So the soul kind of bails and it goes and finds something else to do because the body is too painful. When your body's in fight or flight and your soul is out somewhere else, we can throw all kinds of fancy supplements, IVs, peptides, exosomes, all the highest level therapies and you're not gonna get better.

Nobody could answer in med school either. Something's missing. But when you finally reconnect your souls back into your vessel and realize that you can heal, that is such a huge step.

Mix things try to take you out and you recover, you're right back and recover and your right-back. What do you know that other people don't? I think the biggest thing I know is not something I've learned.

It was always there and that is that… Hi, I'm Dr. Jess Petros and on my podcast, Dr Justin Filtered, we uncover the real root cause of most misunderstood symptoms with help from top experts and real patients who've healed themselves.

Welcome to the Dr. Jessen Filtered podcast. Today I have a like-minded medical doctor here with me, which I feel like we're a rare breed. Dr Lisa Koch is not only my friend and colleague, but she is the chief medical officer and founder of Spectra Wellness in Tampa, Florida.

She has a new book coming out as well, The Unwritten Prescription. I can't wait to read it. Dr. Coach, Lisa, thanks for being here. Thank you for having me.

Absolutely, absolutely. So everybody's going to get to know you pretty well in here, but right out of the gates, I have to ask you, you had a crazy thing happen to you right on the gate as a kid.

You got leukemia, then you got heart failure from the chemotherapy of treating that leukema. And now fast forward, your one of those sought after longevity doctors in the country.

But back then, at an early age, you almost died. What did that teach you about life and medicine that regular medical school didn't teach us? So many things.

So, we can look back now and say, what a gift. And it really was a Most people get into this field of hours after experiencing just the frustration, the day in, day out, or they have a close family member, they themselves go through something later in life and they wanna pivot.

And for me, I'd never had to pivot, so I knew from day one there was a purpose. I know there is a reason why it happened to me and I also knew there were something missing in medicine because I asked everybody, why did I get sick?

And nobody had any answers. How old were you? So I was 15. I went in for a camp physical. My hemoglobin was seven. They thought it was a lab error. And then we were off to the races.

So, I didn't feel bad. You didn' feel about it. It was just kind of an incidental finding they had. Yeah, so they thought I had just come in over time.

When you're young, you can adjust. So it was kind of a big uprooting, obviously, for my entire family. Everybody had to adjust. I went through three years of chemo and was able to sail through, have a really pretty regular high school experience, because that's just my attitude.

especially as a high school girl. There's not much worse than that. It was so much of your identity. And the wigs, luckily the hair back then was pretty full anyway, but you know, we could do a wig.

it didn't stick out that much, But that was the hardest part for me. to college, got through everything, had a wonderful response because the leukemia I had was childhood form that had very high percentage chance of cure rate with the chemo protocol.

So there was no question we went forward with all of it and I did really, really well. That's an amazing story, actually. The heart failure didn't seem to affect you much either.

Did you overcome that somehow? So what happened was when I was in my junior year of college, I went for my first ever pap smear. They found a mass on my ovary. They thought it was a cyst.

I woke up in the recovery area and they said it a sanctuary site of the leukemia. So I'd had two normal years of collage up at Atlanta at Emory. And then all of a sudden back into the unknown and my parents freaked out.

We found a specialist at Sloan Kettering. So we moved. My uncle had a studio walking distance. we got very lucky and we lived up there and I had to start chemo again.

And it was about a month into second round of chemos that I went into heart failure. And it was my first exposure, what you'll love this, too. It was the first time getting exposed to supplements.

So back then, people weren't really talking about them very much. And my uncle was a podiatrist. He researched it, and he just sent me CoQ10 and carnitine.

I didn't know what the heck it is. My parents didn' know. So my heart got better. My ejection fraction, which for the listeners, you know, normal is 55 to 65, 55-60.

Mine, it was down to 20. And it went back up to a place, probably low 50s, where I could run a 15K and pretty much recovered, Which was wild just with meds.

and I was able to graduate on time, which was also crazy, and get into medical school to try to go figure out why I got sick because nobody else could tell me.

So you literally went to medical to figure your own health journey. Really? It was what I knew. I was fascinated by science anyway, so that was my dad's mathematician.

And I loved the experience that the caregivers were so kind and it was a very good experience, even though it's a horrible thing I'm going through. So I went to med school and actually the interview, one of the interviewees, and this is also a really good, interesting pivot point.

One of my interviewers looked at me and said, what kind of doctor do you want to be? pediatric oncologist, of course, you know, I've got to help these kids because that was all I knew.

So the however old I was at that point, not knowing whatever 20 something, 22, 23. And he looked at me and he said, no, don't. I said what do you mean?

He said, you want to take care of sick kids dying with chemo? And I sat there and I said no, I don't want that at all. I want it to prevent whatever caused this.

And that was a pivot point for me was that interview moment. So I went in and drove everybody crazy in med school. and in my residency, because whenever I learned something, I said, okay, but why?

And whenever saw patients, they'd come in with all these questions, complaints, protocols that get put on different, you know, the get scans and we'd be taught the protocols, and they never answered their why either.

So they were, that to me, just kept saying, something's missing, missing something missing. Something's something and nobody could answer in med school either, I had the similar journey, but I didn't have the, it's like

because of your experience.

You had more of a bird's eye view than a lot of the people beside you, I think, in medical school. They couldn't really understand why you were asking these questions because they hadn't been put through it.

Exactly. they couldn' understand and they frankly they just didn' have answers. So the answer would be this is just how we do it And I would do it, but I pivoted again because when I finished my internal medicine, I chose internal medicines just because that seemed like at least the broadest way to get answers to the body.

You know, me too. And then when was done with that and everybody was starting to jobs, that got offers for several big traditional internal-medicine groups.

And I chose something for half the salary. The entire cardiology department at the university was going into private practice the same year I finished my residency.

And they brought me with them to be able to prevent cardiac disease. I basically did my own fellowship. I followed around the bariatric surgeon. I developed the Bariatric Program at Tampa General.

So I brought in, started playing with nutrition and psychologists back then. And I studied vascular surgery and lipids and generalized prevention and obesity.

That's how I got a broad approach when there wasn't an organized program until I found the functional medicine program through A4M. You know, before we started talking on here, Lisa here told me about how she's been triple board certified in obesity, longevity, and internal medicine.

We share the internal medicines, but I was wondering about the obesity part. And now it makes sense a little bit more. That was the first one. As I training in that learning nutrition, I heard about The A4M Fellowship.

This was back in 2007. So I doing it a long time before lots of people came on board. And it answered a lot of my questions. It really did, but the rest of them continued to come through my body, through own lived experiences.

Yeah, absolutely. So, okay, so you started to get more answers. That makes sense about how you shifted your whole perspective about medicine and what you were taught.

But you know, recently, I think you said it was a pretty rare brain tumor that you've had even recently. Right? So what happened was, throughout the years after the leukemia and the heart failure, I have had other issues pop up.

They didn't know if I could get pregnant. I went, been through lots of different things that helped shape my practice and had been doing well for a while.

And then this was just a couple of months ago, ended up with what's called a vestibular schwannoma and it was a large one. they said it had had there for probably about 20 years, low growing.

And it led to increased pressure in my brain and they had to go in and take it out. So I'd have a nine hour brain surgery. My goodness. I mean, this is the thing is these slow growing tumors, like you said, can be there a really long time.

What are some of the symptoms for people out there listening? Honestly, the only symptom I had that I guess I sort of ignored was intermittent tongue numbness.

Tongue numb? Yes, it was coming and going. And so I didn't really, I wasn't going to go chase that because I got a virus and I just kind of chalked it up to that.

Yeah. My balance, if I was a true yogi, I would have probably noticed it a little sooner because my balance was not as good as usual for about four or five months prior.

Interesting. But that was it. And I went in for a Pernuvo two years ago. They would've found it, a full body MRI, but they wouldn't do it because I have a pacemaker.

No. And it's not a bad thing because I trust the universe and my spiritual approach to everything has guided me this whole way. So I like to think about the fact that if back then if I had done that, would they have just watched it?

Would it have been more stress? What would my path be where it is right now, you know, if they had found it earlier? That's very, very true. I mean, I guess, how does a doctor teach others how to heal when you went through something, a diagnosis on your own like that?

Because I'm sure now people have heard your story. You're going to start getting people who've had something similar to you. Well, and what I like to tell them, we're actually putting on an an event in a couple of weeks about managing uncertainty and the unknown.

So instead of just how many people are actually going to get a four and a half centimeter vestibular schwannoma, not very many. And I've been joking with my patients where I'm just like, I go big or I I just go for it.

But everybody is going to have some level of uncertainty or something around the corner they don't know about. So it's more the goal for patients and for my friends and everyone for me is that they are resilient enough, that have a healthy enough body and healthy mindset that whatever's coming, whether it some, God forbid, some kind of illness or all the way to, you know, like, jobbed, getting fired or breakup or some other issue that they will be able to navigate it, with grace and just trust.

You've always been very spiritual and trusted the unknown. I mean, ever since I've known you, we talked about these things. So, you know, work with some pretty big names to Dr.

Lisa. I mean, for people who don't know out there, I've seen Spectre Wellness being built and you did some amazing things, very unique things with the building.

You still have to come and see the full gamut of what you've done over there. You work with people like Tony Robbins, some big names. What are some secrets that they might know about longevity?

And when you encounter these difficult situations or blips in the road of your health journey, it's like, man, big things try to take you out, and you recover, you're right back, what do you know that other people don't?

I think that the biggest thing I know is not something I've learned. It was just internal, and it was always there. And that is that everything's happening for you.

That is something easy for most people to accept. So when you're in a victim mindset and everything is happening to you, the world and the drama and this thing surrounding people, it can be pretty extreme.

For some odd reason, I don't know how I knew this at 15, But even at 15, I was thankful it happened to me and not somebody who couldn't handle it. I literally had that thought.

And I never once thought I wasn't going to be okay. So I think that knowing, that inner knowing and trust, which is something I've cultivated through lots of different spiritual studies throughout my life, really came into play when this happened a couple months ago, because this one really blindsided me.

Yeah, you were pretty tested. I was very tested, it was really quick. My daughter was with me, we went for literally a CAT scan just to rule it out. We didn't think there was going to be anything on the scan.

And the radiologist called back and said in front of my daughter, this is one of two things. It's a stroke or a tumor. And at that point, we didn't know.

We didn' know what it was. So it's was a rapid chain of events and a beautiful alignment with the universe where

the best surgeon in the entire world was at Tampa General Hospital, which is five minutes from my house.

Yeah, that's wow. And he was going to be leaving town, but we were able to get it in before he left. All the things lined up. I think the fact that my brain was kind of taken offline because I had this pressure on my head allowed me to even surrender more than what I'm used to and just trust going deep and saying, I hand it over to the bigger universe, the Bigger Source, because this is beyond my skill set.

That's really a beautiful thing. I think a lot of people, especially doctors who are type A, or if you're out there and you have type-A personality, it's hard to let go of control.

So you are a very good example of how to learn how surrender as a doctor. And it is hard. It is very hard, very, hard but then beautiful things would come back because all the way through it was almost this amazing karma like my nurse.

had her life changed through our practice. And she, she was, it was one of my nurse practitioners that's taken good care of her, but she just was like crying that she got to care me.

There were so many beautiful full circle moments that have happened over the past two, three months that I know now it's even more extreme gratitude and connection than I've ever had before.

Wow, you just leveled up. I did, and they had to take out the one downside of the surgery. So the surgeries was a nine-hour surgery, the first three or four hours is done by an ENT.

And they went behind my ear, which is why, thank God, because, again, hair loss trauma was so severe when I was kid, I don't know that I would be sitting here if they'd had go through my skull on the top and lose all my hair and do all of that.

So I'm very thankful for modern medicine. And I like to say this plug because so many people in our field just boo-boo it and want it all to be black and white.

It is the farthest thing from black-and-white. That's the truth. This traditional team was absolutely incredible. They took out my entire inner ear apparatus.

I did lose hearing in my left ear. Oh. And they all say that they cut the cochlear nerve and they took out the inner balance center. When I said, well, I'll have to figure out a way how to hack that, they laughed at me.

But they were nice. They were very, very nice, and so that's going to be my next project. So, getting some hearing back in the left ear, hopefully. So I have my outer ear.

I don't have the entire cochlear apparatus, so it would involve some Joe Dispenza type. you know, blueprint regrowing that you and I believe are possible.

So we're gonna work on that down the line. But right now I'm coping pretty well. Yes, you are. I love how no matter how seemingly scary or difficult things get you find the silver lining.

the positivity in it. You really do. Yeah. It's a beautiful characteristic, actually. Thank you. How was the COVID years for you? How were they? The COVID-years, because of my inner knowing, were very interesting.

So when COVID happened, I was watching TV. I got scared like everybody else for about 24 hours. And I think I even wiped down a doorknob. But as I the infectious disease doctor that we don't need to name on TV, I sat in my kitchen and I said, okay, first of all, all he's doing is scaring everybody.

There's no advice coming out about what people in their homes can do, and he doesn't even see patients, so I'm not sure this is the right person to be speaking.

And I thought about it, I had a little extra time. We never closed our practice, not even for a day. I have a extra little time because even though we didn't close, patients weren't coming.

But they were calling because at that point, I've had about an 8,000 patient practice. So people were getting sick and they wanted to know what to do.

And as I went through the checklist, the person who should be speaking to everybody should be seeing patients and seeing viruses. That's not infectious disease.

that's an internal medicine doctor. It should be somebody who can give tools and tips. That's more of a functional medicine, doctor, because we don't have drugs right now.

And I'm like, that to me. Then I was like that me and then it should somebody, who, can calm everyone down. I started a Facebook live It's time that I would do every single day, actually, for about two months, where I'd look into the most current research, try to scour for anything I could find on the virus.

So I summarize that. Then I give people something to do, like an action plan at home. And then I end it with a mantra. I did that every single day and I didn't have a following on social media at that point and it grew to maybe just about 1,000-1,500 people were watching and so I knew I was helping enough people that I just kept going.

And then when they did, when hydroxychloroquine came out as a potential treatment, I got really, really excited. And for those who know me, I'm very apolitical.

I think politics is divisive on purpose. There's a bigger plan that doesn't involve even this country. That's the story for another day. So I was clueless that it was being deemed a political thing.

But I just was excited to have something to offer my patients. It was something that I'd already been prescribing. for the first patient, and the CVS pharmacist called my office and asked, what is this for?

And my staff said, for COVID, we're trying it for a COVID and they would not fill it. And at that point, I was crying on Facebook, because I felt freaked out, honestly.

Like, who is blocking this? And the video went viral. And I did it at 8 AM. By 10 AM, it was like 10,000 views. Then it got taken down. I had just hired a social media company, thankfully, so I'm trying to kind of grow online.

They were able to screenshot it. It started going all over the country through Messenger. eventually had about two and a half million people. Oh my gosh.

People were texting me. There was a really freaky thing that happened because they were testing me what happened when they opened it and it looked like an old black and white TV.

So my video, instead of being my, video was static. Oh. So the people couldn't even open it. And so that was just reassurance to me that there was more going on, that, you know, there's an agenda, what it was I didn't really know.

I I think there wasn't a virus at any point. I tried not to go too deep into the rabbit holes of the dark side because that can take you down too. And then we prescribed ivermectin.

My friend was a compounder, was going to retire, and he called me and said, I'll get whatever you want. So we treated it with a component of ipermctin and zinc for years, like that whole time, our patients would get better pretty quick.

Amazing. There are still people who say Evermictin doesn't work for that. You know, were you censored during COVID? The video definitely was. Yes. I don't know that we've ever fully gotten over the censorship because it's been a little bit harder than I would have thought to grow my social media.

So I think it definitely impacted my reach. For sure. I know a lot of people were definitely censored. You know, it definitely happened during the COVID years, for sure, and you know it sounds like a lotta doctors and probably our colleagues thought, what is Dr.

Coach doing out there? I think because I've always been out Yes, I mean, a few people said be careful, but I've never done the path. I have never walked the paths.

So I think it was more like, oh, good, here's somebody who doesn't just do what she's told us, hear what he has to say. Yeah, do you think the medical system lied to us about COVID?

I don't know that I would call it the medical system because I think most, I mean, doctors got caught up in it. Do I see that there were lies and exaggerations and a fear-mongering campaign to push people to get shots?

I 100% do. Yeah, me too. I actually, I'm kind of grateful for COVID because it really, it was the hard years, man. It was hard for me for sure. it Was not fun.

But, and I really had lots of horrible things happen to me as you know, but I am redeemed now. And I feel like you are too, because you were right about ivermectin and hydroxychloroquine.

We now know if anybody's read studies. The pushback you gave and anybody who, Yeah, I mean, we had people, and I definitely got politicized. Yeah. And they would, they, We had to take our phone off of, my team had stopped answering the phone because everybody wanted me to prescribe them hydroxychloroquine all over the country.

and then definitely some pushback from the other political side and family, like since it was so divisively turned into politics. And I had to keep going on saying, I am not one party.

I'm for humanity. Like, you can try to politicize me all you want. Yeah. People like to put you in a box, for sure, so they can understand black and white, very black-and-white.

You know, there are, like, one in eight women have Hashimoto's, something ungodly like that, that's completely an epidemic. I think you had your own journey with that, didn't you?

I did. So after I had my daughter, well, first of all, nobody thought I could get pregnant or they didn t know because I d one ovary and I have five years of chemo.

And so just getting pregnant, and did get pretty in my first try, which was amazing. Yeah. and so I do great with my pregnancy, even with heart, it just had a little trouble right at the very end.

But it was postpartum about a few months in, I just kept blaming it on having a baby in a practice. I got so exhausted and I started having a lot of different symptoms, everything from psoriasis to sinus problems.

And then they diagnosed the Hashimoto's and the biggest symptom was with my eyes. At that point, I had to go back to the traditional path because I did all my integrative stuff And I wasn't feeling any better and I felt miserable.

So I went to see endocrine and had sinus surgery and i had to go see a neuro ophthalmologist because my eyes were excruciating. I did all of these things and my thyroid, the endocrine, basically said, I saw my TSH was nine, and I was excited.

I thought if I take Synthroid back then, you know, down to a healthy level, that I would feel better. And I felt absolutely no better, And they had nothing to add and told me to follow up with labs in six weeks with the nurse practitioner.

And I got in my car and I was not very happy. And then I had another really insane interaction with a neuro-ophthalmologist who only wanted to operate.

I have all these exciting questions because by then, I found some level of functional medicine. And this was 20 years ago. I asked him all these questions and he kept dodging and just telling me I need surgery.

And then when I left and I didn't schedule the surgery, I think he had a button under the desk because he came running out. Oh. What's the issue? Why aren't you scheduling your surgery?

And I said, I'm gonna think about it, but thank you so much. And he fired me from his practice a few months later for non-compliance. Wow, you're a doctor that's been gaslit.

100%. And it was another beautiful turning point for me because a close friend of mine was an eye doctor at that time and she was exhausted herself. She'd been everywhere and went to Arizona to a clinic there and they told her, you have a guru in Clearwater, and you need to go see him.

And that is Dr. Springer, my naturopath. So she explained to me, And at that time, when I was feeling so bad, she said, well, I have a guy that I think you should go see.

And she was explaining muscle testing. I didn't know what to make of it. That's a type of energy diagnostic tool, for those of you guys that don't now, that involves a reflex that is automatic, not something you are really aware of, kind of like tapping on your knee and it kicks.

So I decided, why not? I had nothing else to lose and I went to go see him. He pulls on my arm and the whole time I was like, you gotta be kidding me.

It was just a joke, right? Yeah. And when we were done, he sat me across the desk from him and he looked at me and said, how are you functioning? And I started bawling.

I mean, because I felt horrible. and He said you have three chronic viruses, leaky gut, Mold and yeast. And he said all these things. This is 20. one years ago.

Oh my gosh, like mind-blowing back then. Uh-huh, oh yeah, absolutely. And so I took the nine million supplements he gave me and I started feeling better.

Really? And I had an argument at that time with my husband and my dad that, because I said I'm gonna start soon thereafter, started carrying supplements and started sending people to him and all of these things.

My husband's a tax attorney, my Dad's mathematician, both were like, What are you doing? You can't have somebody who pulls on the arms and you can tell vitamins in your office.

And back then, because it wasn't, you know, You're going to ruin your reputation. I was like, I don't care. They definitely burned you alive in a past life.

For sure. 100%. I just said, I don't care. I feel better. And the patients feel terrible. Yeah. So I started sending patients over to him and they got better too.

That's amazing. What I'm hearing right now is that you're a medical doctor who really came alive and basically drastically improved your heart failure with natural herbs and supplements.

And you were a medical doctor who started feeling better and really, really improved your Hashimoto's, if not put it in remission with herbs. I did, yes, because my TPUs in the lab test for it was well over 2,000, not even measurable, and now it's like 60. The naturopath, Dr.

Springer, now works side by side in my practice. He has for about 15 years. That's awesome. And we've been able to create the core of the clinic that we have today.

Oh my gosh, okay. Now for people out there listening, because I know there's some people who are like chomping

at the bit right now who were like, how the heck did you reverse your Hashimoto's?

Because I've been trying for years and it's just not fair. I mean, I'm sure you're like the poster child for everyone who has to come to you now for things you reversed, but.

100%. Yeah, and we are doing more and more online stuff and people fly in and destinations and all those things. But I would say it was a combination.

It was lot of gut work. Definitely viral was involved. Heavy metals were involved, it had a ton of fillings. And then I had the history of chemo, which thank God most of the listeners have not.

But it's always a blend which is why Hashimoto's is a tough one. And the truth is the real thing that heals, in my opinion, is this spiritual aspect as well.

So if people are not using their voice, and that's why it's so much more prevalent in women, then, that was something for me that I always would let everybody else, make sure everybody was taken care of first.

And I've had to really work on that aspect of using my voice taking up space. Yes, I loved that you said that to people because it's so important. I think a lot of doctors just look at the physical aspect of things and don't go after the emotional and spiritual, like you sad.

And for me, thank you for saying viral too, because I don' think that a lotta people understand that Epstein-Barr can have that powerful of a punch for people.

Was that one of the things? Oh, 100%. Yeah, and I have a very interesting relationship with how I look at viruses. So they like to, they're definitely behind a lot of autoimmune, especially abstain-bio being the main one.

I believe that there's a higher purpose why they are here. And I don't think the whole population would have them and they keep reactivating at times of ascension.

When people go through what I call the spiral, which is on the cover of my new book, this spiral nature of healing, you may feel like you're back at the same place.

So reactivation of EBV is one example of feeling like your back in the just getting triggered again. I saw somebody today, you know, I thought I worked through this.

That spiral nature of healing is when you come back around, your not at the same place, even though it feels like it, because you're more expanded, You can see more, handle more.

You're resourceful and your healing capacity and where you can go in life and manifestation is way broader each time you circle around. I mean, it makes sense what you're saying.

I just saw actually a reel the other day that was talking about how trauma isn't actually stored in the body. The body doesn't keep the score. It's actually the brain.

it's the brains anticipating the emotional or physical pain most of the time that keeps us stutter stepping in life. Um, I definitely think the frame and having just gone through what I went through, uh, the Brain can override everything because we end up in these looping patterns.

And we don't even know where they're coming from. And a lot of times they are ancestral. They're not even ours or their programs imprinted on us like from our families.

We do the loop-de-loop and then we never get like really into our body and listen to what we should be listening to. That's the common theme I see with everyone who's chronically ill, is they're up here thinking, thinking.

And it's interesting you say that about like, you know, because there's a big debate now, terrain versus germ theory about viruses and whether they are real or not and all those things.

I love that you just said that it is an up level, possibly a spiritual uplevel. Because right now I don't know about you, all I'm seeing is long COVID with like Epstein-Barr reactivated in every patient I So, for sure.

And I think the spike, when you get into the COVID conversation, it's delaying some of the ascension, the spiritual work. So I We'll see, and this is definitely just me and my intuition.

I think ABV is not necessarily a bad guy. Obviously when it overtakes and causes problems, we've got to get it back down. And I treat it all the time with herbs and all kinds of things.

But when is pops out, I thing a lot of times it's just an invitation for you to do some deeper soul work. And I have my patients also connect to the consciousness of the viruses.

Ask them, like, hey, what you need? Yeah. What are you here for? What you're here. And that's what I did with COVID. I actually had my very first opportunity to speak for Tony was I had just been to they just open events.

Had been two several conferences. Everyone got COVID you might have been at the one that was like everybody got covered. And I was leaving a week later, and in the past, whenever I would get sick, I will lose my voice.

Back to the voice thing, you know? And, was on my way driving. I, I was about to leave to go get my car to drive to West Palm Beach, because that's where his big studio is.

And I called my friend who is a blind healer, and she said, have your staff go get you some hydrogen peroxide. So they ran out to Whole Foods, got me hydrogen Peroxide, so I drove the whole three and a half hours with that jug in between my little pegs.

And, I was talking. to COVID and bringing the frequency of the hydrogen peroxide up. And I just said, I appreciate you for being here. You're raising a level of consciousness on this planet, which is good.

Your waking people up, you don't need to hurt anybody else. and you definitely don"t need a hang out here because I'm doing my work and I promise to keep doing work.

I was better by the next day and i was able to speak. Wow. I love what you said because what is perceived as a negative feeling or emotion in the body can make them mentally spiral.

And so what your saying is, hold on a second. Before you, what's going on, my body's messing up again. Take a step back and say, What is this here to teach me?

Yes, and be friends with your body. Because I think what happens a lot of times, especially with early childhood trauma and whether it's getting lost when you're two or having leukemia at 15 or horrible sexual abuse, whatever it is that people have had, The coping mechanisms often involve, and there's a book called The Five Personality Types that's about this, but they often involved leaving your body so the soul kind of bails and it goes and finds something else to do because the body is too painful.

So it will merge into other people where we get into codependent stuff. It'll merge in to healer archetypes. perfection, all of these different things to do that can distract you.

For true healing, it will require that soul getting back into your vessel. And that take that, can take some work. So when you're in that space of Oh, my God, something's wrong.

Instead, say, okay, I'm sorry. I know we've been through this. Like, talk to your body. You've through a lot. Nidia, haven't always been here for you.

We're going to keep showing me what you need. And then if you just do one little action step, whether it's you're feeling the need to go eat a bag of Skittles, which is what the patient told me right before I got here about she's been chewing, because she is maxed out on stress.

If you can just instead control just that one thing and find something else, some protein and hydrate like crazy, then you've given your body a message.

You don't have to fix everything right away. I love that. How much of your practice do you spend in spiritual work and emotional work as compared to physical, would you say?

It's hard for me to separate them. Yes. At this point in my career, it's one thing that it is hard to teach my other healers, because a lot of it I do is intuitive.

But just taking the time to have the patient have a space to share about what's going on in their lives, I think just the verbalization is healing in and of itself.

Thousand percent. So if you ask me how much time I personally do, I'm probably way more an intuitive shaman medicine woman than I am just prescribing things, but I know how to do both and that's the bridge that I like to provide for people.

Seriously, that is beautiful. You know, one thing you say all the time, and I resonate very much with everything you said, but one things you always say is the body can heal itself.

Right? You can conduct diseases in a life sentence, you can fix it. Most of things, right? Tell us, what is sovereign medicine and how do you go about that with people?

So understanding it leads in from what we were just talking about when you finally reconnect your soul back into your vessel and you you realize that you can heal like that is such a huge step.

And then what I've done is I have a four step process to get people into true sovereignty, which means just control over their bodies and choices and understanding they need to partner with their practitioner instead of turning over the healthcare to somebody else.

And you can go too far the other way thinking you could do it all yourself, especially with all the AI tools and the patients that we're seeing that sometimes get in more trouble than before.

So it's in an ideal world finding that partnership, understanding that medicine should be a collective teamwork where you're both participating and you know your body better than any practitioner.

And we are very similar in the fact that calming the nervous system is always going to be the first thing that I do with everybody because when your body is in fight or flight and your soul is out somewhere else, scrolling or whatever it's doing, we can throw all kinds of fancy supplements, IVs, peptides, exosomes, all the highest level therapies and you're not going to get better.

Truth. And that's something that I'm really passionate about. I've been doing a lot of research in the soul danger response and I find it fascinating because when you start to see that now this is where it becomes really exciting is that science is finally catching up I think to what Many of us have known intuitively, or we've seen in patients, where we have questioned.

And the cell danger where the cells literally shuts down and looking at the macro to the micro, which a lot of this is in my book, but the Cell Danger Response in its first CDR1, it's called, is when something comes in to stress the body.

It could be a virus, the easiest thing to explain. If a viruses in a cell, your cell wants to shut down, so it'll shut the membrane down to become very stiff.

and stop communicating to the other cells because it's trying to protect you. And if you think about what happens in the real world with people when they're stressed, a lot of times they hurl up like a little fetal ball and they stop talking to their neighbors, right?

So I find it fascinating that we mirror on all levels our outer to our inner world, and until we get that stabilized, you can't be sovereign when you're in isolation and shut down.

So having people work through their nervous system, go in and heal and bring in all the things they need, whether it's for viruses, mold, all of the wonderful things you talk about and teach people about, leaky gut, All the way to then, only then is performance or optimization possible.

And so that's when I'll introduce a lot more of the mitochondrial things that we do. Then we move into transcendence, which is literally manifestation and the fact that you can heal anything, in my opinion.

We're seeing that in the quantum and our friend Katherine Clinton, because I saw her book over there. That's just an amazing, amazing work. People do not know any of this stuff yet that is coming out.

from an energetic perspective at this hall. It's the new frontier. I think so. You know, it's interesting, I guess people out there listening will say, how do I know if I've calmed my nervous system?

How do you know you're in a rest and digest versus sympathetic overdrive, especially if you've been in the latter, the majority of your life, right? Then it is hard to tell if your in place to heal, And I think that is a very great question, because what happens is that when you've been gaslit by medicine, and many of the people I see have also been gass lit by a parent or a partner or boss, the next thing that happens as you start to gaslight yourself.

And that's a worst type of trauma response. Even when they are feeling better, a lot of times it'll be, well, am I really better? That whole self-doubt back and forth.

And I think that there are ways to measure. Obviously, you can measure your nervous system, something as simple as your resting heart rate and just see if that's gotten better to kind of let yourself keep telling yourself.

And actually, I have a love-hate relationship with trackers like the Oura Ring, but I do like a couple of tools like The Apollo Neuro. I like that tool.

Anything that brings people back in their body, yes, is very helpful. So if you can have, whether you're measuring your blood sugar after you eat certain things, or you are deciding to finally take a look at your sleep, you wear the Apollo and it's buzzing, anything that kind of brings you present, I think that really helps people on their process of nervous system healing.

Yeah, because I feel it too. If I get upset, I'll reach for my phone, right? It's like a knee-jerk response. Candy. Yeah. Instead of like sitting in discomfort a little bit, you're like, oh, how can go away far, far away?

Yeah, so that's where a lot of the spiritual work, I've found a of great answers in Kabbalah, which is ancient wisdom that if you haven't explored is really wild, because it's a a about pausing.

So what you just said, huh, it all about the pause. If you can just pause and then ask one simple question, why is this in my movie? or like literally, why am I calling this in?

And try to name a couple of things. A lot of times it's unworthiness or unlovable. We all have the same not enoughness or guilt, grief, betrayal, fear.

we have all these patterns and a lot times they're not even ours. Again, they are ancestral. And if you can just name it, You don't just know what the heck to do with it.

That's enough to bring more miracles in. And I've seen that firsthand. Yeah, that's true. Because sometimes when

people are really upset or hurt, they have trouble finding the words to even name what they're experiencing.

So just even kind of being able to identify with it, I guess people let go of it. Yeah. Well, and it's just awareness. Like you said, instead of spiraling into what I do wrong and self-judgment and the victim energy, if you can just sit and it does feel uncomfortable.

But it's just like training at the gym. The more you sit, and I talk about mental hormesis a lot, the more sit in that place of this feels really icky, then the next time it comes around, it is a little bit less icky.

So for everybody listening, hormesis is usually physical. I haven't heard mental out like that. That's like when you get in a sauna or a cold plunge and it's a small stressor in the body, the buddy has to bring it back to homeostasis to fix it.

It finds order out of the chaos. Right? Absolutely. And it has been touted for mitochondrial health. everybody that's tired and brain foggy and achy, which is probably everybody listening to this, because it's everybody I see for the most part.

You'll hear about how it could be a problem with your mitochondria and your Mitochondria is how you produce energy in your cell, but it is also a lot more.

And what happens is if you just keep pushing it without regard to what's going on, It can actually get worse. So it's a curve, like a bell-shaped curve with hormesis from a physical perspective, but it is mentally as well.

That's interesting. I have never thought of mental hormosis. For those people out there who are like, man, I know my body can heal, but I am just frustrated because I've done what I feel like would be considered everything right.

I tried to keep my ideal weight. You know, what would you, I guess, tell them? How would go around helping them understand what might have happened to them in that very delicate position?

I think sometimes we don't understand or we're not going to be able to find that answer, just like I wasn't able when I was 15. But if you can instead just accept and trust Those are the words.

Accept trust and surrender, really. So accept, okay, we've got to deal with this because it's also very easy. And I did this for a lot of years where I just wouldn't look.

I wasn't accepted. I'm not getting any tests. I don't want to know. And so I think accepting, and you can go too far the other side with testing too, but just doing the normal things.

If you do get a diagnosis, accepting it, okay, we've got something to deal with. Knowing and trusting that there is more out there than what you're being told, most likely.

You may be given a set of options. Another patient I saw who I've seen for a long time, and he called me because he was having acute back pain, severe back and they want to operate on his C spine.

And he knew, he asked me about the whole spiritual side and other options. So just the point being, you don't have to run with whatever you're being told.

And sometimes that's the right answer, what you're being told, and sometimes it could be a combination. You could do what they're told and then you could still seek other things.

And when you trust there's going to be more answers and you surrender into the process, but you have to take an active role in the processes to want to heal.

Because if you don't want heal, there is nothing we can do that can help. That's true. And sometimes I guess the answer would be, you'll get more answers later.

So you just have to, not right now, trust in the uncertainty. It's a hard one for me. A very uncomfortable place to be. It's a hard one for me. And it's sometimes you don't even realize, I think most people there don' even realise they're fighting.

You know, oh, so much of it is subconscious and that's the patterns that we have to be in control and we to know what's going on. That's only time we're safe.

Sometimes I'll have people literally look in the mirror and just say, "I am free. I'm healthy and I am safe." And just keep telling themselves that because the pattern are looping and they might as well repeat the mantra that's the opposite of that.

Yeah, I love that so much. I'm sure that those phrases alone would make a lot of people cry. Yes, for sure. Most people do cry when they see it. That's a hard one for a chronically ill person.

It really is. So, you know, You and I have both seen a lot of pushback with things like bioidentical hormone replacement or biohacking in general or mitochondrial education and health things.

You know, it seems like now, like you said, the science is catching up. Conventional medicine is starting to be a little bit more open-minded, if you will.

Name some of your favorite bio hacks that you've known help people for a while, even if it wasn't trendy. So probably my favorite one, which you'll laugh at is literally Epsom salt.

Well, I love that one though. Yeah. So to be super aesthetic. I mean, i've been, was a biohacker before it was word cause I had to, bio hacking at 20, uh, because no, there was no other answer for my heart.

Taking supplements. Looking into what I could do for optimizing my mitochondria because that's what was damaged with the chemo was mitochondrial in my.

So Epsom salts, they work physically and spiritually. So I have patients do about a third of a big bag with some essential oils. And I do some secret geometry over the tub.

I set the tent before I get in. Probably four to five times a week to clear my field. But listen, I had the most state-of-the-art double two-seater hyperbaric.

And that we just got so I like run the gamut from the CVS of some to the to The fancy iberbaric and they all have their place and I would say my favorites.

I love red light therapy I also have a chamber that I got about 15 years ago that is color music and vibration and this one was wild because it was They were, a guy literally channeled and interestingly enough, he was studying Kabbalah.

This was before I was as deep into it as I am now. He was study it and then he had the vision of this bed, this machine. And he went and found a friend to back it.

They built it, and he started reversing type one diabetes and other autoimmune things because the investor, the investors daughter had type 1 diabetes.

And it's a combination of music, vibration. There's sacred geometric crystals that lined up with the chakras. This bed was at least 20 years ahead of its time.

They called the local university and said, we're having incredible results here. We need to do a study. And the university said this is really cool. That sounds really interesting.

It's two out there for us called Lisa. You're kidding me. So they called me And that was my first foray actually into

energy medicine was this bed. And it was a wild experience the first time I ever went in it because I was in there.

They told me to come up and try it. Thank God my dad was free that day. He came with me because it's in a warehouse. I'm in the box. Yeah. When he opened the door after being in for an hour, he started gagging the guy who built it and he said, do you smell that?

And I said, no. And he said it smells like a medicine waste dump and it was chemo. Oh my God. That was a wild experience because that was the first time I'd had any kind of energy work.

Somehow the frequencies, we understand this now more than we did back then, but they were able to detox my energy field. So right then I was like, I have to buy this machine and I did not have the money to by this machines.

Then eventually the FDA shut them down. Oh, your kid and I have one of the only, the, only beds left, but I hope to recreate, recreate it at some point.

Yeah, absolutely. With those type of results, it's like you, It's almost like a, like, a calling to do so with this. Seriously. It was on my list. Okay.

So I also love red light. Yes, for sure. I think many, many people do not know how much redlight can help thyroid issues even. You don't understand how like helpful just that is along with like maybe the right type of selenium iodine if you can handle it, right?

Absolutely. But it's like, I always forget about red like with a thyroid too, but that's one of my favorites. And getting off of gluten from a thigh perspective and then probably number one.

Yeah. For sure, I hate to say it. I do like everybody else love me a good gluten, whatever, every now and then, but yeah, it's true sadly. So let's see, you like hyperbaric oxygen, Epsom salt, red light.

There's so many more. So the Flowpresso, which is a great device that I know we both like. And I love salt therapy that's inhaled too, not just for my body.

Then charging plates, like the ones that will put the voltage back into the body, they're there. That's a pretty nice quick hack. The Tenant one is the one that that you could just put your feet on and hold it and will help increase charge across cell membranes.

And you can feel that while you're doing it. It's a pretty quick turnaround. Amazing. I love all this stuff, actually. Epsom salts and baking soda can help after a flight, too, to recharge the body the proper way.

You know, last question, though, here for you. Let's say someone came in with hantavirus into your clinic. Do you know what you would do with them? just probably treat them the same way, treat everybody else, and we could treat the way we did COVID, really.

Right. I would probably give them ivermectin, give him monolaurin. Get them on some IV vitamin C. And do everything to boost their immune system. Yeah, absolutely.

There's some evidence of hydroxychloroquine as well, too, which should make sense. So, okay. Just wondering. First of all, thank you so much for being here.

For people who are wanting to have more of you. They're like, I have to get more Dr. Lisa Coach. Your story is absolutely remarkable and inspiring in every single way.

So where would they find you? How can they come see you, where can you make it your education? 20 minutes from you. Spectral Wellness here in Tampa, and we are doing and gearing up to a lot of destinations so people can fly in for three day or five day.

We're open to creating individual plans for people to come in and get treated. And we at Dr. Lisa Coach on all the platforms and on my, that's my personal website too, where you have courses and other things.

And then we'll be traveling more for the book launch for The Unwritten Prescription, which is coming out in December. You're having a book tour. Yeah.

Oh, that's fun. Yeah, it's not in place just yet, but it is happening. Okay. So the unwritten prescription, you guys, if you want to learn more how to become sovereign in your health journey, independent of your body and the medical matrix, follow Dr.

Lisa Koch here. Thank you, thank you. Thank you for having me. If this episode spoke to you, subscribe and share it with someone who can't find the answers to what ails them.

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