Introduction and the hair-graying stress study

Today, a study was published showing an amazing study. They did a whole bunch of mouse studies, and they looked at the graying of the hair of these mice.

And they've just finished a human trial now. This has really just closed my mind, actually. It's just a brand new study published today. So they found that when people got stressed, they were examining hair follicles.

When they got stress, their hair literally began to go gray. I am thrilled to have our next guest on board today at the Global Energy Healing Summit. He's somebody that I had the privilege of meeting through a group that we're both part of called the Transformational Leadership Council.

And whenever I see him, he always has this big smile and just a huge heart. He's probably one of the most brilliant people walking the planet, too. He really is someone very special.

And today, what we're going to discuss with Dr. Dawson Church is the science of energy healing. Now, DawSON has researched energy and healing for many, many years.

As he says, he has three bestselling books. His book, Genie in the Genes, was in your genes was phenomenal. showed how epigenetics really worked and demonstrate that emotions drive what happens in our genes.

We don't just have like genes that we're stuck with. So thank you for writing that book. I know that was so helpful to so many people, Dawson. And then a book I'm rereading, Mind to Matter, where it shows how what happened in the brain creates a lot of our reality, right?

It actually does come to fruition. And again, just an awesome book filled with research, not just theory, but real research which I want to dig into today.

Then your most recent book was called The Bliss Brain. Is that correct, Austin? Bliss Brain, yes. All about the neuroscience of elevated states and how those are having effects on the way our brains function and they change.

Dawson Church and the science of energy healing

Yeah, and how to create more happiness, which we all need a little bit more of. You always seem so happy whenever I'm around you. I want some of your happiness.

It's free. it's available to everyone, Tom. So it was just mine to matter. There you go. And people get to experience it today. You've also done amazing things like working with veterans on PTSD.

And a lot of people know you through EFT universe.com, which has been so helpful to so many people with EFT, the emotional freedom technique that you teach and tapping.

So lots of great things you've already brought to the world that have helped so people. Welcome to The Global Energy Healing Summit. We're so thrilled to have you on board.

Well, it's great to be here. It's really been such distinguished company and information that people will get here and then hopefully apply in their lives has the potential to the revolutionary and put us on a whole different trajectory in terms of our health, our well-being and our happiness.

So I'm thrilled to Yeah. So, hey, one thing, you know, a lot of people, call a a of what we think of as energy healing or these techniques, even like EFT, new age, right?

It's just invented in the, the new page. But part of we were discussing earlier is that it used to be the norm. Many of these things that we say new-age used be norm, can you take us through a little bit of history and energy-healing just from your research?

Yeah and you know I talk a lot in my books about evolutionary biology and seeing everything through the lens of why did we evolve this way and how are we the product of evolution and so it's really useful if you have any behavior, anything going on with your life, your health, go back and say what was the utility of this a hundred thousand years ago, five hundred thousands ago?

Why am I this? And so when we go Back in human history of course we find when you go there were no drugs. There were herbal remedies, but all of the tools of modern medicine were developed really got going after the Enlightenment and the Renaissance.

And so they're fairly recent. Before then, we had energy. We had belief. So if you were sick, the herbalist might, curandiro might have a herbal concoction of something like willow bark.

which was used, which aspirin was derived, and they might have tools like that, but they had placebo, they have belief. And if you look, for example, at drug trials, look at trials of drugs like Zoloft and Prozac, what you find is that those drugs are about 40% effective, about a 40 percent effectiveness.

In the placebo groups, when the drug companies are conducting the clinical trials the the pill with nothing in it, the inert substance is 35% as effective.

Placebo, beliefs, and the brain's negativity bias

So the placebo in many drug trials is so close in function in its ability to heal to the drug that there's hardly a difference between them and those things we've had for millennia.

The shaman might have given you a terrible substance, may have danced around you, you may had to do some kind of ritual purification, incantation, and then you brought all the power of that placebo into the encounter.

So these techniques are ancient and some of them are astonishingly effective. Yeah. Hey, so talk a little bit more about placebo. Tell people what that means and why is the placebo effect so powerful?

If you just believe something, it has an extraordinary effect. So SIBO is the power of belief. It's believing that something's possible. If your believe it, then it's much more likely to happen than if you don't believe.

And for example, in one big trial by the University of Rochester, they looked at all the factors that were contributors to heart disease. Cardiac arrest, congestive heart failure, all these cardiac events.

They looked all of the factor that played into that. lifestyle, diets, smoking, habits, behaviors, exercise. They looked at all of these things and, Tom, this is so funny, they found, funny not funny ha ha, but funny interesting, you know, at the end of the day, there was one factor that was a bigger predictor of having heart disease than any of those other things.

And that is the answer to one question on the questionnaire, and that question was, do you believe you're at risk for heart disease? Wow. It was more important than everything else.

And there are literally hundreds of these placebo trials. Even people know it's placebo, you tell them this is an inert substance, and they know an inner substance it still has a strong effect.

So Our beliefs are tremendously important. I know I've done a couple of trials with cortisol, looking at cortisol levels and we find that cortisol level is just based on your emotions.

If you have a lot of emotion, a love stress, lot negative thinking, it drives cortisol high. So just thinking believing

having a worldview is having effects, dramatic effects medically on our bodies.

Yeah. So you just described an example of a placebo not having a positive effect, but we have beliefs and thoughts in our mind that actually can make us sick, right?

That can create disease or illness. I teach a lot of live workshops and I ask people in those workshops what is going on with them. And Tom, it breaks my heart.

Some of the people there, they're in their 20s. They may have a hugely successful career. The often are very affluent and they have so much negative self-talk.

it just so touches me sometimes you'll see somebody who seems to have all of these outward privileges and advantages and yet inside they are self-critical they have this constant voice of nagging self sabotage going on and in fact not only do we have that voice The brain literally defaults to that voice and in my matter I talk about the default mode network and it's called the brain's default-mode network because when we aren't actively involved in something, when were, you know, balancing our checkbook or doing a spreadsheet or talking to a friend or cooking dinner, then the task positive network of the brains is turned on.

There's a whole bunch of different sides on the areas on a lateral part of brain. But when we just stop doing anything, when were just trying to meditate, for example, or we're relaxing, a bunch of regions in the center line of the brain turns on called the default mode network.

And the Default Mode Network does two things. It obsesses about the bad stuff in And it projects it into the future and says, what might hurt me in the feature?

And that's the potential brains. And so there are these people are they want healing. They want to improve their lives and yet they're just obsessed with these negative default thoughts.

So that the big challenge in healing realm is we have to, we know that that is the way the brain works.

Using stacked techniques to reach meditative states

How do we counteract the brains negativity bias and the default mode network? Yeah. So now, Hey, that was great. I didn't even know that we were going to learn that today.

And I've got a lot more questions. How many hours do we have? Yeah, I know exactly. But like how, how are people, what can they do to, you know, now that, we all know we've, got this default network that's obsessed about the future and danger and what might go wrong.

What are you coaching people to do? What do they turn it off? Do they just refocus on tasks? Well, a big clue came when neuroscientists began to study Tibetan monks.

And these Tibetan Monks have the ability to shut down the default node network really, really quickly. In fact, they are told, for example, that they're about to be tested and the researchers are going to look at what their brain patterns are when they're in these advanced states.

And when their told they will be tested, before they are being tested in one second, they shuttle to default mode. Now that takes 10,000 hours of practice.

So all you do, Thomas, is just 10,000 hours. Go to a monastery, take vows of chastity, poverty, and obedience. So anyway, about about 15 years ago, I was at conference and all these great speakers were there and this guy called Roland McCready, who's the chief scientist at heart math and go to Spencer, Bruce Lipton, and we were all talking behind the scenes in the speakers lounge about these great techniques, we know EFT is just fantastic, reducing stress and that makes you really relaxed.

We know that neurofeedback and biofeed back, mindfulness, all of these things are effective. And I had this idea, I said, what happens if we do them all in sequence?

And so the next year at the same conference, i said to the organizer, you know, have you indulged me? I want to stand in front of the whole group, I would be able to do some EFT tapping, if he's on active pressure, tapping pressure on acupuncture points, then a little bit of self hypnosis, then do a couple of mindfulness techniques all together.

So we did that, took about six minutes and I stood there in front of the room, Tom, and i was astounded as people not only went into coherence and into these deep meditative states by stacking all these things on top of each other, the whole room went in to coherance with eachother.

I have a room of hundreds of people and they're all coherent and im getting more now into group flow studies, look at how we can invoke these in our families, our teams and groups.

But anyway, so what you have to do is you use evidence-based techniques. The way I was taught to meditate, like when I'm 15 years old, I went to live on a spiritual community and the meditation master said, all you do, is close your eyes and still your mind.

Okay, how do I do that? But I can never steal my mind and I still can't steal it. I've been meditating this morning for about an hour and you know it's been 50 years since I was in that ashram learning to meditate and i still cant steal mind.

So what happens is if you use these techniques the heart math technique, the self-hypnosis technique the tapping mindfulness technique stack them all on top of each other and without stealing your mind you're using these seven evidence-based, science- based techniques, and automatically you drop into the steep state.

On that first experiment at that conference, many people came to me and said, Dawson, this is the first time in my life I've ever been able to meditate successfully.

And so that's the answer, is use science. It turns out that most of the stuff people try and do, like closing their eyes and stilling their mind, doesn't work.

You close your eyes, the default mode network cranks up, the laundry and the shopping and your kids and all this other stuff. So you have to use science-based techniques.

And when you do, you very quickly drop into those elevated emotional states and you're super relaxed on a physical level. I love it. It's more about activating something than trying to stop something.

Yes. Love it and I loved how you stacked those techniques, that's awesome.

Brain imaging, epigenetics, and trauma recovery

A lot of people will be now looking at EFT universe and HeartMath, we had Debbie Rosman was on, and some of these other techniques to be able to stack and learn more about.

Hey, let's dive into the science now. So you talked about evidence-based techniques. Today there's tools, like we were talking earlier, gene chips, MRI scans that can measure the effects of energy healing.

Talk to us a little bit about that and the research you've seen and Well, what these modern tools are being used for is to study the brains of those who have done the 10,000 hours and then to reverse engineer those states and train people to get there really, really fast.

And so we can quantify change that way. We know, for example, that EFT is effective, but how effective is EFT? We now that meditation is affected, how is it effective for certain kinds of conditions, emotion-based conditions?

So for instance, in a group of women who struggled with weight loss, they had a BMI of 33, so they were in the obese range. And when the researchers showed them pictures of food in an MRI, pictures, of chocolate and pasta and cake and candy, their emotional midbrain and other parts of the brain to do with craving were highly active.

After six weeks of learning to use EFT, simple energy therapy, they put them back in the MRI and then the emotional midbrain was totally completely still.

All those parts of the brain to do with craving were not activated by those same images of craved foods. So we now can use things like EEGs and MRIs and we can study the the brains and the workings of brain.

And so we're now able to map exactly which parts the and which parts of the brain become dormant. In one study I did using MRIs, it was a large scale randomized controlled trial of that meditation technique.

And so we had 24 volunteers, 12 in one group, twelve in meditation group and we have them learn the meditations for only a month. We had them use only about the meditation.

we measured them and their brain function before and afterwards. Afterwards, After only one month compared to the control group, when I got the scans back of the MRIs, I go chills.

It showed that default mode network. it was like a turn off the light switch on the brain. That part of brain was just shut down. And the other cool thing is that the compassion part.

Of the, brain it's called the insula and it succeeded pro-social emotions like empathy and compassion, gratitude, joy, love. The insula of those people after one month was lit up like a Christmas tree.

And so we're using these advanced tools now to look into the brains of people and see what's going on. At the level of epigenetics, these are powerful epi genetic interventions.

I did one study with a group of veterans who had severe PTSD. flashbacks and nightmares. I remember being in the Sacramento Veterans Hospital, just in a room explaining this recruiting patients there.

And Tom, it was so, so hard, even fitting out the forums to ask them about their experiences, triggered flashback to nightmares, to figure out what the forms in, in safe setting.

So these people were so triggered by this. After 10 sessions of EFT, those flash backs disappeared, the nightmares disappeared. their levels of symptoms dropped by more than 50%. Genes to do with inflammation, the regulation of inflammation were dialed way up, genes to deal with immunity were dialled way out.

And the story we had, we have like one young man who had been in Iraq, and one of the experiences there, shortly after we got there was that He had a group of friends who'd been through amazing training with him, got to Iraq, he began to work as a medic, and then one of his friends was killed.

His friend was shot through the head. And so he had the job, this young medic in his mid-20s, of cleaning the uniform of this friend to send it back to his next of kin in the US.

The smell of the helmet was so bad that this guy, trying to clean his friend's helmet, was literally in this medic's hat. and the stench was so bad he had to run outside and take a breath take deep breath then run back inside clean the uniform a little bit and then run outside to get another breath because the smell was so intense.

And I was tapping with him, doing active pressure EFT, tapping him on this terrible, terrible trauma and his emotion was 10 out of 10. He was just as as triggered as could be.

Of course, he had a lot of other bad experiences in Iraq as well. All of these counting to produce that high level of PTSD. His numbers just dropped steadily.

as we tapped, it was amazing. And then I ran into him again about three months after that, and I said, let's just talk about the helmet and about cleaning the uniform.

Then he had a whole different take. He said I'm so glad I was the one to clean the uniforms because I knew him. I now realize it is my act of service to his family to get to cleaning uniforms.

In psychology, we call that a cognitive shift. Cleaning the uniform has gone from a tragic loss to an act of service, an active love. And that's over and over again with traumatized people, whether they're Rwandan genocide victims, or they are Haiti earthquake survivors, where we work with people at school shooting sites.

We work over 20,000 veterans. And we find that story repeated over and over again. So these techniques are powerful. And again, they're literally changing the expression of your genes.

Yeah, I love it. It's not amnesia. He still remembered the event, but he didn't have the The same feeling, the same emotion, just terror, whatever he was experiencing there, it's being able to see it and feel, wow, there's a final act or an act I could do for my friend and his family.

That's really beautiful, right? You know, these things. happen in our lives and we don't control necessarily what happens all the time, but we can shift the way we think about it and the ways we feel about in an EFT.

And that's a real shift that if you would have done an MRI on his brain, his would've been different, right? His brain would have been different, the emotional centers of his brain wouldn't have different.

The attention parts of the brain won't be different like I discussed several networks about this brain and show how they're all changed by meditation and several of them are changed my tapping.

And the cool thing is that when we practice these techniques over and over again, then that process of experiencing those elevated states fires those neural networks repeatedly, then thanks to the miracle of neurogenesis and adding neurons and add- adding signaling speed to those neurobundles, those states become stable traits.

Meditation, neurochemistry, and stress reduction

Now you aren't just feeling happy, you are a happy person. You know, just feel creative sometimes and then it goes away. you ARE a creative person And then you are just resilient.

Occasionally, you build a super resilient brain. So when the pandemic comes or when financial crash comes, when you lose your house or your job or people die around you, life happens.

You want that neural wiring of resilience and you want it to be hardwired into your brain Yeah, when the pandemic came, honestly, it didn't freak me out.

It was, I mean, you know, my business, a lot of my businesses traveling and speaking was wiped off the table, but we reinvented the business and we had our best month ever in April, and not traveling, like all virtual.

Yeah, this is really amazing stuff you're talking about. But you know, in our day and time, Dawson, everybody goes, okay, I'll meditate today. I better feel better tomorrow.

It's not, you'll get some benefit from one meditation. You'll get some benefit from for tapping, you know, once on one thing, but it's cumulative. It adds up.

That's the important thing for people to understand. Like give it time, right? Yeah. Well, that's why I have been doing my best to turn people into drug addicts.

Morphine, ayahuasca, Oxycontin, all of these things. I'm really focused on making people as addicted as possible.

And what we found is that… I know where you're going with this by the way.

What do you mean? I'm one of the world's most famous pushers and what I do is I first of all get people addicted to dopamine because dopamine is your basic reward neurochemical.

When people have heroin or cocaine, they have a big surge of dopamine, and it activates the brain's dopaminergic reward system. It's at the base of the Brain, it involves a structure called the nucleus accumbens, And when those people shoot up with heroin, or Cocaine, They have beam chocolate that actually gives you a surge in dopamine.

So that's why people get addicted to these drugs. And if you do meditation, like I tell you to do it in BlissBrain, your domain level can rise up to 65%. Your endorphins go up.

Endorphines are just the synthetic morphine is a synthetic form of your body's natural endorfins. You make endorpins in your brain if you do the right techniques.

And your bodies natural three times as strong as synthetic morphine. So you're getting serotonin, which has the same chemical structure of psilocybin, magic mushrooms.

I went and took magic mushroom in September. What's the deal here? I took them. It took me about a third as high as I get. just in meditation every morning, people don't realize you can get psilocybin.

You can't get heroin and cocaine, you get alcohol and chocolate, all these things, just endogenously in your own brain with the right kind of meditation.

So that's what people do. And then when they do that, Tom, the hooked, one lady walked up at a live workshop, what are the last ones that did in 2019, before the pandemic, and she said, Dawson I did the meditation the first time it worked and so I said I'm gonna do this every single day for 30 days And I said to her, well, that's great.

You made that commitment. And what day are you on right now? She said, I'm on day 47. and I thought, great, she's hooked. She'll never stop. That's what happens is become addicted to these amazing feel-good, ecstatic, you know, You read Rumi and you read St.

Catherine. These amazing people through history and they've been in these extraordinary states. It's because of all these neurochemicals flooding their brains.

Yeah, without the side effects of heroin or all the morphine. I mean, you get all this beautifulness from it without, because it's manufactured inside of you.

You're manufacturing, not injecting something or ingesting something. Well, I know people right now are rushing off to their buy on Amazon or wherever buying Blissbrain.

So make sure you do that if you haven't done that. Hey, one of the things that you and I have talked about is the quantification of healing effects now demonstrate that advanced energy healing methodologies are orders of magnitude more effective than conventional therapies.

You just talked about it a second ago by comparing it to drugs. Like you took psilocybin, you're like, okay, this is nice, but wow, I get more than this just from my meditation.

But talk to us a little bit about that, the effectiveness of some healing strategies, energy healing, strategies compared to conventional methodologies.

Yeah. And so you need to find the energy-healing methods and also the conventional methods that work for you. One-size-fits-all in healing. But what is one-sized-fit-soul is stress reduction.

You definitely want to reduce your stress. Like, Tom, I was just looking at my hair. going grayer, your hair gray.

Wait a minute now. I saw a spot there.

Yeah. Today, a study was published showing an amazing thing. They did a whole bunch of mouse studies and they looked at the graying of the hair of these mice.

And they've just finished a human trial now and this blows my mind actually. It's just brand new today. So they found that when people got stressed, they were examining hair follicles, and they felt that, when they got stress at work, their hair literally began to go gray, and they could measure it to the day.

They were doing daily measurements of these peoples, a minute amount, your hair grows each day, so they're seeing, is it turning gray at the very root or not?

And what happened today was it's stressful. So stress, stress stress day one, day two, three. Day one day to day three, gray coming out of the skull. A cool thing that they discovered, which I never would have predicted.

Those people went on vacation and the scientists kept measuring them. And what happened when they released their stress, their color began to come back.

All right, so I have hope. I got to start releasing some stress here. So stress. That's the one size fits all. And so meditation is great for releasing stress and then you want to meditate in the morning and do the EFT tapping whenever you are stressed.

In terms of orders of magnitude, here's an example. So there are these very elaborate calculations that researchers do called meta-analyses where you gather together all the clinical trials for a drug or for an intervention and you put them all together into a giant combination and then you extrapolate the information from all of those clinical trails.

That's a meta analysis and they also measure the efficacy of that therapy using meta analytical tools and on that scale they use two means this therapy has a demonstrated effectiveness.

Five is it's moderately effective, and eight is, it is very effective. So you want the higher number then? You want higher numbers. You have a meta-analysis that says this technique, is that a seven or a six or an eight?

EFT effectiveness and where to find resources

That's really good. Eight is hitting it out of the ballpark in terms of therapy. That is the scale for meta analysis. Two, some effect. five, moderate effect, eight, big effect For depression, EFT on that scale of two, five, and eight is a 12. For anxiety on the scale two five and 8, EFT is 13. Wow!

For PTSD, like those flashbacks and nightmares or that young soldier with the uniform, for that Eft on a scale 2,5, and 8 is 29. It's six one hour sessions and we see these guys and women just dropping their stress and reclaiming their lives.

I'm getting chills as I tell you this because I know veterans heal now. So we have these hugely effective healing tools available to us now That's amazing.

That is so cool. Hey, tell us, I've got another question in just a minute, but tell, you've talked about EFT. You are one of the renowned experts on EFT.

How can people find out more about, where can they go? Well, every year we update the official manual for EFT. It's called the EFT manual. So you can get a copy of the manual, you get the copy the mini manual which is the abbreviated manual on my site, EftUniverse.

There are also thousands of stories by people who have used EBT. Well one funny one, Tom, was there's a problem, a psychological diagnosis called trichotillomania.

And someone asked me is, is EFT helpful for trichotillomania? I couldn't even spell tricotillar mania. So I went on our search engine there on my own website, trickotilla manias, thousands of stories.

And there are many stories about trick-ot-illa-mania and how people use Eft successfully for that. That's a wonderful resource and go to EF universe. and that's the fastest place order by the manual and download it and they'll have you tapping in a few minutes and you'll feel the changes in your body.

Yeah. I know I use it all the time and it's so amazing because you're right. It, I mean, you have to, You learn the sequence at first and It's like, okay, where do I tap?

But once you learn it and doesn't take that long, it so effective right away. Yes. Absolutely love it. Yeah, so EFT universe.com is where they can go.

you have to universe.com and then you can also get a free session with a live practitioner because we have an app where you just go on online work with the practitioner your first session is free and that websites tapping place.

com and you go there there are practitioners standing by 24 seven they'll literally you'll you punch your video on switch they will punch their video and switch and he'll be working live on your problem with trained and qualified clinical EFT practitioner in real time.

So there are tons of resources like that. And so you want to use EFT for simple problems by yourself. Don't go use it on psychological trauma or childhood abuse, things like, that alone.

You want a work with a practitioner for those serious issues. Yeah, you talked a lot about meditation too. Bliss Brain is a great book to read around meditation.

Do you have any other tools that people can access? Yeah, go to BlissBrain.com to get the book and also there are eight free meditations at Blissbrain.

com and they'll give you that sense in your body of that don't mean surge, serotonin surge. You'll feel it and then I'll turn you into an addict as well.

Awesome. I love it. Last question and then we'll do some closing comments. But one of the things you've also mentioned to me is that this concept of energy healing is becoming mainstream.

It used to be kind of like that was out there, but now institutions, organizations, even governments talk a little bit about what is going on and what your hope or what you see for the future.

Yeah, it is so encouraging because we're training people now in hospital systems. We're trading people in the Veterans Administration. And the Veteran's Administration classified it officially as a recognized therapy in 2017. That opened the door to be used with many, many veterans.

So increasingly these techniques are in primary care. What I really want to see happen is a combination of good primary and also energy therapies in primary care.

For example, there are studies of EFT with people recovering from surgery, and they recover much quicker if they aren't stressed. So it's useful there.

There are places of people of women in hospital before they go to labor and childbirth and using EFT there, and the much less stress, the delivery and childbirth tends to be easier as a result.

So I just love seeing all the ways it's being applied in primary care. One study was of nurses in a COVID ward. And these nurses had super high levels of burnout and stress because, I mean, during the height of the pandemic, they were working double shifts.

They were just, and they would see people die all of time. I was so stressed. After 20 minutes of EFT, just done online, they had a significant drop in their stress levels.

So I really want to see it get into institutions more and more. Why not? I mean, why not go see your doctor for pain? And then when you're there in the in the waiting room, pull out your app and we have an app called tapping place as well.

Mainstream adoption and future uses in healthcare

Go on the tapping places app, do a little tapping script for pain. When you get a diagnosis, maybe it's a serious diagnosis then use EFT to reduce your stress.

You don't have both the diagnosis and a high stress from the diagnoses. So I want to see Eft pervasively used for stress reduction and I wanna see meditation in hospitals as we should be offering every single patient the opportunity to spend the first part of their day calming themselves.

It lowers your heart rate, improves your heartbeat variability. And in two clinical trials I did with my research team, in the one, a weekend on meditation, plus some tapping, raised people's levels of immunity, immunoglobulins.

These are the little antibodies produced in your body that stick to the spike protein on coronaviruses and they mobilize them. Those immune bodies rose 37% in a weekend of doing this.

They rose 113%. They more than doubled. So your immunity, you want to be in hospital. I mean, they're all these, antibiotic resistant bacteria and viruses.

You want have this tool to raise your immune system really high at peak when you go to hospital or you're sick. so I so want see it used widely in institutions.

Yeah, if anybody watching this has an illness, you know, something, a chronic illness or a scary illness. One of the most valuable things you can do, like Dawson said, don't have the diagnosis and the stress like, okay, diagnosis fine.

And by the way, You can create a placebo effect in your mind, right? We don' have to buy into. the scariness of that. But by reducing the stress, you give yourself a much better chance of letting that immune system work and heal.

And, but it takes a little work, and it, it take tapping, It takes meditation. It take these things that you can do. You don't have to do them 24 hours a day.

A little bit of your day put into it will allow you to naturally thrive and be happy. And thank you so much for just letting people know that your work has helped so many people.

Yeah. So blessed to have you on here. Any final thoughts, any, anything that, uh, you want to make sure people remember? I mean, I hopefully remember everything you said, but if you were to pull out something or just remind them of something, what would it be Dawson?

Do me a favor right now, grab your cell phone, pull up your calendar program and Enter in the time you'll wake up tomorrow morning and make an appointment to meditate just for 15 minutes tomorrow and Make it a recurring appointment.

I know I use Google calendar and says when I put an apartment in there, it says make this a Recurring appointment hit yes, and then it'll ask you how many times how Many times does it repeat and the correct answer is?

forever have a habit. Now in this brain, I have all the science behind why you do it first thing in the morning. And

there's a lot of neuroscience behind it.

I don't want to go into that now. But it's important to do first things in Don't do other things than do this. That's the thing to do. Learn tapping. It takes two minutes to the tapping routine.

You then have a stress reduction tool that's good throughout your day. Those are the two great pieces of self-care. If you do that, one study looked at people who have optimistic and positive emotions.

They lived in a 30-year study, huge, massive epidemiological study. The people with positive emotionality lived 10 years longer than those with a negative.

And another study of Alzheimer's plaques, they found that people who were negative thinkers, had more Alzheimer plaque in their brains. And the more negative they were, the greater the amount of the Alzheimer plaque in the brain.

clear Alzheimer's brain plaques from your brain by doing these stress reduction things. You want that kind of high cognition in your as you get older, you want to be healthy, happy and have your mind be at peak.

So those that love yourself enough to do this stuff to set that alert right now. And then use meditation, all the stuff is free on the web. We'll make sure you hit links.

Then use those links use that it's called eco meditation used in the morning. during the day whenever you're stressed. And again, mind the matter, you will be lowering cortisol.

You will lowering other harmful neurochemicals like adrenaline. It will boosting your immune system. We'll be boosting human growth hormone, DHEA, all kinds of wonderful things as well.

and you'll have a much longer happier life. So that is my strong recommendation. That's amazing. Yeah, thank you. I'm just going to pile on top of that.

Daily meditation habits and closing advice

a happier person is their body's going to want to thrive and live longer, right? If you're negative and your mind and body are like, hey, let's check out a little early from this party.

But we can change that. It doesn't matter if you've been negative, and you got lots of fears and anxieties, you can't change it. Meditation and tapping changes it, And the other thing I like about meditation, You're right.

I love setting that habit because The first time you do it, you'll get some benefit and feel good, but it's that cumulative effect where it is like a drug and you don't want to not have it.

I think either you or maybe it was Joe Dispenza. We, we spend so much of our energy, you know, giving and doing and acting and meditations where we get to call it all back in to create.

And, and so it's such an important time of day and people have heard it a million times. You know we got to meditate, got a meditate and yet. Still, so many people don't take the time.

They don t schedule it on their calendar and make it a must, like you just suggested. So that is such a great suggestion. Take your drugs first thing in the morning.

I love it. Dawson, I Love you. You are such an amazing human being. Thank you so much for blessing us. with your presence in this summit. And I encourage everybody to check out Dawson's work.

It is evidence-based, it's the real deal. it absolutely will work for you. Dawston, thank you again so much for being on board. Oh, It's a pleasure. I love sharing this.

Just a joy to share every day. Thank you for tuning in to Doctor Talks. We hope today's episode has enlightened and inspired you on your path to optimal health.

Each day is a new opportunity to make choices that empower your well-being. For more insights and strategies, subscribe to our podcast and visit our website, www.doctortalks dot com.

Stay connected, stay healthy, and join us next time on DoctorTalks, real talks from real doctors on the issues that matter to you most.