Traditional Chinese Medicine: Holistic and Scientific Tactics For Brain and Mental Resilience Transcript

(Transcripts are generated by AI and may contain errors)

Introduction to Brain Health and Traditional Chinese Medicine

Well, improving brain function has a lot of roots in traditional Chinese medicine, and the concept of healing, is really rooted in this overall concept of a philosophy that things should really be balanced.

So I'm proud to introduce Doctor Lida. She's a doctor of, acupuncture and oriental medicine and a national wellness expert. And she helps individuals achieve and maintain their health goals really efficiently, but also with proper support and guidance.

And one of the things about Doctor Lida is that she's so, scientific and evidence based. From a Chinese medicine background. And I think she's so powerful to talk about how the brain can heal with philosophies from traditional Chinese medicine.

Really? Practitioners, doctor, believe in. Well, welcome to the summit. I'm so happy for you to join us. I'm so happy to be here. Thank you so much. Yeah. No problem.

So, you know, the Chinese medicine. And that's sort of my family background as well. We really view brain function and just functionality and energy, in general, but different in the terminology is a bit different, but can you discuss with the listeners how Chinese medicine really views the brain, its function, and how we look at imbalances?

Yeah, absolutely. Well, you know, we've been talking a lot, in the summit about the Western approach. And so I wanted to share a little bit about how Chinese medicine views the brain so you can feel empowered around what's actually happening.

So functions of the human body in traditional Chinese medicine are based on the theories of yin and yang in the five elements. So probably a lot of you have heard that for now in traditional Chinese medicine we nicknamed it TCM.

The functions of the brain are dispersed to what we call the five zhong organs. And and you don't have to know too much about that. But basically they are maintained by these comprehensive functional interactions among the organs. So.

So for instance, you know, in modern Western medicine, the brain is absolutely the most important organ, right? So it acts as the control center, while in contrast, the brain is not included in the organs of traditional Chinese medicine.

So the brain functions are scattered all over the human body. So for instance, just to just to make it real simple. The five zhong organs that are associated with the brain and various emotions are the heart, the liver, the spleen, the lung, and the kidney.

Now there's an emotion tied to each of these organs that correspond to brain health, and the heart is associated with happiness and joy.

How Chinese Medicine Views the Brain and Organ Imbalances

The liver is associated with anger and frustration. The spleen is associated with psychical thinking, deep thinking, worrying. The long is, is governs sadness, depression, that feeling of loss.

And then the last one kidney is associated with fear. So in Chinese medicine therefore, you know, brain diseases

or brain disorders, that becomes systemic.

They're not diseases of a single organ like the brain and Chinese medicine, the treatments, they're about normalizing the activity of the organs. But also the functional interaction between those organs that then affect the brain. Does that make sense?

Yeah. And I kind of see like, systems. Right. So instead of looking an organ like a physical organ, there's different systems that that kind of run through in the brain as a conduit.

Right. The brain or the organ? The actual brain. The physical brain allows these conduits to be, connected like a superhighway, which is sort of a brilliant, brilliant thought, because even in Western medicine, we recognize that a lot of the conduits that we see connections, whether there's neurologic nerve conduits, there's hormonal endocrine conduits, and there's a new conduits called extracellular matrix, which is probably rooted in Chinese medicine.

These conduits, are basically us looking at these systems from a functionality perspective rather than just, organ perspective. And if we just put the root of medicine, like the way it is, that's actually what medicine came from, is we want to worry more about the function than what the actual organ does.

And so yeah, but people get little all confused when they're like, oh, you know, my, my, your spleen is messed up. But I mean so much. But it's not spleen or some other organs. Spleen.

You know, maybe two very different things. Yeah. We you know, we talk about the spleen, but it's really the organ in the system and all the things attributed to it.

But, you know, one thing I will say, Chang, is that, you know, the brain is considered closely related to the function of the kidneys, so. So people will hear that a lot.

Chinese medicine teaches that, the bone marrow, the kidneys and the brain function are very closely tied. So an example would be when your kidneys and the system in Chinese medicine are not working to its full potential, it's going to lead to less bone marrow, which then leads to not enough blood.

And then what happens is, is that you don't get that blood nourishing, the cerebral functions and ultimately, you know, chronic diseases like, you know, in the brain like dimension such, start to happen.

So there is this kidney base. And again, when I talk about kidney, I'm talking about the organ and the system that then feeds into the liver, about that quality of blood.

So, so we always look at that kidney in the liver usually first. Yeah. That's a, that's a powerful statement because even in, in Western medicine, if we think about the, the kidney the liver and the brain interacts and, and so those people with in stage kidney liver failure, you know, they developed uremic and stuff allopathy, which basically means that the brain is not functioning within the kidney and delivers aren't necessarily working.

But in Chinese medicine, we're not really explaining the facts or from someone who's actually dying from organ failure. Was explaining it from even just functionality.

Right? Yeah. And so from preventative side, it's that's a powerful thing to, to look at. Even though in Western medicine we have a name for it is basically it's an observation of someone you're making stuff up for multi-organ damage, etc., etc.

so that that absolutely makes sense. How can we utilize this knowledge for ourselves to start healing the brain? So we do referred to the brain as the C of marrow okay.

So so one thing I would say is that, you know, I can go into a little bit of detail if some of people like to geek out on the actual, you know, try to bring home a little bit more of this concept.

Instead of having it be theoretical. So, so in, in Chinese medicine theory, you know, we understand that, you know, pathology and physiology of the brain belong to the heart.

In fact, I didn't mention this yet. But, you know, in Chinese medicine, you know, we don't really name the brain as an organ, the heart we call the mind. So.

So we always say, okay, we have two minds and no brain, but that, you know, that's just something silly. So. So you have to understand that the heart is one of, a big aspect to brain health because we, you know, the heart pumps the blood.

It, you know, it has a lot to do with getting the the blood to the brain. As far as the heart is also in charge of spiritual activities. Joy, love. We know cardiovascular issue is huge, all over the world, not just in the in the United States.

So when we when we look at the aspects of each of these five organs, they control different aspects to the brain. So for instance, with the heart we have, it controls memory and concentration and motor activity, mental activity of course the the hearing, the taste smell, touch.

But when my understanding is when we look at neurological diseases and we analyze them from symptom, my symptom and I'm looking at patients with a wide range of, changes or deficits, usually they're these they're all directed to one, you know, one malfunction of one aspect of the system.

So and I know that in Western we take a look obviously at the nervous system. But in Chinese, if someone's having a lot of emotion it's usually associated with one certain aspect of the organ that then affects an aspect of the brain function.

So for instance, you know, we you know, the intellect, you know, someone that you know, a woman that maybe is has cyclical thinking.

Kidney, Heart, and Spleen Connections to Brain Function

She's deep in contemplation. She might be a writer, a philosopher, a lawyer, someone that's really using that aspect of the brain is going to wane. The spleen function, which again takes all the nutrients from the stomach.

It transports it. It, you know, transforms the nutrients. It I mean, it has a lot of other things that will then circle back to, could this person have concentration?

Can she have long term memory, can she have, you know, etc., etc.. So, you know, we always want to look at what's that primary emotion that we're feeling and living our life from that is depleting the key and the functionality that's affecting the brain.

Wow. So if we take a look at a lot of the brain disorders that we describe in Western medicine, for example, Parkinson's syndrome, Alzheimer's dementia, or just cognitive impairment in general, major depression, anxiety disorder, these are sort of compartmentalized into different diagnoses.

But at the same time, there's no great medicines for any of this, right? Because we're kind of assuming that if we just treat the neurotransmitters in the brain, things get better.

Well, that's true for some people. For the most, that's not necessarily true, especially in something like Alzheimer's dementia. So if we read Doctor Bryson book, which is the end of Alzheimer's, then we realize that, hey, you know, Alzheimer's is not just one thing.

It's different systems. You have to optimize different organs as well, right? There's different, there's different connections. And he call it 36 holes in the roof. You got a patch? Each one.

But each one is connected to a different part. Right? And so a lot of these end stage diseases, I think the, in the

pharmaceutical industry, we're just kind of looking for, like, that one golden ticket, you know, to improve outcomes.

But we really have to take that from a far more holistic perspective. And this is why this is why for most brain disorders, for most point disorders is very few.

Like medicines that actually do anything. And even if they do, they're temporary. And even when they're temporary, they only a certain percentage improves, right?

It's not like we're seeing these miracle things that occur with brain disorders with food, pharmaceuticals. So we really have to take, you know, rethink how the brain functions into the entire body, which is why I really enjoy the Chinese medicine, you know, concept of this whole thing.

So I want to take a break from that for, for a second. But I want you to tell people about you. What is what was your how did you get into this? What's your background?

You know, I was working at, Levi-Strauss in San Francisco. I was like, right out of college and a few years in, loving San Francisco, I got a call saying my sister got around 3 to 6 months to live.

She had diagnosed with non-Hodgkin's lymphoma and metastasized to three, four of her vital organs. And, you know, this is like, 30 years ago, and they just basically said, you know, it's a little bit too late.

So I packed up my life in three days and moved home. And this is we had dial up Yahoo at that point for internet. And there were very popular Yahoo groups. Right?

I mean, now there's a lot of, you know, Facebook groups and whatnot. To make a long story short, I got into energy medicine, I got into herbal medicine, I got into food as medicine.

So I was, you know, making these horrible bitter decoction, things I didn't know. And you have to understand that I probably was drinking Coca Cola. The vegetable was my lettuce on my hamburger at this point.

I mean, I knew nothing, so I didn't realize I was a healer. I had no idea. She is, She was the only person out of that study. Out of 60 women that not only lived, there were only a few people that ended up living because, you know, they tried to put as much chemo as possible, especially with such a finite sentence.

And she had no side effects. None. And they attribute it to the energy healing. The, the food is medicine, very specific foods, macros, biotic cooking and whatnot.

And then the very bitter, the herbal medicine that I did. And so I realized I actually thought I was going to become an M. D., I was I felt like I wanted that stature and clout.

I really wanted to remind people that even though there's numbers on a piece of paper and getting a diagnosis, it's so scary. Yeah. That we should also value things we can't measure, you know, not just from the labs and not just from the Cat scans and whatnot and MRI.

So I made it a point to find, a holistic approach. And so I work very closely with, of course, people, like you, Jen, who is an integrative Western medical doctor, because we need to keep people in relationship to all kinds of medicines and healing modalities.

And so, yeah, I just decided that I want to help people. And I made a commitment that if I can do anything is to remind people how much power we have over our own bodies, and to stay in relationship and have a team of people throughout your life that can support you in not just going to see someone when you don't feel good.

So yeah, absolutely. What a powerful story. And also want to talk about, your your background on zoom here. For those of you who are listening to audio, at first glance it looks like a whiskey case, but it's not.

So the in the background, there's different slots of different, different bottles there. But I assume this is the traditional Chinese medicine, herbal, former pharmacy, right? Yes.

Yeah. So, and I'll tell you why this is important to me, because one glance at that reminds me much of it. Because that's that's where I grew up in a traditional Chinese medicine herbal pharmacy with my grandfather practicing medicine.

And so every morning, it's a it's a concoction of different, different herbs. So it's, really brings back to my childhood as well, which is really, really interesting to see.

All right. So let's let's kind of resume our discussion a little bit. Let's, let's get into herbs, you know, because we talked about the different organ system that a human has, but there's also different systems and classifications in Chinese herbs.

Right. Yes. Yes. Tons. Well, and any caveat is that you, you know, everyone who's listening, you are a sacred individual being. And if you have siblings, you know that you're different.

You have different systems. I'm sorry. Symptoms in your brother or sister. So I say that to you that you know, as much as I'm going to share with you, you know, herbs for memory and cognition and things that have been tested for 5000 years, you really should be mindful it you know, what you're taking in your body.

And I always recommend seeing a licensed herbalist. But having said that, there definitely are some things that we have in our pharmacopeia that do benefit the brain.

So, you know, the first is, is that we have lemon balm. I mean, it's a sleepy but it improves memory and cognition. It's really amazing. And I'm starting with some simple ones that I think you would know and have access to.

The second one is rosemary. I mean, it stimulates memory. It's a strong antioxidant, against just normal aging of the brain.

Personal Healing Journey and Holistic Medicine

One that I also recommend is skullcap because it detoxifies the brain. It's going to strengthen the nerves. And, you know, one of the most important things is, is getting sleep and rest, right for the brain.

You know, that lymphatic system, to be able to get rid of those toxins in the brain. So skullcap can help you do that, hence the name skullcap. If you drink tea, I recommend oolong tea.

There is jujube tea. There's salvia tea. I mean, these Chinese herbs. How detoxify the brain? They help the heart in the kidney meridians. And what it really does is, is it builds up your chai in blood.

It strengthens that. Okay. Which is then going to help your spleen, your spirit. And it's all about the micro circulation. And that's what this, these orbs do.

But, you know, there are ones like the stragglers, right. That's more of an add up to your, sorry, adaptogenic herbs. So if someone's really stressed, right, it's going to help reduce inflammation and again, going to be affecting for your brain health.

But the most, you know, popular one is ginkgo biloba. I mean, many people have heard about this powerful herb. It's a powerful antioxidant. It's been around forever.

But it is increases blood flow to the brain, which is amazing because you need that. You need that chai. You need that blood. So I would suggest, you know, of course, working with someone, but if you are, you know, wanting to just support your body, then absolutely.

I would say, you know, Astragalus, I would say ginkgo biloba, very safe, long term use and, and really help with getting the stress down, but also getting that those nutrients to where you need them to go.

Yeah. And so, you know, for people listening to this, these are real general recommendations. And so, it's really good idea to work with, Chinese medicine doctor on these things because honestly, it gets a lot more complex.

Yeah. Herbs. I mean, it depends like there's some formulation for different seasons and different humidities and climates that you're in. Right. So a lot of the things that we've been talking about here, it's not like in Western medicine, oh, we're going to prescribe a statin for cholesterol. That's not how it works.

It's like oh you cholesterol type. What's the body system that's there. What season are you what what gender are you. There's a whole lot that kind of goes into it, you know.

What's your tongue coding. What does your pulse feel like? Right. It's so individualized that, that it becomes far more, far more effective when you work with the Chinese medicine doctor.

Now, that's that's my little, my warning for people, but having said that, I want to talk about one of the most popular things that's on the market right now, which is cannabinoids and CBD.

And tell me how you feel about those. Well, once I understood that and learned that we have this endocannabinoid system, you know, of course, I thought, you know, I learned in med school that the nervous system was the most important conductor of all the systems.

And so learning that the endocannabinoid system, the system internally that every human has, actually is the master controller. Then I realized, gosh, I gotta I gotta feed and nourish this endocannabinoid system to make sure it's working.

And then what other system? So if someone comes in with with Alzheimer's or dementia or whatnot, of course, I'm going to be looking at what the connections are for the brain.

But I'm also looking at this other system. So, you know, if someone's coming in for cardiovascular issues, I'm going to look at the heart and the cardiovascular system, but also the endocannabinoid system.

So as the master controller, it is really the connector to me of all the systems. And if and if one system isn't working, then it's going to affect the other systems.

And so I always say to people, if you have symptoms or definitely a diagnosis, your endocannabinoid system most likely might not be optimal. And so you can replenish that with a dietary supplement, you know, of cannabidiol or CBD and whatnot and other cannabinoids to make sure that that system is working.

Herbs and Supplements for Memory and Cognition

So I think it's super important to be feeding the brain with these, cannabinoids and beans, especially for, for brain health prevention and treatment of.

Yeah, yeah. No, I think that's a great idea. And and the really cool part about other cannabinoid systems that, we know that a lot of Chinese herbs also activate the endocannabinoid systems, which is, which is great as well.

Do you think that, well, let's we're in this summit for brain health, right? Do you think that, there will be a time where Chinese medicine, maybe like the first line therapy for people with brain health issues, that new medications do you think is going to happen any time soon?

You know, we have to change our thinking because, you know, we you know, we always like, oh, I'm going to go to the doctor or see someone when I don't feel good. Right.

But the issue is, is that people don't understand that they have this underlying operating system. Some people call it the subconscious, right. But we're always trying to get our needs met right?

That our personality has been developed as a strategy. But what happens is, is that, you know, depending on your personality and how you operate, which I call this operating system that's going to inform your body and the physiology, or I should say the pathology.

I mean, I say personality is your pathology. So someone that goes around really anxious and, you know, and stressed, it's like we kind of know what the pathology is going to be.

How is that going to be expressed in the physical. But it starts with your mental emotional state. So this is what's interesting about the Chinese connection, that when you have a dominant emotion of, let's say, fear, people had a lot of fear the last, they were so afraid the last couple of years that is going to affect your kidneys, your adrenals, you know, again, therefore connecting to the brain.

So it's a feedback loop. It's like where do you start? And I believe that, you know, we are moving into a time and some of us are already there when we're not managing our time or managing our Chey, our energy, which really means emotion or managing our emotion.

It's about emotional regulation. And and I feel very, passionate about that to really help patients figure out how to emotionally regulate instead of stuffing our emotions of like, I don't want to feel that because I'm uncomfortable.

It manifests as symptoms and then disease. And so, you know, I always say to people, if you don't start with yourself and really get to know yourself and be curious on your existence and how you feel it's going to show up somewhere, right?

Right. The, but it's a that's not it's a very eastern concept. I think the Western society is like, you just go, go, go, go, do what you need to do. Survive.

And then one day you'll be diagnosed with disease and then hopefully we can treat it right. So, but it's interesting that you said your your personality could be your pathology because, a lot of stuff, for example, with, even with Alzheimer's, a lot of the path of physiology starts 40 years prior to diagnosis.

Right. But in our society, we're taught to kind of ignore those things, you know, sometimes maybe unexplained panic disorder or attention deficit disorder in children may be a warning sign later for Alzheimer's disease.

So we're looking at things right now, not really from a holistic perspective, but I hope I really hope that's going to change, you know, but, you know, you talk about, you know, emotionality and modulation and listening to our brains and our bodies and our emotions right at the deep connected level.

What are some tools that that we can use to tap into that side of us? That's great. Well, short first and foremost, you know, I, I shared with you that one of the fundamental principles of Chinese medicine is yin and yang, right.

And so the first thing you can ask yourself is, am I being really yin in my life or am I be really yang? So it's very similar to, you know, you live in the city, it's very young.

It's like activity. You want to go to the mountains where it's very still, it's very yin. Right? You, you. We didn't see a lot of people during the pandemic, which is very yin.

And now there's activity. You want to be social. That's yang. So the first and foremost very simple is ask yourself, are you being very yin or very young.

It's all about balance right. And homeostasis. That's the first thing. The second thing is we believe in Chinese medicine that food will convert to energy.

It'll help build your blood. And so, you know, when we always talk about mindful eating, you know, and and there's there's a lot we could go here. But, you know, we think Westerners we think preparing food is a chore.

You know, it's actually an act of love, really. You know, so it's like we don't tend to we, we eat on the run, we eat on our cars, we eat at our desks.

And in Chinese medicine, you know, we studied centurions and people, you know, blues, blue zones and all that, you know, all these diets and whatnot. And we really promote, you know, you preparing your meal, you growing your food if you can.

But you seeing real food, preparing it and eating it like sitting down and being present. Why you eat it? I mean, that's it, right? That's that's the first thing.

We do know that toxic levels of, like, aluminum can, can be linked to Alzheimer's and whatnot. So we are a huge proponent to, nontoxic food. So that's a whole nother conversation.

But just, you know, whether you can buy organic or wild seafood or grass fed beef or whatnot, so that that's important. The second thing is, about because we're talking about brain, one of the Chinese medicine philosophies, and one of the main branches is meditation or qigong or tai chi, which is a moving meditation.

Right? Because we when you move your body and we tend to sit a lot, people say sitting is the new smoking with sitting you can't move that blood and that chee to nourish the brain, right?

So right. And overactivity of the brain like stress which affects the liver.

Cannabinoids, Emotional Regulation, and Brain Support

So meditation you know, tay chee chee gong these are moving meditations, but they also are an underlying medical system. Okay. And so, you know, people think it might be really worthwhile to practice taichi or qigong, but it's actually not.

It's actually very modernized. Now we do breathwork. There's a lot there to get that energy, that clear thinking to the brain. It's really amazing. We also teach, acupressure.

There are certain points on your body, if you know where they are, that you could massage yourself, which are amazing, especially up here, you know, points regarded to be connected to the pineal gland, which you know, of course, is linked to the nervous system of the hormone system.

So a lot of amazing, amazing points all around the brain and the scalp. So we tend to teach, things like qigong or ag pressure and mindfulness first. And then of course we have acupuncture in herbal medicine.

If, if there is someone in your hometown that can help you, if it's something you're interested in. Yeah, absolutely. So you know, these these concepts are simple.

But execution is not so simple. And I feel like, you know, even myself at times, you know, pulling from the yang side of the driving force to the yin side of the calming force, it almost feels like a little too much.

And one of the things that comes up for me and a lot of people that I know, especially a lot of doctors who are really burnt out practicing medicine right now, is that there's almost this sense of guilt when we go into the Yang side.

Okay. And, and this is this is what I see also in people who are caregivers of other patients with like, brain health issues. Right? It's like, hey, I'm supposed to be on the yang.

So I'm supposed to like, go, go, go go, go, right? And whenever I feel like I should be on the inside and take a step

back, I'm drawn to the Yang side.

What do you think are the energetics that creates that dominant force in people? Well, first is that I believe that we're innately born with a stronger yin or yang, right?

You can view that as you're identified as, you know, born as a male, born as a female or whatnot. Absolutely. But there is the case for, you know, a woman.

You know, I, I didn't really like wearing dresses. I like to be playing trucks and outdoors and, you know, so, so, you know, in some ways, you know, that does or does not matter.

We we learn we learn so much. Right? So what I mean by the learned behavior is that if we took a child and it's freest form, child like behavior, they will naturally be yang.

And yeah, they will naturally play hard and then they will naturally nap and rest. As we get older, we have responsibilities and we have, you know, people that love us like our parents tell us these phrase is that become beliefs.

And without going into too much detail and I know, you know, what I'm saying, is what my understanding at this point in my life is that when you study nature and you take a look at a river, a river is going to go over and around rocks.

It's going to find the path of least resistance. And then when comes up against a mountain, and this is going back to the five elements, Chinese medicine again is based on yin and yang.

And these five elements wood, water, fire, metal and earth and if you study any of those elements, there's a generating and a controlling cycle where the elements will support each other or control one another.

So for instance, you know, with earthquakes, you know, we know that you know, what's controlling the earth. Well, wood, what is going to control the earth.

Right. So anyway, we don't have to go through the whole cycle. But to answer your question, you know, it's like we have to slow down enough and care enough about our health and our experience here to say, I want to understand myself, who I am, how I'm wired, what actually was learned.

Because now in our natural state, we will know when to rest and we will know when to have activity. And I try to remind patients all the time, and if you ever get lost and feel like you have to remember anything, just go out to nature, sit in front of the ocean, hug a redwood tree, you know, study, you know, the earth.

Just just be a witness to the natural cycles and rhythms of nature. And those are within you, and they're trying to inform you. But when you go against your nature and go against the natural cycles where, you know, we have artificial lights, I will stay up late.

But if we didn't have artificial light and we went to to to sleep, when the moon rises and we woke up with the sunrise, we would find ourselves. You know, getting back to that natural circadian rhythm which also correlates to the Chinese organ clock.

Wow. So powerful. And, I was just on your website right before this, doctor Wilcox. Doctor, let A.com you have so many cool resources that are on there, that I see even courses as well.

So for those of you want to learn a whole lot more than what we're talking about, some of you're pleased that, websites. Do you, do you feel that, a lot of patients that, you know, I work with, whenever there's sort of a emotional entrapment, I call it, what's the best word for it?

Maybe a subconscious, sort of wall between this conscious of the subconscious state, either because of previous

traumas or just previous experiences in general.

Do you feel that that is like the one thing to break through first before the healing starts? Or can we go around that, with either herbs or acupuncture and stuff like that for that healing process?

What do you think? It's a great question.

Practical Tools: Yin and Yang, Food, and Meditation

Well, first is, is that the person has to have some will and that comes from the yin aspect of the kidney. It's that, well, okay. It's a little bit similar to, to arachidonic glycerol honestly.

Which is a cannabinoid you make in the brain for those that don't know. But you have to have. Well, so the will is enough for someone to book an appointment with, with a someone, a healer or you or you know, me, I mean, you know, they have to want to be a willing participant.

Yeah. In in the modality, in healing modalities, there are treatments designed to break up and break through the energetic blocks. Okay. Very specific protocols.

When I was learning these protocols in school, honestly, they were beyond woowoo. I mean, you know, a window has to be opened and a bowl of water under the table.

And, you know, we the thing is, is so, you know, one of the fundamental principles in Chinese medicine, of us being in harmony with our environment, it's the environment of, you know, do you live in Sedona versus Seattle?

Very different weather. Did you just lose a parent? Did you just lose money? Like, did you just have a baby? What season are you in? So balancing yourself with the season now, on top of that, you are and you are in your power.

But what happens sometimes is that there we call it a possession where something is, you know, takes over your power, your possession. It could be a spirit, a ghost entity.

It could be a possession of heroin or cocaine, you know, so it can be an external possession or an internal possession. And all we have to do, it doesn't matter if we go around.

What? Like you said, you go around the back door or the person knows when someone is it moving forward in their life when they've tried every or they've tried every modality, every practitioner, or they haven't tried anything, there's not one way to get there.

Okay? And I have seen this in the 20 years that I've been practicing. You can tell the patient what you're doing, or you can not tell the patient what you're doing.

And the same effect can still happen. You know, the patient doesn't necessarily have to be fully on board. And the practitioner doesn't necessarily you know, the practitioner is more of a conduit.

I mean, there is some skill sets that have to be there. But I really believe that in all of my time of practicing in the miracles that have happened with my patients, I swear it's not me.

It's coming through me. Absolutely. But there isn't one, you know, formula. They, you know, whether they, you know, age and disease, state and background and financial stress.

I mean, I haven't figured out a pattern. And so as long as, you know, a person is making an appointment with someone and they're finding the right modality and the right healer, I've been surprised every time when things become almost a miracle to me.

And they they of course, think it's me and it's absolutely not me. So yeah, I'm of the case of wouldn't it be amazing

for us to live in a world where we are all fully participating in our health, especially knowing after Covid that we all affect one another globally?

Wow, what a powerful, powerful statement and and really gives hope. You know, I think people require hope at this point for that, for that healing process.

But, we could talk to you all day, but we can't, before, I'll let you go. Is there anything else you want to add? Or how can people find you?

Healing Blocks, Practitioner Role, and Closing Advice

Well, the only thing I'm going to add is the best thing you can do for the people that you love in your life is to take care of yourself so they don't have to honestly.

Yeah. Yeah, that's that's really what I want to say, you know, take some responsibility. Take the time to really do what you need to do for yourself because you know yourself better than anybody and you can do it.

That's what I want to say. And yes, I love my work. I love what I do. If anyone is feeling called, absolutely, please reach out. You can find me at spelled out Lita leta.

Com and, I have a, a master class that goes through the Chinese medicine aspect to support brain health. If anyone's interested, that is a free gift for you.

Well, thank you so much for being on. Had an excellent discussion and we'll talk soon. Thank you. Doctor Ron.