The Better Question: What Has Happened to My Focus, Energy, and Drive? (Josh's Story) Transcript

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Proactive Health Mindset

I always go back to this term because I think it's so important. It's such a reverse from what we've been taught and that's being proactive about your health versus being in a reactive state about your health.

I'll have a problem. Now I have to go figure that out versus I'm going to get ahead of this and get some things in motion and optimize my health so I lessen or eliminate those negative encounters.

And I would just say that for anybody watching or listening to this, figure out your mindset, what have you been doing that you can be honest about that hasn't been working and change that.

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.

five years of debilitating fear and anxiety. He couldn't get in an elevator, he couldn' get on an airplane, and he wouldn't in anyone's car unless he was the one driving.

Fear and control quietly took over his entire life. Welcome to the Resiliency Method, the Truth About Healing podcast.

Josh's Background and Anxiety Journey

I'm Dr. Erica and today I am joined by Josh Kapp. founder of valor's men coaching and high performing entrepreneur who's sharing his journey from crippling anxiety to the clarity and focus he has today.

We're unpacking why he chose a root cause healing path over medications in his early 20s and how completing phase three of the resiliency method supported his brain optimization and why his recovery looked nothing like a generic anxiety protocol.

So if you're a high performing male or female and you are dealing with anxiety, brain fog, or overwhelm while trying to lead and build, this conversation is for you.

Welcome back everyone to the resiliency method, the truth about healing podcast. I'm Dr. Erica Schultz and I am joined today with my friend and client, Josh Kep.

Josh is the founder of Valor Men's Coaching. He also helps men through fear, handling fear anxiety and relationships. She's a life coach and he's also a avid health care and natural medicine consumer.

And I'm excited to bring you Josh today because he has a really important story to share about his progress and his process with his own healing journey using the resiliency method.

So welcome, Josh. Thanks for joining us today. Thank you, Dr. Eric. I appreciate being able to come on and talk a little health. Absolutely, I love it.

So before we dive in, let's start with what we need to know about your health journey, Josh. I know you have been at it for a while. Tell us a little bit about you background in natural medicine as a consumer, because I would say you've been for awhile, and you are probably a bit more on the front end of people consuming it, so love to hear your experience.

And I also know that you're a fellow Michigander, Yeah, absolutely. Hopefully, hopefully nobody watching or listening detects any crazy Northern Michigan accent.

But growing up in the Upper Peninsula of Michigan, kind of near Canada, there's some, some accent stuff that comes out occasionally. Well, you know how people pull us together too.

We tend to play off of each other. That's so true. Half of both of us that are Michigan accents might come out while we're talking to each Well, yeah, and I appreciate being able to share a little bit how hopefully it's helpful.

So yeah. I mean, I would say that I dove into the natural, healing, holistic space, you know, maybe before it was trendy and cool to do so. And I'd say the trend really started for me, it ingrained me as a kid.

My mom was into health and nutrition before, definitely before it was cool to be into it.

Root-Cause Healing and Early Progress

And, you know, I grew up in an environment where fruits, vegetables, whole grains, eating clean was just a standard and there was never any processed sugar, sodas or any of those types of things around me and that's just all I knew.

You didn't grow up on fruitless and lucky charms? I 100% never did, and yeah, that would never darken the door at our house. Yeah, we got those as a special treat, but it was few and far between.

And it is amazing that that will be a treat if you think about it these days, how that ended up being something that we'd be rewarded with, you know. But yeah.

So that's just how I grew up. It was ingrained in me, it kind of etched in my mind. Of course, when I was in high school and college, I'd run off the rails and do all the things.

consume all the junk food and all of the things you're not supposed to. And then getting into my early twenties, I went through a period of time, which really coincides with what I do helping men these days.

I, went to five years of debilitating fear and anxiety. You know, to the point where I couldn't get in an elevator, or I could get on an airplane, and I wouldn't even get into anybody's car unless I was driving it.

It was just a crazy like suffocating control thing that I With that, I dove into my health and instead of topically looking at something and trying to apply a band-aid or the medication of any kind, and I chose a good different route and tried to get at the root cause of something to find out why I was feeling the way I feeling and to tackle that portion of it.

So that really was a spark to where I'm at now and really what I got ingrained in through some of those modalities that started with back in my early 20s.

Absolutely, I love that you have your own journey, your story, and your process. I definitely think that's almost like a prerequisite. We don't usually ask or request those challenges in life, but it speaks to your resiliency as a human being.

One, you were able to see that there was more to the story and that you could be empowered to figure it out for yourself. But now what a position that puts you in to help others and other high performing men like yourself actually make a difference in that area.

So tell us more about, how did it start for you? And I know you started with some of the basics, looking at the diet, the level one approaches and got some success for a while.

Yeah, I did. It was a really good starting point. And honestly, a lot of the stuff that I learned through a of a different

muscle testing modalities and taking a look at deficiencies and what I was putting in my body that was really contributing to some of the high anxiety, the stress, and the lack of sleep.

I, like a lot of other people in this world, would go into a store and obviously, if it's on the shelf, it must be safe and must okay to put in your body, right?

You have these things that you're like, well, that's definitely not the case. So through all of that, I learned about ingredients, learned the things causing toxicity, neurotoxins and how those play into fear, anxiety, and that suffocating thinking.

But yeah, I've established a really good kind of level set with my health, got on a great track, understood about proper nutrition ingredients, things like that, sent me down a good pathway, that's been my baseline to build off of ever since.

I think going to anything in a traditional sense has become kind of off the table for me, as you know. And so I'm very, very thankful for that journey.

Again, back to your point around everybody's got a story and a testimony and having gone through all of that, it allows me to be better fit and be able to serve men and help them through stuff that I've gone to that they might be dealing with as well.

Yeah, absolutely. I know when we encountered each other for the first time, we started kind of some of the basic stuff, which was what I would say is basic to you and I, but probably not basic everyone else.

But we were looking at, hey, what kind your vagus nerve that might be contributing to that anxiety, what's going on with your thymus gland, your natural immune system.

I know all of those three components, they clinically show up as patterns of anxiety and overthinking in particular for the OCD types of tendencies, things like that.

Resiliency Method and Brain Optimization

You and I have had those conversations, but I knew for a long time you were doing well with those things and then we just saw that You know, as you got healthier, there was still some more, you know knocking at the door, so to speak, and we needed to answer the call.

What were you, what's been your journey in terms of using the resiliency method to uncover this a little bit more deeply for yourself? Yeah, the best way I could describe how this has really landed for me is, healing is a process.

It isn't a Band-Aid. It's not a medication. That's a thing you go take and then I have a result and all of a sudden that box is checked. Um, it truly is a peeling back of the onion and we, you know, and I've walked through this, right?

Where we're, we are layering this one and they were like, okay, here's some of things you're going to experience as we jump into the next layer. So it's been really helpful to have really clear understanding of why the process, because you can get to another, another you know, another area of this, and other area healing and you encounter some things, but it's, it really was a lot less of frustration.

I never really experienced anything like that with the process. It was more encouragement because I knew we were getting to the end result in the kind of end goal.

And, um, you don't understanding some of the things that have been put in your body as a kid. that you just thought were normal. Things you've consumed, generational patterns, general relational environments, things you grew up in that just kind of etched themselves in your brain.

Yeah. Peeling all of that apart and having a clear understanding of it was incredibly empowering and very, very

helpful. That's awesome. And so walk us through what the early, you know, parts of working with the resiliency method actually look for, worked look like for you.

Then what do you think has actually surprised you the most of doing this process to restore your, a lot of your really your brain function, right? Yeah.

So, the best way I could describe this is it's kind of like sitting down in a boardroom and you've got a big map up on the wall and pinpointing different areas on the map that you're going to navigate through.

So if you try to go east coast to west coast or on some long journey, you'd be like, okay, here's the point of interest here. Here's another point in interest.

And we're gonna hit these points of interests at a designated time and along that journey here is what's going. To take place. here are some of the things that are going experience.

I'm a planner and having had that plan set out. you and I discussing that, you know, what that was going to look like was, was very helpful. I thought it was incredibly empowering.

And one of the biggest things is just knowing what to expect and that it is a journey. Again, most people come into. Coming into different, different ways of getting the body healed with a preconceived notion that at similar to something that may have experienced somewhere else, that's going be something super quick.

We've got a lot of time. in life where we have added things in to our bodies and done things a certain way, our brains are trained to do things as certain a way.

And once we can pull those things out and kind of almost give the body proper tools, so it knows how to function the way it's supposed to. Yeah, it has been an incredibly enlightening experience and one I could never see being without.

Awesome, awesome. And you know, what does your health look like today and what's your life? How has your been impacted by doing this level of work? And just to recap for everybody, Josh has been through, really he's final in the completion of his phase three journey through the process.

So we're in depths of brain, his nervous system, and his body at a level that really most clinicians aren't really getting to with their patients. And, you know, it's aptly named the resiliency method for a reason.

So I want to hear how has that played out for you in your life? What is that created? And even just looking at, I'd like to also hear from you about, there's a lot of like restriction constriction, like at least perceived, right?

When it comes to dealing with your health, a lotta times people are entering this realm, which is kind of easy for you and I, because we're not exposed to early on in life.

Most people did not, right? But you, and have that in common. But I want you to also spend some time talking about the difference of how we approach this versus what you've seen with other clinicians.

Because I think that's an important distinction for most people to make. Yeah. Yes. That was a long question. No, that is great. Let me start with that question, so I between sitting down and hearing somebody talk about their symptoms and then moving forward with a plan or modality around how to address that versus how we would sit down, and talk through these things.

It was similar to how I would imagine a land developer going into a vacant chunk of property and coming up with a master plan and mapping out the roads, the systems, all the things where the house are going to go.

And the key word that comes to mind with how we've navigated things and the resiliency method, you know, sets out a plan is preparation. So preparations for education.

mapping out things as they go and, um, making sure that, you know, communication is there and here's what you're going to experience. And here is why we're implementing this.

Here's why, we need to tackle this different modality. So I think, I'm, think that's the big, the biggest thing for me is just that there, there isn't some throw something at the wall and see what sticks.

Yeah. And our bodies are constantly moving and adapting and need different things. So that was one thing that I felt was an adjustment along the way. But once I understood it, it didn't become, wasn't much of an adjust and it was just what we did.

I could see you on a Friday, now two weeks from today, my body might need something else. Because what gave it today. It consumed and needed what it needed.

Now we're onto something else. So I think that's a big adjustment for people coming into this. They're thinking, well, if they're medication minded, right?

Well, I got this medication two years ago and I'm still on it.

High-Performance Life and Proactive Care

there's a mindset change there because we're just giving our body the tools that it needs and the right food and things of that nature. So anyway, I think that there is a thoroughness that accompanies this that was incredibly comforting.

And not only is it me sitting down with you and saying, okay, here's what needs to happen. We're both kind of in it together. And, you know, I think that's a, it gives people ownership over their health versus them going and sitting down and somebody dictating what they need.

Um, and then I lost track of your question. It's worth noting too that your, your process for dealing with your anxiety, um, so it's been unique to you and what patterns or pieces that went into it for you.

The reason it was so targeted and you have a result is because it's not a one size fits all for anxiety. You're not coming in saying, I have anxiety and then I line you up to a five supplement protocol that you take for, you know, four or five months, and then we see if it worked.

You know this is really designed specifically for the patterns of your brain, of you nervous system, your digestive system that needed to be helped, right?

And then leveraging that body's innate intelligence to heal. We just put it in the right order at the time, in a right amount for you, then you got a result.

That's unique to you, right? Even though your condition may not be unique, to others, the process for breeding with. 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 is why I developed the resiliency method.

It's a science-backed approach to combining 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 That's, that's right.

Yeah. It's kind of like going and looking at homes, right? You can look in one development at a spec home and then have the option to go custom build little intricacies out that is very specific to, to what you, you know, what she wanted, which you need.

And in this case, What your body needs requires. Yeah, and then one of the other things too that I wanted to talk to you about, a lot of your analogies by the way, the thing that i just remembered that we were talking about too was just seeing what kind of this brought to, you in terms of, your own life and maybe making some clarification distinction for people about how this method is really around expansion rather than constriction and restriction, which is what a approaches do is, you know, take you off of all your favorite foods and, have you, bring an extra suitcase when you're on that trip.

And I know you are an avid, are a busy high performing male that travels all over the country. You're involved in a lot of things. What resulted as a high-performing male for you in terms of your life?

Yeah, so a really good question. So, you know, one of the things that you and I had been working on, obviously, the anxiety piece, stress, sleep, I mean, there's a myriad of things, that kind of falls into that bucket.

One of them that I hadn't really been dealing with for a while was brain fog. It was a sluggishness. It almost like somebody brought down this foggy veil in front of my face where I couldn't see or navigate things clearly.

I wasn't sharp. You know, and through that, you become incredibly frustrated, which then puts you in a tailspin and makes you not as productive and not available.

But the way that we've been able to tackle that and really pull that up and provide that clarity and focus has been incredible. Now, you know, with the complexity of the coaching business and all the different things that I have going on there, it's very multifaceted and a lot of different guys that are in the mix.

It allows me to, to be able to agile and move to different areas of, uh, of what I do a little bit more fluidly with a more clarity. So you mentioned the travel, I happily pack up everything that need to go with me and the bottles and things and it's just part of what I do and I'm lost without it because I know that what i'm being diligent about is just prolonging my life.

It's getting me to the best version of me and optimizing my health. So there isn't a compromise in that for me. Yeah, absolutely. And I think, you really fit the archetype, I thing, of the male high performer.

Even down to some of your symptoms, right? Because a lot of, your patterns of symptoms really map to your frontal lobe of you brain. I see that often times, some the sharpest, most expansive multitasking.

An entrepreneur is kind of how you show up for me in my mind as a high performing male. And a lot of high-performing men are entrepreneurs, business owners, leaders in their world or profession.

their spirituality, things like that. And also, they have a lot of over-processing and things, a lotta activity in their brain that's like their strong suit, and then also showing up clinically as one of their toughest symptom patterns, whether that, for you, it's brain fog and anxiety more.

For some, It's, A lot Of them, is high ADD, ADHD, focus issues. These are all the qualities that make you really good at it, but also the things where You know, you require additional brain optimization because of the demands, because the life you created.

And so, yeah, there's some complexity that goes there. I think that it's good to see somebody like you that has also seen that there is a process that needs to take place to address this.

Sometimes a lot of men, the masculine approach to dealing with wellness can be very biohacking. the next almost like you're in the tool garage and you know this is the dual that's going to solve the problems.

What are your thoughts on the biohacking world versus a process like this where we've orchestrated things for you? Honestly, I think it comes down to just basic common sense and looking at things ground level.

I'm a person of simplicity when it come to my health because I believe if we address things in a common-sense method and proactive health versus reactive health.

It's just kind of flipping that switch. But if we're not giving our body the right things, if were not getting to the root cause of why we are the way we, the things that we've been through, environment and things you put in our bodies, There's several different avenues people can go up there.

There is always the latest and greatest thing. The biohacking world is one of those options that seems to get a lot of attention. Very good marketing behind those things.

Yeah, absolutely. It's got all the icing on the cake, so to speak. But I remember the first thing when I moved from Michigan where I was seeing physician back there for, for muscle, various forms of muscle testing.

And I moved to, uh, to Colorado. The very first thing that I did, or one of the first things I was a priority list was to find somebody who I could, who could trust with my health.

Building a Trusted Health Team

I looked up one, one name popped up. So, and here I am. Yeah. That's where the journey began. Yeah, and I think that's really important to point that you just brought up.

I don't want to skip over that because you know, again, in the in keeping of your life coach, you're an entrepreneur. You're always doing something, incredible and innovative and That's a really important point that you looked at who you needed on your team.

You got a team built and you saw that as the priority specifically for your health. Tell us more about that and what you would recommend to others on that.

Yeah. So, I mean, for me, it was a huge, huge priority to make sure that I had a consistent, trusted go-to. I looked up, found out you were originally from Michigan, so that was nice tie-in for you.

You know, I always go back to this term because I think it's so important. It's such a reverse from what we've been taught and that's being proactive about your health versus being in a reactive state about you health.

I'll have a problem, now I have to go figure that out versus I'm going to get ahead of this and get some things in motion and optimize my health so I lessen or eliminate those negative encounters down the road.

And I would just say that for anybody watching or listening to this, figure out your mindset, what have you been doing that you can be honest about that hasn't been working and change that.

And it's almost like going in and being an entrepreneur or going into business for yourself in terms of taking ownership of your health. And linking up with somebody who you can trust that knows exactly what they're doing, has your best interest at heart and can put something on paper and in a plan in motion that's going to give you marked results.

I think it's one of the greatest gifts we can give ourselves. I love that. And there's, I always like to talk about the triad. You know, it's like, you've got to, look at if you're somebody that has big goals, big dreams, and, um, You're oriented, success oriented.

you got a figure out your team and think of the Triad of your emotional, your spiritual and your physiological. you know, your legs of you, right? And so finding an incredible practitioner that is really dialed into advancing your neurological health at a physiological level, not just at working out in the gym level.

But hey, actually work with your body to heal the organ tissues and glands, which it can do. and putting that person on your team. And then also looking at the aspects of, who do I need as somebody that can help me organize my life, do that life coaching, can keep me accountable.

Right? And that's something where you bring to the table and then of course you know really ultimately important too is just having that spiritual aspect at play too and mania that trifecta of really looking at your life from that starting point and saying do I have the right players on my team to foster that right.

Yeah I mean I think you brought up a really good point I Faith comes into that as well and having somebody that you can really trust and know that has a great plan in place and has the ability to map out what your body needs and be honest about the journey and here's what this is going to entail and the confident and knowing that, you're going bring to the table something that's going drastically change your life.

Absolutely. I love it. Josh, as we kind of wrap up today's conversation, I'd love to hear from you.

Closing Advice on Taking Ownership

What's a better question you think you tell people listening to this podcast right now that they should be asking themselves about their health or their wellness?

Yeah. So I think it's pretty simple. I think we've got, you know, we got a lot of choices when it comes to our health. We've gotta choice to do nothing.

Uh, We got to choice, to be reactive. And I've mentioned this term a couple of times now, or we get a choice. To take control, take ownership and get things into motion and be proactive.

I guess the question to ask yourself is, if you were. You know, you got some really bad news about your health and it was something that looked like it pretty dire.

Would you be willing to give up to erase that? And reverse that scenario and start to think about what it would take to get ahead of your house so you don't have to encounter that.

Absolutely. That's awesome. I love it. Well, thank you for sharing your story with us today, Josh. Anything else you want to add? Of course. To close things up?

No, no, this was great. Just such a pleasure to be able to connect and yeah, hopefully it was all really helpful for everybody here and watch. And yeah, probably worth noting too.

We started in Michigan, we met in Colorado, but now you're in Arizona and you still are working with me in colorado. Yes. Right. So we also had a mission and it's gone pretty well.

What'd you say? It absolutely has. Yeah. Whether it is for remote testing. That is absolutely correct. Yeah, don't lose sight of that because it's 100% available.

So, yeah, appreciate it. Great. Awesome. Thanks, Josh, for joining us. And thank you listeners for spending time with us today to hear a real life experience of how the resiliency method can make a difference in your life.

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