# The Harvard Doctor Who Uses Her Hands to Heal What Scans Can't Find Transcript

(Transcripts are generated by AI and may contain errors)

## Intro

And I shook after every one of my And I shook after every one of my deliveries [music] and nobody could tell deliveries [music] and nobody could tell me why. And it wasn't until I learned me why. And it wasn't until I learned [music] about TRE that I understood I [music] about TRE that I understood I was like, "Oh my gosh." So, it's was like, "Oh my gosh." So, it's actually [music] good for you. Miracle actually [music] good for you. Miracle something you don't understand, but if something you don't understand, but if you start to understand it, maybe we can you start to understand it, maybe we can [music] [music] [music] access them more regularly. Welcome to access them more regularly. Welcome to Wellness Focus with Dr. Bisma. I'm Dr.

Wellness Focus with Dr. Bisma. I'm Dr. Bisma Irfan, a physician on a mission to Bisma Irfan, a physician on a mission to help you break free from symptom [music] help you break free from symptom [music] management and step into a life of management and step into a life of thriving health.

thriving health. Together, we will uncover simple, Together, we will uncover simple, powerful ways to prevent disease, powerful ways to prevent disease, restore energy, [music] and take control restore energy, [music] and take control of your health naturally. Your of your health naturally. Your Welcome to Kidney Wellness with Dr.

Welcome to Kidney Wellness with Dr.

## Introducing Dr. Arlene Dijamco

Bisma [music] Irfan, Bisma [music] Irfan, where conversations that reveal how our where conversations that reveal how our bodies heal when we listen deeper.

bodies heal when we listen deeper. Today, I'm joined by Dr. Eileen de Hamel Today, I'm joined by Dr. Eileen de Hamel known as the multi-dimensional MD. She's known as the multi-dimensional MD. She's an integrated physician, pediatrician, an integrated physician, pediatrician, and cranio osteopath who is trained at and cranio osteopath who is trained at Harvard, Emory, and Albert Einstein. And Harvard, Emory, and Albert Einstein. And then she went on to complete Dr. Andrew then she went on to complete Dr. Andrew Weil's legendary integrative medicine Weil's legendary integrative medicine fellowship.

fellowship. fellowship. Her work asks a profound question. What Her work asks a profound question. What if healing goes far deeper than what we if healing goes far deeper than what we can measure on a lab test? And today, we can measure on a lab test? And today, we are going to find out what she is going are going to find out what she is going to share more.

to share more.

## What Does It Mean to Be a Multi-Dimensional MD?

So, Dr. de Hamel, welcome. Thank you. So, Dr. de Hamel, welcome. Thank you. You call yourself the multi-dimensional You call yourself the multi-dimensional MD. For someone hearing that for the MD. For someone hearing that for the first time, what does it actually mean?

first time, what does it actually mean? What question do most people get wrong What question do most people get wrong about healing before they meet you?

about healing before they meet you? The multi-dimensional MD, The multi-dimensional MD, it's it stands for it's it stands for the fact that we are multi-dimensional the fact that we are multi-dimensional beings. And so, there's this idea that beings. And so, there's this idea that in medicine, it's all about the in medicine, it's all about the physical.

Then you take psychology, physical. Then you take psychology, takes care of the mind, and then you takes care of the mind, and then you have religion to take care of the have religion to take care of the spirit. But, those are artificial spirit. But, those are artificial separations. Really, they're just been separations. Really, they're just been done historically, and really healing is done historically, and really healing is about feeling whole as our whole being.

about feeling whole as our whole being. And so, it has to always be all aspects And so, it has to always be all aspects of ourselves. And there are many of ourselves. And there are many dimensions to our being. It's the the dimensions to our being.

## From Physicians to Gardeners: Lessons from Nature

It's the the physical, the mental, the emotional, the physical, the mental, the emotional, the spiritual, the other subtle energies of spiritual, the other subtle energies of our being.

our being. And we if we address more of these parts And we if we address more of these parts of ourselves, then we have access to of ourselves, then we have access to deeper healing and more efficient deeper healing and more efficient healing.

healing. healing. I love that. So, so I was reading you I love that. So, so I was reading you know, a little bit about know, a little bit about you know, what you shared online. And it you know, what you shared online. And it looks like you come from a long line of looks like you come from a long line of physicians in Philippines, and also from physicians in Philippines, and also from gardeners. So, tell me how did those two gardeners. So, tell me how did those two legacies shape the kind of doctor you legacies shape the kind of doctor you became? Well, so my background, so both became? Well, so my background, so both my parents are came from the my parents are came from the Philippines, and I was born in the US.

Philippines, and I was born in the US. But, on my dad's side, there were there But, on my dad's side, there were there were two sides to the family. They lived were two sides to the family. They lived in the small islands, and the ones that in the small islands, and the ones that stayed in the small towns, they were the stayed in the small towns, they were the gardeners. And then this line that went gardeners. And then this line that went to the cities, they became the to the cities, they became the physicians. But, to have that in my physicians. But, to have that in my ancestry, and really I feel like ancestry, and really I feel like everyone, if you traced it back far everyone, if you traced it back far enough, you would trace it back to enough, you would trace it back to nature. But, to help us [clears throat] nature. But, to help us [clears throat] realize that, and for me it I felt that realize that, and for me it I felt that call of understanding ourselves as being call of understanding ourselves as being part of nature. And the way that the part of nature. And the way that the gardeners tend to nature, and and listen gardeners tend to nature, and and listen to it, and can really see what each to it, and can really see what each plant needs to flourish and to and they plant needs to flourish and to and they can't and they do this without speaking.

can't and they do this without speaking. So, there's this whole communication and So, there's this whole communication and understanding that is developed through understanding that is developed through just paying attention, being with just paying attention, being with nature. And you know, you can call it nature. And you know, you can call it intuition, it's part of the intuition, it's part of the subconscious, it's part of feeling subconscious, it's part of feeling connected to all things. It's so natural connected to all things. It's so natural that they do it without thinking about that they do it without thinking about it.

it. it. And but that's also part of our health, And but that's also part of our health, part of our being. So, if we get to know part of our being. So, if we get to know our full nature of ourselves, then we our full nature of ourselves, then we can start to understand that it is our can start to understand that it is our nature to blossom. It is our nature to nature to blossom. It is our nature to be healthy. And just like nature has be healthy. And just like nature has these ups and downs with the storms and these ups and downs with the storms and everything, it's our nature to go everything, it's our nature to go through those and still grow and to through those and still grow and to still flourish. It's part of our our still flourish.

## Navigating Different Perspectives and Intuition

It's part of our our soul's journey. And so, that's another soul's journey. And so, that's another aspect of that multi-dimensional aspect of that multi-dimensional component, that understanding that we component, that understanding that we are part of nature and that growing in are part of nature and that growing in our understanding of ourselves as part our understanding of ourselves as part of nature helps us in this of nature helps us in this experience through this human life and experience through this human life and journey. So, were you always Did you journey. So, were you always Did you even as a younger, you know, not being even as a younger, you know, not being in medicine in your early your school in medicine in your early your school years, do you feel like you always had years, do you feel like you always had that sense of intuition or being in that sense of intuition or being in touch with nature or it was something touch with nature or it was something that was built on that was built on more when you started interacting with more when you started interacting with patients or being in medical school and patients or being in medical school and residency? I I knew there was something residency? I I knew there was something slightly different and it became more slightly different and it became more apparent through my education. But, um apparent through my education. But, um I'll talk to you like the kids and and I'll talk to you like the kids and and and even adults like that maybe have a and even adults like that maybe have a more empathic nature that there are more empathic nature that there are certain things that you might recognize certain things that you might recognize that are so obvious to you. So, if I that are so obvious to you. So, if I were to look at like a color of a chair were to look at like a color of a chair over there and say, "Oh, that chair is over there and say, "Oh, that chair is green." I wouldn't even think to say it green." I wouldn't even think to say it out loud because out loud because obviously, it's a green. Why would you obviously, it's a green. Why would you even point it out?

even point it out? And so, there's certain things that I And so, there's certain things that I feel like I have I've noticed over feel like I have I've noticed over I mean, even since I was little that I I mean, even since I was little that I never thought to point out. But when you never thought to point out. But when you understand that people have different understand that people have different constitutions, constitutions, constitutions, which is their personality and other which is their personality and other ways of being, ways of being, and that's completely okay. Like just and that's completely okay. Like just like in the garden, there's so many like in the garden, there's so many different kinds of flowers and plants, different kinds of flowers and plants, and it makes it's part of the beauty of and it makes it's part of the beauty of it all. So, if we understand that we it all. So, if we understand that we have different constitutions and what's have different constitutions and what's really natural for one person, what is really natural for one person, what is their gift that comes to them without their gift that comes to them without thinking, is going to be different for thinking, is going to be different for another person. And so, when other another person. And so, when other people don't respond to the world in the people don't respond to the world in the way that you think they should based on way that you think they should based on what you recognize from your what you recognize from your perspective, to not as much offense by perspective, to not as much offense by it because if you if you feel like it because if you if you feel like everyone's looking from your everyone's looking from your perspective, then you would you you'll perspective, then you would you you'll be offended. You'll it'll feel like be offended. You'll it'll feel like something personal. But if you something personal. But if you understand they're looking from their understand they're looking from their perspective, and they don't see what's perspective, and they don't see what's obvious to you, then it creates some obvious to you, then it creates some sort of understanding. It's not it's not sort of understanding. It's not it's not an excuse for bad behavior, but you can an excuse for bad behavior, but you can start to understand people's start to understand people's perspectives and how they might walk perspectives and how they might walk through and be navigating the world and through and be navigating the world and how that might be different from how you how that might be different from how you do it. And if you have that do it. And if you have that understanding early on, it can really understanding early on, it can really help you, especially, you know, kids as help you, especially, you know, kids as they go through middle school and high they go through middle school and high school and all the different school and all the different perspectives and not understanding why perspectives and not understanding why people say certain things or why they people say certain things or why they act in different ways, then Right. Yeah, act in different ways, then Right. Yeah, it's it feels good to to know that.

it's it feels good to to know that. >> Right. Absolutely. And I feel like it >> Right. Absolutely. And I feel like it also also helps you understand that helps you understand that you have the power to control what you have the power to control what happens in your mind and what happens in happens in your mind and what happens in your

body and how you look at these your body and how you look at these other things. And sometimes knowing that other things.

## Understanding Cranial Osteopathy: Physics meets Physiology

And sometimes knowing that you have that control versus giving that you have that control versus giving that control to someone else who drives those control to someone else who drives those emotions is so empowering to you that emotions is so empowering to you that that person can do whatever they want that person can do whatever they want and however, you know, their life is, and however, you know, their life is, but you have the choice to to see a but you have the choice to to see a different perspective and respond not to different perspective and respond not to what they're doing, but how you want to what they're doing, but how you want to look at it from your perspective without look at it from your perspective without any emotions coming and affecting you.

any emotions coming and affecting you. Mhm. So, [clears throat] I love that. I Mhm. So, [clears throat] I love that. I also want to talk about cranio also want to talk about cranio uh craniosacral or cranio cranial uh craniosacral or cranio cranial osteopathy Mhm. because this is osteopathy Mhm. because this is something most of my listeners have something most of my listeners have actually never heard of. So, can you actually never heard of. So, can you walk us into uh it and what are you walk us into uh it and what are you actually feeling when you place your actually feeling when you place your hands on someone?

hands on someone? Oh gosh, I love cranial osteopathy. So, Oh gosh, I love cranial osteopathy. So, this is part of understanding that we this is part of understanding that we are multi-dimensional beings. And um are multi-dimensional beings. And um first we can just start with the physics first we can just start with the physics of it because we it's osteopathy to me of it because we it's osteopathy to me is the combination of physics and is the combination of physics and physiology. And in regular medical physiology. And in regular medical training training training we don't often look at the or take into we don't often look at the or take into consideration the physics of things on a consideration the physics of things on a regular basis. They do when they start regular basis. They do when they start talking about imaging, but to understand talking about imaging, but to understand that the physics and the structure of that the physics and the structure of your body and the impacts that it has your body and the impacts that it has gone through have an influence on the gone through have an influence on the function of the body. And function of the body. And and this impact can be from anything. It and this impact can be from anything. It can be from a physical impact. It can be can be from a physical impact. It can be from mental emotional stress. It can be from mental emotional stress. It can be from birth. It can be from just life from birth. It can be from just life experiences. So, anything you go experiences. So, anything you go through. And so, when I see someone for through. And so, when I see someone for the first time, then I tell them I'm the first time, then I tell them I'm going to check for the alignment in going to check for the alignment in their body and it's not just the spine their body and it's not just the spine but it's actually through the whole body but it's actually through the whole body including the head.

including the head. And I'm also going to check for And I'm also going to check for the tension in the tissues, the fascia, the tension in the tissues, the fascia, the dura that holds everything in place.

the dura that holds everything in place. Because if there's any tension there Because if there's any tension there then it's going to put some pressure then it's going to put some pressure that can impact the movement of the that can impact the movement of the fluids.

fluids. fluids. So the arteries that bring nourishment, So the arteries that bring nourishment, the veins remove toxins, lymph drainage the veins remove toxins, lymph drainage to drain inflammation, cerebrospinal to drain inflammation, cerebrospinal fluid flow so the nerves can signal fluid flow so the nerves can signal properly. And I will also check to see properly. And I will also check to see how the organs feel. Everything needs to how the organs feel. Everything needs to be in tune and in rhythm with each other be in tune and in rhythm with each other to feel balanced and whole because to feel balanced and whole because everything in the body has a rhythm. We everything in the body has a rhythm. We have our breathing.

have our breathing. We have our heart rate. We have our We have our heart rate. We have our signaling in the

brain, the EEG that we signaling in the brain, the EEG that we measure with. And the muscles have their measure with. And the muscles have their own signals and vibration and rhythm. So own signals and vibration and rhythm. So everything in the body has a rhythm and everything in the body has a rhythm and it's just like this beautiful orchestra.

it's just like this beautiful orchestra. So for it it to feel like it's it feel So for it it to feel like it's it feel you feel good, it needs to have some you feel good, it needs to have some sort of harmony and be in rhythm with sort of harmony and be in rhythm with each other. And um and and if you have each other. And um and and if you have that then you feel so much better. You that then you feel so much better. You feel whole because all these parts of feel whole because all these parts of you are working together instead of it you are working together instead of it trying to work separately. Instead of trying to work separately. Instead of like pieces you work as this functioning like pieces you work as this functioning whole being. So um it looks like from whole being. So um it looks like from what you're describing that this seems what you're describing that this seems like a beautiful thing to be in, right?

like a beautiful thing to be in, right? To be in synchronicity, to be in To be in synchronicity, to be in harmony, to be in alignment. harmony, to be in alignment.

## The Power of Listening to the Body for Alignment

But if I look at you know the patients But if I look at you know the patients that come to us and anyone who has that come to us and anyone who has chronic inflammation, chronic disease chronic inflammation, chronic disease going on going on it looks like that pretty much most of it looks like that pretty much most of them, maybe 99% them, maybe 99% would be kind of, would be kind of, you know, not aligned. So, knowing that you know, not aligned. So, knowing that when they come to us, they are not when they come to us, they are not aligned, what is aligned, what is it that you are doing? Is it the it that you are doing? Is it the intention that is helping them bring intention that is helping them bring their body into alignment? It It depends their body into alignment? It It depends on what dimension we talk about. So, we on what dimension we talk about. So, we can go like mention by dimension to just can go like mention by dimension to just explain it because the the words we use explain it because the the words we use to describe it might be different. So, to describe it might be different. So, if we go onto the physical layer, say if we go onto the physical layer, say there's some tension in the fascia and there's some tension in the fascia and it's squishing the organs, then we can it's squishing the organs, then we can feel what we call it this this fulcrum feel what we call it this this fulcrum point and it's really listening point and it's really listening to the body with your hands.

to the body with your hands. And so, there will be a balance point And so, there will be a balance point where if you help to help it balance, where if you help to help it balance, like stay in this balance point and it's like stay in this balance point and it's more more more Think about if you are a friend and you Think about if you are a friend and you had to listen to someone, they had had to listen to someone, they had something to tell you, really important something to tell you, really important to tell you.

to tell you. And if they had to tell you things, you And if they had to tell you things, you wouldn't be interrupting them or telling wouldn't be interrupting them or telling them this way or that way. You would them this way or that way. You would listen and that listening creates some listen and that listening creates some sort of safety sort of safety um and it feels so good someone else to um and it feels so good someone else to be able to witness you. So, we can be able to witness you. So, we can witness both with awareness, but also witness both with awareness, but also with the the physical awareness of what with the the physical awareness of what it feels like going this way, but no it feels like going this way, but no one's ever noticed that. And then so, one's ever noticed that. And then so, with your hands, you can say, "I noticed with your hands, you can say, "I noticed you want to go this way. That's okay." you want to go this way. That's okay." And then when the body feels like, "Oh, And then when the body feels like, "Oh, no one has ever no one has ever heard that signal before." heard that signal before." then once you hear it and you allow it then once you hear it and you allow it to go that way, then it says, "And now to go that way, then it says, "And now that I've been heard, I can finally that I've been heard, I can finally come back to neutral." Relax. Yeah.

come back to neutral." Relax. Yeah. And it's just that little bit of support And it's just that little bit of support and um

sometimes people might call it and um sometimes people might call it like a metastable state. So, if you like a metastable state. So, if you think about rock, people are balancing think about rock, people are balancing rocks, right? Uh-huh. [snorts] It has rocks, right? Uh-huh. [snorts] It has some sort of balance, but it doesn't some sort of balance, but it doesn't take much and you could just knock it take much and you could just knock it over.

over. over. So, the same So, the same >> Same. >> Same. >> Same. with these the states of tension or you with these the states of tension or you calling them like imbalance. Well, it it calling them like imbalance. Well, it it is a state of imbalance, but there's is a state of imbalance, but there's something holding it up in that tension something holding it up in that tension and sometimes it just takes a little and sometimes it just takes a little nudge, whether a physical nudge or a nudge, whether a physical nudge or a nudge with your awareness, nudge with your awareness, consciousness, the energy and that's consciousness, the energy and that's metastable state can relax. Release.

metastable state can relax. Release. Release back to Release back to neutral. Yeah, so that's where it's like neutral. Yeah, so that's where it's like the E equals MC squared energy equals the E equals MC squared energy equals mass times constant squared. And so, mass times constant squared. And so, energy mass is interchangeable. So, we energy mass is interchangeable. So, we can have can have put the [clears throat] energy, whether put the [clears throat] energy, whether it's a physical energy, but there's many it's a physical energy, but there's many kinds of energy. And so, you can also kinds of energy. And so, you can also think about the light of your awareness, think about the light of your awareness, your consciousness as an energy. So, your consciousness as an energy. So, whether it's a physical energy, a whether it's a physical energy, a movement energy, an electrical energy, a movement energy, an electrical energy, a consciousness energy, you can have an consciousness energy, you can have an influence on the physical because E influence on the physical because E equals MC squared. I love that. I love equals MC squared. I love that. I love how simple it sounds when you bring how simple it sounds when you bring these concepts together. Yeah. Can you these concepts together. Yeah.

## Explaining Fascia: The Body's Communication Highway

Can you tell our listeners about uh fascia? tell our listeners about uh fascia? Because for for us it is a common term Because for for us it is a common term and we understand what it looks like and and we understand what it looks like and how it is, but if someone who doesn't how it is, but if someone who doesn't know what fascia means and how it is know what fascia means and how it is connected and how it engulfs our organs connected and how it engulfs our organs and you know, every part of fascia is and you know, every part of fascia is connected throughout the whole body.

connected throughout the whole body. Just help us understand what does it Just help us understand what does it mean? And if someone wants to, let's mean? And if someone wants to, let's say, uh influence their fat their own say, uh influence their fat their own fascia, what does it look like? It's the fascia, what does it look like? It's the wrapping of the body. So, it's like if wrapping of the body. So, it's like if you all your organs and every vessel and you all your organs and every vessel and every bone, every part of you was every bone, every part of you was wrapped in this beautiful wrapping paper wrapped in this beautiful wrapping paper that connected to the other gifts that that connected to the other gifts that are you. That's what your fascia is. It are you. That's what your fascia is. It It helps give you some structure and and It helps give you some structure and and stability. And because they have these stability. And because they have these continuous layers throughout the body, continuous layers throughout the body, and there's many many layers, but they and there's many many layers, but they they join together, then it's also this they join together, then it's also this um it's it's for movement, it's for um it's it's for movement, it's for stability, keeping it in place, it's for stability, keeping it in place, it's for communication because you have these communication because you have these built-in lines of communication, um built-in lines of communication, um different than the nerves and other different than the nerves and other ways. But, there's many ways that your ways. But, there's many ways that your body communicates, but the fascia is body communicates, but the fascia is both a wrapping, so think of it like both a wrapping, so think of it like gift wrapping, and another communication gift wrapping, and another communication highway.

highway. highway. And if you wanted to access it, you can And if you wanted to access it, you can access it anytime by listening. So, if access it anytime by listening. So, if you do any yoga or chi gong, even just you do any

yoga or chi gong, even just thinking about a movement you want to thinking about a movement you want to make, if you think about it before you make, if you think about it before you make it, then your movement will have make it, then your movement will have more in it will be more integrated, more in it will be more integrated, it'll be stronger, and it'll take less it'll be stronger, and it'll take less energy because you're using those lines energy because you're using those lines of you know, both the fascia and the of you know, both the fascia and the tendons that they all come together.

tendons that they all come together. And you have this energetic And you have this energetic component to it, where it's you're not component to it, where it's you're not just relying on your muscles. You're just relying on your muscles. You're communicating communicating communicating with this fascial layers and tendon with this fascial layers and tendon layers of the body. And the tendons like layers of the body. And the tendons like hold the muscles to the bones, but they hold the muscles to the bones, but they they all run into each other, and so they all run into each other, and so that's why I'm I'm talking about them that's why I'm I'm talking about them together. But if you if you do any yoga together. But if you if you do any yoga and qigong, then you can see I I studied and qigong, then you can see I I studied tai chi for a little bit in the my tai tai chi for a little bit in the my tai chi instructor chi instructor he would have me Okay, just put your he would have me Okay, just put your hands like this without thinking about hands like this without thinking about it. Then he would press on me like you it. Then he would press on me like you know, he could just push me down. And know, he could just push me down. And then he would say, "Okay, now imagine then he would say, "Okay, now imagine your shape your shape and then put your hands like this, and and then put your hands like this, and then imagine your fingers and your toes then imagine your fingers and your toes connect to your whole body connect to your whole body moving as a whole." And then when he moving as a whole." And then when he would try to push me, he's like, "See would try to push me, he's like, "See how much stronger that is? Because your how much stronger that is? Because your mind and your body are connected. Yeah.

mind and your body are connected. Yeah. Mhm. Beautiful. I love that. One more Mhm. Beautiful. I love that. One more thing that we also hear when we talk thing that we also hear when we talk about fascia is piezoelectric, and maybe about fascia is piezoelectric, and maybe some current that goes through that. And some current that goes through that.

## Piezoelectricity and Harnessing Energy from the Sun

And then we also hear that if your body is then we also hear that if your body is depleted out of voltage or depleted out depleted out of voltage or depleted out of current or electricity, then that has of current or electricity, then that has a huge impact on your chronic disease a huge impact on your chronic disease and inflammation and things like that.

and inflammation and things like that. Uh so if you can help us explain a Uh so if you can help us explain a little bit about what is piezoelectric little bit about what is piezoelectric and what does it mean? What is What is and what does it mean? What is What is electricity? How does it help us?

electricity? How does it help us? Well, just if you just remember that E Well, just if you just remember that E equals MC squared, it helps you remember equals MC squared, it helps you remember energy mass are interchangeable.

energy mass are interchangeable. And then um so the the movement and the And then um so the the movement and the energy are are interchangeable. And then energy are are interchangeable. And then if you remember that we are really it's if you remember that we are really it's the sun that nourishes us. So the energy the sun that nourishes us. So the energy from the sun, that's what we're eating from the sun, that's what we're eating when we're eating food. And so the when we're eating food. And so the closer our food is to the sun's energy, closer our food is to the sun's energy, then the more nourishing it is. So when then the more nourishing it is. So when we're feeling depleted, we're feeling depleted, then we then we if we choose foods that are more if we choose foods that are more nourishing, that's one way to get nourishing, that's one way to get energy. Like fresh cold pressed fresh energy. Like fresh cold pressed fresh veggie juice can be a really great way veggie juice can be a really great way to get more of that electron energy that to get more of that electron energy that help fire up our cells and help the help fire up our cells and help the mitochondria work. Um, that's one way.

mitochondria work. Um, that's one way. But, we forget all the unseen dimensions But, we forget all the unseen dimensions because because because again, if you've done any yoga or tai again, if you've done any yoga or tai chi or chi gong, you start to feel that chi or chi gong, you start to feel that energy movements, you know, as you move energy movements, you know, as you move around in certain poses, it gets the around in certain poses, it gets the energy flowing that the chi or the life energy flowing that the chi or the life energy, whatever you want to call it, energy, whatever you want to call it, but these are electron flows. And so, we but these are electron flows. And so, we forget that we are literally swimming in forget that we are literally swimming in energy. And so, every breath you can energy. And so, every breath you can take, if you add your consciousness to take, if you add your consciousness to it, you can tell yourself, "Let me it, you can tell yourself, "Let me breathe in energy breathe in energy and let me breathe out any stagnant and let me breathe out any stagnant energy." energy." energy." And so, And so, there are many ways to access like more there are many ways to access like more electron energy and to be able to move electron energy and to be able to move with that through life, but just think with that through life, but just think of the sun and how can we harness that of the sun and how can we harness that energy of the sun or how can we help it energy of the sun or how can we help it nourish us and to not forget that you nourish us and to not forget that you also live in a sea of life energy also live in a sea of life energy always.

always. always. >> I love that. Oh my god, this is this is >> I love that. Oh my god, this is this is amazing, right? Because sometimes, you amazing, right?

## Introduction to TRE (Tension and Trauma Release Exercises)

Because sometimes, you know, we are so focused on Oh my god, know, we are so focused on Oh my god, what supplements do we have or what is what supplements do we have or what is our diagnosis and what are our labs, but our diagnosis and what are our labs, but we forget that there's so much there in we forget that there's so much there in nature that we have access to and being, nature that we have access to and being, you know, trapped in these these you know, trapped in these these buildings or, you know, being inside all buildings or, you know, being inside all the time working on computers, we tend the time working on computers, we tend to forget that to forget that there's so much out in the nature that there's so much out in the nature that we have access to for free without we have access to for free without taking any taking any any high-end peptides or supplements any high-end peptides or supplements and, you know, all these things and get and, you know, all these things and get greater benefits from those as well. So, greater benefits from those as well. So, I I I was also very interested in uh TRE. So was also very interested in uh TRE. So if you could if you could you know tell us a little bit about what you know tell us a little bit about what TRE means and why does shaking the body TRE means and why does shaking the body really help us release any kind of really help us release any kind of tension and trauma because that sounds tension and trauma because that sounds almost too simple and the question is almost too simple and the question is does it work?

does it work? >> Okay so TRE stands for attention and >> Okay so TRE stands for attention and trauma release exercises and they were trauma release exercises and they were developed by Dr. David Berceli developed by Dr. David Berceli [clears throat] [clears throat] [clears throat] and he's a counselor and body worker and and he's a counselor and body worker and he he studied trauma and he was in he he studied trauma and he was in really traumatized areas and war zone really traumatized areas and war zone countries countries countries >> [snorts] >> [snorts] >> [snorts] >> and what he noticed was that when >> and what he noticed was that when something really traumatic happened so something really traumatic happened so he was witnessing bombs going off what he was witnessing bombs going off what would happen is that afterwards that it would happen is that afterwards that it was more likely in the children that was more likely in the children that they would start shaking after.

they would start shaking after. And because it happened in the children And because it happened in the children he saw that as a a natural response for he saw that as a a natural response for the body to return to normal and if you the body to return to normal and if you can also see it in nature if the like if can also see it in nature if the like if the thunder lightning strikes and the the thunder lightning strikes and the thunder sounds then the dogs will start thunder sounds then the dogs will start trembling and so they're automatically trembling and so they're automatically accessing this rebalancing resetting accessing this rebalancing resetting response in the body. So there are so response in the body. So there are so many reflexes in the body. We have the many reflexes in the body. We have the stress response and then we have a stress response and then we have a distress response but

we don't always distress response but we don't always talk distress response. That's why I talk distress response. That's why I said our it's our nature to be healthy said our it's our nature to be healthy and if we allow ourselves to access our and if we allow ourselves to access our nature we automatically go towards nature we automatically go towards balance and that's why he was witnessing balance and that's why he was witnessing it more in the kids because [snorts] it more in the kids because [snorts] if you think about trembling culturally if you think about trembling culturally then people might see it as a sign of then people might see it as a sign of weakness or something weird or strange weakness or something weird or strange something they try to to shut down but something they try to to shut down but it's also a natural part of childbirth it's also a natural part of childbirth in in some countries they don't consider in in some countries they don't consider the birth complete until a woman shakes the birth complete until a woman shakes and I shook after every one of my and I shook after every one of my deliveries and nobody could tell me why.

deliveries and nobody could tell me why. I just thought, "Oh, maybe that's just I just thought, "Oh, maybe that's just how you feel. This is the medication or how you feel. This is the medication or whatever." Cuz whatever." Cuz >> Right.

>> Right. >> Right. >> [clears throat] >> [clears throat] >> [clears throat] >> you know, the nurses were like, "Oh, >> you know, the nurses were like, "Oh, yeah, that happens." And and but nobody yeah, that happens." And and but nobody said why it happened. And it wasn't said why it happened. And it wasn't until I learned about TRE that I until I learned about TRE that I understood I was like, "Oh my gosh." So, understood I was like, "Oh my gosh." So, it's actually good for you. So, instead it's actually good for you. So, instead of suppressing this response, if we um of suppressing this response, if we um you know, you it can be an an it feels you know, you it can be an an it feels like this adrenaline rush. You can get like this adrenaline rush. You can get it before public speaking, of times of it before public speaking, of times of great excitement, or sadness. So, great excitement, or sadness. So, anything. And just think about it that anything. And just think about it that wave going through you. And so, if we we wave going through you. And so, if we we allow ourselves to access it, then we allow ourselves to access it, then we can access our rebalancing, resetting, can access our rebalancing, resetting, relaxation response naturally. But if relaxation response naturally. But if we've suppressed this response, then we we've suppressed this response, then we can learn how to um tap into it with a can learn how to um tap into it with a set of exercises. There are stretching set of exercises. There are stretching exercises and exercises that work exercises and exercises that work certain muscle groups. And um David certain muscle groups. And um David Berceli developed those. It was really Berceli developed those. It was really ingenious and to be able to access this ingenious and to be able to access this rebalancing response in the body. And rebalancing response in the body. And it's remarkable. I've seen people like it's remarkable. I've seen people like their digestion improves, they can sleep their digestion improves, they can sleep better, multiple sclerosis symptoms better, multiple sclerosis symptoms improved, like injury release, like it improved, like injury release, like it just the list goes on and on. And and just the list goes on and on.

## Releasing Diverticulitis: A Real Integrative Patient Story

And and then like this is I mean, you you have then like this is I mean, you you have the effects both personally and then you the effects both personally and then you get to witness it also professionally.

get to witness it also professionally. Wow. I love it. So, you said that uh you Wow. I love it. So, you said that uh you have helped people, you know, with uh as have helped people, you know, with uh as you mentioned, with MS and with wounds you mentioned, with MS and with wounds and emotional trauma. Can you share a and emotional trauma. Can you share a patient story without any names that patient story without any names that basically shows what integrative basically shows what integrative medicine can do when you combine medicine can do when you combine conventional medicine that has hit a conventional medicine that has hit a wall? Oh, sure. There's so many stories.

wall? Oh, sure. There's so many stories. But there's I think about this one But there's I think about this one grandmother who came and she had chronic grandmother who came and she had chronic diverticulitis so inflammation in the diverticulitis so inflammation in the colon and she had been on many colon and she had been on many antibiotics and she was already being antibiotics and she was already being seen by the specialist so she was seen by the specialist so she was getting taken care of so this is nice to getting taken care of so this is nice to

have this collaborative effort and I have this collaborative effort and I just I I just talked to her and just I I just talked to her and sometimes people say and oh we don't sometimes people say and oh we don't have time to do that I was like yeah but have time to do that I was like yeah but this wasn't a long conversation I just this wasn't a long conversation I just asked her asked her you know because to me a digestion I was you know because to me a digestion I was like what was she having trouble like what was she having trouble digesting in her life and I just asked digesting in her life and I just asked her about her life she was taking care her about her life she was taking care of three teenage boys she was the of three teenage boys she was the primary caretaker I don't even know the primary caretaker I don't even know the details of it but that alone you'll it's details of it but that alone you'll it's like okay that that's a lot and I just like okay that that's a lot and I just asked her asked her when do you do anything for yourself when do you do anything for yourself and she said I don't I don't I don't and she said I don't I don't I don't have time have time okay so okay so I treated her osteopathically we get the I treated her osteopathically we get the circulation going we help restore the circulation going we help restore the flow uh the flow in the body release any flow uh the flow in the body release any tension tension tension that's the osteopathic part I we cleaned that's the osteopathic part I we cleaned up the diet some but it was really just up the diet some but it was really just like you know can you have a scoop of of like you know can you have a scoop of of coconut kefir every day coconut kefir every day so when you feel like getting hungry so when you feel like getting hungry when you start want to go for sugar just when you start want to go for sugar just have a spoonful of that first and wait have a spoonful of that first and wait and I was like just don't go to and I was like just don't go to Chick-fil-A every day you know don't Chick-fil-A every day you know don't let's just do some simple like let's cut let's just do some simple like let's cut down on some of the processed food okay down on some of the processed food okay so diet integrative approach now the so diet integrative approach now the soul every day I want you to do one soul every day I want you to do one thing for yourself and it doesn't matter thing for yourself and it doesn't matter what it is is matters is if you want to what it is is matters is if you want to do it if you want to sit on the couch do it if you want to sit on the couch for 5 minutes 15 minutes you can do that for 5 minutes 15 minutes you can do that you want to read a book if you want to you want to read a book if you want to call a friend you want to go out for call a friend you want to go out for lunch if you want to go for a walk it lunch if you want to go for a walk it doesn't even matter what it is as long doesn't even matter what it is as long as you want to do it and it's for you.

as you want to do it and it's for you. So, those were her three main things. So, those were her three main things. She came back. Most of her symptoms were She came back. Most of her symptoms were pretty much gone. She started to not be pretty much gone. She started to not be afraid of her symptoms because she afraid of her symptoms because she learned that they were signals to her.

learned that they were signals to her. Her body was telling her when she needed Her body was telling her when she needed something. She needed to pay attention something. She needed to pay attention to some aspect of herself. And she was to some aspect of herself. And she was able to have enough perspective where able to have enough perspective where she knew it's that thing I ate. And then she knew it's that thing I ate. And then she would make a decision. Was it worth she would make a decision. Was it worth it? Not worth it. Because she could it? Not worth it. Because she could learn how to navigate it. And then she learn how to navigate it. And then she would also learn like, "Oh, I need to would also learn like, "Oh, I need to take care of myself. I need to spend a take care of myself. I need to spend a little bit of time." I'm not asking her little bit of time." I'm not asking her to do a lot. She's busy.

to do a lot. She's busy. But just a little intention for herself. But just a little intention for herself. And that's it. She was great. Off her And that's it. She was great. Off her antibiotics.

antibiotics. antibiotics. Diverticulitis Diverticulitis Diverticulitis under control because she knew what under control because she knew what would trigger it. And if it got would trigger it. And if it got triggered, she knew how to address it.

triggered, she knew how to address it. >> Listen to her body. Right. Right. This >> Listen to her body. Right. Right. This is so profound. is so profound.

>> I saw her maybe total three times cuz by >> I saw her maybe total three times cuz by the second time it was by between the the second time it was by between the first and second visit it was markedly first and second visit it

was markedly improved. And then just little tweaking improved. And then just little tweaking of instruction between the second and of instruction between the second and third and she was pretty much good to third and she was pretty much good to go. And there are so many amazing go.

## The Power of Listening to Blood Pressure Signals

And there are so many amazing stories like that. That's so important stories like that. That's so important for us to remember that whenever for us to remember that whenever something is happening in our body, the something is happening in our body, the point is not that hey, let's go to the point is not that hey, let's go to the doctor or find what is the diagnosis.

doctor or find what is the diagnosis. And you can go to the doctor because And you can go to the doctor because obviously you want to rule things out.

obviously you want to rule things out. But the most important thing is trying But the most important thing is trying to understand and trying to listen to to understand and trying to listen to your body, what is it trying to tell your body, what is it trying to tell you? Because I recently had a patient, I you? Because I recently had a patient, I think it was last week where I've been think it was last week where I've been seeing him and he said that today, you seeing him and he said that today, you know, when I woke up in the morning, my know, when I woke up in the morning, my blood pressure was unusually high. And I blood pressure was unusually high. And I was concerned and I was like, "What do I was concerned and I was like, "What do I do?" And I I did not tell him that, do?" And I I did not tell him that, "Hey, let's go ahead and increase your "Hey, let's go ahead and increase your medicine and or do something." I just medicine and or do something." I just said that, "Just listen to your body.

said that, "Just listen to your body. There's something that happened where There's something that happened where your body is responding to it by, you your body is responding to it by, you know, your blood pressure going up a know, your blood pressure going up a little higher, but what you have to do little higher, but what you have to do is slow down and ask your body what is is slow down and ask your body what is it that it's responding to. Is it it that it's responding to. Is it emotion in your body? Is it a stress emotion in your body? Is it a stress that happened? Was it something that that happened? Was it something that affected your gut and you have some affected your gut and you have some bloating going on?" Because the answer bloating going on?" Because the answer is not to to start you on a medicine.

is not to to start you on a medicine. The answer is listen to the body and The answer is listen to the body and then tell the body what it needs and do then tell the body what it needs and do those things, right? Yeah.

those things, right? Yeah. >> So, I think that's that's like exactly >> So, I think that's that's like exactly what I hear from you. The other thing what I hear from you. The other thing that I also wanted to ask you about that I also wanted to ask you about emotional trauma. So, we talk about, you emotional trauma.

## The Physical Impact of Emotional Trauma on the Nervous System

So, we talk about, you know, in I think in conventional know, in I think in conventional practice, I if someone is not a practice, I if someone is not a psychologist or a psychiatrist, they psychologist or a psychiatrist, they don't really talk about emotional don't really talk about emotional trauma. They would actually shy away trauma. They would actually shy away from asking such questions because that from asking such questions because that takes a longer time. Mhm. So, we takes a longer time. Mhm. So, we understand that emotional trauma, you understand that emotional trauma, you know, how it affects our body know, how it affects our body psychologically, but what are the psychologically, but what are the effects on our body physically? Yeah, so effects on our body physically? Yeah, so with any stress trauma, there's some with any stress trauma, there's some sort of tension in the body. Most sort of tension in the body. Most commonly, it's some sort of like curling commonly, it's some sort of like curling in of the body, protective mode. So, you in of the body, protective mode. So, you think about curling in towards fetal think about curling in towards fetal position.

position. position. And so, it could be a partial curl or it And so, it could be a partial curl or it could be a more full

curl. And so, you could be a more full curl. And so, you you can have your fight or flight you can have your fight or flight response. So, any of those fight, response. So, any of those fight, flight, or freeze all involve some sort flight, or freeze all involve some sort of curling in of the body. Cuz if you of curling in of the body. Cuz if you get ready to run, if you get ready to get ready to run, if you get ready to fight, or if you freeze, you can curl up fight, or if you freeze, you can curl up completely. That's That's so those are completely. That's That's so those are like the the basics and then you can like the the basics and then you can have any variation of those responses.

have any variation of those responses. And I mean, you think about And I mean, you think about what's responsible for those responses, what's responsible for those responses, it's the autonomic nervous system. So, it's the autonomic nervous system. So, you have your sympathetic and you have your sympathetic and parasympathetic, which is your rest and parasympathetic, which is your rest and digest, but it can also be part of the digest, but it can also be part of the freeze response, and you can also wobble freeze response, and you can also wobble between the two. Now, when we start between the two. Now, when we start talking about the autonomic nervous talking about the autonomic nervous system, then that impacts every single system, then that impacts every single system in your body. So, you were system in your body. So, you were talking about the the heart rate, the talking about the the heart rate, the breathing, the sweating, sleep, breathing, the sweating, sleep, digestion, digestion, digestion, and and so forth. So, there's and and so forth. So, there's every I mean, everything is impacted.

every I mean, everything is impacted. And if some people ask like, "Well, is And if some people ask like, "Well, is this a mental thing, a psychological this a mental thing, a psychological thing, or is this a physical thing?" thing, or is this a physical thing?" Just remember, you are always a complete Just remember, you are always a complete being. So, it's never just one or the being. So, it's never just one or the other. It is always everything.

other. It is always everything. Sometimes there will be certain layers Sometimes there will be certain layers or dimensions that are calling more or dimensions that are calling more at the moment. Say, if you break your at the moment. Say, if you break your leg, okay, we need to physically set it leg, okay, we need to physically set it first, and then we deal with the first, and then we deal with the emotional and mental component.

emotional and mental component. Hopefully, that's ideal. But, it doesn't Hopefully, that's ideal. But, it doesn't mean that you broke your leg, that's mean that you broke your leg, that's just physical. Well, of course there was just physical. Well, of course there was a mental emotional component to it. Of a mental emotional component to it. Of course.

course. course.

## Simple Steps to Release Trapped Emotion

So, you're So, you're a complete being, even if you forget or a complete being, even if you forget or think you're not. think you're not. >> Beautiful. So, for someone who is >> Beautiful. So, for someone who is listening right now, right, who is listening right now, right, who is living with a chronic condition, whether living with a chronic condition, whether they have kidney disease going on, they have kidney disease going on, inflammation, or just a body that feels inflammation, or just a body that feels stuck. What's the one thing they can do stuck. What's the one thing they can do this week that comes from your world?

this week that comes from your world? Can you maybe teach us basics of TRE or Can you maybe teach us basics of TRE or the concept of it, so maybe the the concept of it, so maybe the listeners can understand how to begin listeners can understand how to begin exploring it or using it to release exploring it or using it to release those things from the body?

those things from the body? I mean, don't forget ever it's in the I mean, don't forget ever it's in the language itself. So, e-motion, language itself. So, e-motion, e-motion. [clears throat] e-motion. [clears throat] So, emotion needs to move. It needs So, emotion needs to move. It needs somewhere to go. It's only when it gets somewhere to go. It's only when it gets suppressed that it really gets contained suppressed that it really gets contained as like some sort of tension in the as like some sort of tension in the body. And so, that's unprocessed emotion body. And so, that's

unprocessed emotion that hasn't moved. It has it's stuck in that hasn't moved. It has it's stuck in the wave. So here's the wave you're at the wave. So here's the wave you're at if the peak or somewhere [snorts] in if the peak or somewhere [snorts] in that intensity so it hasn't completely that intensity so it hasn't completely processed because the flow is the processed because the flow is the nature. And so nature. And so I would encourage you just what you were I would encourage you just what you were saying to listen. And so if you want saying to listen. And so if you want even like a three-step process, you can even like a three-step process, you can start with whatever's easier for you.

start with whatever's easier for you. In terms of listening, is it easier for In terms of listening, is it easier for you to you to say what you feel emotionally say what you feel emotionally or say what you feel physically?

or say what you feel physically? Okay? If you can say if it's more Okay? If you can say if it's more physical, then you can start there. physical, then you can start there.

Okay? Where what do you feel physically? Okay? Where what do you feel physically? Okay, that's okay. This is like that's Okay, that's okay. This is like that's okay to feel that.

okay to feel that. And then what do you feel emotionally And then what do you feel emotionally there? there? there? And that's an okay way to feel. So And that's an okay way to feel. So allowing yourself to allowing yourself to feel through any experience or you could feel through any experience or you could start in reverse. For example, start in reverse. For example, when my dad passed, it was it was sudden when my dad passed, it was it was sudden and my mom called and I coached myself and my mom called and I coached myself through it because it was really through it because it was really intense. I get the phone call, she tells intense. I get the phone call, she tells me, and then I just could start to feel me, and then I just could start to feel myself dissociate. Like I was like myself dissociate. Like I was like running around holding my head and running around holding my head and screaming and like I don't and I screaming and like I don't and I literally was like I don't know what to literally was like I don't know what to do. I don't know what to do. I don't do. I don't know what to do. I don't know what to do. So I just know what to do. So I just did what I do with my patients. I said, did what I do with my patients. I said, "What do you feel?" I said, "I feel "What do you feel?" I said, "I feel immense sadness like so much like the immense sadness like so much like the biggest sadness ever." And that that's biggest sadness ever." And that that's okay. That's okay to feel that like okay. That's okay to feel that like that's is okay.

that's is okay. "Where do you feel it?" I said, "I feel "Where do you feel it?" I said, "I feel it here in my chest. I it here in my chest. I and it's just like so heavy." and it's just like so heavy." It's like it's okay. You're allowed to It's like it's okay. You're allowed to feel that physically.

feel that physically. And then the third step, "Are you And then the third step, "Are you breathing?" breathing?" breathing?" And I was like, if no, then breathe. And And I was like, if no, then breathe.

## Outro

And so with that, I could land back in my so with that, I could land back in my body and feel grounded enough because I body and feel grounded enough because I wanted to be able to both communicate in wanted to be able to both communicate in spirit and be really present in this spirit and be really present in this important transition important transition for my dad and and I didn't I didn't for my dad and and I didn't I didn't want to miss it and want to miss it and because I'm like I feeling ungrounded because I'm like I feeling ungrounded and dissociated. Like to me, it was and dissociated. Like to me, it was important enough. Like I used that as important enough. Like I used that as motivation to be present, to walk myself motivation to be present, to walk myself through an incredibly difficult moment through an incredibly difficult moment in my life and like land back and be in my life and like land back and be able to navigate from there. So able to navigate from there. So >> Wow, that's so powerful. Anyone can do >> Wow, that's so powerful. Anyone can do that. And there's so many things that we that. And there's so many things that we can do that like I wrote about can do that like I wrote about This is my book, I Am Intuitive This is my book, I Am Intuitive Multidimensional Guide to Embrace Your Multidimensional Guide to Embrace Your Inner Light. So I have that you can open Inner Light. So I have that you can open it up to any page. You can read it it up to any page. You can read it straight through, but you can open it to straight through, but you can open it to any

page and there's so many exercises any page and there's so many exercises in there and they they don't have to be in there and they they don't have to be the hardest thing. Like what I would the hardest thing. Like what I would suggest is to take something that seems suggest is to take something that seems almost too easy almost too easy and get depth out of it. Get a lot out and get depth out of it. Get a lot out of it. And so when I of it. And so when I my patients like some my patients like some the homework or their their assignments the homework or their their assignments and things to do for themselves, then and things to do for themselves, then it's like we package it in a way that's it's like we package it in a way that's so easy that it's hard for the mind to so easy that it's hard for the mind to turn it down. But even if they don't get turn it down. But even if they don't get to it, it's still okay. But we just try to it, it's still okay. But we just try to make it 5 minutes a day, something to make it 5 minutes a day, something like that. Start there and take little like that. Start there and take little baby steps because every step like small baby steps because every step like small steps done consistently create steps done consistently create miraculous results. And it's just one by miraculous results. And it's just one by one and then you set that momentum in one and then you set that momentum in motion and the universe and then you motion and the universe and then you start to open up a whole new pathway start to open up a whole new pathway that you maybe don't even know is there that you maybe don't even know is there to begin with.

to begin with. >> Yeah, that's that's so beautiful. >> Yeah, that's that's so beautiful. Um that Um that sometimes, you know, when when you hear sometimes, you know, when when you hear these things, you get overwhelmed that these things, you get overwhelmed that oh my god, I have to do this. I have to oh my god, I have to do this. I have to sit down for meditation for 30 minutes sit down for meditation for 30 minutes or I don't know how to connect with or I don't know how to connect with myself. What is the science behind it?

myself. What is the science behind it? What is the exact way? Right? So it What is the exact way? Right? So it sometimes is just just spending that 5 sometimes is just just spending that 5 minutes, right? And knowing that minutes, right? And knowing that whatever you are doing in this 5 minutes whatever you are doing in this 5 minutes of connecting with your body is the of connecting with your body is the correct way and is the way that it correct way and is the way that it should be done because that is how your should be done because that is how your body you are listening to it and you're body you are listening to it and you're responding to it. So sometimes taking responding to it. So sometimes taking those baby steps and building on it is those baby steps and building on it is so much more powerful and important so much more powerful and important because that is where consistency is because that is where consistency is present and that is where you see present and that is where you see results, right? Rather than trying to results, right? Rather than trying to figure out everything before you go on figure out everything before you go on to that journey. I mean, logically, why to that journey. I mean, logically, why would you do the big things if you would you do the big things if you haven't done the easy things first?

haven't done the easy things first? Right. Right. Right. Right. Yeah. So I Right. Right. Right. Right. Yeah. So I can actually relate to that because when can actually relate to that because when I I was I never did meditation and when I I was I never did meditation and when I kind of was healing through my journey I kind of was healing through my journey and my disease process, I pretty much and my disease process, I pretty much did everything in functional medicine did everything in functional medicine and lifestyle and peptides and you know, and lifestyle and peptides and you know, all these things and there was one part all these things and there was one part of my body that was still not healed and of my body that was still not healed and I knew that mind and meditation is I knew that mind and meditation is something that I never tapped into.

something that I never tapped into. And for me, it was figuring everything And for me, it was figuring everything out, knowing that it has to be done this out, knowing that it has to be done this way to get results before I do it. So I way to get results before I do it. So I didn't do meditation for a very long didn't do meditation for a very long time because I wanted to find that time because I wanted to find that perfect meditation to do. You know, I'm perfect meditation to do. You know, I'm basically also talking to my old self basically also talking to my old self that it was okay to not know it and that it was okay to not know it and still do it because sometimes it doesn't still do it because sometimes it doesn't have to be perfect, right? What does have to be perfect, right? What does that mean for you? So presence to me is that mean for you? So presence to me is allowing that light and love of your allowing that light and love of your soul, your soul essence to infuse every soul, your soul essence to infuse every aspect of your being and be in your aspect of your being and be in your physical body. Because when you are not, physical body. Because when you are not, you you really have health because you you you really have health because you feel

whole and you can think of any part feel whole and you can think of any part of you that's hurting as not feeling the of you that's hurting as not feeling the full presence of your soul. And so the full presence of your soul. And so the importance of bringing your your importance of bringing your your awareness there and how that is a awareness there and how that is a teaching moment for your soul to you.

teaching moment for your soul to you. It's you talking to you. This meta It's you talking to you. This meta awareness and that's what our our bodies awareness and that's what our our bodies bring. So I I meditate every day but I bring. So I I meditate every day but I also also also consider meditation to be more of a way consider meditation to be more of a way of being. There's of course the formal of being. There's of course the formal meditation where you set intention, sit meditation where you set intention, sit and and be with yourself, be with and and be with yourself, be with spirit.

spirit. spirit. But also to be able to take that with But also to be able to take that with you. you. you. So you're you're have your walking So you're you're have your walking moving meditation. So you're as you move moving meditation. So you're as you move through life, this is the the art of through life, this is the the art of living and so that your your whole life living and so that your your whole life starts to be an expression of your soul starts to be an expression of your soul and that to me is a living meditation and that to me is a living meditation instead of keeping it separate. This is instead of keeping it separate. This is my meditation time and here's the rest my meditation time and here's the rest of my life. Right, right, right.

of my life. Right, right, right. merge together. So like that to me like merge together. So like that to me like so to meditate for me it's all about so to meditate for me it's all about like grounding. So allowing your soul to like grounding. So allowing your soul to be present in your body, centering, be present in your body, centering, heart center. So that when you heart center. So that when you ask So ground center when you ask that ask So ground center when you ask that you're asking from a grounded and you're asking from a grounded and centered place and then you can listen centered place and then you can listen to those universal messages, messages to those universal messages, messages from spirit or whatever you want to call from spirit or whatever you want to call it, that can come through. Then you are it, that can come through. Then you are in resonance with your soul, that's a in resonance with your soul, that's a unique expression of that stillness, unique expression of that stillness, that's greater spirit. And so when that's greater spirit. And so when you're in resonance with all that is and you're in resonance with all that is and with your soul, then your whole life with your soul, then your whole life starts to feel like this moving living starts to feel like this moving living meditation. And and it's not about meditation. And and it's not about feeling necessarily happy all the time.

feeling necessarily happy all the time. It's knowing that no matter what you It's knowing that no matter what you experience, experience, experience, you are always whole. Wow, that's you are always whole. Wow, that's beautiful. I love that.

beautiful. I love that. >> [snorts] >> [snorts] >> [snorts] >> Uh I know we have last few minutes >> Uh I know we have last few minutes together. Um I want you to also um together. Um I want you to also um tell me a little bit about tell me a little bit about is there anything that while you have is there anything that while you have been practicing this way, which is a been practicing this way, which is a very completely different way how we very completely different way how we have been taught medicine, have been taught medicine, do you feel like while doing this your do you feel like while doing this your patients have actually guided and have patients have actually guided and have told you or taught you that from this told you or taught you that from this way of practicing they would prefer the way of practicing they would prefer the other way or you have seen profound other way or you have seen profound results on the other side versus just results on the other side versus just practicing, you know, the conventional practicing, you know, the conventional way that we have been trained?

way that we have been trained? I really I don't think I've had anyone I really I don't think I've had anyone >> [laughter] >> [laughter] >> [laughter] >> say that they didn't want to access more >> say that they didn't want to access more of themselves. It does if we get to of themselves. It does if we get to emotions, that of course takes a lot of emotions, that of course takes a lot of courage. And so it's not that you have courage. And so it's not that you have to hit every dimension of yourself hard.

to hit every dimension of yourself hard. It's actually about being really gentle. It's actually about being really gentle. And so we can meet the patients wherever And so we can meet the patients wherever they are, meet people wherever they are.

they are, meet people wherever they are. And there's so many there's infinite And there's so many there's infinite aspects to ourselves that it's as you aspects to ourselves that it's as you get to know yourself, then they the they get to know yourself, then they the they start to see it's like actually start to see it's like actually facing your struggles, there's something facing your struggles, there's something that it's a weird thing to say in the that it's a weird thing to say in the beginning, but there's something that beginning, but there's something that starts to be fun about it because starts to be fun about it because you are endlessly fascinating to you are endlessly fascinating to yourself. And when you start to see the yourself. And when you start to see the challenge as something that you're meant challenge as something that you're meant to grow through, to grow through, and when you start to get the message of and when you start to get the message of what that is, what that is, then it it just expands so many parts of then it it just expands so many parts of your life. And it's like the colors and your life. And it's like the colors and the light looks different. The way you the light looks different. The way you see other people is different. I mean, see other people is different. I mean, if people walk in and sometimes they'll if people walk in and sometimes they'll be maybe kind of grumpy in the be maybe kind of grumpy in the beginning, but then as they start to beginning, but then as they start to feel more and more of themselves, they feel more and more of themselves, they relax in the life. They say they're like relax in the life. They say they're like they feel more connected not just with they feel more connected not just with themselves, they are better able to themselves, they are better able to connect with other people.

connect with other people. And they have more access to their And they have more access to their intuition. So, when the hard knocks intuition. So, when the hard knocks come, they they start to they don't they come, they they start to they don't they aren't as triggered by them. They start aren't as triggered by them. They start to realize they have more perspective of to realize they have more perspective of like, "Huh, I wonder what that means for like, "Huh, I wonder what that means for me in my life." me in my life." Like, is there a a bigger meaning? It Like, is there a a bigger meaning? It doesn't mean it makes everything easy, doesn't mean it makes everything easy, but it makes it easier and it makes but it makes it easier and it makes every single part of life have more every single part of life have more meaning. Absolutely, right? Instead of meaning. Absolutely, right? Instead of >> [sighs] >> [sighs] >> [sighs] >> instead of having the view in regards to >> instead of having the view in regards to why me or why did it happen and being why me or why did it happen and being angry about it or upset about it, I feel angry about it or upset about it, I feel like looking at it from being curious like looking at it from being curious and being why me and what do I need to and being why me and what do I need to learn from this, right? Because what I learn from this, right? Because what I have seen is that when it's I've seen it have seen is that when it's I've seen it in my patients that when they really in my patients that when they really come to a realization that this disease, come to a realization that this disease, whatever they're going through, is whatever they're going through, is actually a message for them to look at actually a message for them to look at life in a different way or to think life in a different way or to think about someone differently. Once they about someone differently. Once they recognize that, the whole trajectory recognize that, the whole trajectory change so fast that it's unbelievable.

change so fast that it's unbelievable. What I do not only see in their, you What I do not only see in their, you know, in their blood pressure or their know, in their blood pressure or their heart rate, but also in their labs, and heart rate, but also in their labs, and it's amazing of how these things unravel it's amazing of how these things unravel when you really understand the message when you really understand the message that has is coming to you. Those kinds that has is coming to you. Those kinds of of of responses it will start to responses it will start to be considered miraculous.

be considered miraculous. But only understand [clears throat] But only understand [clears throat] why. You know, once you start to why. You know, once you start to understand it was like, oh, miracle is understand it was like, oh, miracle is something you don't understand, but if something you don't understand, but if you start to understand it, maybe we can you start to understand it, maybe we can access them more regularly. Wow, I love access them more regularly. Wow, I love that. I actually had a patient yesterday that. I actually had a patient yesterday and I was telling him exactly the same and I was telling him exactly the same thing. And I was like, I don't know if thing. And I was like, I don't know if you've heard about miracles or you've you've heard about miracles or you've seen anyone

who had miracles, but if seen anyone who had miracles, but if there is a possibility of that, then why there is a possibility of that, then why not us? And why not me, right? So, I do not us? And why not me, right? So, I do have your book. I am intuitive, and it's have your book. I am intuitive, and it's such a [music] bold statement, such a [music] bold statement, especially coming from a Harvard-trained especially coming from a Harvard-trained physician.

physician. physician. So, what are you really saying with So, what are you really saying with those three words, and where [music] can those three words, and where [music] can our listeners find the book?

our listeners find the book? >> I am intuitive really means that I am, >> I am intuitive really means that I am, and I know you are too, because we all and I know you are too, because we all are, because intuition are, because intuition is is is that is being able to connect with your that is being able to connect with your soul and all parts of your dimensions of soul and all parts of your dimensions of your being, to be able to connect with your being, to be able to connect with your physical body, your mental body, your physical body, your mental body, your emotional body, your spiritual your emotional body, your spiritual body. So, that's the intuition. And so, body. So, that's the intuition. And so, when I say, I am intuitive, I'm not just when I say, I am intuitive, I'm not just meaning I am intuitive, but I am is this meaning I am intuitive, but I am is this beautiful statement, like you said, it beautiful statement, like you said, it was like, wow, that's a powerful was like, wow, that's a powerful statement. Anytime you say something statement. Anytime you say something with that I am or that um of the with that I am or that um of the universe, it sends [music] a vibration.

universe, it sends [music] a vibration. It's like you're you're you're vibrating It's like you're you're you're vibrating that. But that statement [music] that. But that statement [music] also means like you are too. Because also means like you are too. Because that's the nature of your being and you that's the nature of your being and you can develop it further those [music] can develop it further those [music] connections. This is available connections. This is available really any most online booksellers. You really any most online booksellers. You can get it on Amazon or other major can get it on Amazon or other major booksellers and [music] booksellers and [music] there's the this hardback is great there's the this hardback is great because it has all the tables and the because it has all the tables and the pictures. It's also available in pictures. It's also available in audiobook form so you can hear my voice audiobook form so you can hear my voice read it which is I really love that read it which is I really love that vibration.

vibration. vibration. >> [music] >> [music] >> [music] >> Someone says things that can help carry >> Someone says things that can help carry the the understanding as well and the the understanding as well and there's also an ebook form too. And you there's also an ebook form too. And you can open up to any page. You can read it can open up to any page. You can read it straight through. It will build. It goes straight through. It will build. It goes from body, mind, spirit [music] and then from body, mind, spirit [music] and then the art of living, but it's redefining the art of living, but it's redefining body, redefining mind, redefining body, redefining mind, redefining spirit. And then it's your body is a spirit. And then it's your body is a compass, mind is a compass, spirit is a compass, mind is a compass, spirit is a compass and then extending that further.

compass and then extending that further. But there's I think [music] there's 88 But there's I think [music] there's 88 exercises in here and every single one exercises in here and every single one of these exercises I've used with my of these exercises I've used with my patients. Wow, I love it. I love it. Uh patients. Wow, I love it. I love it. Uh so Dr. Dehmel, thank [music] you so much so Dr. Dehmel, thank [music] you so much for reminding us that healing happens in for reminding us that healing happens in all dimensions, physical, emotional, all dimensions, physical, emotional, energetic and spiritual.

energetic and spiritual. And Dr. Bisma Irfan and this is Kidney And Dr. Bisma Irfan and this is Kidney Wellness where every conversation brings Wellness where every conversation brings us closer to whole body healing. Thank us closer to whole body healing. Thank