Using EFT To Navigate Menopausal Stress And Anxiety Transcript

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Welcome and Introduction to the Summit

Hello. Welcome back to Mastering The Meno(Pause) Transition 3.0, our third year coming at you with all all new interviews and all new information to help you on your hormonal journey, whether you are not in menopause yet and are just here to prepare and prevent, which is my favorite thing, or you're in the midst of it, or menopause was ten years ago.

It doesn't matter. The solutions and ideas we're talking about are going to be applicable for everyone, because we are. We are all human beings when it comes down to it.

So you could even grab your men or your partner or whoever and have them join you, because I have got Dawson Church in the house. Some of you may recognize him because maybe where he's a DrTalks host now two or you just recognize him because he is like globally known and all over the place.

He is has bestselling books and he is a thought leader when it comes to manifestation and EFT, which is emotional freedom, technique and I was saying to him before we went live, you know, these things are so important to me because they are just as important, maybe more important than the herbs I pour for you or the hormones I give you, or the vitamins or so forth.

You know, how we use our mind really has just such great capabilities. And so it's something I explore in my life daily. And so I'm super excited. I'm fangirling.

I'm like really excited to have you here, Dawson. So thank you for being a part of the Summit. Oh, what a joy sharing. And I was so, struck when I was going on our website earlier and just reading.

So the the story is that women have written into us about using techniques like EFT for menopause.

What EFT Tapping Is and How It Works

And so there are 4 or 5 really great approaches that our community has come up with, and I look forward to sharing them. Ooh, I can't wait to hear them.

So I mean, for I think probably most women, but maybe not all have heard of EFT. But I'd love for you to just talk about how this became your thing and just, you know, what is EFT and why is it so powerful?

Why do we tap these specific points and see our life change? EFP stands for Emotional Freedom Techniques, and it's often called tapping because any of these sessions you're tapping on acupuncture points.

We use a series of 13 of them, and you're simply applying pressure to them by tapping on them. Occasionally people like to rub rather than tap. And so when you do that, when you bring any kind of stressor to mind, and it might be a current issue in your life that's bothering you, might be a future anticipated problem that you're worried about.

That's going to happen sometime in the next while. It could be a past issue, and we even work with people with severe psychological trauma where, for example, we've been training therapists now in Ukraine to work with survivors of the Ukraine war.

We're training people in Palestine to work with refugees there. We worked with people in Haiti. We work with people in Rwanda. So, it's really used both for severe psychological trauma as well as the things that just just bother us.

And the way it works is that as we think of a thing that that makes our emotions rise. So you think of, maybe you're thinking about a big financial crash during the Great Recession.

Maybe you're thinking about a, job loss, maybe a friend of yours somebody really loved, betrayed you or moved away or died. And so you're you've got this, this, this issue that's bothering you.

When you reflect on that, something happens in your brain and your emotional brain becomes highly active. And the way we measure this on an EEG is that usually we have electrodes hooked up to your, your head, and then your brain's a little neutral.

And usually on the EEG that's gray. And then some parts of the brain are going to get red, which means they're really active. And so when you think about that stress, the thing that stresses you out, your limbic system, your emotional brain gets red, it gets all aroused.

So your emotional brain is highly active when you're thinking about something that that bothers you. When people tap and apply pressure to these acupoints, it's really remarkable what happens.

The emotional brain is then getting input from that memory or that fear to go into fight or flight. So it activates the emotional brain. But now when you tap, that emotional brain is getting a second input saying, everything's calm, just, relax.

There's no there's no tiger in the room with you right now. So, if there were tiger in the room with you, you'll not be tapping on an acupuncture point.

Yeah. So the the the emotional brain gets these two conflicting signals. One is is saying go into fight or flight, the other saying remain calm. And it prioritizes the somatic signal, the physical signal of the tapping.

And it breaks the association between the thought, the event, the fear, and going to fight or flight. And it just calms down. And you watch on an EEG, it just goes right back to normal within a few seconds of tapping.

And so that's how it works. There are a lot of other dimensions. There's genetics and how that changes blood flow, heart rate, all of these things normalize after that fear response goes away.

But that's what EMT is tapping on acupressure points. And that's what it does. It it it it it removes all of that fear functioning in the brain calms you down.

And then you are free of those emotions. You remember the events still, you might remember the car crash. You no longer are responding emotionally to the car crash.

that's such a I've never heard it explain. So succinct and easily to understand. And so is that. I'm just curious. Is there a reason why the specific points were chosen that are there's so many acupuncture points.

How did they come up with the ones they chose? Yeah, there are about 350 acupuncture points on the body, but they're organized into 14 meridians. And those meridians have end points.

And so one over here, for example, is the endpoint of the stomach meridian. And when, EFT was first discovered was by a clinical psychologist called Roger Callahan.

He had a client who had a fear of water and her name was Mary. She was really incredibly afraid of water. She would, like he had a pool at his property.

She couldn't come within 20ft of the pool. whatever range. She got terrified. She'd have just had panic attacks of of rain. And so it affected her for, for decades. And, he tried every single technique he knew, but he recently learned acupressure.

And this is in the late 1970s. And so one day he was working with Mary, trying everything on a fear of water. And he he then thought, you know, let's just give acupressure a try.

So he had a tap, this one spot over here, the endpoint of the stomach meridian, which is inaccurate. Acupuncture literature is said to regulate fear. And she just really calm down.

The next day she phoned him and said, hey, my fear, what is gone away? I took a big, hot, long, hot bath. you know, it rained last night. I'm totally fine.

Origins of EFT and the Acupressure Points

And he didn't believe her, so he had to come back with her bathing suit on and actually close to the pool and get it, which he could do for the first time in her life.

So, so simple points like that were discovered thousands of years ago, but we tap on the end points. Not all 350 points only are the end points. Like the stomach meridian is here.

The governing meridian ends here. The central meridian ends over here. Kidney meridian is here. So we talk about the end points of the theory of acupuncture is that a stimulation of the end point is able to stimulate the whole meridian.

And the points of ancient theory they show up in and charts from China, the 2000 years old. And they were initially discovered, I think, just intuitively by energy sensitive people.

But now we have instruments. We have a thing called a galvanometer that measures the charge on your skin, and we can run it over your skin and find out exactly where those points are.

But obviously, we know Chinese 3000 years ago did not have galvanometer. and they're just really tuned to energy and could figure out where these points were.

fascinating. All right. So, let's dive in. I want to hear what you have to say about menopausal women and what are things they can do. I'm very intrigued to hear what you have to say.

Well, when I first heard about EFT, I heard about it from a Gestalt therapist friend of mine in the late 1990s, and he said it was so realistic he was treating Vietnam veterans with PTSD.

He was treating clients for their fear of public speaking. He was treating people who were, having problems with a golf swing. He was using it for pain.

A lot of people use empathy for pain and for phobias. I said, you know, one technique can't possibly work for this whole diverse range of problems. How can that be?

So I pretty much dismissed it. And then a few weeks later, I was nervous myself. I was really anxious because I was selling a piece of property and the escrow was falling through for the fourth time.

And so I grabbed the piece of paper with the acupoints on it, and I just sat there and I just tried tapping myself, and I knew nothing. I, I was probably doing it all wrong, but just tapping on that stomach meridian, tapping on the governing meridian of the circle. Brilliant.

And my anxiety around the property transaction just vanished. And so EFT works on all these different problems because it reduces stress. And when I was looking at our website, if the universe.

So we have a huge website, one of the most popular alternative medicine websites on the web. And, I was browsing the universe for menopause and it's so interesting what people have used it for.

And it's all about stress. Like, one, one woman described how she had anticipatory stress. She was having, fluctuations of the length of her period, sometimes very, very severe periods that would debilitate her.

And so she was afraid. So she she was tapping on that fear in advance. She knew she was about to go into a big, heavy period, and she knew it was going to be really disruptive.

So she touched on her fear. Now, is that directly affecting the body? It's reducing her level of stress. And it turned out her period was really light after she addressed her stress.

That way. Other people use it for all kinds of other fluctuations they have in their bodies during that period that that time. And, it, it works for those as well, because all of them have some link to stress.

And they've been several studies showing how you have cortisol which saw main stress hormone and cortisol again is highly affected by our thoughts, moods and feelings when we are feeling a sense of, of of unease, when we're feeling stressed, our cortisol can spike, our adrenaline can spike.

And in people who are chronically stressed, you see all kinds of degradation of the physical body. You see lots of muscle mass, lots of bone density, loss of skin elasticity, loss of learning and memory circuits.

And it turns to the hippocampus, all kinds of degradation of the body as a result of high cortisol quality, cortisol. So you really want to bring yourself out of that stress mode.

And if he does that really quickly and effectively, in one study, we had people who are getting either a session of EFT, a session of talk therapy, or just resting in the clinic.

Using EFT for Menopause Stress and Symptoms

And in this large multi-site study, we found that EFT was twice as effective at reducing anxiety and depression, and that in the EFT group, there levels of cortisol just plummeted in an hour.

Really quick response to TFT. And another study we did with people over the course of a week or so of that week, they were meditating in the morning and they were tapping, especially on childhood trauma during the day.

It was a retreat center. They were in a safe environment and they were just going after all of those early childhood wounds and memories and all the, the, the, the adverse childhood experiences they could find during the day.

And it was a highly charged week for these people. But at the end of that, their baseline cortisol had dropped by 37%, which is a huge drop for a baseline to drop in in just just one one week.

And their immunoglobulins, their levels of immune function had risen by 113%. So when cortisol drops, all kinds of things DHEA rises, immunoglobulins rise, all kinds of positive biochemicals and neurochemicals go up when cortisol goes down.

So there have been a number of clinical trials now. And they show you just get way less stressed when you tap. And then again that your whole biology benefits from that, as all these other systems come into balance.

So if someone wants to start tapping, and say you're tapping on a fear anxiety or what about, you know, just thinking about at this stage in a woman's life, sometimes it's hard to accept that you're aging and is is is it?

Can you just tap without saying anything? Or is it specific, like, does what you say or hold in your mind's thought? Does that make a difference? Or can you just start tapping?

One of the big paradoxes of EFT is that normally therapy and coaching is designed to make you feel better. And so what the therapist or the coach might do is ask you questions, or might make recommendations or remind you that this is a therapy phase in your life.

It has a start, middle and end, and they'll find ways of helping you release your stress. Paradoxically, with EFT, we do the opposite. We actually want you to feel your stress because it's a phenomenon called counter conditioning.

And when you're stressed, you have a conditioned response. So you think about this fear you have and you have a conditioned response to that fear. And what we want to do is we want to counter conditioned that and to counter conditioned it, we have to evoke the fear.

And so while most of us do not want to think about all the bad stuff in our lives with the EFT, we tell you, go ahead and think about all the bad stuff in your life.

I was working with a, skilled and educated clinical psychologist this week, and she was, dealing with some, some major issues in her life. And she was giving yourself feeding herself, compensatory positive self-talk.

She was saying, well, I know this really sucks. I'm dealing with this miserable situation. But, you know, on the bright side, blah, blah, blah. I said, don't think about the bright side.

Plunge into the dark side. Plunge into the worst. because I want that emotional brain lit up. And so what is you know, I remember one, one, workshop I did for a huge, medical conference, and there are tons of people in the room.

And so I worked with this one woman, and she she had been the victim of abuse when she was a young girl by her father and, various really miserable family situations.

Her mother had eventually, left her father taken the two kids. And then one terrible night, the father burst into the the house they were staying in with.

The mother's boyfriend just broke down the back door, read in, punched the boyfriend in the face, grabbed the kids under his arms and and took him out of his pickup truck and drove away with them.

And they were then with their father for a while till they were reunited with their mother. So it was just this terrible experience that that she remembered.

And so, she was like a ten out of ten in terms of emotion for that childhood trauma. And so as she was tapping, her numbers were going down. She went down to an eight that were six, that were a four, then to a two, and then I had her start to remember specific details.

How much blood was there? Where was the blood? Now? I could see all of the therapists in the room were like, Dawson, you're nuts. Why are you doing this? You just calm her down.

Why are you now driving her back into stress mode and drive your number back up to a ten? And the reason is simple. I want those neural circuits active.

I want that emotional midbrain all lit up so we can counter conditioned her strongly conditioned response. And then she went down to a low number and were down to like close to a zero.

When she did that, she retrieved a memory she had previously suppressed. She said, oh my goodness, I just remembered my mother's boyfriend was abusing my younger brother, and that's why my dad broke down the door and grabbed us to get us away from him.

and so this narrative that she's had now, you know, for the this, this one was the head of psychiatry in the major hospital. But the narrative she's had about her dad kidnaping them for a whole life, 50 plus years, was completely wrong.

Her dad was in the back rescuing her, and she had forgotten that the most terrible part of this terrible memory, which was the abuse that that that her brother had been suffering at the hands of the mother's boyfriend.

Tapping Through Fear, Aging, and Self-Love

And so, it's powerful me light up these brain circuits and then then tap on them so we actually don't have you think about, oh, this too shall pass. I'm okay. I have all these strengths and resources.

We actually let you just feel those feelings really deeply and fully. And it may be the first time in your whole life you've been able to just plunge into the sheer dread you felt as a child and all those negative emotions, but you're tapping your counter, conditioning them.

And even if they're incredibly painful and incredibly emotional, your numbers are likely to go down. We find that even in cases of complex PTSD, severe continued abuse, usually we have very specialized methods for complex PTSD, but our trained practitioners are able to treat it in usually ten sessions or less.

That's amazing. So what I'm hearing, if like you are afraid of getting old or dying or losing your looks or not being meaning, you know, a lot of society teach, you know, we change the conversation around here about what, you know, I call menopause your sacred second act.

But we have a lot of conditioning we have to overcome because we're told as you get older, you get ugly, you get fat. You're not important. You don't count.

So what I'm hearing you say is that you should hold that fear in those negative thoughts while you're tapping, because that's so it's it shouldn't be.

I love getting older. It it's just about holding and I'm getting that correct. And do you need to say anything or is it enough to just hold the negative thoughts?

It's, useful to say that out loud. If you're in a place you can do that, this will scream and yell if you want to. All the people just yelling and screaming their very worst nightmares and speaking them out loud and really, really eliciting that those emotions make them as big as possible.

And so, yeah, you don't say, oh, you know, this will be okay. I'm really fine on the inside. You can say, aging sucks. Aging really sucks. I hate aging, but why do you do it?

So now you're lighting up the emotional midbrain, and then you're tapping to release all that emotion, and now suddenly, you're calm at the end of it, so there's no longer emotion.

You're not your face in the mirror. You're getting more wrinkles. Your body is getting more flabby, which is inevitable as we age. And it just filled with self-love.

And you just realized that. Wow. and then if you do have any negative feelings come up, you know, you've feel those feelings deeply, and then you tap.

And this usually leads to not just self-acceptance, but self-love. People, after tapping for a little while are just saying, you know, I'm okay. I'm fine, I accept myself.

That's that's a good initial statement. But what I challenge people with is radical self-love. Radical self-compassion. Love yourself unconditionally.

We're all great. We're all in it. But it's all a change. It's just inevitable. You're gonna, you know, move even if you are blue Zones person and you take good care of yourself and you have done all the right things, what we find, at the end of the people's lives, like the last ten, 15, 20 years of people's lives who live in the blue zones and who have had a really supportive lifestyle and have a long, long health span.

They may not have a lot of disease, but they get frail and you have to get used to that frailty. I mean, you know, when I was 35 years old, I'd I'd go on a camping vacation, I'd pick up my big two man kayak, heavy kayak, and I'd

spin it around my, my, my, my had and toss it on the roof of my van and drive off.

And now, you know, it's like I have a one man kayak and I, I'm huffing and puffing, to get it off the road on my van and I go electric bike ride and a regular manual bike, you know, but, you just you, you come to terms with the way your body changes.

And you love your body. Our bodies are doing the best they possibly can for us. And if we're bombarding them with negative thoughts, if we're pouring all of that negative self-talk into them, it's not helping.

So say those things. By all means, feel the energy, but discharge it and let like that, that that that red color draining out of the emotional midbrain.

If you say those things that don't tap, you reinforce that. You reinforce your conditioned responses. If you say them and you're tapping your counter, conditioning yourself, and now all the emotion goes away.

You look at yourself in the mirror and you say, I love and accept you so much. And you know, if you're in a relationship like I've been married for a long time, and so we tap together, whatever.

We have any kind of emotional issue. And not only do we have self-love, we love each other unconditionally as as we age. And I love my wife and my wife.

You know, even after decades is just like this radiantly beautiful person. She walks down the stairs in the morning to my bedroom, and I look at her and say, the goddess is coming.

I'm so thrilled to see her every single day. You know, like the other day we were hugging and kissing and and, she was just just leaving to go to the grocery store.

And a friend of ours said, you know, you're acting like like you're going away on a long trip, but she's going to the grocery store. Why? And I said, well, who knows?

You know, this may be the last time we ever see each other. You never know. Milk it for all it's worth. Milk. You're the love. Milk the affection, milk, the kindness, compassion in your life for all it's worth.

When you love yourself that way, when you surround yourself with self-compassion. In that way, when you forgive yourself, it winds up spilling over to everyone else in your life, including your loved ones, those around you and you find the quality of your relationships improves.

And in one clinical trial we did, we found, a dramatic increase in relationship satisfaction as people in that particular case, they were tapping for about 12 weeks with an online program, and their relationship satisfaction went through the roof when they did that.

So you really change your relationship with yourself and then with people around you. You write about the only supportive, loving people in your, your pod, those around you.

So is very, very different. If you are discharging your stress, you also age way slower. I mentioned skin elasticity, muscle mass, bone density. Those are absolutely critical as you age.

And you will literally see people who are doing this work looking way younger than they already are. There's this one author I worked with, I actually commissioner to write a textbook for EFT, and I talk to her at conferences over the years and and talks about workshops.

This is like around 2000, 2005. And it was assumed that she was, you know, around 40. I discovered she was over 70. But again, just lots of muscle mass, lots of inner vibrance energy.

You know, we have energy. I more energy now at close to 70 than I had when I was 35. We just have all of this live

energy pouring through us. Enthusiasm, just passion for living every day.

So you want to be that person, and it comes from discharging all of those old emotional wounds so you can live your life with that emotional freedom. Your energy is contagious. Just like I want.

Like it's not snapping. I mean, you can tell you totally walk your talk to me and like, I'm like in such a good mood just listening to me. And so a lot of times we hear, you know, fake it to you, make it just, you know, think good thoughts, but you're totally flipping it now on the other side and saying, you know, and I love that because I'm all about you.

You got to feel it to heal it. Right? And so you're saying feel it, but tap through it. So for someone who wants to start tapping often when we say you're going to start meditation, we're like, just start with five minutes a day and you can work your way up to 30 minutes twice a day.

How how long do you need to tap for? Can I can we just walk around all day long tapping or and it's enough in the morning. You know, tap whatever your stress, whatever you feel, any rise.

We know when our cortisol is rising because we feel this sense of emotional, arousal. And so when you feel that when you're reacting to things, that's cortisol going up, it's your midbrain lighting up, your emotional brain lighting up.

So you feel emotionally triggered. Whenever that happens, just tap and you'll calm down. Now meditate on the best time to meditate is first thing in the morning because then you hook up to you all it is.

I mean, we live in this. We are individual human consciousness. But as Rumi said, we are not a drop of the ocean of consciousness. We are the ocean of consciousness in a drop.

So we are we. We are this consciousness, this individual local human consciousness.

Meditation, Brain Chemistry, and Daily Practice

And we can hook up to non-local universal consciousness. And it's right there available to us all the time. The only variable is do we bother noticing that?

So in the morning when you hook up to non-local consciousness, there are all kinds of interesting things happen. I mean, biochemically, your body trader's brain function changes dramatically.

And so, you're going to feel much better and you predispose yourself to having a good day, your day, that when we interview people, we have several consciousness programs as well as EFT programs of stress reduction.

And people in the consciousness programs report consistently. The day I skipped meditation, things didn't go quite as well. And so you want things to go well by framing your day with that sense of peace and calm and being plugged into something, where then yourself.

When things happen during the day and you get stressed, that's when you tap. So the two practices are the fundamental ones meditation and tapping. Fundamental practices for well-being.

Wow, I love that. So what what do you offer for the women who are listening? Like, because I hope that everyone is listening and thinking like I'm thinking I want what he's having.

And I have experience with tapping, but I haven't quite heard it the way you just explained it. So it's going to turn my tapping on, you know, turn it upside down.

I'm going to do it differently now. And so for women listening, where do you recommend they start? Do they go to your website? Is there trainings? I know you have like a whole like consciousness university. So.

yes. Here's the website. on our website you can download a free mini manual and the free meditation track we recommend. So do that. Also go through our practitioners pick one and just hang up with the practitioner.

So work on the manageable things yourself. If you have psychological trauma, if you have abuse, either present or past, definitely connect with a practitioner and have the resource of a trained, certified politically active practitioner available to you.

So you you use the use the at your self-help for things that are manageable. If you're dealing with major stuff, major trauma, definitely go and use the services of a professional.

We also had a little mini courses for anxiety, for depression, for traumatic stress, for insomnia. And usually if you just try EFT a few times, like usually the first time, you will literally feel your body calm down and people are like, whoa, what happened there? I was thinking about that thing.

I've got a happened. I feel way better. And don't assume that anything is beyond the reach of EFT, because stress is a component of all of it. So virtually, you know, people have to have pain.

Well, in clinical trials, we find that physical pain goes down an average of 60% when you tap. Why? Because this stress that's linked in with that pain.

And if all you do is make an appointment and go see your physician and get your prescription to deal with pain when you haven't dealt with the emotional underpinnings of the pain, you are trying to medicalized something that is emotional.

So you don't want to analyze things that are medical, but you don't want to do the opposite either. You need to get appropriate treatment for each component of this.

Deal with the emotional things and the spiritual aspects of your life with spiritual and emotional remedies. Go and deal with the physical ones, with physical remedies.

And so it's important to bring all of these things in. But he had pain drops by about two thirds. So go ahead and use EFT for those stressors. And don't assume that it's just a physical thing.

That woman who tapped for her menopausal symptoms, she just to name is Karen Lewis, by the way, if and look up look it up on my website. Karen eats and you just look up her story there.

There's a couple of accounts and very, very, very detailed accounts. Also, how spontaneous the other things have you got to get better for her as she tapped as Karen tapped other menopausal symptoms.

But, don't don't don't think that it's just for one little part of your, your life. The chances are it's pain involved stress, future worry and projection of, fears into the future that involve stress.

Obviously, our past is full of stressors, and we recommend you go clear as much of that as you possibly can yourself. We have a program for that and work with a practitioner for the overwhelming things like, if you really need support, get a practitioner.

I just work with them, tap with them. They can hone in. They are expert in hitting the bullseye quickly, so they're going to help you get to the real issues much faster usually than you can yourself.

I'm going to start tapping because my camera keeps, it's freezing and it's stressing me out. So, I, I think this is so powerful. I say that stress, I've said it for years, is 99.999999% of all disease.

And so this is such an amazing remedy. And what I love about it is it's free. It's something you can do. It's so, you know, you can always tap. It's always with you.

It empowers you to be your own healer. And so I just think, we have a new clinic we're opening in Scottsdale. And as you're talking, I think I'm thinking I gotta have a tapping room for for patients to go as part of their journey through all our diagnostics and therapeutics.

There has to be a place for people to tap. So I'm going to I'm going to create a tapping room for healing. I just I mean, if they tap first, like food for pain, for example, if they tap first and then get appropriate medication for the pain that remains, that's the way you handle the emotional parts of it.

And so when we're bringing in all of these ways we have of supporting ourselves, we're then again using appropriate remedies in the appropriate situations, rather than trying to medicalized all of our problems.

And we keep looking for the magic bullet from, from up there somewhere. But as I talk about in my book, this brain, our brains generate oxytocin, serotonin, dopamine, dopamine.

When you meditate, dopamine can rise 65%. Oxytocin goes way up. Beta endorphin. Beta endorphin is three times as potent drop for drop as synthetic morphine.

And when we meditate, that's why aches and pains go away. When you meditate, we release large amounts of beta endorphin. And so you meditate and you find your pain is, you know, there's all these aches and pains when you first sit down on the mat, meditate.

And after about 15 minutes, the God. That's because you're releasing all this endorphin anandamide, one of the most pleasurable neurotransmitters there is its name.

Even Ananda comes from the Sanskrit word for bliss. We release copious amounts of it in our own brains, just automatically in a, in effect, a meditation.

So you feel much, much, much better. And then when you hit that baseline of feeling better, that gives your body a new set point. And it's really important we raise our set point and start to feel better, and then expect to move into that place every day.

And once you've been in a state of peak well-being for, say, like one woman walked up to be the at a workshop just for Covid and said, Dawson, I took your challenge to meditate for 30 days without stopping every single day completely.

Consistently. No interruption, 30 days of meditation. I said, that's wonderful. I love hearing people who take my 30 day challenge and do it for 30 days.

And what what do I want right now? She said. I one day, 147.

Getting Started with Resources and Practitioner Support

Now that is somebody who's experienced oxytocin and she's got this flood of anandamide and serotonin and dope me, all of these neurochemicals in her brain.

And she's raised her set point of feeling good where she does it every single day without fail. So that's what you want to do, give yourself that kind of of support and then get appropriate medication.

Like, you know, I have high blood pressure. I tried every natural thing there was, including tapping water down a bit slow. I'd go to my doctor and say, okay, I need a prescription.

So, you know, all of these things have had their role to play. It's not like we're gonna never need surgery, never need a prescription. We need nobody to supplement.

I mean, I have all kinds of superfoods and supplements that I take to help me feel feel good, as well as tapping and

meditation and spiritual exercises.

So you want to really support yourself in all these ways. And if you do, you can have a fantastic life, dramatically better. When we measure the, brain function, people who are in these peak states, it's extraordinary.

I mean, there is so high on like, they're just having such a wonderful experience. They're just flying. And so you want to be that person. You have a brain that'll do that if you just know how to use it.

And once you decrease your stress level automatically, all the other parts of your brain that have to do with creativity and resilience start to increase in function.

It's a teeter totter. Stress goes down. All kinds of positive brain parts. Brain functionality goes up, but if stress goes up, it decreases the parts of our brain to do with creativity, to do with gratitude and with joy, to do with resilience.

And you want to make sure you are reducing that stress every day so that you can you can use the brain that you have to experience all these beautiful emotions. You.

We were born that way, and we may as well reclaim the joy that we've become. As happy as we were at the age of three. I love that. I love tap first and my new motto, I see bumper stickers and, and I, I'm just thinking, you know, I just want to tell the audience, like, we all need to channel our inner Dawson, right?

Like, you know, we. I mean, you're just a joy. So thank you so much for being here and sharing. I mean, I say all the time that meditation is medicine.

And so you've given us some really good framework, and I, I run on my 24 hour urine test. When I'm measuring a woman's hormones, I get oxytocin levels.

And, you know, they're typically very low in this age range. And so tap first meditate first thing in the morning, you know, then we can always give you the oxytocin nasal spray if still needed.

But the these things you're talking about are truly medicine. So can you give us the name of your website. Is it just dawsonchurch.com? You have to download that that free manual go to Dawsongift.com.

That's where you at the manual. And also one of our meditation tracts that's been showed in an MRI trial to actually rewire the stress part of the brain in the first 30 days.

So it's really powerful. track. And then you'll also see where our practitioners, our live events, our online course, there's all kinds of other ways to support yourself.

And then just use your intuition, navigate through the website and we're able to sit with you. Do look up that Karen Lewis, case history and take it from there.

Your, your, your guidance system will kick in. But do definitely go to DawsonsGift.com. Get the manual, go to the last page of the PDF and look at tapping on a page.

You have the other page it it's just that quick to do. So start DawsonsGift.com and go from there. Awesome. Thank you so much. hopefully we don't crash your website now because I'm going.

Right back. And thank you. This has been a joy and just such a beautiful gift to add to the summit to help women on their hormonal journey. I, I feel full of love and just full of joy and I'm sure everyone is feeling it.

So tap first, channel your inner Dawson and thank you all for being here.