The Better Question: Is There a Miracle Supplement? Transcript

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Opening on Nervous System Healing

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Then it is ready to say, okay, thank you. Let's go. 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. One patient came in taking over 60 supplements, spending thousands of dollars every month.

And when I asked if they helped, his answer was, sort of. Welcome to The Resiliency Method, the truth about healing podcast. I'm Dr. Erica. Today, my practitioners Lyric Turner and Susan Hoffman and I are exposing the supplement trap, keeping you stuck.

Podcast Intro and Supplement Trap

There is no miracle supplement that's going to fix your chronic health issues. Not the latest adaptogen, not magnesium for everyone, Not more turmeric or peptide is the miracle answer to everything.

We're revealing why you can't just fill nutritional gaps without asking why those gaps exist and how to know if you actually need what's in your cabinet and why whole food supplements work when synthetics fail.

If your supplement routine costs more than your grocery bill, but you still have symptoms, this conversation changes everything. Welcome back to the Resiliency Method, the Truth About Healing podcast.

I'm Dr. Erica. Join with my fellow clinicians, Lyric Turner and Susan Hoffland, and we are here to invite you in on a little rep session with us to learn about some of the things that we want to talk about today of supplements.

So I think we can wrap on this for a few minutes and get the audience a bit of an understanding of how we work with supplements, which is actually a So I'll start with, what do you want to say about that?

Well, first of all, we don't have just like one type of supplement that we work with or one brand. We eat with multiple different brands, but like whole food supplements is our big key.

I mean, most of our supplements are non-synthetic. Every once in a while, synthetic is involved for a short period of time, you know, target therapy use, never long-term.

Chinese herbs, herbal medicine in general, homeopathy. Western herbal homeopathy. Yeah, folic and humic acid.

How the Clinic Uses Supplements

Carbon technology, stem cells. Okay. So all of those play a role in the healing journey with all our patients. And at different times and places, we're bringing those in.

Yeah, and some of the fundamental questions or unique ways we're dealing with supplementation use is not at what we call more of a medicinal level. In other words, we are using supplementations to actually help facilitate the start, midpoint and endpoint of healing cycle and specifically in terms of organ, tissue and gland type of materials.

So what does that mean? Well, the difference is you go to a functional medicine doctor, They may run some fantastic labs for you and determine, for example, you have a B vitamin deficiency in your body.

So what you could do is reach for the B vitamins. Sometimes we do, usually in whole food form, but they'll bring in that nutrient in of itself to try to bring up and shore up the gap, which is great.

And a lot of times it works, right? They can rerun labs and see that there's an improvement in But ultimately, we're really asking the question, well, if there's a B vitamin presenting in this body, what organ tissue or gland is involved that would lead us to that point, to where we'd be seeing that actually produce on the labs themselves?

What are some examples of that, you guys, that we would say would be to a vitamin deficiency, some of the situations in the body? We'll shift the large intestine with B12, right?

So many people need to be supplemented with the B-12 particularly as they get older. And normally B 12 is made in the gut. So what would represent that the body wouldn't produce enough of that in There's usually toxins, holes, leaky gut, all of that.

Dysbiosis, but what does that really mean? It means toxins. It needs parasite infection. Sometimes it means Lyme. And sometimes it means all of the above that is compromising the integrity of that gut wall, right?

So then our strategy would not be necessarily just to give a B vitamin, maybe supplement use, or use it as a crutch for a while, but really ultimately go in and deal with that root cause.

So, then that might mean and look like what in the terms of a program? What would they be taking?

Root Causes Behind Nutrient Deficiencies

They would be It depends on what's in there really, what we find, but for sure parasites are a big one. Mold, candida, some sort of fungus can be in their toxins of other kinds.

Toxic biofilm. So we would be giving several different things, sometimes a binder, definitely parasite cleanses, things to pull out mold. 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 source discovery or dive deeper with the full initial consultation at doctor erica online dot com board slash initial dash consultation because your health your clarity and your freedom cannot wait And ultimately with the result of getting the body to a point where that gut wall is tight again and then we're not seeing constant chronic leakage of nutrients throughout the that we would need to supplement for.

Yeah, I mean a lot of times a few vitamin deficiency just gets handled with a diet. You know, we obviously have patients who will be on a B vitamin for a long period of time or maybe even as a maintenance a maintenance supplement, but we use them for short periods of time as our body's getting through a healing cycle and then they can come off of it because now they're actually uptaking that nutrient from their diet as they should.

Which is the goal, right?

Whole Food Supplements and Healing Cycles

It's like to tolerate and utilize the food as a fuel and in particular food, and we'll get into the conversation of whole food supplements now, the foods of the animals that we don't necessarily want to eat.

Yeah, I mean, our supplements have things like, you know, porcine brain and ovine spleen and basically all the organ meats. Which is actually how our ancestors used to acquire their energy and their fuel was to eat everything.

But I sure as heck do not want to put that on my plate. However, we prefer to take it in an easy tablet to get it down and feed my body and nourish my Yes.

But that's the level of nourishing, right? So that is the point when the body is ready to receive that nutrition. And a lot of times, let's face it, phase one, and phase two, they're not taking up a whole lot whole foods at that point.

There's a lots of filling up the dumpster we need to do in those phases for a bit of time before that gut is really prepared, before the that body's really ready for that whole food nutrition and that where we use some of those herbal homeopathic, supplements and ultimately long-term see pretty instrumental changes.

One thing we're seeing right now with vitamin D as we clear out deeper levels of encapsulated toxins. Those vitamin D levels are coming down. Their need for vitamin d is going down?

Yeah, they're not their levels, but their level of supplementation is being reduced, which is pretty fascinating. Your programs are getting smaller in terms of nutritional supplements that they need to take.

Yeah. Pretty cool. What else is there to say about supplements? I mean, it's funny. I will, I used to be this person that I had a cabinet full of supplements that, um, and I started getting into that after my, my diagnosis and kind of discovering, you know, the kind, of the world of alternative health.

And I hadn't, worked with two different naturopaths and, kind started with supplements. In that part of my journey, health journey. But I was always, like the person had to walk into natural grocers and there would be like, some little like new display, like a little table with like their newest supplement they were offering.

And I would be like, need that, those things it's talking about on that flyer, like I have experienced all that. I probably am deficient in this, I need it.

And so I buy that supplement and then after a few days of taking that I would be like, not really even sure how much of this I'm supposed to be taking for how long and where does it stop?

Personal Supplement Overload and Marketing

Because you could go to natural groceries the next week and there will be five others that you wouldn't get. There's always a pill, there's a quick fix.

How much money did you spend on Yeah, it's a never without any answer. I'm like, did any of that work? Right? Did it make me feel better? I mean, I don't think I could ever tell you that I.

Any of it made a difference, but I have some, some people come in, you know, as new patients who have that, that's been their history is like the. Most of them I would say come in now.

Well, I'd say maybe 50% of my come-in with like a long list of supplements they're taking, either they think that they should take, they've read that should they take or that another practitioner put them on and they never stop taking those.

And then I have another bunch of patients who Don't take supplements at all because they actually like, well, I don't know. How would I know if they needed that?

Or they hear studies that say most of that supplement just goes right out your poop and into the toilet. It's expensive excrement or pee. And that's the thing too.

I think that there's a lot of great marketing out there around some of these supplements and then everybody has the wonder supplement. with the research these days, but I know some of the things that we've discussed is that sometimes that research doesn't go far enough.

It may show a clinical immediate result for a period of time. but we're really looking at, well, long-term, then what happens? Does that patient still maintain that result, that wonder supplement that they took?

And what we see, because we are talking to people that come in that have done some of those pathways, we that see that their getting frustrated, they're getting plateaued, and they are really not going deep enough in the conversation with the body to say, what is it you really need here to kind of shore up this nutrient deficiency for the long haul, right?

And that's where our preach is a little bit unique because again, we're using supplements in a different way to actually facilitate a healing risk in the body.

And doing that, We really truly see more last night. We want the Body to get back to healing, to doing the healing work. Supplement is part of that journey and and a useful resource for the body to use.

What you need may not be what I need. Let's talk about that for a second. So what we do is it's tailored specifically for your body at the right time, at right dose for seizing and then you're off of it.

Many of my patients have complained that I have all these half open bottles on my cabinet and I'm not using them up. that's not how we're using them. We're use them for a specific purpose, for specific time, at a specifically jealous.

And then everybody gets six of them every day, three times a day. Right. Yeah. Exactly. That's a good point, Susan, you're bringing up, which is the process, right?

Customizing Supplements for the Right Time

It's like the need for customization for each individual, especially to make that investment, because it's an investment to buy a supplement, But to make that investment actually work for that person to actually get a result and to get an efficient one.

So we get in and get out, get the healing work done and move on to the next thing. Right. And so ultimately that really becomes more of a cost and time savings for the individual and not the old throw the spaghetti up against the wall.

Let's see if we can get results. It sticks. Man, there are some good marketing campaigns about some of these supplements that will fix a lot of things.

I had one gentleman come in who was on over 60 supplements. Wow. Yeah. The thousands and thousands of dollars, you know, he spent on that. And I was like, do they help?

Well, Sorta Okay, so I'm gonna leave from this point up and I don't want to sound bright even I think it's like something that we all experience as clinicians doing this work Which is that moment?

I just had it like kind of a run of this with some bring them to new clients where they start to have the experience of that Nutritional supplement put in the right order at the time in right amount and then their body like has this like And I remember this too, when I first started, this like experience for the first time of actually going, ah, yeah.

And like being nourished. I still feel it when my program gets tweaked or, you know, we could get an update and

that next level of healing starts to get into it in the flow.

You get that sense of like, oh, right. The missing thing for this moment, not forever. Yeah. And I've had so many people that have like really expressed that, that intuitively that they feel that there's a difference in terms of taking supplements, using the resiliency method as the backbone, the process, to actually help them get a result.

I feel like it's like their nervous system is finally being heard. The nervous systems, you know, communicates through symptoms and that's the only way it has to communicate to the patient.

Yeah, that is a good way to put it. Yeah. And then it finally gets heard and, uh, you know, tell it, it says what it needs and it gets hurt. I mean, even what its asked for and its miraculous.

Then it's ready to say, okay, thank you. Let's go. Right. Like, let me tell you about this next thing. Um, yeah, that's pretty cool. Yeah, we're pretty lucky.

We get to see some pretty good things happen with people. You know? Yeah I like my job. Do you like your job?

Questions to Ask Before Taking Supplements

I love my time. It gets like validated every day I'm in the clinic. What's the, what do you think is the best, What would be a better question for somebody to ask who is looking at doing something with their health when it comes to supplementation?

What will be the better questions that you'd have them ask themselves about getting a result with supplements? Well, I guess back to that patient with the 60 supplements, like, is this really what my body needs?

How do I know? That's why I would have a patient ask themselves, how do we know that I need these and for this dome for how long? And why is it that she needs it or she means it too?

How is that we are actually the same? Are we deficient and adaptogens? All the time. Tumoric. And yes, all the things we've seen. We've watched them all come, the latest, greatest.

The greatest and greatest, and that's fine, you know. But we use those. There's a time and place for every single one of those, right? There is a times and a place, but right order, But there is no one miracle supplement.

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. Are you ready to go deeper?

Book your discovery call now at drericaonline.com forward slash discovery and take your first step today.