The Better Question: What If Your Body Remembers What Your Mind Forgot? Transcript

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I really believe that the underlying root cause to most disease is trapped energy, emotion, energy that's no longer in motion. And I think what happens is it pulls in the body and it starts to cause dis-ease, dysfunction or dissonance in your frequency.

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.

Genetics is the excuse most people give when diagnosed with a chronic condition. Well, my dad had it, so I'll have it. It's a free pass to feeling victimized, told it's not your fault, there's no cure, come back in a few months for some more drugs.

But research shows genetics accounts for only 11% of your health outcome, and even sickle cell anemia is only 30%. The rest? Well your choices and the way you're playing your Health Game.

Welcome to the Resiliency Method, the Truth About Healing podcast. I'm Dr. Erica and today Jamie Dorley and Christine Genovese are joining me for this conversation.

The better question we're asking today is, what do you actually want and are you honest, open, and willing to achieve it? Together, we're breaking down how chronic illness can sometimes involve trapped emotions, energy no longer in motion combined with stress, nutritional deficiencies, toxicity, and the unwillingness to take full responsibility for your health.

We're also going to explore the trial of physical, mental, emotional, and spiritual healing and why Einstein actually said the future of medicine is frequency.

So we're unpacking a powerful case study and a Vietnam veteran holding trauma energy for 80 souls who went from oxygen dependent in a recliner to snow blowing a half a mile driveway by combining energy work with targeted supplementation.

If you've ever thought your diagnosis is just genetic and there's nothing you can do, well, this episode is going to challenge that idea. And if you're enjoying the Resiliency Method, the Truth About Healing podcast, we'd be so grateful if would take a moment to leave a quick five-star review for us on Apple Podcasts or Spotify.

Your support helps more people discover the show and join us in this important conversation. We sure do appreciate it. Welcome back to the Resiliency Method, the Truth About Healing podcast.

I'm Dr. Erika, I'd love to introduce you to my special guests today. An incredible guest duo for our show is Jamie Dorley. He's the CEO of Nutritional Frontiers and Christine Genovese.

She's a creator of the Soul Intelligence Method and the co-host of The Holistic Truth podcast, combined they offer a rare and compelling perspective to wellness.

conversations complying with clinical nutrition, functional medicine and subconscious emotional healing to address health at every physical, mental, emotional and energetic level.

We were talking a moment ago about the triad. I love the Triad of the emotional, physical and spiritual realm. All elements are needed. So I loved having guests on that can offer and sort of see things from that perspective as well.

all three of those are important in the TRIAD. So I want to start by asking you guys a question. What do you think is driving most of our chronic illness situations today?

Oh, all right. Well, I'm going to let Jamie answer that first because I think we both have different answers. So, you want me to go first? Okay. I really believe that the underlying root cause to most disease is trapped energy.

emotion, energy that's no longer in motion. And I think what happens is it pulls in the body, and it starts to cause dis-ease, dysfunction or dissonance in your frequency.

Then you got to go see a doctor like you, Dr. Erica. So I Well, first of all, thank you, Dr. Erica, for having us on. I'm so excited. A big fan of your show. I love your whole philosophy about the emotional, physical, the mind, body, and soul connection.

That's exactly what we talk about. And it's interesting, your question, because, you know, years ago, I would tell people I could work out and eat clean for about four weeks.

And then it was four months and now maybe four years, right? And I think what Christine is hitting on is really key. And if you look at it a little bit, you know, for more from the wellness side.

You know, stress has become overwhelming to people, right? You now, this whole nervous system, you know we're at full capacity to just fight, fight or freeze.

So number one is people are overstressed, they're running around on adrenaline to the point they can't sleep. They're runnin' on caffeine, nicotine, sugar, alcohol, pills, who knows what else, so stress had become overwhelmingly.

The nutritional deficiencies, what they are selling as food, animals will not eat it, But humans do. So the food supply is really bad. People aren't eating whole foods.

You got the stress, nutritional deficiencies, the toxicity, mostly from things you ingest by choice. We'll talk more about that. Then you factor in you know, that people just don't have the right nutritional components, right?

So nutritional deficiencies are running so deep. So you have toxicity, you the stress, nutritional deficiency, and then people are moving. You know, they're physically not moving.

So there's a lot of underlying causes. I look at this as the perfect storm. The excuse people give is just genetics. My dad had it in my head. It's like a free path.

If you look up the research from Dr. Jeff Bland, one of my mentors. He's a father of functional medicine, PhD, he's got incredible background. And he says, if you look at all the research that he does, and he said, it really counts to about 11% of your health issue.

He says even something like sickle cell anemia is 30%, right? He said on average about 10 to 11%. He goes, even if your sickles cell, you still have 70% impact on your house.

But people go to a rheumatologist, are diagnosed with an autoimmune condition and what are they being told? There's no cure. It's not your fault. Its genetics, thyroid NSAIDs come back in a few months and eventually we have to do a methotrexate.

So they're already being called that it's their fault, their life has nothing to with it. A lot of it to me is a system and that we're running for the cure really should be just walking to the cause.

Right. And it's also a bit of a victimization mentality, right? It's like as soon as you have that encounter with your medical professional, now all of the sudden you've been given a free pass to be victimized and at the cause of something else, which is in this case your genetics, so it is a very demoralizing and disempowering message.

So what do you think are and why so many people though tend to treat symptoms versus the root cause? I mean, obviously that's our medical model approach, but I'd like to hear your thoughts on that.

Well, I think it's our system, right? You know, we were raised where, you know when I was raised, You would have Epsom salts in the house. If you had an earache you would get oil in a cotton ball and put it in your ear.

It wasn't unusual to see aloe plants, multiple alo plants in our house, We'd play in woods a lot, get splinters and cuts and scrapes and sunburns. You'd use those types of things.

There's so many home remedies, honey, I go on and on all the home remedies and we've kind of lost those in a generation to where now everything's a antibiotic or a tile mall.

It's the first thing people get. And you're right, even the AMA and JAMA, Journal of American Medical Societies, I do read it and way back in 2003 says, We have failed the chronic patient and over 80% of the visits are for chronic care and US medicine are miracle workers for trauma.

Golf a bit, you get in a car accident, have a heart attack, go to the hospital, they will save your life. However, once you're stable, You want to get out of there.

because over 80% of the doctors visits are for chronic care, but they're using the acute methods, drugs and surgery. So it doesn't work well for Chronic care.

Fast food drive through society, we want results instantly. It may have taken years to get the diabetes. We don't care. we wanna fix instantly and like you had mentioned, you know, people may not want to take responsibility.

for their health. And you know, look at Jordan Peterson, the 12 rules of living. Rule number one, take care of yourself as if you were an elderly sick person or an infant.

Most people don't do that. I know Christine has a lot of experience on helping people. She's helped me quite a bit, believe it or not. Well, you know, I think it starts at like, self-care is not selfish, it's sacred, right?

Kind of sharing with what Jamie was saying. And when you start looking at all of the root causes as to what causes the dis-ease within your body in the first place, he mentioned something like toxicity.

It's not just toxicity in home, like chemicals and things like that, or even in food. A lot of our food has hormones and thing like those that throw your bodies off.

But i think it's also what are you listening to you know what you what what do you putting in your mind what reading what watching and who are around right like what about those toxic personalities and to your point you is and your method.

hearing about the resiliency method, just how much of that contributes to people's nervous systems constantly being in fight or flight or freeze or fall, right?

We're always amped up and your body can't heal when it's in a constant elevated state like that. Absolutely. I deal with a lot of the mental and emotional trauma around healing, right?

You know, if you're depressed, it's a LOT harder to heal. And we kind of boil it down to common sense. To me, Bioenergetic method simply like in the 1950s, Dr.

Alexander Lowen said and documented bioenergetics, but it's really the correlation between your physical well-being and your mental and emotional well being.

So in essence, you're not doing well physically, mentally, emotionally. You're probably not going so hot either and vice versa, which is why I say it kind of common sense to me, That's really what it is.

So we have to move that stagnant energy up and out of the body. And once we do that, then we can give the bodies what they need to heal completely. Love it.

What do you think, Christine, on that note, too, from working with clients, what do see most commonly appearing in terms of an energetic pattern that you see is very prevalent today?

Wow, there are so many. I actually wrote an article, I think it came out May's issue of best holistic life on the seven childhood wounds that we have that show up in our relationship patterns as adults.

I think the biggest one for most people is that self abandonment. like always worrying about the other person instead of themselves right it kind of gets back to that self-care right we want to give we wanna help but oftentimes we do it to a point where it's to our own detriment right and Jamie even mentioned your cup your Cup being full and not being able to take care of others but it like if you're okay, I'm okay.

If you are not okay I am not, and a lot of times you aren't okay! So it's really amping that nervous system up, right? Absolutely. And I've also seen too, witnessed too especially in the last five years or so, six years.

A lot, maybe this is kind of along the same lines, of self-abandonment that shows up in a context of wanting to be approved by the group, liked by Not wanting to stick your head out and sometimes speak the truth.

I know that that's kind of where we're all coming from, is we need to get the trust. Well, that is not us too, of course. You know, our podcast is called the Holistic Truth.

Yep. Yeah, I've always have questioned, right? You, know I guess being a Virgo and a man of faith, have always questioned everything. And I don't just follow everybody else as they walk off the cliff.

Uh-huh. Even with Nutritional Frontiers when I started, Colleagues of mine didn't even say they doubted me. They said, you have zero chance of success.

Why are you doing this? So, if I was to follow everyone else, I would be in the pack, but even Nutritional Frontiers, we've always done things differently, even like our formulations rather than going for a single nutrient that's cheaper or we say it's better.

We do the comprehensive formations. I feel like our society, you know, I don't watch news, follow the mainstream media. If you really look deep out of it, it's just programming.

And I think you need to, we always say the mind in a parachute work much better when they're open. And I think people are not open-minded. They may not be open minded acupuncture.

And when they call it conventional medicine, it's called modern medicine to me. Acupuncturine and meridian points were discovered over 2000 years ago with modern technology.

They did multiple tests to find out that the meridian points were right on. They couldn't believe it. How could they have found this out thousands of years ago?

Rather than saying, oh my God, maybe we're much more sophisticated, right? Maybe we've gotten younger. So I've always been more open-minded to what's possible.

And I think people need to be that. I Think at least we cracked. the wall a little bit with COVID because a big brother didn't come to the rescue like everyone expected.

Yeah. I love this conversation around the mindset. One of the things I've been reflecting on recently too is sometimes even the more you think you know about something, the increase of blind spots that you might actually be starting to accumulate as you're going through.

For example, one of things that I'm doing is talking to practitioners about the resiliency method and trying to explain to them what we're doing and how we are going at a deeper level.

And a lot of times I encounter this need for people that are pretty well versed in the topic too, to fit it into what they already know. So I'll have people say to me, well, we're already doing that.

That's my seven steps. And I'm like, no, I am not sure that we are doing the same thing. So there's this resistance that comes even no more. I think we can see that in the terms of health consumerism.

The more that you think you know about it, and the more you're told that's the truth, the the you get stodgy in terms being able to accept that there actually might be another point of view From which just to listen with open ears and not coming at us.

How do I fit this into what I think I already know? That's the blind spot, right? Yeah. I was reading this morning from my new book and was talking about.

Quick to listen, right? Slow to talk and slow to anger and you have two ears for a reason. And what's that? The old wisdom, wisdom is finally realizing you don't know it all.

That's the beauty about functional medicine, acupressure and acupuncture and, you know, soul intelligence and all the work Christine and I do together.

We don't know everything. And that's the beauty of it. Every day I'm like a sponge. I've always learning more and more. Today I am learning about the resiliency method and the triad of health and, you know, speaking the truth.

So it, to me, it's fascinating. That's why I, I I so passionate about life is that, every day is something new. When we're younger, we want to get to this point where we got, stability and comfort.

You finally get you to a point, where it is like, Oh, need to be comfortably uncomfortable. Need to keep growing. And you need be a contributing member of society.

Christine, this is what her passion is about too. 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, slash, discovery, Or dive deeper with the full initial consultation at Dr.

Erica online, because your health, your clarity, and your freedom cannot wait. Yeah, we have to humble ourselves and be open to receiving even more truth as we go along our journey.

I love that. Yeah. And that's definitely, I would say, one of the reasons why I think I created the resiliency method was from that place of, hey, seeing I'm stuck and I see some of my patients are stuck.

What do I need to know? And a lot of prayer around, you know, what needs to happen next so that I can keep helping myself and keep healthy others and that humility and letting go of that ego is so, so huge.

Love that. So what would you guys say is when someone comes to you with a condition or, some kind of thing that they will health goal or whatever, how do you approach it differently?

together versus separately as healers? How do you two come together and what kind of transformations have you seen and breakthroughs you've seen with people as a result of working from that perspective?

Oh, look at that smile. She's ready for this one. Her and Dr. Lin just did a huge presentation, our biggest event ever. So I'm going to sit back and listen.

Yeah, thanks, Jamie. Yeah. So to Jamie's point, our medical director, Dr. Len Brand, so it's amazing. He was a traditionally trained pharmacist who also, you know, studied functional medicine.

Jamie can give you his background. And he's been doing this for like 50 years. he is amazing! You want to say a little bit more about Dr Len's background?

Well, he's went to the prestigious Duquesne School of Pharmacy in Pittsburgh, PA. Over the years of practicing conventional pharmacy, He realized that he can do more.

So he went back to school for a naturopathic medical degree, worked under Dr. Jim Laval with his program, went through the CCN, Certified Clinical Nutrition, Master in Homeopathy.

The guy is great, and I think probably the best thing about him, he's got such a big heart and a passion. And the guy reads research every, you wanna talk about his fun and open-minded?

I'm afraid sometimes he gets on our calls, I'll be like, oh, what were you reading last night? Did you take your wife out? You know, took Karen out for dinner last time, but this morning I got up early and here's eight articles.

But he had this vision, him and Christina of doing this, workshop and presentation together. So I'll let her fill you in, but it was fascinating. It really brought East and West together, you know, conventional and allopathic and naturopathic together it, was it fascinating to me.

Love it. So thank you. Yeah, so the presentation was called The Future of Medicine is Frequency. And I would love to say I said that, but Einstein said it, and so what we really talked about was how everything has kind of moved, right, even beyond functional medicine to more of the electrical body in the system and the importance of mitochondria to now energy medicine and frequency and getting everybody to understand that everyone and everything is energy and The only way we're seeing each other now over this podcast is energy and frequency that's being received.

We have a number of case studies that we highlighted to show how you do the energy work and the physical work together. I'll just give you one case study.

You know, a lot of times people come to me for a bioenergetic adjustment, like you go to a chiropractor for biomechanical one. So I'm usually the last stop on the magical mystery tour of health is what I say to people, right?

Like, well, we've tried everything else, so now we're going to try this. Right? I feel you on that one, Christine. I bet you do. Yeah. And I do most of my work via Zoom.

And he had a nasal cannula in. You could see that his breathing was labored. He was restricted to like a recliner. You know, he said, look, you know how many sessions is this going to take?

And I said I don't know. I got to get in there. And his wife is like, well, I heard you on a podcast and I really, we just want to try. We've tried traditional or allopathic medicine.

My husband's in a lot of pain and we can't seem to figure out why. So I do a session. It turns out that he was holding energy in his stomach and thoracic area.

I looked it up and I was like, this looks like it's been in here for about 52 years. And I said, it is not just yours, you're holding the energy for 81 souls, yours plus 80 others.

He said well, I'm in the Vietnam War and that was the size of my company. right so you're like whoa right i've chills as i share that with you and so i had to work with him on that and a number of other things but by the end of the session he had color back in his face he has taken the oxygen out on his own and he was breathing more normally So I worked with him for a few sessions, but I said, Look, I partner with, you know, Dr.

Len Bransiewicz, and I would really like you to have a functional medicine consult with Him. Because once we get the energy up and out of the body, we want to make sure we give the Body what it heals because you've been holding that for an awful long time.

Yeah. So we worked with Dr. Len. Dr Len did, you know, blood work and went through all the tests and did deep diagnostics and worked. And he found out, the gentleman was being told by traditional or medicine that it's just phantom pain.

The pain's not real and you could see the pain on the guy's face. What Dr. Lin realized was he had been given such a high dosage of antidepressants because traditional medicine will titrate you up.

Oh, it is not working anymore, give you more. He had given so many antidespressant that started to overproduce the amount of serotonin in his stomach.

The serotonin is the happy hormone. You would think the guy would be laughing. No, not so much. So what he did is he gave him a nutritional frontier supplement called ComDay, among other things, but it has a high amount of GABA in it to counteract the seratonin production.

We both worked with him for a couple of months. I see his name pop up on my calendar and I'm like, Oh gosh, I wonder what's going on. So I said to him, what are you doing on here?

He's happy, he's like standing up, full color. I go, What are doing my calendar? And he goes, i feel great. i go awesome. What do you do in here. He goes I want to keep feeling great, then his wife chimes in and she goes you know what he just did.

He just got done snow blowing our entire mile long driveway and back. I was like, what? A mile? What? So, okay, it's not a mile. It's about a half mile, but still I.

This is a guy that was stuck in a recliner. And it took both of us to do it, right? Because he needed healing on the physical level, the emotional level the mental level.

The energetic level and we were able to bring that up and out and so now he's got his quality of life back. And this was a guy, you know, in some of the work that I was doing had contemplated not wanting to be here anymore.

So to give the quality life and hope back to somebody, that's what we get to. Absolutely. All right, You brought it up. Let's talk about that notion of energy.

And it's funny because I also, and we'll get into this more, but I do a lot of analysis through remote testing, if you will. gives us information about how to order things.

So the resiliency methods, the algorithm, and the process, right, for how do you have this conversation with the body. The muscle testing is a tool to help me get a yes, no, go here next, here, next.

That kind of thing, helps me isolate and roll that down. You're talking about something similar, I think, too, in terms of that. And I really think it's important, though, because I know you probably deal with this as I do, that a lot of times you start talking to people about the woo-woo, they can understand how their cell phone or they can accept that their cell phone could present, mom could call on the cellphone and they could hear her voice through

something.

And they accept it as a truth and it's something viable. But when it comes to working in that capacity, it can be challenging, right? And what do you say to people when they maybe you sense that they're gonna have a hard time understanding your approach?

How do do contextualize that for them and frame that? All right, well, I go, let's go all the way back to elementary school, okay, if we can rewind that far.

And I hear you remember, when we were in science class, we're all protons, neutrons, electrons, vibrating an electromagnetic field, right? Yes. Okay. So that means you have an energetic field around you.

Okay. And it also means we're all part of this big electromagnetic field. Everybody and everything is energy and frequency. So the only way that magical movie shows up on your cell phone or you're able to look at YouTube is Energy and Frequency.

The only way you're able to hear music is energy and frequency. So you have a natural energy in frequency within your body that needs to be calibrated.

And when it's off, that's what your bodies trying to tell you through whatever is going wrong in the physical body. Typically, if it is in physical, it has been there a while.

Right? And it tries to get your attention. Yeah. I love it. And, uh, I always asked, cause I did nutritional consults for a long time and I went through the, a Freddy law nutritional response testing and my business partner, the co-founder of the company was a big AK and Nate.

Yeah, elimination technique. So I've been around this a along time in practice and some of it, and have been a patient of. I'm a little different. I'll be a more direct and Christine and maybe, um, you know, my delivery is not quite as soft.

Yeah. The better question to me, Um, is why are you here? You've been going to your, top. They always say my doctor's the best. That's okay. So are where you want to be health wise?

No. And what picture are they painting for you? Do you to get better? If so, how do we do it? H-O-W, I say, you know how to spell how? Yes. You have to be honest, number one, open and willing.

That's how I spell, How. Love it. Honest, Open and Willing. If you're not honest about where you are with your health and don't want to get better, You don' t have come here.

if you' re open-minded to whatever is possible, because whatever you now know got you to here and you were sick. And you gotta be willing to try other things and willing you follow something that maybe you don't think works.

So whatever you think that works got you to this point. I agree with what both of you are saying. And I think sometimes people need to give them some responsibility back on them.

Same as like she says with the cell phone. I don't know how a computer works, works like I know to turn it on, but I couldn't open it up and fix it. I says, and neither could you.

And just like that, you may not be experienced in this. and I like to ask them to what their career is or what is their expertise in and if it's accounting or medicine or who knows, um, You know, they're experts in that I'm expert in.

Whatever you're doing got you to this point. You need to try something different. I love it. Yeah, absolutely. And that's a great question for somebody to ask themselves or to be, you know, aware of as they're going into the context of a healing partnership, which it's, it is a partnership right?

And the participant, the health participant really has to come to the table with being and being willing to be coachable right in terms of receiving the information.

I know sometimes I have to deliver some hard messages to people and I find sometimes they can get a little confronted and then that kind of can come back like a rubber band on to me all of a sudden they have complaints about me and you know concerns about what we're doing and i'm like well we got to like look at you, know the whole car the the, whole truth around what's happened here you You know, and I understand and recognize that you're having some challenge right now with accepting that this may have the substance or this thing that your exposed to may cause you some problems and maybe is what's contributing to even your kiddo's problems or your pet's problem, right?

So that can be really challenging, but I think that's a great one. I love that how. And to say that one more time for us, Jamie. How? Honest, open and willing.

Love it. And, you know, same with people come in and say they've tried everything. I said, You haven't tried our program. Right. Oh, I tried supplements.

Have you tried Nutritional Frontage? You gave an example, Combe. I just started using that recently. Yeah. Two or three times a day, just one capsule. The reason it works so well, it's a combination of ingredients that have been tried and tested and proven to work.

But rather than saying, oh, does GABA work? Does Sunthene work, there's B5, B6 work does glycine work just no, we put them all together. So you get that synergy of all the ingredients.

And that's the advantage of working with the professional line, like Nutritional Frontiers, is you'll get better results as a patient or a healthcare professional, and a better value as the doctor or the patient.

ComDay is one of those examples, our assistive formula for sleep. If people aren't sleeping, that one our foundations, they better work on it because they'll never get to their maximum performance or potential without sleeping well.

Takes a calm day and we add in 5-HTP and a small dose of melatonin. So we have options for people. We want to get better results with a less amount of formulations.

And we use a lot of what we call PRTs. This is a really important differentiator for any vitamins or supplements out there there's really three levels what you buy at the grocery store we buy the vitamin shop and then we by from a professional brand but we use more prt's in any company of our size or age and that's patented research trademark ingredients you know something like sun thinning has all the research behind it to really help with anxiety and mood.

I mean, the double blind published studies that are out there, it's unbelievable. So we really lean a lot on the research, but also more importantly than that is what do we do with the clinical application?

And if people aren't getting results, they got to be willing to try something different with another Einstein quote or Christine quote, you know, definitive insanity is doing the same thing over and over in expecting something.

And I always qualified my people when they came in. You have to qualify your doctorate of your health care professional, qualify you potential client or patient.

If it's not a good fit on the, on, the front end, it not going to get it. It's like any relationship. If not great at the beginning, not gonna prove later.

So you really got to find the right person. That's a Good match for you. But the best coaches are the ones that make you feel a little tight, a Little nervous, little anxious, A little excited.

Yes. My word comfortably uncomfortable. I want to hear from each of you on this final question here. This podcast is really about getting healthcare consumers to really start to look at things from a different new angle, a little bit more critically too.

What do you think would be, and I'll let you guys decide, Duke, who goes first? What's the better question in your mind for a healthcare consumer to ask themselves so that they can achieve more progress, move forward in their healing journey?

Well, I'm going to let Jamie go first. Oh, thank you. I'll let my feminine side go first. Well, I always think with anything you do in life, you always want to ask what outcome do you want?

Seven habits, highest successful people began with the end in mind. What do you really want to achieve? When someone says, I want lose weight. Okay. How much weight do want.

When do wanna lose it by when's the last time you wore that weight? Why do he want? What are you trying to do? If you lose the weight, then what? Is that gonna make all these other problems go away or not we i think in our country live is like money right i want once i have the money i'll be happy.

No i really need to know what is the outcome looking for this health care program why am i gonna go to an acupuncturist what am I trying to really do and i need when you ask that.

Then you can work your way backwards. I always say it's like putting a puzzle together. You see the puzzle on the box and you open it up. So in your mind, you have to put it together and use the put together in real life.

And I think the same thing with anything, a business you build, the resiliency program, or podcast, your health. But you really got to ask yourself, what am I trying to achieve?

And then who am going to get to help me do this? Love it. Great. Christine, over to you. All right. Well, I really think it gets down to, you know, really what you call your triad.

Really looking at what's going on for me mentally, emotionally, and physically, right? Typically, we notice the physical first. That's what gets our attention that something's at a whack.

But I think it's diving deep. It could be something as simple as you wake up with a pain in your neck one day. And so I would notice, well, what side is it?

Is it the right side or the left side? The right sides tends to be male. Left side tends be female. OK, I have a paint on the side of my neck. Ordinarily, you're like, eh, slept funny.

Dr. Eric, it is not me. So you wake up, you have a pain on the right side of your neck. Well, necks represent flexibility. So are you being inflexible with your partner or is your partners literally being a paint in your next?

See, that's why he jumped in to say that. Um, so it's just kind of taking note. Like what is, what does manifesting in the physical that I really need to go underneath and figure out mentally and emotionally what's there.

And sometimes we can't do that because a lot of that stuff is stuck in our subconscious mind. And so it's working with a professional who can help bring that up from the subconscious to your conscious so that you can acknowledge it and release it, and then work with the practitioner who could actually give you the right supplementation or nutrition or acupuncture or whatever services you need in order to get the body to come back and love it.

Awesome. Thank you guys so much for sharing your wisdom, your knowledge. There's so many here. I love the comprehensiveness about your approach, looking at the physical, what we can do with supplementation better and what can we do to clear energetic barriers.

Such an interesting conversation. Hope to have you back again. 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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