Unlock Your Healing Power: Dr. Rimka's Revolutionary Trauma Recovery Secrets Transcript

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Introduction to Trauma, Embodiment, and the Autonomic Nervous System

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Welcome everybody. My name is Dr. Remke and I'm going to go over a pretty comprehensive overview of the autonomic nervous system and the biology of trauma.

And I am going couple that with my unique approach that focuses on how to recover from trauma, to truly heal from it, which involves using the pathway of embodiment, which is through sensation.

And I think ultimately the magical superpower that most of us are not using. This might ruffle a few feathers. contrary to some of the mainstream thinking about trauma, and we're going to go beyond just the mental aspect and encompass more of physical.

I'm not going go deep into the energetic or spiritual aspect in this lecture. All right, so this is how to empower and embody. Embodiment is a key word here.

This is basically your overall guide to recognizing and releasing stored trauma and everything that kind of goes into it and really why it is you're stopping your healing.

First we have to go through what is stress and what trauma, how is it defined and explaining it in terms of the nervous system, the physical somatic response the body has.

What we need to understand is that first stress or trauma are primarily non-cognitive. This is outside of the traditional way of looking at it. Talk therapy is using the cognitive therapy approach of talking about something that happened.

So if you have to put words to something, that means it's cognitive. Well, it is really hard to recover from something if your trying to use a method to approach it that is not based in how the body or the biology is addressing it.

So it's what we know, we're used to words, but it is really not working and that's why talk therapy alone has failed many people. It can teach you coping skills but to cope with something means you must live with it forever.

To heal it means to integrate it and you move on. So these things are housed within the autonomic nervous system. These are primitive, non-conscious, not cognitive, and nonverbal.

You are not controlling these thing, s and that's a good thing. you don't have to think about breathing, heart rate, things of that nature. That's what is covered by the Autonomic Nervous System.

Your heartrate, your body temperature, how your pupils dilate, you're breathing oxygen levels in the blood, digestion, hormones, thousands and thousands of functions that are going on beneath your cognitive control.

Deeply influence your nervous system, this autonomic or automatic nervous is deeply influences all of your body sensations, your emotional states, how you see yourself, the sense of self, you sense others and the the world.

What we want you to understand, what I want to you understand is that stress and trauma symptoms are normal. They are adaptive and they are survival responses to threat.

This is ordered. This has not disordered. We have taken something the body does normally and given it a label of a disorder. It is the ultimate in gaslighting and creating a world of victims thinking the bodies broken and is deranged and working against you.

That is a lie we need to destroy. All right, so a threat is anything that happens that's going to then cause, if there's any threat, anything physical, emotional, psychological, the nervous system reacts, it causes it.

It just does it unconsciously, remember? Nonverbal, unconscious, primitive, right? Just happens. And it's a good thing. Many of these reflexes were established in utero.

You're not going to change your dominant hand, your dominate eye, dominant foot. These are reflex. So here's a great quote my friend says, integration is not optional.

These are the kinds of things that I look at when it comes to trauma. I'm always looking to address everything such as mitochondrial health, detoxification, drainage pathways, nervous system resilience itself, as well as the secret superpower I'll reveal at the end.

Now, in this talk, I'm going to cover the cell danger response theory, look at nutrient deficiencies that are part of the detoxification story. Is it nutrient deficiency that led to a toxin building up or was it a toxic that lead to the nutrient efficiency?

Chicken versus the egg. They're usually going hand in hand. It doesn't really matter. The drainage pathways, we're going to talk about fascia and the fascial tensegrity as well as the calcium shell and trauma theory that's been established.

Nervous system resilience is primarily what I've specialized in for over 20 years and I have been adding these new layers in there because they're all important.

You can't address the nervous system unless you're aware of mitochondria and how toxins affect it and what the nutrients are and now the nerves are running through the fascia and muscle, right?

So in there, we'll also bring in polyvagal theory a little bit. And I won't go into any of these too deep, but it's the overview of how things are synergistically working together and why you want to look at so many things at the same time and understand doing this in a linear fashion is you're probably not ever going to yield the results upon which you want.

So if you've been working on this, but you been on one thing at a time and you didn't address this and want to go one, two, three, four, five, this is most likely why it didn t work and still just trying to cope with trauma instead of having it integrated, healed and moved on and let go.

And here's a secret superpower I will reveal at the very end. To me, it is trauma's opposing force that is almost completely ignored and definitely then highly underutilized by clinicians everywhere.

So the way I'm going to look at everything, looking at the microcosm to the macrocosms from inside the cell, we're looking the health of the cells. This is my model of how I see the human system in every single patient that walks in my office.

And I am going look from the mitochondria is really the core of cell and that is it's creating the water that's inside there, the electromagnetic pulse, right?

It is life force.

Stress, Trauma, and the Nervous System Response Map

It's the beginning of charge. And so as strong as your electromagnetic capacity your battery battery is that's the vitality and health level that you have as it goes down your capacity is you know is drained and you don't have the energy to heal.

I address sound light magnetism electricity all of these and they all lead to each other. You are generating these things as well as absorbing these thing.

So these are nutrients as byproducts and creations of you. You're creating your own biofeedback, bioresonance that's healing yourself all the time. We use a lot of devices and measurements to say, well, what level are you and what do you need and how can we support that with adding sound like water, magnetism, electricity into the system.

That is not a supplement. This is the foundation of what you are. Many people want to think about a pill and that is well high level, like super high-level compared to what we're going to do.

I would get much more done if I could help people with sound, light, electricity than I can with pills, potions, and lotions. From there is where we create the fascia and its tensegrity, lymphatic flow and the gel water, the structured water.

Fascia, and lymph are pretty much one in the same. Lymph is pretty liquid fasci, think of it that way. And the Gel water is the crystalline structure of communication and organization in between everything.

It's also your kind of toxin barrier keeps things out. So the more of that you have, better off you are. Then from there, we go into these other processes of looking at how stress trauma on integrated emotions the subconscious self image or scripts, and your heart brain coherence heart rate variability and things of that nature play into it.

these and addressing these in every single visit. Sometimes we have to spend a lot of time in the middle, sometimes we're on the outside. But if you're only trying to do the inside, that's all you've ever done.

If you never gone deeper, maybe that is the key, right? So picture this more like a spiral, not a flat circle, and we are going up and down throughout it, trying create integration in a whole system.

All right, this is what I want you to remember, that the biology of trauma is real. You are addressing it whether you realize it or not, right? So we're gonna cover the cell danger response, calcium, shell, polyvagal theories, and what i'm going to reveal, I don't want to you remember that trauma, is actually a mitochondrial problem.

This is not a mind problem, This not weak psychology or a weak character issue. right? Different things that we address, parasites, mold, Bartonella, which is lime, one of the, you know, things like that.

They're a natural part of our ecosystem. So we can get trauma from medical problems, but I want you to be, understand that the only reason somebody became ill with these things is because the system was receptive in some way to this happening.

I don't like people living in fear of bugs and critters. That is not what we're going for here, but they are important in healing stress and trauma on the body because they're one of the main causes that we go into trauma earlier than maybe we would have if we didn't have to be fighting these things at the same time.

Always remember, you don't have to be doing any of this over alone. This was a talk I did for doctors. So you have the know when a doctor or a clinician has to know and something's outside of the scope and to refer to somebody.

I'm looking for you, whether you're a patient looking to find partners. Don't expect one doctor, one therapist to able to do all of these things. that is very, very unusual, that I'm entrained in so many of these, and I still even work with some specialists in very particular to come in and be very strong anchor points.

I do what I really well, they do, what they really do well and we work together for you. That is how this should be approached with a team that's communicating to help you." All right.

So, you really are the medicine which you seek. You are looking at creating sound light vibration, whether you're in Kenya, you know, as the Messiah tribe is here or special need kids in America doing yoga, or the musical group in Siberia that you see on the screen.

the jumping dance or the yoga on the grass in the sun or cold temperatures and using music. All of these things are just trying to connect you back to nature.

Nature is truly holding the key and everything I'm going to talk about from here on it is just try to leverage and reproduce nature and maybe a device, a different therapy of some sort.

Ultimately, going back to the picture, we are electromagnetic beings of highly organized gelatinous crystalline water. That's the gel water that rhythmically sends out beams of magnetic pulses, sound waves, and light waves 24-7 through our own motion and inborn electromagnetic technology.

Okay, so what I like to ask people, every single one of my patients, I'm always looking for, where is their aliveness? On a scale of one to 10, Where are you?

So if you're watching this right now, 10 is full life. Zero is dead. So where are are right you now? Think about that. This is kind of the scale that I am using, zero being death.

And I want you to consider what is the opposite of death? I'm going to reveal what I think it is at the very end. And it's the key of what is being missed by most clinicians.

But over in the 10, most likely we have some love and joy feelings. At five, this might be where we've a chronic diagnosis. There might be anger in this situation.

Here's everything in between. So lots of doctors are seeing chronically ill people walking around a life force about 50% often they'll self-describe themselves degenerative diseases that are going in reverse.

Let's say ALS Parkinson's, they may be going further down, right? Terminal diagnoses when somebody's at the end, we might be at a two or a one as in their own self reporting level of aliveness.

And these are some of the emotions and the things that are associated. So my job is to be checking somebody comes in at four or five, I'm trying to move them up the scale, trying To increase the aliveness, right?

So what that is, I specialize in neuroplastic behaviors. And it's really important to know how long has something been in the system because you are what you repeat over and over again.

So if you practice being anxious, you're going to get really good. Neuroplasty means the brain will adapt to whatever you ask it to do repeatedly. It hardwires itself and to make it more efficient.

Nature likes efficiency. Whatever you do, repeatedly the, brain is going make more for you to to that thing. You practice focusing, the you practice distraction, the brain gets better at it.

You practice not letting yourself sleep because you're addicted to watching a screen all night to watch shows, you'll get really good at staying up all and having insomnia.

Your brain just does what you keep making it do. So how long something's been in the system is incredibly important. If you've had an issue for 20 years, Please have reasonable expectation on how long it's gonna take to get it or something.

You've had a problem for two weeks, that is much faster to correct than if you've a had problem, for 20 years. I

hope that's just basic, obvious math.

But for patients, it is not. They'll have a 20 year problem. Expect one to two visits and then they'll give up. And I'm like, you know, that's not logical or fair, correct?

So it takes a lot of time and clinicians have to remember this too, set up reasonable expectations on how long something's going to take. All right, so now let's get into the actual biology of trauma.

And here's the automatic nervous system map. We're gonna look at like what it kind of looks like. Let's look the left side is we'd go up over here and this is activation.

As activation goes up, right? That's gonna go off the scale or as threat level goes, up we go this way. So, and we're going to imagine this little ball to be the nervous.

It's like the marble on the track. It always seeks the most stable, relaxed position. And we're going to look at what happens through stress and trauma.

So when we have mild stress, so we're down at zero. In a perfect world, we are always in a relaxed parasympathetic nervous system state. The parasympathy rest and digest and heal is dominant because there's no threats in the system.

We're at a zero classic example. Everybody seems to understand is a gazelle in Africa on the plane grazing with its whole herd. It's quiet, it's peaceful, It is wonderful.

everybody's energy is down. Suddenly, The herd hears some rustling noise, some branches crack and sees something off the side of their eyes to the left.

Everybody turns, all ears perk up. That is state one. Why does it do this? The body knows the nervous system is not making a mistake. It increases activation to say, Oh, it's going to increase the energy, create a little bit of anxiety, more alertness.

This looks like anxiety. This is your kids getting ready to go to Disneyland. They're not anxious, they're excited. Energy is up, right? Also, you can be more irritable.

You can get more easily annoyed. Heart rate goes up. Breathing increases. There can some sleep issues here, but it is a normal thing. Those gazelle, the muscles get tight, breathing changes.

The brain gets faster because they need to assess What's about to happen? They're at the top of the hill. Well, they're like, oh, there's nothing there.

We're good. Let's go back to eating. But because there was a little bit of a stimulation in the system, it says, let me not go Just in case I need to move quickly.

So then it creates this burrow, this trough, little pit there. It's a stable place. The nervous system wants to be there to protect you. This isn't a mistake.

So in case something were to happen, it takes much less energy now to respond. It's to keep you alive. Not a bad thing, not a disorder, perfectly ordered and designed to Keep you Alive.

So you were there, you're eating and then lo and behold, Out comes the lion. What happens then? You were at the one. Your body held it. Now you have to go.

Lion starts a galloping. All of them have start running. So what would have happened if to any of the gazelle that went to a zero? If the Gazelle's nervous system went a 0, that Gazelles got to go from here to jump to the here, then to keep going up to two.

Everybody else started going. So if you didn't keep yourself in the one, most likely you're going to die. Because now we have a real threat. All right.

So state two high stress. State two is called high-stress. It's maximum activation. Very short-lived. Its semi- stable. You can see how it goes like a little ledge right there.

And it's not going to last really long. That marble either wants to go further up. And something's going to happen or it's gonna go back down to one. It needs to do something.

They cannot do this. This is you running away from a dog chasing you or a predator, a person trying to get you. You're going full blown, as explosive as you can be, running as fast as can or fighting as hard as.

You can actually only sprint for 30 to 60 seconds, roughly. This is not a long time. Your actually full-blown fighting only for a few seconds. A few minutes, 30, 60, 90 seconds while boxing matches are pretty short because to work that hard, you cant go that long.

All right. So what happens here is you need energy. How much energy you have determines how long you can stay here. So stronger, healthier people with more energetic charge, more battery capacity, remember that little health of the cell, the electricity, people will last longer.

They will keep running or fighting longer. They'll have a better chance of survival therefore. So what is determining this are these things inside of you called a mitochondria.

This is a physical part of view. This is a physical factor inside of you. And you might have heard of these things as the powerhouse of the cell in your eighth grade biology class.

So what are some of things that can damage mitochondria, which therefore drain energy? Nutrient deficiencies, just not having enough stuff to keep getting through there and working.

Toxins can overload that mitochondrion and break them. I can break it all day by putting poisons in there. A poor subconscious self-image can start to drain the system if you are constantly telling, if think you can't.

That will start eventually because you're always kind of beating yourself up. So that just, that's exhausting, right? If somebody's giving you, anybody is insulting you all day, it starts to wear you down.

If you do it to yourself, you will just start just drain your own energy, does that make sense? Because it's happening at a physical level though. because it's draining the mitochondria of nutrients.

It's actually taking real things away from you. Also age, right? So a six-year-old should not be able to go as long as a 26- year- old. That should be pretty obvious.

We just have physical structure and developmental states upon which we can handle things physically and psychologically. So here we are with that high stress.

So what happens? This is what high-stress looks like. Everything just gets bigger and everything's hotter. These are hot symptoms. State one is hot, state two is hotter, panic, hyperventilation now, heart is racing, we could be sweating, shaking, trembling.

Calcium Shell, Catabolism, and Physical Effects of Chronic Stress

Overall body tension, the muscle is contracting. You could have lots of muscle pains, headaches and things like this. There could be, instead of angry or irritable, it's rage.

Instead of fear, its terror. But we have maximum performance output happening here. Many people put themselves in this place, you know, staying up doing an all-nighter for school or a project because they don't know how else to

get things done unless they put them in a bad situation and they can have this maximum burst of energy.

Now it wears them out and have emotional issues around it, but this is how they train themselves to perform. You have very fast racing thoughts here. It doesn't last very long.

I hope you can see how this makes sense, however. That is not a disorder. So if you're having a panic attack, you hyperventilate, or you shake and sweat because you feel nervous all the time, it's because your probably over aroused in a state one and state two stress state way too much, and you aren't doing anything to help your body dissipate this out of your nervous system.

Not a disordered. Makes total sense. Because you think a lion is about to try and kill you. So let's go out of that map and look at it from the calcium shell perspective.

And what I want you to understand what kind of happens and why I care about somatic things like muscle and fascia things and my talk therapy alone to me is failing everybody when it comes to healing trauma.

So you have some type of stress and that causes a chronic breakdown. Catabolism means breakdown, physical destruction of the body. that leads to chronic inflammation that is leading to what we call you being having a hard armor being walled off emotionally and physically.

So let's look at what that looks like. It's a real stress response. Is called a calcium shell. That leads to being rigid. it is the armor. So we have a stress, right?

Which can lead to arguments, some relationship with people, work, money, something, if this further need to feel safe, that's leading to a loss of calcium from the bone tissue.

that the catabolism. so calcium leaves the bones. You know, chronic psychological stress, Chronic work stress the chronic, you know marital stress can lead to weak bones.

Absolutely. Do you see how a calcium supplement won't help this? This is not, this is what should be going on. So that calcium has to go somewhere. The calcium gets deposited in soft tissue such as muscles, ligaments, arteries.

This the plaque of heart disease that goes on, joints, fascia, All over the bottom. It's not fun. Doesn't feel good. Hard tightening. People think they have arthritis.

Its often just calcium deposition. Not hard muscles. Can't get any relief. Because of loss of calcium in the bone tissue. What does that lead to? This causes real physical changes in the body.

It leads to an inability to connect with other people because we have a massive change in physical and emotional bodies. We lead have to a lot of anxiety, racing mind, numbness, apathy, withdrawal.

You often defensive, have very rigid thinking because the has become rigid. we end up with low serotonin, low dopamine, a low oxytocin and low endorphins.

This does not feel good. you don't have good outlook and it is very hard to So you're always thinking that stress alone leads to then the relationship problems.

If I just came along and lowered all of your neurotransmitters and made you feel bad, you would not talk to people the same. You wouldn't be kind and compassionate and connecting and affectionate.

Therefore, You would have a relationship stress. Do you see how it's a vicious cycle that just continues? The calcium shell is basically a person who cannot handle what's going on.

And so to change the pH balance and stress of the system, the body is putting the calcium in there to try and make a correction, to keep things alkaline, keep it safe for the but it has this consequence of giving you hard on the

outside, weak, soft, crumbling, falling apart on inside.

So it is like a knight's armor, much harder outside really soft and vulnerable inside and things eventually can start to fall apart. People can just fall a part from the inside, and we see it all the time.

So let me put this all together, right? So this is how it looks when we do it. The stress is that, the catabolism is the bone tissue. This is called the calcium shell.

These are the people in your practice who need, they like to say I need to be massaged so hard, just rip it through. You can just strip it, I just wish I could have somebody just like rip my muscles apart.

They wanna be massage so and they only get relief during this extreme pressure and there's no relief after. They only feel good while someone's rubbing on them and do it harder.

Yeah, just keep going because they almost can feel nothing. So they have to have extreme pressure in lots of pain to even acknowledge it, to break through the amount of numbness because there so unable to feel emotions and handle any of that.

so they've created this hard way of being very numb and very disconnected. can be very lovely people, you're probably in love with many of these people.

And they don't even know this is going on. But this also why heart, musculoskeletal, fascia issues, joint issues and cardiovascular issues are very dominant in people that we would say have a lot of stress.

This is super common to find in the parents of special needs children because they're living under tremendous chronic stress. This also incredibly common in adult children of alcoholics who grew up in a home with alcoholic parents.

All right, so now let's go back to how that sort of looks. So that's what is happening in that state two stress. A little bit of it is in state one, but in general, these people, you're going from one to two or living up in there.

That's, what's going on. The calcium shells can be getting developed, all right? So we talked about this as an energy crisis. that what you need to understand.

We were in high stress and we get to a point we kept going up. Now the system says, I can't do it. Trauma is overwhelmed. It is a physical overwhelm. it is the crisis in energy supply.

When there is no more energy, the nervous system hat says, that's it. And now we drop the Nervous System to protect itself, it goes into state three, moderate trauma.

Notice that state 3 is below the zero and activation. We are now below The baseline energy level. This is really, really important. So in state one and two, we have hot symptoms, anger, rage, the things we call sweating, hot, feel hot that kind of stuff.

State three is different. This wet blanket and putting it on top of a person that is very warm on fire with a fever. The fever is still there, but now we have something cold on the top.

So in state three, there's this alternation of state one and two symptoms. We went from high energy racing, hot shaking to extremely tired. lethargic, sleepy, feeling very heavy.

This is a very big, heavy wet blanket on top of you. The posture completely collapses. Muscle tone can change. We can go from tight tension to weakness.

You can be very foggy and dissociative in the brain, very much unaware, can't remember things, Very disoriented. you can feel again, a heavy weight, you feel heavy, You feel cold, nausea, confusion.

Very, common here. The thoughts are much slower. And here, of course, we can start thinking of helplessness. So this is where state two, the lion was chasing that gazelle.

Running and running. It got a hold of it. The lion took it by the neck to the ground. After about 10, 20 seconds of that, The gazelles knows. And that is state three trauma.

Energy drops. There's no more fight that the muscles aren't contracting. The gazelle's not kicking and screaming. It goes limp. That says, okay, we have a problem.

And to protect itself, the nervous system stops the fight. it knows there's more energy. Its got to conserve everything it can in the hopes maybe, maybe something good might happen here, but it's looking like we're done.

All right? Many people are walking around in state three moderate trauma. They are often diagnosed with bipolar disorder because anything that cycles between what's hot and cold, that is the hallmark triggers for a diagnosis of bipolar disorders.

So then they're medicated here and never really addressed by a trauma expert as to what if it's actually this? And this is a physical problem that must be addressed with physical measures.

So some things, again, we're going over, I said all these things. These are some of the contributing factors of a trauma crisis. Like you can go into trauma much faster if you never let yourself sleep or we have a bad situation.

The most common nutrient issues that I see, and this might be part of this cell danger response theory in practice, You know, it's involved in 80% of metabolic functions and 60% in the population is deficient at a bare minimum.

I would say in my practice, 100% percent of every patient I've ever seen in practice is magnesium deficients. Again, I see people with mental issues mostly, so they're all always stressed out.

There's magnesium deficiency. The second most common thing I One of the probably third is maybe the low B6 is probably before that. Then I see a lot of excessive copper.

I have seen very little low copper, but I've seen it. Low DHA is huge. People not having enough of that very critical essential fatty acids, that's a part of cell membranes.

You will leak tremendous energy without having Dha. It is seafood and grass-fed beef are your highest sources. Also in eggs. Low boron and vitamin K, those are two other big ones I see in the most common in my practice and definitely low sunlight because there is a full spectrum of wavelengths that people do not seem to understand is critical.

Those are the things that I have to address when it comes to trauma to physically help someone move up the scale again.

Trauma as an Energy Crisis: States 3 and 4, Nutrients, and Mitochondria

And that may be something, you know, your talk therapist has never brought up any of those things to you. So what happens here? So let's say the lion has the gazelle on the ground.

And it's like, okay, we did this, associated a little bit. We're, you know, maybe every now and then having a bit of anxiety comes up and in general we're fogging out.

Well, five of the lion friends arrive and they've created a circle. You kind of know then. I'm a little bit this, I might have to tap out. I don't see any way out of this.

This is beyond hopeless and it's about to be done. And so the nervous system gives this incredible gift of complete dissociation of his break. Now we go into what's called severe trauma and the body overwhelms you with

chemicals to stop pain.

You can feel even euphoric. At this point, vision changes. You can either have a very clouded vision or a tunnel myopic vision. This is often complete dissociation.

On reality, you can be floating, going somewhere else, seeing things very blank, numb, just spaced out. Some people can feel very good. There are people walking around.

vacillating between state three and state four or in a state for severe trauma state, they actually think they're okay, because there's no more symptoms.

There's No state one and State two, there is no hot, no cold, There is No anger, irritability, rage, fear, panic, muscle tension, contractions, cold hot nothing.

It's numbness. it's gone. The pain is gone, we've just been flooded with painkillers and Whatever, it's nature's final gift of before you're about to be devoured, I'm going to help you not have to feel or be aware of them and it is going let you check out so you don't have know what's about come.

Right? State four can kind of feel like state zero, sort of, to people. So they can walk around some of the diagnoses, the labels that people may be walking around with that could be somebody, let's say borderline personality disorder.

to give you an example, dissociative identity disorder, DID. All right, so let's put a few things together. If you see the whole thing, what you need to remember is look at three and four are below that neutral line.

I'm going to stack a little polyvagal on here. So when we're in the neutral and the zero, this is really parasympathetic social engagement. We're looking at, This is the calm aliveness.

This the aliveness of the eight, nine, 10 we were looking for, but it's not anxious and overreactive. It is calm, connected, grounded, present, secure, curious and healthy.

It's wonderful. It is not flat line. So it's a very beautiful aliveness, which many people may not even know what that is or remember it anymore. Um, so the sympathetic state is up there one and two, and we have the overwhelmed point.

And then suddenly the dorsal vague and the polyvagal theory, the Dorsall part of the vagus nerve takes over the freeze response. helps bring you down into the three and four to protect you.

So we go from, you know, anxiety and restlessness and hyper vigilance and irritation, insomnia, wired and tired to exhausted, heavy, depressed, chronic pain.

than the give up point, the last attempt to conserve any energy. So you can see why when somebody's in state three and state four trauma, while telling them, well, why can't you just get up and get it done?

Why can you work out? why you set your alarm? You just start making your bed. That can be extraordinarily difficult for them because they are in a energy crisis.

This is a physical, biological problem. The first thing we need to do is add energy to the system. We have to increase the energetic capacity, the true electrical charge of the cells inside the body to give it more capacity to move up above the zero.

So this is what has to be understood. You have to go reverse. So you have go four to three to two to one. Every trauma talk therapist, like a DBT therapist and EMDR therapist understood this.

They would be working with somebody who could restore the biological mechanisms and nutrients, the toxicity and

the mitochondrial health. And it would help them get their job done so much faster.

You can do in three months. but it would take them alone two years to do if you work together. I've been doing it for decades working with talk therapists, and I have been told that same thing.

If I get done in three months working at the same time, what took us two year before? Because they don't understand the actual biology of trauma. They understand trauma, but they don't know how to fix it and go in reverse and actually help restore energy to the system.

This is a nutrition, toxin, mitochondrial, fascia, musculoskeletal, calcium shell, nervous system issue that must be physically addressed. You can't do that through talk therapy.

All right. So notice to go from four, four feels good. Four is numb. four is no pain. To go four to three does not feel good to. Go from three to two does.

Not feel. Good. You have to warn patients. It's going to get worse before it gets better. But you continuing to want to feel nothing to avoid the pain is keeping you from feeling any pleasure, connection, joy, much less bliss or ecstasy.

But the key takeaway is you have to add energy back into the system to go from trauma into high stress and then down into neutral. So to do that, you really have understand that it's all about embodiment.

We hear these words. This is why mindfulness has taken off. These are why techniques such as DBT are so important because they're trying to bring awareness into soma or the body.

This is where what we're gonna do. We're going to move into the positive direction of the neuroplasticity of making something happen that we want by doing repeatedly.

So to integrate trauma, you need to add energy into system. You cannot fully recover from trauma without addressing the mitochondria, the fascia, your nervous system, and your sensations and the self image.

so you can see why so many people are walking around unintegrated and unhealed because they don't know this much less where to go get help. So it's gonna feel worse before it gets better.

If you don't tell that to your clients, you're doing them a great disservice and you must feel it to heal it. We have to feel things. You're gonna have the feel the sadness, the fear, grief, anger, rage in a safe controlled environment.

And you understand like these are just feelings. This is what it feels like. Then eventually then we're going to move it out because it has been stuck.

You're pretty much just moving out of process that was never allowed to complete itself. That's how we heal this, but I know it takes time and understanding to get it done.

So association back into the body to go from dissociation to from that four to that three up into that two, it can be very uncomfortable for people. And this is why we do need trained professionals to help people feel safe and grounded.

It can take time, but it takes much less time if you actually address it from a mitochondrial and fascia and energy nutrient to understand what you eat matters, how you sleep matters.

How much sunlight you're getting is making a big difference because that's free energy. All right, and the clinician tone must match the energy of the calcium shell.

So if someone is very, very hard, this is where we will have to have some tough love and push back, right? We have the really use that and you're gonna have learn, you gonna to talk with each client very very differently based

on that calcium shelf.

You must matches it. If it's real soft and supple, we can be suppable. if you not, I've got to match to the armor. And that's just part of how it is to help you break through it yourself.

All right. Some of the tools I like to use, I use Cellcore. I also use Quicksilver Scientific and a bunch of other things that we're trying to look at, increasing energy in the system, healing mitochondria, moving lymph, helping the liver, kidney, gut, and the fascia.

We must control the environment for the mitochondrial, we use lots of drainage techniques, lymphatic things. And looking at gut health, we have to be pooping all the time, peeing properly, lymphatic flow.

So things that we use, saunas and things like that, and lymphactic massage, castor oil packs. There's lots of things are simple and even enjoyable, but they are a part of trauma recovery because they're part the biology of drama.

Lots of nervous system regulation tools are becoming very popular. Somatic experience to me is the most important and that's always going to addressing the fascia.

And then we look at subconscious imprinting and the way you think about it as the clinician is going to make a big difference. But here's the superpower no one's talking about.

Play, fun, and pleasure. This gets ignored. We're so busy fighting death and disease, we don't promote or encourage aliveness. And there's no way to improve and increase aliveness more than through play.

Watch any child and they'll teach you this. All right. So here's some specific cell core protocols. You can come into my detoxification protocols to learn about any of these things.

Our trauma patients need two to three more months of just drainage of like a pre-toxification, we call it. They need a lot of pre tox because of the calcium shell.

So if you notice that's you and like you come to see us and you're like, that why? So it's gonna take longer, but you deserve it to take long. Things you can do to protect your mitochondria, I go through all of these things with clients, it is very popular to understand these concepts.

I have a lot of things in my store available. We teach courses on this that you could go into very deep. A 90 day course I teach called Serenity Science covers all this type of mitochondrial health stuff.

You have to remember that it's the environment that is breaking you down. You are not inherently broken. you are being poisoned with chemicals, with toxic light, the toxic radio frequencies, electromagnetics.

The optimal environment is always nature. It will always heal you. the more time you can spend there, The faster you will recover from anything. Lots of drainage techniques.

These are the things that I use a lot in practice. Again, we do this with patient care and we also do in my Serenity Science course and there's lots of courses out there.

So these are some of the really important things. You can just kind of look at what we and if you didn't understand that all of these things are actually helping with trauma healing.

And if aren't doing some, these simple ways to start improving your results with your talk therapist. Lots of nervous system regulation tools. This is what I specialize in.

I use many, many devices, lots of neurofeedback, lot of Vegas STEM things. And I'm board certified in neuro feedback as well. We do heart rate variability.

All of these things are just an idea. I also believe in the subconscious self-image or self talk can be improved simply by the picking the right clinician.

By who you work with and their belief system will be imprinted. We can imprint our belief onto you. And if they don't think you can get better, then you're never going to think, you are going get to better.

So find somebody who carries such a tone and resonance that holds such as strong energy to understand you will get and believes it deeply.

Healing Through Embodiment, Regulation, and Somatic Tools

That's who want to work. One of my favorite techniques that's in the somatic category is stress and trauma releasing exercises or TRE. It's a very unique modality.

I find it to be the most potent that I've ever seen. You combine this with DBT, let's say, or neurofeedback and your typical stress and trauma talk therapist, and you're going to have extraordinary results.

It's restruct, it works on the fascia, It works through vibration. it regulates a nervous system, hydrates, detoxifies, lets your body complete The process of the high stress or mild stress, or even trauma, it lets you go through the process and heal it.

The body's natural response to healing from stress and trauma is to shake. And we weren't allowed to do that. So if that lion were to get bored with the gazelle and the group is like, ah, she's dead.

It's no big deal. Let's go over here. Oh, look, what else is over there? A squirrel. Even if that deer, I mean, the gazelle was in a state four, it's going to suddenly go, wait a minute.

The nervous system says, holy smokes, they left? Associate her, associate her. Get her back in her body. Hurry up. And the way it gets it back into the body to be embodied, to feel things is to start tremors.

The nervous system will make the muscles start trembling and shaking. It's going to vibrate, it's called neurogenic tremor to make muscles move, vibrat the fascia, move out all the stress chemicals create massive sensation through feeling to come back into the body to associate, to go from four into three, hot and cold, anxious, anxiety, mind is starting to race, still feeling numb, Still laying on the ground, shaking, trembling, tremor, tremer, Tremor trem, or tremors.

Suddenly, boom, we go into state two stress, the head pops up, it looks around and it goes, Oh my God. Run, run. Gazelle jumps up, takes off like wildfire because it's back in a state two, high stress, and it is going to take off until it gets itself down into the one and then it will shake some more and take itself into a zero.

That is what every mammal is designed to do. If you would let yourself shake and go through it when it happened, you'd never hold on to trauma. We don't do that.

However, we have a very big brain. There's only two animals that do this that we know of humans and elephants. Elephants can stay traumatized because they have very a big prefrontal cortex.

We have lot of judgment on the shaking. we think it's crazy, We think we shouldn't. Do it, stop it. So all I'm trying to do is help you find techniques that help finish a process that you were born to.

It is a normal biological healing mechanism that were interrupted from doing at some point. And now you'll be allowed to complete it This again is a part of the certainty of provider and also imagination is important.

This is critical. I think I offer an entire visualization course where I go over this. It's a very easy seven day take yourself through because I thing visualization is one of most potent underutilized healing modalities and it's completely free once you know how to do it.

If you how do well, do if you don't take my course. Its really good. But the key is imagination. Imagination is the keys to the placebo healing effect.

We understand that I can just tell you something is going to be a miracle cure for you and you're going believe it. If you believe, it your body will just heal it here's a sugar pill.

This is greatest cure of everything we've ever found. we have a 100% cure rate and people take this in three days. The whole disease is gone. People will take that sugar and then the thing will be gone they made it so why do the power of imagination?

Imagination is critical in play. Children can do it amazingly. They can come up with all kinds of stuff. So what you're doing through imagination is playing in your mind's eye to create the future version of yourself that you desire to become.

If you are sick or anxious or scared or feel weak or like a coward, you need to use your and create yourself and who you wanna be. Create the avatar of how you want to be and start using visualization by changing the reticular activating system part of your brain to finally see the patterns of people, pathways and solutions you never saw before.

Another modality I love is psych K. I also love hypnosis and alpha theta deep states neurofeedback. These are used routinely in my practice. My patients go through these things and this is how we get results that other people have never gotten before because I don't ignore this part of it either.

So here's the superpower no one's talking about, though. We're so focused on keeping away death and disease, we don't say, well, let's focus on the light.

Where does the solution play? This is the magic. All right. So fun, play, joy, flow state. Both men and women enjoy this. But 80% of all autoimmune diagnoses are women, right?

And so play, fun, and pleasure is really especially important for women. They typically have to manage the children's schedules, everything, the illness, they're kind of 24-7 on duty, um, end up with more of these diagnosis because they'll take on more things and think they are not allowed to play.

they have grow up faster often, take over for things as children, often have some guilt complexes and consider themselves selfish for taking time for themselves, right?

So this is a big part of what I have to try and do is reframe this concept. You need to put the oxygen mask on yourself first before you can take care of anybody else.

So what you need to remember, this is all a part of it, is that your biological health is inseparable from your psychological function and your social relationships.

Often, when women become mothers, they become very isolated suddenly. They don't have community, their checked out of things, or don' do the same things the way they're exhausted.

Their social relationship can change dramatically. We live in a very isolation type of environment now. we don''t have a community the s, we dont have our mothers and grandmothers helping take care of us.

like we used to with the modern culture. It can make people feel very alone and play is lacking. And the first thing someone does if they get a diagnosis of an illness, play fun pleasure is thrown out.

They just that to them and fighting the disease and doctor's appointments and supplements and drugs and protocols and therapies become their entire life.

None of that is fun. So I want to suggest that pleasure is what heals trauma. And it also heals more. It is healing

physical illness. Pleasure. We are not leveraging pleasure.

It does these things, counteracts negative associations of situations, people, places, and things. It helps build positive relationships with your own body, which is again, coming back to embodiment, feeling safe to feel things and enhances emotional resilience.

We need that because the higher your resilience, the less you'll go into trauma. And it also encourages self-compassion. Pleasure increases your ability to have compassion for yourself.

I think this is why pickleball is becoming so popular because it's fun and it is helping people heal so many things they didn't even know that were going on.

Prioritizing experiencing pleasure is truly an ultimate act of self-care, self kindness and self love. So let us go into what is pleasure. I love this definition.

It is an awakening force, a vibrational resonance that shakes the body and heart open. Notice the word shakes. Does it remind us of the tremors and how we heal?

And side note, TRE, which I am a certified TRe practitioner. I do offer TRI in my practice through me and other clinicians and private and group online and in person.

It is pleasurable. it feels good. Don't be scared by the work trauma release. Here's another definition that I really, really love. Pleasure, it vibrates.

Notice that word again, vibration, shake. Remember, did I talk about vibration and sound and light already? Sound is a vibration you guys, right? It vibrats our core and produces an exquisite mental, physical and emotional bliss.

It brings movement, life and hope. The ultimate manifestation of eros or pleasure is the connection with the force of creation. Eros or Pleisure transforms us from weak to powerful.

hard to soft, rigid to flexible. It raises our consciousness to that higher level we feel when we connect with the creator through prayer or the connection with nature we fell as we walk by the sea.

I have yet to be able to read that without starting to cry. Notice you'll hear TRE in there. You'll You'll see my aliveness scale in there. All right.

There it is. So where are we? And what is the opposite of death? What did you guess it was? Did you put it down in the comments? Go ahead, use your intuition, practice.

What do you think is opposite to death. Not going to be right or wrong, doesn't matter. Practice intuition. So remember, we're the same thing. We're trying to help people move up the scale.

I don't believe just because you have a terminal diagnosis, you're meant to die.

Pleasure, Play, and the Opposite of Death

Let's go after this and address it. That start where we need to, help you build up capacity electrical charge. So we move, up we all have seen, I've seen patients in every one of these categories.

Here's the punchline. And this is a different talk. I do give talks and lectures on this. You can come see some of them in person. Yeah, I don't do them online yet.

But for me, the opposite of death is the orgasm. It is not life, because all life came from the orgasm, and the organism is always potent pleasure. So let's look at this reminder of where this was again.

And you can sit with that punchline. That is where most of my talks are going in my career. And we will do much more on those. But this is we're at, right?

Four to three to two to one. We have hot symptoms in the one and two, cold symptoms on the bottom, but it is an energy crisis. So, you know, take a picture of how this looks.

Next time you're going through something, remember that this is where you are. The nervous system is just a marble, and it's got to move through here.

And what can you do to support where are? One, you cannot shame yourself for being where your are, this the biological issue. Do you need more sleep, more nutrition?

Do we need to stop with the toxic poisoning? do we understand why eating junk food, living on a Starbucks diet is going to never help somebody get over their chronic depression?

their hopelessness, their suicidal thinking. It's right in front of you because you're never going to add energy to the system with that type of diet.

Why is the carnivore diet so potent in helping people? Because it's the most nutrient dense diet in the world with the least amount of toxins. And it starts to heal this right here and they don't even know why it is doing it.

So this is where I'm going with other lectures just to give you a kind of a sneak peek into it. I also look at the pleasure scale. So I say, so let's look your activities in life because I understand for some people it's really hard to living in this very low place.

And the idea of peak orgasm is like outrageous to them. Where can we start? When somebody has been fighting chronic Lyme for 10 years or breast cancer for five years, or has ALS.

They haven't had an orgasm in 10, 20 years sometimes. They've just given that part of them bodies away. I will be lecturing on how an orgasm is actually a powerful healer for the physical body.

And it's a tool that isn't being used properly. I'll bring the PowerPoints and the science and explain that in another lecture. When I have it done, it'll be in the description.

But this is where we have to teach people to where are you and look at every activity. Like to me, if going to pickleball isn't bringing you to a six, seven, eight, nine, you shouldn't be going.

If going the book club or the game night, You feel a level of three or four every time, We want more pleasure than that in the things we're doing in our life.

If your job is at a pleasure scale of two to three, four every day, well, where do you think your aliveness is eventually going to be? Right? So the nine, eight, nine ten, they're giving you energy.

They're given you life. And what has happened in our world is we've all become very tolerant of pain and suffering, and we're very intolerant of pleasure.

You're going to have to all kind of learn how to tolerate pleasure, many people don't feel they deserve to feel good. So this is a practice and this comes with time and we slowly go over here and I'm, I try to get people to, if I can get them walking around at four or five, six, most of the time we're doing pretty good in today's culture.

Then our masters are going much higher. Okay. So here's the conclusion. I just want to go over, we went over the biology of trauma, the cell danger response, calcium shell theory, and basically saying that trauma is an energy crisis.

It is a physical problem and the problem results in there's low energy. That came from a number of reasons to get

energy back in the system, but that's what we, it's not just this mind thought issue.

Integration of the trauma to heal it requires deep embodiment of senses. You must feel things physically. All senses, I'll have you know, connect directly to the pleasure centers of brain.

So every sensation you feel is designed to give you pleasure. Every smell is design to bring you, pleasure, sights, sounds, pressure, touch, all designed.

To make you. Feel good. That's the point of them. Cause that's where they go. And all aliveness and life came from an orgasm. I think that is the opposite of death.

Pleasure is a healing superpower. So where can you start to seek out ways you can bring more pleasure into your life? That could be the place setting, how you make dinner.

Can you Make it beautiful? Can You buy yourself flowers? can You clean up your bedroom? You make your bed so every time you walk in, you feel like it looks like a hotel.

That is pleasure. Again, if you liked what you heard, please subscribe to the channel, hit the like button and share it with your friends.