Introduction to Root Cause Medicine

And so where I'm going with this is both you and I do root cause type of medicine work. And I know that's a totally horribly overplayed term, but when it comes to what we mean by that, it's really looking at the body from a lens of one, It's very individualistic.

So everybody has their own genetic blueprint that we all have different patterns of scenarios that are contributing to the physiological imbalances in our body, and those also correlate with spiritual and emotional im balances.

And then also looking at that from the perspective of, you know, a more individualized, but also customized approach, which you and I only not only as consumers of our own health journeys have found the sweet spot, right?

Fair enough? Absolutely. Yes. Welcome to the resiliency method, the truth about healing. I'm Dr. Erica and we are here to uncover the root causes keeping you stuck.

Together we'll restore your energy, your focus and your resiliency so you can finally heal, regenerate and feel truly alive again. Imagine being a Division I athlete, an aerospace engineer working on NASA's Artemis program, and your body starts failing you.

Not slowly, but completely. 175 allergens, leaky gut, chronic pain, total exhaustion. That was Amanda Smith's reality.

Amanda Smithu2019s Engineering and Health Journey

And today on The Resiliency Method, the Truth About Healing podcast, she joins me to reveal why the most educated, high-performing people are often the ones most trapped by a broken healthcare system and the exact framework she uses to help clients finally break free and build real lasting resilience.

Welcome everybody. Welcome Amanda Smith. Today's episode is with our health and wellness coach, Amanda. Smith, she comes from a background, very unique background for us.

She comes. From the engineering side of the world. So she's an aerospace engineer. worked as a NASA engineer for many years. And so Amanda is really good at analyzing complex systems.

What better system do we have that is super complex than the human body itself? But I think she's got a really interesting experience and story, so I want to start off today's episode by getting into a little bit more in depth about her, but she's a former comedative athlete, she learned how to read the body when it was under pressure.

She's also medical intuitive and she has learned to interpret the energy patterns and root causes that mainstream science are often overlooking. And she can combine all three of these, science, spirit and the somatic intelligence to help others decode their sensitivity, heal deeply and live in alignment with their cosmic nature.

Let's get going, let's talk to Amanda Smith today. Amanda, welcome to the show. I'm excited to have you here. Oh, I know that I really want to delve into, and I am going to give you the floor here in a second, because I want get into your story.

It's so unique, it's such an interesting experience that you've had, you know, on your own health journey, but then also in the context of changing a major profession.

So I'll turn it over to you to tell us a little bit more about yourself. Dr. Erica, thank you so much for having me on

your podcast. I'm stoked to be here.

It's what a journey, right? Going from division one athlete, athlete my entire childhood essentially, to engineering student, which combining those two things was absolutely insane.

Tons of pressure. and then actually becoming a mechanical and aerospace engineer working on a bunch of NASA projects and programs, including Artemis, which is about to launch in February.

I know we're recording this and this will go out after that, but hopefully it will have launched by then. You have routes to go back to Artemus. Awesome.

Very cool. Yes. And then becoming a health and wellness coach for simplicity. Medical intuitive usually begs questions. What in the world is a medical intuitive?

But yeah, this journey has been a wild ride and definitely a big shift from being an engineer to helping people with their health. And I had a coach, Melissa Seaman, my business coach helped me really piece it all together and be able to make the leap into this.

She said, Amanda, if you think about everything that you've done in your life, it's involved the body. I've had just my own health issues and injuries and continue to have some of those things.

But the whole time, I have been working on understanding the body and understanding how the brain works with the and then of course the somatic side, the nervous system side of understanding and I'm done all of my research to take me down this rabbit hole.

Yeah. And what a rabbit hole can be, right? There's so much complexity to the human body in and of itself. The study of the body can get overwhelming and intense.

We're going to talk in a few minutes, I think, about the psychology of some of other healthcare consumers out there today and what they're facing and looking at, the angle.

But expand on that a little bit more, too, from your perspective, your own health journey. So as a division one athlete, I had two knee surgeries.

Intuition, Sensitivity, and Energetic Boundaries

So I really started to dive into understanding joints and how joints worked. And from there, made the leap into becoming a yoga instructor. You and I went into yoga teacher training together.

Yeah. What did we decide that was like 13 years ago? 2009 to 2010, so 16, 15, 16 years. Amazing. Right, right. We met during that little phase, but came back together and got reacquainted, I don't know, was a year ago or so, two years ago.

Two years, about two year. Yeah, that was the rabbit hole in and of itself when it came to understanding the body and understanding how to, you know use breath with the and how the mind plays into the And that that dove me down the Rabbit Hole with Louise Hay, which You Can Heal Your Body was my favorite book for the longest time.

And yeah, that was that the psychology of things meets the body and how those two interplay with each other. That led me into being a medical intuitive and actually owning it because I was always a Mm-hmm.

I was always willing to help, too. You can go on to your story and how you developed your intuition. Oh, man. It was all always intuitive. Yeah. Even as a kid, I feel like I'm one of those highly sensitive people.

One of the people who took in all the information that was coming into me and using it to my advantage. being a bit of a brainiac, I had no problem distilling like, okay, this person is having this issue and it's likely because they're

having rage issues or anger issues.

So those were things that I was constantly taking in as a kid. And then going into being an athlete, Do you notice how you move this way and it feels funny in your body?

And I definitely had a hard time because I was in coach mode as a kid with other players on my team and they really hated that. So you were just beyond your years in terms of processing that, right?

Exactly, exactly. And from a social aspect, again, Brainiac didn't have a whole lot of social skills to speak of at that time, so I didn' know that what I was doing was unacceptable.

I just was trying to be helpful. I can relate to that as a fellow intuitive too, just as you're kind of evolving in that skill set and understanding it really is the first part.

Yeah. But just being aware of and even looking back, sometimes I see moments in my life where I'm cringe-worthy, where, you know, I said something and almost like sometimes some of that stuff comes out of your mouth and you don't even process it.

I know you can relate to that and then you're realizing, oh gosh, you know, having that social construct around it is also very important when you are developing your intuition.

Oh my gosh. Yes. And then getting to a point in my life where it was just an unbelievable amount of pain and I couldn't understand why. And I knew I could feel other people's pain, I was one of those people, and yet I can't discern whether it's mine or theirs.

I ended up finding a teacher, Cable Jones, who really gave me some tool to understand how to discern. And, you know, the basic tools like understanding grounding and understanding how tend to your own energetic bubble.

He called it shielding, which is a very masculine way to think about it. Then Melissa Seaman was like, no, let's think of it as a bubble, and I was, like that's so much lighter and easier to work with.

Yeah, I struggle with that too, actually, that concept of shielding or protecting and I spoke to, you know, when I was trying to also kind of hone that in a little bit and understand it.

I saw the need for it for sure, but I also felt like, well, how do you create that so that you are also not creating a barrier around, the ability to intuit?

So one of the things that I've always taken on is, is we don't A good piece of advice that I got from a teacher really was we just don't put ourselves into that mode of fear and we step up on it and keep our vibration high in respect to that.

Health Crises, Allergies, and the Turning Point

So it's almost as if, not that you're ignoring it, but that it is not on the plane that your in, kind of deal, which I thought an interesting perspective on as well.

I love that. The concept that we use is everything in its highest good. So if it's in their highest and my highest to have a conversation around something that's going on for another person, then it will show itself in the opportunity to the conversation or the messages keep coming through and bombarding me, so I'm like, oh, okay, I got to tell you.

Those are kind of the intuitive hits that I now use so that, I know anything that's coming out of my mouth is for the highest good, in the highest good for people receiving the information.

I'm so fascinated by your story and your personal evolution and journey in this. So tell me how, like, I want to get

into the psychology a little bit more too, because I think this is actually very relevant for a lot of people out there that are looking at their health situation, the current health situations, starting to ponder or well into create a different outcome from themselves.

And let's start with just the recognition that without health, you have nothing, right? So we're coming from a viewpoint of, Amanda and I are almost, it's not even like, It's just a part of us that every day we do something for our health.

Whether that be a monumental workout exercise situation or a treatment or sometimes on my simplest days, and I know yours too, Amanda, we're swallowing, you know, five or six pills in the morning.

That means my pills, that means supplements. And then, doing the same in evening and that might be the amount of self-care we get in that particular day, highly scheduled day or whatnot.

Right? So for us, it's like a part of us now that it is a given that and we've seen this play out in our own personal lives that without our health we have nothing.

right? That's kind of where we both come from. But your story is like, and this is what I'm so fascinated by, is here you are, you're highly educated and you move into a very science engineering based position, career.

I know that when when I met you originally, you know, was it 16 years ago, I know you were in a transition point, and I was in the transition. I mean, we were both kind of like answering the call at the same time and being willing to step up or step into the ideas and notions that people had about us or what they would think about it.

Those were really vulnerable times, for me. You had your own experiences. Yeah, I was on Artemis, actually, on NASA's Artemus program. At that time, it was called Orion, and that's when we met in 2009. I actually had an early career at that point.

Okay. And I, was contemplating a lot of things. Like, in 2007, So just two years in, and I started noticing my body starting to fail me, then I was going, all right, something's not right.

And then, of course, at yoga teacher training, I discovered I had every allergy in the book, which led to the diagnosis of a leaky gut. Then that led you a whole bunch of healing with an Ayurvedic MD, Dr.

Nita Desai. That was a rabbit hole. as well, but it was just this recognition that I'm using my brain on a daily basis and not having any capacity for my body.

And I was an athlete up to that point, right? At this point I as a division one softball player, turned division two soft ball player. I played volleyball, basketball, track, football, snowboarding, ice climbing.

I didn't have the capacity to do very much. So like when we went into yoga teacher training, I laid on the floor a lot. I took in the information by moving my brain and not my body because my was just so damn exhausted.

And that was the beginning of the turning point for me. I didn't leave aerospace until 2017. So it took me a while to get the message, like, this isn't what you need from a mind, body, spirit, soul perspective.

It took a minute. But when I finally got there, the recognition that I have to do something to take care of myself on a daily basis. I, from a health perspective, I was gifted a lot of medical challenges from my family.

From a hereditary perspective. Are you tied to treatments, protocols, and gurus who promise results but don't deliver? You're not alone. For years I struggled with my own long-term illness and I know how frustrating it feels when nothing seems to work.

That's why I developed the resiliency method. It's a science-backed approach to combine the best of Western and ancient medicines to restore your body's natural intelligence.

Patient after patient has discovered what's possible, living stronger, brighter, and more spiritually connected than ever before. Whether you're facing autoimmune issues, hormonal imbalances, weight struggles, or just feeling stuck, you don't need another quick fix.

You need a clear path forward. Take the first step with a discovery call at drericaonline.com forward slash discovery. That's D-R-E- R-I-K-A online. com forward.

So discovery or dive deeper with the full initial consultation at Dr. Erica online dot com board slash initial dash consultation because your health, your clarity and your freedom cannot wait.

I think that's a prerequisite for a healer. I'm the most difficult case I've ever seen. Yeah, that was what Dr. Deedee said to me at one point when she got my allergy stuff back.

Client Archetypes and How People Consume Healthcare

So we did a blood test stool sample and that was like 215 allergens and I was allergic to 175 and she came back to me like you're somebody's PhD dissertation because you are so complex.

Winning at the worst things, hard pass. I want to go even to just like, I know that you've had your ups and downs in the process of finding your healing, getting your heeling on the right track, travel error.

You have a way for somebody to actually analyze maybe where they're coming in from their viewpoint and the way they are consuming healthcare. Is that fair?

Absolutely. Yeah. So the Gutsy Chick Quiz, gutsychickquiz.com is where you can find it. There's four archetypes that I use to understand how my clients come to me.

where they're getting stuck, but also how they consume as a medical consumer. So it's the bruiser, which is what I am, the brain stir, which is my secondary, the chill stir and the stickler.

We can dive into how those relate to what you've witnessed too, as far as the consuming of medical information or even going to the doctor. Yeah, right.

Yeah. So, you know, I think it's interesting in the context of looking at this because this is a point where, this has not to be like minimized, because anywhere where you're starting from on a healing journey, and you can start from anywhere, the bottom line is you've got to start.

You've gotta put one foot in front of the other. And so there's no judgment or evaluation, but it is interesting to frame these things because I've also seen where certain archetypes and the way that they're assigned to medical information, could sometimes lead to a outcome and an outcome, and how quickly really ultimately you can get to an outcomes.

And where I'm going with this is both you and I do root cause type of medicine work. I know that's a totally horribly overplayed term, but when it comes to what we mean by that, it's really looking at the body from a lens of one, its very individualistic, so everybody has their own genetic blueprint, that we all have different patterns or scenarios that are contributing to the physiological imbalances in our body, and those also correlate with spiritual and emotional imbalanced.

And then also looking at that from the perspective of a more individualized, but also customized approach, which you and I, not only as consumers of our own health journeys, have found the sweet spot, right?

Fair enough? Absolutely, yes. Timing is part of this too. So for me, I'm looking at the cosmic sensitive body. It's about what's the right timing for you too?

Yeah, good. Yeah. Absolutely. And we've both been on our own journeys and can speak from our personal

experience with having spawner wheels in different areas.

I know I spent 10 years kind of going what I can see now very clearly since I've developed the resiliency method and two more phases of additional process for the body to go through to achieve optimal wellness, specifically for nervous system in the brain.

I can see now look back and go, oh, I was kind of on a merry-go-round for about 10 years and I got great results when I first got on the merry go round and, um, was excited about it.

And I did that work with my clients, but I also see where I lost some efficiency. Yeah. Lost some time and know that you can probably appreciate that too from your own health journey.

Absolutely. Yes. Similar to you, I've got the cosmic-sensitive method. Realizing that each individual is coming from their own background, their history, psychosocial issues, cultural issues and timing.

That right there sets the stage for really understanding how to move them to their goal, which almost all of my clients and I'm sure all your clients, the goal is let's be healthy.

I want to be able to have longevity and function. when I'm in my 90s, that's absolutely my goal is to get them there. And how do we consolidate that time a little bit too by introducing different process or procedure?

So to give back to the archetypes, we're talking about what would this archetype be for you in your context? This would be which archetyp? The one who wants to heal and is willing to just dive in that archetypal.

So for me, that one, well, it's kind of a combination. So that would definitely not be the Chilster. That would be either the brainster or the bruiser, but they've got to get to a certain point in their processing to finally dive in.

Got it. And one of the things I find interesting too around these different archetypes is that sometimes the hesitancy comes from cultural norms that are being expressed.

So for example, let's dive into the world of research for a second here. Um, you know, there's certain archetypes, uh, people that are, will not make a move on any sort of journey for their health unless a Western white coat allopathic medicine medical provider is available to provide them with that care.

And then that there is some kind of perceived research study, evidence-based medicine behind it, and they will make move anything. What would you see it say or some of the shortfalls or pitfalls of that sort viewpoint?

Oh, that's my stickler. Okay, so our Western medicine is designed as a business. It's designed to get you in and keep you there because they want to keep your money.

They want to keep you in a place of, I'm going to make you feel better, but I am not going heal you. And when you talk to the doctors about that, that's obviously not their oath.

That's not the goal. But the system is designed that way in Western medicine. Yeah, their system and then their tools, right? I always remind my patients and listen to the medical doctor, you know, best of intentions, doing the best he can with the knowledge that he has or she has.

And then also at the end of the day though, the tool set for that person is a drug or surgery. So every lens that they have upon your health and how your body works comes from which pharmaceutical medication fits here.

Well, first of all, which label fits because you don't have label for something until you have a pharmaceutical drug. And I want to point that out. It's an important piece of understanding health care is that the condition doesn't exist until there's a business or financial plan behind the drug that can actually bring to light that condition.

That's what then correlates that medical terminology or that label that's given to that individual. So, that's how it

kind of is a backwards system, right, in that respect.

And because there's not very many things in the Western viewpoint that don't have a solution. So in other words, if there is no solution for it, we're really not talking about it.

Fair? Yes. Yes, so like IBS is one of those where it's like broad term.

Western Medicine, Labels, and the Limits of the System

Right? We know you have a gut issue, but we really can't pinpoint it because we would need to dive deeper into what's going on. And we don't have time for that.

That's the other thing about the Western model is there are so many sick people now that doctors don t have enough time to be able to actually hear what s going They don't have the training either.

They really have any nutritional science and medical school at all. I think it's like laughable, the amount that they've had. But you're right, that's the whole field of medical terminology when you educate yourself in that respect.

which is an irritable bowel syndrome is a good example of that. You've got gastritis and the word anything that ends in itis means inflammation from a Latin perspective.

And once you understand that, you see the work before it is really the descriptive where the inflammation is, but that's not really meaning anything. It's just a description that sometimes will correlate to a drug or a medical procedure that can be done.

Exactly. Yeah, and in that respect, too, for that consumer, we're really talking about somebody who's being informed by often typically evidence-based medicine or a placebo-controlled placebo based study, which isn't bad.

But that type of measurement really works well for drugs. It doesn't work well, like you and I do, those more individualized approaches, fair? Very, very fair.

It's very interesting to watch the evolution of this particular archetype to when they finally make it to me or you. They've tried everything in Western medicine and they're going, well, shoot, nothing's worked there.

So let's throw spaghetti at the wall and see if This helps. And it's shocking to me that that's what it takes for this particular archetype. But at the same time, they want to know that it is science-backed and not everything is Science-Backed.

Some things are indigenously backed, which science hasn't caught up to yet. Or generation. Absolutely. Thousands of years in my case of using ancient medicine being trained in that background.

So there's some efficacy from that standpoint. But yeah, I think it's also just coming from the viewpoint of really like, what does science mean to you?

Really drilling down and that's one of the things we'll have in the show notes today too is the research guide that I give to patients or prospective patients to understand that and really start challenging some of them.

The viewpoint that you're taking on taking action from medical science and what that can really mean and delve into that a little bit more deeply. Yeah, love that.

I absolutely love what the next archetype, which is somebody that maybe did have that experience, maybe spent 20, 30 years before they got to our next archetype.

Tell me what you think of this person would be in your context. But I'm thinking like, this is the individual that has some savvy to them. They do a lot of reading.

They certainly have recognized their limitations with the Western allopathic medical model. And so now they're into the health hacking supplement taking, you know, that they follow the science that's related to the supplement that is going to cure everything for them.

Let's admit, there is always one. What's the one that the most popular you think right now? What's the supplement that came out and really took hold during COVID?

Ivermectin. Well, that's not a supplement, it's actually a drug. That's the drug, yes. But they think because you can get your hands on it, It's a not drug it is a Supplement and they treat it that way.

Well true. Yes, and that in particular, I actually do believe there's some efficacy in treating parasites and I know you do too because we've both done that.

The challenges with that, right? From a medical standpoint, from a pharmaceutical standpoint is when Amanda, both her and I have gotten into the experience of rolling up our sleeves and working with clients in this capacity, you need a lot of extra monitoring and drainage support.

Like it is frightening to me to think about, what a petroleum-based pharmaceutical, a chemical- based product is going to do and how it's going more to lack the things that are needed to just to kill off parasites.

What are your impressions on that? I'm curious about your thoughts. So this is the brainster, by the way, in gutsy chick land. This is this the brainstorm who's done all of the research and they're coming at me with the researchers and going, okay, well, this how it works.

And when we have a chemical that our body isn't used to and It's being introduced. All of a sudden, new pathways are being forced to work harder to move that thing through your system.

And it's introducing new issues, generally. Absolutely. Yeah. Without, and you know this, but for the audience, if we don't have clear drainage, we won't pathways that are actually flowing and moving things.

that sucker's gonna get stuck in there. And having something that's petroleum-based especially, our body doesn't understand that one and it doesn' know what to do with it.

Supplements, Parasites, and Biohacking Pitfalls

Yeah, and I will say, I think the idea is right there. I like that this is getting attention from a standpoint of people need to understand how, you know, rapid, rampant this, is where we people have parasite issues.

And I, think, the reason it works so well for, quite frankly, for COVID, this my theory on it, Is people, have parasites issues in our community and they don't think they, first of all, it's very dismissed by the Western allopathic model.

But two, I think the reason why it helped with COVID is really the fact that it took that burden down to some extent and allowed their immune system to actually do better with the virus itself.

And that's my theory on it, my personal theory, on because I really think that that where some of those good results are coming from. In one respect, I'm like, well, better than nothing.

But yes, when it comes to looking at that from a standpoint of whole foods, herbs, your body knows what to do with those items themselves. The petroleum-based stuff, like I agree with you, it creates another pathway for which the body needs to deal with the byproducts of that, which can be counter-protective or create more of a complexity.

that's something to really definitely pay attention to. Yeah, what's another the side, the scenario of that biohacker individual, it's sort of like almost still like, there's this one size fits all kind of, like magic pill thing, that sort psychology behind that, or a hacking device.

Sometimes it pulls up or push it over into the bio hacking field where it like if I just do this, one thing I'll just even point out too, we as natural health providers tend to over emphasize, I think, diet and exercise in that way too.

Like the only way thing you need really to achieve better health is more exercise and the most perfect diet. What are your thoughts on that? The right exercise?

And the right diet? I feel like those are two things that get dismissed. Like everybody thinks, oh, if I just eat whole foods, like the doctors say, because we've got a new pyramid to look at.

We have a new diet every other year. I mean, we are starting, people are, the public's burning out on keto. They went to carnivore, I think that had an even shorter life cycle than keto, but these are all very…

unsustainable and extreme diets, not saying there's efficacy and not doing any of them for a short period of time. There's clear benefit to some of these things, but we got to look big picture and we gotta look long term.

And we have to go back to those studies, right? On that magic supplement or that Magic Pill or magic diet and go and say, okay, well, what's happening six, eight, 10, 12 months later, Right.

Is it sustainable? And if it's not sustainable, then how can we influence things so that it has a flavor of what you're working on later? That's one of the things that I look at when it comes to my clients.

When it comes to these things, those things are boring. They're not sexy, they're like, oh my gosh. And they are not instantaneous fixes, which a lot of people are looking for the quick fix because that's what the pharmaceutical world does for us is the…

When really it's not a quick fixed, it is a Quick Band-Aid. The, you know, the not sexy things are stress regulation, eating for you, Eating right for You, exercising right, for YOU, and there's guidance around that.

If we're looking at just the guidelines that the FDA is putting out for us, then we are missing what our body specifically needs. What our mind specifically Well, I'm pleased to see the changes that are being implemented, but it's still broad strokes.

I agree with you. Everything is broad-strokes. And let's end our conversation, too, just kind of talking about the benefit and that power that you get from taking on that maybe your health requires not only the recognition of the nuances of your body, to help you through that process and navigate that?

Tell me more about your thoughts on that. It takes a village. I think that's one of the things that we're finally coming back to when it comes to child care, which is fabulous.

We're not trying to do it all on our own anymore. It takes a strength and conditioning coach. It take a nutritionist. it takes doctor that understands where your body really needs to be tweaked and moved through and making it long term.

Having a therapist or someone to talk to if necessary about your past or your present or the fear of the future.

Sustainable Healing, Strategy, and Support Systems

That's where multiple coaches come in. I mean, I have a business coach and a strength and conditioning coach that can get me out of pain very quickly.

All of these things are what make it possible for me to do the work that I do with my clients every day and to show up for my family every, day it takes a village.

It does. True. That's a great point. And also, I think too, tell me if you agree this, there's also this important piece, which is you have to have a strategy.

Like look at all the things and I'm particularly talking to, a lot of men out there too. And I don't mean to be, you know, categorical about that, but I work, and I know you too, work with a lots of females who really, it's almost like intuitive that they would work on their health and maybe it also is partly there's a little bit more complexity with the female body.

But my men, out they're, You know it is like you got to look around my friend. You have a strategy for your finances. you even have the strategy of your vehicle.

You know, you take it in, it's service, and you get oil changes and such. What makes you think you can shortcut this human body that you're living in and expending your source energy from and from which every other element of your life, the success, stands on that aspect, right?

Totally, yes. You're making me think about my strength and conditioning coach, Ian. I went to him a couple months back, back in November, right around my birthday.

And I was like, all right, so here's what's happening. I really don't have a great strategy. Here's the program that I'm working with. With the goals that you have, you really need someone to build a strategy for you.

And I was just like, dang, You're right. Because exactly like what you said, I have a strategies for my food. I Have a Strategy for, the things that I need to take care of in a day.

Why don't I have a strategy for my lifting routine that actually works for me on an individual level instead of that broad stroke? Like, here's what this person is programming for all women across the nation.

Absolutely. And let's talk about AI because a lot of people are starting to… We'll end on this note. I know we've got a time limit here, but AI, it's probably worth mentioning too because I think I'm seeing a trend towards people wanting to go and find their health information and their healthy coaching through artificial intelligence.

What are your thoughts on that? What do you see? You know, Chatchie PT has a great commercial about that right now. When it comes to using a large language model like CHAT GPT to get your health information, you've got to ask very good questions.

And most people don't have enough information to answer really good question. Exactly. You need to go and consult someone else who knows how to really ask really questions to the finite information that you're looking for when it come to CHGPT large-language model AI.

Absolutely. It's regurgitation, right? What's out there in the public sphere, it's really a regugitation. And I'm seeing too, in some respects, when I research certain areas, not just reguragitation is also a bit of the narrative.

The collective narrative that we want to agree is the truth. There we go. Some people want agree, is a term I should say. If you're using chat GPT a lot, It wants to Agree with you also.

it wants you to feel good. so that you come back and use it. It's very much like the Western medical model where once you're in, you just going to keep using it, same with AI.

So this is, if you are looking for, What's a really good question. I want to know what kind of macros I should be consuming on a day-to-day basis. If you just broad stroke ask that question, chat GPT is going to come back at you because I actually experimented with this.

It's going come to back to you and ask your height, your weight, and your goals. it's not taking into consideration your stress level, you're sleep, your day-to-day routine and what works for you on a daily basis.

It's, again, just broad stroke going to use the data that you feed it.

AI, Health Advice, and Final Takeaways

You have to, it's better to talk to a nutritionist or someone who really understands how when you put food in your body, how your nervous system is going to respond to that particular piece of food.

Yeah, there's so many little nuances that aren't being taken into account when your plugging something like that into chat GPT and saying, I need to know what macros I want and this is my goal.

And most people are coming at that from I have a goal weight that I wanna get to whether that's up or down. But that's what Chat GPT uses to calculate your macros.

And really, you need a nutritionist eyeballs on that information and a conversation. Because again, Chat CPT doesn't really know you. They know the information you plugged in, and that is all.

Absolutely. Amanda, thank you so much. This has been an awesome conversation with you today. I love your health story, your journey. It's just so unique.

Thank you for sharing it with us. Anything else you want to say about what we can find in the show notes? gutsychickquiz.com is a great place to start, bodywhisperhealing.

com is my website where you can find out more about me. I have the Cosmic Body Shenanigans podcast. If you want to hear me talk about all these fun things, head over to wherever you listen to podcasts or on YouTube.

I love it. I know I've been on a couple of your podcasts too, so that's fun. And also in the show notes too for the podcast today, we will also leave that research guide for you.

Thank you so much for joining us, Amanda. Hey, thank you, Erica. Thanks for tuning in to The Resiliency Method, the truth about healing podcasts. If this episode spoke to you follow, share and leave us a review.

Are you ready to go deeper? Book your discovery call now at drericaonline.com board slash discovery and take your first step today.