Using Your 6 Senses To Overcome Hypothyroidism Transcript

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Introduction to Doctor Kelly and the podcast mission

Hi, I'm doctor Kelly Halderman. I'm a former medical physician and author of The Thyroid Debacle. I'm now devoting my life to education, research and biotech because I realize we need educated people to bring us cutting edge information, especially when we find ourselves with a diagnosis such as hypothyroidism.

When I was practicing allopathic medicine, I myself became very sick, bedridden with what would be diagnosed as Lyme and mold infections. Along my health journey, I was also diagnosed with Hashimoto's thyroiditis, a condition I was told that could only be managed with medication.

Well, I'm here to tell you that there is more than medication to help you, as you will learn through my powerful interviews with several functional medicine practitioners.

There are tools that will help empower you to take charge of your health. Join me today as I interview leading doctors, naturopathic specialists to uncover the most useful health insights for you.

This podcast has been launched in collaboration with Doctor Talks. Visit them today at Doctor talks.com. Backslash Calendar to learn more about their upcoming summits.

Hi everyone. This is Doctor Kelly. Welcome back to Doctor Talks. We have a very exciting guest. My friend Doctor Ace is here. He's going to give us some knowledge about a topic we haven't even explored yet.

So I'm just going to welcome you doctor ace. Hey thank you so much. I appreciate, the welcome and thank you for allowing me to be on this, podcast and, and the platform, I think it's going to be interesting.

So thank you. It definitely is. It's definitely been, very exciting to learn from doctors such as yourself. So you actually are a medical doctor. And the topic that we discuss talking today is something I've, I've never heard of, absolutely never heard of.

And so I'm excited to get into that. But first tell us about your practice. Tell us about yourself. Tell us about what makes you get up in the morning and go to work and makes you so passionate.

Doctor Ace's medical journey and integrative philosophy

Oh, wow. That's that's, that's a long topic. But, hey, so, like, you know, as a medical doctor, I figured that there's a way to do things, and that was great, but it wasn't satisfying enough as a as a deep down.

Hey, look, I'm not helping somebody because I'm just maintaining stuff. And my, my, you know, we are scientists and we have this desire to help people and one way shape or form by hook or crook.

We're going to try to, you know, help them in in some sense. And you know, that hook, our cook, I just said, you know what? There has to be a way. So if there's up, there's down if there's forward, there's backward.

If there's evil, there's good. If there's Satan, there's God, right? There's a disease can come, this goes away. And, you know, in medical, school, they they taught us that we are continuously dying and continuously regenerating.

So if you're continuously dying and continuously regenerating and and possibly within five years, you're becoming a completely new version of yourself. Because every cell in your body is in shreds and regenerate.

Then why not? And why can't we regenerate a new version of the self that doesn't have the disease maximum five years, right? Because even without you doing anything, it will it will die.

So I just kept searching for different ways. And I think at this point in time, combining the eastern medicine with Western medicine, the ancient stuff, the, you know, at the end of the day, we are all frequencies.

So there instead of, you know, I think about there are ten senses since we have ten fingers instead of five or maybe six that most people think about.

So I, you know, I think, there is a way to all of these senses are just pathways that bring in energy and let energy out of you. And DNA just, DNA is just a mesmerizing collection of hard drive and data that we have.

And, there is a way to turn it on and turn it off. So on this journey of mine, I just, I, I've been to searching and searching and searching, learning more and more.

So one from family doctor to a forum doctor to cellular medicine, peptides to stem cells to genetics. So serving as, you know, serving on boards or companies and whatever, right.

Like all of these things that we all do at the end of the day, and, and advisors but like it's, it's, it's all this puzzle piece that we are looking at and saying, okay, how do we how do we help people without getting into a big fight with the conventional realm and the moneys that are protecting it?

So, yeah. So it's it's it's something that becomes huge because everybody wants to be happy. And I think there is a way to do it. And everybody can be profitable.

There's enough abundance that goes around. So without getting into the negatives and focusing on the negatives, I just said, you know, let's let's just do something.

So last four years have been totally miraculous in terms of barely I haven't prescribed metformin. One time. I have not prescribed new thyroid medicine one time, pretty much reversed, you know, and taken off everybody off of it.

And whether you look at rheumatoid to even stage for cancer, we have seen some like literally magic happen. And it's not magic. It's just if, if we if we turn off the programing and through this, you know, we're going to talk about six senses.

But if we turn off the programing that that we have essentially the genes, then things just happen. And it's easiest way, I guess, on this journey of mine, I mean, I tell people those, right?

Like if you get into a hot environment, the heat is going in your body through one of your senses, maybe two of your senses, maybe three of your senses, if you can sense it, or for if you eat it right, if you smell it, if you touch it, and then it's going to turn on some genes for sweat glands.

So genes are on top 30, you know, 46 chromosomes. And and all the histone molecules, they're just always constantly adjusting to the environment and epigenetics.

So it's just it's just figuring it out the pattern of behaviors and pattern of life and people that depends on the location and what they're living in.

And the magnetic poles and, you know, frequencies that are affected by it. So, the time of the year and, and type of the food that grows in that area, like you just look at all of those things and you kind of get a sense, I obviously I haven't figured it out, like all of it, but I think I'm looking at many, many data points.

And, you know, it's it's just looking at the evidence that exist and, and experimenting and saying, okay, why don't we experiment something if it works great, if it doesn't, you know, we we still continue to follow our guidelines, you know, practice evidence based medicine.

But but there's always a wiggle room for a trial, right? Every patient has a wiggle room for a trial for a month or three months, you know, whatever. And if the trial works, then it's like baby steps.

If I'm not falling after the first baby. So you take the second one and we just keep moving. And that that's been, insanely rewarding, work and journey.

So is is this, I cannot even fathom, like, things that I have seen and my worldview, I revising anything and everything is reversible. You just need mindset support, financial support, emotional support and willingness to do it.

There you have it. So technically, we can actually make the entire health care system free while being profitable, but that's a whole different conversation.

So that's why I'm here, you know, to to be a catalyst in, in everybody's journey. And, and that's, you know, if I can be of any help, you know, I think I will serve my purpose on this planet.

Well, that's very inspiring. And the approach that you've taken since I've known you in the past probably three years has been just this insane search for better for for doing better for the people in your care, for, you know, continuing your journey.

And again, I think that, you know, you you practice more of a heart based, medicine than. You, and, you know, you let your heart lead you. But you're extremely brilliant.

One of the most brilliant practitioners I've ever met. And so I'm, you know, I'm I'm so happy that, you know, that God has given you the desire to really go above and beyond because we need more practitioners who are stepping out beyond the, you know, what is given, what is taught us in medical school.

It's it's really antiquated. You know, my book, The Thyroid Debacle, we go through how antiquated it is to test simply TSH and T4 and put someone on synthroid and increase their dose.

I mean, right, it's just it's really something that needs an upgrade.

Evaluating hypothyroidism through labs and root causes

And so in your clinic, if someone comes in and they have have they have a diagnosis of hypothyroidism. What's the first step. What how do you introduce them to using their six senses.

And like this is all multifactorial. So I know you see this holistically just like I do, but what would be like the first steps of evaluating this person?

All right. So, as a conventional practice, that would be I mean, all the things that we do conventionally, looking at the micronutrients, looking at the 5 or 7 or whether nine point thyroid tests, whatever it is.

Right? All the fees and antibodies and everything we measure, those look at micronutrients, try to look at the toxins, like there's a whole foreign functional world that's like the step one, right.

Let's look at all of those things first and then identify any root causes, any damaging things, anything that doesn't serve you, whether it's pathogens, toxins and if you don't have enough resources in your body.

I try to have, you know, get a sense through labs and then when when I'm evaluating a person through a holistic approach, I try to kind of set a, I guess, a level playing field or a level of understanding for them that goes something like this, right?

It talks about how your body is a company or a country, and you have limited resources that are going in. Although in the metaphysical world we have unlimited resources, but in the grand scheme of things that practicality at this point in time, on a day to day basis, you can only bring in, you know, limited resources through your senses.

So what are those senses, those six senses that we have? You can only see so much. You can only hear so much.

You can only smell so much. You can only talk and eat and taste so much.

You can only think so much. I mean, on a rough estimate, you know, 20,000 thoughts a day to 400,000 thoughts a day, right? Like a person can have that.

And that also is dependent on the amount of neurotransmitters they can have. For somebody who doesn't have neurotransmitters, 400,000 thoughts are anxiety and worry and 20,000 thoughts is a depression, while somebody who has enough neurotransmitters, they can run the country.

And and being a gamma and you know hyper frequency it's like it's it's whatever. But it all comes down to the resources. So the resource pool in your country gets divvied up.

So we must understand that that it gets divided into your civilians, which are your normal cells and your military, which is your immune system. And your military gets broken down into five branches or some wood type, you know, neutrophils, basal cells, emphasizes intervals, monocytes just on a WBC.

Right. And obviously there's cytokines and interleukins and all that other stuff. But in a, in a just a superficial picture, we also have the same military that, you know, our country has in a way.

And each one of them got five different things from bacterial lymphocytes for viruses, parasites for your xenophobes, monocytes for fungus. You know, and obviously there's overlap for fighting.

And basil fields are like Navy Seals. So once we understand that we look at those things. And I say to them, all right, let me help you. Let me understand what your pattern of behavior is and what your pattern of thoughts are, because these five senses is what I'm trying to evaluate, right?

What are you seeing every day? What is your behavior pattern? What are you smelling every day? What are you breathing every day? How are you breathing every day?

So that's where the breath work comes in, right? What you see matters right? Are you seeing toxic? You know, brainwashing things are. What are you watching?

Are you watching? You know, sacred things, frequencies, you know, schematic patterns or what? Are you watching? Right. Like, what's going in your visual light source?

Are you look at looking at the sun and all of these things. I have a precision approach, right? Everything has a precision vibrational pattern. What are you touching?

Right. Like, are you wearing things? What toxins are you putting things in your house that are not clean? Are you touching food with pesticides? Like everything matters, right?

Everything that we do. So what are you hearing? You know, what are the thoughts you're hearing yourself. So that also matters. Because all of those things that we are hearing, we kind of forget it.

And another concept is hearing your heartbeat, right? For example, when the heart beat there is a vibrational sound like the fluid. The liquid gushing through the vessel that causes a certain type of sound.

And when it bifurcates into your two iliac veins, going through your abdominal aortic, it creates a gushing sound. And it does it at a level that you don't hear, but you can definitely check it and measure it through either heart rate variability, either through electronic resonance.

You can measure those things, and those things haven't proven. I mean, I'm not going to go into like all of those people who prove that we can look into Monroe Institute of anybody wants to look into it.

But, those things have been proven over the last 30, 40, 50 years that resonant sound frequencies are totally

changing how our DNA vibrates to some degree.

And and getting into, a level that we just haven't thought about. And, you know, we have evidences of tuning forks and, and pyramids and all kind of stuff.

So without getting into that rabbit hole. Right, like, so it's there is some value into it. A lot of universities are doing those kind of research to figure out how, how does light and sound affect our body.

So all of those things are within our five senses. You know, thoughts are the only thing that we might say. There is no sound, but there's probably a sound even at that level, and there's probably some light energy that is generated in or in our neurons because it's electricity that we are dealing with.

So there has to be at that micro level. There has to be electrical current and electrical current generate sound. We know that. Like that's why all these wires make sounds when the electricity is flowing through it.

So there's, there's always that sound and light on. And so that's what I try to evaluate in my patients. And then and the way I understand it, I'm looking at each one of them, giving them protocols for each one of these senses to change according to the disease.

Every disease has a different understanding, right? Like there are people on this planet who don't eat and drink, and they live 20 years without eating and drinking, right?

So how do they do that? Well, they just figured out how to convert light and air into water and carbon. And I mean, that all exists right around us. So you just have to train your body to figure that out.

We have the same chlorophyl, which is mitochondria or chromatophores or whatever we want to call them. We have those cells that will convert. So for Hyperthyroid, that's how it starts.

Like I'm trying to understand. And there's for most people it's just for most hypothyroid state there is just a pattern like once, once you see five, ten, 20, you'll know what they're thinking.

Pretty much identical. All Lyme disease patients think almost the same way. You know, if it's tertiary Lyme and secondary initially nobody knows secondary nobody knows.

Once you cross the 50% threshold in your body, then the thought pattern starts to become the same. And it's interesting that you say that. I'm so sorry.

I just feel like I have to say that when I had Lyme disease, I recognized that thought pattern in a lot of the people who are around me who are suffering, and I did not subscribe to it.

The six senses, energy, and emotional patterns in disease

I did not let my thoughts. I did not let anything that my energy field, which sounds kind of hokey, but people always say to me, how did you go from bedridden Doctor Kelly to vibrant, like feeling like I'm ten years younger than I actually am, and I try and eloquently tell them what you just did is that I didn't subscribe to that, that thinking I didn't.

And so I've never heard any doctor actually talk about that. So that's really exciting to me because it was a huge piece of my journey. So yeah, keep keep telling us your protocol.

It's amazing. Yeah. It's so I would encourage, you know, I mean everybody to recognize the emotional aspect of the health care because a lot of us are I'm not saying we're not like we have to deal with it so we understand it.

But emotional aspect to a precision approach. Every disease has a pattern of thoughts, every disease. It's not just about getting rid of old trauma, like that's an umbrella term that covers everything, but there is a way that all trauma is stored.

Because just like an easiest way to think about this is this is a brain. Brain has a homunculus, right? The an anatomical homunculus that, you know, where your legs are located and where your hands are located.

Well, similarly, your emotions have a homunculus. Nice. Every emotion that you have is stored in a brain homunculus somewhere. And that's exactly where the disease is stored.

For example, somebody who cheats this is this is going to hit home. But if I had that like emoji, you know, your your brain, the brain blowing exploding I would like insert it right here.

Okay. If you said if someone's cheating so somebody is cheating or somebody is feeling guilty, whether it's because of whether it's because of, cultural beliefs that are being broken or the religious beliefs that are being broken, or social contracts that are being broken and legal contracts.

Right. Whatever you do that makes you feel guilty, essentially you do something that you subscribe to, right? You do something against it. Well, where do you think that emotion is stored in the body?

And why do they have that pain? That's the reason. That's one of the initial starting phases, because that a lot of that pain is stored in the lower back.

And that's why 70 to 80% of the people have some sort or 60%. I'm not saying everybody's a cheater, but I'm just saying, you know, if you lie and you have guilty feelings and you have stored it because you lied 20 years ago, it does not matter today in your time.

Right? You lied 20 years ago and that person left you. You broke up with them. Whatever it is today, it does not matter in your life. You're you have moved away.

You become better and stronger and wiser person. But that memory from 20 years ago. Guess what? You did? That you felt guilty and you stored it away somewhere in your homunculus.

And that is lower back. And usually you can isolate exactly where it is for most people, depending on which level it is and what they have done. So I kind of see all of those things and I understand them.

I, you know, when you look at people, it's it's like, you know, sometimes you can even and it's kind of sad and it's kind of amazing. I have to keep my mouth shut many times because it will tear people up, because I'm looking at them and telling them their life story.

Right. And they haven't said anything to me. And they're like, how the after they do this, do. And then they are afraid of even sharing sometimes some things with me because they're like, you're going to like tear me apart.

But doctor patient confidentiality. Doctor, I know that doctor. I've lost some, I've lost some patients because of that. You just know too much, doctor.

I see you know too much. But it's it's the it's the process of helping somebody and then trying to find out exactly what's going on with them. And then.

And and body is a it is a it's telling us so much when, you know, we just have to understand through our five senses, like if I activate my five, my six, my ten senses, whatever it is, everything that is in my universe right now, you are in my universe.

You are in front of me. You know, everything that is my universe is telling me something. Universe is always giving you a sign, right? Like the prayers that we ask for are being answered every single day and the universe is telling you, hey, do this or there will be a billboard that says, do this, or there's somebody listening to this today. Right now. Right?

Or whenever you listen to this, if I'm saying something that hits home to you, it means that you asked for that to

your God. It I'm just part of the universe for you, part of your senses, whether I say it or somebody else and says it, it's going through your eyes and ears and it's getting converted to some sort of electronic frequency.

You're understanding it because it's an indication for you to do something. Maybe it's for thyroid, maybe it's for somebody else, maybe it it's always an answer.

Everything that we deal with all day long is an answer. So that's why a lot of people, you know, when something bad happens or like, you know, you get this sense a lot of times where it's like, I'm supposed to do this and then you're like, oh, I'm just going to procrastinate and not do it.

And then another two months pass by and you get the sense or somebody told you or somebody says something, you're like, oh yeah, I think I should start the podcast, you know, or I should do this or I should call my doctor because I'm just having this gut sense that something is going on in my stomach.

Right? You have the sense with you procrastinate, you procrastinate, you procrastinate. And you don't take that sense, which is the universe telling you seriously.

A lot of times, like like it happens a lot of my patients, so they like I get these calls all the time where, you know, they come and see me, maybe they call me, I'll tell them something.

And they're like, you know, it's absolutely right, but the price is too much. So let me come back. I'll tell you six months later or let me see what happened.

And then also the same exact thing six months later when they call, and then they'll wait again and they'll say, okay, I'm not going to come right now. I have something going on with my kids.

I have to save up or whatever, and they don't want to start that journey. And then two years later, something really bad will happen, and then they come and tell me.

And then the price has gone up, everything has gone up. The amount of work they have to do has gone up. The amount of work I have to do has gone up and now they're in worse situation.

Only if they listen to it. Maybe by their family, by me, whoever it is, that's just a sign the universe tells me so, you know, similarly for hypothyroidism, it's something similar.

Like there is a pattern of thought and pattern of behavior and, and, and a lot of them are doing very similar things. And if we, if we it if I hit the nail on the head for them, other than doing all the functional style, giving them nutrients and getting changed in their diet and gluten and all of that, that, you know, we have to do, you know, there you have to incorporate all these senses.

And then and then they have to be willing, right? A lot of people have reservations of doing breathwork or doing yoga and to changing their thoughts because they just trust that, you know, if I, if I do that, and they have guilt against their belief system sometime I'm not supposed to do this.

I'm not supposed to visualize. I'm not supposed to have positive affirmations, you know, and that's okay. But you can have that belief. But when when you're doing something for two months, three months, and then we do labs every six weeks with hypothyroid patient, you know, for the last four years, almost every single patient I have seen, we have decreased their hypothyroid medication either down to zero or down to 90% like, but it's intense.

Every six weeks I have to do labs every six weeks. We are changing medications. The dosage of the thyroid medications and stimulating the thyroid gland.

And in the process, you know, you have to like, there is a roadmap of how fast or like, understanding how fast you are or time, you know, you have to understand how what it takes for your body's cells to die.

It takes three months for the skin to completely regenerate. It takes up to five years for bones to die and completely regenerate. In between you have all the other body organs.

Gut might take six months to nine months. Some people say three months, but I think it's nine months. You know, liver and kidneys completely turn over, like the cells are dying in heart completely within 1 to 2 year timeframe.

So same thing with thyroid one like you have to stimulate it. You have to massage it. You have to put it, you know you can use PM frequencies on it or whatever, right?

One way or the other. You have to do different things to stimulate it. Put essential oils on it. There are peptide creams that you and I both know that we can, you know, apply right on top of it.

And then you use them in a rotating cycle. So know so so it's all about stimulating the regeneration the detox and then using all your six senses to turn on those DNA that we need because DNA will respond to, you know, your thyroid will go up and your cortisol will go up the second you get angry because I said something from your heart, it will go up because it went from here to your genes and you got angry.

You see something and it makes you angry. So your DNA is responding to your eyes. You know that it's doing that. If you smell something, your thyroid and cortisol will go up.

So your DNA will respond to certain herbs. You know, so far, like if people are interested in doing that, here's a little tidbit. If you have if you have hypothyroidism, some of the areas that I would recommend are like I have a written down here.

So with hypothyroidism we have clove, peppermint, you know, lemongrass, myrrh, blue tansy and some of those other ones that are out there. And these are just the five that I would say that we have right now right off top of, you know, my list.

But, you know, there are plenty of other ones like you have, frankincense, patchouli, and then there's a whole cellular blend. And, you know, I use doTERRA.

So I will tell you those names, but I think rather they're whatever the business practices is. The fact is that they're GCMS report adds up to 100%. I haven't found any other company whose GCMS report percentage add up to 100%.

Hypothyroidism, suppressed emotions, and rewriting trauma

And nothing is unknown. A lot of the GCMS report I see by many other companies are unknown. So I don't want to give something to my patients no matter what the cost is, no matter what the practices business practices are.

So I recommend these kind of things. And and then the energy of that plant is going to go in. You. And it will change an application topical and oral or but yeah the ones that are like blue tansy is not yeah. I don't think it's not oral. Right.

So some are oral, some are, some cannot be oral. So depending on how I'm what I'm trying to do because obviously hypothyroid has other co morbidities that usually and co symptoms that are associated with it.

And if it's bugs and toxins like depending on what it is you know I can give them cilantro to detox metals mercury and whatnot. But then I can also ask them to drink that smoothie of cilantro, which most people haven't done.

And then they can also take it internally to alleviate these other symptoms, whether it's a turn on, you know, HPA axis and all of that. So so there is is this personalized.

But these are just five things that somebody can topically apply. If you take something internally then definitely, definitely talk to, you know, somebody who knows what they're doing with these herbs.

Because they will have massive effects in your body. And they do. These are insanely powerful herbs and blend so so I would just say that, yeah, I haven't prescribed an antibiotic in God for years.

Like, whether it's the crazy stuff, man, like, it's this insane power of plants. The power of the, you know, the, the medicinal world that God has given us.

Right. And I it's funny. I have these essential oils. I have three out of your five sitting on my desk, and I, I rub them on my thyroid every, every other day.

I just I'm drawn to them, so I, I do. And again, be careful with your brands. The one disclaimer I have to make is like, yeah, I would give it a biotics and I'm have for like, sepsis, like somebody who's dying, right?

Like, you have to like, you have to practice medicine, but like, for normal stuff that can wait. That's been insane. That's awesome. So let's just go back and touch on the the symptoms okay.

So you have a person with hypothyroidism and the the thought pattern. Could you expound on on that. A lot of women obviously are more affected by hypothyroidism.

Hashimoto's. Can you kind of touch on that. Yeah. So I wrote this down just so that I can, I can, synthesize a little bit better. So. In hypothyroidism, more women get affected by more than more men.

The dynamics of hypothyroidism, the the place where it's located, is a place where you verbalize things. It's in your neck and and when you want to verbalize things, the air, the pressure, the what we use is our stomach and our lungs to press the air and even to sing, you have to use your stomach to sing.

So it's coming up and it's going out. So that's the energy pathway. It's going from bottom and it's coming up and it's going out. Social construct in our today's society and in this is going to get into real stuff.

But the social concept, for men and women and sacred ness of what the relationship is must be understood, which I believe has not been understood in today's world.

And it's been messed up and brainwashed to make, you know, to allow one gender to become another gender. So whether you do it physically, emotionally or to labs or hormones, whatever it is, like people are fighting to fighting for their rights and individuality.

So what ends up happening is we forget our own power. You know, women have their own power. They have it extra, you know, X and X chromosome. There's an extra X that you guys have.

There's an extra power and men have X and Y. Well that also gives you some different power. And we must understand that. So women have been, you know, whether it's the right to own or whether it's the slavery, whether it's the perception that I am suppressed in the House, you know, the perception has led to certain actions where they have given up their their careers or they have given up their desires, not forget careers, right?

A woman gets married and and or she's in a house growing up in, in a place because of a protective father or protective husband. And she might have certain desires and they don't get fulfilled.

So their ambitions are somewhat blocked and they're not able to verbalize it. They might be able to be okay with it because family comes first, and traditional women will put their families, traditionally speaking, first.

Not that today's women don't do that, but it's just a traditional way of thought. And whenever you suppress somebody through cultural norms, through brainwashing, through media, whatever it is, it blocks them right here.

They're not able to verbalize it. So then it builds up, builds up, builds up. And that energy. If you think about a dam, if the water gets water level rises, where were the dam is?

That's where most of the pressure is. If you want to say things, you want to scream, you want to do things and you just can't. It will ruin your relationship.

If you say some stuff. And that doesn't mean like obviously there are different ways of communication and you can obviously let things out of your body.

There are other five senses that you can do that you don't have to do it through here. You can write it, you can publish it, you can paint it, you can, you know, say it to yourself, say it to God, whoever it is.

But it needs to come out and then it needs to be. It needs to come out in a way that helps you. And it's not in a negative sense. Right. Because a lot of times you say we say things that are very negative and that creates this negative frequency, you know, and and when we continue to do that, for example, like if somebody wasn't allowed to work because they have kids and family comes first.

Well, and the husband or wife, whatever it is, if it affects men as well, they're not doing something that they're supposed to do in the house. Right? It creates frustration.

You want to say things that says, hey, look, I need help. Get this done, or let's figure out, let's work on a team. Let's do something. And, and, and egos come in the way or tiredness or fatigue.

And usually it happens because of metabolic instability and inefficiencies. You know, even men, they have emotions. And we are not going to be able to do something because our hormones are blocking us or our bodies are blocking us.

Right? All the iron overloading is blocking us. Women dump iron every day or every month. Right. And and we're not able to do that. Like, that means we are holding on to their own and our joints are getting stiff every so 40 year old men is going to be way more stiffer than 40 year old woman.

That's given because the iron oxidizes in the body and gets rusted. I mean, 70% of the world is iron. So these kind of things like, doctor, we're not.

Unless a man is committed to giving blood, blood donation. Right. That's that's one of the next recommendations. Exactly. All right. So those are kind of things that I look at.

And I kind of help understand the emotional aspect of, of the, of the relationship and the status of culture and say, and pretty much let them know that, hey, look, you can change a lot of things in your life and, and, and this is how you want to communicate.

So once you allow this dam to release the energy, this dam has a energy of creation. That's the that this this power. Right? Power of this area is the energy of creation.

You can verbalize, you can communicate, you can do amazing things with your words and, and, and, and people just have to learn that process of releasing without, negatively affecting themselves or somebody else.

So one of the emotions, you know, that ends up happening because of this root cause is they feel like giving up their they feel like a ghost and they feel like giving up.

What what is the energy of ghosts? They're not they're invisible. A lot of women feel that that. Hey, dude, I'm invisible. I don't matter to you or I don't matter in the world.

And then you have to fight for your individual. And then that it's a manly energy instead of a feminine energy. And that messes up the entire yin and yang of the entire universe, right?

Like that's a whole different. So they feel like that there goes and they want to give up. And then that leads to because they're feeling that that leads to this stagnation, lethargic energy and nihilism, like negatively negating

yourself in some sense.

Right. And and they feel then they feel hopeless and then they feel defeated. So these are like dominoes that I'm talking about. And when I'm talking to patients, I'm looking at every single domino, and we're literally going after every single one of these words and rewriting their past.

If your book, if your life events are written in a book, you know, just pick any book, right? And you write to every event, every emotion that happened 20 years from now, you'll have 20 books.

And each one of those books represents every one of those years. And the written emotions are already written because they're not going to change, because that's there, right in your past.

You moved on. Now you're in a different relationship, a different stage of your life. But when I see my patients, this is what I'm telling them. I'm asking them to pull out that book from grade 1117 years of age feeling, give me that.

And that event that happened that made you feel suppressed and frustrated. Give me that emotion. Give me that book. Give me that page. Let's open that page. Back up.

And now I want you to take an eraser or a Sharpie or a wite-out, whatever, and wipe out the emotion. You cannot write out the event because event happened, but what you felt changes thus.

So if somebody slapped you 20 years ago and you were really angry and frustrated, and let's say that it was your mom and she did not let you go to prom, and now you're frustrated and angry and whatever, and what would a mind that you have today, a 30 year old mind or a 40 year old mind would say at that point, and how would that mind respond?

Right. That mind would say, hey, mom, thank you for saving me, because if I had gone there, I understand your worries. Maybe I might have had sex. Maybe I might have done something that I would have regretted.

I know you are protecting me. I value your care and protection. Instead of getting angry, you would have the wise mind. You would actually respond in such a way that is beneficial to both of your emotions.

So that's what you have to rewrite. You have to rewrite your book, erase everything, have the same event happen where you ask your mom, do you want to go to prom?

And you're about to start fighting with her, but then she's about to raise her hand and she slaps you. And then you're like, I get it, mom, you slapped me.

I just like what went into my head, you know, I turned on. You're really caring. And that's the only reason why you slapped me, right? Or whatever it is. Whatever was there, she must have said.

So you have to go back and rewrite your own emotion. And that's the only thing you can do. You cannot change the event, but you can change how you read it.

So as soon as you change that, what happens? Your brain homunculus that had that written in your homunculus somewhere, that emotion, the memory, now it's completely wiped off.

And a new memory is written because you added a new motion to that same memory or same event. And once you do that, those genes will turn on. Now you're going to be even wiser.

Suddenly, the entire genetic, expression and transcription, translation, all of that just changes because we change one emotion. So similarly for hypothyroidism, this is what we doing.

Using essential oils and regenerative tools in thyroid care

Hopelessness, defeat, personality, right? They feel useless in their life. And in their efforts, they feel useless in their effort. And then then they obsessively ruminate, about the fact that nothing works in their life.

They just have to be a robot. And that creates more frustration. Now, this is a real of creating more and more frustration. And what happens to those women?

Well, traditionally speaking, they get bigger. What happens to the water behind the dam? It gets. It grows. What happens to the women right here below their breast?

They grow because the energy is just getting stored. So these are like connections that I'm making that obviously somebody can do the study and prove it.

And, there's almost no way to do a double blind control study on these kind of things. But they are these people are given an intense sense of purpose and pessimism.

Right? And then they get demoralized and then they feel hopeless and, and and then they at the end of the day, what do they do? They give up. So what does that lead to?

Well, if you give up now, you're essentially sending a signal to your body to decrease all of your hormones, every hormone, not just one, because you're giving up the motivation, you're giving up, you're essentially giving up your life sustaining force.

And one of them is thyroid, right. And they will always have other issues. And those are all related to life sustaining forces. So as the energy goes down in their body, it starts up here from all of these emotions.

If you didn't have that emotion, let's say that, you know, husband comes in the house or the wife comes in the house and they're they're not doing something.

And you recognize that they are super tired. They just work 12 hours a day like they need help. They might need a massage, they might need to lose weight, they might need more energy.

And because your partner has the right intention for you, it's not like they're evil. So you have to recognize that and say, okay, how can I help my partner get to their best date?

Hence the energy will come back to me and then I will get to my best day. That's a positive twist to looking at the same events and just saying, okay, how do we do that?

So instead of throwing in the travel light, you really have to go out and fight, right? You have to fight with your own negative beliefs, emotions, beliefs and emotions.

So, and a lot of times it starts in a dysfunctional pattern of their parental and grandparents or behaviors and, and to some degree last 14 generations of those behaviors because DNA holds on to 14 generations of at least memory.

That's been proven. So if we can hold on to those memories for 14 generations, then you kind of have to look back in your life and say, okay, what am I bringing in from what genes are continuously being turned on because of my great, great great great great grandfather and the way he operated, you know, and usually we can prove that, I mean, if you look at Ancestry.com and things like that, like one of my patients has said to me, hey, last five generations is all there have been at least two people in across the world, and she's half, half Scandinavian and half Irish.

So she's like, hey, across those two plain regions, a lot of my ancestors, they've been struck by lightning. And that's how they have died. And, and she's boggled like she's confused.

You're like, how her brother has been struck by lightning. Oh my God. She runs away from lightning just intuitively like. Right. And that's genetic frequency, some sort.

Somehow she's attracting electricity towards her. And then when I measure the electrical flows, you can see that she is a little bit higher in her electronic resonance in her body than other women of her same age.

So it's kind of unique understanding of your past. And and the only way you can change your genetics today is by practicing the opposite. You have to practice the opposite over to to some degree, to some degree.

And what makes you uncomfortable? You know, you've heard these things, what makes you uncomfortable and make you greater. If you go through it, it grows you.

It helps you develop different person and personality. So that's the kind of, you know, one of the things that we I look at and, you know, it takes a lot of work to work on all of these dominoes of, of emotions, because every single one of these emotions have some sort of a hormonal pattern attached to it.

And, and, and if I want to change those, then I have to understand how do I do it naturally to verbs? Because every all of these verbs have emotions as well.

Plants have life. And you know, they feel and they can talk to you and, and all of those things. So essentially, you can you can use them to your benefit, you know, after praying to them.

So, so those are, those are kind of the things that, you know, I look at and I think, I think it's been a cool experiment to just kind of say, if we do these test every six weeks and safely kind of navigate them out of it, and when one disease gets better, I mean, the entire life gets better.

Like it's just the way it is. And when one person gets better in the house, the entire family gets better.

Where to find Doctor Ace and his educational resources

Like, it's magical to see, like, I mean, they're not even my patients, and they're like, they're getting better, right? Like, the whole family is. So it's kind of a unique approach to I love saying goes back to what you said about energy.

That's that that's what we are. We're frequency. Frequency. So you're healing one person. The healing energy is flowing. And and the opposite can be true too.

So we really have to make sure that we are responsible for the frequency in the energy that we're bringing in. But I absolutely love this this conversation, doctor ace, it's it's so important because we get so inundated with just the physiological aspect of disease in the functional medicine side.

And what's really moved the needle most for me is I've been doing, some map therapy. And in the map therapy and we've had a guest on, Doctor Madeline Laurie.

She talks about, going back to those, those instances, just like you said, going back to those those those traumas and rewriting it. And I will tell you what, it has made my sleep better.

My thyroid labs look better. So objective data showing that working on these aspects. And again, I haven't had I didn't have a conversation with you beforehand.

But some of those are exactly what I'm working on as still having, you know how she would do. So. Absolutely excellent for you to bring bring that awareness.

If someone wants to learn more about you, your practice become your patient. Where can they find more information about you? So I have a couple websites.

One of them is Ace Integrative Healthcare. Or it's the same thing at Ace. Ach.com. You can text me a, text me on that phone number that you find on the website so I can answer through text first, because there are a lot of spam

calls that happen.

And then we can connect the other website. I teach a central oil class. I've been teaching it last year. And it's uploaded and it's called ace. My health.us.

Okay. And, you know, it's six bucks a month or something just to pay the cost of whatever. But if you go on there and you start listening to those, live recorded classes that I've taught, it talks about a lot of these, a lot of these oils and how to use them as an experiment.

And, you know, these are protocols that are all experiments to be tested, right? They're not scientific or guidelines done by American Association on Family Practice or whatever.

Right. Or American Academy for practice. Right. So these are these are just things that energetically, are put together as a, as a experiment that you can do and take that as an education piece.

We have had in I mean, just like this talk today, I've talked about some insane stuff from weight loss to wrinkles to, any and every disease. And then the classes are still not done.

I'm going from disease A to disease Z, all the letters of the alphabet protocols for each one of them. And we're we're taking a whole different approach to essentially training you to be the doctor of your house.

And we're we have only completed A and B yet, but we have talked about a lot of issues because people ask questions and those are all recorded live. So I haven't edited anything.

So you can watch essentially unfiltered versions of all of those talks. And when you sign up, they will open up. I think the first eight will open up right away.

And then slowly each week, I think 1 or 2 more will open up. So there are lots of them there, but you essentially can take that, absorb it, write down those protocols, use them in your own house.

And I, disclaimer is that I have only talked about doTERRA oils just because I know that they're clean with proven labs. But that doesn't mean that other oils are not good.

You just have to take them with a grain of salt that there might be something, or they might not be something, with them. Regardless, all of those energies are still great.

All the plants are great. All the oils are great. They still have that frequency and energy, even if they're not the best of the best oils. As long as you they're not coming through, like mixing with hexane and some crap that they mix with.

So that's how you find me? That's the easiest way. Great. Now, those are the two places, I think. And the phone number is, you can call or text on that number, and then we can connect.

Okay. Sounds great. I'll be taking that class. I will be signing up for that. That sounds okay. All right. Well, thank you so much for your time today.

Doctor A's, you know, you really enlightened us with the topic. We haven't even covered yet. I could probably talk to you all day about about this topic.

You're just such a wealth of knowledge. So, again, very grateful for you and your time today. Thank you so much. It was a pleasure talking to you. And thank you for asking all the questions.

And, looking forward to, watching this talk somewhere as well. All right. Great. Take care. God bless. Take care. Bye.