Introduction to Trauma and the Freeze Response

Welcome to this interview on the Biology of Trauma Summit 3.0 talking about the trauma disease connection and I am your host, Dr. Aimie. In this interview, we're going to be talking about something I consider essential to truly understanding what is trauma and how it becomes stored in the body so that this understanding will really help you gain the appreciation of why we can't just do a top down approach or why we can't just go to therapy and talk about it and expect our whole biology and body to recover from our life experiences that actually does get stored in our body.

And this is how in this interview we talk about the freeze response. I want you to understand what that is going into this interview so that you will get the most out of this interview.

And the freeze response is the body's trauma response. Now, the body has a stress response. The body has a trauma response. There are three states of the nervous system.

And knowing those three states will help you identify if you have stored trauma in your body. And what does that mean? It means that your body goes into this trauma response, sometimes even on a daily basis, and we just haven't known what to call it, how to recognize it.

And so we've called it stress, but we have it recognize it as actually my body is going into a trauma response. So this freeze response, we talk about the freeze response being something that stops us from moving.

That is one of the key differences between the stress response and the trauma response. Let me show you a graphic of the three states of the nervous system so that you can go into this interview having the information you need to get the most out of it.

Here are the three states of your autonomic nervous system. So that part of your nervous system that runs your body functions without you having to think about it.

There are three states, three states that tell it how to live in the middle. We see the parasympathetic. This is where our body is naturally in the healing state.

So it will heal itself. It will bounce back as long as it has what it needs, it will do the work. Now the stress response is up here on top. We also call that the sympathetic state because there are sympathetic nerves that run down your spine, it's what communicates to your body.

We are in stress mode and so this is how you should be right now. This is what you should do right now. This is how we should live right now. And it's a very high energy state.

So I want you to think of that hamster on the wheel where you are running, running, running. That is the stress response. It is high energy. It's where you are actually responding and taking action.

But then down here below and I put it down here because this is the low energy state. So these are actually all in order of the energy level that you will feel when you are at the low energy state.

What does that mean? That means that you feel overwhelmed. That means that you may notice yourself saying things like, Oh, I just can't do this anymore.

Or maybe you wake up in the morning and you're like, I don't want to get up. I don't want to face my day, my day, my life already is overwhelming to me.

I just want to pull the covers over my head and if I could just hide, that would be what I would want to do. When you think and feel that your body is in this trauma physiology, isn't that interesting, right?

We've called that stress. And no stress is when we're taking action for the problems. This is when we're jumping out of bed because we can hardly wait to solve that problem in our life.

And when we're in the overwhelm place, when we're in that trauma physiology, when we're in that freeze response, and this can become a chronic place where we live life, we we live life from a place of I don't want to do this anymore.

What do I need to do to just get through this? That's all the trauma response. And so that has a very specific physiology.

The Three States of the Nervous System

Now, if the sympathetic the stress response was communicated by the sympathetic nerves running down your spine, this freeze response, this trauma response is communicated by something different.

So your parasympathetic state is really communicated that receives the signals to be in that state from what we would call your vagus nerve, but specifically your ventral vagus.

And so that is where you actually have all of the social engagement, your eye muscles, your facial muscles, all of that is engaged, especially the innovation above your diaphragm.

This is all the ventral vagus as you are socially engaging and feeling safe to do so. But the moment that you feel unsafe in a certain way, like a potential danger, your body goes into that sympathetic state.

And that's communicated now by the sympathetic nerves running down your spine that send out messages to your body. But then in the freeze response, this is when it feels like an inescapable stress, an inescapable life threat, even.

And so we have the thoughts, we have the feelings of what's the point. Nothing that I do is going to make a difference anyway, and it feels inescapable.

And so when that happens, that it actually changes our metabolism and that is communicated by the dorsal vagus. And this is why we can't just do vagus stimulating activities or build your vagal tone because, well, which vagus are you building?

Which vagus are you stimulating? Are you stimulating the social engagement? What are you stimulating the trauma one? Because there's there's two different innovations of that vagus nerve.

And so the communications coming from this vagus nerve are going out into the environment around yourselves and to each cell. And we're going to talk all about the environment around each cell today in this trauma physiology.

So it's receiving this message of life is overwhelming. Life is too much. Things have happened to me too much, too fast, or I've just had too little of something that I need for just too long and I can't do it anymore.

This is all the trauma and the freed response that we're going to mention in this interview. So with that, we talk about somatic exercise being somatic referring to the tissues because we need to work with the tissues.

And so if at any point you are ready for that, then I invite you to take the 21 day journey with me. And when you come to my website from a human accelerator dot com, you can find out about the 21 day journey, which is a somatic exercise course.

So I lead that course live still and there are some self-study portions. But you also meet with a group once a day to do the same exercise. These are very short exercises, so that's the 21 day journey.

But if you come down here to the resources section, this would be a great guide for you. Steps identify and heal trauma. So I go over how to know how to recognize the trauma response.

I've gone over a few things with you here and then you're going to want the essential sequence guide, because this guide will help walk you through that process of, Wait, how did my body get into a trauma response?

And if that's the way into the trauma response, what is my way out? That is all explained and that is central sequence guide now for this conversation on the extracellular matrix and the environment that informs our cells how to live, whether to be in disease or healing.

Based on the trauma response I have my good friend, Dr. Christine Schaffner Now, She is a board certified naturopathic doctor who has helped thousands of people recover from chronic or complex illness through her online summits.

For a spectrum of health podcasts, a network of eminence, health clinics and renowned online programs, doctor software goes beyond biological medicine, healing from all systems of medicine and healing modalities, helping patients reclaim their wellness and reveal their brightest light.

She completed her undergraduate studies in pre medicine and psychology at the University of Virginia in Charlottesville and went on to earn her doctorate at Bastiat University.

I'm so excited to have her on for this interview. I know that you will enjoy this. So let's jump in. Dr. Schaffner, why should we care about the extracellular matrix when it comes to stored emotions and trauma?

When I was going through medical school like that, literally, as you say, like that was the piece that I just kind of cut away and put into the trash.

Yeah. Anatomy lab. And now we're finding, like, wait a second. No, this may have the clues to so much of why we struggle to bounce back after something in our life.

So why should we care about the extracellular matrix when it's related to emotions and trauma? Yeah, yeah. Great question. And a lot of my work focuses on extracellular matrix.

It's really as we flesh out this model of understanding what's happening in this really, it's a very active space for really, you know, everything that you know, when we think about toxicants, trauma and pathogens, you know, it's really the space that we need to focus on and target our modalities.

And in the way that I look at the body, I look at what we call train medicine, which is very different than germ theory. It's like the opposite. And so germ therapy theory, rather, is not germ therapy.

Germ theory is this idea like, hey, you got a bug, you know, you encounter it, you automatically get that illness and trade theory. Is this really empowering and beautiful way to look at the body that we can build resilience, adaptability, and we can be we can really optimize our epigenetic expression, because right now, you know, Earth is this beautiful place, but we don't live in utopia.

We're encountering so much stress and so many toxic hands.

Extracellular Matrix and Terrain Medicine

And, you know, I'm so happy or doing the summit because and built this summit over these years because the trauma piece has been quite misunderstood. And I think it's just as important as the toxic and her pathogen to unwind in the body.

And so when we look at this building resilience and adaptability in this idea of terrain medicine and how we feel empowered, the terrain really is the extracellular matrix.

And in bio regulatory medicine, one of the fathers and kind of pioneering plants, Doctor Alfred Patient Jr, wrote a book all about this extracellular matrix and he says, you know, the cell doesn't exist in isolation, but it exists.

And this beautiful environment around the cell and health begins and disease starts in the space. So it's actually like the place to look if you have a chronic illness or if you're dealing with trauma.

And I love that. Like, I thank you for sharing that that quote because it's true, like weather, health or disease, it really resides in the space around the cell.

And when we look at our life and our modern lifestyle, while it can be overwhelming to see like all the stressors that are coming at us, whether it's a chemical stress, whether it's an environmental stress, whether it's something in our food, whether it's something in our water, the air.

Like we're surrounded by surrounded by things that could be a stress and a trauma and an assault on our system. And to be able to look at it through this lens of but wait, like I can have this terrain around my cells that actually promotes resilience and health.

I'm not just a victim of all of these modern lifestyle toxicants and pathogens around me. Yes, yes, absolutely. And you know, this the space, too, when we kind of flesh out the model, is this really beautiful space in this environment around the cells.

And the more that we unwind it and understand it, we realize how interconnected our bodies are and that, you know, really we learn even that this space that is so important to keep, you know, training, whether that's, you know, the hour of lymphatic from many years and lymphatic therapies help to drain the space.

You know, some of our other drainage remedies and homo toxicology also you know this is the place where, as I mentioned, toxicants and pathogens and trauma like to reside.

But when we kind of even go more granular, we've realized this interconnection in the body and that I'm Dr. James Ashman and also Dr. John Clark and Battelle really studied the space and the spaces within what we call this beautiful social network, which is also what we call the tissue continuum or the living matrix.

And we realized that there is these through lines of interconnections of the extracellular environment and the intracellular environment through and the extracellular matrix is full of collagen.

And collagen is the most abundant protein in the body as well as protein glycans and hyaluronic acid. It's also bathed in pre lens and I'm structured water and I really feel like the water in this space holds the trauma, you know, and that's where facial memory kind of this idea of facial memory, kind of began because we see this unwinding when we do somatic work or neural therapies or whatever, that the body will release this trauma.

So we see these also mass cells and immune cells, and we know mass cells are reacting to everything these days. Right. And that's you know, the more we clean up the space, it's it's really important.

But we see this outer extracellular environment tucked in. We you know, you have Dr. Bruce Lipton on this segment, which is awesome. And he's educated us so much about this cell membrane.

But over the cell membrane, there is a connection through the extracellular environment, through these proteins called integrins, that kind of lock in the extracellular environment to the cytoskeleton of the intracellular environment that hooks into the nucleus of the cell and the nucleus cytoskeleton.

So we have this all of a sudden connection that, you know, when you break out the extracellular matrix, it goes to our skin. So we can really be effecting epigenetic changes by doing hands on work or doing remedies that are

working on the skin, which I think is like such a trippy thought.

But we see it in practice and you know, my patients teach me any of my thoughts that I've developed probably have come from a curiosity of seeing what, you know, works with my patients and so on.

So I just think the more we know that about our body, like, wow, right? And we, we learn that health and resilience is creating more flow and, you know, getting this space coherent and helping to unblock stagnation and congestion and a build up of these things we've been talking about.

And as I get that picture of, you know, the integrins, those proteins and it even being hooked into the nucleus of a cell. And again, like I see this clinically and that's people ask me, why do you start with a somatic work journey?

And I'm like, because this is actually what changes starts to change our biology. And in my experience, Dr. Schaffner, it makes the body and tissues receptive.

Yeah. So then the supplements and the biology things that we need to change, like we can't neglect that we can't do somatic work and expect that everything well will unwind and we'll be able to make ourselves have our best help.

But it's making the body and the cells actually receptive to these interventions that we're doing. And I see that happening with the somatic work I lead people through a 21 day journey in order to introduce them to this somatic work.

And it literally is amazing to me. Yeah, as a medical physician who's trained in this theory of the germ theory, for one thing, yeah, the medication theory.

Has every. Illness. There's a medication. Yeah, the pharmaceutical very present. Yes. So to step out of that and be able to see like, wait a second, people who are doing somatic work and we're not talking about advanced somatic work, we're talking about exercises, somatic exercises that they can learn by themselves, do by themselves.

And that's changing their sleep, their GI symptoms, their daily chronic pain issues, their I mean, this is changing biology and this is the reason why.

And I get excited about that because certainly when I was going to medical school, so much of this was seen as woo woo, right? Yeah. Yeah. So we didn't we couldn't explain it yet.

And I see the science developing so that we have a mechanism to understand why the somatic work helps to unwind and make the body, the cells, the tissues, the extracellular matrix be receptive to the interventions that we bring in.

Yeah. Yeah, I think that's so beautiful and I'm so happy you do that. Dr. Aimie and I think that, you know, again, as you know, this idea by regulatory medicine and terrain medicine is all about regulation, right?

The regulation of our nervous system. And I really you know, I connected at a recent conference and, you know, I really feel that when we you know, my whole point in my conversation at the conference was, hey, this partial network is actually more profound that around and the nervous system and you know there is kind of research and data to kind of, you know, point that picture because we know that, you know, cells are I think there was a quote that I read in Dr.

Ashman's book, like a hundred thousand biochemical reactions. The second is happening in the cell. Like, I mean, like, what the heck? And we know that there is a speed of communication in the body.

That is, explain the by the synaptic transmission and the action potentials of neurons, which is quite powerful, of course, and of course really a big part of how our body communicates.

But this fabric that touches our DNA and touches every aspect and connects and communicates every aspect inside, like in our Internet, right? It's our inner communication system.

It's actually this fiber optic system. And, you know, I love that you work with the you know, the fascia, really, and which is really also the extracellular matrix.

At the end of the day, it's all kind of one fabric that you are allowing the body to unwind areas of stuff, energy areas that the body's been holding bound energy network, chiropractic.

I love how they talk about it's all about bound and unbound energy in the body. And so there's, you know, a ball of, you know, trauma.

Fascia, Fluids, and Cellular Communication

You know, all it's like is on way winding and free and liberating energy within the body. And that liberation of energy is allowing the body to regulate and heal.

And I think, you know, that's why this work and that work is so powerful. My my tool, my office is really neural therapy. I work I have patient people in my office who do more of like cranial sacral and lymphatic work.

But the somatic work is amazing. And again, the neural therapy work is more like you're doing an injection technique that helps to liberate bound energy and scars, also help to deliberate facial restrictions in different organ patterns.

You can do ganglion injections as well to reset the nervous system, but this where a lot of the injections are just superficial on the fascia and it's amazing how much energy move this once we get those that system going.

And I think it's because it's this high speed network of communication. And when you have like a interruption and not, you know, cable system, there is a breakdown in communication.

Right. And, well, the more the body can work as a whole organism, that's where we you know, that's where health really resides. Well, that's where I wanted to go next, because let's I understand the trauma physiology and I teach that there's the three states of the autonomic nervous system parasympathetic stress, and then this trauma physiology.

What is unique about the trauma physiology is it's static. Yeah, there's no movement. Yes. Everything just kind of like constricts. And and there you have this, you know, bound energy, but it's not moving in there.

There's there's consequences for that physiology in the lymphatic system through cellular matrix. And so this is where we can come in with different tools just to help bring in some movement.

And you talked about trauma being stored even in the water and the matrix. So yeah, it was about this movement in the extracellular matrix. Yeah. In this terrain because it's not just this rigid hold around the cells, it's a very fluid process.

Well at least we want it to be a very fluid. Yeah yeah. Yeah. From a physiology will constrict that. Yeah. I talked to us about this the movement and then even the frequency.

Yeah. We can bring in with to build health and resilience. Yeah, absolutely. And you know, I am, I'm so glad you talk about the like the rigidity and the, you know, the freeze response because a lot of, you know, when people we call it blocked regulation right in the body.

And so when people are not able to communicate and their self-healing capacity is, you know, you know, diminish, you know, that's you know what we see, you know, from all the things we've talked about and trauma being a big aspect of this.

And so what we, you know, think about again, there it can be a like when the time people come to see me they're these systems are fluid and flowing and all the things that we want that, you know, that's what we have to work on.

But in like the normal physiology as nature and the divine intended us to be is that, you know, when we look at this extracellular matrix, again, this fabric of interconnection and but we have the cell and then we have the space around the cell.

And I already kind of painted the picture that it's all collagen and hyaluronic acid and these beautiful proteome glycans and, you know, fiberglass that are breaking the space down and building it up.

And, you know, dendritic cells are my cells and, you know, all of this stuff because what happens is, you know, our blood, you know, obviously leaves our heart and it goes to our arteries.

And then it gets down to these really fine capillaries that are in the tissue space. And a lot of our blood actually leaves the capillary space and some of it returns to the system.

Assistant can relax if you need it, but a lot of it sits there and it's called interstitial fluid prelims. And it's that beginning of the lymphatics and that the point of that fluid is all to nourish these cells, nourish the tissue space, bring oxygen to the space.

And then a big part of it is also to remove waste and drain into the lymphatic capillaries that are just sitting right in that space to pick up the fluid and then go through the lymphatic network.

And when we think about it to, you know, what our blood encounters so the antigens to, you know, like when we think of like viruses or limes, fire kids or, you know, other co-infections or, you know, parasites or, you know, other toxicants, you know, that's kind of the get that front line, as, you know, going into these spaces.

And that's why we have a lot of our immune system survey in that space. And then because of that charge on, you know, things like heavy metals, they're positively charged and it's kind of counterintuitive, but health is like a negative charge, right?

So like when we're in that health, like a lot of the health spaces are, you know, negatively charged because they're electron rich and they're ready to go.

And so the like aluminum or the latter, the mercury can bind to those parts or negatively charged rather pretty glycans and start like breaking the system down.

We know the lime loves to degrade college and right. So all of a sudden we're seeing this breakdown and this network. And if the immune system isn't ready to go and not in a healthy response, we tend to have this chronic inflammatory response where the muscles become hyper vigilant and this buildup of toxicants.

And then all of a sudden there is like rigidity and stagnation and congestion, and the lymphatic capillary system can't keep up. And then there's lymphatic buildup in this whole system, and then the cells can excrete their waste or bring in their oxygen, and then they start to deoxygenated.

And, you know, the cell danger response perpetuates and all sorts of things. And so all of the system all of a sudden starts to just get really talks about Yeah.

Backed up you know for a back of a lot of like all this metabolic waste to is just sitting in the space and that's what passengers point was like. That's when disease begins and it's, you know, kind of happening in one area.

The body can quickly start to happen and accumulate in other areas of the body because the body is an interconnected system. So that's why a lot of the when I start, you know, I I'm you know, I unbound the energy and scar as I get the lymphatic smoothing.

I get the fluids in the body moving in on the you know, I get a lot of our patients have sticky blood too. So, you know also that our arteries space that we talked about that's like sticky and thick and not moving, then we get less movement into the prevalence space.

And so my focus usually is like, how do we stabilize and support the body and get the body, you know, to move and to feel safe and to start creating? Yeah, this movement and that is fluids in the body, which are the blood and the length and then the fascia and again, you know, I mentioned I have neuro therapy, I have other lymphatic remedies within the flow press.

So here I get a lot of drainage and you know, all of that. And then a big part of my curiosity and my passion is this kind of realm of, you know, quantum, I guess we can say that now, you know, quantum and, you know, energy, medicine. And I'm sure Dr.

Lipton, you know, talked a lot about, you know, these realms as well. But when you think about this fabric, there is this, you know, really beautiful properties of this fabric.

And it doesn't just communicate with all of our biochemical, you know, kind of pathways and stories around biochemistry. But there is this beautiful communication that happens kind of upstream of our biochemical pathways through light and sound, electromagnetic waves and bio photons are emitted from our cells and strata again in the DNA and, you know, health is really a balance, this kind of Goldilocks amount of coherent light that is emitted from the South and the light, you know, helps to regulate the, you know, communication networks in the body.

And it inter cellular communication. And, you know, the oscillations and vibrations through this beautiful, interconnected matrix generate light to generate sound.

There is this whole idea of solar cytology that the cells actually emit sounds. And when we're in a state of health, our cells are in these beautiful sound patterns of like harmonic, coherent sound.

And then when we're in these disease states and we're, you know, emitting dissonance, kind of like very incoherent, you know, sounds you don't think of like the screeching on a chalkboard, you know, sounds.

So then you start seeing this story of like, okay, you know, the sounds and the body and the light emissions in the body. And then, you know, wherever we have charges moving through conductors, we have electromagnetic magnetic fields.

And we also have magnetism through coils which are the DNA. And the collagen matrix is a helical coil. We have magnetic fields that generate electrical fields.

Coherence, Frequency, and Healing Practices

So we have, you know, electromagnetism. You know, and the body as well. So part of the, you know, techniques, when someone is sick, we can add coherent lights to the system, we can add coherent sound to the system, we can add coherent electromagnetic frequencies like patterns or, you know, other technologies.

We we are ultimately the strongest frequency generators. And if we are well enough to get in a state of what we call heart brain coherence, where we slow our heart rate down and we get into a really harmonious, coherent heart rhythm when we're thinking about our daughter or our husband or wife or son or our loved ones.

And we start to relax. We get into this coherent wave form, and that wave form actually instructs our whole other, you know, our whole field and actually creates coherent brainwaves.

And when we get sent up between our heart, our brain and kind of my models out in the fashion, so we have heart, brain, social coherence that we're in a coherent state where then we can receive.

And I believe we're receiving energy from what people call the unified field, the ether, the divine source, you know,

whatever you want to call it. But it's this field of unlimited potential and possibility.

And we have the thought that we need or we all of a sudden start attracting the doctor that we need to see or the, you know, the, you know, the person we need to connect with or somebody.

That we needed to attend. Yeah, totally. Totally. Or the, you know, and the, you know, we, we actually receive healing energy, you know, and that, you know, offers a biological upgrade to our system.

And we have a little bit more strength, a little bit more healing to keep going. And the more that we can, you know, almost tend to that part of our system as much as all the other parts of our, you know, health journey.

Like it's almost like heart hygiene, you know, to, you know, do this. We we start to see shifts and we build momentum and we build capacity and we start regulating and then we start flowing and we start being in sync and we start healing.

And I think we're all meant to you know, life is all about this healing journey that we're all on in some capacity or another. Some of us really have that capacity in our physical body to learn about the beauty of healing.

And some we have, you know, obstacles with, you know, our relationships or obstacles with life events. And, you know, the more that we can tap in how we're wired to really, truly be supported and to heal, and that we are really more powerful than will ever know that we we build on this resilience and adaptability and we can live a life where I believe we're all here to live a the purpose.

We have this purposeful life and we have the energy and the capacity to do that. And so that's how I kind of tie it all together. And I love that. I love the picture that this bio regulatory medicine provides where it's almost like the continuum of the extracellular matrix.

This space around the cells, and that no cell lives in isolation. And that becomes also for us as individuals that we don't live in isolation. Yes, we have this space outside of us, too, that we can tap into the the healing potential, the frequencies, and make sure that the frequencies that we are surrounding ourselves in this space as well as the inner space.

Yes. Ones of healing and one of regulation. Yes. And I think of often the effect that people have when they're at the ocean. Yeah. And that is the space. Right.

It's the space and then it's the flow in that space. Yes. That it's the it's the rhythm of the in and out. It's the I give and I take. It's the regulation of of the flow and the system.

And when we can have have the tools to build that within ourselves so the extracellular matrix and surround each of our cells with that type of space and energy and frequency and rhythm and flow and music.

Wow. Right. And then and then we can also build that on a macro level around ourselves as a human being. Yeah. Yeah. Where you know, it's where the micro of the macro right on many levels and you know the work of heart that is so beautiful.

They're even showing how we're highly connected to Mother Earth and they have basically sensors all over the planet and they're, you know, tracking how people can be impactful when they get in a group and then, you know, coherent state that they could actually change those sensors and change the magnetic fields, you know, on the planet.

So we as humans have the ability to live in relationship like that, you know. Wow. Right. And you know, how many other applications of that experience is out there?

And, you know, I think as you build, you know, you have a really great program and build community. Like, again, you know, if you just take that idea of like we're highly interconnected, health is connection and diseases, isolation,

you know, how do we find all those aspects within our life to create more connectivity to more community?

And I think that that is really such an impactful part of life as well. Yeah. Thank you for that. It's it's this connection and it's the message of life.

Yeah. That we're able to send to ourselves rather than the message of of disease. Yeah. So what would be one thing that people can do just today as they're perhaps finishing up this interview to help bring health to their extracellular matrix?

Yeah. And one thing is so hard for me, you know, she said, how you know, but. I the hardest person I've asked you just describe. I know I'm like, okay, you know what is the you know, one thing is going to be, you know all about your fascia because the fascia is everything.

So I'm seen everything and that. So, you know, when we learn about how the fashion works, it's really about movement and hydration. And the more like hydrated your fascia is, the more that you can hydrate your tissues and the more connectivity we have within our inner network.

And it really helps to, you know, our health on so many levels. And, you know, building upon that, you know, obviously we want to filter our water. And ideally, I really believe in structural water and we can structure the water we drink and we can structure the water within us.

And that's getting outside, you know, connecting to Mother Earth, you know, grounding, being in the sun, in the sun as our friend, you know, don't get burned, but the sun is our friend.

And it helps to regulate our circadian biology and structure the water within us. So that is my attempt to do one thing. I am, you know, building upon, you know, those concepts.

But I think that's within reach of everyone. What an amazing interview. I hope that you got a lot out of it. I know that I did. I always love this conversation around how the vagus nerve, how our cells, how our tissues are all part of a complex system.

So remember that if you're ready for the somatic work, come join me for the 21 day journey. And also remember that you can purchase all of these interviews so that you don't have to be vigorously taking notes but can take it all and have that breath, have that pause, have that space to not be stressed, not be in a rush, and certainly not to go into a trauma or free response and be overwhelmed with all of this.

With that, I'm your host, Dr. Aimie, for this summit, The Biology of Trauma Summit 3.0 Trauma Disease Connection. You can still invite your friends, invite family, invite colleagues.

And I will see you on the next interview.