Podcast Introduction and Guest Welcome

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Some of these things that were blocked off, that was the bodies innate intelligence to say, hey, I don't like that. That's going to kill you. Welcome to the Holistic Truth podcast.

I'm Jamie Dorley, CEO of Nutritional Frontiers. And I'm Christine Genovese, creator of The Soul Intelligence Method. We're here to help you break through chronic disease and dysfunction physically, mentally, emotionally and energetically.

With real proven strategies, protocols and tools you can use in your practice today. Hello, everyone, and welcome back to your favorite podcast for wellness and natural healing, The Holistic Truth.

Can you handle the truth today, Christine Genevase? I am so ready to handle The Truth today! I sure hope so. We have a very special guest from Colorado on today, and I'm so excited.

I am your host, Jamie Dorley. And the CEO of Nutritional Frontiers. Well, you're on a mission. What is our mission? Our mission is to make the world healthy on every single level.

mind, body, and soul, of course. Way past the days of just working out and eating good, we are faced with much bigger challenges and we need to pull in all the experts like we do at the Holistic Truth.

We are excited because we have special guest Dr. Erica all way from Denver, Colorado. She is an acupuncturist, nutritionist and she has a really cool program that's in alignment with us called the Resiliency Program, which focuses on the physical, the emotional, and the spiritual.

So, I'd like to give a nice, warm welcome. Dr. Erica, welcome to the Holistic Truth. Thanks for having me, you guys. Great to be here. Thank you. You know, we'll have to ask you this question, right, because we're getting to know you more and more, I talked to you about my aha moment.

How did I get into functional medicine and wellness and nutrition? And it's usually a personal experience, but sometimes it is not. So what was that moment where I know you come from a higher education and a training background.

What was the moment or that experience that made you transition to say, oh my God, I didn't know this world existed? I want to get involved with this.

So when did that occur and what happened? Well, I have a unique story, Jamie, actually in that standpoint. I grew up the daughter of a chiropractor, which, you know, in 1980 was weird voodoo medicine.

And it's now, as we know as most things are, over time, more widely known and accepted. So my exposure to natural medicine actually came at a very early age.

Dr. Erica's Health Journey and Career Shift

But when I became a teenager, I started having grand mal seizures and my parents who were very holistic minded and nutritional minded, tried to figure out what was needed first to address this at symptom level using supplementation.

And about a year or two in I had another one and then another and I just finally looked at my parent's tender age of you know, 14, concerned that I'd drop down in front of my classmates and start convulsing, and the thought of that absolutely petrified me.

So I elected to go on medication, did that, managed the seizures pretty well with just medication for many years, but it was always gnawing in the back of mind that…

I was missing something and I knew that needed to eventually understand that better. But really just enjoyed the convenience of not having those kinds of things happening to me especially in public places.

But as time grew on and the more I ignored the fact that I wasn't getting the root cause of my health, well, maybe the seizures were controlled, but the thyroid disorder started setting in, the endometriosis was getting worse.

Ultimately, I just started having compounding, symptoms that were all really technically related, but I just didn't really know how to understand it. And I was, you know, early 20s at this point.

I had a psychology background, so I went in and found an incredible career as a training developer and manager. Was very successful at that for about a decade or so.

But still always had that gnawing sensation of like I wasn't fully doing what I'm supposed to be doing. said i saw him like i was vacuuming on a saturday morning in my living room and he was playing on the background as he said look at the magazines back then we had magazines art copy sitting on my ottoman and it was like those are the things that you're interested in that's your passion that what you need to be doing and i would like the yoga journal, natural healing and like business week or something like that.

So I was like, huh, you know, maybe I really need to start answering this call. But my brother, my twin sister, they all became chiropractors, followed my dad's footsteps.

And I knew chriopractic wasn't for me. got to the point where I had plantar fasciitis in both my feet so bad I couldn't even walk. My chiropractor at the time referred me to an acupuncturist, changed my life.

I would lay on his table and just dream, started a new dream. And the dream was, you know, I could see myself having this, doing this. Then when it worked, it was like, okay.

So I'll never forget the period when I worked my way up the corporate ladder, finally had the team, And I'm out." And they were like, are you crazy? You're going to school?

What is that? I just was listening to that innate voice that said, you got to do something else. Also, as the universe does, it sort of serves you up, difficulties and challenges that kind of force you to slow down and maybe do a little bit more reflection about life and introspection about what direction you're Long story short, answered that call, got into where I saw natural medicine start making huge, incredible differences with my life.

And then within 10, 15 years of doing that, also started to see what I was missing and that I wasn't missing some more information about my body because my seizures started coming back more with a vengeance.

I started having symptoms that were really toxic. terrible armpit rashes and BO of all things. And I was like, I'm supposed to be clean. Why do I smell like this?

You know, and I wasn't quite understanding yet what I missing. Then I prayed a lot and ultimately figured out through, you know a, lot of prayer what needed to happen next.

That's where the resiliency method came from. I just really saw that we had an opportunity to go a little bit more deeper into the body and the physiological body.

And we needed to figure some things out because we were starting to attribute too many things to, you know, we're

trying to scapegoat them and tell people that if we couldn't help them at a physiological level was because they were too emotional or something like that.

Well, that's what the medical doctor told them when they came looking for us. So I was like, no, were just missing something. That's where the journey really led to uncovering this next part.

Wow, you're right. That is a very unique story, growing up with chiropractor, your dad and the siblings as chiopractors and then coming full circle to get back into this type of work, natural healing.

It reminds me of your story Christine of making a complete career shift. Um, you know, when you have that calling, right? And, uh, sometimes, a lot of people hear it, but not everyone acts on it.

So I give both of you a lotta credit for having the courage to really step outside, um, the comfort zone. And people say, oh, that's such a risk. Actually, it's not.

It's a risky not to do anything. But sounds a little like your story. Yeah. So mine happened a little not too long ago when we all were in the great COVID timeout.

I had been a corporate turnaround specialist and an adrenal junkie and flying on planes all across the country trying to help companies meet or exceed their revenue and operational needs.

And I got a call on March 12th of 2020. letting me know my services were no longer needed, which was the first time in my whole life I'd ever been fired because I always met or exceeded expectations.

So I was like, what? I just got a performance bonus. What do you mean? It was sort of the whole run came out from under me. What it led me to was developing the soul intelligence method through a lot of prayer and meditation.

I was given a nine-month runway to birth something new. And I did listen to that inner voice and started to introduce it through coaching and through the field of functional medicine.

Thank you. Well, one of the things I wanted to ask you is, you know, being a high achiever, high performer, always pushing myself to be the best at everything I do.

I know Jamie also reflects that. You very much, talk about why high achievers or high performers in particular can't heal. And so I was fascinated by that topic and how that may also have helped you develop your methods.

So can you share a little bit about that? It absolutely did, and I can so relate to you. And really, it even sounds like, just like I was in the corporate career, you were centered and focused on performance just as I, was from the context of looking at training and development and organizational performance.

So there was always this knowledge and introduction of like we could be doing more, right? And that we couldn't go to the next level. That's it. I mean, I think you guys are similar.

We're all kind of like self-improvement junkies in a sense, right? You know, our hidden area may be that, you know you have to take that in context of that old you're never enough mentality.

So once I kind and saw what was running the show sometimes in terms of the self-improvement models and things that I was on Quest for.

High Performers, Stress, and Nervous System Patterns

Once I addressed that, I am enough, and now I'm going to be open to receiving more intelligence and I still want to continue to optimize my life physically, mentally, emotionally, spiritually.

Ultimately, for me, what I saw is that i'm a high performer. I like working with high performers. And why am I high performer? Well, I grew up with this thing called a seizure disorder, which is really like, you know, essentially if you drill it down is there's an autoimmune situation going on in the parietal lobes of my nervous system.

There's some vagus nerve involvement in that pattern. you know, brain stem issues going on with that pattern of symptomology. And what I started to see is that that little notion there, even though my parietal showed up for me as a seizure disorder because of that unique combination, because my genetics, I have a grandmother that had a seizures disorder, my father had seizures, so I had it coming from both sides of the family to an extent.

What I saw is there's this over-activeness going in my brain and my nervous system. I can start to see how that shows up in my work, that show up almost in drive, my career success.

But I always was really, it showed up as being a high achiever and being really good at everything that I did with a little bit of, you know, unchecked, never enough syndrome running in the background, right?

What I can see with working with high performers is they have similar patterns going on. And I cannot tell you, for example, the number of high-performers that I know, especially males that are super successful, that doing really well financially, and they had chronic sinus congestion.

nasal drip, post-nasal drip. It affects their ability to clear their throat when they're on stages and speak well. And what I've seen is that that's the brain trying to take out the garbage on a regular basis.

That's that autoimmune situation that is going on. And depending on what part of the brain is affected is where you can actually map where the congestion comes through.

And then guess what? That chronic nasal drip that you had for 20 years that he'd been dismissing as allergies actually was your brain calling out saying, Hey, I am trouble here.

I'm trying to deal with this chronic. autoimmune situation, there's toxins up here, parasites, things up in here going on in my brain that are being unkept and I am desperately trying to keep up with you and keep with the amount of demand on this brain which often times correlates to there is an auto immune situation going in the brain and that creates a lot of success because that individual is in overdrive all the time.

So they become a high achiever. You know, this whole thing with this overdrive, right? The fight, flight and freeze. You now, it's got to the point where one of our brand ambassadors, Dr.

Bob Rakowski, he created his program to really stress reset. Cause he says, look, people come in, they're so hot. He goes, you can't detox from, he can do their gut.

You can through their hormones. She says you need to cool them down. Sometimes it's three days, sometimes it three weeks. So he does a stress reset with our calm day and, um, things like our SPMs.

And then we'll take it to a new level with Dr. Darren Mitchell, because he said, Look, Sometimes the stress resets not enough. Cause people, like you said the Vegas nerve that caught my attention, right?

And people have got to the point now where we're developing a more comprehensive program with Dr. Mitchell. And it's really to address this whole thing.

How did you get to a point where you created this triad with the, I love it, right? The mind, the body, physical, emotional, and the spiritual. Was that something you got into right away or was that a new part with your resiliency program?

Now, that's just more of how I frame the world of healing in general and how we need to, you know, answer all that. Now the resiliency method is admittedly more works on the physiological aspect of that triad, right?

It's really around advancing the physical healing of a body and with the recognition of not only opening the regulation for the nervous system, you know, making sure that the Nervous System's in a good place to heal.

That's important and certainly our process can do that. I did that for many years at a level one, but what I started to see is I could never get that Nerve system to fully stabilize and the reason was is it was holding toxins and some of this parasitic material deep down into the nervous system, along the spine, in the brain, and in that deeply held encapsulated toxicity in liver, the spleen of the body.

And so we just weren't going deep enough by only looking at it from a standpoint of blood and labs. Although we do that, we needed to go beyond the traditional functional medicine approach to understanding that.

So we incorporated some specific customization techniques that came through energetic muscle testing first, hands-on, and then eventually through telehealth models.

But ultimately, it still wasn't even that as much as it was just like, we need to keep going and working with the body and leveraging the bodies innate intelligence to has a desire to want to going deeper and deeper.

Well, inculminated with encapsulated toxins, deeply held mercury in the nervous system in brain. Most of us were exposed to mercury through childhood vaccine schedules, Aluminum, same kind of deal.

BPA plastics that are held deeply inside the brain, the nervous system, and the body fat. Some of these things that were blocked off, that was the Body's innate intelligence, say, hey, I don't like that.

That's going to kill you. And it came in through your bloodstream. So it's now either crossed the blood-brain barrier or it has gone up underneath the, there's an opening underneath, a brain stem that most of us aren't aware of because everybody puts our attention on whether things can cross the There's actually a little vent into the brain underneath the brainstorm, which is where a lot of our toxin exposures came from early on in our childhood and sometimes even acquired through our parents.

And so we weren't getting to that level of detox and there was no particular magic product that would do that. What I found is it was a systematic way that you had to work with the body through, quote unquote, earning the right to keep going deeper with body.

The whole way you detox, encapsulated toxins deeply held is by making the surrounding tissue of the body so optimized and well that the buddy will go, well, I guess I can open up this little tumor cyst nodule, you know, pocket, if you will, and open what's been held here and let it go.

And so we call that as a part of our third phase. It's a third phase detox and we at that point rather than and like we did in level one where we're pushing toxins, chelating, binding, pulling out.

We're kind of driving that show in a level 1 detox. And you can do that successfully and you need to start there because if you don't complete that level of detox on the body, you won't get to the level 3 detox So we were doing the right things, we just weren't doing enough of the things which led to phase two and then ultimately phase three culmination.

So all of our strategy there, once the body's ready to do that, is supplying it with adequate, and it usually ends up being a lot of fatty acids for a while to help support the bodies opening up of those structures.

And then doing some inhalation of hydrogen therapy and as the toxins are coming out we'll support them by supplementing or increasing minerals, B vitamins, sometimes some NAC to help support glutathione production, but as more than the precursor way.

And then doing inhalation of hydrogen therapy to eliminate some of those from a Chinese medicine, we call that phlegm pathology.

Resiliency Method and Deep Detox Phases

So phlem is really just the body's innate intelligence going, hey, the countertop is dirty, so I'm going to take this sponge here, highly absorbable sponge, I am going send it out and mop things up for you.

So we do that with hydrogen, we that other adjunct therapies, low-presso lymphatic therapies. The nervous system needs to detox into the lymphatics system, Through the bladder, through the gallbladder, liver, you know, it needs to detox in a variety of different fronts.

And so we just support all those pathways as we're going through that deeper level of detox. That's like game changing. If we are talking about resiliency or time up, aging well, most of us have those encapsulated toxins up in our brain, especially in the cortex of the brain.

That's what's forming the precursor to the plaque. So you're looking at the sclerosis conditions, you are looking the dementia Alzheimer patterns. I don't care if your grandmother or your grandfather had Alzheimer's or you parent whatever didn't.

You need to detox your brain if you want a chance at aging well today. And that is key. to longevity. You know, there's no magic supplements that are going to make you live longer.

And you can live long, but if your health span and your quality of life is crap, you know. That's really the message to high performers. We have to start working on this stuff now, because the reason you're so successful partly has to do with these patterns that play.

Yeah, it's never too late, but sometimes it is, right? You got to start early as possible. And Christine is interesting. She talked about the plastics.

We recently had Dr. Len, our medical director. You want to share with the research on that? I mean, that was a little bit concerning. Oh, that the amount of plastic that's stuck in our brain is like the size of a credit card or a plastic spoon at this point.

I'm like, what? Are you kidding? Can you like just visualizing that, you know? And he's actually involved in it. No, our bodies do not like plastic. Yeah, and he's involved in a number of studies specifically around Alzheimer's and dementia conditions.

Yeah. We got to get you two together. Absolutely. Love that. For sure. Dr. Marlene had been working with the Michael J. Fox Institute out of Pittsburgh and very interesting.

Oh, wow. Yes, that they did. It was unbelievable the results they're getting because we use some of the, you know, I know glutathione is the ultimate, um, methylated and antioxidant liver, so we used a form of glutothione called the modion, which is from gnosis, who makes the quadrifolate, the active folic acid.

And the great thing about their glutathiol is it's highly bioavailable. So if you look at their studies with, you know, glutathione was actually depleted and NAC did good.

Generic glutothione, not so good, but their imodion did even better. So we like to use combinations. Yeah. We use the immodion with the NIC, with dimethylglycine and all the right nutrients.

The old days of just using milk there are not enough anymore. so we'd like a little more comprehensive approach and I like the way you go. Yeah, that's a great point too.

And I think that, you know, we were talking about, there are these ancient remedies and there these ways that we used to detox. One of the things I like about where we end up in phase three with the detox is we actually look like we're detoxing more like our ancestors did, which I thing is a signal too that it's through whole food and it through eating, increasing you know, minerals and B vitamins.

These are things that our ancestors got on the frontier, you, know. But we are way more toxic and we have been breeding with these toxins for over a century, so we way have more to do in our bodies than we ever have.

And I don't think that if we're just looking at it from a level one approach, which is to bind chelate, That's great for surface level detox, tissue, blood, all of those things, and to some degree some organ impact.

But you have to get to the point where the body will open up these deeply held encapsulated toxins. And there's a way to do that that works with the bodies anatomy, biology, physiology, in its program, which is, you know, I did that to protect you.

And to undo that, we have to approach the body in a certain way. So it's absolutely necessary. Go ahead. I was going to say, because with that one of the things I heard you say was that what you have do is to get the tissue around it to be so optimal and healthy that it allows you to go deeper.

What are some of those things that you do or that help people do to Yeah, so three phases. The first phase will look most similar to what foundational nutritionists out there in the marketplace are doing today.

We do it in a more customized way. So we don't use like necessarily a protocol approach. we design it for each individual and we can do that through the testing procedures we integrate as well.

And and so that that's key and you got to start there and again you know looking for the heavy metal the chemicals the parasites the fungus the bacteria their scar interferences and emotional blocked emotion you notice regulating the system emf some of these things are environment.

foods, of course, so food sensitivities, but see where I was left by just, you know, and I did level one approaches, there's no shame in that. There's still progress to be making with a level 1. And again, You have to start there, right?

But when I completed or after I only was doing a Level 1 for many years, I Was eating five foods. I still was having some of my symptoms, especially the neurological ones. I was still having this downward spiral because I had only looked at what I call the front side of the body.

at that point. I wasn't looking at the backside, which is like almost as if, you know, if you think of an airport, right? You've got all the airplanes.

We had the airplane serviced well. The passengers were loaded up. They were clean. been ignoring the fact that the air traffic control tower down the tarmac there, well, the steps are routed out.

Nobody can get to the top to signal the airplanes. So we're missing that deeper level of neurological healing that we couldn't get too yet. We moved on and we figured out phase two, which ultimately included the clearing of this material called mycoplasma.

Now, myoplasm, if you just take it for what that says. A lot of people think bacteria, if you really look into mycoplasma, it delves much more deeply into that, or beyond just bacteria.

It's actually polymorphic, some happening in myco-plasmoetaria, but that's the ticket that got us off what I call phase one merry-go-round, where we had to always clean up the heavy metals at a tissue level.

We always had keep killing and playing whack-a-mole with reinfestation of parasites, right, was a huge progression. Once we cleared that out enough, the majority of people we put in a low molecular weight hydrogen, or excuse me, collagen product, that sealed up the gut nicely enough and lo and behold, oops, we didn't mean to do this, but we reversed the food sensitivities.

And I'm talking about wheat, gluten, like the nasty ones, you know, and for myself as well, I was anaphylactic gluten sensitive. So we were like, okay, also I will say we addressed the thymus gland more deeply.

as well through that phase one and into phase two. And that all of a sudden we were like, okay, well we didn't intend to reverse these food sensitivities.

It wasn't, we had accepted that we are gluten free and we're just going to be okay with that. We wouldn't get glyphosate exposure, you know. But once we did that, and oh by the way you cleaned up the glyphasate too, now the body accepted those things and didn't have the same reaction to its environment as it did before.

So we realized from there it wasn't really about the food, it was about that the immune system and the nervous system weren't fully optimized to where they could be to overcome that and not be allergic to your fuel as a human, which is your food.

So then that took us into another level of a detox with mycotoxins inside the body. So that was part of also phase two once we did that. And by the way, you don't have to just live in a black mold environment or have mold in your house to have more inside your body, That's a big misnomer, and that's not the only exposure you're getting.

Our ancestors lived in moldy environments, guys. We have molds on our genes or on ourselves, so we really need to detox at that level to clear that out.

And then, oh, by the way, when you do that, hey, now the black mold that you come across everywhere in your environment isn't going to take you out or give you an immediate headache or make you not sleep in the hotel that night or whatever.

So, okay, now we're seeing more increased resiliency, more increase adaptability. Phase three then took us into, well, great. Now you've done this like, you know, phase one and two kind of, somewhat surface detoxification down into cellular detox, Now the body wants to repair, so we used products to help repair the organ tissue or gland that was showing up inside the symptom pattern as a weak link.

We did that for enough time, entry into deeper levels of early exposures to encapsulated toxins. Um, and, uh, that's the resiliency method. So ultimately it became where, okay, at each stage or each completion of each phase, the adaptability index went up for people.

We had people at that time when we were doing this talking about, you know, on online forums, how much they were getting shut on by the COVID vaccine.

We weren't seeing that as clinicians inside our practice. We were scratching our head going, what are we doing? You know, that's making it so that we're not being interfered with.

And that is really where that resiliency term came in because we also saw that, we have to move past that model where we are afraid of everything. in our environment and as we're getting healthier there's this sort of like agreement inside of amongst practitioners and stuff that like somehow we should just be afraid and avoidant and restrictive of things and that we shouldn't call that health.

And you know post covid guys i was going you now. We have to get out of this beer. you know, that we're in. And that's where a lot of that prayer came into, because I could see it was going to kill all of us.

It didn't matter what anybody outside our control was doing. If our mental game was that, we needed to be afraid of these things and we were creating that amongst our patients, We needed a different route.

Well, this is perfect timing because our program is focused on a similar philosophy at Nutritional Frontiers where we really want to reset the person, right?

Just get them focused, on which direction we're going. We do the remove phase like you guys do, getting rid of the pathogens and some of Yeast or fungus as a mold and then we really want to start to rebuild like you do and healing the gut because we found Dr Tracy just sort of talking Tuesdays with Tracy on it on our zoom for our training program for doctors and So a lot of times when you fix the got the food allergies start To go away, right?

Because a lotta those foods aren't getting digested or getting into the God and And then you're seeing this hypersensitivity to them. And once they're rebuilding, you can start to re-energize.

Measuring Resiliency and Brain Health

I think you are right. A lot of it in our field stops at phase one. Let's do a cleanse. How long? Could be three days, a week, two weeks, and then we're done.

It's gotten a lot deeper. You mentioned mycotoxins and leaky gut. Some of our top formulas are GI complete. and the immunolin, which is the patented, trademarked IgG.

That has over 45 published studies on it in Teragram. It's a really cool formulation because it'll bind, neutralize, and remove some of these very stubborn, as you had mentioned, some these pathogens that are really in this microfilm and really deep inside the intestinal tract tissue.

Fibers and burberry and stuff get rid of a lot of the surface, but those deeper ones, you need something like the Immunolin which will bind neutralized and removes easy these foreign invaders deep inside, especially in that gut or brain tissue.

Um, so I love the fact that you guys are going a lot more in depth on this and you brought up some key points too with, you know, removing and that's a a what Christine does with removing.

So I think this is a great timing that your really going over this because I feel like in our field for a while, it was like, what's the next detox program and, and it's water fast and then juice fast.

And then. We use micronutrients and antioxidants, but you can only do that so much. It's like just doing that, I call it like, uh, just straightening up the room rather than a deep cleaning.

You know, we're getting the nooks and crannies in all the corners of our body and especially of the brain and the gut. I think that's a really key part.

Yeah, and by the way, if you haven't seen… Oh, sorry, God. toxins on your vagus nerve, you know, the great connector from the brain to the gut, it's an upstream battle to try to finally get your digestive symptoms under control.

I was the same. was still toxic. And so the signal was never correct in terms of my microbiome balance, my gut brain, and my brain health. We couldn't overcome that until we dealt with the fact that there was additional toxins still encapsulated, affecting these areas.

Interesting. Well, you know, being a high performer like myself and Jamie, I'm really curious, how do you measure resiliency? Like if we're like trying to figure out, oh, wonder if were resilient, we think we are pretty healthy.

But what are some of those resilient markers that you look for that we should be looking for? So ultimately, some of the tests I would do would be like to look at oxidative stress panels and profiles pre and post, look gut tests to see that we're not having as reactive or that the zonulin, all those markers that are in terms of like you got are going down and there's less inflammatory state going.

But you really want to do both pre and post tests in terms of that, but of course also neural toxins. Because again, if you're not looking at the brain in more depth and seeing what kind of activation you have there, you are missing a big piece as a high performer.

And then certainly we can look at HRV indicators as measure for some improved. So I always like recommend wearables for people just even to track their sleep day to day.

to understand how they're doing there, look at HRV. It goes without saying symptom improvement, right? Reversal,

food sensitivities, just increased capacity, so to go beyond everything outside here that's out of my locus control.

is impacting me to a mentality and a stance of, I'm in mode of expanding and I can expand, but I also sleep at night because I go from sympathetic, the gas pedal, into parasympathetic, to break pedal.

I could make that transition nicely and smoothly. And now, and this is the true test, honestly, Christine, is when you start to look at your work differently.

So in other words, as high performers, a lot of times what we're doing is we are driven by that parasympathetic state that we were on with our gas pedal down, you know, full force.

When you can start to see that, oh, I'm not going to work this weekend because what I really need is to go on a long walk with my dogs. And you can really get in touch with what your intuition wants you to do, that you accept that, you don't have to be on drive.

And then you relate to your work from a standpoint of being inspired and you could be more creative. You can grow and expand rather than just deal with, what's the current thing in front of me and what is the fire I need to put out.

That's the true tale, or true tell that you're on a different relationship with your nervous system when you relate to the work differently, I think. Oh, that is great news to hear.

We're in the right track. Music to my ears. Yes, music to our ears We are definitely on the track Can you share maybe just before we go, because I know we're getting close, one transformation story about someone that was able to turn their resiliency around.

I could think of a ton. Because we talked so much today about some of the neurological pieces, and again, some other things that I think are a little bit more hidden for high performers.

Transformation Story and Closing Remarks

And just even to your point, Jim, I you said you got to start early on your brain health. But in one particular case that's coming to mind, it started kind of late with him.

His daughter is a lawyer attorney. She came in definitely very educated. In what was out there, she had him enrolled in a trial. you know, early or he was late onset of Alzheimer's and she was providing and actually still is providing the care for him.

This sounds morbid, but he probably should be dead by now. You know if he had not done and if she had taken that step to get him on a different path, he would probably be.

The first bit of time we worked together, she still had him enrolled in the study. But over time, she could see enough of change happening that she de-enrolled him because my concern was if he was in the study and we had to start dealing with this experimental drug in a background, we wouldn't probably be able to necessarily get to where we wanted to go because there'd be something dealing a symptom potentially rather than allowing us to do our work, which was to leverage the innate intelligence to heal, right?

Long story short, she eventually de-enrolled him from that study, music to my ears, but it was because we were seeing progress. And, you know, when we got to that point where I was describing where we're dealing with encapsulated toxins, and believe you me, if you've got something going on, like I mentioned, the ALS, Parkinson's, neurodegenerative neurocognitive decline patterns, that is a very obvious expression of encapsulate toxicity in the brain, okay?

But it's also in nervous system. all of us have that to some degree. You don't have to be diagnosed with that condition. But it's like one day he walked in guys and his lights had gone back on.

It even took me back a little bit. Somebody was home and she started to notice it too. She was very skeptical and again, like I said, very analytical.

her willingness to admit that we were seeing progress, even though it was slow but steady. In those cases, you have to stop the decline first. There's a period of where you just have stop to decline.

And then over time, that you get to see the improvements. Now he's reading and processing off of menus. When I first started working with him, I didn't know his personality.

He's got the wittiest sense of humor, and that's back. You know, and it's really incredible to be witnessing. I get a little choked up about it, but it is just a case in point.

It's never too late to start doing this kind of stuff. But yeah, to your point, you should start. We should be looking at our brain health now. Maybe even if we're all, put us all in the same age category, we probably should have looked 20 to 30 years earlier.

but, it just never to late, just start and you can see significant process or progress when you work through the process. Wow, that's incredible. Congratulations on your success and we wish you nothing but the best and positive prayers for you.

We have Dr. Eric here, a special guest on Holistic Truth. How do people get a hold of you? You want to share a website or contact information? How did people got to hold you if they want me with you Our website is www.paramountwell.com.

I can also be scheduled for a free discovery call if you're interested in exploring more about how, you know, this might help you. You can book a Free Discovery Call at Dr.

Erica. That's D-R-E- R-I-K-A online, forward slash discovery. Get to our page to get on my schedule. And we offer those complementary to understand if this may be the next step for you in your own healing journey.

So look at your symptoms. If you feel like you're on the merry-go-round or you've plateaued a bit, consider taking the Next Step by having that call with us.

I have learned so much today, James. I'm like totally down with the resiliency method. Well, thanks so much, Christine. Thanks, Dr. Eric. Really appreciate you both being so generous with your time and all your wisdom and experience.

I learned so today. So excited and thanks for making the world healthy, you know, mind, body and soul. And that's the way to go, folks. Reach out to Dr Erica.

You can look at us up on the Holistic Truth podcast and you guys have a great day and God bless my friends. Thanks for tuning into the Holistic Truth Podcast.

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