heart and the endocrine system and everything working.

It's what process. But if we just think of it as mind is your life, that's probably the easiest place in you are how you think, feel and choose. If you it's it's Caroline.

It's it is this medicine. You are how you think. You choose that energy. When you die. Your body simply puts it energy of life that increases consciousness on the unconscious mind and thoughts of energy and responses and emotions and all that stuff is mine.

But it's an energy that we can use. Things like quantum physics and classical Italian music. I mean, that's what makes the brain. The brain is not a rock generating or doing anything.

It's responding to the brain as a responded to the body responded to the. So really a lot of these things that women struggle with that work. And then talking about in the summit, the anxiety, the depression, the ADHD, all these things that happen when our hormones change or for whatever reason, it's really more a mind issue then probably than a brain issue.

The brain just kind of processing what's happening. But it's the symptoms, maybe the toxic or negative things that we say to ourselves or that we see or just the environments that we're in.

Obviously, some of it's a hormonal change, but a lot of these issues are probably a mind issue then. Yes, absolutely. And absolutely. And what we do in a, in a sort of world view was that we, we feel that we have to have a biological force or something like a body.

And that's what happens because your mind is, is something it's a physical thing. It's the hyper physicality that your mind is what's the brains of. So use a lot of what we experience is in the mind.

It does. Obviously you have certain medications. You have a traumatic brain injury, you have a neurological damage, you do some genetic disorder like something that's passed through the bloodline.

I mean, one, about 1 to 5% of the reason why we have issues of it's discrete, whatever you ingest, changing foods and things, medication, it's that range of our body and then everything takes time.

But even your mind what the research is like, even then, you know, example, I had a few, endocrinologist, one of us, one of the people on my team. What she's found is that, if someone's climate issues, you had someone with a really simple example, and I'm using it.

Endocrinologist and some of you can relate to it, but she she explains it so well in a minute or two when she has two patients in front of me, one is both of that is one of the really major problems, the other one within my problem, the one with the major problem is the attitude.

And they understand your mind. Management is so much more developed and the mind states this all this when the mind is glued to some of my patients, be the patient groups because a feeling works better so they feel better.

The one with the basic problem with the negative attitude they'll do worse, and the one with the worst problem. And this is, it's quite well documented, not just the world of endocrinology, but in the world of medicine.

We and we look to a lot of research. You think cancer, all that kind of thing. And I'm not saying it's people's fault. I'm not really. It's not. It's human.

What we need is an awareness of this is not a blame game. This is not for you, continental mind. The mind. We all need to manage our mind because our mind is the driving force.

So if you recognize the power, we know how to look after our physical bodies. So that's what I'm what I'm saying. So we need to, you know, actual weight to not just kind of look for biological force, but look at basic combination.

Because whatever we go to your brain is going to change your body. So if you're having a lot of trauma in your life, it really is the truth. But there's no way to life, no way that constantly, not dealing with stuff and not even what we people read about histories of abuse, maybe a marriage or something like I see a lot of abuse in that comes out of bits and it's stuck in the situation, the constant abuse it caused by the.

And you will see changes in body, in the body's biological function, the way that the structure of the the it is wired into the brain in a balanced way.

So we even see that the proteins built into it is incompatible with integrity unit. You've got an intelligence unit with the brain. You're going to have imbalance in the brain.

And that's going to create the rest of the hypothalamus all the way through all the time. And the consciousness has been replaced. So it's more it's one of educating people to understand that my mind does impact in my body.

I can work on my mind. You have to deal with the good in the brain. In the body. You still have it. I'm all with us because we can able to be as humans, we don't know how to manage every single time.

So we've been able to view all the damage. So even then, that's what we need to work on with medicine. But we also need to work with online, to get to the combination.

And we don't pay attention to our mind really, really good at dealing with the biological. But we don't have to move in our mind. Never. Okay, so then tell me about habit formation.

Right? So, like, where do we go wrong when we're forming habits? Like what part of this is gets, I guess drain store? You know, when we're trying to make habits and we end up making bad habits and maybe.

Can you talk to us about, like, that neuropsychological work and give us an example as to how somebody could, like, rewire a habit or make a new habit if they're very anxious or depressed?

Absolutely. So, that, just like you said, the big thing is that when you, when you have an experience, like just something on it, chances of you giving it or not very good because you train your brain will be led by your mind.

So it's and let me just give you the so the something to stick and to become a habit. It drives a habit. So is what it is doing in the time is a habit even every behavior pattern.

If you have is responding to response in this way, do your work in a certain way.

Mindset, Hormones, and Mental Health

The whole way you run your life is based on the habits, the habits or experiences that we practice. So what we see from, the research is that the more you practice something which is logical, the more you get to make it stop.

This. We see that the networks name change. We think of the in the in the the realm of the mind. If you think of the first time that you do something, it's been a tiny little flimsy cloud and a tiny, little weak little network, like a tiny little stream that you see, but just your thoughts.

It's this tiny little tiny spot. And important is this tiny little, once in week. But as you water the plants, it grows. And this becomes the quantum energy.

So it's kind of what's happening with the mind, which prohibits things but is constantly feeding it this energy, keeping you thinking about ruminating on something to thinking about what the person said, what they did.

It happened is similar is in your mind if you were doing this and then, you know, thinking, be good at thinking, what am I going to do there? And then you make an effort.

You do this over this time you are feeding that energy, pouring it onto the matrix, and it's getting bigger and bigger to that in a negative direction.

Negative. It's just gonna happen. And that me be comes toxic into the brain. And this is what I mean. If you see 1 trillion cells in the body is over.

What we've seen is that these three phases that you go through in the first 21 days, which is one segment, which is we we are very in to the is a we're practicing experiencing with something that takes one second.

It's very hot. It's very hot facing stuff. It's like feels like something takes longer. And you reach a point around about two to 1 to 28 days. We think, hey, you know, I think I'm getting where I want to be.

I think I can see the change and it's like I can sort of see that I'm doing this more of a story to me that something's breaking down around 21 to 28 days.

And it's a it's a whole new journey that we go through. And if we any one physical thing just because 128 days is a mess, just because we like to come to a point of no use to go to the prom, it just dies.

And so you have to keep going. And as you keep doing it and you, there's ups and downs. There's other day like that. If you do what we all, what I know the neuroscience with these days, you can literally turn it around for days if you do it like this 14 days, anyone, not just the 36 days.

And suddenly if you're working on something that's toxic from 36 to 42 days, there's this method in some way to it. It's inside the textbook increases depression and anxiety.

Those emotions, because you suddenly think, wow, look at one. Let's you get this book. You're giving a massive insight into the scope of what is happening with that, because a big thought to be sort of peppered with topics or more.

And so is that because you think point it's a, it's a, it's a brief, it's a breathing and it's very wide. It's one of the learning situations. So one of the it's the you carry on, you get through the different you carry on and then you hit the points around 60 to 60 points where you see, okay, above this depression and anxiety or not things they're giving the information.

I see now where I'm going. I'll put a plan of action it again. This is my new behavior and I'm now seeing all areas that this affects it. And then you start another cycle.

This is an ongoing thing. And if you show any one of those any, any day long, that 60 something and you actually will then be frustrated because you remember what you did and you'll think out-of-control, this is not the follow this that I'm so back at this point completely.

I want to believe that conditioning people go kind of grounding down and they get more depressed and that kind of thing. If you want to try and avoid, once you understand the depression, anxiety and messengers, they give you that information.

And even as we all know, the hero's journey is something we typically go into in this cycle is the seasons. Because if you know what's coming and I know I'm working on something really hard, and I know for 21 days I could be tempted to say, but I'm not.

I know it didn't say 36. I'm going to get this huge grief explosion of insight. It's kind of overwhelming. I can put some things in focus which see my therapist and make sure I have a loved one that I can get coffee with and talk to to make that so, you know, you plan for these things and this is an ongoing thing because not only do you have one issue with it and we have numerous issues, we never spoke with the issue.

This new issue of the time and the beauty of the new cycle is that you can be always working on something you work on. One thought and a thought is made up of occurring.

That is not a course of thoughts is made up of cells, which is all the memories of experience. So you work on one thought. All this details for another, food related or unrelated, depending on where you at.

But you can also use in cycle in the moment, which I mentioned earlier on, you can literally say that you're in a meeting. And I mean, let's say, for example, you get into the sound, the sound is going to take you to eat the sound thing.

And that's quite a kind of affirmation between you. Excuse me. So I did a couple years back in my mind, we I did first step is gathering awareness. We use basic basically getting awareness theory.

Any notion of what and what an emotion is in a self-regulated and very compassionate way of how you feel that that is the level of concern, because this is about the what's going on conclusion, maybe a little bit of a worry.

And so you just acknowledge it. We might feel it in my body, on my shoulders. We're changing up. We're level. And what am I what is my behaviors I'm telling you this and that I can we can solve the problem.

So we use and what is not is critical for the side for me. Well, Riverside doing it again, you know, that we solve this problem and then immediately reflect on it again.

See the little roots because this is important for need to get this. You see that it's the secret of why that we do the work. Do we do we do what we do?

We gather waves of emotion or the behaviors of the to speak of the body sensations. Photosynthesis. When you say, why am I feeling this? It also gives you do a bit of a mindset that you can be mentally if it's a quick one.

And that could be, you know what all the problems of troubleshooting could be this troubleshooting. What did I do in the past until this problem. And then the fourth step is what we call which it's sure you spoke of.

How can I speak? What could we do differently? You know, this was not. Work on my perspective. You can make it look at this differently. And then action was to be made.

It would be actually follow through on those thoughts. You did something you had said I this is an example. But in the cupboard, the whole process of what happened and I had to give myself in a place of calmness, I could look through that in a minute.

So then new cycle is getting order out of chaos in the moment. If we allow our mind all over the place we are in any situation where there's something as simple as what we just discussed.

Now, whether it's someone who you know, and it might be a family member who triggers you on the left, in the case it may be relationship issue and they say something and do these fireworks.

How do you keep yourself in a state of calmness that you can have wisdom so that it doesn't escalate into an ongoing relationship problem? And so you can do a quick your second in a moment of knowledge, and you can be looking straight ahead at the person and you can quickly go with to the getting awareness of this signal, reflecting quickly on this thing a little mind.

So mentally then rejecting anything that you could reach, then you do it. Then you sit down for about 15 minutes and I'll put an F in your psychometrics, an IQ for people today.

And, there's a way for books for mental mismatches. And that explains the pathways. And when you go to work on it, say at the top. So what I just described was how you use it in the moment.

It is affecting the life. And maybe you always carry the same issue at all. You find tensions related to insistent situations arise. Sitting on a base is kind of made.

You want to sit down for 62 days and see. You want to listen, and you now need to stay engaged to the five steps for that. That's a day for the first 21 days.

I mean, the balance is very easy as opposed to just, you just walk through the five steps. That's all within one day. It's a little bit each day it's I hope it's good to break it down and build each time.

A little bit of breaking down, a little bit of building up a little bit each day and you break into flow. And the next of the 63 days changes. Now people might be thinking, I don't have 60 days living.

Say, that's going to change it all the time. By your mind, the most important brain in your body, which is the present paradox. The thing is, you can direct the change if you do not direction.

The change is to changing it in the wrong direction. So you're actually getting worse. So it's really not going to work to change it. You may as well direct the tools, and that just means to look in.

Your sense of doing is going to change at the least. Cancel the mind. The next person, the body for this council's investigating this. It's essentially the sooner we show a research.

I mean, there's a lot of the things that we talk quite a lot about. Hormones in this particular stomach shown evidence of hormones painting with my commitment in these periods of time, with with.

Yeah, I think that's that's so helpful for people to hear, you know, we at London and we have this like ten step approach we do for ultimate health. And you know, we start with cell membranes and we start with, you know, gut health and things like that.

But I do tell people after you get through simple things like that in nutrition and exercise in life, like mindfulness, mindset meditation is so important.

And I you know, I'm actually working on a book right now. And the whole book's concept is how all of our hormones go together. And I have the full section on how stress, perfection, diet, and a lot of it comes from your mind and how when your gut is affected by stress, it affects your vagus nerve.

And then that ultimately can cause leaky gut, which can cause hormone issues. Yeah. So I mean, I do think that and I think that really have I, I have a health coach and she does give people like a lot of tips and advice on stress to some of the things you are talking about and just ways to mitigate stress and ways to reform habits and ways to

get out of bad habits.

And I think that this is where mental health in general is something that in the United States we don't focus enough on. And so I think probably why, you know, you've written all this process, the podcast, people want to learn about this because to your point, there are things you can do to find a reason why you're that. Right.

Like this system we are on. And once you fix your mind, so many things are to fall in place. Your sleep. That's what I tell my patients all the time. Like people come to me and they want to lose 30 pounds.

You know this. I want to lose 3 pounds. I want to lose 30 pounds, but people want to just starve themselves and not do the work. It's like, why did you gain the 30 pounds to begin with?

Like, let's think about this. We mindlessly eating. Are we eating to comfort ourselves? Are we eating because we have trauma? Are we eating? You know, because we're anxious.

Like we have to work through all of that. And then once you start fixing that, you start rewiring habits in your brain. You fix that, you know, you fix your hormones, you fix your mind.

It. And then, you know, I had a I had a lady who came in this, this last week. And, you know, we've been working together for six months. And she knew so many people ask me that she was crying and she was I've been with you for four months.

I've lost 2 pounds. And this is such a weight. And I was like, you are right there. Like, give me one more month, you know? And she came back six weeks later and she had lost like 14 pounds.

It was just like we had to get her over that. Like she had some. She was seeing a therapist. She was working on a guy who got her hormones fix, just like it doesn't all at once. Yeah.

I'm. I'm not excited. But what do you say about the different techniques? This is what what I've found is that things that you've described, at least for me, meditation because meditation and in terms of where is it, what is the neuroscience, how does it that can use that is the system.

If you want to listen to all the techniques, that is amazing to do something extreme, in my opinion, working on that, working like also all different and the point I'm trying to make this is this is you, one of the system of how the mind changes that you they can sit in front of, you know, all this fantastic advanced read.

You done put it into a system that you rewire into money that you with. You work right and you body went into much for all the techniques that they going to discipline themselves, follow the technique to teaching them and you do the other witness.

What are the things that you need to say then what did you tell the winners of those that you respect? Literally? What are those behaviors that you think you know we're going to touch on?

This is a behavior which. Is indicative of what is it? What do you think is a very particular one distinguished. So you can say, okay, let's put on the list.

What are you going to do for you physically? All the things you're telling and you so you put it into the system, then give them a flow that they can then follow, each based on applied.

And then why would you bring the merchant bunch of things. It's actual knowledge that they're going why in into all of them. And I you to teach what. So I completely agree.

What percentage of people do you think in the United States that have anxiety and depression? What percentage of that it's really like refractory and like really needs to be medicated versus people who just need a reason for nothing.

And like the mindfulness works like this, what would you what would you say. So that's a great question and a big question. So the first thing is that I don't see depression.

And the research actually confirms what I'm saying. This is more research confirming this than in the biomedical model approach of the biomedical model.

Sees that the patient with insurance and that it needs to be treated with medication. So it's kind of like the same approach that medicine uses and works for medicine.

It doesn't work at the moment. And what research shows that if you see depression as an illness and you look for a biological cause, which has been this isn't there is not one biological cause.

The depression from the depression is caused by, an invented supplement.

Medication, Recovery, and Resources

You can have an intensive premise which can have symptoms of depression, but that's not the cause. The cause of depression is something based on your life and the impacts of it.

And so we shifted the very first thing to do is to shift the data. Otherwise you going go to the traditional or maybe the physician going to go to the biomedical model statistics, because X amount of people have the illness of depression.

Here's what I believe is a quick way of approaching this. Everyone benefits with depression, depression, good anxiety, good. They are not bad illnesses.

They look like cancer or something wrong with this. But I was. They are signals telling us that symptoms because of going out of something is definitely not.

And it's a signal the the calling you to pay attention and work things of the wall behind it. Parallel to that, because you are showing up with this anxiety or depression, it's that level you need to lean and work on the biological to certain capabilities and improvements, and whatever you're going through is changing your hormones in the wrong direction.

And you've got to accept that you have to do with both. But if you just deal with the biological, just don't do that, then the depression actually will never go away because the source of the hormone issues is in the symptom of depression.

The signal of depression, which is in something going on in your life that you don't want to cause you don't know what's the matter, how many opioids and bandages you put on to be.

And so in terms of this need to just all of us get to the situation, what happens is that we in a society with so many contributing factors, as we see, you know, there's more to the social media, to disciplines which are seemingly growing, that more people battle with depression.

That is debunked now with depression and so all of us know patients with depression can move out of the normal range and range. It's unhelpful. It's of boomerang that is good for us, but it's depression, good for us.

Depression, it's very toxic. So so what is the shift? That's kind of what puts us into the brink of shifting mental oxygen to toxic depression. Well, the answer to that is and management.

We not to mention mind, which doesn't just mean looking at Massachusetts, looking at the content of how I'm showing up with this state. One thing about Buddhist not not looking at what am I doing, reacting to all my well, it's been about a storm, but we got to manage our entire lifestyle, stand back and take a second look at me, and then work in a plan of action on even labeled mental and biological.

To helps me to think if we don't do that, then it accumulates in our minds. So basically, a conscious mind, we vulnerable and and we have another part of our mind which is the more, you know, intimate is invincible and that there's a thing between us and the subconscious is like a waiting room and the man consciousness for ever giving advice on how do you find the message of the person need to get right with this, do this.

Exactly what's the space? What are you? I think a mindset that is quantum defeating, non-conscious wisdom, but it's got to get through the subconscious mind.

So to get some conscious mind, a conscious mind can get really messy. And you can get so messy that we go into this loop of just getting stuck in the messiness.

And the longer we and the without this to the wisdom, we can kind of self-sustainable the earth and tap into the wisdom of the unconscious mind. If we don't do that and stay stuck in this, that's when we tip over into the toxic states.

And it's that creates so much disintegration. You getting stuck in the mind is devastating that with the anxiety and depression and addictions and the, into whatever the addictions and the alcoholism and deep insight and the suicide ideation and all that kind of what's what's important to educate people to understanding and recognize.

We know what to do. And it's not doing. It's in the moment of crisis. But getting people to practice. I just said with more arguing with someone so that you get a handle of managing your mind and the small things that you can then be good at the resilience and, and have the internal make good some of the big stuff.

It's going to be hard, but you know, it's not to reach. Yeah, I think those are all wonderful points. And to your point, you know, I tell my patients this all the time, I don't really think that there is a Zoloft or a Prozac or a citalopram deficiency.

Right. I think depression is your body telling you that your mind and your body wants are not on the same page, right? So like what you truly want in your mind and what your body is doing and that your what you want and what you're doing are disconnected.

And so you need to figure out. Exactly. What I've always told my patients. So, so. And to your point, David, sorry, I just wanted to talk to you about this has a word I would say to ask about medication first.

If you look at the chemical classification of psychotropic drugs, they're not drugs and medicated medications. They drugs and location is targeted to a specific problem like insulin.

That reason these are not targeted specifically to to a they're about serotonin. And it because it isn't actually what's happening. They are basically muscle activity killing them in the brain.

So what they do is it provides adipose. And if you go to eat it you not like in of it. When you take an obvious person to, you know, but you don't live on, 80% of people can see those legs in that space as opposed to fixing the problem.

We wouldn't get all the medicine at the whole conversation. But you see, when you take all those as an endocrinologist who are disrupting the chemistry of the brain and body in the right direction, so long term use of those is is to the North Koreans and folks and come off them and tell you why the brain of you, which is good, know more.

Well, thank you, Doctor Caroline, for explaining to us like what is neuroplasticity and explaining that there's no neuro cycle in this process that we have and how we can maybe you know, how our mind and brain are actually different and what we can do to kind of help break habits, reform habits, things like that.

I think that that's really beneficial for for people to know. And then, you know, just briefly do you want to tell people where they can find out more information about you and all the, you know, all the great books that you've done and,

and the different ways that they want to learn from you.

You can. Thanks so much. It's on my website, my search media book to Caroline. We have a new book coming out in a hurry, which is like, what do I do in those moments of crisis?

What help I need in that? So that's coming off soon as well, which is really been a great sort of principle. What do I do when I'm in a consistent time?

I think it's actually to help in the moment. So doctor Caroline Leaf on Mike and that's Caroline. This is my social media manager Caroline. That's a Caroline. It's also the web page.

And then my podcast is this on my new site, the Episcopal news site, and it's available on my channel. It's beautiful. And there's a. Note. Well, thank you so much for joining us on this summit episode.

And, we will see you guys in the next section.