Mariau2019s Story and the Need for Safety

I want to tell you about a woman named Maria. Maria had done everything right. She was eating clean, taking a handful of targeted supplements, she was working with a medical doctor on her labs, and on paper she should have been getting better.

Instead, by noon she exhausted, snapping at people she loved, And at 2 a.m. her mind was reeling, she wasn't resting, and she knew she was only showing up at maybe 30% at capacity.

So when she came to me, frustrated as you can imagine, the first thing I said, stop your cold. I had said before we do anything else, we need to get your nervous system out of survival mode because right now, Your body isn't trying to heal, it's trying survive.

And those two are completely different jobs. So my friends, welcome to your holistic wellness practice on why your body won't heal until it feels safe.

This is Rewire Revival Podcast, your Christ centered space where scripture meets neuroscience and faith meets your health.

Psalm 23 and the Theology of Rest

I'm your host, Dr. Oliver. And as we begin today, I want to bring in Psalm 23 verses two and three. It says, he makes me lie down in green pastures. He leads me beside quiet waters and he restores my soul.

Quiet waters and green pastures are two biblical things in a picture we can paint for a nervous system in parasympathetic state. stillness, no threat, and the sequence matters.

Safety first, then restoration. God can't restore the soul in the middle of chaos. He leads you to safety so healing can begin. Okay? So as we begin, here's the biology.

I want you really hear this because it is the peace that you cannot afford to miss. Your autonomic nervous system has two main branches. You've probably heard of them.

The sympathetic branch, your fight or flight, and the parasympathetic branch.

Sympathetic vs Parasympathetic Healing

Your rest, digestion, repair. These two branches are not equal patterns. Partners. Okay, they don't run at the same time. When one's dominant, there's a pull, right?

The other one stands down. And here's the problem for so many patients. Their sympathetic nervous system has been in the driver's seat too long. from chronic stress, unresolved trauma, carrying a toxic burden of hidden infections that their parasympathetic nervous system barely gets a turn.

everything you're trying to fix is actually happening in the parasympathetic branch. So immune regulation, tissue repair, hormone production, detoxification, your gut health, you've got motility, metabolic, cellular regeneration, all of it requires a parasympathy dominance.

It's going to require your nervous system to be in a state it can only reach when it registers one thing. I am safe. Without that signal, your body will keep prioritizing defense over repair every single time.

So let's talk about why the body gets stuck because this is where neuroplasticity comes in. Your brain is constantly

learning. It's forming pathways based on repeated experience.

And if your nervous system has spent months or years in a threat response, with high cortisol, elevated adrenaline, hyper vigilance, focus, it actually builds that pattern in.

So the neural pathways that keep you in survival mode becomes the well-worn grooves everywhere.

Neuroplasticity and Rewiring Survival Patterns

Your brain gets every very efficient, right? It's very focused on these high alert modalities that you have to keep. This is not a character flaw. this is your brain doing exactly what it was designed to do.

Adapt to your environment and repeat what is practices most. It is a great job brain. And here is the extraordinary thing. The brain can rewire Yay! That is neuroplasticity, the same mechanism that blocked you into survival mode.

Can be used deliberately with the right inputs to build new pathways. Pathways that can lead you back to safety, back-to-repair, Back to full function.

And one of the most direct on ramps to that rewiring is the vagus nerve. Now, the vagus nerve is one of the first things I learned to put a language to what was happening in my body.

So I love to teach it inside my programs. The vagous nerve, is the longest cranial nerve in your body, it runs from your brain stem in the back, all the way down to your heart, your lungs and your gut.

Okay, It's the main highway. of your parasympathetic nervous system, and it is trainable.

The Vagus Nerve and Nervous System Training

When we stimulate that vagus nerve through specific breathing techniques through targeted cranial nerve drills, through vibration, vestibular movement, vibration.

We're sending direct signals to the brain to map your body. Okay, to tell it, hey, the threat has passed, we can repair now. This is not relaxation, relaxation as a luxury.

this is a targeted neurological input. And it's going to change your unique physiology at a cellular level. In my practice at Rewire Revival Health Labs, before we run a single lab, recommend a single supplement protocol.

Every patient goes through a prepare phase and counseling emotions and nervous system regulation is that foundational piece. So here's what we actually do.

We do a So neuro drills, cranial nerve drills Vegas nerve breath work environment, changing input. Um, we do nervous system scanning threat for threats.

We reduce chaos and noise. Reduce toxic relationships with yourself and belief systems. So we can focus on flourishing and rest. so we change that dynamic between input and we assess and reassess that baseline.

Why Sequence Matters in Healing

So deliberately repeating states of calm builds yourself a toolkit that you can rescue the things in your body that are inflamed, rescue that things that in fight or flight, bond, and then rehab all those areas with some high payoff tools.

So this is why sequence matters so much. If you jump straight into a detox, like if you are talking about parasite cleanses, deep, you know, high detox.

You will aggressively start to treat infections loaded up by supplements only after inside nervous system is locked. So what happens is when you try to detach that without nervous regulation and trauma regulation, you're going to impair and keep yourself stuck in survival mode.

You have to learn what the sequence is for releasing safe, hey body, prepare for this work. Prepare to let go, release, so then we can get into the drainage, okay?

Your body can't do what you're going to ask it to do if it's locked up and tense and thinks that it is a threat to actually cleanse. You'll feel worse, you really will, or you'll nothing and you have wasted a lot of money.

And you'll think that the protocol failed when really the foundation was never built in the first place. So the prepare phase that I bring people through isn't like a warmup.

It is the work, right? Everything builds on it. it is a foundational piece. And if you've been trying to heal and nothing is sticking and And your labs come back and your doctors say everything's normal.

And yet you still feel sick, tired, stress, lack of focus. In my program, we start here. We do the nervous system work.

Prepare Before Detox and Drainage

we do vagus nerve, cranial nerve activation. Neuroplasticity. We do trauma-informed care, we do counseling, and we get your body into a state where healing is actually biologically possible for your unique physiology and your own unique set of experiences that you've had.

Then and only then Do we move into drainage and detox and addressing the nuances of your root causes? So this is the order that has worked. It's worked for me.

it's going to work for you. And I have built an entire program around it because I've seen what happens when you skip this step. I have heard the cries of people who say, I wish I had this way back when after, but I've already spent $36,000 and gotten nowhere.

Right? If you're ready to stop spinning your wheels and start healing in the right sequence. Come into the program, I wanna meet you. I want to hear your stories.

Let's work together. So thank you today for joining me. And by integrating Rewire Revival as a daily practice, you are investing in the single most powerful asset you have, a healthy body, healthy life, A regulated nervous system anchored in Christ.

As you bring safety and comfort to your body, you are also grounding yourself in the word of God. I believe that so much here at Rewire Revival. We don't, it's all integrated, a holistic view, your biology, physiology, mental health, and your spiritual health.

founder of Rewire Revival and where applied neurology and functional medicine is Christ-centered in counseling. We'll win together for the holistic whole body awakening and healing.

To get more help and hope, visit me at rewirerevival.com.