what I started to realize is our conversation that we were having with the body about what was needed next wasn't really going far enough. We hadn't asked the right questions yet of the the part that really became the three-phased approach with The Resiliency Method was, you know, phases two and three probably are primarily those questions were not being asked at all.

Yeah. 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.

More days on the week, laying in bed in a fetal position, holding her head, wishing the world would end. Migraines, blood sugar crashes, so severe she was shaking and really checked out.

And environmental allergies, food reactions, MRIs, CAT scans, medications, nothing worked. She did everything right. Organic food, ancient grains, chiropractic, acupuncture, craniosacral therapy, and she still kept plateauing.

Welcome to the Resiliency Method, the Truth About Healing podcast. I'm Dr. Erica and today, functional nutrition coach and certified resiliency method practitioner Michelle Law is joining me for this conversation.

The better question we're asking today is what's underneath what you're treating and is that what your actually doing building the body back up or is it just managing the scene?

And today we are breaking down why even the best level a one practitioners eventually hit a ceiling and why the question was never what supplement to add, but what the body actually needs to recognize, absorb, and use for genuine healing.

We're also going to explore how Michelle Law went from avoiding every trace of gluten for years to eating locally made sourdough regularly without a single reaction, not through desensitization techniques, by actually clearing enough layers that our body built real resilience.

And we're unpacking what it actually feels like to stop looking over your shoulder at every hotel, every conference, and every environment and arrive at the freedom and peace that comes when your body is genuinely adaptable, not just managed.

So if you've ever thought plateauing meant you'd found your ceiling, this episode's going to challenge that idea. And if your a patient ready to explore what going deeper actually could look like for your health, visit us at DrEricaOnline.com forward slash RM Phase 1, or see the show notes for information on getting connected.

If you're a practitioner who recognized yourselves in Michelle's story today, I want to take your clinical outcomes to the next level. So learn more at drericaonline.com forward slash practitioner dash longevity dash program.

See the shownotes for those links. And then if you are also enjoying the Resilience Method Truth About Healing podcast, we'd be so grateful if a quick five-star review and a written review for us on Apple Podcasts.

Your support is so vital to helping others join this conversation and see better health outcomes for themselves. Thanks so much. Welcome back, everybody.

Thanks for joining us on today's episode of the Resiliency Method, the Truth About Healing podcast. Today, I am joined with Michelle Law. She is a functional nutrition coach out of upstate New York, Rochester area, and she's also working with clients nationwide as well online.

And she comes with 11 years of experience in working as a healthcare provider and sharing and trained across and certified in multiple modalities. One of them, the resiliency method.

So welcome, Michelle. I'm so excited to have you here today so that our listeners can hear not only a little bit more about your health story, your journey, you know, process of how you got to the point where you were using and you are using the Resiliency Method for your own health as you're now guiding other patients through the process.

And I am just excited have to you hear and have share with us your Thanks, Erica. It's so nice to be here with you. And Michelle, in one to two sentences, how would you describe where you are today with your health, you know, compared to where You were when you first started working on your Health?

What have you noticed and what would You say at a high level? I am not the same person I was when I started. I mean, my health journey is pretty long.

You have a peppered one like me. Yes, I do have pepper one, you know, with many ebbs and flows. But where I'm today, hands down I can't even imagine. Honestly, don't know how anybody gets by without doing the things that we do.

Mm-hmm. It's so needed, it's relevant, especially today, right? In today's modern world and just even the extent to which we've now been living with some of these environmental exposures and things that we're dealing with.

Absolutely. Yeah. So take us back to the beginning, Michelle. What was it like before you started working on your health? And what was your life like then?

What were your struggles like? Well, the biggest part was that I lived a lot of my life with migraines, sometimes just headaches, but most of the time it was migraine.

And there was a period of time in my live where I spent more days out of a week laying in bed in a fetal position, holding my head, wishing the world would end because I felt like I was.

Yeah. And I didn't know what to do or how to it. In addition to those headaches, I was having allergies to environment and some food, but I did not quite know that was yet.

I had massive blood sugar dysregulation that I have no idea exactly what it was, there were times that was just totally checked out and I was hungry and then it would be shaking and It was it was not a good place to be Yes, got it, and what had you tried before you got to the point where your journey took you to The Resiliency Method?

What were some of the things you had done? Did you cut out foods? Tell us a little bit more about that too, specific. Well, at first I just looked at what information was available at that time, looking at different magazines that were applicable and in choosing better foods and starting that I did some exercise and those things helped.

They helped my blood lab levels and then over time I had already been going to chiropractic and acupuncture and someone who did craniosacral work and they became really my health team.

I knew that I was in better health because of going to all of those people. And so they were part of my probably weekly adventures in life. Let's see what else I mean, I would try a lot of different things, but I didn't know exactly what was going fix it.

If there was a medication, i was taking it because that was what I'm told to do. Got it, got it. And walk us through the, you know, when you got to the point where you were at your plateau in terms of doing all those things, sort of like, I'm sure you saw some results, like you said, You saw the indicators that improved from looking at the blood work.

I am sure that you felt a little better for a while. Fair? Sure, fair. Yeah. What was starting to happen that kind of got you to a point were you started to scratch your head and go, have we gone deep enough?

I just couldn't get rid of the headaches. I spent so much time either in bed in misery or going to people to help me get out of a headache. And I knew that there had to be something else and I had gone and had MRIs and CAT scans and tried medications and those things didn't work.

When I met somebody who was doing a form of muscle testing to check different areas and figure out what nutrition blew my mind. I was already eating more or less organic and all the ancient grains.

You were doing all of the right things, right? I had to change everything in my life. And I did. And then I plateaued again. So there were ebbs and flows.

And so then, I had to tweak that a little bit and then plateau it again and so it's been this level of just continuously having improvement and kind of going backwards and just going, this is how it is going to be knowing that I was just gonna keep moving forward because I knew there was an answer and I know I'm gonna find one one day.

Now, Michelle, let me ask you this. You're not going to hurt my feelings, but when I approached you and I was like, Michele, here's another thing you can look at, what was really going through your head at that time?

Well, you may or may not remember, we were both at a conference-like place, and you were telling me a little bit about some things that you are finding in practice.

hinting at something and in the back of my head I was like okay she's up to something I don't know what and I'm just waiting and so when you put your post out I might have been the very first person who just said yes just get me just sign me up I I Yeah, absolutely, but I'm sure you had some doubts just as like, probably people that are listening to this that have already been on a health exploration journey for a while.

Maybe you're even at the point, maybe you were, I know I was, it's like I knew I had the best of the care available. I always already convinced of that.

That wasn't the doubt in my mind. The clinicians who were seeing were top notch. It's just that what I started to realize is our conversation that we were having with the body about what was needed next wasn' really going far enough.

We hadn't asked the right questions yet of the the part that really became the three-phased approach with The Resiliency Method was, you know, phases two and three probably are primarily those questions were not being asked at all.

Yeah. So tell me about, you know, when you got to that point and we were, in the early weeks of working together with the resiliency method, what did that look like for you and what were maybe some of the biggest surprises you saw?

Well, so I will say the very first couple of months I still felt kind of crappy. But to be fair, I spent several years at that point feeling really crappy and just circling the wheels and hoping something was going to work.

So I don't know if I had doubts that it was gonna work, but I was questioning if it would get any better. And then there was a moment when something in the program shifted, we changed gears just a little bit, and I was like, well, I feel better today.

So, that was, like okay, now I know we're going in right direction. And, then, there'd be another layer that we'd clear off, or I would be on my chiropractic table, well my Chiropractors table and she would tell me, oh this pattern's shifted and I knew the only thing that was different was what we were doing together.

Yeah, and because I was following exactly what you told me to do and then I taking that and also applying it in my office. But yeah, it's been interesting.

And even along the way, there's still moments where I'm like, hmm, how do I think about this or how to explain that

or do why even understand? I mean, you know what?

Every time there is another layer, I am sold. I know this is working. Absolutely. Yeah, and it's interesting you bring up the chiropractic, because I think that's where some of this can show up, too, is, you know, I'm the daughter of a chiropractor and I have two siblings that are chiripractors, so I love chirapractics.

I like acupuncture. We call them the adjunct therapies. But the thing that I realized was that was using a lot of those modalities to help manage my chronic health situation.

And I really wanted to get more to the depth where I wouldn't have to have my atlas or my access, my C1 and C2 vertebrae going out all the time. Where I wasn't going to be at, you know, juggling.

Was I going have a seizure today kind of deal? Was it time to having another relapse there? You know, that kind of thing. And over time, what we've seen, right, is that it kind comes back to a lot of the culmination of what's going on in our brain stems, and that's directly affecting our upper cervical spine and our ability to have that really good optimal neurologic function.

So it's really important to keep having those things aligned, but if we actually change what is going inside the brain stem itself, that can have the biggest impact in terms of holding those adjustments and getting them back into position, positioned well, and obviously having all the benefits of having the master control tower back online, the brain, right?

Yeah. It's been really nice. They don't need as much, which is great. That's awesome. Yeah. And then also you're just seeing an increase in terms of working with, you know, your own clientele and starting to see some impacts from that.

I have been applying this for about a year now, a little over a And every there's been a few clients who were just so stuck previously and i always knew that there was an answer i just didn't i hadn't uncovered it or i didn' ask the right question yet and they were i don't know what question to ask.

And so every time I would get a little bit more education and a bit of more detail on what we were doing here with the resiliency method, I'd just start applying that.

And those clients are seeing a difference that they hadn't seen in years. Awesome. And I don't even mean years just working with me. I mean, years having worked with the best practitioners out there.

It's just asking the questions differently. 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 dreric aonline.com forward slash discovery. That's D-R-E- R-I-K-A online. com forward source 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 love it. And asking enough questions too, which is key, right?

And I think that's an interesting component too because if you're a practitioner listening to this podcast, you might

be going, well, maybe I have a few people that aren't fully handled or that are stuck or seem to be plateauing.

One of the things that I would say I discovered was that, let's just like the chiropractors and the acupuncturists, I was really just starting to manage infection, parasite reinfestation.

I was managing leaching of encapsulated toxins showing up as heavy metals in the testing procedure. It was health condition, but that condition still needed some more unraveling and unwrapping.

And where that's the most prevalent, and tell me if you would agree, Michelle, is really if we start looking at our aging populations, right? So we can have the patient at 40 or 50 in front of us doing better than, heck of a bit better, than what they were doing when they first came to us, But ultimately, what I've started revealing through the use of the application of resiliency methods, we got to do this on everybody.

Because if you look ahead 20 years for this person, you don't know that they're not going to start incurring or suffering from cognitive decline. That might not be in front of us today, fair?

Fair. Absolutely. They may not be showing that memory loss yet. But through this process, we actually are creating a longevity scenario for them by being able to not only identify where those future challenges are coming from, but also really getting an action around them now, which is what you really want to be doing.

Absolutely. And helping them understand even, you know, that we're going to be able to do that for them. You know whatever we are working on at this moment is going help pave the way so that aren't dealing with those things later.

Absolutely. And let's talk about the concept of resiliency. So that's the context of how we can use this process for longevity. There's incredible results you can get in respect to that and improving health span.

But resiliency in of itself is also a factor. Let's have a conversation about this for a minute. One of the things that I know I saw, I think I even remember being at conferences with you and being like, where's Michelle?

She was upstairs. She's got a migraine. You're there, you've paid all this money, taken time out of the office and you're ready to learn and then one night in the hotel or a different environment and your triggered.

That's been me too, I'm not going to kid yourself. I had walking pneumonia at one of my favorite conferences with other practitioners. until i can figure out what was going on inside the system so we've all been there and i know a lot of clinicians have to travel with extra suitcases so they have all their hacking tools so the things that when they get to that environment they can control for.

You know, they got to watch out for the hotel. What's the, hotel food going to be like? What the water like, you know what's, the lighting like what the mold like you, know all these things.

Right. And so I started to have this experience of like wow, like we're like asking the world to come along with us and join us on the health journey and being healthy.

But we all like looking over our shoulders all the time, trying to see what was going, to get us next. You, what are your thoughts about that? Well, you know, having been on this journey with you and going to some conferences, I remember early on I was at a conference and I convinced that the hotel had gotten me and that I being affected by mold or the water or food, who knows, or chemicals.

And you just said, this is what you're going to do. It's not really that. And I was like, it has to be this. You're not responding to that, we just need to more of this and that was actually like dry brushing and using the Navage to to sinus rinsing and not more supplements.

Truly have to leave the hotel. That was one of those places where I had to wrap my head around it and I did not believe you at all. Future conferences, though, where then again was at other places and it was not responding.

I wasn't having those reactions. And in our conversations, I've come to have a better understanding of, oh, well, in this environment I can see the mold.

but I'm not reacting to it. And I am listening to these people talk about how awful mold is and Other people are starting to react that weren't reacting before, and I'm not reacting based on just the suggestion of being in a reactive environment.

And I realized, I am like, wow, i'm in different place than I was before. I have more resilience. Now i am not really all that worried about it. i know i can go and travel and be fine.

Yeah, and what did that bring you in that experience? Peace. I mean, so much peace and relief. Like, I don't have to worry about all the things and bring all of the thing.

And I sometimes still bring like an oil diffuser and some essential oils along with me, but I can bring them because I enjoy them instead of I have kill stuff off.

Yeah. Another word that's coming to the top of my mind for me is freedom. Freedom. We can tend to look at health as what are the things we have to avoid, be afraid of.

But that brings us into a vibration of fear, scarcity, concern, and that bring our vibration down. And I think any practitioner listening to this, probably also just a regular listener, knows that if you're operating out of here all the time, that that's going to bring your general frequency down, And what we really want with health is more expansion.

We want more freedom. We want more resilience, and ultimately, that's what we're going for if we are really talking about restoring health for someone.

So yeah, I know you had some food sensitivities when we first started working together. Do you want to talk about that for a second? Yeah. I had done a lot of food elimination over the years and had brought most things back, but the one thing I could not do at all was gluten.

So I avoided every kind of form of gluten. I wouldn't have it if it could even potentially be dusted with any gluten and I was very, very careful. And if I got some, I would react.

Yeah. So, okay, fine. You know, it was like, oh, never going to eat that again and living my life just fine, but after we got through. It wasn't like something I really missed or needed to do today.

But then we got through a certain point of phase two of the resiliency method plan and you were like, yeah, you can, actually start reintroducing some gluten.

And I was like are you sure? I don't know about that. So I found somebody who made like sourdough and well, I'm not the one who goes just a little bit, I can't just have a bite of something.

I think I ate an entire loaf of sourdough bread in like a day and a half because it was… You might have pushed it a bit. And I was like, well, okay, overdid it, all back off and then I'll try to do this again, but less emphatically.

And then, you know, and I have found a place that makes amazing local grain and it's just one of the best breads you can buy. Not necessarily every day, but I do eat it pretty often and yeah, it doesn't affect me in any way.

which is, that is so much freedom. And so if I go someplace and they have it in any form, I'm not worried about it. That's awesome. I love that. For the sake of the, the practitioners that are listening and that maybe are a little bit more savvy, we're not talking about the desensitization of allergy techniques.

No, no we didn't do that at all. We got me through a certain layer and cleared up enough so that I'd have more resilience in my body to be able to handle that.

And, you know, again, it was one of those other aha moments of like, okay, I guess that's really, wow, we can really do this. Yeah, but someone's going to be thinking, Michelle, you're exposing yourself to glyphosate, and that's toxic.

What would you say to them? Well, in the event that there's one particular, the bread that I'm getting from this woman, there is none of that on there.

It is amazing. But, you know, yeah, if I'm out in the world and I have something that has it in there, I am just not worrying about it. And that also is a higher level of vibration, right?

I not worried about and not thinking it's going to harm me, but at the same time, it is not harming me. We've had people consume it and then we've scanned to see if we can find it, and we cannot even find, which is interesting.

And there were points where I'd be like, hey, can you just check? I think this is what's causing the problem. You're like it is not bad. And they're still checking.

Like, are you sure it's not that? Can you just make the… Free wiring because we are inundated and so are our patients at that level one conversation of what's the food we need to be afraid of, what the thing we're going to sniff up in the air from the entrails, all of these things.

And let's talk about that to a little bit more specifically. Let's take a minute and look at some of those air pollutants or EMFs and things like that.

I don't know if you've tried this, maybe I've encouraged you to try it, but to identify what they are inhaling, and you can do that, obviously. Then we put the program on them that's part of what we built out of the context of applying the resiliency method.

they have completely, it's completely handling that toxin that they're getting exposed to in their day-to-day environment. And we didn't put in anything for a chemical, we did put anything into detox, We just put the program that was designed around increasing their adaptability and resiliency and it was handled.

Have you seen that clinically in your own experimentation? I have seen And I have had where if I'm in the process of testing somebody and I don't have their whole program on yet and they test for whatever chemical that they might be inhaling or ingesting and.

I then look at, okay, what do they need for it? And it's already in their program. And then I put those things on and it completely handles it. And I'm always amazed because it's not the things that I gravitated to based on previous training.

It's been really amazing to know I am feeding people nutrients they need versus trying to literally pull stuff out of their body. I love it. Yeah, you're rebuilding them, your restoring them.

You're getting them back to their most optimal wellness, and then they adapt to the environment better. It's amazing, right? It is amazing. We can now kill and clear, clear clear and detox, detox detox.

All of those things, those are all necessary and they're all part of the resiliency method, but we don't do them forever. We don' do on this rotating merry-go-round of kill, kill kill detox-detox.

we build up as we go. Yes. Awesome. Michelle, as we're wrapping up today, I'd like you to give listeners a better question. This is a podcast about critically thinking.

What's a good question that you think maybe a practitioner could ask themselves about their current state, what they're doing, and that would get them thinking critically about Well, I think and I would think most of us are asking a similar question as you know, what's underneath this?

you, know things might show up and You know an area might test or the person might have a symptom that they come in talking to you about but what underneath that what driving it and What is gonna support their body?

They may already be on something, but what's gonna be supportive? What's going to help the body get what it needs to? That it's gotta recognize that it can utilize and then actually provide healing.

And often I'm surprised because it's always the least aggressive things that the person needs. And so just being able to ask those questions and then, you know, even going back and making sure, do they have the things that are gonna help their body, right?

And, you know, and those are just some basic nutrients that we can do in very minimal forms and not even, it doesn't have to be something that has 30 ingredients in it.

It might have four or five. Um, right. Yeah. And I think it's interesting to note too, you've probably seen this too because you're there right now doing this work on your body where you are clearing the encapsulated toxins in the brain and the nervous system.

Right. Do we have you on a key later? Do you have a binder to do that? No, and the funny part is that I'm like, are you sure I don't need one? Yeah. On a relatively regular basis.

Yeah, but what we are doing is making sure you have ample amounts of minerals, B vitamins, fatty acids, And that's how our ancestors detoxed. And it's amazing when you get just basic things in and at this level.

I think that level one that we've talked about and keeping it at that, that's when those are appropriate to help get that out of the system early on so that they can clear the terrain and then help to get the train into a better health.

But once the trains are okay, then we don't need to keep using those and it's really been Honestly, that's another level of freedom because they don't have to try to put somebody's body through a lot of work because doing those things, it's a lotta work on the body.

And I think that sometimes we miss that. It's lotta work. It truly is. Yeah. And that sometimes if we are stuck at a level one response, sometimes, you know, I say it's like the door is still being knocked on, guys.

There's still something else that needs to get done. It's just a question of whether or not you're answering the call. Right. If you are just managing at that level 1, well, in the background, there could be some worsening happening.

over time that is causing more depletion in the body because you're using and continuing to use those methods over and over again. So you don't want to be a contributor to additional deficiency.

You want eventually move the patient into a deeper level where they're actually, you are building them back up and you achieving more of that resiliency.

And I know that was true for me and that's true you. That's why we were still having things go on for us that were not fully resolved. were not fully handled.

Right. Yeah. Awesome. Good. Thanks, Michelle. Anything else you want to say to wrap it up today? I'm so thankful. We're not here to talk about your story, but You knew there had to be something else.

There was another way to ask a question and you kept asking them and then you took your knowledge and I'm just so thankful that you did because it has not only helped my health, it's also helped me help other people improve their health and take it to another level.

I knew was there. I just didn't know exactly where to find it. And that's what it's about and leveraging that innate intelligence. You know, I'm grateful to God and the prayer that I used over and over again to figure this out and that those prayers were answered so I could offer that to an incredible healer like yourself and so that we could just

keep doing what we started out doing, which is we really wanted to heal the world.

We want to Heal ourselves. Right. So I'm really grateful to have you as a part of that mission and have by my side doing that. Thanks, Michelle. And thanks for your trust.

You're welcome. Awesome. Thanks for tuning into The Resiliency Method, the truth about healing podcasts. If this episode spoke to you, follow, share, and leave us a review.

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