The Better Question: How Does Healing Happen? Transcript

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Introduction to the Resiliency Method

You are made perfect in design. You have everything inside your body right now that you need to heal effectively. Knowing and accepting as truth that, you were already made, perfect and designed and that.

Healing takes time and healing also takes place in a spiral formation. Genetics do not set you up. That's not the name of the game. It's really important for your body to heal in the right order, at the the time, using the products and in right amounts.

Don't worry about determining why a symptom is happening because it's not usually what you think it is. 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.

Most people, even doctors, aren't wired to believe the body can actually heal. They're conditioned to treat symptoms with drugs, surgeries, or supplements that are used at a medicinal level.

But feeling somewhat better is really not the same as actually getting better. And the truth is, is you were made perfect in design. You have everything inside you and your body right now to heal effectively.

The question is whether you're putting it in the right order at the time and in right amounts. and if it's in a coordinated fashion. Welcome to the Resiliency Method Truth About Healing podcast.

I'm Dr. Erica and today we're going to ask the better question is, what if the problem was really never your body's ability to heal, but nothing was actually teaching it how?

Healing as a Designed Process

Today we are breaking down how healing happens in the spiral formation and why you can't jump from where you are today to depth of the body without earning the right to go deeper.

through each phase. We're also going to explore why your nervous system is the night at the castle door that decides who gets in and why sleep and bowel movements are the foundation of everything else.

And we're unpacking why genetics doesn't really determine your fate and how you can literally change the patterns for future generations by taking action around your health today.

If you've ever been told a condition runs in your family or that's the way it's going to be, this episode is really going challenge that idea for you.

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Thanks so much. I want to talk to you a little bit more about how healing actually works. This is a concept that's actually quite new and the reason I wanna call this out as a separate solo episode with you all today.

It's new for some people because we're just so used to modern Western medical model of treating symptoms with drugs and surgeries and quite frankly even in the natural functional medicine um health space people are using supplements even at a symptom or what I call a medicinal level oftentimes and a lot of people even doctors

themselves are not really wired to believe that their body can actually heal and the truth is is you are made perfect in design you have everything inside your body right now that you need to heal effectively.

All we're doing with the resiliency method, and the unique process that it is, is putting everything in the right order at the time and in right amounts to really leverage this capability and to help your body facilitate the healing response.

So in the healing process, it's really truly become seamless and it is efficient. It's just like if you think about an orchestra, we wouldn't just bring a bunch of violinists together and a lot of cellos and bass players and say, hey guys, start playing the symphony.

No, actually we have a conductor up at the front who's coordinating each section, making sure that the violins aren't overplaying the cellos, aren''t over playing the violas, or making the timing is correct at each measure of the music.

So think of your body in the same way, and think your practitioner as the conductor. And eventually, throughout the healing process, things are going to get so much better for you, and that's what we're going hand the baton over to you.

Spiral Healing and Earning Depth

So right away, we are gonna want to be in a little bit more of the directive role for your, but ultimately as your body gets well, you're going to be in charge of conducting your own symphony.

So it's really important to understand that distinction and that is really what sets the foundation of your ability to heal. Just knowing and accepting as truth that you were already made perfect in design and you can heal Now healing doesn't happen overnight.

That's the thing. It doesn' happen in the blink of an eye. Healing takes time. And healing also takes place in a spiral formation. So if you kind of think of where you're at, I'm not the best at illustrating these things, but you can imagine this here.

You want to think where you are today is sort of getting at the idea, you're at top of the spiral, right? And the biggest part of funnel where your at in phase one or at very beginning is at this top the funnel.

We're going to start filling the dumpster, taking away some of this, the things that have been causing unrest inside of your body. Many healing programs start what is known as our phase one and end here.

And we actually did phase 1 of our healing process for over 10 years. But over time, what we noticed is that we didn't complete enough cycles of healing.

We weren't really getting deep enough in terms of working our way down that actual spiral itself. And so what we're going to do inside of that is actually earn the right because to go to the next level of healing, you really need to accomplish these things in a sequence.

So every time that we complete a healing cycle, we kind of earn a right to deeper into the spiral and into body. The body will keep giving us information and keep having that dialogue ultimately with us.

so that we can move down into more complex patterns of unwellness. And that's in that final phase where we're building and repairing all of the organs, tissues, and glands of a body.

That's that phase three. We're deeper into the spiral, even have been suboptimal for some time, which is why you started developing symptoms in the first place, is because organ tissues and were not functioning or not optimized as well.

And a lot of times, which organ tissues and glands are actually fitting into some kind of genetic predisposition or

pattern that maybe you've even seen in your family lineage.

So don't get stuck there because a lotta times people think, oh, because my grandparent had that or my mom has that, I'm gonna have that too. Not so. It ends with us.

You can literally change the way that you then and future generations move through these patterns of unwellness by getting an action around your health today.

Genetics do not set you up, guys. That's not the name of the game. Healing is. We just continue to earn the right to move deeper and deeper down the spiral.

And that's really important. You can't just jump from where we are today into the bottom, into into depth of body. It causes all sorts of confusion and havoc.

So, unfortunately, a lot of healing protocols that are out there or processes are tend to do that. That's how they're oriented and that's likely why you didn't respond to those in the first place and you're even here listening today.

It's really important for your body to heal in a right order, at the right time, using the products and in right amounts. Now, that's what's truly critical to earning the right.

Nervous System, Sleep, and Drainage

Every time we design a program, we're actually creating a healing cycle, a clear start point, midpoint, and endpoint of healing that takes place inside your body, leveraging your bodies brilliant design and really truly addressing the root cause.

So that the way we use the supplements to initiate and complete a heal cycle in your. We're not just looking at your labs and going, hey, there's a B vitamin deficiency here.

We actually want to go beyond that, beyond just giving you B vitamins. Remember, we're asking the question, why are you having a problem absorbing B-vitamins or why you are over-utilizing B Vitamines?

Why are not getting nutrition from your food? Which organ, tissue, or gland specifically is not functioning optimally? And that would have you showing a deficiency on the blood work in labs.

And that's the issue we're really going after. So I want you to understand that concept because it's really important to how healing unfolds. 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. Okay, so we're going to begin with the more superficial layers and then we are going work our way inward and downward, down the spiral.

But where we starting today is simply at the castle door. We're standing across the moat trying to get the keys to the Castle. What I mean by that is we actually going focus first on your nervous system.

Imagine your body is the castle. And there's a knight standing at the entrance. Well, what we need to do first is make friends with that knight at castle door, because the knight is the one who decides who's going to get across the moat, who is going enter the Castle itself.

That knight represents your nervous system. All right. Again, you were made perfect and designed to heal, so we want to address what would not have the biggest impact for your healing process.

And that usually has to do with what's disrupting the nervous system itself. So we wanna get an understanding of that. Every time we embark on a new healing layer, we're always assessing, hey, first of all, how happy is the night today?

is the night ready to heal that creates tremendous amount of efficiencies in your healing progress and your ability to get results. So we don't want to underplay that.

All right, always evaluating that effectiveness. Now it has the gas puddle that's known as your sympathetic nervous system, which is most active and governing when you're awake and going throughout your day.

The second part though of the nervous system is the brake pedal. That's that parasympathetic nervous which governs your digestion, your rest, and helps you sleep effectively, et cetera.

And when you asleep is when your heal. So some of most important things that we're trying to focus on in the very beginning phases are just that.

Customizing Care and Next Steps

Are you sleeping? Are having regular bowel movements? How are things going in terms of putting fuel into your food and your body so that can truly be in a state where it can heal effectively.

So some things that can sometimes get in your way and many of you come into a program like this really like wanting to get well and quickly. So you'll see some weight loss at first just by focusing on your diet.

But try not to set unrealistic expectations for yourself. Think of this not as a diet, not an exercise regimen you actually need to push through. You're likely in a pretty deficient state energetically right now.

And overdoing, even exercise, can sometimes slow your progress because your body's energy gets diverted towards recovery from that instead. Okay, so again, back to being smart and strategic about how we heal.

we're going to address the nervous system first. I said that already, but I can't stress it enough. We're gonna make sure you're sleeping, we are going make you are having proper bowel movements.

If either of those go by the wayside at any point, it's important that you in touch with us about how that's what's happening with your body. Okay. When your nervous is not regulating well is when you're going to run into problems.

So what we just do inside of our process and our customized approach is that we're really walking hand in hand with you, ensuring you have proper drainage, making sure everything's super smooth and it's great.

That's especially critical in the first phases when you're filling the dumpster, making sure that we have sufficient bowel drainage, liver and kidney support drainage and sometimes lung sinus support to clear out all the things in your body effectively.

So just stay in touch with us if your current patient hear that, stay In touch With us. Sometimes when people start a

new supplement, They begin to feel worse and they wonder and want to blame that on the actual supplement or the practitioner itself.

But it's actually not the supplement, especially inside of our process because we are so customized. It's not that the supplements is bad, it just that it did its job and now things are moving faster.

And so there wasn't enough drainage or enough support for the evacuation of those toxins and pathogens from your system. So we just need to simply tweak it and things will get onto a smoother road again.

that also makes the system so beneficial if you're a high performer. If you've been trying the protocol approaches and you have flubbed and dubbed and just can't take the risk or chance of healing, interfering with your daily performance levels, and I understand that.

I know how that is when you got to be on the stage or you gotta be in front of people. You gotta So this process works beautifully for that because we are able to customize it to your body.

So you're not just responding to some protocol that 30 other people are taking for X, Y, and Z. You're doing what your buddy needs to accomplish your goals, which can be different from the next person.

Don't worry about determining why a symptom is happening because it's really not usually what you think it is. Just report it, is what we ask our patients because a lot of times it not what think you it.

and if you're having any trouble at all. So if are a current patient, just be in touch with us. Be in contact with your practitioner. We're a high touch health solution for you and we're committed to walking the journey with you.

If you are not a client yet, get curious. Consider exploring and expanding your viewpoint to see how a different approach to wellness can move you forward into a new wellness frontier and a reality for you, peak performance, high performance and fully recovering your health.

And like I always say to people, when they're first getting started and they've committed to that journey, may you never be the same. Thanks for tuning into The Resiliency Method, the truth about healing podcasts.

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