Introduction to the Resiliency Method

The nervous system is not simple. It's very complex. But if you start to understand some of the underworkings of how it's all connecting and communicating, you'll start see, oh my gosh, that's the key to actually getting total organ tissue or gland recovery is making sure that the signal is correct and has gotten better by changing the physiological status of brain, of nervous systems, central nervous, peripheral nervous and all the components.

and it's there up. Welcome to the resiliency method, the truth about healing. I'm Dr. Erica and we are here to uncover the root causes keeping you stuck.

Together we'll restore your energy, your focus and your resiliency so you can finally heal, regenerate and feel truly alive again. Most people navigating chronic illness or plateauing performance believe they haven't found the right answer yet.

So they consume more content, they try more protocols and more supplements are added to the stack. But what if the reason nothing has worked isn't because you've done the wrong things, but it's because the conversation itself has been incomplete.

Welcome to The Resiliency Method, the truth about healing podcast. I'm Dr. Erica. And the better question we're asking today is what is resiliency really?

And today we're going to break down why most health content circulating online, the trending posts, viral clips, AI-generated wellness guides, while they're a level one conversation that recycles the same ideas, just puts it in different packaging.

While the person suffering continues to suffer. And now with a $400 supplement slacked and a stack and slightly improved morning routine. And we're also gonna explore why the resiliency method operates at the level of neural tissue and neural repair.

And that's the master regulator of immune function, hormonal output, inflammation, metabolic efficiency, emotional regulation, stress performance, and adaptability.

Why real healing is going to require neural tissues doesn't just improve your symptoms, it actually fundamentally changes your biological ceiling. And we're unpacking why performers can hit a ceiling that a no optimization protocol touches and why chronic illness patients address every downstream factor and still don't recover.

And why nervous system dysregulation is the missing link that both groups share. So if you've ever thought you already know enough about your health to find the answer, well, this episode is going to challenge that idea.

If you're enjoying the Resiliency Method Truth About Healing podcast, we're grateful if you leave us a quick five-star review on Apple Podcasts. And if are interested in taking the next step, check out the show notes and there'll be a link in there for getting in contact with us.

Welcome back, everyone. I'm Dr. Erika and I've joined with Lyric Turner today. We are excited to have you for another episode of the resiliency method, the truth about healing podcast.

And today, we thought we would just really go into the resiliency method. Yes, what is it? What is about? How does it work? Just go brass tacks for a minute and introduce this to people who may be listening that really are not very familiar with it yet.

Yeah. And I mean, you and I have been working together for, I don't know, like seven, eight years now, and we

started doing a particular type of testing that was working really well.

And then we started seeing over time that we were getting limited. We were plateauing in our health journey. plateau and spin our wheels a little bit.

Yeah. And I know for me, in particular with my seizure disorder, that was actually getting worse. So that to me and there was other symptoms that were starting to present for as well, like gastroparesis, scleroderma.

Why Conventional Health Advice Falls Short

I knew that we had not gone deep enough in the process because, hey, I wasn't fully better. You weren't full better and we got to a point where we were really maintaining wellness, which isn't bad.

We were doing it successfully without too many drugs or surgery. Yeah. If we're seeing that reflected obviously in our clientele and in some wins and sometimes miraculous ones, but ultimately we needed to get a little deeper into the master control tower.

Well, and yeah, we hadn't really figured out how to go beyond the cleansing. Yes. Kill, kill, kill, kill detox, detox detox. And we call it the merry-go-round now affectionately, but it was a merry go-around and ultimately we were just seeing that was more opportunity for us.

didn't just focus on what I like to call the planes on the tarmac at the airport, if you will. We had all our passengers loaded. The planes were clean.

Everybody was happy. But we started to have this sense and knowing that we had forgotten the fact that there's a control tower down the the Tarmac and the stairs have rotted out and you can't get anybody up to direct the plane's anymore.

And that really is a metaphor for the nervous system, the brain, probably the key central areas of the body that we weren't going into analysis with deep enough and that's tissue and all sorts of aspects to that.

The nervous system is not simple. It's very complex. But if you start to understand some of the underworkings of how it's all connecting and communicating, you'll start see, oh my gosh, that is the key to actually getting total organ, tissue or gland recovery is making sure that the signal is correct and has gotten better by changing the physiological status of the brain, of central nervous system, the peripheral nervous systems, and all the components thereof.

Then that became the resiliency method because we also started seeing, When you do this and you start going a little deeper into this aspect, people increased in their adaptability, their immune system function better, and their relationship to stress changed.

And then that really resulted in expansion and freedom. Yeah, because, I mean, one of the things we love talking about is, you know, we live in a really toxic world.

Like, and it's, i mean you can see evidence of it everywhere. And you're being told about it constantly. I just read the other day we have the amount of microplastics equivalent to a plastic spoon in our brain.

It's crazy. Mercury in the air from diesel exhaust fumes, there's benzene in our water, parasites in food, pesticides, glyphosate. I mean, it can get kind of depressing and demoralizing if you're in a place where you just feel no power around that.

Add in global pandemic five years ago, which we were. mandated and, you know, kind of in a circus, really, ultimately. Yeah. So the resiliency method is a really a doorway out of that place of demoralization.

And this is what I tell my patients, like you we're not trying, there is nothing we can do about all these toxins. I

mean, There's a point where, you know, obviously we try to eat, eat organic when possible, watch what you put on your body in terms of- Fabricate for better public health policy.

Yes. It's not to say, throw all that to the wind, but like going around and like, I don't know living inside of a Faraday bag and It's a Faraday bag. I actually don't have one.

It is a way to protect yourself from the electromagnetic frequency. You can buy special sheets to keep the electro magnetic frequencies off you. And you can get down these rabbit holes where it's like, wow, I'm not doing enough.

Never enough inside the context of getting your health back. A lot of times it is the underlying Yeah, it's a wellness industry thing. Yeah. A lot of product is sold that way.

Multi-billion dollar industry. It is, yeah. But what I tell my patients is like, hey, wouldn't it be better if we could just have more resilient bodies?

Like our bodies can handle the toxic load that we just cannot avoid. We get our natural detox mechanisms back online. Our bodies are designed to heal, are design to detox.

What if they actually worked the way they were designed and we took away the impediments to that? What If we had immune systems that functioned like they're supposed to?

What if we took the control back? And we brought it back in here and we focused on this and making this the most optimal, meaning the body and, and really our own personal bodies taking on how we change the physiological function of it at a root level in our body.

And we can talk about why I don't like root cause a minute. Yeah. You should probably explain that. So, but yeah, ultimately we really want to come back to our own personal empowerment.

And I know people can say, well, you know, what about the community and everything?

From Detox to Nervous System Repair

But yes, we are concerned about. But if we're all taking personal responsibility for our health, your contributing to the larger community, one, because we feel better.

We are better, we're more adaptable. We can contribute in a different way. That's one of the things, finally, that we can run into is. We're also disempowered all the time and our personal power is taken away and we're at the effect of things.

And really this is about becoming and focusing on the thing that you have control over, which is you and making you the best you so that when you go out in the world, you can become the contributor with purpose, freedom and health.

Because if you don't have health, You don' have anything. You can't be a contributor. you're just going to be in survival. Yeah. So Erica, Dr. Erica what is the resiliency method look like in terms of actual, the actual brass tacks?

Yeah, so let's see if I can bring this back to the root cause somehow. phased approach to really overcoming not only chronic symptoms or health challenges, autoimmune conditions, cancer histories, you know, neurocognitive decline, and then neurological disorders.

That's a big one, obviously, from my personal experience. But ultimately, it's, um, a three-phase approach for getting your physical wellness back and looking at it at the root cause.

Okay. Why do I not like root causes? Well, root cause is overused in my opinion, because a lot of times we're looking at the body and going, hey, there's a B vitamin deficiency.

The root causes you have a b vitamin deficiencies. And the root cause is important. I just don't think we oftentimes, in the context of which we're talking about root-cause, we go deep enough in that conversation.

Yeah, it kind of stopped. We kind stop it. Or in conversation, root causes, like it's like this one thing. If you just take care of this thing, if you get rid of those parasites, get it, you know, all of your digestion will improve, and all these benefits are going to happen when you do that parasite cleanse.

Because the roots cause the parasites. heavy metal and I'm going to say we say all of those things. We do and those are important we do do those. Yes and and they are part of the root cause problem you know ultimately and we can't just go after the route cause the the interference.

Yeah. we have to ultimately get the body to the point where we're restoring the function of that organ tissue or gland And really, people go, well, how do you restore the function of the organ tissue or gland?

It's by leveraging the body's own innate intelligence, which is to heal. And your body is healing every single day. Every time you close your eyes at night, you go into a healing process.

It is just really unbeknownst to you. The next day, the outcome of that healing response is either heightened or dampened. One of those. What is going on physiologically in the environment, in terrain itself?

So phase one for us, probably is, I would say, the most similar to maybe what the conversation is. And I'd say if you have a clinician that is working on heavy metals, parasites, lime, mold, you're with a good clinician.

Yeah. Okay. Because a lot of times, people are looking to surface at these things. Maybe they're just looking at your blood work, and to my example earlier, they're just seeing a B vitamin deficiency and they go, here's a b vitamin.

The practitioners that are doing the most beneficial work are looking for these things and are addressing them in some way. But again, we're communicating here today is it's not that that's extremely important, relevant.

That's really our first phase. You have to do that first. And I like to use the example of I don't know if this is PC or not, but this was the example I use that we decided to buy a fixer upper.

We bought a Fixer Upper. It turns out it was a house that was used for you know, nefarious purposes. Okay, it was a drug house, there's drug dealers, maybe some prostitutes, bad guys living in this house.

And so we bought that and we were investors in the house what's the first thing you have to do? You've got to get the tenants out. Yeah. So that's phase one.

You got get to the tenets out, but if you stopped there, you just stop there and then try to put that house on the market. With just the tenants moved out, would you be able to sell that house for any type of profit?

No, yeah. Right. I like to use the castle. You have a better one, maybe. The drug house, actually, people get it because they're like, yeah, you would not be able to get very far with that investment property like that.

Any fixer-upper, if you just got to take down the old wallpaper, destroy some walls, take out the garbage and fill the dumpster for a while. And phase one does that in neither of these phases, all three phases.

They each build onto one another. You can't jump, skip over phase one and get to phase two. The body needs increased energy to heal and needs mitochondrial function to heel.

It needs cellular adaptability and improvement to peel. And if these things are missing or they come in the wrong order, then things can go off the rails.

Sometimes people get started on healing and then they get off. What are some reasons why they got off rails and

what do you think? when they get started in healing, well, their drainage pathways are not supported.

It's like you have die-off and then you don't have any way to eliminate the die off. And then people can get stuck there and go, oh, this natural healing thing.

Yeah, I feel worse. A lot of times that's too, maybe sometimes the protocol or the supplements that are used are now the right for the body. In the side, the resiliency method, we really customize it down for each individual.

And that can be in product selection, it can when we use the product and we can all the way down to dosing the products. We always say right order, right time, the right dose, and the minimum effective dose.

They don't ever want to put anybody on crazy high doses. I mean sometimes you read the bottles, you know the directions for use on these supplements and it's like, oh my gosh, we microdose them essentially because that's all that is needed.

We use the minimum effective dose. Yeah. And I think too that just like listeners out there are inundated with commercials and avatars on the next best product, the health hack.

Practitioners are on a similar boat. They have product people coming and approaching them and telling them this is the holy grail of products and such.

it can become where you're just looking for an answer. The nice thing about our process is that we have the ability through not only our own clinical experience over the last 15 years, but also the people that preceded us in their critical experience to have access to some of the best products that are in the market, time tested and true, and not just the past, also a variety of them.

So what we see, for example, is you know, sometimes people need homeopathy, Sometimes people can go right in and do whole foods. Sometimes we can use a binder in the beginning and sometimes the binder is not, they're not ready for a binder.

So it's really tailored to each individual patient based on their nervous system, what they can tolerate.

Phase One: Clearing Toxins and Pathogens

And so we wouldn't want to put somebody on homeapathy who can't tolerate something stronger. It would just slow their progress down, whereas another person would never not put them on homeopathy because they would be so sick.

It will be way too much for their body to handle. we take a slower, more gentle approach using products that really actually are so safe they could be used on babies.

Yeah, and what you can use on somebody sometimes does depend on their age, their stage of life, how many years they've been walking around with those toxins and those pathogens in their body, what their genetic setup is, you know, they're lifestyle.

So all of those things can be accounted for inside of our selection process and how we work with the body. And you absolutely customizing it to you specifically.

It's not our opinion of what we think you need, but it's actually like what your nervous system is able to tolerate. So that's phase one. And again, probably the most similar to what other clinicians may be doing out there and the best ones, I would say, if they're in the conversation of parasites, toxins, and things like that.

they're already far down the path in terms of being able to help someone. And we quite frankly did that for, I don't know, 10 years or so and got great results, like I said.

So it's not that those things are not important or they're bad or if you're doing that, that you are enough for making a difference. It's just that we've seen if we want to take your patients to the next level, you as a health consumer are ready for the level.

You need phases two and three. And I will say you and I were both on phase one. I was on the merry-go-round for probably 10 years. I think you were a little bit less than that.

But now, comparison-wise, we get people through what we did in 10 years for 10-years, that process, through in six months, sometimes less and sometimes a bit more.

And roughly that's, you know, done and we're moving on into phase two. Yeah. Phase two is where we earn the right for phase three and put the insurance policy on phase one.

Let's talk about that. 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, What do I mean by insurance policy? I don't know, what do you mean? I've heard you say that before. Well, what I mean by that is, you know, one of the problems with dealing with parasites in phase one.

Oh, yeah. Now I know where you're going. Yeah. Continue. While you continue. You know what? I made. Go for it. So in Phase One, we get a lot of cleanup done.

Okay. We got those tenants moved out of that house. And phase two is we're ensuring that they don't have a place to come back to. So we are ensuring we cannot get parasite reinfections because that is absolutely what will happen if we dont do phase 2. Right.

Listen, they're like 90% ahead of the rest of American population after phase 1. two years later, a year or two later. Some symptoms are starting to come back and that's because likely those pathogens have moved back in and their body is now a nice hospitable place for those tenants too.

don't get back to their dirty deeds. So we in phase two, we're really ensuring that that does not come back. We've got to address the toxic phlegm in the body that left behind stuff.

That's containing a lot of parasite eggs, allowing for re-infestation. and then ultimately just causing the body to be more hyperactive and sensitive in general.

So yeah, we spend some time clearing that material out of body. Things can get a little flimmy during that period of time. We work with patients to use techniques like dry brushing, nasal rinsing to really help eliminate that that, material.

And then oftentimes we are allowed to do a bit deeper levels of chemical detox at that point, and then ultimately culminates with mycotoxins removal. What's what we mean by mycotoxin?

Well, at this point we're working on the gut mediated immune system. And so we are addressing essentially moldy cells. Sometimes from exposures in our modern day environment and mold.

a lot of times really inherited. And I think probably even more so that is one of the things that we see commonly overlooked in the conversation mold is the attention tends to be on the environmental mold.

Yeah, it's not that those things aren't important. It's just that it doesn't go far enough in a conversation of mold because really we oftentimes are inheriting some of these situations as well.

I mean, it's almost universal. And that's why we know it is not just likely just environmental exposures, because that it has likely inherited probably from generations, like multiple generations.

Our ancestors lived in moldy conditions. Really, we now, if you really study public health policy back to its roots, The biggest impacts to our public health outcomes has been in the introduction of sanitation procedures in our environment.

And that's led to probably the most significant improvement in community health outcome than any other intervention. Yep. Yeah. Refrigeration, clean water, indoor plumbing.

Yes. Those are critical. However, again, we come from cell lines that have had plenty of exposure to black mold. All of the things that we really can make us little barometers, I say, for our environment.

When we go to a hotel and we get that immediate headache or you can walk in a room and your little spidey senses or your histamine automatically increases, a lot of times it's on your cell line.

If you could clean that up, then your encountering of it in the environment, your resiliency is better because you've done that level of work in the system as well.

So that's phase two in a nutshell. Did we cover I think some of the high points there?

Phase Two: Preventing Reinfection and Rebuilding Terrain

Yeah. That's a lot of times where we'll introduce probiotics there at the end. Sometimes people need something stronger first. Yeah, carbon-based detox location.

Yeah. But pretty much university people will introduce, you know, short-term targeted therapeutic probiotics that are specific for that body. Not a one-size-fits-all probiotic.

There's no one size fits all probiotica. There's a lot of great ones, but it may not be the right one for you. And you just want to keep that in mind when you are consuming from what I call a level one or even a phase one type of consumer, which is where some of those things that you're hearing about in the marketplace.

the binders, the chelators, probiotics. We use probiotic throughout the entire process, but these things that sound like they're the perfect thing that's going to fix X, Y, and Z symptoms, remember is by and large a marketing message to you.

to buy a product. As long as you're throwing spaghetti up against the wall, you are probably throwing money out the door too. This is all a process of investment.

But you just want to be really strategic about your investment because you can spend a lot of money, obviously, on the wrong things. You can also spend lot a time.

And time is probably a bit inside the context of healing and health and wellness. The more years you walk around in an action or without of action around your health, the more that something's allowed to stay present and be doing its damage, or like its tenants can be marking up the walls every day that goes by, there's more increased

opportunity for that.

Marking up walls isn't so bad. I'm going to keep it there rather than syringes and such. All right. And then phase three. Yeah. Repair and restore. Well, it's a long runway into maintenance, right?

It's the gradual. Wait, let's go back though. What is the general time that it can take somebody to get through phase two? Four to six months, I would say.

So yeah, equivalent to phase one. Yeah. And then phase three is probably, the longest of every people's face. But again, that's dependent upon age, it's depended on lifestyle a little bit.

That's also dependent on what is going on with that individual and sadly, what kind of genes they got to an extent. Although genes are not your prison, they are…

definitely part of your healing process. So some of us have more or less luck. Are you missing organs? Yeah, that's true. Have you been on medications for a really long time?

How many encounters have you had with toxins in your environment and where did you grow up even sometimes can be part that? And that is where we start off phase three on dealing with the senescent cells ultimately because after you've cleaned up and filled the dumpster on a couple of different levels, oftentimes you have organ tissue and gland.

repair opportunities because these things were not present and taking them away in of itself does not fully restore the body as you need it to. Yeah. I mean, you could take all the stuff out of that fixed upper house, but if you don't go in and repair the roof, or you can't put a new kitchen in with a leaky roof.

Yeah, space three is all about getting it kind of market ready. Yeah. And then ultimately too though, which might, I don't know where your analogy would leave off here, but.

through the work of doing the repair to the organ tissues and glands, we achieve another level of gradient of health in the body. And this is probably the most pivotal and most impactful aspect.

This is where I don't know that anybody's getting to this level detox. I know when I first started doing level one approaches, there's products here that was like, this can help you detox from your fat cells.

And I use those products and I will tell you having gone through phase three fully that they weren't enough and you really have to get the body to a level where it opens up.

held encapsulated toxins that probably most of us quite frankly are seeing on images, maybe sometimes talked about in a different format. Our clinical experience has shown us that there's some significance to those little gray splotches you might see on an x-ray of your spine, or you get through an ultrasound of your ovaries, or you might be diagnosed with even more something more serious than that.

Ultimately, that was the body's innate intelligence, made perfect in design, actually seeing something that it did not like, probably early on, even some of these exposures early in life, it didn't like and it locked it down.

Yeah, encapsulated it. such that it could protect the body from these free-floating toxins, heavy metals, BPAs. And the problem with that is not that the buddy did that because you're alive and you are walking around.

Yeah. So mission accomplished. But the problems with is that these things then lead to an impediment in blood flow and circulation and function of the tissue and the function signaling from the brain.

These things all obstruct, cause need for increased amounts of phlegm and protein, laying down additional cholesterol. These all things ultimately become problematic.

Well, in a healthy body that has restored so much tissue, healthy tissue and is repairing, it doesn't want an encapsulated toxin in it. It's ready to be done with that.

it wants to… It is an obstruction, you know, and it's having an impact and usually that's resulting in some kind of chronic health situation. And so when we get to that point though, the game is not what's the best key leader binder product to do this.

It's really leveraging once again the body's innate intelligence, which is, hey, what we found is if we build this in this surrounding environment, we clean up enough zombie cells, senescent cells from this terrain.

then the body will actually go, it looks safe to let go of this material. And it begins opening up these encapsulations. Then toxins are coming out from that process, but it's led by the.

Yeah. The body is leading the charge on that. Nobody knows what to do. We at that point are just supporting it in terms of what nutrition, what nutritional resources might it be a little deficient in.

to help with that process, what organ support might be needed, if there's extra drainage that's needed. Yeah, and typically it's really a lot of it is done by increasing B vitamins, minerals, maybe some a little help from NAC as the body's opening these things up.

But the biggest one that we see, which is insane, is the fatty acid. So what we'll do here is we will actually increase the amount of fatty acids to match where a lot of this material is encapsulated and a lots of it's fatty in nature because a a of these toxins are held deeply in the nervous system, the brain, liver, spleen, and so we increase fatty acids and the body will start to then use that material to help essentially open up those encapsulations and allow the the and increase the amounts of fatty acids.

Phase Three: Repairing Organs and Restoring Function

I always tell people here, don't go show this, your program right now to another nutritionist because they'll think I'm crazy. Because you're taking a lot of fatty acids, but we see it's exactly what they need to do this process.

It's not long-term. Yeah, it is with purpose and intention. We will oftentimes use obviously some increase in on some nasal rinsing because a The brain drain is usually impacting the sinus cavities, first the brain science cavites and ultimately into some of the facial and axillary and science capities.

And then it's also jumping a lot of this toxic system. So we do a lots of lymphatic therapies. Then our favorite really is the use of inhalation of hydrogen therapy to actually help soften really these encapsulations and help start mobilizing and helping the body disintegrate it.

Wild, right? And what we see then too is as we're going through this process, you know, there's an increased amount of phlegm temporarily because the bodies clean up or it's sponge, I like to call it, is phlem to increase phlem.

And so that will help move the material out. And then we actually see evidence of this, you know, in nasal rinses and the, the basins of what's coming out the body.

You know encapsulations in the liver sometimes may drive up GGT, which is the marker for fatty. Liver might drive that up temporarily as we're opening that out, we can see that reflected.

Yeah, cholesterol, LDL might go up a little bit. Yep, temporarily. Just because you see the activation of what's happening in the body and then you can it reflected in blood work.

I know we see when we start phase three, if we run blood panels then we'll see an increase of the MCV values, the size of red blood cell. The hemoglobin might up, hematocrine may go, so the density.

number of red blood cells may increase because those are our carrier cells. Those take out the senescent cells, the ones that are garbage, and the red-blood cells will do that.

And it's just amazing to see how the actual labs themselves will back up this process and correlate to what we're doing with the body, which is wild and total validation.

Yeah, it is so validating. But ultimately, we are just seeing like, oh, that's brain fog. is lifting, my memory is improving. I feel clearer than I've ever felt before.

You know, I'm never sick anymore. We were talking recently, we were like, wow, you know we have a lot of people in phase three in our practice and we never see flu.

People, were not dealing with the flu hardly ever. Just like the simple every day. impacts and things that can come along with that. Although I would say in phase three, there's definitely points along there where it feels like maybe you feel a little worse in that process.

Every part of the healing process, you can have a tendency to feel little bit worse before you get better. That's the nature of healing. It's never like this like every day is better than the last.

Yeah. Oh, it's more like a And for those who are listening and not watching, but just more of a little bit of like up and down, if you mapped all those points of time, your trend line is going up.

But there's going to be some good days in between. I mean, some bad days between the good day. That's normal. And the trendline is, that's the key with your health, is that you want your timeline going, probably not just today, all the time because that would mean longevity and aging well and better health span and quality of life.

But also, you know, where you want to think from if you're a listener and you kind of getting new to some of this language and what we're talking about today and just even the fact that maybe it's new that your body can heal.

I don't know. Go back to my first or second podcast where we talk about that. But, the trend line for most people is on a downward trajectory. And you just to validate this, even if you're sitting there and you like, Oh, I have a lot of symptoms today.

You know, you've just got to look around because I always call the people that have symptoms. I call them the lucky ones. Unfortunately, we're the ones that are put in a position to actually do something for our health.

And it's a lotta times that people. That don't have those things that, that our, relatively symptom free that when we get to the later years of life, can really be shocking.

Yeah. And at that point, it's like, man, would have been good if we could have started to address this a little bit sooner. Yeah, yeah. I mean, I also will say there's never a bad time to start this.

Never too late. Starting in their close to 70s, in there 70's doing this process. Very later actually, Yeah I'm seeing incredible changes and transformations in our health.

So never too early and never to late, really. But yeah, you, I mean, definitely, man, and you look around and see the state of health. And it's just, You don't want to get to that.

I, mean. It's like, by the time somebody has that many symptoms and is that compromised, if we could have gotten to, that, 10 years earlier, five years or earlier even.

But like they were just going, going and going going. Everything was fine. the health drops off and that's… It's just not an area where we have a lot of flexibility to not be an action on.

Yeah. You know, I always tell, and especially no offense men, but you guys are some of the hardest to really get

this across. I feel like women understand this more instinctually, you know you have strategy for your finances, strategy You have a strategy for your home.

You know, you have all of these things in place. And the thing that oftentimes people take for granted and they play like Russian roulette with is your health, and you've really got to look at how are you interacting with that aspect of your life.

diet and exercise is not enough anymore, guys. Diet and exercises is enough. So if you believe because, you know, even a decent diet or any exercise that you're going to be or you even do some level of biohacking that, okay, sadly, it's been my clinical experience that there's a train coming down track and that's not to sell the fetus or hope that doesn't cause it to negative.

I'm just highlighting the importance of, you know, please like prioritize your health. I mean, if you do not have your house, what do you have? Yeah. So yeah.

Three phases. What else do we want to say about that in totality? I always say bite one off at a time, guys. You, when you start off with us, don't really know.

what you're getting into or who we are. And so your decision at hand is whether or not right now you make that appointment for that initial consultation.

Then the next decision is, is this going to be something that you want to pursue further? And then you show up for your appointments and you give about 30 minutes to your health every month.

So for high performers, this is your message and your call. This does not have to require a lot of extra resource on behalf of you. So probably one of the most efficient, easy things to implement with the biggest and best returns in your day-to-day living and your future.

The time is now. What's a better question? A better question would be, are you getting past the cycle of just the first level of detox and pathogen clearing?

What's after that? Yeah, I love that. And then one too that I would even say for people that aren't even done at a level one is, what's the impact of your current situation on your day to day?

living your relationship with your significant other, with you career, your children, yourself. What is the impact of not being in action? How does that affect each aspect of your life?

And if you do nothing, what does it look like for you in five years? What does life in 10 years, you know, and ultimately sit with that, really process through that and see if it's time.

Yeah, that was a better question than mine. Thanks for joining us. Thanks.