The Better Question: What Is the One Part of Your Body That Could Keep You From Getting Results? Transcript

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Thymus is where the immune system learns what is self versus non-self, what to attack versus tolerate. So we always say yes, the thymous gland is kind of at the heart of autoimmune.

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.

For decades, if you Google the thymus gland, you'd read the same thing. It just shrinks up after childhood. Not important. Don't worry about it. But that's not the full story.

Welcome to The Resiliency Method, the truth about healing podcast. I'm Dr. Erica. The better question we're asking today is, is what is the one part of your body that could keep you from getting results?

Because recent studies analyzing thousands of cancer patients are now confirming something powerful, something that I've been saying for a long time, have been really truly observing for many years and through over 50,000 clinical visits.

A healthy thymus gland is linked with a significantly lower risk of premature death and dramatically better outcomes in serious illness, including cancer.

Today, we're breaking down why the thimus may be far more important than most people have taught, especially when it comes to immune resilience, autoimmune conditions, cancer recurrence, and sustaining real healing progress.

If we keep treating symptoms without rebuilding the body's foundation, we miss the part that actually changes outcomes. Welcome back, everyone. It's Dr.

Erica here. Thanks for joining us on The Resiliency Method, the truth about healing podcast. I'm joined again today with Eric Turner, certified nutritionist.

Yes, welcome back. And certified Nutritionist of the Resilliency method, practitioner, and myself, of course, we're going to talk today about a topic that's really important.

That I feel like one of things that our process, The resiliency method really highlights as a real core essential part of it and piece of that, which is the healing of the thymus gland.

And this is a gland in the body located in a chest kind of butterfly shaped in nature. Well, I don't want to confuse it with a thyroid. I would say it's a very large bow tie.

Yes. And it's located in your chest and we're going to talk about it to all things spinous gland. This is a particular topic that I also teach other practitioners on because a lot of us are missing this clinic thing.

With patients, I know I did for a long time too, and it is really core essential to be analyzing and supporting and in our process we really actually rebuild it.

From ground up, because what we've seen clinically is that when we do that, it changes everything for the clinical outcomes, the patient outcomes. The things that we want to see improve over time.

And it's really the key to really overcoming autoimmune conditions, staving off on or, you know, keeping away from. cancer recurrence and also in terms of neurogenitive diseases and neurocognitive issues as well.

So it's a big part of how we work with the body inside the context and process of the resiliency method. And today we want to share a little bit more information in particular too because we feel like we've been on the forefront of this for a long time This is a particular topic.

I know that as I was learning medicine, I never quite understood and would end up scratching my head on in terms of why I would look into the finest gland and understand that it was really the core to our long-term immunity.

T cell production, and I could never find any information if you Googled it up until just really a few years ago. You used to say, you know, oh, Dr. Google would say it's not a big deal.

It's irrelevant after childhood. Yeah, so you don't need it after your childhood, it just kind of this thing that just atrophies or goes away, shrinks up, they call it involution.

And it's not important. And we were seeing clinically that it couldn't have been more the opposite. That when we unlocked the process of the resiliency method, that that really was a big piece of what was at the foundation of making our outcomes last longer, patients getting more efficiency in their healing process.

Yeah, and then more recently that we've seen that two studies have been published. And now if you look at, if look up the Thymus Plan or you see a different story and a lot of this probably has to do with some of the news.

Richard, I'm going to hand over you for a second to talk about one of these studies that has been recently cited. We came across a guest in the New York Post Nature has published, I think, these studies.

They're referencing that. But one in particular, you want to share what that one's about? Yeah, that looks actually like about 3,000 cancer screening scans.

So it was using, basically analyzing scans that had already been done on cancer patients. And what they found on those who said those, who had healthy finance plans or the health of the finance plan was relative to their outcome.

It's outcomes were very correlated. So improve patient outcomes for those cancer patients as a healthier plans, the better. Better they responded to treatment, and then better in terms of not getting, what better prognosis, right?

Yeah. And they were already getting immunotherapy. So that's why they're looking at the biolus, because the thymus gland relies, well, immunosynovary relies on T cells, so that trains T-cells.

Super, you know, correlated there. That's how I hope these research shows. so into this, looking at that. And I think they were researchers at Mass General Brigham were using, they actually used AI to analyze 27,000 CT scans.

from two large population studies. One came from the National Lung Screening Trial and one from a Framingham Heart Study. Framingsham heart study will probably do another episode on that particular study one day because there's a whole lot that we can glean from that.

But when they went back and actually looked at some of those and analyzed some that information, they saw, and based on what you're talking about too, the assigned a FIMIC health score.

And what they say is that patients with a high climate health score actually had a 50% lower risk of premature death from any cause and a 63% risk lower of heart-related death and 36% of developing lung cancer.

So yeah, and then I think the one that you're talking about, we had outcomes was 37% low risk cancer progression specifically, lower risk of death so you're talking about we just spit out a bunch of numbers for you all.

What you want to hear from that is population size, the one Merrick's referring to is 3,000, that's nothing to snuff about. We're not talking 27 people, we're trying about 3 thousand used in that study and then when we were talking by the 1, I referenced the 27, 000 Bits of information from looking at different CT scans.

Those are pretty significant numbers in terms of population size We're getting a good amount of data there. And then we're also getting Pretty good percentages when you're talking about 50% That's one out of two, you know, like she has everyone to stand up and you Yeah, yeah, this is pretty groundbreaking.

Honestly, it's what we've known For years now, it's just really validating to have that also being appropriated by science. Absolutely. Yeah, I think that's an important discussion to one of the things that we have an advantage of.

Hopefully, I don't know, i've done over 40,000 visits and that we should calculate how many things throw in your visits. You know you get when you when, you touch that many patients over a period of time, start to see some of the patterns that are go along with inside the population.

And we can also see we bleed some of this information. So sometimes we're ahead of the science because we are actually in the field, if you will, frontline, dealing with bodies and such.

And so we were starting to pick up and we doing it through, you know, a lot of 8K so were even a little more forefront beyond even where science takes us but combining and seeing the combination for us in terms of bringing that clinical experience into the context of science is like a glory day and so it's fun to see that come out.

But yeah I mean one of the easiest ways if you're a practitioner listening to this podcast I want to just give you a quick assessment tool. I obviously use muscle testing so if your a muscle tester you can analyze it pretty easily.

But one of the biggest things to pay attention to is how you test it kinesthetically is not to place your whole entire hand over it. You actually want to call it what we call a grid pattern.

And you kind of want start against the middle of, the body, midline of body. Um, and you want it kind to go down and see if there's a muscle response change.

However, if you're not a Muscle Tester, you can just analyze to you just by pressing along the thymus gland, your patients will like react pretty sharply and quickly when you hit an area that's probably non-optimal on their sternum.

Yes, and so it's a really effective way to actually analyze that particular body and see how you can support that further, that thymos gland. But that is definitely something that we pay attention to.

We know it is a core critical feature of just healing. 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. A beat up thymus gland, I mean, most of our patients come in to our clinic with beat-up thynus glands, and then most us, we don't both.

I don' know if I've seen one, you know, since we've been able to analyze it better and more effectively. But I know I see a patient that has never needed help and support with their…

And they might even be somebody that's not even that symptomatic in nature. Yeah. That's the important thing, too. A lot of people, always call the people with autoimmune conditions the lucky ones, right?

They're the ones that oftentimes are waywardly finding themselves in our offices. They've tried everything. Um, they haven't gotten helped. So we've unlocked a lot of those cases by, um, incorporating our process.

they're lucky in that they have symptoms that are like, you know, giving them signals to get help. Whereas, people whose body isn't just adapted. so well to the decline, it almost masks their actual true state.

It does. And that's when we're talking about, a lot of times, high performers. People that are high-performers are actually, oftentimes I was definitely can relate this, I think you can too, We are people that have really chronic brain stuff going on in our bodies.

And so one of the things we can do is actually process information quickly, multi-tasks like no one else, and can really course through. We're oftentimes in sympathetic dominance.

So we're high achievers, high accomplishers. a million things at one time. But what we don't see is the hidden, you know, inside of that is aging process itself.

And you can go down and look at where a lot of those people are starting to deal with more neurocognitive decline as they age and the thymus gland and supporting that.

It's really a critical piece now. You know, thymus is where the immune system learns like what is self versus non-self, what to attack versus tolerate.

Um, so we, we always say, yes, the thimus gland is kind of at the heart of autoimmune. Absolutely. But it's also because it training those T cells, which are the body's sentinels against cancer.

If they're, if you use the analogy like. that the thymus gland is the boot camp for the military. And if the thickness is not, you know, functioning properly and training those soldiers for military, um, it's either poorly training them or not.

Or there's just no training happening. Then where, where is sentinel against cancer in the body? And so the Thymis is such a huge role in that. play out just in terms of restoring the thymus as like skyrocketing our patients' immune strength.

Right. And we're not talking about it temporarily, we are talking the ability to sustain a healing result inside of how we work with the body. The importance, you can talk about supplements all day, talk biohacks all-day.

If you don't treat and help support the healing of these organ tissues and glands, and in particular the thymus gland, you're really missing the ability to sustain that healing and have a lasting result.

So we always talk about the use of supplements, but we're using it a little differently than a lot of practitioners are, because we are not just going at it at a surface level, we really trying to improve the function of that organ, that tissue, the gland in a particular case is the sinus.

Well, as important as the sinuses and how key it is and you know, what a key role it plays and it's not like right out of the gate. We're like, okay, we're going to on day one, We are going work on your thymus gland.

It just doesn't. we have to earn the right to get there with the body. Yeah. And oftentimes I will say that if I were up right out of the gates, perform, provide some sometimes we.

Have to navigate. We're talking especially about people that maybe have suffered from long haul COVID situations or maybe had been vaccinated by the COVID vaccine.

Um, and definitely we've seen some of. The impacts of you know, find this plan. You know the conversation just to

back up around that. The conversation around the find-this-plan is that it's sort of always historically been just it just kind of goes to sleep, if you will.

Somewhere around adolescence it is replaced by fat. But if we really start to unwind some of the conversations in the science and the research itself is and what we've seen clinically is toxin exposure can actually impact what's called the epithelial cells of Alzheimer's gland itself.

And so there may be some truth in that there's inhalation that happens or there is degradation that happened to the Alzheimer. But it may not actually be what it's intended to do or we're accelerating it by introducing these toxins to body.

I think that's a big underpinning and theme of why we are seeing This is such an opportunity for people. I mean, the, yeah, but explosion about all the disease and answer.

Really, I need goes back to how, how we are starting the childhood. Absolutely. And so I'm making volutions link to cellular and advanced cellular senescence.

and aging, so it speeds up the aging process, it increases oxidative stress levels in the body. And we also, you know, are told that it's just supposed to decline with age.

We like to think, hey, if we support this thymus gland and actually turn it over, that tissue over in, the bodies starts to replicate from a healthier weight print.

What does that really mean for us in terms of not only the health span of the quality of life? But also our longevity and how long we live too. So very important fundamental component to how we have to work with the body.

Yeah. And I should back up and say it's not that we don't focus on thymus at all in the beginning because a lot of times we do have people coming in with such beat up as we had to give it some support right off the mat.

Um, and we kind of along the way in our direction. phases that we work in. But I think we've got to get a lot of other stuff cleaned up before we can circle back and then really do deep sinus repair.

Order is important. And we do sinus-repair really through all three phases of our process. It doesn't just happen in the first few weeks. No, because, you know, if you look at our patient Bonnie, everybody's immune systems are getting back online, essentially, in phase one.

That's just the pressure taken off of that plant, really. Absolutely. I think that's one of the key differentiators of our phase one because in our three-phase process, we've always said that phase 1 is the one that probably looks the most in terms of like other practitioners out there, I would say, in the sense of it's doing some terrain detoxification.

some superficial heavy metal clearing and parasites and things like that. And other practitioners, at least the best practitioners out there are also doing some of those things with their patients.

But a lot of them aren't necessarily looking at the thymus gland at that stage, which is critical too. Then of course, they don't go into the depth that we go in phase two and three.

but that's for another conversation. But in any event, it's an important crucial piece and it is really important about discussion and why we're having this solely on the Thymus clan because it so pivotal in terms of really our innate intelligence and we talk about that a lot.

in our practice is innate intelligence where bodies are made perfect in design. And this is a great example of that. How seeing where modern technology or modern environmental exposures are coming in and how they're having an impact on us.

Is there anything else you want to say about that? I feel really lucky in the practitioner that we have, I think, pretty

specialized tools to work with climate's land.

We have some supplements that Um, very specific to that. Absolutely. And essentially are kind of like, we're all we need, you know, DNA, the grits for the best that itself to yeah.

Yeah, from standard process. We use that a lot for that plan. Um. and then what's a better question you think if you ask me wrap this conversation up that people should ask themselves about their systems.

Oh, gosh. Well, I mean, the question, what if we're not looking at the right place for where the crux of all of this is? What if Um, no, it's just like, Oh, take your vitamin C, you take her airborne.

You're sick. It's your zinc deficient. Yeah. Even that we would say if you're only treating the virus, your only trading the. The parasite you are missing a piece of the damage that's been done from these things.

And the particular only details are having metal. They're missing up. So what those things have actually done to the body. And in particular, some of these important things that are part of the immune system.

So you can take away and clear that excess pattern all day long. But if you don't support the thymus gland, you may be missing some efficiencies and then some longer term results that you could have your patients and patients could help themselves.

Great thought. Awesome. Thanks for joining us. 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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