Introduction to Dr. Tom Moorcroft

– Welcome back everyone to the Medicine of Mindset Summit. I'm Jana Danielson, your co host for a jam packed week full of what I hope to be light bulb moments, Aha moments and little gems that you can take with you each day from the summit and really start to visualize how you can implement them into your life.

Starting today, our next speaker is Dr. Tom Moorcroft and let me tell you a little bit about this amazing man. He works with clients that have autoimmune diseases like Lyme disease and what I thought was really interesting when I was reading his bio is that he's created an experience called thrive with lime blueprint and in this blueprint he assists those living with lime and related diseases tap into the true source of radiant health. And so I can't wait to get into that and not only that, but he works with practitioners. So talk about a man that's exponentially, you know, bumping up his impact. So he's also created a practitioner certification and a mentorship program so that other practitioners can learn and really show up for their patients the way Dr. Tom has learned and shows up for his, his goal is to empower each of his patients to get in touch with their inner source of health so that they can really experience the true, optimal, optimal health.

And let's be honest, this, we were born with one body, this beautiful vessel of ours from the first of the last breath on this earth. So we're gonna, we should be doing whatever we can to really optimize that um while we are here, so Dr. Tom thank you so much for saying yes to the invitation and being on The Medicine of Mindset Summit.

Lyme Disease as a Hidden Parasite

– Well thanks so much Jana this is such an honor to be here. And I'm sure we're gonna have a great conversation and really inspire a lot of people to take back control over their own health.

– I'm confident that's gonna happen. So let's start, let's kind of get routed into this conversation today. So in patients that have chronic Lyme, you talk about the parasite actually being the cause of the illness. So what do you mean by this?

And how does that apply to other diseases? Like M. C. A. S. Let's start there. – Yeah. You know, I mean a lot of people who get chronic Lyme disease or get lime and then ultimately end up with chronic Lyme disease get into this thing where they continually are searching for different answers and when sort of like what they're doing right now isn't working quick enough. We just go for the next one, the next one. And there's this pervasive conversation that like we have to treat these parasites because everyone has a parasite now, yes, some people have parasites. But what I really realized is like we keep talking about a parasite that's like, you know, like whip worms and hookworms and realistically, I mean, I think Lyme disease. Well technically not a parasite, it's the thing that's acting like a parasite and and particularly as an emotional energetic parasite because it kind of puts you in this negative self talk loop that you just can't even seem to get out of. And so many people with chronic Lyme and similar situations and and and M. Cast is another one.

You go to the doctor after doctor after doctor and they're like, oh yeah, like no, it's just all in your head. Well, with Lyme disease partially, that could be right. It could actually literally be in your head more commonly. What happens though is lime changes metabolism and detoxification pathways and we see changes in the brain that actually get us stuck.

So one of the, when we're chronically sick, one of the ways to get unstuck is to understand that we're safe and it's safe to heal and line will actually change metabolism in areas of the brain that allow us to really kind of receive the cues and interpret the cues of safety properly. So rather than going over on the latest and greatest like anti parasitic protocols and like why don't we just look at like what we actually if we've confirmed the diagnosis, why don't we look at that and see how it's affecting us body mind and spirit, not just body pill, herbal supplement, go to the next disease, look for body herbal supplement medication, you know?

And so that's really what got me sort of started thinking about it that way. – Okay, so, you know, it just dawned on me. So they're most likely are people here watching this conversation that you and I are having that already know.

Maybe they themselves have Lyme disease or someone in their family does. So they know about it, but it just dawned on me that there could be someone who does not know what Lyme disease is. Can we just kind of take one little baby, step back and and go there. – Yeah. So lime is a bacterial infection that comes from a spiral kit, which is a type of bacteria.

It looks it actually under a microscope looks like a parasite, although it's not. So it's a spiral bacteria. And You know, it we the way that we know you get it 99.5% or more of the time is through the bite of an infected deer tick.

Patient Frustration and Nervous System Freeze

And it could either be the sort of or they call the black legged tick is another name for it, but we have one of the kind of the um sort of the anxiety scapula ours, which is the fancy you know Latin name for it, but that is the common black legged tick that we talked about a lot in the East coast and there's the western black legged tick and in the United States there are the two primary tick vectors there's other modes of potential transmission, but the and the only one really being shown to be, you know, happened once in a blue moon would be trans placental.

So it's very uncommon, but it's possible. So we it is um and then I think most people have heard about it, like if they have like you can get a rash, people look for a bull's eye rash, although that's a very small subset of all the rashes you can get from lime, but it's like a summer flu is what most people think about.

So it's like I have influenza or covid in the middle of the summer, you know, might maybe minus the lung stuff. And but then the problem is you you don't just get kind of muscle aches and pains, but you do get some potentially swollen joints, but then you get kind of the brain fog and then as things go on, you might see cardiac involvement or liver involvement and and it becomes a multi system thing where it's been called the great imitator, because it kind of looks like everything you could look like. M. S. It can look like rheumatoid arthritis.

So a lot of things happened. Common things being muscle and joint pain, fatigue, brain fog, even a provoking anxiety and depression and, you know, it's anything that looks like chronic fatigue and fibromyalgia, it's kind of fair game for Lyme disease.

– So I'm gonna go out on a limb here, which really probably isn't a limb and say that a lot of these patients of yours probably come to you very if it can if this can look like so many things, how are they not completely frustrated and discouraged with not being able to um you know, figure figure it out. And I'm asking this from a mindset perspective, when you have your patients coming to you, what frame of mind are they in and how are you working with that part of their healing? The love and the gratitude?

Like how do you bring that into the process? – Yeah. You know, I think the biggest thing is so many people have tried really hard by the time they get to my office, I can be Dr. 5, I might be Dr. 18 or Dr. 35.

Most of the other people they've seen have tried really hard as well, but they their resources may be limited, they just don't know. Some people are work. No, but they're in a system that they can't keep their job if they actually treat you for what you have because the system hasn't really bought into it. So it's very, very frustrating.

A lot of people come in, feeling betrayed by the medical system, betrayed by their their providers. Many of them and well I want to touch on this in a minute, but many of them feel betrayed by their own bodies, which is the furthest thing from the truth.

And then you know, so the word trauma comes up a lot in our practice. And you know, like I had Lyme disease and babesiosis. I got treated for 10 days and I was sick for the next 13 years.

So that was really an effective treatment. But one of the things was there, like you're depressed, I'm like, well not really, I'm kind of angry and piste off that, y'all, like I've been telling you what I've got and I've done everything the

doctor told me, but I'm not getting better and they just put me on meds that have side effects and they don't work and then they pulled me off the med and they don't tell me it's gonna need, I need to wean it, just yank it off and I'm getting like hit by lightning bolts.

Like when they take you off of some of the antidepressants, it's like you're getting struck by a lightning bolt every once every couple hours and you're like, this is crazy like Zeus is attacking me.

And so there is a lot Jana of this, like just like pure frustration because people have tried and then sometimes their partners don't believe them, their parents, their loved ones don't believe them. And so this is where we can fold back into lime as his parasite. So if we step back for a second, we think about how our nervous system works. This is critical for the whole thing, we have the sympathetic nervous system that most of us learn as fighter flights.

So hanging out with my friends around the campfire um and a sabertooth tiger pops up over the little rock in the corner here. So I've got two options, right? I can run away and if I'm gonna run away, I have to believe I can get away and I actually can make it.

The other one is I'm gonna turn around, I'm gonna fight the sabertooth tiger. But if I'm stupid and I mean if I'm gonna do that is I have to believe I can win, right? And that's typically what we think about fight or flight. You're driving your car, the little puppy runs out in front of your car, you swerve, your heart's beating, your eyes are all dilated. So you you can't really focus on one thing, you're just seeing everything as a blur and then you're you know, you're sweating and your breathing really heavily and you're kind of like almost the way I'm talking and then when it's over it should calm down, right? And then most of the time we should be spending our time in a parasympathetic state where we learned it in medical schools, like rest and digest. You know this is a time where you develop relationships, you digest your food, you know, your body heals, you get to sleep. Well it's time for you know intimate relationships and things of that nature. But the one thing that we've left out here is what if you are running away from the saber to tiger and then he grabs you.

And so this is kind of like many people haven't seen a sabertooth tiger do this, but we have a lot of us have seen a chipmunk or a mouse running away from a cat and the cat grabs a chipmunk and almost immediately what does it do?

It just plays dead. And so because now it can no longer win by fighting or flighting. It has only one option which is freeze. And so this is a part of the parasympathetic nervous system that's only really been looked at in poly vagal theory over the last handful of years, what's so critical about it is this is a place of I can't win.

So I'm hopeless, I feel numb, I feel helpless. And so what do we do? Well, we withdraw right and our eyes go down. So these are the people come into my office, They don't look at you where they look at you and they divert and their whole body language is shut down and pulled in this numbers not only their emotions, but it also numbs pain. And it doesn't mean they don't have pain.

It's just their experience is different. So the other doctors think they're crazy and but they withdraw emotionally. And so this is like we all went through something like this recently called Covid where we were forced into this state.

It wasn't the infection that created this withdrawn state. It was mandated.

Reframing Safety and the Healing Process

So we see a lot of psychiatric illness coming out of this because people feel isolated and isolation is what you do when you have no hope because there's a primitive reflex in your nervous system that wants to protect you and it thinks that's the only way left to protect you. And so now the problem is the only way to get past here is to recognize your safe.

The problem though is when we use the word safe and this is really the this is the crux of that whole thrive with line blueprint. We talk about where we unpack this parasite and help people figure out how to get better is that lime creates this isolation creates this.

And then the problem is we use the word safety and our cognitive mind. Our higher mind goes, I know I'm safe. Stop telling me I need to be safe, I am safe. I want to get better.

Stop telling. And all we do is create more trauma. The problem is it's that really deep primitive reflex that protects us. That's actually not about safety in the way this thing thinks about it but it's more about familiarity and this is really how we can learn how to change this.

So little kids love the same music, love the same show over and over and over and the adults are like oh my God, please turn this off because their nervous system recognizes it as familiar and familiar to your primitive reflex. That protective mechanism is safety.

So now get Lyme disease when you first get it, it's unfamiliar and it feels like crap and you're not feeling safe, but if you have it for a while, guess what? No matter how shitty your job is, no matter how shitty your relationship is or how bad your health feels, it becomes familiar and it becomes your comfort zone, not from a you want to be there in your head or even in your heart, but this part of your body that's trying its darndest to keep you alive, says this is the only way left.

So whenever I ask you to change, so I give you a treatment, you start getting better. What do like 75% of Lyme patients, you start to get better, do they fall backwards almost immediately and then it happens over and over and over. And then one camp says it's all create your crazy, it's in your head, you're making it up and this camp goes more meds, more supplements and like take a deep breath.

What we need to do now is just understand that we're asking you to go from a familiar state to an unfamiliar state. So let's guide you slowly to make that change and that's really the big piece here where love and gratitude and all these other things start to play role is that we need to provide safety first and foremost.

– So is that why it can take so long for this healing process to actually start to feedback that there is a change because there it takes a while to almost like redefining what safety is – Right well and so the thing is I think a lot of people there, they see their body knows they're getting better and then their nervous system freaks out and pulls them right back because it's too quick or it's done in the wrong order and this is why a lot of people like em Cast have to the number one thing we do for em cast, we just did a whole summit on this was start with calming your nervous system down and allowing you to understand you're safe then we can start to micro dose or macro dose the supplements or the medications that calm down your mast cells.

Same thing with lime, it's like some sometimes like if you're having a cute thing be the crap out of the infection so it does so it goes away but do it I mean do it with compassion and understanding obviously but but when you're chronically ill it took, I did not find a doctor who knew what was going on with me for eight years, eight years so I didn't need to go fast you know so take your time and the thing is in my personal healing Someone six years into my illness, I remember I was standing, it was the first time that I knew something was wrong.

My boss found me staring at a wall with a blank computer screen with the cursor blinking at the same place. It was an hour ago when she left me and I was drooling all over myself when I was 23, you know, and so then years, six years later, as I'm sicker and sicker and sicker and you know, nobody seems to know what's going on. I'm staring at the wall again and I saw my whole life flash in front of me and I saw this path over here was going not a place I wanted to go and I was feeling hopeless, but I saw a path up here where I'm like, I was just married, I wanted to have a family, I had dogs, I wanted more dogs, I wanted to play outside. I love mountain biking and skiing.

Like I love hiking and playing and just feel being one with nature because that to me is like where I get so in tune with life and I was like, I know that's possible because other people have it and there's so much abundance, it's not just for them and if I but I want that, but I see myself going this way and I said, well if I see myself going this way that's what I'm gonna get. So why don't I just go when I just decide I'm gonna have that, I have no idea how I'm gonna get there, but I grab the bull by the horns and I was just like my life, I am too young, my life is to to me and I'm going for it.

And within a couple of days somebody handed me a yoga DVD and I'm like, I tried this before and right now I was

in so much pain, I could literally, my muscles and my fashion was so stiff that when I went to touch my toes, I can't touch my kneecaps and nothing further. I just sit down and put shoes.

I mean that's ridiculous. So in the end though, I just learned about this suffering and the choice I had and I decided to focus on what I really wanted rather than where I was going because I could never forget about where I was and where it felt like my body was going, but I was like, so I didn't need to every day woke up, I knew I had to do my work, but I focused on what I really want, why what I wanted.

And I started to actually embody it even though it wasn't even real at the moment. And that was the beginning of the huge shift for me. And then between year six of illness and year eight when I finally met these doctors, all I did was yoga an hour and a half a day, six days a week, I took off the new moon and the full moon and that was because the teacher said that was the rule and the rule that I learned also the most important rule was yoga when you're doing physical asana, not the whole eight stage thing and whatever the eight limbs.

But I mean in asana it's movement on breath and if my breath wasn't full, I was not allowed to go deeper in the posture because that meant I was pushing too hard.

So he gave me a litmus test that I carried with me and think about conversations that we have with other people. If you're breathing, if you're like you want to say something but you don't you you know, there's a difference between it doesn't want to come out up here and you're not breathing right? So that we all get that once in a while.

But you, it's like if you're feeling so tight in here because you're not standing up for yourself or because you're trying too hard or you're saying yes to something that you really don't want to, your breath will tell you. So I learned this and the most important part other than learning to find a feeling in your body.

Yoga, Self-Responsibility, and Recovery

That's an easy guide is that before I met these doctors, I did everything humanly possible. My diet started to change because my I had no option but to listen to my body because I was doing yoga every day and no matter how hard it was or how easy it had become or good days or bad days, I just did it because it was like the right thing to do and I was 70-75% better before I met the doctors. And then when I met these doctors I still had that 25 30% to go, took me another 2.5 3 years to get all the way better.

But what I want to tell everybody is 70 to 75% of it is all you not the other way around. So stop giving your control away to the doctors, go to them and use the doctors and the other healthcare practitioners for what they're really good at. But the number one thing you should do is find every little thing that you can do at home to take care of this amazing beautiful vessel because as soon as you give it that love it will start to heal you know and I never had to go through a ton of Horkheimer reactions and falling continually falling backwards because I just decided that what I was committing to do with my body was because I loved myself so much. And then I think about halfway through that I learned that it's also important to truly receive the love and the healing but you know but it's like take control and do it yourself like use your consultants for what they are consultants, their health advisers, they might be a prescriber but you are with you all the time. They are not.

It is your responsibility. That's why we call it your health. That's what you call it, your health insurance. That's why it's like your decision, Make a decision that you are so incredibly worthy to live on this amazing planet and shine your light to other people that you will do anything necessary for yourself first. Because most people, if I asked you to go from here to here and you have to cross this little sketchy bridge to go to the over a 200 ft, you know across then you can drop down and like die in the Amazon in a river.

If I asked you to do that for you, you'd be like that bridge looks like it's gonna fall. But if I put your kid or your loved one over there and said they need you right away, you would book, you would never even think about it.

You need to put yourself first so you can shine for everybody else. I accidentally did it, thank God somebody, I just was like I'm not giving up on me and somebody gave me a tool that I had already tried before and hated.

But the tool came at a weird time and I said I'm gonna try this again with an open heart and an open mind and thankfully no symptoms for over 12 years at this point, – Wow. Okay. So, oh, so many questions.

You said that by the time you got to see your doctors that you were 70-75% of the way there. And you attributed a lot of that to your yoga practice. That then evolved into what you were feeding your body and how you were seeing.

You know, almost like a new set of lenses. What is that? Was that the, is that the inspiration in the blueprint that you have created? Is that what you are primarily, you know, routing people's healing in when they participate in that process with you?

– Yeah. You know, our bodies have this amazing self regulating self healing mechanism and it's about giving people that back control over your health back. And it doesn't mean don't go see the doctors.

It means be prepared to receive their treatment and make them look good and make you feel great because my doctors looked awesome. So many of their patients weren't healing as fast as me because I've done all the work, you know, and the thing is not to take the place of like the other stuff, but there are so many things about limbic retraining.

We talk about gratitude and all these things. We overcomplicate the crap out of this stuff because people who are chronically sick don't have an hour and a half or three hours a day to really be able to do all this. I was, my back was against the wall and I knew nothing else. I had no other resource.

It was really hard to do 90 minutes a day. Especially in the beginning when I was only allowed to do like the 1st 10 minutes and I had to sit there and think about yoga.

But it's like the idea behind the blueprint is to give you not only access to appropriate diagnosis and conversations about that. Go over all the what the, all the research really means, but to have a core piece in that it's all in here and we can reignite. It's like what Marianne Williamson says.

It's not our darkness that we were. I'm paraphrasing terribly. Obviously our darkness that we're afraid of. It's it's it's our light that most of us are so afraid of. And it is, it's like you literally the thing the blueprint in one word is you have, well maybe you have sentence, this is your responsibility, You have a great responsibility and an incredible power.

And so it's to allow you to not be afraid of. That failure to not show up for yourself. It's to guide you down that path to be able to show up every day to take the small steps that don't over trigger your nervous system and to jump start your healing cause everybody wants a quantum leap. A quantum leap in whatever it is.

Whether it's like financial, success, relationship, success or health or anything else for that matter is to make the decision that I am worthy. – You made me the words of I think it was Uncle Ben in the Spider Man movie that said with great power comes great responsibility, right? That's where my mind went with – Literally almost put that into my webinar for the course because it's so cool.

It is exactly it, but don't be afraid of it. – Yeah. And you know what, you bring up a really good point. You know, I when I was, you know, you're paraphrasing of Marianne Williamson made me also think of the documentary hell, right. Where there's these people that have been chronically ill and their their entire, you know, personality and brand and reputation is wrapped in that disease. And you know, to even think about what would my life be like to be healthy when I was watching that documentary. And people were like, no, I'd rather be here because it's my familiar past. I don't know what it would be like what would people think of me if I was healthy? And you bring up such such a brilliant point around – That it's like and you think about like, you know what joe dispenser talks about and all these neuroscientists and it's like, you know, Noreen's that, Wire Together or Fire Together.

Wire Together. Right? And so it is like I spent a lot of time studying with Bob Proctor and Mary Morrissey and they talk so much about what you think about you bring about all the time and I'm like okay let's boil this down into this thing because I think the part that we for we try to get away from is let's not look at the negative at all and that's not

what I'm saying.

In fact this is really cool. The silver method is really sick because one of the things that this guy Jose Silva talked about is when you wake up in the morning, when you're in a certain part of like his kind of method is to actually think about the problem you're having And then and you create a vivid movie of your problem.

But here's the key you create the movie and then you let it go and then you know in the evening you're gonna come back you're gonna replay the movie at the end of the day and at the end of replaying the movie about 12 to 16 hours later, you then start to imagine and receive all of this universal, this divine inspiration on how what next steps might heal it.

So we're not focusing on it to create more of it. We're focusing on it and letting it be what it is, which is just there and then leaving it up to the God or the universe or whatever divine thing you believe or don't believe in it's there and there's this amazing life force that lives and breathes us and you can and it will guide you. And that's the part.

So part of what we do in the blueprint is not necessarily telling because yoga is not for everybody, right? I needed a certain path because I needed to calm my nervous system down because I could do certain things physically.

I couldn't do other things, a lot of things physically.

The Thrive With Lyme Blueprint

But my brain needed a physical place to bring me to calming my nervous system down, which then allowed me to sit, which then allowed me to actually be open to hearing all this. Not everyone needs, what I need and stop comparing yourself to what everybody in the support group needs.

You need what you need. And the other thing is it's not only just about what you might need, but it's knowing what order to do the things you need in and how can you know that if you can't objectively look at it, if you're just grabbing at straws because you're desperate, this is about giving people control back and hope back.

You know, and then when you do that, then you know who the right doctor or other provider is, then somebody says, hey, you've got these couple of options which one resonates with you, you actually know because it's not, you're not resonating from a place of fear.

You're resonating from a place of presence in your heart and your body. – So good. So you mentioned the word sleep earlier on in our interview, let's touch base on your perspective on, you know, sleep and breath work when it comes to these environmentally acquired illnesses.

– Yeah, well sleep, we kind of know what it does now, we're so sure in the past, but part of what sleep is important for is is the consolidation of memory, right? So that's really important for all of us who say we don't want to have brain fog that's kind of important thing.

If you want to really consolidate the memories you're, you're trying to create, we need to work on sleep, but more importantly, potentially is Depending upon whom you read and the research is still ongoing. But somewhere between about 80 and 90% of all of our brain detoxification happens in sleep primarily it appears to be deep sleep.

So if you want to make sure that your brain is detoxifying, maybe instead of buying the next latest greatest supplement, maybe you should go to sleep And work on the things that help you sleep and I know what it's like, you know, I could sleep four hours or 12 hours and I felt like crap and I tried four hours for a long time.

That made me feel worse. I tried 12 hours for a long time, no change. So I adopted the moniker sleep when you're dead, somebody told me that I was like, oh that's kind of cool that I realized how stupid that is because I'm gonna be dead really fast.

But it was crazy Janet? I mean like, but like literally no matter what I tried, my energy never changed, it just went

down, you know? And it wasn't until, so it's crazy was I started doing yoga and then there's this, I started to just get a little less pain so and then my nervous system calm down a little bit and then my breath got just a little deeper so then I could actually sleep like, you know, I started to sleep a little bit more but you know, and then start to go, wow, I like I actually want to stay in bed longer and longer and not less and less and it was like funny the better my sleep got as my nervous system chilled the more restorative the sleep was so I didn't need to sleep like 12, but I was still want 9, 10, 11 hours and then it was like more like 10 and then it was more like 9.5 and it kept going down but I was still tired for 10 months, it took me 10 months of regular sleep to get back to the point where I could wake up with energy. So all this like, hey, I tried to sleep and it didn't work for three days. I'm like, look how how important is it to you.

Like one of the things that one of our mentors way back in the day s is like one of the most important things to ever ask anybody is what are you willing to do for yourself? And I was like, it was a little crass the way they said it. But I mean realistically, I mean how empowering because like I was like I'm gonna figure out sleep because and that's for me where yoga brought down the nervous and things that I could finally meditate, which I had always been drawn to but I couldn't do.

So a lot of what I do in my programs is understand that not everybody can sit and meditate at a dispenser our you know at a time or go to retreat for seven days and meditate eight hours a day, I can do that now I couldn't do that before.

But yeah – You made me I was doing a V. I. P. Event a few days ago and I had a woman on my virtual stage and what you were just saying reminded me of her because I had asked her the question, when was the last time you told your husband you loved him?

And she said well I just told him at lunch hour and I said and I knew she had a daughter in college.

Sleep, Breathwork, and Restoring Energy

I said when did you tell your daughter you loved her and said well I texted her this morning and then I asked the question, you know where I'm going? I said when was the last time you told yourself that you loved you just her eyes got big and they welled up with tears and you know, it is like, these are moments where you don't even you don't even realize how we've left ourselves in the dust and I'm glad that you brought that up, because I feel like people don't think that's part of the healing process, loving ourselves enough to make sure we understand what our body needs from sleep and nutrition and so you package that so beautifully.

So thank you for that. – And you know, I mean, we're so worried about everybody else, Everybody else is telling their story and they're telling their story however, the hell they want to tell it.

So it's really interesting that if that's the case, then that means that you have a story that you're telling and you can tell it any way you like, and so whether or not there are circumstances in your story that you're not in control of, but there are so many that you are, if you don't like your story, just start rewriting it. Try a new one on for size now.

Again, like, I get it, I've been there, like, you know, when, when I, when, shortly after I was married, it was like, my wife would put her elbow here and it would feel like some sort of sharp like explosion went down to my finger and as soon as it hit the tip of my middle finger, it felt like Darth Vader shoved the lightsaber all the way up my arm and into my head and I was like, please don't touch me.

So and there's many, many other fun symptoms like that, like not being able to do three plus two in my head, that was kind of cool, especially for somebody who math used to be a strong suit but, but I, I tried my best when my back was against the wall, I'm so thankful that I said yes to the possibility of healing or I didn't even, that's the other thing, that might even be the thing Jana I didn't say yes to healing. I'll be totally honest, I just said, I am getting that and all I knew was that my current state of health was not compatible with that and I had no idea how I was going to get there.

I had given up on healing because all these doctors had given up on me and just told me I needed another pill and

I already tried all the pills and it didn't work.

So I'm like, okay, I'm just getting that I gave up giving a crap how to get there and as soon as I decided to stop giving a crap about how to get there, everything changed and and I was presented with the one thing that I needed personally and I was able to say yes to it for the first time because I just gave up needing to know how to get there, we all try to this line and all the associated fun things and you know, co infections and M CASS and mycotoxins, everybody wants to know how you don't need to know the, how you need to know who the number one who is you, the number two who you'll figure out once you know the number one who, which is you. And one of the other things that I just thought of as I was talking about that that I want to, I would love to share is one of the hardest things I ever learned was how to actually get what I wanted and what I mean by that was I remember in college, my mom's very roman catholic and it's very important to her and she lives and breathes this stuff serves and like just so proud of her for showing up her way, I had a different experience of the church growing up and I wanted and I had a different experience of spirituality and but I knew the same love and the same, you know, life force was, we were talking the same language, but we couldn't talk that language language and I would go away hiking in college for five days in the White mountains of New Hampshire and you like to me, I'm like this is God's country, I mean I'm like communing for five days, right, I'm so inspired and I come home and I tell my mom she's like, Tommy, you know, God will be there for you when you want to come back.

And I would be like, mom, but can't you just let me have it my way? And she's like, yes, I understand what you're saying, but God will be there for you and we just for years and years and decades.

I'm like, mom, will you please let me be me? And then one day it dawned on me that I was saying, mom, will you please let me be me, but you're not allowed to behave the way you want to behave to be you. So I was asking you to not be you, but I wanted you to let me be me. And literally I said the next time my mom talks to me about anything that's important to her, especially this topic of her faith versus my faith. I was gonna be totally cool with it.

Do you know how many times she's asked. She's brought that piece of that conversation up since then, that many, Located it's been 20 years and we have amazing conversations deeper than ever. But I stopped trying to ask other people to do things I was unwilling to do for them and by default also for myself.

So I had to be like, I don't even know if I was okay with what I felt because I was so worried about what she was saying. And as soon as I gave her permission to be her, I gave myself permission to be me. Just like that.

It changed same thing with my future. I don't have a future. Well I have that Crappy one. I want that one. Boom. Just like that. It popped in and that's a quantum leap. As long as you take action on it.

– Yeah. The power of the mind. The power of choice, right? We we have that power to choose. And I was watching there's an influencer named Prince Ea and he has this video on Youtube, right? And he's talking between B and D.

Birth and death. What happens there? And he said, well there's see there's choice in the middle of B and D. And that's basically what you're saying and I love that.

And so what do you, when you think about your area of expertise and you know, your colleagues that are rallying around this, do you think that there's something that is not being talked about enough that our audience would be intrigued to know your thoughts on?

– Well, I think you're probably gonna guess what I'm gonna say. It's that personal responsibility and it's not it's a capital R. And it's also not a bad thing. It's empowering.

I mean literally like if you think about it like how many doctors you go to and they say that you're mostly in charge of all of this.

Love, Choice, and Personal Responsibility

Like I would rather just hear the truth and I would also love because it's within the truth, there's power, you know,

And if you can't love yourself, there ain't no way you can love anybody else any more than you love yourself. You're not gonna treat anybody else any worse or probably better for that matter than you treat yourself.

They might treat them better. But it's funny the opposite. And you know, it's like, you'll give it all to everybody else and you'll treat but not yourself, that's the true power, You know, because then it doesn't matter.

Then you can write a story now just imagine that you love now I have a daughter who will be 13 the day after recording this the best way I know how to parent is to show up as the best time I can be. And the other about a week ago we were having a conversation because she's, you know, going through those changes and there's a lot of Bs going on at school were coming out of a pandemic and that screwed everybody up a little bit in their head if they let it be that way. I wrote a different story in my mind.

But I do know, there's a reality of some people have been isolated and it's affected us, You know? And I had said something to her about 14 months ago when I was a little short, I had kind of like, had a week or two where I was a little bit overstressed and She kind of had the same thing and I said something and I had apologized for it. We talked about it and a year like 14 months later it came back and I was like I am so sorry that I did not show up as the best person I could do and I'm really sorry that now you're carrying it with you.

So let's find a way this is what I'm gonna do for me. And then I asked her what she wanted to do and for herself and how she and if she needed help she, you know, I'd be there to help her but I was like I'm not gonna say, hey, you know you really need to let go of that.

I told her that I'm going to take responsibility for myself and I wanted to lead by example. So think of all the partners of someone who's sick, think of the parents, how do I get my kid to make these changes?

Guess what everyone around you is influenced by you. We all care that story that I said they're all making up, they care just as much as you care about what the, how you look in their story.

They feel the same way. So make them look incredible in your story. If you want to help heal them because it goes both ways when you help other people from that position of loving yourself, then you also open yourself up more and stimulate because the thing is when we say love we increase heart rate variability which is just one marker for immune system function and stress and infection resilience.

And so all of these practices we use the words love and gratitude and all this stuff. All of this boost up our immune system. And the funny thing is if you want to go back to the beginning of our conversation you want to get safe, how do we know we're safe? We practice things like love and gratitude and because we talked about intimate relationships, hugging and kissing, hanging out around the fire, sharing a meal, talking when you're comfortable and relaxed.

All of these things are science or nervous system that we're parasympathetic and the only way we get that way is if we're safe. So where I said lime changes your brain you can start to change that stuff back by choice going back to B and D. And and that's why I say this is the hidden treasure. This is science based.

This isn't like some B. S. That like oh like to come to my you know meditation weekend because you know just because we want to woo all this stuff is science. I mean you look at meditation.

I mean joe dispenses group is literally finding that if you're if you go to if you're a seasoned meditator or even just go to a seven day event where you do intensive meditation.

If we expose your blood cells to Covid it won't go inside more times than not just because you meditated and don't get caught on the word meditate because meditate means to become familiar with, to become familiar with the state that you want to live in.

It doesn't matter how you do it. Whether you sit there and do some OEMs and do some breathing or you gratitude journal or you paint or you read or you just sit down and talk with your family. Those are all forms of meditation.

If you focus on the feeling that you get there and then the little bit you focus on a little and a little more and a little more until that becomes a habit.

It's just like updating your, you know when my phone's not working, I turn it off, I give it a moment and then I re power it back on and then if that doesn't do it, I just update the operating system.

And that's really what we're talking about with the blueprint is what is the update? Because when the update is run theoretically if you have all the updated programs.

So if you're trying to run updated pro herbal and medication protocols on an outdated operating system, it ain't gonna work. So upgrade the operating system and then all the other stuff is great.

That's kind of like where I come from, – You are so cool like you are such a cool guy, I just, I'm loving this conversation so much. And so I'd like to know in addition to your yoga practice, what are, you know, what are some other mindset?

Non negotiables or tools that you use in your life that our audience could receive and if they resonate, could start living in theirs as well, – You know, I love to complicate things, I really do Jana it's like, I just, my brain just loves thinking about these big, big, big things and when you get like this, you don't really take action.

I actually have people around me who take action for me because that's how bad I am taking action except in this area that we're talking right, like I put it down, you know, when it comes to me that is non negotiable.

So I tried to simplify and I heard a really great, I do a little riff on an exercise I heard from Dr. Dan Sullivan and Dr. Ben Hardy. And it's kind of, it's interesting because they're talking about it in a business group setting, but they're talking about focusing on you first, so you can be successful and it was just such a boiled down version of how to do this. So at the end of your day, because this is going to help you sleep and it's gonna boost your immune system to so at the end of your day, right down three wins you had, it doesn't matter how big or small.

And in fact I would suggest the smaller and the harder to figure out the better because then it's like a glass of wine where you're just savoring these little pieces.

And if your day was like the worst day you've had in a long time, what are three lessons that may be wins in the future for you? So you can't, you can't sell yourself short and cop out of this one.

And then I want you to write to write those three down, then write down three wins for tomorrow, no matter how big or small. Again, preferably small, I'm going to wake up tomorrow, I'm going to have three glasses of water instead of to, it doesn't, it could be ridiculous.

Someone is going to call me and it's gonna be an easy conversation rather than a hard conversation, whatever. It doesn't matter. You just make it up and this should take you no more than three or four minutes.

It's definitely not allowed to take more than four minutes, you should use a pencil and paper pen and paper unless you have like a remarkable tablet, you have to get that neurologic feedback. And then when you're done you just read over all six things and you go to bed And so this sounds a little crazy on the first couple of days because then the next day you wake up and in 15 seconds you read all six and that's all you do. But after two or three days what you're gonna do is you're gonna start going there 45 today and then you're gonna start to feel like I just leave when I said that, I just feel you'll start to feel a little bit in your heart and then you can start to have just a little bit of accidental gratitude for your day because you're noticing. It's not quite as bad as it might have been a few days ago. And the reason we write down our winds for tomorrow, which is the craziest thing is these winds will happen and you'll end up starting to think about four and five things and then like you'll have so many wins.

So then the reason I love that is you're gonna start to pre plan your day and you're gonna start to fall asleep more easily because you have a little gratitude and parasympathetic.

Daily Wins and Practical Mindset Tools

But the other key is what happens when you say, you know what I have to have a conversation with my boss or my partner tomorrow, It's gonna go really well, your conscious mind immediately starts to figure out ways.

It's not gonna go well, I mean especially if it's a charged situation. So when you go to sleep, even if you're an insomniac and you only get 10 minutes you're still going to dissociate for a brief moment in time from your conscious mind and then you're gonna be open to all these new potentials and then when you wake up, they're just gonna start happening because your conscious mind hasn't been able to block it.

And now you're gonna then after about 4-7 days, most people are like, I'm never not gonna do this again. – I love it. And you know, I have you done the strategic coach program with Dan Sullivan? – I have not – Okay.

– I've met Ben before and I just love their books. So, – Yeah, so good. Right? And that's where I learned that hint that you just gave and it is very, very powerful. – And the crazy part is there are so many more I could we could talk for days and never run out of things to do.

But it's like literally if you don't have three minutes in the evening and 15 seconds in the morning, you're so bullshit. When you tell me you want to get better.

I'm just calling you out right now. If you like, literally like people, this is another top secret secret. Like if you can't show up for yourself, then you're full of crap like we're here to help you, right? We're here to help you and I have a patient commitment agreement and I have people commit that they're gonna show up for themselves and they're gonna do this this and this a little bit of it to make our lives easier on our end and when you commit to something, you tend to do it.

But I want people to really commit to themselves. And I had someone write me and say I'm sorry, I can't be your patient anymore because I can't achieve this right now. And I was like oh my God you are so the best person to read that. And it wasn't really written for you.

But maybe it was because she had a huge breakthrough because I said it's not that you can't do this. My question is do you commit to yourself and when you need help, you ask for it? Because if you just got mad at me for what I just said, we can help you.

But if you're just like, oh and you walk away mad like that's a different story. But if you're like I don't know how to do that. That's too hard for me.

That's cool. We're all here for you. But you have to step up for yourself. And if the only thing you do is say I can't do that, I need help. Welcome. Because now you're on the that's your first step to your quantum leap of healing, right?

– This is like one of those, you know, drop the mic and scene, right? – So fun chatting about this stuff. – And I just I love how real you are. I love how you have framed this.

That and part of it is in the motivation to know that we do have this in each and every one of us. Like there's no one that is genetically disposed to standing in their power. You might have a belief system that tells you that but there's nothing in our D. N. A. That makes it so.

And I think Dr.

Closing Thoughts and Where to Learn More

Tom what you've done today is given a lot of people a wake up call a little bit of tough love and a lot of information for them to resonate with because maybe today for those of you that are watching maybe it is you flip the script from the one day belief system and thought process to this is day one and that would be how spectacular would that be if that was the case. So if someone wants to get in touch with you, wants to learn more about your blueprint.

How where where do they go?

– Yeah. So our clinical practice is at originsofhealth.com because that's what we're teaching you to find and thrive with line blueprint is just like it sounds thrive and live blueprint dot com.

– So good. You're right. We could you and I could probably do a whole summit by ourselves a whole week of Dr. Tom and Jana just getting real. – I think it would be awesome.

We should definitely do something like that though – Totally. I yeah from the bottom of my heart thank you so much for showing up and being so authentically you here at The Medicine of Mindset Summit. I appreciate you.

– Thank you so much. Lots of love to all of you and I appreciate the opportunity to be here Jana. – You're welcome. Alright gang. I ask you to do this.

Every time we finish with one of our experts, take a tiny little break, go fill your water ball, go to the bathroom, if it's sunny outside, get some fresh air if you can get your feet on the ground, do that and then come on back with fresh eyes. Fresh heart for our next speaker on the Medicine of Mindset Summit. See you soon.