The Practitioner’s Reset: Holistic Strategies for Burnout Prevention Transcript

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Podcast Introduction and Guest Welcome

If you're in between patients or clients or whoever you are working with and you feel it, that is a quick fix. You're probably holding your breath a lot.

If your feeling pain in your shoulder blades, you probably hold in you breath. Your only gonna last so long before you gonna drop. Right? Or your body's gonna get really pissed off at you.

Welcome to the Holistic Truth Podcast. I'm Jamie Dorley, CEO of Nutritional Frontiers. And I'm Christine Genovese, creator of the Soul Intelligence Method.

We're here to help you break through chronic disease and dysfunction physically, mentally, emotionally and energetically. With real proven strategies, protocols and tools you can use in your practice today.

Hello, everyone, and welcome to The Holistic Truth. I am Christine Genovese, the Chief Growth Officer for Nutritional Frontiers and the creator of the bioenergetic healing method called Soul Intelligence.

And I'm so excited about today's guest. This is a lady who gets it. She is so in alignment with our mission to keep the world healthy. And she does it on every level, just like we do, physically, mentally, emotionally, spiritually, energetically, in every way.

And I'm really excited for her to be here today and to share her brand of magic and healthcare. Dr. L, I am excited to have you here. Thanks so much for being on.

Oh, well, thank you so much, Christine. I've been looking so forward to this. So forward. Awesome. Yep. so I'm a doctor of natural medicine and I have a bachelor's in holistic and bariatric nutrition.

And I also do advanced energy work and have not only been a business owner, practitioner and friend to many. Isn't it funny how that works? So one of the things I absolutely love is how your practice touches every single level.

So how do you bring what I would call your brand of magic or your special way of bringing holistic healing to the world.

Dr. L's Holistic Practice and Patient-Centered Care

How does that work? You know, I truly believe that each person is an individual. And when I meet with them, you know I get this sense with then and we start to talk.

Then you start have them open up because that's how people are. They want to tell you things. Like I can be in CVS and a random stranger will just walk up to me and start telling me their whole life.

You It happens all the time. I relate to that remark. So I studied Reiki many, many years ago. And once I did that, then that just started this whole evolution.

When I work with people, again, I truly believe that each person is unique. I love to listen to their story because that's where the gift is. That's how we know what's happening, how can we help them, and bringing out their authentic self.

Awesome. Well, very cool. I know one of the things that you're really focused on today is really how to support your fellow healthcare practitioners. One of things we saw, especially post-COVID, is a lot of healthcare professionals leaving, at least the allopathic side.

And getting out of what we have known as traditional healthcare, especially in the United States, and they were leaving in droves. And most of them, I think, you know, felt like they couldn't help people and so kind of hit, maybe what would we call burnout.

So I know this has kind been an area of focus for you, across the board, whether it's allopathic or naturopathic healthcare physicians. Tell me a little bit about what has captured your time, energy and focus.

Well, I was one of those people. Doing holistic medicine, burnout or people needing to detox is all kind of the same stuff. It's like, what's going on?

Why am I not okay? Like, why am i tired after I sleep? Why am I, and I'm gonna give you a visual, why am i like a bald-haired chihuahua in front of the espresso pot shaking for another cup of coffee?

That's you, right? Something's going on. Your stress level is not doing okay. As a practitioner, whether you're a medical physician, or you are a nurse, are you work in an office setting where there's medical, Or you were a single practitioner.

You know, the biggest thing is, shh, don't tell anybody because as a Practitioner, you can't Tell anybody that you aren't okay You're supposed to be there all the time taking care of other people.

And eventually what happens is, you know, emotionally you're losing it, physically you are losing, and medically, some things are going on. I was that person, I didn't know.

You know I wasn't feeling well, like I had this little tapping in my heart when I sleeping. Overall health was fine, so I thought, well I went and had a calcium test.

I was at the Olympian numbers of 487. That's super high, super-high. So, of course, off to regular medical physicians. They check me out and, okay, you're going to be okay but you need to anastatin.

And that scared the hell out of me. I went on it and made me sick as a dog. You know, I found other solutions and talked to Dr. Lin, right, with Nutritional Frontiers and found some other solution.

Now things are better. Can I get rid of that extra calcium? No, but I can make it not get worse. Right? So, beyond that. So some of the things that I adopted was, you know, making sure, that, I was walking every day, and that was lifting weights, so that is being very mindful of my protein levels.

And I know we do a lot of that with Nutritional Frontiers, like with Nikki Fett, right?

Practitioner Burnout and Personal Health Wake-Up Calls

What's she doing? Telling us to work out. We've got to lift weights and we need to eat protein. Muscle is medicine, baby. Yep. My last conversation with Jamie was like, yeah, I use the shakes.

I love the best way, and I fix that, with the creatine and all sorts of stuff. So that supported me. But maybe you're that practitioner that still hasn't identified that you are in burnout.

Maybe you don't know. And, you know, I'm going to tell a couple stories because for a little while I worked at, believe it or not, it worked for, have to say a plastic surgeon, but I did nutrition for him.

So it was pre-surgery, post-surgery. Kind of an interesting thing. And he was a kind of, he an excellent surgeon. Excellent surgeon and I can remember being in my office, not seeing a patient at that time.

In the hallway I heard this ruckus. So I kind of peek out my door, and there he is. Now, mind you, he's about 5'7", kind-of a slight-framed man, 58 years old, as you know.

And needless to say, He's out there stamping his little Prada shoes on the floor having a temper tantrum. Hands above his head, screaming, literally stomping his feet.

And I just remember going, wow, that's fascinating. What are you doing? And he just was losing it. He was loosing it because one of his patients didn't want to do what he wanted them to.

Right? So that was like one of the ways I saw that. And, you know, of course, him and I afterwards, we talked about some things. We did a little hypnosis on him, and, that behavior didn't happen anymore.

You know? I also worked for an integrative medical team. When I worked with a cardiologist, loved him. He was brilliant. and he was a nutritionist as well.

So we always had a great conversation, he and me. But he would come into work, He would always there before everyone. he stayed there the latest and would tell me he'd only get four hours of sleep.

You know, his stress levels, although no one knew, you know he had a wife that blew through all of his money and they had eight children and he just had to stay at work because he needed to make up the money.

And eventually they blew though the entire practice. right? They blew through all the money. So everyone left this huge integrated medical practice because they blew though the mone.

You know, so those are things that, you know you might not be seeing. To see him, he was calm, but you knew there was a problem. And then again, how is he effectively working with his patients if he's only got four hours of sleep?

You worry about these things. There's plenty of these thing. Or, here's me as a sole practitioner. I have no one to talk to, except for the point that I know something's wrong.

So, you know, some of the things I did is I incorporated a lot of my holistic training that i've had over numerous years. And, and, play along with me if you'd like, because I Yeah, no one close their eyes if you're driving.

One of the things that I say all the time is self-care isn't selfish, right? It's sacred. It is. And you really do have to put yourself first. You know, one of things we really focus on at Nutritional Frontiers is trying to provide at least twice a year, our two big professional training events where we incorporate mind, body, and soul.

And we really do our best to give back to the practitioners on every single level so that they can go back a little bit refreshed into their practice.

Because choosing yourself first is an actual practice, not a one-time decision, right? And I think having some of these cool techniques to be able to help people shift quickly is really, really helpful.

So I'm excited to learn what you like to do, and then I'll share a few things that I like do. Let's go. This is good. And getting back to your two events, I love those events.

I really do. And, you know, and at those events, of course, I'm listening and I am talking with other practitioners and hearing the stories as well where like we leave with our cup is full.

Like our cups is filled. We can't wait for the next event because we know our Cup gets filled, right? So you're within a beautiful community of practitioners of all trades.

that are there to help people. And it's just this loving environment. So if you haven't been, I highly advise you, get there. The next one is coming up.

Yeah, the next ones coming on October 22nd to the 25th in Pittsburgh. It's during beautiful fall foliage season. Those of us in the South get very, very excited to see changing leaves.

So that is part of it, but we always incorporate fun in addition to all the incredible learning and exchanging that you've talked about. And we try and incorporate meditation and yoga and workouts and healthy shake breaks and getting together with people.

We always have something fun. This one actually has a roaring twenties theme. So we're going to have a costume contest with that. We're gonna have wonderful fun dance and gambling type atmosphere.

And it's on the river at the landings casino, river's casino and the landing hotel, which is really, really cool. So we're going to be on other side of the River this time, but looking forward to hanging out and playing with everybody.

Give me one of your favorite, favorite tips to kind of hit a reset button. Okay. The first one, and again, if you're driving. please pull over, okay? It's not gonna be a meditative thing, but I just want you to give yourself that moment.

And you know, I've done this with Jamie before and I remember watching him doing it and he was like, oh, that was cool. Nice. What you're going to do and just like it says, for those of you watching the podcast, you can see me doing this.

For those who are listening, kind of have to get the idea here. So what I'm going do is I am going this short breathing, example if you would, and I'll tell you what am doing and then you are going repeat it afterwards for me.

Basically, if your sitting down, put your feet on the floor obviously and you going take a deep breath in, hold it for a moment, say the word one, one, release a little breath, say one again, and then another time say, one and release the breath all the way down.

Now, when you're doing this, it's really good if you actually say the word one. Like, One, right? And you can just say One. And the reason why that creates a mind-body-soul connection, so you are actually creating like this stream of light throughout your body, basically from your brain all of the down to your feet.

And so let's try this again. And you're going to notice that your shoulders drop after that last release of all that breath. It's very simple to do. Okay, so, let us try it again, deep breath in, hold it, say the word one out loud, one, release a little breath, One, Release a Little More Breath, and release all the breath out.

Did you feel your shoulders go down? I think they were, yeah. It's kind of neat. For those of you thinking you need a reset, if you're in between patients or clients or whoever you are working with and you fell it, that is a quick fix.

The body requires breath. We know that. I will tell you, you probably holding your breath a lot. If you're feeling pain in your shoulder blades, you probably holding your breath, right?

You're only gonna last so long before you gonna drop, or your body's gonna get really pissed off at you. Another thing that I would say, right? It's going to tell you, you will get that little psychic two-by-four smacked right across your head and it will show you.

Reset Techniques for Breath, Body Scanning, and Energy Flow

It'll drop you if you're not paying attention. Well, and that's one of the things that we always notice, it could be something as simple as a pain in your neck.

And then I start looking at, okay, well, which side of neck? Is it the left side or the right side? Well the side. Okay. That's typically male, or giving out too much.

And then I'll be like, oh, so am I being next to her about flexibility? Am I be inflexible with my partner or is he being literally a pain in my neck?

Right? So those are some of the small clues, right? It could be something as innocuous as that. You think, Oh, I

must have slept wrong. Well, maybe, your body is demanding attention.

And I think that's something, you know, when we talk about the bio-energetic connection, right, You just talked about, saying the word out loud. Everybody and everything is energy, and emotion is supposed to be energy in motion.

And typically if we stuff our emotions, just like you talked, about holding your breath, That's when it causes dis-ease or dysfunction in the body or dissonance in your frequency and it gets your attention to do something about it or it's really problematic and has been there for a while and is chronic and you have to go see a healthcare provider.

So, you know, I think it is also us really tapping into our own needs, and really remembering to take time out to some of these practices. I agree. Yeah, right?

And I think most of us are more comfortable being in service to others than being service ourselves. Yes. And we feel guilt and shame if we want to take care of ourselves, we've been well programmed.

you know, as whatever type and, you, know depending, it doesn't even matter, the elephant in the room is you got to take care of yourself a little bit because if you're not there fully, how can you fully support somebody else or help them fully?

You need to Take care Of yourself. And again, It's not a bad thing. It is a gift for yourself, for longevity, right? We all want to live long, we all wanna enjoy life.

So how are these little things you can do? Another little technique that I learned decades ago, I'm only going to say I am 25 right now. Needless to, say this was from an old shaman that I had met a long time ago.

And basically it was, and Christine I know that you do this as well. It's like, if you were to take, you know, again this is another one if your driving, pull over.

Right, so it's the same idea, feet on the ground, you take a deep breath in and close your eyes. And then I want you just to imagine with your mind's eye, to like, do like a physical scan of your body from head to toe.

Is there anywhere where you get stuck? Like, does something like call out to you like oh my goodness, like ooh, that's smarts there, or ooh you know what, oh, my gosh, I can't feel beyond my chest.

I can't feel this energy flow down to my knees. And if you're not aware of energy, you'll figure this out. But you are very smart with your own body. Everybody is.

We know our body's better than anyone because it's yours, right? So if your got your eyes closed, then I'm going to invite you, if can identify where that area is, and let's just say it your right kneecap.

Okay. All right, I want you to take your whatever hand, left or right which one you prefer. And what this shaman said to me was brilliant, because what he said was, in the heart there is no fear.

Right? In the heart, there is no fear because it's just love. It's the frequency of love, it is the Frequency of everything. You know, if your belief system is Mother Mary, right?

That's all Mother Marry energy. If you're in the science, its 500 frequency or above. Right, so that's in heart. So what he said to me was, imagine that there's this pink sticky cotton candy in your heart And you're gonna allow that cotton candy to flow to that area where there's the injury or the pain or they're stuck, which would be, let's just pretend it's your right knee.

And then with the other hand, you touch your knee and you just imagine that that pink cotton, candy is flowing down to the knee, and what you'll notice is that it dissipates a little bit.

The pain kind of goes away, the stiffness goes way. It's weird, but it kind works. Then from there you smile, take a deep breath, you give thanks to that, and then you're going to be like, well, that was kind of cool, right?

And the more that you do that the, more you identify with your body and you are allowing your own frequency of love and light to flow through your system, so that can support your, body.

And for those of you that don't believe that that's okay, but we do because we've tried it, you know? So give yourself the opportunity to heal. It's trust and it's, trust within your So the other image that comes to mind for me when you talk about the sticky cotton candy is really, you know, pink to me is the embodiment of unconditional love, right?

To me, one of the highest forms of love. What's in the back of a heart in particular. So when can spread that to another part of your body, People have to remember that, you know, especially even our practitioners, right, we have an electric body.

We have a light body, and so it's moving that energy throughout the body And most of us are stuck in flight, fright, fight, flight freeze or fawn. And all of that frenetic activity is constantly running up and down our vagal nerve, right?

And sending signals to all our body systems and our organs. So the more that we can tap in and take a time out, the easier that's going to be. We're going to hit, as you call it, the reset button.

Yes. I like to call those, you know, control, alt, delete. You know everybody understands. Oh, nice. When you said the Reset button, do you remember like the old Staples commercials and it used to be like this button and then it was the easy button?

I just see reset on that button like, click it. That was easy. Click done. Okay, I'm fine. My other favorite commercial, because it's kind of relevant right now at this time of the year, was the Staples commercial.

I thought they did a great job, by the way, where the woman has the grocery cart in the staples store and she's singing It's the Most Wonderful Time of The Year because the kids are going back to school.

Because her vagal nerve was fried all summer. I digress. Okay. Give us something else good to calm us down. All right. So I'm going to say this. If you're listening, I am just going read off 10 symptoms.

And if you have any of these symptoms, you may be requiring a reset. All right. No judgment. It just is. All Right. So one, you're exhausted even after sleeping.

Two, your patience is disappearing. Right? Little things trigger you faster. Like you just do not have the patience for stuff anymore. Alright. Remember the guy with the Prada shoes stamping his feet in the hallway?

Okay. If that's you, absolutely need a reset. You're running on caffeine, like that little chihuahua, you know, shaking. If you can imagine that, it's kind of a funny little anal thing.

Your brain feels overloaded. You can't remember anything. Why am I feeling so dumb? Because your brain is working so fast and it just can catch up with all the stress and the trauma you have in decisions.

That's not a normal thing for you. You stop feeling like yourself, right? Your body is talking louder. Other things is you're emotionally checking out.

You're like, I'm toast. I give up. Peace out, Right? If that's you, probably need a reset. Your healthy habits are starting to disappear. Now, we work with a lot of natural things here, but we're also like, if you're starting to eat like crap, like caffeine is your driver or alcohol is now your friend, it's the only way you can get to sleep at night or not sleep.

If you are attracting towards some of those things, you have to understand that Like, you know, again, no judgment

at all, but something's up, somethings up.

Right? And then you also risk, or learning that, that you give your best to everyone but there's nothing left for you. You get home and you are toast.

Toast. These are all simple signs of needing a reset. There's your control alt delete. And it's okay. So if you're hearing this and you even have a few of those symptoms, please reach out to us one way or another.

We're not here to be your therapist, but we're here like, hey, what little exercises can we help you with? Little tricks of the trade for everyday use.

Maybe make sure that with Nutritional Frontiers, you have your lifestyle box, if would. What's in it? Are you taking your supplements that you are recommending to your patients?

If you're not, get with your salesperson because my goodness, Get on some of the supplements. I tell you, hey, when I did, my life changed, right? And I was working with other companies, I've worked with them all.

This is the one I come back to because there is a, I don't know, there's just this feeling. Energetically, Christine, you know what I'm saying, they sing, right?

The supplements sing. I know that sounds ridiculous for those of you that don' understand that, but basically it's like it just makes you some muscle testers out there.

Signs You Need a Reset and Nutritional Support Tools

You know comments from people who do muscle tests, supplements telling them, that they've never had supplements test as high as our supplements, because they are high vibrational, right?

And we look for the best quality form of ingredient. That's why they're patented, they research, their trademarked. You know, Jamie and the product team take great care in making sure that we do that.

And that we also consult with physicians and talk to our healthcare providers about what's missing. What else should we add to the line? So I'm going to tell you a little secret.

I probably going get in trouble. They may make me edit this out. Okay. But by the time the professional training event rolls around, I know, in October, we are actually going have a newer formula literally called the vagal nerve reset.

And I'm pretty excited about that because Dr. Len put his head together with Dr Darren Mitchell out of Texas and Jamie and they came up with this incredible formula.

So I am excited to see what that does in the body. You know, we've got some great supplements as well. To your point, you know if you are experiencing adrenal burnout, I, you know, prior to joining Nutritional Frontiers was a corporate revenue and turnaround specialist for most of my career.

So high stress, always under the gun, have to get the company turned so that they start becoming profitable or they get to sell or whatever those things are.

You know, I was in adrenal burnout before I went to my doctor, Dr. Lisa Coach, who's a naturopathic doctor as well as a triple board certified MD. So she had the whole spectrum available to me.

Yeah, and so I would, we've got adrenal glandular, right? Which is an incredible thing when someone's in adrenal burnout and they really need to get their system to calm down.

So I usually, I actually to this day to kind of keep my stress under control, still leverage that product. I will take two

of those in the morning. And then we have another one called Adrenamax, which is adaptogen.

Which means it's gonna dial your cortisol up or dial it down depending on what you need. And so I'll take two of those in the evening, you know, besides all the normal things, like I don't go to bed without four mag complete ever.

Everybody needs magnesium. And that is like so good to get your body to relax, your muscles to, because usually If I'm feeling fatigued, it's usually muscular.

I am a very active tennis player. You started talking about, are you doing all the right things? I actually am and I feel really good. And I was so excited because this past week I finally hit the weight goal that I wanted.

Let's stop there. Congratulations. Because you know what, that's a little celebration. Like little sparkles are going up. Hey, because you work so hard for that.

Good for you. I wasn't focused on the weight as much as I was like, I want my body composition to change, which it has. Pilates has been a great addition to help develop the muscle, like we talked about earlier, and to be a complement to the tennis.

And it's made me a better tennis player, But I also did something really kind of cool this weekend that I haven't done in years. Like, I don't remember the last time I did it.

I actually wore a bikini instead of a one-piece on the beach all by my lonesome. Yeah. So that was a big deal. Good enough about my body to put a bikini back on so I think it's also right giving yourself and rewarding yourself when you do Hit some of those goals and to help manage your stress better and To know when your going down that train because I you know, I live that life.

I understand what it is like to constantly be focused on the next goal, always feeling like whatever you do, it's never enough, and getting depleted. And when you recognize you're in that place, you have to do some things to help shift.

Now, one of my favorite things do to shift my energy and my vibration, It's so easy and it is so fun. It is to laugh. Oh my gosh, do you know how quickly that changes your vibration from where you are to the higher level?

And it's the coolest thing ever, right? So I tend to enjoy funny people. I enjoy trying to make people laugh and getting them to shift up and out of that area.

So that's one of my favorites. My other favorite? Okay, here's the pullover warning I'm just gonna ask if you wouldn't mind out playing along with me I do I would just love for everybody to close their eyes for just a moment as long as they're not driving And just breathe into the center of your chest in your heart space And now I want you to envision Someone you love or something you love in a place that you absolutely love to be.

You can't help but laugh. I want you to open your eyes. Smile. Right? Does that not move your vibe to love like in second? I love that one. So I call it fall in love.

That's awesome. And I'm just going to continue that. So you can't have a negative and a positive thought at the same time. At the exact same. Oh, that's great.

That is amazing. And you know, just to kind of talk on what you did, like how your life was prior to this, mine was the I was teaching classes, like literally all over the place.

So I would be on, you know, three, four, five planes a week. And I felt my stress fall out. Then, for me, I just did a little silly trick. I work a lot with essential oils as well.

wild orange and I would smell it and that would immediately bring me to happiness. So it just reminds you of being like an inner child is like using the tools that we have and a lot of these tools like I said is you know Nutritional

Frontiers has so many great tools.

I love the adrenal support because sometimes you just don't know what's going on and if that's just the little trick that you can use in order to support yourself fantastic.

But again, if you can go back to, do you have any of those symptoms? Please reach out. Reach out to Christine, reach to me, to Jamie, your salesperson.

Because we want to make sure that you're okay, that can continue working. That you learn more of these, hey, put that happy face in front of you. Who's in there that's making you smile?

What's that great thing that brings you joy? Because joy will help you… Absolutely. And, you know, how do you get to joy quickly, right? That was one of the things about the laughter piece.

The other thing that I'll do during the day, if I need to shift quickly is I put them in high vibrational music. Yes, absolutely. Okay, so remembering, Everyone and everything is energy.

Everything is frequency. It's vibration. Like the only way we're seeing each other right now is a frequency that's being received by the laptop or the phone, right?

The only we you're hearing us, it's a frequently that is coming in so that you can stream it. And I think we forget that because we are like, oh, all this cool stuff, I can see it moving on my phone.

How do you think that happened? Right, you know, how do we hear music? Even Einstein said the future of medicine is frequency because it is so potent and powerful, right?

I mean the fact that we're using electromagnetic pulse right now to break the outer membrane walls of cancer cells and shrink tumors with a frequency That's amazing, but that's how powerful it is.

So put on some high vibrational music, you know, whether you just go on, Apple or Amazon, and you say, play meditation music. Or you use something more specific.

I love this artist, Anugama, A-N-U-G-A. It just puts me in a higher state, almost like a theta state to calm myself down. You know, and every year I started a practice a number of years ago where we picked a word of the year that you want to feel, that want you to embody.

So my word this year was sacred. And I wasn't sure exactly how that was going to show up for me, but it showed up by giving me the opportunity to go take several timeouts, which I am not known for.

Typically I'll do a long weekend and then I'm right back at it. but my body was saying, okay, you know what? You're going to Egypt. Oh my gosh, was that an incredible reset for me.

And then I went to a Dr. Joe Dispenza advanced meditators retreat, but I got to do that with several of our healthcare practitioners with Nutritional Frontiers.

Laughter, Music, Grounding, and Retreats for Recovery

We went out to Colorado and we had four days worth of meditation and being in nature and going within and really upleveling and giving ourselves a timeout and each one of them experienced to your point an incredible reset as did I just to get ourselves back and centered right so that we can give back to all of our patients and clients.

Absolutely. And then, and recently I was able to work in one other little cool trip so far this year to Costa Rica where I did a whole immersion in the rainforest, really just spending time in meditation and doing certain activations and kind of reviewing my whole spirituality and, you know, hopefully leveling up so I'm a better leader.

and a better practitioner. So it was pretty amazing. And I highly recommend people do that. As a matter of fact, Al, I'm gonna let you in on another secret.

Jamie's gonna be like really, really like, oh my gosh, Christine, we have to edit this out. You've given all the tricks away. Besides our two marquee professional training events, the one I mentioned in October and the that we had at the end of April next year in Clearwater, Florida, We are in the stages of planning an actual retreat.

for nutritional frontiers health care practitioners where the whole intention is to be in a different environment where we actually do a retreat. to stimulate mind, body, and soul with more nature and movement and really embodying all of those great practices and a lot of the tools we talked about.

So I may be calling you, Ms. L. Oh, I would love that. You know, you know I do love this. Like I said, I like the way that Nutritional Frontiers, I love the mission.

I loved the story, the family, and I liked the fact that you are taking care of the practitioner because that's so important. There are so many companies that don't.

So bringing in a retreat like that, how amazing. Let's just say the high-functioning practitioner, let's call him that. That's basically you're in burnout, okay?

You're going to get this with people that are very qualified to help you, right? And also it's just like, you know, it comes back to the, Don't tell anybody, right?

You are now surrounded by people that don't care. We don' judge on you. Okay, please come. Let us support you, let us love on. You let, us, love you more than you love, you right now.

Right? Because that's really how it comes to, and as healers, you know, we are always about, how can we find the best for you? Like, what do you need?

What do need a cup of coffee? Okay. You know you, need some water? OK. Let us help you. And I'm so excited for that, Christine. I hope it's somewhere really fun.

That would be amazing. Well, one of my favorite places on Earth is Sedona. So that may be our first stop on the Magical Mystery Tour. I'm working. I am working to try and put something super cool together.

Right? It's so high vibe and it's right here in the United States. So, although it is a little bit of a journey to get there, it one of my favorite places on earth.

And how beautiful. How beautiful for that. Absolutely. Anyway, I can't believe we're getting to the end of the episode. I am so excited to talk to you forever.

Why don't you share with people how they can get in touch with you, whether they're a healthcare practitioner or one of their patients. How can people work with and what are the ways in which you're supporting patients and healthcare providers today?

Well, that is a bunch for me to answer, right? So you can go to my website, elpreventure.com, and I know that they're going to be listing this down for you.

And it's E-L-E-P-R-O-V, as in Victor, E N-C-H- E R dot com. Or feel free to send me an email at my name, e-l-e at elprventura. com, happy to respond. So what I do is I created a 21-day reset program for people, which is going to be giving them opportunities to do some of these exercises or maybe to identify what's really going on.

Because you might not know. You might just be like, ah, a minute, can you help me? Sure. Give me a call. This is something I've done for a really long time, and it's not just been with practitioners.

It's been, you know, with laymen. And it has also been people, C-suite level people. Because stress is stress, right? Pain is pain. If we could find little things to make your day easier, why not?

Why not?" And it doesn't have to be hard. And another little quick trick, all right, and I know Christine knows this, you know, because she was doing a lot of forest bathing, let's just call that in Costa Rica, right?

We did actually, we called it that too. You know you do have your clothes on, okay, if you're with other people, but basically what you doing is just, go outside, take your shoes on.

Take your socks off, stick your feet on the earth. right? Allow Mother Earth to support you and to basically what it's doing, it is removing the static energy from your body, right, breathe while you're doing this.

And if you can just imagine like where I live, I lived in Connecticut. So when I go up the highway, and let's just say at the regular radio station, not satellite, okay?

And those of you old enough to remember this, you would drive up to highway and the station you are listening to is playing and then all of a sudden You have to change the radio station.

Maybe we just need to just change your radio stations, right? We need find out what that radio that is yours, what is your frequency that best supports you.

And I know that sounds like, how are we going to figure that out? It's easy enough to do when you have the right guidance. So, and when your giving your body what it's fueled for, you know, what do you need?

Put in the supplementation. Get with the people that love you. Give yourself a flippin' time out. It is okay. And we're here for you! Well, one of my favorite things to is ground and I'm very lucky to have an opportunity to that in Florida on the beach quite often.

but even being near the water, right? Just the sound of the ocean waves is really that natural, it gets your circadian rhythm back. It is that own sound that also calms the nervous system, let alone all the minerals that are in the waters.

So even just something like that is very, very calming and refreshing. And so I highly recommend it.

How to Connect with Dr. L and Closing Remarks

Yeah, It's really funny you say that about Costa Rica, but I actually did, um, And we actually did sort of an outside kind of ceremony, maybe releasing things into the fire that you no longer want to carry with you, something to that effect.

And, we had to walk around and you could either do it in your mighty sneakers or your bare feet. You know what? I'm going barefoot and I've got to wash my feet after and go with that.

But it was incredible to just feel the ground and the earth and to feel connected again. Like being a little kid again? Yeah, right? Playing in the mud.

It was so fun. That's so awesome. Well, Dr. L, this has been amazing. Thank you so much for your gracious gift of time. I am sure that people are going to love this episode, so I'm going highly encourage everyone to comment, like, or share with someone who needs to hear this.

And I think you might have had something on that top 10 list of, oh my goodness, I going over the top. And if you did and you want some additional support, please reach out to Dr.

L or find us, you know, find out a little bit more about the Soul Intelligence Method by visiting nutritionalfrontiers.com. All right. One more thing for all of you.

Give us one more word of advice. Let's go. I want you to know that who you are makes such a difference in the world. You are loved, you are strong, and you're needed.

And with that, be well. All right. Everybody, make it a great day. Thank you so much for joining us on the Holistic Truth. Until next time, take care.

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