Why Can't I Get Well? The Answer Your Doctor Doesn't Know About | The Light System & Cellular Healing with Jason Shurka Transcript

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Intro to spoken word and water

as much as think a negative thought, you are then resulting in a distortion of the molecular formation of water in your body. The key is asking yourself and then taking action, how can I rebalance or reformulate the Molecular Formation of Water in my body?

If I can do that, I could do anything. You do it through thought and speech. And if your thoughts keep taking over your mind, then repetitive speech eventually imprints those thoughts to such a point Or even if you were in denial in the beginning, it changes your reality.

Ultimately, your Reality is what you make it. There is no objective Reality. Because without the Perceiver that has the awareness to perceive a Reality, the Reality cannot exist.

And being that you are the Awareness experiencing and observing your Reality, you're the one that is, quite literally, creating that Reality If you're overwhelmed with chronic health symptoms and still don't have answers, you are not alone.

I'm Dr. Javin and on redefining wellness with Dr Javan, we'll be exploring root causes like Lyme disease, mold and parasites and I'll guide you with simple and practical steps towards real healing.

Welcome back to another episode of redefining wellness center with your host, Dr. Javan Moore. Today I have Jason Sherka and I've been doing some research on you, Jason, and a question that keeps coming up that seems to be a really popular topic that you talk about is the question of does the spoken word actually affect your physiology in your body, the water in It's such an interesting topic.

First of all, Jaben, thank you very much for having me on your podcast. This is the first time we're doing this, hopefully not the last. And I love the work that you're.

So thank. You very. Much for everything that. There are certain languages that are discovered and certain that were created. Now, some may say, what does that mean?

Languages that we're created or created arbitrarily based on meanings that We agreed.

Cymatics and Masaru Emoto experiments

This sound means this. So when I say brain, you know what I'm talking about. When I Say eyes, You know, What I am talking About and so on and So forth.

That's a creative language. So what's a discovered language? Discovered language is a language that basically has the fundamentals of mathematics as the building blocks for that language.

Now, again, that sounds weird, so let's break that down. When you say the letter A out loud, which is the first letter of the English alphabet, and you were to shape that sound under something called cymatics, there's science called cymatics where you see the shape of sound.

And that's when you take a frequency and you hit, let's say a singing bowl and see the water is vibrating sometimes in a honeycomb structure, sometimes and other structures.

Jaben, have you ever seen on Instagram or something when there's like a metal plate and they put like salt on the plate. And they vibrate the place and then the salt comes into a specific formation.

Oh yeah, I mean, it can make beautiful shapes depending upon frequency or, for that matter, ugly shapes. Yes, so that is called cymatics. When you use whole mathematical frequencies, whole numbers, specific numbers coherent energy, you will get some form of geometry.

When you use not whole numbers or incoherent energies, you will get distorted structures instead of geometric structures. Now that extends into Dr. Masaru Rimoto.

Dr Masaro Rimodo was a Japanese businessman, turned scientist, died around 2012. And in the 90s, he had a hypothesis. His question was, is it possible for my thoughts, my words, and my emotions, to impact my environment around me?

Everybody's like, what are you talking about? That's not possible to change something. You must touch it. And he said, well, you might be right. you Might be wrong.

Let's put it to the test. So he took and I'm simplifying this. He took two glasses of water, same water and to one glass he intended positively. I love you.

Your beautiful and sounds funny until you see the results. and then to other glass, he did the exact opposite. your ugly, I hate you and so on and So forth.

What he Did was he Took the water in each glass. and he flash froze. Why? Because he wanted to see on a repetitive basis if the molecular structure of water in this glass, the good glass is different from the molecule structure in the bad glass.

And what he found time and time again was just like those sheets of metal with the salt on it and the vibration creating the geometry, this same thing happens with a molecular formation of the water on your body.

Reason why that's important is because we're made up of over 70% water. Electricity and energy flow through water in our bodies. We are electrical beings.

That's why if I walk barefoot on a rug and I touch you, I'm going to shock you. I am conducting electricity. If your heart stops, you're going take a defibrillator and you are going shock it back to life or at least do your best to because were electrical being by fact.

So when you keep that in mind and understand that A healthy body is one where energy and electricity is flowing without interruption, without stagnation, then the opposite is an unhealthy body as a body where the energy gets stuck and the electricity cannot conduct itself properly.

So, back to your question. Can good words and positive words or the spoken word have an impact on the physiology of the body? It's not an opinion, it's a theory, and it is a fact.

Because when I speak well towards you or when you think good thoughts to yourself, you quite literally change the molecular formation of water in the body.

Electricity is now able to flow a whole lot more coherently and it makes it easier for energy to float instead of energy getting stuck. That's health versus disease.

Thought, speech, and reality formation

So the spoken word is directly related to not just your mental and emotional health, but your physical health as well, because over time, as you repeat certain words for the better or the worse, it will impact the water, which will your experience of reality.

This is so interesting and so, well basic if you want to step away from it and just like look at it. It feels so basic because when I have people in my office, I've said this so many times that I'd been working with.

The people with the mindset that they're going to overcome something, the people that this is just a hiccup in the road that are not feeling well, are the ones that get well.

They're the one's with a mindset. they are telling themselves every day, like I'm getting well and getting better. I am showing progress and taking steps.

And the ones that, they tell themselves everyday, I'am sick, broke, have to do everything perfect. Have much harder time progressing. We talk about mindset today so, so much.

But you're telling me that it's not just the mindset of thinking something, but it is actually physiologically changing the water in our body. I know I've read a little bit about this and you seem like you've taken it a whole lot farther of the frequency and the structure of water itself.

So then how do we affect besides just saying a word? How do we use this in a day to day? Like there's, as you said, sound bowls. There's mantras, there is writing things on your mirror.

Like what, what is it that we need to be doing to use? This information in day-to-day basis. Okay. You're ready for this because we're going to go deep, but we are going keep it simple.

Water has how many main phases? I mean, The average person is going to say three. I'm like, I think in the fourth phase of water myself, but yes. Okay.

So we'll keep it to three for the purposes of this, this conversation. One is water and one isn't. It's all H2O. The difference is how close those particles and molecules are to each other.

Gas, you're going to have the more separate liquid, they come closer. Solid or ice, which is solid water, They come as close as possible. That makes sense so far?

Yep. Okay. Now, taking it to the next level, you said, how can we apply this and translate it into our day to day? To answer that question, I could just give you an answer, but I don't wanna just to give somebody a fish.

I'd rather teach them how to fish so they could eat for the rest of their lives. And I wanna give the actual logic and reasoning behind it so you can poke at it and make holes in whatever way you choose.

Water has three phases, gas, liquid, solid. So does everything else. However, when it comes to reality, The reality or what you call your day-to-day reality is broken down into three separate phases.

The thought of the reality, speaking about the Reality, and experiencing the Reality. Okay. the thought is the least form, the Least dense form of The Reality itself because you're just thinking about it.

When you speak it into existence or when you Speak about it, you're now making it more dense. And that's why you can hear it. A thought you Can't hear from somebody else's mind, a spoken word.

You can Hear it as a more Dense frequency. and then over time, as you. Speak that you then direct to actually creating and making It happen. I'll give you a real life example to show you what I mean.

The home that You're in, or do you own it or Do you rent it on it? Okay. Did you build it Or did you buy it already prebuilt? Something in the middle there.

A remodeled, old, broken down farmhouse. So let's assume that you built it from the ground up. All right. You, as Jaben, bought this home, or bought, this land, and you bought the land because you had a thought.

The thought was a vision. I want to build this house. In your case, if it was broken-down, you came in and basically gutted the entire thing and re-did it.

It's the same idea. Before you experience the new renovation of the house that you're now in, it started as something else and you thought about changing it.

You had the vision in your mind. And then the next obvious step is you started speaking that vision out loud. How did you get that entire shelf behind you?

You have to think about the idea of you wanting a shelf by you. Then you had to speak about it and say, I want a self behind me. then you have take action and go and buy or build the shelf.

and then, you add to place it in the proper place. I'm guiding you through the, not just logic, but reality of reality, the flow of the reality. Everything that you see and experience started as a thought, almost like every single thing that see as ice started a gas.

It then turned into liquid and then it formulated into solid. You can't go from a gas to a solid in one shot. you're gonna have to go through the liquid phase. You can go form a thought to the expression of that thought in reality without speaking it because you need speech to be able to bring something into this life because of how we communicate.

one way or another, even if that speech is me typing something on a Word document and telling you what to do, it's still making it more dense. It's taking it from the intangible mind thoughts into the tangible speech and then into more tangible reality itself.

Why does any of that matter? Because everything that we're seeing in the world is an expression of first and foremost your thoughts. And if I were just to tell you, Jabe, and change your thoughts, that's pretty difficult.

If I created a method called the reprogramming method and the re-programming methods in one of my books, I think it's called The Language of Energy. That's where it speaks about the reprograming cycle specifically.

It's an eight part method, seven or eight-part method with a full diagram.

Mindset, denial, and resonance

And throughout that method it will show you how instead of just saying, change our thoughts because that is going to change her life, we say, How do you go about reprogramming the mental program of the mind, otherwise known as your thoughts and your beliefs, and so on and forth?

You do that by the medium that connects the non-physical world with the physical world. And that bridge is right in between gas and solid. It's right between thought and matter.

it's called speech. Speech is the most powerful thing that you have to be able to guide something into your life. whether for the better or the worse.

When it comes to actually changing your physiology, you don't have to take my word for it. You can literally look up studies. The Dr. Masaru Imoto studies showed that as the foundation.

People kept replicating those studies over and over again with plants and food and water and the human body and so on and forth. when you just as much as think a negative thought, You are then resulting in a distortion of the molecular formation of water in your body.

The key is asking yourself and then taking action. How can I rebalance or reformulate the Molecular Formation of Water in my body? If I can do that, I Can do anything.

You do that through thought and speech. And if your thoughts keep taking over your mind, then repetitive speech eventually imprints those thoughts to such a point where even if you were in denial in the beginning, it changes your reality.

Ultimately, your Reality is what you make it. There is no objective reality because without the perceiver that has the awareness to perceive a reality, the reality cannot exist.

And being that you are the awareness experiencing and observing your reality, you're the one that is quite literally creating that reality. And that's why me and you can sit down on the same beach, in the chair, looking at the sunset, listen to the song, and I'm going to cry and laugh.

Because there is no objective reality It is all subjective. It's all happening through you. You are the programmer, you are, the driver and the one being driven.

it all starts with your thoughts that go into your words. And when you can speak in a more aware way, when can you speak, in more conscious way it will impact both your thought and your physical matter.

Well said, but also very interesting to sit back and think about because my 40th birthday is right here. And you look great. Thank you. They said what is the biggest thing you've learned in your life or at least as of recent?

And I was like, you know, as a recent, I've realized that my reality is not the reality of someone else's. It's something that, you know, over a lifetime of being a researcher, a doctor, or a very logical individual that sees the world through the scope of, this leads to that versus an emotional thinker where, how I feel about something truly mattered.

It was more just like, This is happening. I just said, you know, I've really seen, we are all so, so different. And what is important and meaningful and what I would consider, logical or basic is just not to someone else.

and that for me in my lifetime has been definitely a big learning curve. As you're saying, the experiences that we have determine that little voice in our head that determines the outlook that I mean, I'm going to call it out, but you're like, you know, You've got to keep speaking it.

You gotta keep Speaking. you gotta Keep speaking. Your almost lying to yourself at some point. Yeah, just saying something because I've had I had to tell patients this.

I look just tell yourself you going get well and you gonna be okay. Just keep doing it just keep saying it at. At some. Now I want to I wanna touch up on that for a second in the same book that I told you the language of energy I speak about the question you just brought up.

But doesn't that mean I'm in denial? Now, let me prove why you're not in Denial, even though you are saying something that you may not believe to be true, or you saying that may be your current experience.

There's something called the first law of thermodynamics, the law conservation of energy. Energy cannot be created or destroyed. That's a fact. It's not a theory.

it's an opinion. energy cannot create or destroy. All reality is either a thought, a spoken word or the reality in physical expression. Regardless of a thought a word or physical matter it all exists as energy Fundamentally, so if energy cannot be created or destroyed That means that all realities a sick you a healthy you A poor you or rich you healthy.

You a sic you and so on and So forth All of those realities exist the potentiality of that reality exists in this present moment The question is, why are you tuned to one over the other?

Think of the radio. There's a million stations playing right now. But with my tuner, I can tune to 97.1 FM. I could tune it to 1010 AM. And I choose with the tuners what to hone in on.

That brings us to the second law. The law of vibration, you experience what you're in resonance with. That's what walkie talkies work on. that's how armies encrypt their channels.

They take a frequency and they block everybody out of that frequency. So nobody can break in. Or with walkies talkie. You need to be on channel four and I need be channel 4 for us to talk to each other.

There are other channels in existence. But if you are on three and i'm on four, we're gonna talk and not gonna hear you and you not going to hear me. So again, two laws, when combined, completely dissipates the illusion of denial because denial, that denial is not true.

And I'll show you how it's not. True. If energy can't be created or destroyed, which means all realities or the potential of realities exist in this present moment.

and while combining that love with you experience what you're in resonance with. The reason why you are experiencing the reality of disease as opposed to the realty of health is because you have chosen, whether consciously or subconsciously, to tune into the frequency, the radio station, of diseases as apposed to health.

Of energetic imbalance as oppose to energetic balance. And when you keep that in mind and you start becoming aware of that, when, you now say, even if you may have cancer, God forbid, You say thank you for giving me the ability to live a healthy life.

You're not lying to yourself. There is no denial there because we know by fact that the potential of That reality exists. you just need to find a way to shift your tuner.

The way you do that is you change the belief. Do that over time by changing the thought. And the easiest way To change belief in thought is by Changing the spoken word.

And this is why Mindset's so powerful. This is Why Duberman has such a great podcast. They talk about this from a more scientific, specific way maybe, but similar conceptual to what you're talking about.

And I mean, I just visually, auditorily observed this and clients day by day, by, day. Your mindset is a maker break for so many people. I had one patient who was in a very horrible position.

She wrote a book about joy. She overcame everything. I have other people that their lab markers don't necessarily show that they're in the same place she was, but their attitude doesn't let them overcome some of those burdens.

So then, you know, something that you've gone really deep into is really tuning your body into healing. And some technologies out there that I've always loved to talk about, or at least look into, right, is PEMF, microcurrent, RIFE.

There's all of these frequency technologies. And I know you're big into this. How does this tie in to some of that type of technology where you can maybe even boost your spoken word with technology?

Frequency technology and the Light System watch

So one of the technologies that I would say I'm probably most passionate about is the light system technology. I am actually wearing this watch right here.

It's a regular smartwatch. And I say that cautiously because I personally don't like smart watches. that does both tracking, so you can track whatever you need to track with your heart rate, HRV, you know, all that stuff, your biometrics and vitals.

But it also, while simultaneously shows you where you are, through the technology that's on this watch, and we'll speak about in a moment, both the band itself and what it's charged with, coupled with the software that scrolling, is using a combination of color therapy, in this case, polychromatic light therapy.

So more than just red light, let's say redlight is choosing a specific part of the visible spectrum. This is full spectrum light technology. In addition to that, on the topic of affirmations, they are actually scrolling positive encoded affirmation that are built into each program.

Now that means that just by wearing it, just like the Dr. Masaru Imoto study, by wear it and have that radiating around you, you will naturally without even having to put effort into it be restructuring the molecular formation of water in your body.

In addition to that, this band itself is a regular stainless steel band, but it went through a process called, by the light system, the supercharging process.

And in just a few weeks from now, there's a big podcast coming out showing this. It's massive electrified copper chamber. with parts of it that I could see, because we will all be able to see it, and parts is the intellectual property of the person who actually invented it.

They're actually in locked boxes on the inside of a chamber that are doing a lot of charging to these wearables. Now that sounds like, ooh, until you see the studies.

There are studies on their website that have shown that, take this stone. This stone is a tiger's eye stone, you can buy it for $4 or $5 on Amazon. So why does the light system charge $75 for?

The reason why is because it goes through that supercharging process and what it's found to do is take the control. The control of this stone before the super charging process was able to show an increase in bioelectrical conductivity in your cells of about eight within three hours of wear.

After going through the supercharging process, from the control, within the same three hours of wear, 44 times stronger, 382% increase in bioelectrical conductivity in your cells.

So however this super charging device works, although I did a big podcast and the inventor explains it more in depth, it's an anomaly to me, but I see the studies, I how I feel when I wear them, that's also how this band works.

Now when take an EMF meter and I bring it close to it, unlike other watches, smartphones, whatever it may be, you have close to zero readings on the watch itself.

So they've cracked some sort of code that I will not pretend to completely understand, but I see them by their results. And before we go too much further, can you explain a little bit more in depth about why cell amperage or electrical conductivity is important?

Because you're saying that it's happening. Why does it matter? Why doesn't matter. It's a great question. So every single one of ourselves, as you know, has a powerhouse in them called mitochondria.

Mitochondria is your generator. it's like your electrical plant. Your body needs energy and electricity to function. When you are running low on those electrical levels and energy levels, you end up getting sick.

Every single one of your cells has something called a millivoltage to it, generated by your mitochondrial function. When can increase that voltage in each cell, You naturally lead into a healthier and more balanced life because you're electrical and you need more electricity.

People who have cancer, people who are heart disease, People experience depression, or bipolar disorder, whatever it may be, They all have one thing in common.

Forget about the expression of the disease or the dis-ease. They have a common denominator and that common nominator is a low electrical charge. Cancer cannot exist in a higher charged environment.

So when you take all those things and combine them, they are all derivatives of cellular charge. When you increase

that cellular charged, you live a healthier life.

That's why increased bioelectricity in terms of what the studies are showing is so important. So then what's decreasing cellular charge in today's society?

Because this is obviously all those things, cancer and disease and poor energy mitochondrial function is everywhere in conversation. Why is it decreasing?

Why are we not just healthy? Well, when you live in a world where you walk on plastic all day, we call those things our shoes. And you in live a in world you wear things to cover your body that are made of chemicals, We call these things clothes.

When you have things like contact lenses that made out of plastic in your eyes 24×7. And when you use shampoo and conditioner that have a bunch of chemicals in them and the containers that they are held in are leaching plastic and BPAs and all that.

When you live in a world where you're drinking water that's treated with chlorine and fluoride, not the natural form. And even if it was the natural form, there's a problem there.

When you're putting on deodorant that's putting aluminum into your body just so you don't smell, because that is your anti-per… I can go on and on, and, on.

But when you do all of these things, you start messing with the bioelectrical grid of the human being. Because everything in this world works on energy, frequency, vibration.

We operate on frequency and vibration before anything else. Your heart operates on electricity, which is energy, frequency and vibration. That's why in EKG, you could see that heartbeat.

When you do things that will hinder that, when you eat garbage, and you drink garbage when, You smoke garbage. when You think garbage When You wear garbage Well, then you will synchronize with garbage and the reason why we're so sick is actually very interesting because we're told that we are the most medically advanced we've ever been.

Now, on one hand, that's true. We have robots doing surgeries that humans cannot do. So there is definitely an advancement to medicine. However, let's talk about where it counts.

If we were the most medically advanced we've ever been, why are we sicker than we ever have been? Why do more people have cancer today than they did 50 years ago?

why do children have autism rates that have spiked in the thousand fold? From 1 in 20,000 to 1 and 32 in some states like California, boys 1-12.

Cellular charge, toxins, and detox support

Almost 10% of Californian boys are autistic. Why? because of the world that we live in. We've done this to ourselves, we're not victims to it, were creators of it.

we take that responsibility back and we say, okay, you know, maybe we messed up here and maybe try to take the easy way out because the pill takes the pain away but it gives me cancer on the way.

Once we are willing to overcome the instant gratification and start looking at what is life and reality actually built on, only then will we truly be the most medically advanced we've ever been.

I like the, uh, the tagline in there of, you know, some of the words you're saying and they're very well spoken. The, it is interesting. So I think what I'm hearing from you is you picked on a lot of things that I talk about and that fully I

am on the same page with.

But as these toxicities, these things that come into our cells that increase free radicals, that damage normal electrical conductivity through the cell, decrease mitochondrial function by putting, let's say, mercury, uranium, arsenic, lead into the electron transport chain, which is basically where you produce energy, where your produce your ATP, your body's gasoline.

As that gets in there and damages your mitochondria, slows everything down, our electrical charges decreasing, decreasing decreasing. The frequencies from this watch, the spoken word being the proper, healthy, positive, high frequency spoken, word is increasing the frequency.

Where are all these toxins going? Have you seen any sort of data about, because if you're increasing voltage, The stuff that decreases has to be going somewhere, right?

A hundred percent. That's a great question. So when it comes to the light system today, I just spoke to you about the watch, but they have bigger technologies.

They have the cube. The cube mini, they had the pyramid, the sphere, which by the way, that chair is probably my favorite product from them because of how powerful it is.

And then you have much bigger systems. One of the common denominators between all of them is what you do after your use of it. after your use of it, and it doesn't need to be every single time if you have it in your home because then you would be doing this daily multiple times a day.

But I would say if have something like a light system device in you home at least once a week, you want to do detox baths, meaning there are certain formulas that you can use with specific types of salts and combinations of different essential oils and so on and forth, but specifically take Celtic sea salt, when you're going into hot water that opens your pores with Celtics sea-salt, you will then get a lot of those things to come out of your body.

So your feet, your hands are great detox avenues. They're ionic foot baths, if I'm not mistaken, that's the name. Ionic footbaths will help pull those toxins out as well.

The purpose of the technology is to get the toxins loose. Now you can get rid of them in your own way sometimes, right? You could do it through breath, through perspiration, through fecal matter, or through urine, whatever it may be.

But if you want to force it even more by, I would say, supporting the body and letting go of those things, there are other aspects or other modalities you can use like an ionic foot bath to pull those out as well.

Because you don't, it's almost like when you have phlegm in your throat and you make it loose, you wanna spit it out when make you loose. You don' want swallow it back.

So this technology, the light system will help loosen it to the point of you spitting it out. And you may be able to spit it in your own way, but to support that further and facilitate that, further things like salt baths, foot detoxes, and so on and, so forth will.

Amplify that process and catalyze that. Very nice. Yeah. I was just curious. Cause I'm thinking to myself like, I've seen people do a lot of different things for detox, whether that be IVs or enemas or foot baths.

And if you do too much too quick, oh my goodness, stuff starts coming out. Sometimes you can then test urine and see it all coming up, which is always interesting to see as you're doing a detox.

You can see that change, that positive output, not just symptom relief, the single most important thing for a patient, symptom Also, you know, the testing, being a doc, we love those tests, right?

Well, this has been honestly really interesting. I love the expertise on spoken word because it's something that everybody has access to. Your thoughts, your words, and then your actions.

That is the most powerful. triple threat that you have for chronic illness. If you can take those things on and get them right. You can get your mindset right and then start taking action.

It may not be easy, but you will get well. And then bringing technology, frequency technology which I've been using since the beginning of my practice.

I've been dabbling with all the different things I mentioned earlier, whether it was a amp coil or some sort of frequency specific device I had in my clinic.

These devices are incredible and they're just getting better. Like you said, you have a watch that's something you want to wear now, something that has the technology in it that looks normal.

It's not this giant thing that you got to sit in front of like so many of the other pieces of technology that can bring along with you. That's pretty amazing where we are getting with technology all day, every day.

You know, as we're closing out here, what are you excited about? What what piece of technology have you not brought up? Are you are excited that's at the cutting edge right now?

I would say it's kind of tied to what we spoke about. But look, I saw this supercharger for the first time recently.

Closing thoughts and where to find Jason

It is I think its applications are endless in terms of what can actually be done, because forget about just the light system. You can use this for many other things because the supercharging device that people are going to see on that podcast that comes out in the near future It mixes light, shape, sound, colors, geometry, copper, electricity.

It's like, I know that there's so much more to it. And I just need to keep looking into it and experiencing it, and studying it but I feel like that's gonna be the next big thing even outside of light system where you're starting to take regular day-to-day products and shift their energetic signature.

That's the fastest way to change our world, really, because you can't start manufacturing everything new. That can take a very long time to even be accepted.

But if you could take things that are in the way that they were created and more detrimental and harmonize them on their energetic signature, that will make a big difference in a world.

So I would say the Supercharger is what I'm probably most excited about because of its applications around the world in various different ways. Sounds like I'll have to go watch that podcast when it comes out.

Yeah, it's amazing. All right, man. I think people are going to be interested to know more about this technology. So where do they find you? So, well, you could find me, Jason Sherka on Instagram, on YouTube, On Telegram.

However, be aware on TeleGram, there are a lot of scammers. so just keep that in mind in terms of people reaching out to you under my name and whatnot.

And you can learn more. About the light system at the lightsystems.com. It could send you that link, Jamin, so you put it underneath. That's thelightsystem.

Amazing. Well, I really appreciate you spending your time, giving your knowledge and just uplifting. Being the owner of. What's happening in your head and what you're saying, because I do find that to be incredibly valuable until next time and we'll have to do this again.

Everybody else will see you next. Thank you for tuning in to redefining wellness with Dr. Javin. If this episode spoke to you, please follow and share this podcast with someone who is ready to take control of their chronic health symptoms.

Also please consider leaving a review. It helps more people find the show. See you here again.