Yeah, I think just making a list of like, shoulds. I like to do that with patients too, like I should be doing this. And then we really try to examine those should, try and figure out where did those come from?

Can we set some of those aside? Do we have to let those make us feel inadequate? Right. Because I think a large part of unhappiness is this feeling of I'm not good enough.

Yeah. I am inadequate, I compare myself to everyone else, and I always come up short. And so that causes a lot of happiness and depression. So if we can somehow help the patient get back in touch with that inner child, then you wouldn't tell a young child you're no good or you are not as good as that one.

You'd be like, oh, you and we all want to improve, but you're just fine the way you are. I don't know if that answered your question, just helping people be okay with whoever they are, even if it's very different from the mainstream.

Welcome to Take Back My Brain with Lori Hammer, where real healing starts in the brain. Each week, we're going to dive into brain-based tools like amino acid therapy, gut health, fasting and faith to help you reclaim your energy, emotions and sense of self.

Well, Dr. Sheeny Ambidar, thank you so much for joining the podcast today. I'm really excited to have you on. Thank you all for joing in today, this is the Take Back My Brain podcast and I am your host, Lori Hammer.

I was looking you up and I'm like, this is so fantastic because I love the world of brain health and you are a psychiatrist. And it's not often I meet a psychologist that is really focusing on happiness or even focusing joy outside of, you know, the medication process and all those things.

How did you get to become the happiness psychiatrist? That's a very good question. So I think it was a convergence of a few different things. Like I, think a part of me just wanted to put a more positive spin on the field of psychiatry because, you know, quite negative.

Yeah. Some of the hard stuff we're dealing with. for people, right? You know, let's make it a positive thing. And then I think in my own life, I was searching for happiness.

I kind of was trying to figure out what are the key ingredients of happiness, you know? Because I'm going through a tough time myself. Sure. So, this is a really important topic.

Happiness and well-being, mental well being is super important. Hey, how would you define happiness? So everyone defines it differently, and I think that's really important to let people have that power to define happiness on their own.

But for me personally, I just think it's just a sense of some kind of inner peace, some sort of like okayness. You know, we don't have to have like a joyous mood every day, right?

But just kind of a baseline sense of I'm aligned, like my inside and my outside is aligned. Like I am not living a totally wrong life. Yeah. So when you are seeing your patients and in the psychiatric world, I m assuming most of them are not coming to you with a state of happiness or a So what do you see the most common denominators that prevent that from happening?

That's a really good question. And it's going to sound so simple. But oftentimes it is that inner and outer misalignment. Okay. That sounds simple, but I think that a lot of people are so removed from their intuition, their gut instinct, and their inner truth.

It sounds so simple, but it's not simple right because I think from the time we're born We're just kind of bombarded with messages either from our family or media society right if this is how you're supposed to be This is what a good boy or girl does right what?

conform. And that's it. I mean, I just don't think that works for everyone. Does it work for anyone? I don t know. Maybe there's a few people who it works, but I think it causes so much unhappiness for so many people because you should be doing these things.

If you don' t really feel it but you still force yourself to do it, that is that misalignment and that leads to depression and anxiety. Yeah, and I see so many women in my practice with that, you know, exact scenario.

They come in and they're living a good life. I mean, they have a beautiful husband and a family and, good job and all those kinds of things, but they are still not feeling super connected to their life, so they were anxious, their depressed or they feeling very discontent.

And when you get down to the root of it, They just forgotten who they where created to be. Yeah. How do you help people redefine or rediscover who they are.

It's a very delicate process and a gentle process because a lot of people, when they come in, they don't want to hear maybe what I have to say, so I'm not going to just, you know, put it on them.

So it's very gentle, meandering process. I need to gauge, is the patient even open to hearing? They don t want some things, and it's not my job to force anyone, right?

Yeah. So I think it is really important to go at the patient's pace, see what they're comfortable with. But what's interesting is, in even like the first few sessions, I can get an internal sense of what may be going on, but that doesn't mean that I immediately share it.

Sure. Now I know that you're more kind of integrated, so what other things besides the talk therapy are you helping your patients with? So I saw that you do amino acid therapy, which I think is fantastic.

I actually had a patient like last year who specifically was like, I want you to read this book from like the 1990s about amino acids therapy. There was a psychiatrist at UCLA who wrote the book and she's like I wanna try this.

And I was okay, so I got the books and I read it beforehand, but I knew a bit about it. So yeah, it's great. That's something that I have done amino-acid testing for patients.

And then just kind of more advanced lab testing, you know, just doing functional labs. Are you finding any congruencies or similar things between the labs that you're doing amongst your patients?

Let's see. Everyone is so different, I think sometimes the B12 levels are generally off sometimes, maybe that's contributing to some of the fatigue. I wouldn't say there's one standout result.

Is there something that you see? No, I was just wondering if you're seeing a specific like nutrient deficiency or adrenal profile. Not something like a pattern that I can see regularly.

I would say that too. So sometimes you think, oh, surely this person has fatigued adrenals. And all of a sudden, you know, do you test them and then their cortisol sky high.

yet, but their cortisol is high instead of low. So it's interesting because everybody really is so different and how that affects their mental health.

Are you working on the gut and that brain connection? I do the GI map test and I've brought up some really interesting results, you know, for several people, so I'd like to do that one.

What have you noticed? I mean, just the basics like the H. pylori infection, but then also sometimes the pancreatic enzymes are kind of out of whack and that's something they would have never had any idea about.

Sure. And then, you know, the bacterial overgrowth, sometimes we start the probiotics. So, that test has been quite helpful. Awesome. Yeah. You're working on those things.

When you are helping them to reclaim their joy, what are the specific things that you're starting with them? Hey friend, just a quick break to remind you if calming your brain is the missing piece in your practice or in you home, my Mind Thrive certification course teaches you exactly how to do that with targeted amino acid therapy.

So it's real science, real results, no band-aids. Enrollment is now open. Link is in the show notes. Back to the Show. So I think as a baseline, I like to help people just develop a very deep, loving, protective, honoring relationship with themselves.

Because I thing a lot of people actually don't have a deep relationship themselves, like they have relationships with other people. But they don't have, like, that deep relationship with themselves.

And how do you do that? You know, sometimes I start with the inner child work. You now, let's bring in some photos of you as a little kid. Let's get in touch with that little kids.

What did she or he really like? What maybe got lost along the way? Let us tap into that child. Look at that kid and give her a hug in our mind. It's our job now to protect her and ask her what she wants today.

And I think that inner child piece helps people connect with their adult self because otherwise it can be quite difficult to develop a relationship with yourself as an adult sometimes.

So those are kind of the first two pieces. And then I even do some like re-parenting work. Sometimes we just gently learn to be our own loving mother and father.

We tap into our intuition, our gut instinct, because I hits or an intuitive sense of what might resonate with them, but then if that's not what you're supposed to do, then I can't do that.

Right. So when you are going back to the childhood stuff or the parenting, is there usually a defining moment that people can go back and say, this is kind of where it shifted a bit and then my happiness, my joy was not as innate as it should be?

Not always. It's not always that simple. Okay. And I found that a lot of times even memories from childhood can be quite muddled. So even memory recall is not very sharp.

I have found when we look at photos of the patient as a young child, it can bring up a lotta tears, a you know, really kind of tried to look at that child and visualize giving them a child.

So it can be quite emotional, which I think is a good thing, because that just means we're getting to a deeper level. Yeah. I just think really trying to honor what's inside, Yeah, I was interviewing another another person and she's like I just started dancing again And that just kind of really brought out that inner joy that in her child and her Are you incorporating things like that?

Just finding something that you used to love and go back to Absolutely, absolutely. For me, let's see, it was something very silly like stickers. I remember when I was like eight, I loved collecting stickers, like those scratch and sniff ones.

All different kinds, all different kind. And so like, as an adult, why I got some stickers and I started like really embracing it. started embracing color and, you know, just vibrancy because we're taught to just kind of as and adult be serious.

Yeah, but I'm I actually really like color, so I'm just going to embrace that. What else did I do? I started like going back into like reading books, which I had always loved as a child.

So yeah, just little things like that can actually, really, make a difference. Yeah, absolutely. There's a lot, but I want to make sure I don't give away any identifying information.

I think this is actually a very common theme where the patient themselves, let's say they're in their mid-20s, mid 30s even, has had a loving family. had everything provided for.

The family mythology is that we are a wonderful family. We are so close, we're so loving. Mom stayed at home, devoted her life to the children. Dad went to work, made good money.

He gave you everything. So the mythology, you had it made. And so the child themselves is quite confused. I think the patient is like, well, my parents were great.

And those are sometimes the hardest cases because yes, everything was great on the surface, but there was some essential element missing some emotional attunement, some deep emotional atunment that was really missing.

And that can cause a lot of mental anguish, unfortunately. I don't want to go into specifics, but let's say patients in their 20s or 30s who have already kind of done a career path and they are miserable and then they think, why did I do this?

And then, they realize, okay, maybe I was trying to impress dad. Maybe I was trying to impress mom. Maybe this wasn't for me. And that can be quite crushing to come to that realization.

But I think it's important, right? It's just important to be honest. It is not always easy. That's how we grow. Anything else you want to talk about happiness and how you cultivate that in our lives?

Yeah, I think just making a list of like, shoulds, and I like to do that with patients too, like I should be doing this, or I shouldn't be. And then we really try to examine those should, try and figure out where did those come from?

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Just being outside that box. It's okay. We need permission for that. Yeah, we need the permission. Absolutely. Well, Dr. Sheaney, this has been amazing.

Thank you so much for sharing all this wisdom. Any last parting words? No. I think that happiness is really important. It sometimes takes bravery and courage to get there, but I do think it's a worthwhile journey.

Where can people find you? They can go to my website, happinesspsychiatrist.com. Welcome happiness psychiatrist on Instagram all those places. Yeah happiness psychiatrists on instagram happinesspsychiatrist.com my website And on facebook too.

You can just google happiness. Psychiatrist. Awesome. This has been a great conversation. Thank you so much for having me Yeah, and thank you everyone for listing.

I appreciate each and every one of you very much Make sure you like, subscribe and share this episode and I'll see you next time. God bless. Thanks for listening to Take Back My Brain.

If today's episode helped you connect with hope or direction, I want you to follow the show, leave us a review and And if you're ready to start your own healing journey, explore our courses and our coaching programs at lorihammer.com backslash store.

So until next time, remember you cannot medicate away a nutrient deficiency and healing your brain isn't just possible, it's powerful.