The Missing Piece in ADHD, Anxiety, and Chronic Symptoms with Dr. Stephanie Rimka Transcript

(Transcripts are generated by AI and may contain errors)

Opening on ADHD and brain differences

I always tell somebody, particularly in the mental health area, whether it's ADHD, which if my parents believed in going and getting their kids diagnosed with a thing, if you look at the DSM, it could have a picture of me next to ADHD in terms of personality traits and how my brain kind of you know, functions, but I'll never ever, ever tell anybody I've got ADHD or ADD.

It's just what I actually have as a superpower. The way that my brain works, if I'm able to take care of it and nourish it, and work with it. I am one of the most creative people that I have ever met.

Welcome to Vitality Radio, the podcast that helps you make sense of natural supplements and thrive without pharma drugs. I'm Jared St. Clair. I grew up in a health food store and spent over 40 years now figuring out what works and what doesn't, so that you can make confident, informed decisions about nutrition, supplements and your health.

Hello and welcome to Vitality Radio. I'm your host each and every week, twice a week. My name is Jared St. Clair and today I've got a special treat for you.

You have heard me talk probably about the various conferences that I attend each year. Jen and I go to several every year to learn more about what we're doing, to get more education on what were talking about here on this show.

and so on and i think it was three years ago that we first heard my next guest speak at the eco conference for sell core which is a conference that week just absolutely love and look forward to every single year i'm gonna go ahead and introduce you to her but first i want to tell you why decided to have her on.

She comes with a really unique energy and level of passion that is palpable from like the moment she takes the stage. And even in the pre-interview conversation we just had, I could feel it.

She's one of those people that I love. what she's doing in the world and how she is doing it because I think that it can be, what's the word I'm looking for, contagious, we'll say, and something that can actually move us all forward in, in uh, the direction that we want to be to optimize our vitality.

So I want introduce you to Dr. Stephanie Rimka. She's a clinician, educator and speaker with nearly 30 years of experience specializing in mitochondrial health, nervous system regulation and brain function.

She has worked extensively with ADHD, autism, anxiety, depression and other complex neurological conditions, helping practitioners understand why addressing root causes and whole body systems often produces better outcomes than isolated treatments.

Dr. Rimka is a founding faculty member of Peptide University, where she teaches clinicians about mitochondrial physiology and advanced therapies. She is also the author of Receive, The Dance of Feminine Power and is passionate about helping people optimize brain health, emotional resilience, and overall human performance, which makes her a wonderful match for Vitality Radio.

Dr Rimke, welcome to the show. Thank you. It's so nice to be here. And Jared, you know, I swear, whenever I hear somebody talk about me, and I'm like, are you talking about, me?

Introducing Dr. Stephanie Rimka

Like you make me want to cry because I just think I am just being myself and yeah, guess I guess, intense, but I don't consider it anything special. Then it, it really is beautiful to have other people like you be a mirrored reflect back like oh, What many people don't know, what they naturally do is this gift they were given, but we don' value it.

It's like, What are you talking about? I just talk, I bring it, you know. But you're right. I get people excited because I'm not going to talk about something unless I really care about it like I don t do small talk.

That's not really my thing. Yeah, like that I could care less. I don"t know what's happening in the world most of the time. Remember I had to Google what a Kardashian was like.

Why does everybody keep saying that word? What is that? What's that?" I remember Snooki, and I'm like, what is a Snookie? I was like oh, you know that show.

No, I don't know. I didn't own a TV, so why would I know? So I am a nerd who loves life. And I think I just was given a certain type of warrior spirit that if I see somebody who needs help, then I do not know what else to do but get myself involved in it.

That henceforth is my entire career. Well, you know, we talked about this before the show and doing what we do in our corner of the world and with whatever level of influence we have, whether it's through a podcast or an Instagram channel or YouTube or wherever we're doing it.

And it is an interesting thing because the There's a lot of darkness in this world, there's lot division in the world and there is plenty of mental health struggle in his world right and that's been an area of focus for you for decades now and it's being a pretty significant area focus me for the last twenty years but especially for last eight or so years with my regular listeners know my wife Jen and her story with 35 plus years of mental health struggles before she found answers in nutrition and physiology and no longer covering up symptoms, but actually addressing root causes.

And now she doesn't struggle in those areas. She was in what was essentially a prison believing that she was broken based on what she had been told until somebody challenged her and said, you're not broken.

There's just some work that needs to be done. And as that happened, she blossomed into what I would consider now to be, well, not only one of the most amazing human beings I've ever met, I'm crazy in love with her, but also the real version of her.

And what i hope to do with Vitality Radio to a very large degree, we have a series of episodes called Emotional Vitaly where we don't really talk about supplementation.

We talk mindset and how to kind of get out of your own way for lack of a better term. I know you're a big mindset person too, but today I want to focus on what you've seen in the 30 plus years that you have been doing this stuff.

You've worked with brain, the nervous system and specific issues that would get labeled in the DSM, anxiety, ADHD, autism, depression, and all these things.

Tell us what you've learned. Give me a little bit of a nutshell version of what have you learned about those diagnoses and how they're treated versus maybe how you think that we ought to be looking at it.

Well, unfortunately, oh gosh, what have I learned? A lot. I would say, you know, I cut my teeth in a mental hospital in Michigan working with schizophrenics.

And it was so shocking the level of the way Western medicine looks at psychiatry and that these basically the majority of, they won't say it, but this is the, just throw them away.

Throw them away. They are so broken and damaged. There's nothing we can do. And I think the ultimate

gaslighting philosophy or way they are, and that we've all accepted like this is the right thing.

Mental health diagnoses and root causes

You are not allowed to say cure. Like, cure is the ultimate four-letter word in all of healthcare because that'll get you sued. You can't promise, you can, don't ever say that word.

I'm like, like you just really want to tell people they're broken for the rest of their lives. There's no way you're ever going to get better. you must be cut, burned, mutilated and take these drugs and held hostage to us forever because there is no cure.

There's no better way to tell someone you are not a divinely created, crafted being that is a self healing, self regulating organism. And we are self-healing, Self-regulating and everything your body is doing is simply a message that's trying to, it's always working right.

It's, always trying correct yourself. So what I've learned most is, What the message I want all my patients to know the mantra is like everything is happening in my highest and best interest, right?

So any pain point you think whether it's coming external or internally generated is Happening for you not to use it. It's definitely the answer. Its the doorway out So that's even depression is the escape out of something right the tumor is protecting you from something So, I know those are extreme concepts for people, but the underlying thing is one, the symptom is the cure.

The symptom, is that the fever is medicine. But we have learned the anxiety the panic attack actually is there. to correct something else and we don't know how to respect that and so we're always squashing the symptom and it just keeps trying to reappear to finish its way out in some other kind of way it's because we keep suppressing the natural evolution of what the nervous system in the body is trying.

That's one. Two, psychiatry, the field of psychiaty is a total crock of shit. It needs to be completely thrown away and everybody in it and everything they've been taught is wrong.

it is the only field. Of healthcare that's allowed to treat, you know, diagnose and treat without any evaluation that is objective. They don't have to do any blood tests, any images, or any pre and post to prove anything.

You can answer some questions, check some things off on a checklist, and you can be given a very strong drug that you will become addicted to and habituate over time and are never going to get off of and have just to change dosing.

In seven minutes, you could be giving highly addictive cocaine or methamphetamine derivative very, very quickly. Nothing to it. Typically, you can't just walk in and get hormones.

You can just get chemo. Everybody else has to justify with images, with labs, oh, look, thyroid doesn't make hormones, blood sugar is too high, whatever.

They don't have to do that. You can actually test for these functions that are showing what's really going on. That's another point. The vast majority of mental health diagnoses, well not bad, they're all brain disorders.

They're are all based disorders, as is brain function equals behavioral. And that's how it is, behavioral action. So there's always a reason. If a child is fidgeting in class, if a can't stay still jumping, If the child tired all the time, can remember, there is a physical reason for that.

And it is definitely not an Adderall or Ritalin deficiency. There is either some other basic nutrient deficiency or a toxicity inflammatory condition or both causing that behavior.

But we just want to suppress it instead of taking the time. It takes a few months to actually, you know, figure it out,

let’s say, and have it resolved, but I resolve it.

it goes away. You can erase ADHD, you can raise anxiety, erase depression, or you could erase bipolar, whatever you want to call it. Most bipolar is just a misdiagnosis of a state 3 trauma.

That’s all it is. It’s a State 3 neurological disorder of trauma that the body is exhausted and it just looks like it, so they get mis-diagonosed all the time.

So the names schizophrenia, bipolar ADHD they’re helpful in a way that we can Say, well, I can see what the nervous system state is doing. I could see with the mitochondria are overactive, underactive.

Can get an idea based on the symptoms of what I’m seeing. But the name is not really, it’s not a disease. It’s how the cluster of symptoms have aggregated themselves on you.

So it helps us a little bit to kind of go, oh, but I really not going to know anything until I run the labs and do the brain imaging, see the electroencephalograph, See what’s going on and go.

Oh, okay. Here it is and structure dictates function and function dictated how structure is going to do. You have to look at the structure, you gotta look the function, and you can correct it every single time.

Every single. Time. The biggest thing is it’s all reversible, it all curable. Done. That’s a fact. It just takes thinking, You can’t be lazy, It takes time, in energy and money and intellect and commitment on the patient’s part.

Because I cannot rescue anyone, I will never work harder than them because as a clinician, you end up hurting yourself to do that. And that causes burnout and it destroys the best clinicians in the field because they can’t keep up with the demand.

Right? So there’s a lot I’ve learned, but those are the big ones and the messages I want people to come away with. But your standard pediatrician or psychiatrist have no idea what I just said and it’s outside of the thinking of how they think about it.

So if you’re seeing a clinician who believes you are always going to be sick, you will always be So you need to find someone who knows you are not broken, you will not always be sick, I’ll be damned not on my watch is this happening.

That’s how I approach them, that’s they hear it from me. And I might not be the one who’s gonna figure it out, and if I can’t figure out I’m gonna go find who will.

Because you came into my office, clearly if you’re here I am supposed to help you. And the best help I have could be to call my friend, who is like, listen, I know who you got to go see.

Or I’m going to take you through the whole thing myself. I’ll bring in three more and me. Whatever must be done is going be be. And as long as you stick with it and don’t quit and turn off the noise that’s telling you over and over again, you’re broken.

There’s no point. It’s hopeless. you will get better. But usually they’re going to have to often step away from the people in their lives, like support.

I think one of the worst things are usually most of support groups they are in, because they very entrenched in the identity of illness and the label.

And unfortunately, you know, I’m in my 50s, and I don’t know how old you are, but once upon a time, there was no glory in having a problem or being weak or any of that.

Today, there sure seems to be a lot of I’m so special and please don’t ask too much of me because see, I am this.

Oh, okay, well, you know, we can't, so it gets people out of having to actually take responsibility and let them have this pretty victimhood.

And victim hood has now become its own magical thing. So we've pathologized normal emotions, normal behavior, and normal things. Oh that's a disease pathology.

Really abnormal behaviors and really abnormal thinking It's it's divergence or affirming or something other really bizarre like you know they think they're dogs right that's like how to.

They need help but apparently we have to be okay with them wearing dog collars and walking each other on the sidewalk because if i not i'm a racist or transphobe or some other weird thing.

Wow, okay. That's where we're at. It's become a very strange place. Jared, let me tell you, to practice, the kind of patience I had even five years ago, not the same as today.

I'm completely sure of that. Okay, so then you said something that is really near and dear to my heart. It's something I've mentioned several times on the podcast over the years.

You said, I am this, referring to I AM ADHD, or I'M DEPRESSED, OR I HAVE ANXIETY. My wife, when she first met me eight and a half years ago, said I have bipolar and I said no, you do not.

And you know, it's an interesting thing because in some cases, become an identity, more often than not, I think maybe, that people adopt as if, in the same way as you would in an AA meeting, you know, "I'm Jared and I'm an alcoholic" kind of a thing.

Well, are you or are struggling with this set of symptoms? And of course, clearly from what you said and from my listeners have heard from me, they are going to take a very different approach to that because I don't believe in broken.

and I don't believe that any of this stuff can't be fixed. I remember on a different topic, but a very similar thing, I remembered talking to a client of mine, oh my gosh, probably 15, 20 years ago now, it's been a while, who came in recently diagnosed with an autoimmune disease.

And I just asked her, well, what did your doctor say about the illness itself? And what do the doctors say, about what your options are? My doctor said, all we can do is work on my symptoms and manage this illness and that I'll be like this for the rest of my life." And I said, that's bullshit.

And she looked at me like, what? I say, we have to be really, really cautious with how we speak about these things. for a clinician, a practitioner, to put inside the head of a patient that there is nothing that can be done to fix the thing that they are dealing with.

I love how passionate and how strongly you stated every single time there's something that could be. So how did you learn that? Is it just years of practice and seeing it over and over again?

I knew it before. The evidence caught up to my thinking. How did I know? I don't know. I knew that I, knew stuff very young anyway. So I will give credit.

If I new things already at two and three years old, I have memories from back when I was two years and I just would know things. And I didn't understand why everybody else said no.

It's right. What are we talking about? And always trusted my body to tell me the information.

How upbringing shaped a healing mindset

and I didn't grow up in like a crunchy granola house. It was the 70s and she wasn't like, a health nut or anything. I

mean, you know, I had Flintstone chewable vitamins, but cod liver oil, we all stood up for cod, liver, oil.

So there were some basics. the four basic food groups. It wasn't anything crazy, but you know, we weren't eating ice cream for breakfast. We were eating eggs, scrambled eggs and sausage and steak and stuff like that, right?

So kind of common sense. And raised in the thinking of, you now, there's nothing, your body's not stupid. So we had a fever. we did what everybody does, what her mother did.

You put a hat on, have a hot tea, a Hot Toddy, put on a bunch of blankets and you sweat it out. She didn't give us like Tylenol to try to put the fever down.

She was like, oh, you're making it feel good. We're going to sweat it out. So the poor man's sauna was put a bunch of blankets and a hat on the kid and drink some hot tea and honey and go to sleep.

They would, they put little whiskey in it back in the day. It's what we call the hot side. Everybody gave the kids a little whisky, knock them out, Today we do it, we call it Nyquil, and everybody thinks it's the same thing, right?

Alcohol without all this. So they just give you a little, And you went to bed, you woke up dripping in sweat, she put you in a tepid water and you felt fantastic.

You're like, I'm all better. There wasn't drugs and after drug, after drugs, but it wasn' like she didn't take us to the hospital. But I was taught to trust your body, to truss what was happening.

She wasn"t woo woo, She didn"'t know much about the body. You know, but I remember a moment I had a rash on my arms and stressful things had happened in the house and the family some chaos.

It was about seven and a half. And she's like, Well, how are you doing? I'm like I I wasn't crying. I was itching. I said, what? She said mommy, What happened?

I bite. She's like, no, this is how your body is showing me you are more stressed than you realize, honey. Like this, is bothering you, but you don't realize it's, you know, something happened with the marriage and my dad and was pretty ugly and screaming and bad things and police were involved.

So she knew enough. He wasn't a slight, she didn't go to college, which he knew. No, No. This is just. Your body is stressed and it's showing your sister's getting headaches.

You're getting a skin rash. Your brothers are angry and punching walls. Like, you're all handling it a different way. Okay, so it was her job to kind of contain and support.

That small little lesson, I always remember that. In just saying that to me, this was related to an emotion. I think that's a small thing that was taught to me that I, she didn't really know what she was doing, but it made me make connections later on.

And in sixth grade, you know, love this teacher who's no longer with us and I never got a chance to thank her. I went to Catholic school my whole life, K through 12. It's, a lot of people are shocked to know that learned visualization, the power of my mind in Catholic School.

She went through some conference, I don't know it was our computer teacher. and she came into science class and said, we're going to do a group visualization.

Okay. So she explained the brain and what we were going to do and why we closed our eyes and we looked up in between, like pictured like a TV screen. I remember the whole walkthrough of what she did.

It was so stunning and powerful to me knowing what I could control and how I was like total reality to you and How it changed that I went home and I started doing it every day.

I Started doing that all the time I tried to visualizing constantly and the older I got the more skilled I Got and then business coaches and other people tell you know, so I played sports I play college ball coaches would lie us down and we would visualize free throws and they would tell us, you Know, it turns out a study showed visualizing free throw accuracy.

It actually makes you get better accuracy than even standing at the line doing it. So you're going to stand at that line and you are going do it, but you going visualize it first.

You're doing both. I was taught this in high school. A high-school basketball team, Catholic school, taught us visualization. Everyone's laying on the court and your visualising.

This is what I was doing. I didn't know it was, and this is I'm from Detroit, I am from the Midwest. And I did come from some California area or whatever, right?

It's like, yeah, just very Midwest kind of people. So the mind I think I already understanding for me to get from point A to point B, a kid whose father is in prison, you know, on my welfare food stamps, living in the hood, fighting all the time.

To get to college and to get somewhere else and become a doctor, I have to see a reality that doesn't exist here. There's nobody paying for school. I don't know how I'm gonna get the books and all the things, right?

My mom's working three jobs. She never came to a game of mine, a spelling bee of mind. And I was still gonna win them anyway. So I had to learn how to create My future self through my mind and i was gonna make everybody you're gonna conspire to help make that i'm gonna do my part but you better do yours so we're going to meet somewhere in the middle so i think i always knew the mind was going i can see something before it's there so what was the difference in being the arm is broken it gonna heal.

Right? So what's the difference of seeing whether I'm trying to see a million dollars in a bank, I try to say you happy on a beach, you would love again, You not slicing and cutting your wrists, not schizophrenic.

I mean, whatever that is, i can see it. So I always just saw it for my patients. i see for the person before and I basically pull them into my vision of that I have the strength for two of them.

Like I know you're in the hole right now and you don't believe in anything. Imma have enough hope and enough vision for both of us and when you are ready, It's because they're in a hole.

They just tried to kill themselves. Like, they came to me right from the hospital. I said, when you're, I'm going to put my arm down. And I will not pull you out because I am not blowing a disc.

But when your ready and you grab and start climbing, my goal is to have you on a TED talk one day. Just say my name. So I tell them right in the get go, you are going be on stage one.

You're writing a book one, whatever it is that they want. It's happening. So I'm going to hold that vision, even though like you might not trust me yet, but you're going see I want to win it over.

And so they don't trust themselves. They have to buy into mind. I have be strong enough for the both of them, both us, and then eventually they can like, you got it now?

They go, exactly. Many of then have described it like because I can do the mind, I could see it for them. Imprinting that upon them in their field. One kid said to his mom, after trying to kill himself a few times, he was 16 or 17 years old, and the parents really weren't getting how tired.

They couldn't understand, why can't he just clean his room? Why can he do whatever? There is a physical problem here. Mental health is an issue. We have to stop thinking it's some mindset thinking.

There’s no stinking thinking problem. This is physical. You have deal with that and you have respect it. But screaming at him if he just came from chemo three times a week, right?

It’s the same thing. Can you stop? I need you to just give me a break here for a second while we rebuild. And so they said it kind of like, you know, It’s like I was in this hole or on a bed and there was like 150 pounds of concrete, blankets of a concrete.

I couldn’t, I didn’t have the strength to get the blanket off and you’re asking me to stand up. They go, it’s Dr. Rimka and it was just what I’m doing with them.

Balancing, getting their body what it needs to heal as well, all I am doing. It is like she took the concrete off. So now I can stand up and do it myself.

And then they start doing the behavior. So you have to meet, I meet them where they’re at and I have that vision. I think visualization and some of those messages, well, why would I not believe you can be healed?

It’s bullshit. A lot of it came from my family. My father was a bank robber in prison and my brother was an alcoholic. It was absolute, my grandmother had us all at gunpoint, tried to kill my mother, her own daughter and all of her grandchildren at one point.

So this is what I grew up in. I was determined to never believe everybody was broken. Like, that’s bullshit. Absolutely not. And you will not put me in a box because of what my family’s done.

had this relentless way of thinking about it. And I’m like, there’s no way we throw anyone away. We don’t throw dogs away, we don’ throw cats away and we sure don”t throw people away.” So I just had no tolerance for it and again, it could just be a lot of that religious, I was in church three times a week, a Baptist church, Catholic church or Lutheran church.

My mother’s born again Christian. I”m not any of those things, but I within it a And I think they were kind of really nice places where I was going. And it was just stories of hope and helping each other.

I really did believe in the redemption story of we can all resurrect and come back to life. have relentlessly believed it. Now have I collected all that evidence to show me?

Absolutely. But I just went to the doctors who already did it, like I learned from guys who were 60, 70, 80 years old. They showed me, here’s 10,000 cases.

It’s done. Names everyone should know. Dr. Abram Hoffer, he’s deceased. He was an extraordinary psychiatrist out of Canada who in his 70s I believe went to the Canadian Psychiatric Association took out his license and said take it back you guys are completely you’re complete idiots I am he started orthomolecular psychiatry he and Carl Pfeiffer came up with nutrient therapy understood ran lab saying here schizophrenia has three very distinct biochemical models you can cure it but here’s 10,000 cases, we cured it.

I’m showing you the formula. Here’s bipolar. here is how to cure it, here are the formulas, every single one.

Visualization, self-belief, and patient recovery

And then he thought he would be welcomed and they’d be welcome arms and cheer him. and when he realized he’s like you’re the worst people on earth, I don’t ever want to be associated, i’m giving you my card, never call me a psychiatrist again.

And so Abram Harper and Carl Pfeiffer really started what everybody else now is doing. And you have fractions of this and the Walsh Institute, all the other, they all learned from him.

He was the one that stood up and risked his license and said, F all of you. You’re completely wrong. All of these

people are cured. I have the evidence.

And he had thousands of people stand up. Many physicians, they were his patients. He's like, look at them. They're fine. Everybody's healthy. Their college professors.

Stop telling people this. So I so believed the conviction of others as I guess many are starting to believe in my conviction and I'm training you know clinicians as well and that this is the way they trained me so I don't claim to be as good as any of them I am just taking what they've learned and what I've seen with patients so i have enough trust and faith and belief now at this point I have seen it dozens and thousands of times and pick a thing I dont care like Ive done many more autism recovery than I have schizophrenia, but I still done dozens of schizophrenia.

I tell people like, if I can do it, please, I don't understand why I didn't get this. This is really insanity that people are coming to me for depression support or anxiety support.

And you look at them and you go, pull up a paper and look in the labs, you You don't have a thyroid disorder. They put you on what? They puts you in Cymbalta?

they put your on Zoloft? I mean, you'd feel really good with some T3. I don' understand. Like, what is wrong? What is happening? And again, I would like to still go to the thyroid and help figure out why the thyroid isn't functioning, why we need hormone.

But giving someone some thyroid hormone replacement is very, very different Because that's what's causing the anxiety or sleep problem, right? Or the depression, the hair, all that, you know, they don't need Zoloft.

What are you doing? There's no ZOLOF deficiency. There is an actual thyroid deficiency, then we can stop that because it's not dangerous, it is not addictive.

And then, we could figure out what, why. What are you missing? Is it iodine? is it this? It's that you had too much soy. Is that all the vaccines and the vast majority, listen, people can like me or not like.

The vast, majority of these mental health problems are caused by the vaccination schedule in and of itself. End of story, end stop. I've seen it thousands and thousands, and thousand, s and, thousands of time.

And those patients in my office who tell me these stories are not lying. Yeah. Well, everything you just said there, I'm 100% on board with and, you know, it's funny you talked about how you grew up.

I grew a lot more granola-y than you did. I grew in a health food store with parents that were the only ones feeding me wheat bread when everybody was eating white, right?

All that sort of thing. And I remember having the strangest sack lunches at school of all the kids. You know never was there a Twinkie or a Ding Dong to be found.

And so it was a very, very different upbringing. And at no point, I saw a doctor, my, was the C-section baby. I was nursed for two and a half years. My mom tried to make up for the lack of microbiome stuff that happened through, uh, you know, through a vaginal or that would have happened to a virginal birth.

She did her best. As far as that goes, didn't see another doctor until I sprained my ankle when I 16 years old. Uh, there was no well baby visit. There was none of this stuff.

What I think, you know, we all have our own conversion story, Jen's conversion when it comes to this. My wife is her own story. It's her being diagnosed at 13 with depression and anxiety and put it on Prozac and told essentially that she was stuck in this box for the rest of her life and then meeting me eight years ago and me challenging that and being really the first person that was willing to challenge it.

And what you said was really interesting because I've never thought of it this way, but it's exactly what happened. It was me having enough belief for both of us initially because she sure as hell didn't believe.

Not at that point, right? But also, the exact same thing. I wasn't gonna do it for her, and I knew I couldn't do for it her. And you know you can't. You will herniate a disc trying to reach in and grab somebody out.

That's a first responders job and they put their life at great risk to throw you over shoulder and get you out of somewhere. Like, that's not what I'm gonna in my office, no.

Yeah, they will pull you down with them eventually, right, if you allow that to happen. So I love how you said it because it was much more eloquently than I think I've ever said.

But what I'd like to get to, because we only have a few minutes left on the show, there are people listening right now, I hear from them on a regular basis.

I always tell somebody, particularly in the mental health area, whether it's ADHD, which if my parents believed in going and getting their kids diagnosed with a thing, If you look at the DSM, it could have a picture of me next to ADHD in terms of personality traits and how my brain kind of functions.

But I'll never, ever, tell anybody I've got ADHD or ADD. It's just what I actually have as a superpower. the way that my brain works if i'm able to take care of it and nurse it, and work with it i am one of the most creative people that i've ever met and that I think comes with that brain type i don't know how you feel about that, but that's kind of how i see it.

And then when i talk to people who are depressed or their anxious or they've been told they have bipolar or you know any of these things, What I always tell them is I don't really care who you are or how well I know you.

In most cases, I didn't know them at all. I knew their name at that point, the first few minutes that I'm chatting with them online or in person or whatever it is.

What i do know is that you don' have to be like this. You don"t have experience these symptoms. you can be better. For people that are listening and are really having a hard time believing that about themselves, what's the message right now?

Because clearly you believe it and I believe, but it's not the same for the individual who's in it right, right? Yeah. That is a superpower I wish I had.

wish I had the superpower I wish you know I ask every patient this after and so my first visits hour and a half and Sometimes three hours depending on all the testing so I break it down to this even adults, but it's great for kids So I need you to imagine I have a magic wand and you have three wishes tell me what those three wish and it was a Magic wand so think about that magic one you have three wishes and you can't wish for more wishes so stop doing that.

So what are the wishes? And that answer tells me everything I need to know about them because sometimes, I mean, it's magical what can come out of the mouth, you know, and it is one of most illuminating things and parents will hear what a seven-year-old will say.

It's like, they're just like what? I best assessment tools I have and where the psyche wants to go and what they care about and they value and sometimes what the want and I'll tell them that's interesting.

That's not at all what I care about. But sometimes they're conditioned to, you know, that little kids will be programmed. I want to behave better in school, I wanna not get in trouble.

You know what they mean? Like, sometimes it's very much, like, okay, great, now I can do all that. Now give me three other ways. Like okay I'm gonna be an astronaut or something, or I'll wanna fly.

Okay, so it is very different. So I say all I have to say, if I had magic wishes that I could help people see themselves with a really accurate mirror, see them the way a person who loves them most and who adores them, and I'll cry, like probably like their mother, right?

Sure. There's nothing more painful. I know how it must have hurt my mother to hear how I would talk about myself when I was a little girl. When my son, sometimes I look at him like, what did you just say?

And it's time to remind them, like, don't you ever criticize the person I love the most. You're like you're the more important, you are the perfection.

So if I could do anything, so I usually, this is the way I do it, if they can do themselves and I write about it in my book, I ask them to go look through photos.

I said, go through your photos when you were young. That's a photo of my son right there when he was younger. I keep photos of myself. So I found photos, I can pretty much see someone's life story if they bring me a picture of yourself every year.

And I could see that, and I feel exactly, that's when it changed. What happened here? And it'd be a divorce, there's something happened. You can see it, okay?

Energetically, it's right there. And that's why I have to require photos of everybody that comes, I want a photo. I wanna see if the online patients, if I need a photos right away, If I'm gonna accept them or not.

See the picture and I know I can the energy. Find a photo of the little kid in you that you you think is so you're like, oh my god I'm so cute when you can see Might be three years old might be six years.

Old. Don't pick the 13 year old zit weird hair Like you might oh, my God look well pick them on you like oh My god, she's so, cute just like when, you are at a restaurant you see a cute kiyaka Look how cutie is we forget so I tell them you bring that out I want you to talk put it on a frame Put it somewhere you see every day and if they if They have kids this is even easier.

I'm like you have my kids great. You have a new kid You find that one and you're going to talk to her. Oh my God, Stephanie, I love you. So, oh my god, you are so cute.

I Love you and we're gonna have a great day today. Mommy has to go to work and then we are going play at five. All right, literally teach them to start talking.

Self-compassion exercises and inner child work

If they start picking up that picture and start to talking to it, shockingly, eventually emotions are gonna come because suddenly they're are start saying like I'm sorry or like things are gong to happen.

That's the first state. Find the one you like. and get used to talking and saying, I love you, you're the best. You're so adorable. Like you are freaking awesome.

Rock star today. Go hit it. And I'm like, what? Go start. They're like yeah, so then I make them do this practice. So then they start taking care of who they really are.

Then if they can find a photo of the one they don't like. then I want you to start talking to that one. And let the photo talk back to you, like see what is going to be said.

So the fast, that's the way I start to do it with all patients. Like really it's about learning to love and accept themselves the they love, and except their own children, because I don't care what a three year old, listen, my son threw up in my face.

I don’t care you were never upset or angry about it. You’re like, oh my poor baby Okay, mommy’s like you to talk we always understood the truth. But you’re tired.

They’re hungry. There’s not a bad person They not doing anything wrong. We’re not shaming them, but that’s what we do to ourselves So now they’re shamed themselves now that I’m not good enough.

I was worthless I made a mistake but when you go back to that little beautiful child that you’re like, oh my, it’s like a puppy. You’re, like oh, my God, he’s peeing and who cares?

It’s so cute. So I get them to start doing that. That’s usually the way I can get to them start having some compassion and kindness for themselves. The next step is if I could get then to do it in a mirror.

I don’t usually go to the mirror. If you start telling somebody I want you to go a mirror and tell yourself, I love you, you’re beautiful, You’re so awesome.

Good luck with that. Somebody who, who’s depressed and miserable. It’s a very hard ask. So that would be the step. Find a picture of yourself. You might have to call your mom and be like, can you send me some pictures?

Can you FaceTime with me? That’s what I had to do at first. And then I have them in frames. I’ve pictures of me as a little girl all over. Look at you you’re adorable you did it girl.

And i used to hate some of these pictures and i eventually the picture i hate it the most because i work late those four scum tables i for like seven years and walk right i was all inverted.

Wow. It was very uncomfortable and had a lot of shame around that. And then finally I can look at those photos and I have no shame. I had no disgust and i did.

You know I used to scratch them out and cut them when my mom was like leave the pictures alone. But I thought I was so ugly I wanted to erase that now it’s front and center.

You’re incredible. So I start with, that would be the magic wish, but that does take time, you can do it yourself for free and most therapists are not able to do that for you.

You have to start talking gently to yourself. It’s very hard to talk mean and ugly, all that horrible self-talk to a child. If you’re able talk to mean or ugly to your child, then you are a horrible person and we probably shouldn’t help you!

Like, I don’t want to help you. You’re a psychopath, right? So, so that’s, that would be the way I would do it for those. Like it’s not an instant process.

I wish I could make that instant for you to fall in love with yourself again, but you’ve got to take care of yourself the ways you would protect, love, and defend your own child.

And so I just know that I’m very point blank with them about it. I love that and you’ve taught me something today. I think that’s incredibly powerful.

And I have asked people to do mirror work and they’re terrified of it. So I loved it back. Yeah, for sure. That’s amazing. But also I there is power in the process too, right?

So it doesn’t need to be a light switch that gets flipped on from, you know, depression to not depression. We learn in process and the learnings that happen are incredible for us if we’re paying attention.

I love what you’re doing. It’s amazing. I’ve always been drawn to you from the day that I first heard you speak. And every time I see you on an agenda for one of the conferences I’m at, I am like, yes, we get to hear Stephanie again.

So thank you for coming on the show. I would love to have you again and, you know, coordinate whatever we can together because we're certainly on same page on these things. And I think my audience learned some great lessons today.

For what you do in terms of helping people in the one-on-one setting, you mentioned online patients. Of course, this podcast goes all over the place. You do remote work.

How do people find out about that? This is what month? Is it September? As of August, I am I don't know if it's retirement or if its an extended sabbatical.

So as of August, I decided I am stepping away from the one-on-one. We're wrapping up and I'm releasing, so I not taking any one on one that could be forever.

It could for a couple years, but I focus more on my group courses and my membership and am using this time to figure out and got a projects that I'm doing, I am trying to figure out and it's taken me much longer and I finally said I cannot continue to juggle all the plates and doing the balls and juggling.

It's too hard. I try to find out how to take what I've done clinically and make it really simple. Like you're not going to come in and do $500 with the labs and not look at 500 markers.

What's the smallest amount for the mom at home, the dad at, home to help themselves and their kid go, I have these ADHD symptoms and they're, they are uncomfortable.

You know, like being creative is not attention deficit. I don't know why everybody thinks that being able to do that. That doesn't, that's not a disorder.

And that means you're a creative person. Stop calling it a disordered. We've called the normal things a disorders. Not how that works. And then it's like, and then we want to make excuses or something.

I'm at a point with it, it drives me nuts. But there are real phenotypes of these things. There's real under arousal in the brain, but there's no coincidence.

Closing thoughts and Dr. Rimka's new group model

It's not a coincidence that 96% of everybody with ADHD diagnosis is zinc deficient. Why? Because zinc makes dopamine and everybody's diet is full of cereal and bread.

They have no zinc, right? So I look at few markers. So like I am going to start making some lab markers i can do in a group process and teach them in the group way clinically what i'm doing so they can't do it themselves because the one i want it's like it.

Very time consuming and i've been teaching coaches how to do but it a lot like i know i could teach this faster i help a more people so. I've taken a break and I'll probably be at least a one to two year sabbatical or I could be retiring from private one-on-one care.

I have done it almost 30 years and it's just going to be group. So drmrmka.com will get you to the everything that's happening and my monthly membership.

Talk with them one on one inside of this and actually go over things and we highlight things like, okay, we're going look at the zinc copper ratios, which is what I look after.

We're gonna run, you guys can run the labs and I'm gonna group basically lab read. If you have this, then this. if you this then, this if it's this I look at methylation.

We'll talk about methylation now for the next three months inside the group. And sometimes I bring people up as

case studies that are in the groups and i read their labs.

Like if your cool with me reading, absolutely great. Let's go through it. So for 97 bucks a month, you get me reading your labs, talking to you in a group model and asking questions about this and I'll help you with dosage.

Okay, so the zinc for you, we need zinc picolinate, it's going to be like this, I need an acetol, this is going be a lot. If you're a kid it is like, for an adult it like.

Here's the brands I like, we're doing it two months, three months now and then we rerun the test. So I'm working on that. We'll be launching some of those.

I would say get on my email list. Social media is very tricky with what I am allowed to say and how I have to word things and in my e-mail and my membership I can say what i want.

That's why people say, well, because I can't say it the way it's very tricky. Unfortunately, I cannot tell you. You can reverse all the ADHD. I cant say cure.

It's really unfortunate. Most physicians you go to, if they say any of those words, they've just broken guidelines and their medical board and insurance company will not defend them in court if you sue them.

That is why. And one, they were just trained. They're just brainwashed. You're not bad people. If they don't believe, you can heal. Right. But they weren't taught that.

So you could only teach and do what you're taught. I was taught, You can Heal. Every doctor I went to, it was just a different way of looking at it. Because they're like, no they are idiots.

Don't listen to them. This is how it works. That's how I'm taught and that's what I teach. Well, we want you unfiltered. So I love that. I think that's the best Stephanie is the unfiltrated.

That's, the one I always hear. And I appreciate it. We're going to link to all the places in the show description where people can get ahold of you. This is a relatively new thing and I've got to run for another appointment anyway, but this group thing can be really, really powerful.

And there are not enough people in this world doing the kind of work that you're doing for the amount of need that there is. And I know you know that, and I certainly see it on my end of things.

So I would highly encourage people if what Dr. Rimka has shared with you today resonates with her energy, her passion, the way that she sees things, definitely at the very least follow her on social media, get on the newsletter.

And if you feel like you need the type of help that she's talking about, I 100% encourage you to follow that path because she is doing incredible work and has been for decades now.

Dr. Stephanie Remke, it's been an absolute pleasure having you. Thanks for joining me here on Vitality Radio today. Thank you, Jared. Absolutely. We all have our spot, right?

And for everybody listening, thank you for joining me. Thank you, for sharing your time with us. I know your is incredibly valuable. The fact that you spend it with me on a weekly basis means everything.

If you have questions about anything you've heard today, call us 801-292-6662. Jump on our website, vitalitynutrition.com. And until next time, I'm Jared St.

Clair and this has been Vitality Radio. Thanks for listening to the Vitaly Radio Podcast. If this episode helped you, follow the show, share it with someone, and explore trusted education and resources at vitalitynutrition.com.

See you next time. Hello, everyone. I hope you enjoyed this week's episode of Vitality Radio. Just a reminder that

this podcast is for educational purposes only.

This podcast has not been evaluated by the FDA. Thank you.