Uncover Your Hidden Triggers of Anxiety Transcript

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Introduction to Case Studies

Hello, everyone. We're going to show you a series of actual case studies where people have been able to resolve their issues of the root cause. You know, they come in concerned about something and then we realize there's something actually very different going on at the system level that's causing the symptom they're feeling.

So it's going to be fun. We're going to show you a few of these. Now, in the interest of confidentiality and protecting customer data. I'm going to use my report.

Confidentiality and Using a Profile Match

I don't want to expose or, you know, interfere with the confidentiality of our patients. So we went and found profiles. You know, there's many things within the genome.

And so we found people that had the exact same profile as me in certain areas. And then I interviewed them for what their problems were and how they were resolved.

And again, I use my data to show you how we worked on this for each individual person. So now in the first one we're going to look at is around anxiety.

So this particular person's we're going into the portal now. You guys can see me logging into my person report. We go to the mood and behavior section and what this person found was at a certain neurochemicals that they were disregulated for.

Anxiety Case: Mood and Behavior Review

So here's the gene results they got. They complained that they were consciously anxious, anxiety was burdensome to them. They couldn't get along in teams.

Relationships were difficult. So what we found with them was that their serotonin was completely dysregulated. So what does that mean? That means that their ability to manage their mood and react as appropriate for what's going on was difficult.

Their brain was oversensitive to stimulus and couldn't prioritize what was going on. Second thing that we saw was that there had to be or their noradrenaline response was somewhat deleted.

So the idea you see here from one copy they got from one parent, I should say, they got the full copy from one parent, their deleted for a paragraph, not just a gene, snip or variable, an entire paragraph, a chunk of that gene is missing.

And so the instruction is somewhat broken. So now let me tell you what all this means.

Serotonin and Noradrenaline Dysregulation

When your address to be is disregulated and you have a deleted portion of your noradrenaline response, adrenaline is somewhat dysregulated, which means you're more likely to bind negative stimulus trauma, pain.

So this person had a less ability to go through negative stimulus and functionally move on as if it didn't happen. They actually retained the emotional stimulus, the negative emotions in this in this case, and it imprints into their memory.

So not only are they logically remembering the information of what happened, but they're also emotionally remembering the feeling of what happened. So the next time something like that happens again, God forbid, a car accident or a fight with somebody, you know, something that could trigger emotional stimulus.

They remember exactly what it felt like and they use that feeling in future decision making. Now, imagine trying to work on a team as this person was and bringing back their trauma from past failures and problems and trying to be functional.

Now imagine also having dysregulated serotonin and experiencing that at a higher level of detail. They're hypersensitive to stimulus.

Reframing Anxiety as a Strength

So they feel it, they remember it, they use that feeling, but they also remember at a much greater level of detail, not only recall, but also the experience was experience at a greater level of detail.

So they didn't have a thing called exam. They didn't need anxiety medication. What they had was actually a superpower. This deep ability to experience empathy and emotional recall and to experience the world from that emotional perspective and not just the logical perspective.

They also had the ability to see things at a hyper level of detail and and be prone to whatever stimulus is around them. And, and be able to react to it.

So now if you put that in the right context, that makes this person a great healer, for example, somebody that you may want working with you to make you feel better because they see every little detail.

Everything is important to them. They empathize and feel emotionally, not only experience and process logically, but this person wasn't that in that kind of context.

They worked in a team that had an administrative role, and the burden of the problems that they were experiencing kept stacking and stacking, because every time they come back to that same problem, it was somewhat like holding the grudge.

So imagine your perception being that not this again and all this detail around this, not this, a good experience when the people around you don't see it that way.

Coaching, Role Fit, and Thriving

How the misalignment can create friction and this constant anxious experience which makes it difficult to even get to work. And that's what this person was experiencing.

So we're able to supplement. So the five AGT LPR gene is what looks at the serotonin dysregulation. So the five AGT supplement is what upregulate serotonin?

We were able to very easily help them there. With A. B., there was some coaching required. They went into one of our coaching programs and we taught them the thing that was their burden was actually their superpower, and they needed to put them selves in the right place in the team.

They needed to be the empathetic, emotional leader, the person that could read the room and feel and understand, as opposed to trying to pretend that they were that logical person and just coming up with information.

So they started to thrive. They started to land within the profile, which what they were born and use it to their advantage as opposed to it being a burden.

It helped in many areas, relationship, work, etc. but the root cause of that anxiety that they were feeling was

removed and eliminated and instead it turned into this thing that propelled them forward.

So when it comes to all would wouldn't be here free of issues, whether it's depression, addiction, burnout, whether it's, you know, inability to have good relationships with your spouse or your kids or not understanding your kids and how to discipline them.

It's very easy to get nuanced about the neurochemicals of the brain and what drives behavior, and then the genes that drive those to be able to predict why this person behaves the way they do, why they perceive the way they do, why you perceive them, the way you perceive them, and then align in what they're actually designed for and allow them to thrive.

And that's what happened with this person here.