Opening and Guest Introduction

Instead of looking at the eyes of unworthiness, you have now have a new perspective. The eyes of worthiness. What action? What insights? What is your next thing to do?

As you look through these new eyes and it's like, oh, to make it. Give myself the mercy around having emotions that it's okay. And to, you know, really be much and not afraid of what other people are going to think and to have more courage to be himself.

Welcome to Doctor Talks, the podcast where every episode leads to a healthier you. Join us as we navigate the world of optimal health, uncovering groundbreaking strategies to conquer chronic disease.

In each episode, we'll bring you the latest insights from leading health experts, medical innovators, and wellness warriors. If you are seeking to transform your health journey, or if you're looking for answers to burning questions, you've come to the right place.

Get ready to unlock the secrets of lifelong health and vitality. This is Doctor Talks, real talk from real doctors on the issues that matter to you most.

Hi everybody, and welcome back to outcast. I'm your host, doctor Melissa Grohl Peterson. And together we are here to explore the future of longevity, precision, health and breakthrough therapies.

And a question for you. What if the key to unlocking health, vitality, and longevity was hidden in plain sight? Our guest today, Greg Lee, is a former NASA systems engineer turned longevity and chronic disease specialist.

As the founder of the Lyme Research and Healing Center. Greg has dedicated his career to uncovering the hidden stressors, sabotaging health, and developing evidence based natural therapies to restore vitality to the cellular level.

His unique fusion of systems thinking in eastern medicine and modern biohacking is helping patients overcome chronic infections, inflammation, and other roadblocks to longevity.

And today, we're going to have a fascinating conversation. From sick care to super longevity. Greg, welcome to the show. Thank you for having me on Doctor Melissa.

I'm so excited to talk with you today. I am I am really excited because I'm like, okay, I need to know. I mean, I'm sure you get asked this question a lot, but it's so fascinating.

Like, your backstory has just got me so leaning in and so curious. How does one go from NASA to longevity? Now, I know that could be like that could be the entire interview.

But give us the short story of. Of what? That of like how you made that transition or that impetus moment that you had kind of that to move from one career into another.

Well, NASA was always a dream of mine since I was a kid. You know, I grew up watching the, you know, astronauts go into space, go to the moon. I was just like, why would I do that?

You know, and it's just like, so, fortunately in Maryland, we have the Goddard Space Flight Center. And I went to college, and one of my professors work there now, just like, hey, can I get a job?

There he goes, like, Jared. Come on. It was the easiest job interview I've ever had. So I started working there. Job

interview. Oh my gosh. And then, you know, moved to different companies and got to work, ultimately.

And I robotics lab, where we had astronauts and we had, robots or big enough to pick up cars, and the astronauts would now move them around and like, how are we going to build the space station with robots and all these great, fun, exciting projects?

And sometimes they'd be like 24 hours a be up long, you know, time, you know, just doing all these things. And they were just like, oh, man, my gut is starting to have like pain and bowel problems and what's going on, you know?

So I went to the doctor and he goes, oh, you got irritable bowel here, take some medication. And so I took the medication and it was just like, didn't help that I, you know, I was having insomnia and anxiety and gut problems and it was just more of like the lowest point of my life.

And fortunately, a colleague of mine said, want to try acupuncture?

From NASA Engineer to Longevity Specialist

And I was just like, sure, it's kind of in the blood line, you know, as like, you want your acupuncture. So she has all these questions like, well, what is your symptom saying to you?

And I'm like, I don't know, you know, so she helped me decode that and say, oh, when you eat a lot of gluten, your symptoms get worse. So don't eat that. I'm like, okay, I got it.

You know, change your diet of remedies, got treatments. And within a couple months, most of my symptoms were gone. And I was just like, yeah, hey, back to work.

And then a year later, they started to come back. And that's when it was just like, that's a sign that the stress is too much. You know, my gut. And at that time, I watched, Joseph Campbell.

He had a book called What Hero's Journey or something like that, and he said, Follow Your Bliss. I was like, I don't know, my bliss is what's my bliss?

And then it hit me to help others to heal like I was helped by my acupuncturist. So I left NASA and it was, you know, a big change, you know? Yeah. Life.

That's a massive that's a that's a huge wakeup call. And to say, all right, I'm leaving to go pursue this. Let let's explore that a little bit more, because that takes an incredible amount of courage.

And how long had you worked with NASA? Like how many years were you into that part of your career? I had worked there. I actually I worked in college and I worked afterwards was part about nine, ten years.

And, you know, it was totally a dream job and also very stressful. So, yeah, you know, and we're going to talk about stress today, as, as we often find ourselves talking about.

But it's important we can never talk about it enough and through different ways and filters. Yeah. I want to just hover here for a moment. So dream job it's starting to wear on you physically.

And as you start to really realize that when you kind of move through it and have a healing journey, you get so inspired by it that you're going to leave that dream job career to go start something totally new.

So did you go back to school? Did you, start to work with the practitioner who had helped you? Like how did you make that transition? Like, was there a gap?

Was it a long time, you know, or because with the hero's journey, we have to go out into, like, we're faced with this

question, right? Like we're really confronted with something in our life that sends us out on this journey.

And typically as we go on the journey, it takes some time. We hit some bumps and bruises and challenges along the way, but as we're out there fighting it and doing it and, you know, having that track, we learn about ourselves along the way, that's the whole thing with that beautiful hero's journey.

Like we have our our awakening, our truth, and we come back to share it with others. Right. So how did you, how did you make that transition? Well, it's hitting a level of things aren't working.

And it was just like, okay, well, Western medicine didn't quite do it for me. My own thinking that, hey, this is just going to go away on its own didn't work.

And so then it was just like, okay, I need help and I don't know where to turn. And it just, you know, fortunately, my colleagues said, hey, hey, it works for me. So.

All right, I'm going to go for it then. Okay. I have so as you did that. So again, I'm, I, I'm just so fascinated because, you know, you've created some advanced diagnostics for cellular health.

So you've kind of helped to take that engineering brain and, and put it towards some additional, some more current techniques to help uncover underlying health issues.

So, I love how you, you know, you still kind of brought your gifts, that engineering mind of being able to uncover and see how things work and come together.

How how did you get I want to know about that process. What exactly did you develop and how did your journey inform what you've developed and brought to market?

It was, partially like getting out of the headspace so much because, you know, engineering is very much about analysis and being very cerebral and then getting more into the body awareness, getting into more the healing aspects.

You know, what does it mean to be more intuitive? What does it mean to be, operate on a more emotionally aware level, emotional intelligence level? And how do I use that for my own healing?

Because what I was finding was I needed something else and kept going and going. It's kind of like the hero's journey through the underworld, you know?

It's like, okay, I need another gift on my hero's journey. I need another guide. And so had many people along the way. Different healers, different teachers that were like, hey, this is your what's going to help you with your next phase of this journey?

And it was like, you know, acupuncture. And then I discovered, Alexander Technique and then cranial, sacral and Sufi healing and all came together in terms of like helping me to develop, more awareness of my own self, but also how I can then help others with their hero's journey on their, you know, descent, moving through the underworld and then coming out the other side.

Developing Advanced Diagnostics and Healing Methods

The longevity revolution is about more than just searching online for a few hacks, or any one of us moving our biomarkers in the right direction. It's about coming together to learn, share, to connect and create the unlimited future we want.

That's why you need to be at Rad Fest 2025 in Las Vegas from July 10th to the 13th. Rad Fest the Revolution Against Aging and Death is proud to be partnering for the first time with Doctor Aubrey de Gray and Longevity Escape Velocity Foundation in the form the single most comprehensive, advanced, informative and inspiring event

on Aids reversal for a general audience.

Meet the people you want to make forever with Rad Fest 2025. Take advantage of lower advanced pricing now at Radford. Scott. So, okay, so then let's talk about how you help somebody.

So you've you've kind of taken all these different, you know, you've got a master's in acupuncture and Chinese herbs. And so you you're again you're kind of blending the best of Eastern and Western.

And because of that kind of, you know, beautiful engineer brain, even though you've like, dropped into the body and the heart and the soul and the essence and the key. So I'm somebody that I'm coming to see you and, all of a sudden I need some help.

So you've kind of created this system. What is it that you're finding as some, some common stops? And most of the people that are showing up that you've just kind of seen over the years that are the the end up being the biggest needle movers for, for the different clients that are really seeking to healing support, first and foremost, because we can't live a long, vibrant life if we're not living well today.

So for anybody listening, you know, this is the part you're going to want to tune into, especially if you currently have any symptoms or challenges or if you are a health practitioner out there dealing with complex and complicated cases.

Greg, how do we want to start to think about this? So I show up, in a bad way. How do you how do you walk me through your magic? So it just comes to mind.

One of my patients, he went to Johns Hopkins actually 37 times. Because Johns Hopkins is pretty close. It's better than, you know, 45 minutes away. And he kept getting worse and worse and worse, getting many diagnostic diagnoses, many medications.

And eventually he actually ran his own business. And he said, I got to the point where I couldn't even add up to numbers in my head. And he told his wife that I don't want to live anymore.

And it was just like, you know, her being the strong wife, she's like, you are not going to get a check out. We're going to get it going anywhere, mister.

Sit down, figure this. My strongest referrals are the wife that says, you are not going to go here. Exactly. So and he's like, okay, we're going there.

And so what we did is we use this, advanced scan that we are working with. And we found three things that Hopkins had missed. He had, Aspergillus, in his sinuses.

He had, clostridium in his gut. And he also had a tickborne infection called brucellosis. And once we understood, oh, that and, many of them produce, you know, mycotoxins and endotoxins and things that can really make a person feel like they're dying or their emotions are out of whack, or they don't have control over their health.

And so part of the journey is for him was we need to clean all this, the toxins and inflammation and start cleaning out all that accumulated stuff that makes you feel like crap.

And so that was like the first phase of his treatments, where we're doing things like frequency specific microcurrent, which are electrical frequencies that we can send into the blood, into the liver, into the brain to detox, to get the inflammation down, and also to fight infections.

It's FDA approved for pain relief, and you have all this whole realm of other frequencies you can use to like, like go in and do these, like really specific targeted treatments.

Also, another thing, that I, that that's something I do every day is microcurrent. Also another thing that really helped

him was molecular hydrogen. And we have patients inhale that.

It goes right into the brain. It doesn't kill infections, but it lowers inflammation and multiple research studies that lowers mycotoxins and and neutralizes free radicals.

So it's really great because patients will come in and they have like all this like, you know, brain swelling or, they have meningitis or encephalitis.

And that's one of the first things we'll put them on. And, you know, as they get on it, they're like, you can just feel it, see their face soften. You can just hear their voice change and their thoughts aren't like racing around like a squirrel, you know, running around in the woods.

And it's like, it's this really this great neurological neuroprotective intervention. Are you ready to redefine aging and unlock your full potential as a longevity leader at the Human Longevity Institute?

Our world class certification programs train doctors, coaches, and wellness professionals how to deliver cutting edge, integrative longevity health solutions so people can live better today for longer, healthier, and more vibrant tomorrows.

If you're ready to join the Longevity Revolution, visit Human Longevity institute.com to enroll and become a practitioner today, I want to take a moment before you go any further, because this is really fascinating and I want to just kind of hit some of these points real time.

So let's first start with molecular hydrogen. So explain what that is versus just you know is that something they're getting in hydrogen water. Is it a capsule.

What is the form. Can they get it in hydrogen peroxide. And like you know what I mean. So let's give a little understanding of what that word actually means.

And I want to then break down. I love how you're saying that. It's it's really supporting the brain because, of course, probably the different delivery systems of how you're having people, as you said, inhale it.

So let's talk about what it is and delivery systems of getting this into the body for therapeutic support. So this patient, he also had a lot of neurological issues because obviously he couldn't, numbers on his head.

So the first way we deliver often is through a nasal cannula. And it's basically we have, I'm in a research lab here in Frederick, Maryland. Also, we have access to, like, highly purified water that used an experimental.

We use that and that is put into a machine. And that machine breaks apart into hydrogen and oxygen. So basically the patient is breathing in, hydrogen, mixed with oxygen.

And that's, you know, it's basically a, an experiment that we did in high school in the science lab, but it's in a box, and then patients can drink it also.

And what are we drinking in the office all day? And also you can deliver it topically on different areas. So with chronic pain, other patients have severe chronic pain.

Nothing works. Putting the hydrogen on it like wow that was fast. That was amazing. So it has many ways you can deliver it. That's used also in Asia where they have, I. V.

saline and they'll bubble it into the I. V.

Lyme, Mold, and Hidden Infections

bags and given it, rheumatoid arthritis patients. And they have like a 40% reduction in their symptoms, in one

study. So there's many ways, either, you know, getting it in however we can, I have one of my patients that wants to do hydrogen enemas, but I'm waiting to hear back from her because she's got a machine.

And, to see how well that's helping her got issues. Interesting, interesting. And as you're sharing this, patient case with us, the gentleman who went to Johns Hopkins, many, many, many times, you were talking about in the beginning.

So although I, you know, big business guy, high performer on go and go and can't put two numbers together anymore. I knew something was wrong. And so you test him and you find some underlying, arterial mold line.

You find that you find a few different, spores, or what should I say, the mycotoxins. Thank you. And so so let's talk about the and we are going to continue on his story in a moment.

But let's talk about the prevalence, because of course you are the founder of the Lyme Research Center. And so obviously people are coming to you for this.

Now did he know when he came? Did they think he had this? How did like our people finding you? Because they know they have it. They think they have it.

And what's the prevalence of Lyme but that we are faced with right now here in the US? Well, let's kind of work back on that. There was a study at Brown University, I think, in 2019, where they estimated 2 million new cases of Lyme every year in the U. S, which is drastically like ten times higher than the CDC has or used to have.

I know if they still have it on the website anymore, but you know, and it's just as dramatic under reported under tested issue that it's an epidemic essentially.

Yeah. Because, you know, people's the diagnostics aren't that accurate from standard testing and heard reports of 50% accuracy, which is basically flip a coin, especially labs, maybe 8,090% accuracy.

But most people don't go to specialty labs to test for them. And that's just Lyme. And then you have also the other infections. There's over 80 other different infections ticks can carry.

So, you know, most of those are not tested for. And those are the ones that are the ones that we find caused the most chronic illness in our patients.

So but these Bartonella Mycoplasma is, chlamydia, you know, lots of viruses that, you know, people never hear about. So, yeah, I think that's one of the, one of the challenges in the opportunities is that as a layperson and all of a sudden we're just not feeling well, and it gets kind of worse and worse over time.

And we go to different places and there's so many symptoms that are generalized across many conditions. So things that could have an origin in Lyme all of a sudden could seem like an autoimmune condition, right.

Or a chronic fatigue, like there's a thyroid condition, like all the sudden that, oh, like my brain's not think working right. I have no energy. I have like, like all these different things.

We, we want to try to give them a label so quickly, but it's very interesting that what we're hearing is there's an underreporting, improper diagnostic.

It's not part of any kind of standardized protocol coming in. How would it what advice of any would you give to our listeners who are maybe like, well, how do I know?

Like, does everybody have to just go run a test? Are there some things that might chew them in more than others, that there could be a strong likelihood that you have this or that you have these, you know, micro toxin infections, like how how would they think about this to understand if they have it or not.

So what are the unique symptoms of Lyme? Is migrating nerve pain? I mean there are some other issues that can cause it, but they're pretty rare. That's one of the signature symptoms.

Some of these infections, like, like brucellosis, has, signature symptoms of your sweat smells like wet hay. And I was, like, yeah, I know I was. I was talking to this one, counselor, because, like, that's my husband.

He smells like a mowed field. And after the rain, I'm like, well, might want to. I'm tested for that. Wow. Interesting. That's really interesting. Okay, and, you know, there are many other, infections like Bartonella, is also been implicated in pans, pandas patients. Yes.

And also a lot of anxiety disorders, psychosis, hallucinations. So it really depends. I mean, obviously there are many other causes for those things, but, you know, not having a response to like, antidepressants or other kinds of standard medications is another sign that, hey, there may be an underlying hidden infection that's making your body toxic and inflamed.

So it's the lack of, hey, my NSAIDs aren't working. Or, you know, other pain meds just aren't cutting it. So and then as a patient can try going to more specialists, getting more accurate testing.

That may be what would be the most recommended, you know, path. But to keep testing, keep looking for answers, however they can because also there's a lot of support groups out there that can provide resources for people who are, you know, have not been diagnosed yet.

Yeah. And testing can get really expensive. Right. So is there is there what's the best test or the best place that people, if they want to just kind of self-assess and go, excuse me, would this be me?

What's the I'm going to give the best information at the most affordable price and could help them kind of advocate for themselves in knowing where to go next.

Okay, now it's time to go see, you know, the team over at Lyme Research Center as an example. But where could somebody start on their own and get some really sound information again, at an affordable price.

So basically, if you know, a person can go to their primary care doc, try the testing their first, but not to stop if they get negative tests because, you know, they're not 100% accurate, you know, in most cases.

So I guess I'm so sorry. Well, let me ask this. I didn't mean to interrupt you. Are they are they to go ask for test me for Lyme, test me for mold? Is that what they say or do they say test me for Bartonella?

Like what's what should they specifically be asking for? Well, it really depends on their symptoms and their presentation and if they can doing some research in terms of like, oh, I have a lot of anxiety for some reason.

Like I had one patient, her dog, to the drain pipe. And so the water from the roof drain under the house into the crawl space and not away from the house.

And she started having all this anxiety and panic attacks, and she's like, I'm going crazy. And I feel so much better when I'm out of my house. So it ended up being there's a huge mold issue that they had to, like, move out and into a hotel and get the whole house remediated.

And, there's a very, leader in the mold room, you know, space Doctor Shoemaker. You know, he's saying, you know, that, you know, 60, 70% of buildings in the US are water damaged.

So therefore high exposure to mild mold and mycotoxins. Yeah. And this is one of the biggest issues that we see over and over again in our patients. Interesting.

Wow. Okay. So, so that's some, some great kind of things to be thinking about. So continue.

Treating a Complex Chronic Illness Case

So you, you were working with this patient and kind of taking him. You're doing some testing. You're finding things are there. Now you start to work with him with some some of your key therapies like, molecular hydrogen.

And so what did you keep taking us through that journey? Because we're all wanting to find out how the story ends for him. Yeah. So he's, getting coming in for treatments and initially weekly because he's he lives, in Maryland.

And so we're doing, as I mentioned, the hydrogen, he's doing inhalation. We're doing the microcurrent based on, his initial scan was was the first thing we do when a person comes in where we identified these different, like Aspergillus cluster area and brucellosis.

But we also look at what are the multiple inflammatory compounds that are elevated and where are they? Because you had a lot of neurological inflammation.

We had leaky gut issues. You know, we look at things from a functional medicine perspective also with the scan. And so based on that we can then custom program the frequency specific microcurrent treatments to reset his nervous system, to drain inflammation, to get the toxins out.

Often those are the initial treatments that we'll do. And then later on as he comes for more follow ups, then we can do more of the anti bacterial and fungal neo detox mycotoxins out of because it's mostly in the sinuses.

Treatments to really start getting his toxic burden down more quickly. So great. Okay. And so, so now yeah. So you're doing this awesome work. So he's coming in once a week.

And now what's starting to happen for him. So one of the treatments that we do that's really dramatically helpful for many toxic patients because because maybe they have methylation genetics that mutations that prevent them from detoxing effectively.

One of the things that we use a lot of is something called cupping and bloodletting. We're actually pulling out blood out through cups and, and different studies that they've done on the blood that's come out.

It's high in toxins. It's high in inflammation, high in, coagulation compounds, fibrin and things like that. And what I find, especially after patients have had Covid and the Covid vaccine, they have sky high levels of hyper coagulation and when we're doing the cupping, we're pulling this stuff out.

Now, you know, when you get a cord, it kind of like bleeds and goes everywhere. When the blood comes out in the cupping, it's like jello. And patients are freaked out when they see it's like, holy, you know, what is that?

And they're like, oh my gosh. And like I, you know, he was like after first cupping, he was just like, oh, I feel I feel like lighter, I feel better. And that was really weird what you pulled out of me.

And as we do more and get more of that coagulated blood out of them, he's like, this is like amazing. Because he does have some issues with like the methyl tetra, hydrophobic reductase are genetic mutations and other ones that he had, that we made it hard for him to get that the toxins and stuff out of his body.

Oh wow. It's kind of like the vacuum cleaner of going in and trying to pull out as much stuff quickly. Yeah. Interesting. Yeah. Okay. So so is he still under care.

Where did his journey evolve to. So after four months like he had been sick, you know, struggling, you know, for probably a decade before he came to me.

And in four months, he comes in and he goes like, you know, I'm gonna go on a vacation. I'm going on a cruise to Alaska. And I was just like, whoa, that's exciting.

Yeah, yeah. And so he was on remedies for a while after that. And, you know, basically he said, you saved my life. And anyone you want me to talk to, I will give my name and number and I'll talk to him. Wow.

So from chronic, the sickest of the sick to longevity, how do you make the leap from chronic care to life extension through your longevity work? We have to understand what is making us not as healthy as possible.

And given the environmental exposures, given what we get exposed to in our food, that there is some level of exposure to, to be mycotoxins could be metals, it could be chemicals, you know, glyphosate, whatever it is, and that we need to have a way to kind of be able to kind of pick up on that.

So, that's what we use a stand for is like, what is the not only toxic burden, but also how is it affecting our immune system? How is it affecting inflammation, how it's affecting our ability to detox.

So, a lot of our patients have congested livers and gallbladder ers. And one of the treatments that has been amazing, we had the patient who went to Hopkins three, seven times.

He did what's called a liver gallbladder flush. Now this comes out of, whole de Klerk's kind of original work, but we use a modified one that we get from, a company in California.

When people do this for the first time, it's like, oh, my gosh, all this, these, like, gravel and green peas and and some people see parasites and all this stuff comes out of them.

But, you know, this is something that's been sitting in their liver probably for years, if not decades. And that's not going to that's going to impair liver detoxification.

So I had one woman. She's done it 14 times. And on her eighth flush she said, I had this thing size of walnuts coming out of me. And she was also she has she was a trainer for the FAA and she was basically, on medical leave.

And now she's like, living the dream, in their retirement. So yeah. Amazing. So it is like, let's help ourselves heal today to live better tomorrow, for sure.

That's that's exciting stuff. And listen, gang, I can't speak on behalf of Greg. You know, he he's glad to talk to the group over at Rad Fest, but who knows, maybe for our ten year anniversary celebration, this July out in Las Vegas, Nevada, as Rad Fest comes together with the Longevity Escape Foundation, Velocity Foundation out of Europe, we are going to have a highly interactive experience there this year.

It's going to be something unlike any conference, and it's both for the expert and the longevity seeking enthusiasts. But, when I think about some of the really interesting interactive things, maybe Greg will be there to do some scans, or maybe we'll even see Greg there doing some cupping.

I don't know, we'll have to find out. But these are things that you know are worth exploring for sure. This is really fascinating information. So so with the time that we have left, Greg, I'm, I'm curious in kind of as you continue through your own journey, let's talk about how you're living these principles for yourself today.

So what are your longevity books that, that you are actively, actively doing to keep yourself living better today for longer? Tomorrow's. So my go tos right now are hydrogen therapy.

And we'll just inhale hydrogen. It helps calm my system down.

Longevity Therapies and Personal Wellness Practices

And I use it as a way. It is like, okay, if I have inflammation because I my gut tends to be more inflamed. So I will inhale it, I'll drink it in water.

And you know, when we're in the office and staff, I'll do that also, you know, that's could be a at work, could be in the evening also. And then also microcurrent programs we have for because you know, I can run one to say, hey, lower inflammation in the digestion tract or the intestines or help me decongest the liver or help wake up my brain and give it more energy.

So, it's kind of, based on when I scan myself and I can go, oh, okay, I need to deal with, some more liver issues or kidney energy. Vitality, you know, adrenals that I normally do that.

So that's kind of like my self-care. Plus, also, we do a lot of peptides and, for regeneration and faster healing. I had, I do a, martial arts, and I injured my arm.

I pulled a muscle, and I was just like, you know, nothing wrong with Chinese medicine, but it was it wasn't getting the results. I wanted. And so I used, peptide strong, which is found in a, remedy called longevity, for, health.

Every, that really help within a week caught 80% of the symptoms. And I was like, this is like, this is the future of, like, regenerative medicine, you know?

Yeah, yeah. I, I'm the, the CEO and co-founder over at Peptide University. And so we teach practitioners all about the world of small molecules and how they are helping to enhance our natural signaling properties, all sorts of beautiful functions.

So peptides really are part of the future of how we're going to continue to support our body, really to repair, to regenerate, to rejuvenate, to optimize.

And so, I love, love, love, love knowing that you're bringing those into your practice as well. And that's, that's really a bit of that East meets west merging.

Right. So it's it's all these beautiful wisdom paired with modern science. And, and then you're bringing in therapeutic technologies to really create these optimized results I love it.

So what if any, wisdom. What what kind of final wisdoms do you have for us today that, that you might share with our audience just to inspire them forward on their, their own journey?

So in the different healing traditions I've study, they talk about within every person is a place that's untouched by illness, untouched by disease. And you can call it your essence, your spirit, your divine within.

And when we work with patients that are able or willing to kind of tap into that, it's almost like a dramatic shift in their healing. It's like, oh, I'm in touch with something that's, you know, deeply powerful and profound.

And it's something I can go back in. It's like an inner, like ocean of healing and support that they can really tap into. And that's part of like, you know, as patients get better and better and say, like, hey, I don't want to get sick again.

I want to as long as I can. I don't want to deal with this. That's part of the medicine. Now we have like eight stages that we put people through, and that's kind of like the last stage is like getting them establish in their own inner resources, inner what we call inner wisdom, because that's mostly accessible by people and different spiritual traditions, you know, because we're not trying to it.

We're trying to get them to go deeper with it, not expound any particular path. Right. So let's take a moment just kind of philosophize on that again.

And maybe you've got some some data points around it as well. So it doesn't have to just be theoretical, but understanding. I love that that there is this space within all of us that is untouched by illness.

And if we are each willing to take time every day to really commune with that part of self, to connect to that part of self, what could become possible not only in eradicating disease.

You know, allowing us to heal, allowing us to repair. Let's talk about that, because that, to me feels like this state of really where I could see it's a suspension in state, right?

It's things are untouched. They're in their purest essence. So now let's think from from just timeless, ageless immortality. Like when we touch these spaces.

What do you think would be possible in extending human lifespan if we knew how to come from this untouched space of disease every day? So if we're in an ongoing state of health and thriving, what do you think could become possible?

Like could we really radically extend human lifespan? Like what do you what do you think is possible from that place? I think there would be a lot more happier people out there, and they'd be more fulfilled and they'd be living their mission, their purpose in life.

They would be more generous and more kind and, you know, helpful for people who are in need. And I think that would be a world that I would want to be a part of creating, you know, and people as they get into this, what comes up are the untrue beliefs.

I'm not lovable or I'm unworthy. And as a, you know, confront this with that inner wisdom. They go like, oh, that's not really true. I had one man. He, struggled with Lyme and neurological, infections and at some point is healing.

He goes to me, you know, my pain's better, my energy's better, but I'm crying all the time, and I can't stop. I'm like, it's okay. We have a lot of Kleenex. Yeah, because you can get that a lot. Yeah.

And I said, well, when does that come up? And so we walk them through this process where it's like, like I'll see a dog that's like walking down the street.

I'm thinking, isn't these laws? I start crying and, you know, and he he's a construction manager and this huge construction firm. So the construction industry is a and this is like known for their kind and understanding of right, right.

Emotions like that. So he's like it's really stressing me out. And so what we worked out was he felt like, you know, there's all these people out there who are suffering and I don't deserve healing.

And so he then broke down, you know, lost that at that point. And I said, well, let's take a deeper what is your inner wisdom? So we have people do a practice that's called remembrance, where they invoke whatever they call the highest.

Or so healing is Catholic of his name is God. So he said, okay, repeat that, that God gave God. What does God show you about that? Is it really true you don't deserve healing?

And after about two minutes he goes like, whoa, I just got the insight that there's enough healing for everybody and it's okay to receive. And that totally shifted him from, don't want to feel feelings or do this or express that or be embarrassed.

It's just like, oh wow, I can just go and receive that directly. That was profound and hugely life changing for his not only his recovery, but also how he held himself, how he, you know, cared about himself.

Like, wow, I'm really working. So, Greg, what I'd love to ask if you're willing because I understand this is part of your proprietary process, the Lyme Research Center.

But I think it could be really beautiful for our listeners, because what you just spoke to, I think is a universal tenet. I mean, I would hear that for years when I was still in clinical practice, I talked to so many practitioners and patients alike globally.

And I think fundamentally, you know, this, am I deserving? What makes me what am I worthy of? And so even if we're not consciously thinking of it, it can be an unconscious driver.

So a lot of times when there is imbalance in the system that is expressing as dysfunction and or dis ease, there is an imbalance in a loss of wholeness.

So we are out of alignment with our innate state of wholeness.

Inner Worthiness, Healing, and Closing Reflections

And we think of wholeness as divine presence of whatever words that we want to use. So all of a sudden it's kind of like, well, why? And for many people, there's been a variety of different types of traumas.

There's been a variety of different types of imprints since the moment we were conceived and still in the womb, all the way through life. And so everybody comes with these different unconscious programs that typically are somehow.

And then we layer on all of our marketing and our messaging and our media, which drives us to feel lack constantly that we're not good enough and we're not going to be good enough until we have this title, this car, this house, this thing, this thing outside of us.

So it's unfortunately constantly reinforced right by our culture and society. And so to be able to step out of that, even for a few minutes a day and to connect to this inner essence, the process that you took that patient through gave him a very profound.

And so I'm wondering if you could just take a moment and slow down and, and as if I was the patient or if, if anybody listening was right in front of you, guide them through those simple prompts.

You just gave a few couple a quick questions, and I appreciate that you were just sharing it in the story, but I feel like it deserves a space of reverence because I think that everybody listening right now, to the extent that you're willing to just allow yourself to receive this message, I think it could provide some really beautiful aha's within everybody listening.

I'm sure this I used to work as a consultant at a firm called Lionheart, and this is one of the processes we use there. So when you work with people in business talking about spiritual things is really not, welcomed. Always.

So, what we did was we talked about, okay, what's not working. So with this patient, he's crying all the time. And so it's like, describe that situation.

I saw the dog and I start crying and okay, how do you feel about that? What emotions come up? Well, I feel afraid that I'm going to be judged. I'm going to be embarrassed.

People are going to shame me because, you know, I'm not supposed to cry. Yeah. Because, you know, as, I grew up and, you know, in Maryland, and a lot of the message I got was like, don't cry.

I'll give you something to cry about. Just like, okay. Yeah, sure. And so that's kind of like the situation. And then the emotion around that, that's kind of like the surface level.

And then what do you want? What do you want? I want to have more control over my healing my emotions. Okay. Great. And what the next step is the underlying untrue belief underneath the situation.

So what does that lead you to believe when you can't control, when you cry and when you doubt? So it took a little while and he goes like, you know, I kept walking him through, kind of doing a intuitive sense of like when a person hits it, then usually there's a big emotional release.

And for him it was just like, I don't deserve healing. And so that's when he lost it. And that's just like, oh, that's the moment of truth. That's the moment of deep underlying unconscious pain that's sitting there.

And then from there it's like, are you willing to make a change or do something different? And, you know, totally. Yes, to do that because not everybody's at that point.

It's usually they have to be at a point of pain. And suffering, unfortunately, where they go like, okay, I'm willing to give up what I've been doing over that again for decades, and it's not working okay.

I'm open to it. And so I had to repeat the name of whatever we call the highest source of healing. So it was God with the question, is it really true?

I don't deserve healing? And through that, the revelation, the subtle light comes in, there's a lot of healing traditions. And one of the healing traditions is called remembrance.

In Chinese medicine, it's called tong Shan meng, where you're penetrating divine illumination or you're actually invoking, and the light comes and the subtle sense within your heart and your soul is able to, like, see the subtle reality.

And through that, he got the insight. There is enough healing for you and everyone else. And it just broke them open. And he was like, you know, you just this face soften.

And he cried. And it just released all that suffering you've been holding on to. And then from there, there's even more that's like, what does you have now?

Instead of looking at the eyes of unworthiness, you have now have a new perspective. The eyes of worthiness. What action, what insights? What is your next thing to do as you look through these new eyes?

And it's like, oh, to make it give myself the mercy around having emotions and it's okay. And to, you know, really be much and not afraid of what other people are going to think and to have more courage to be himself.

Yeah. Beautiful. Thank you for sharing that with us. I love there's so much in that that I love. And as we get ready to wrap up today, I would invite everyone listening to take moments as many of them as you have, even if it's only 1 to 3 minutes at the beginning of the day, the end of the day to just soften and quiet and go in and instead of trying to problem solve.

Now, if you can do the entire process that Greg just shared with us, that's amazing. But sometimes, like you said, and you you pointed out so, right, so perfectly, Greg, which is many people are not actually able they're not ready, willing and able quite yet.

So sometimes we got to be in it for a minute. Right. And we've all heard the saying, sometimes we have to be sick and tired of being sick and tired. And whether it's this is good, but it's not good enough or this is horrible and I don't want to take it anymore.

There's lots of ways that we come to those. There's choice point moments, there's no judgment. It's part of our journey of how we get to them. Hence, back to the hero's journey.

And so I think it's important to remember that when you are in this space and whether you want more of something or less of something, whether you're dealing with a health challenge or you're just looking for a path to expand your own limitless human potential for greater longevity and greater states of aliveness, I think there's something really potent in dropping into that space where sickness and disease does not exist, where you can evoke that divine illumination that was magnificent.

I just saw I saw it so clearly, so this does not have to be religious in nature, friends. Right? Like just this visual of like, man, whatever my higher source is like whatever this higher support is, even if you are non-religious, you

know, like if there could be some type of support and I could have a visual for it that could take me to this place beyond space and time, where disease and sickness do not exist, where it can be illuminated for me so that I can actually see it, know it, touch it, drop into it, and just be, you know, I would be like two months.

Would you like me to share those steps with you and your members? I could do that in a download. Let's do it. Yes, I'm sure everybody would love that.

So you just heard again, Greg is going to give us a gift of dropping into the space. I believe that this was really powerful and it's something any of us can do.

It's a great place to begin. We are, are we? This incredible human vessel produces every chemical, every pharmacological you could ever go by. And anything that is needed.

We are the greatest technology in and of ourselves. And sometimes we we put that power outside of ourselves. So what a gift that Greg is giving to have a path in to begin that inner contemplation, connection, reflection.

And then if, when and as you need greater support, that's when you get to reach out to amazing people just like Greg Lee here, the founder over at Lyme Research Center.

So we'll have that in the show, notes. Greg. Where can they go find you? So I'll put the free download and Lyme Research center.com/ardy. Definitely. Brad. Yeah, absolutely.

And again, we'll put the link in the show notes below. So that would be absolutely amazing. Greg. Again, thank you today for your wisdom, for your passion, for sharing your life's mission.

Thank you for taking us on your journey and the journey of some of your patients. They were amazing. Great examples and stories today. Keep sharing your gift with so many.

It was a joy. Sharing time. Oh it's totally awesome to meet you Doctor Melissa! I am totally pumped and I'm really looking forward to doing stuff in the future perhaps absolutely, 100%.

Thank you. All right everyone, again, I can't believe the time just whizzes by like I get to I have the the best seat in the house. I get to sit down and meet all these amazing humans.

So thanks to everyone for tuning in and listening today. Remember, we're in this together. We are here to really share what is possible in humanity to live better today for longer, healthier, more vibrant tomorrow.

So please like this episode. Subscribe to the podcast and share this out. Tell others about it. We would love your support with that. And if you want to come get to meet incredible people just like Greg Lee, then you want to make sure to grab your ticket to the 10th anniversary Extravaganza for Rad Fest out in Las Vegas this July.

Links in the show notes below. Until next time, continue to stay bold, be curious, and express your greatest states of aliveness. I'm Doctor Melissa, thanks for tuning in.

Thank you for tuning in to Doctor Talks. We hope today's episode has enlightened and inspired you on your path to optimal health. Each day is a new opportunity to make choices that empower your wellbeing.

For more insights and strategies, subscribe to our podcast and visit our website. WW di doctor talks.com. Stay connected, stay healthy and join us next time on Doctor Talks.

Real talks from real doctors on the issues that matter to you most.