Introduction to the Resiliency Method

What I've seen is clinically is that yes throughout entire process what we use with the resiliency method each phase we are Repairing and rebuilding the thymus gland as a source point just like the vagus nerve is really a point for the nervous system the the Thymis gland is for The immune system.

I love it. Yeah, would you say like it's the kind of the hub for immune systems? I would say so, yeah. And really, you can't reverse any autoimmune situation or food sensitivity or allergy or mast cell activation or bone marrow issue or spleen issue, or potentially cancer.

I'm not sure if I should say that, but I will say unequivocally, cancer probably was rooted in some kind of dysfunction with the thymus gland. Sure, now that makes sense.

It's part of your immune system and how your body is signaling and fighting everything. Welcome to Take Back My Brain with Lori Hammer, where real healing starts in the brain.

I'm Lori, a functional nutritionist and mom who's walked the path from anxiety and burnout to clarity and calm. 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.

Hello everyone, welcome back, I'm excited to have you with us today. I have Dr. Erica Schultz, she is a licensed acupuncturist and certified applied new clinical nutritionist, so I cannot talk today, and we're gonna talk about her resilience method.

She struggled with her own autoimmune condition, So if you have an auto immune condition I want you to listen up because we all want our bodies to be resilient, And we are gonna to talk the very amazing resilience method that Dr.

Erica has created. So, thank you so much for being on today, Dr Erica. Welcome. Thank you, Lori. Thanks for having me. Yeah, the resiliency method is my trademark process, and I'm excited to be here to bring it to you today and your audience.

I love it. Everybody's going to love. Well, tell us what it is and how it started. Yeah, I mean, basically it's born out of my own chronic health struggles, right?

And so I worked for many years with patients to get their own health back because I had used a technique that actually got me pretty far with mine. But when I plateaued and I started seeing that certain issues that I have, especially my seizure, chronic seizure disorder, was not really getting any better.

It was actually starting to get worse and I was starting see additional symptoms from having poor basal vagal tone creeping up. So I don't know if many of your listeners realize, but a seizure disorder actually does have a lot to do with poor vagus nerve function at its root.

In fact, a seizure disorders and people with seizures have implanted vagus nerve stimulators to help control their seizure disorder.

Dr. Erica's Healing Journey and Vagus Nerve Roots

Well, I've always been fairly well controlled with a small itty-bitty amount of medication, but after I started to get on the journey of getting my health back, and even went off the medication for a little bit, but then started to see other things happening and then the seizures returned and kind of with the vengeance.

And what I realized is that it wasn't that everything I had done to this point or to that point was incorrect. It just was that I hadn't gone far enough yet for my body.

And as I started to unwind this, I start seeing really that I hadn't gone far enough with my own patients either, because you don't have to have a seizure disorder to, you know, have vagus nerve insufficiency.

It looks like, chronic digestive issues, anxiety, depression. In fact, a lot of the things probably a of your listeners are struggling with, cause I know you focus on a on lot neurological function.

Yeah. So that's what kind of got me to the point where I had to understand what was needed next. And, you know, I've done 40,000 visits with clients over the last 15 years.

So I worked in a fairly high volume practice and clinic. and was always busy, so I was able to really work out a system that could progress people forward in their healing process.

And that's what's become the resiliency method, and I coined it that before the word resilience got super popular. Yeah, it is kind of a buzzword right now.

So you are so impoverished. But I really started to see that that was the right name for it because what I started realize is we don't go far enough with brain nervous system healing.

And that makes us always kind of in this dance, either if we're on the conventional path or even in the natural or alternative or complementary, whatever you want to call it.

We tend to just kind like go down and we start just managing our symptoms. But instead of using a drug, We might be using herbs or, you know, supplements or things like that.

But I realized we needed to have a little different conversation and we need to get out of that fear kind of like based model of we got to avoid everything that'd be looking over our shoulder for the next thing that was going to infiltrate us and get sick, And I saw that if we actually started to pay a little bit more attention to the brain and the nervous system, the adaptability index increased.

And so that meant we started seeing people's food sensitivities, my own included. I was like massive, like anaphylactic gluten sensitive. Um, and then I realized what needed to happen next with the body and we have actually been reversing those food sensitivity for people.

We started doing deeper levels of mold detox. our Lyme patients stopped having recurring infections all the way down to where we got to this third level of what I call the third-level of healing.

Where we took the body far enough and we spent enough time filling the dumpster, quite frankly, so there was still a little bit more dumpstar filling that I'd call it that needed to happen.

You know, you're thinking like detox kind of things, but at deeper levels. And then we get to a point where we get to this third phase and the body wanted to repair some of those organs, tissues, glands that were beat up by the heavy metals, the chronic parasite infections, bacteria, fungal, Lyme, all the things, right?

And when we gave the bodies that in the right order and at the time and in right amount, we were able to actually facilitate regeneration of new tissue, And that became critical because what we found too was uncovered was that there's deeper levels of toxins being stored in all of our bodies.

Yes. and specifically at the brain, at neural tissue level, in the spleen, and the liver lobes. And we can talk about, you know, what those things, how they show up, pattern-wise, or how the show-up symptom- wise really for people.

But if you didn't get to that level of detox in a body, it's not a detox done through extraction, like I call it level one detoxes, We're using maybe a lot of binders and chelators and things like that and drainage remedies.

This was a different type of detox that was more so in agreement with the body that if we built up enough of the surrounding environment, the buddy would go, I know at one point I needed to show this away, store it deeply, put a little bow around it and container to keep you alive.

But since we brought up that surrounding environments, then the body would start to open up some of those encapsulations. And specifically what is being stored there were things like heavy metals, aluminum, mercury, BPA plastics, especially in body fat.

That's where we started to see that resiliency factor even increase further. And then we were getting into patterns that people were actually aging into.

So you're thinking like Alzheimer's, dementia types of things, and we could identify where those were coming into play. We had the body in front of us at the time where it really should be doing that work.

heading it off before it became a symptom for that individual. I love that you are speaking my language, Dr. Erica. So I loved the fact that let's kind of travel back just a little bit and go back to that vagal pathway and the vagus.

Can you kind unwrap what that is, what effects in the body and why that such a key piece to healing? Yes, and the short answer is almost everything, right, Laurie?

Right. What better question might be? What does it not affect? And I wouldn't know how to answer that.

Three Phases of the Resiliency Method

Yeah, I would neither because it affects everything. be a stumper for me. But yeah, it affects everything. It shows up, starts from the brain stem, the medulla oblongata, and it travels down.

And it's funny, I don't know if this bugs you, but I sometimes scratch my head the more I've studied and understood how this appears in patients and such, is that you start to question why is it even called a cranial nerve?

It almost feels like it is not getting the nerve. It's not getting its proper credibility because it's lumped in with these 10 cranial nerves kind of deal and it special.

So yeah, so it looks like anxiety, it look like dizziness, neurological dysfunction, depression, digestive disorders. It looks like gastroparesis. It look like a microbiome that will never heal.

Looks like food sensitivities. You know, it really is a stinker. Did I miss any there, Laura? You probably can fill in some blanks on that. Yeah, you need it for detox.

Everything. The control inflammation. So how does that one nerve kind of like override the rest of it? I mean, all of them are, although all your cranial nerves are so important.

So don't get me wrong. What makes this one so special and like so in tune to everything in your body? Well, I think it's just the way that it works, right?

It's got a connection anatomically throughout. It goes down to the pelvic floor, so I would say also is involved in sexual… Is involved, and that's if you have a pelvic-floor issue.

This is a nugget that I didn't expect to get into, but if have you a pelvic floor issue, wouldn't you say pretty much 100% of the time there's going to be some type of vagal more dysfunction going on there.

Absolutely. So it's really, you know, the thing that I have seen clinically that kind of interferes with it is the damage that's done by a lot of the heavy metals we've been exposed to.

And I'm not talking just about in fish, in the diet or water or anything like this. Some of these toxins entered our

bloodstream at a very early age. Right.

Well, sometimes we receive those in utero from our mom. I mean, no fault of our moms, it's just the way that it happens. We put on toxicity for four generations.

Exactly. And now we're at the point where there's been so much breeding with these toxins inside of us that each generation that breeds, the next one's worse off.

Yeah. They're showing the symptoms, you know, a decade or two before even the parent did. Clinically. And it has a lot to do with the increase of autoimmune conditions and autism rates and cancer rates, especially in children.

We really need to take this seriously. 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 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. So back to the. We really do. Taking that vagal nerve, knowing that it is vital to every function in the body, really.

Your resiliency method, how do you address that? That would be different. I know you addressed foundations, so we talk a lot about foundations on this podcast.

So we're not ignoring the foundations people. You have to address your diet and your lifestyle and those things. Exactly. Then if those don't clear up, we have say what's left over, kind of like we do the amino acid therapy.

What's left over after that? Then let's address that. So that vagal nerve has a key piece in all that, what are you doing to address it? Is it acupuncture?

is it other types of therapy? It's mostly through the application of the resiliency method, but specifically we do use supplements. We use them maybe a slightly different way than another clinician may.

And let me illustrate that a little bit more depth. So where a functional medicine doctor may look at your labs and say, hey, Lori, you're deficient in B vitamin and then hand you a B Vitamin, right, to overcome what is being present on the labs themselves, we're asking the question, which organ tissue gland may not be functioning optimally and why?

And then use supplementation to correct that. In phase one of our process, which is the most similar to maybe what other foundational nutritionists are doing is we are scanning and evaluating for some of those stealthy pathogens.

We will do some heavy metal detox, but I call it the preliminary or the surface detox. Because the thing I didn't mention about encapsulation, which I think is a pretty important point, encapsulated toxins are stored that way to keep you safe and its body's brilliant design doing that.

And we don't want to mess with the brilliant designed, we just want But the fact that those things are sitting there and anyone might think, well, fine, if they're tucked away, then let's just leave them alone, right?

The problem is, is they leak. They leak into your bloodstream and then they are floating around and causing you symptoms, so in phase one of our process, we'll go in and use key leaders, binders to kind of clean that stuff up.

Right and that's something you've got to do initially because the bottom line is is each phase we have three phases You can't get to phase two without completing phase one, right?

And so phase 1 is like what are you putting in your mouth? Let's look at that, too Let scan and see if you're putting anything in Your mouth that you are sensitive to because we will have to take it out for a little bit because We want to keep having that conversation with the body about healing right so We'll do that for a short time and then we just

progressively deal with what is present for that individual and use the supplements.

And that could be a supplement I put in the category of like think homeopathy, think herbs, thing Chinese and Western herbs. I think we use some nutraceuticals, which are so synthetic versions of supplements, we often are using them short time.

And then we used a lot of whole food supplements. By whole foods, I mean that the product comes to you, the B vitamin comes in the form of an actual food that's dehydrated, put into a tablet.

We found that that is the most effective way to give nutrition to the body. Ultimately, it's our fuel, is our food. That's why our ancestors didn't have to take supplements quite frankly.

They were eating the whole animal that they would hunt, you know, that included every organ and every tissue, and they oftentimes were eaten intuitively.

However, they were not exposed to the same level of toxins we have been in the last Right? So all that to say, it's really important and everything works in sequence, right?

One phase completion builds off the next. And our phase one would probably look the most like other people's, although we have a way of being able to customize it for the individual.

So that detox, even at a surface level goes in the right order at the time. They're not herxing as much. We're using proper adequate drainage. Sometimes where things get where people get a bad rap or a Bad experience of supplements and they go I don't want to do supplements, you know They really messed me up and it really wasn't probably the supplement as much as that Supplement came to you in the wrong order and at the run time will probably in their right wrong amount It is so key.

I love the fact that you just said that because I have so many people say to me, I'm just sensitive to all supplements. Mm-hmm. Yeah. And that's where our process shines.

There's another thing I could talk to you about too that really distinguishes and I think speaks to a lot of why people do how that we get a lotta people like that, the ones that are the sensitive, delicate.

Oh, yeah. You know, a lot of us in the healing profession, you know are that way. That's why I think also they call me the doctor of the doctors because I can figure these things out and noodle them out for the healers in normal because we're always the ones with the most ridiculous issues.

Yes, exactly. So, you know, ultimately we just need to organize the process oftentimes for the body. Like I said, right time, order, and right amount.

And also we need pay particular attention to another gland known as the thymus gland. Okay. which doesn't get a lot of attention. It does not get them a little attention, so let's give that thymus gland some love here.

Tell us about it. Yes.

Vagus Nerve Function and Whole-Body Effects

So, you know, this is one of those things where you study biology. You study anatomy. a chiropractor and I have two siblings that are chirapractors. So like natural health and like listening to the innate intelligence is like ingrained in me since I was four years old, right?

So I've always just strongly held that belief. And now that's part of my mission is I want people to really understand that for themselves, that, hey, you are made perfect in design and you can heal.

But when you look at some of the ways we talk about some organs and it's certainly the Western world, the

conventional medicine route would say, you know, an organ's failing or not doing well, just cut it out, right?

Yeah, we don't need that organ, it's fine. We don' t need. And that's always been a head scratcher to me. I'm like, hmm, like what would be in our body that we actually would need?

Maybe we dont fully understand the role that Oregon plays in But it doesn't mean we don't need it. So we could go down that path for a little bit. But ultimately, the thymus gland was one that I put in that category.

It's called thymic involution, which is just basically a way of saying that they've identified that this gland just shrivels up and goes to sleep. Well, that one always made me scratch my head because I'm going, well, what What does that have to do when you understand the biological reason for a thymus gland?

It's to help with your long-term immune system, your B cell, T cell immune systems. Well, you look around, right? And everybody's, the rates of autoimmune disease is going up, rates cancers are going, people are not aging well.

I mean, we're looking around at our parents and our grandparents and going wow, that's what I have look forward to. It is not very encouraging, is it?

And then, you know, there's this, and really, Laurie, this was out there like five years ago, because I would check every once in a while, Dr. Google.

And Dr Google said this about, in not so many words, but the thymus gland, that, oh, it's really not important, by adolescence, pretty much atrophied or shriveled up and shrunk up, we don't need to pay any attention to that.

Yeah. Well, I just had a client in here the other day and he has myasthenia gravis and so a lot of issues with the eyes. And he's like, Well I went up to the Mayo Clinic and they just said if they removed my thymus gland that that would take care of that issue.

And he goes, so what do you think of that? Mm hmm. I think that's crazy. Well, first of all, and I'm not giving bad of attentions to Mayo Clinic, you know, lots of gifted practitioners there and educated to the best of their ability.

But their tools are the drug or the scalpel, right? And that's what their knowledge and expertise is in, So they don't necessarily always get legitimate training on the different organs and systems of the body.

Now me as well, if you're going to cut it out, you should know why. Exactly. And you know, my, by training and education in Chinese medicine and acupuncture, Lori taught me how everything's interconnected.

like if this is you know we we divide the human body up in our western medical model into little sections as if they're like self-sustaining parts and you go to this doctor for your your digestive system you, go, to, this, doctor, for, your, eyes and this one for.

Your, ears and, his, one, career kidneys well. If the vagus nerve teaches us anything, it's that gut-brain access. It's an example of how everything is communicating to everything else with the brain.

And if you don't really understand the human body and those correlations, you're very limited in what you can offer a patient ultimately, right? And doing the best they can, drugs or scalpel, they're going to say something like that and really ill-informed.

It also makes you a patient for life when we sort of start to subscribe to these things, right? With the thymus gland though, it was still, you know, I go in and even went back like generations to uncover like what, they're seeing this in other, for historical for a long time basically, even pre, like I'd say even 1800s I think is when it first written about and there was this observation of it like, not shrinking in size or something.

So there may be some validity to the fact that over time as we age, it does become smaller.

Thymus Gland, Immune Health, and Autoimmunity

But as I started digging into it a little further, I uncovered that there's things on the edge of the, think of it like the wrapper of a thymus gland is the best way to describe it.

there's these epithelial cells that sort of line the outside of the thymus gland, and are part of, quite frankly, your development. You know, any time you develop an organ, it starts with epitelal cells.

But as the organ develops, you start to have those more at the wrapper level. Well, what I thought, too, were that toxins, actually, there was evidence that toxins could actually interfere with the epiphyllial…

cells of thimus glands itself. And so then I was like, well, that maybe makes sense. It's not necessarily just about the size of it. it's actually about how well it is functioning and how toxic is it, you know, in terms of that it would not serve us in the proper way.

And what I've seen is clinically is that yes, throughout entire process, what we use with the resiliency method, each phase, we are Repairing and rebuilding the thymus gland as a source point just like the vagus nerve is really a point For the nervous system the the Thymis gland is for the immune system I love it So would you say like it's the kind of the hub for the immune system?

I would say so. I'd say, so yeah. And really you can't reverse any autoimmune situation or food sensitivity or allergy or mast cell activation or bone marrow issue or spleen issue and you know, or potentially cancer, I'm not sure if I should say that, but I will say unequivocally cancer probably was rooted in some kind dysfunction with the thymus gland.

Sure, I know that makes sense. It's part of your immune system and how your body is signaling and fighting everything. So you're addressing the vagal nerve, you are addressing thymus gland, then what's next?

Well, that's kind of throughout the entire process, right? Ultimately, what we're doing is weaving that in throughout entire the process. Phase two of our process though, once we've kind completed that initial foundational detox identified and dealt with stealth pathogens, phase two is really where we go in and do some additional work.

to ensure those things don't come back. So I say the first part of our second phase is really taking the insurance policy out. Because one of the things that I saw was in my own healing journey and when I was first working with clients was that we had this continual progression where we would identify something and kill, kill kill.

So we're always in this like kill kill, kill mode, right? And we were never really getting to the point where we building back. Well, as a Chinese medicine practitioner, that never made sense to me because I'm like, well, I know that the body can be an excess at times, but underlying an access is a deficiency in organ tissue or gland that is really making those excess things like parasites and fungus and bacteria be able to be opportunistic and cause problems, essentially.

We do need a healthy level of bacteria in our body. We don't need some fungus, you know, but the question really was, is why would those things become problematic?

Yeah. So the other thing that was a little bit of a discrepancy for me was as a trained herbalist, I understand the temperatures of like herbs, for example.

And anti-parasitic herbs are very cold in nature. Okay, so every herb has a temperature. And sometimes if you've got hot, you got heat and got inflammation, You want those cold herbs because they help bring the temperature down.

Quell the fire, right? However, doing that over and over again is actually what becomes aggravating to the body and you never fully get to true deficiency in the first place.

But when you have parasites, there's a reality too that they lay eggs and material that can still disrupt your body. the function of it, even after they're gone, whether through gestating again and perforating, again, or just leaving the toxic material that they have behind.

So we got that cleaned up in phase two, the insurance policy, whoa, all of a sudden the food sensitivities start reversing. That's so good. Talk a little bit about, you said, the parasitic, anti-parasitic herbs are cold.

Explain in the acupuncture world why warm and cold is, when you're trying to deal with healing the body, why that's important. Absolutely. It's really everything, essentially.

So the Chinese recognize that when you have a deficiency pattern in the body, and that's what Chinese medicines is about, by the way. That study of how everything is connected to everything else.

A lot of times, unfortunately, as acupuncturists and Chinese medicine doctors, when we talk about our medicine, it's partly because we are trained this way, but it is almost like you need to create this whole other paradigm about how you think about the subscribe to Chinese Madison Acupuncture.

There's this meridian theory and this channel theory. People get confused and weirded out. Yeah, and it's really brass tacks. The Chinese were really good at doing dissection.

We saw that the body worlds came from China. They're used to taking the body down to those minute levels. And the study of Chinese medicine is really how everything is connected to everything else.

They understood that at certain points along the bodies, there were certain areas that had a little bit more of an electrical current to them, that we have an electric current in our body, which is not really that far of a stretch.

If you understand the brain and the nervous system, and certainly for me, with a history of seizure disorders, it's all about electricity. It's about all that electricity, yes.

So, you know, they just really were good at studying the human body, ultimately. And then one of the problems was is when that started to go from passing it on to different, lineage, which is like how most medicines, ancient medicines start.

You know you're passing on it to the next student. When those things started get documented, there were some translation issues when it came down to putting the concepts into written word.

The dialect of which a lot of Chinese medicine was in was really hard to find people that understood it. So there was like the Frenchman that first put together some of the first texts Documenting Chinese medicine and there were some you know discrepancies and it's just hard You know, you're taking one language like Chi for example, You now people are like what's that?

That's like some crazy word, and you'll hear that used and the Chinese use a Symbol or word like that to represent, what we would biomedically call well the movement of blood, you know, the movements of that electricity.

And their point was, is those obstructions in those areas can cause obstruction in the body or symptoms, inflammation, right?

Cold vs Warm Therapies and Chinese Medicine Principles

And that was not something you wanted over time. Well, then the temperatures too is really a key thing. So, this is a good discussion on why, sometimes people are like, oh yeah, everybody needs to be doing cold therapy.

This is a huge topic right now, so please, please dive into this. Maybe if you're really hot, and like I said, a lot of us are running around with a fair amount of upregulated temperature because we have little uncontrolled burns going on in our body because the body's response to things it doesn't like is to turn up the heat.

It starts initiating the function of the immune system to create little micro fevers in the and to kill off with the aim of killing off. Right. So, you know, for a little bit that might be true.

And then certainly there's definitely vascular dilation, an expansion when you're putting your body into cold, which I think also sometimes just creates a sense of euphoria for people, short term.

But ultimately, most of us also, even though we have inflammation, we actually have chronic deficiency. in our bodies, organs, tissues, and glands that have been beat up by these things that I mentioned earlier in the podcast.

And when we do something like that over time, it can really aggravate the scene, just like I've mentioned using the cold, harsh anti-parasitic herbs over and over again.

Early in my career, I could see it was having an impact. And I'm like, this is not the path we need to stay on. If somebody's really, like if I encounter a patient that's a really committed to their cold plunging, I'll be like well as long as you're neutralizing that with some sauna therapy right after.

And a lot of people I think are starting to do that. you know, ultimately, it's really not something you want to be doing long term. And that balance between identifying what is the pattern that's more prevalent for this particular individual in front of me right now?

Are they showing more heat signs? are they Showing more cold signs, we use tongue and pulse to kind of analyze that. Introduce a therapy or treatment that you know is the antithesis of that right so if you're seeing a lot of heat you need to be doing something that's gonna call the body down if your single out of cold you needed to doing some thing that ultimately going to warm body up.

Now, we use cold and heat in the entire process because they're to our advantage if you can work with how the body is dealing with different, you know, pathogens.

So, for example, in phase two of our process, will go back and do some deeper level cellular detox with the bodies there. And that will then give us entry into a completely full dumpster where we go to phase three and we build and tonify that deficiency for a while.

Well, it looks pretty safe here now to start gradiently opening up these encapsulated toxins. And guess what we're using there? Supplements, but in the form of whole foods and primarily the things that you would have gotten if you killed the animal on the prairie and you ate the whole thing.

So B vitamins, minerals and increasing fatty acids during that part of the detox, never using a chelator, Never using the binder and really allowing the body to kind of guide and dictate the pace in which we do that.

And it's beautiful. It's absolutely beautiful." Yeah. Well, it has to be beautiful, I mean, how could it not? Because you're using the things that are in synergy with nature and our body should be in energy with the nature because that's how God created us.

Absolutely. And to this day, there's times where I see things happen clinically and my jaw drops. I'm just like the body. It's just an amazing and there's no intelligence that sits out there that can supersede how perfectly we were made in design.

It is really incredible. What is one other thing that you would like the audience to take away from today? I think ultimately it's just that knowing, if you've gotten to a point where you plateaued in your healing process, there's more things sometimes to do.

And so just get curious about that. Don't lose hope. don't lose that inherent belief in that intuition, which most of us know. We already know that our bodies were super smart and made perfect in design.

And when I say that to somebody, I often see the look of resonance come across their face, you know? So listen to

that and just know, that sometimes it's not necessarily the clinician It's not necessarily what you're doing in your diet or your lifestyle.

There's an over-attention on some of those therapies and those things at times. It is not because you don't know how to click correctly alternate nostril breeze to get your vagus nerve to settle down.

They're like legit might be some bio-physical things that you have not done and taken far enough yet to where you are left in this mode of just continuing to cope with that dysfunction.

And you aren't crazy. And that there just may be more questions. There may more of a conversation to have with the body. I always tell people, it's like you're just with your spouse and you have the same conversation over and over again.

Well, like it gets tired. And sometimes you just need a different viewpoint on the buddy to take you to the next level of healing. And I love that you brought that up because it is so important that we don't lose that hope because God created our bodies to heal when we remove the experiences and we fix those deficiencies and address, you know, all those things.

So a lot of people say, I've tried everything. Well, none of us have tried. Everything. Right. And sometimes it may take your body a while to be able to feel at the level that it needs to.

Right? Absolutely. We cannot do all the healing at one time because our body would get overwhelmed unless you're receiving a miracle, right? Like an instant miracle.

Our bodies take a while to heal.

Hope, Healing, and Where to Find Dr. Erica

So there's things in my life that I've been working on, you know, for years and I just seeing like all of a sudden, there is this next level of healing.

I'm like, oh, praise God, finally. You know? It's just being super consistent and it's not going after deep, deep protocols all the time. You just let your body do what your bodies naturally designed to do, and then all of a sudden you're like, oh, it's time for another one.

So you just learn how to be in tune. Absolutely. And that's what the resiliency method is really leveraging. It's just helping the body facilitate that in a little bit more of process way, right?

And gaining some efficiencies while we're doing that. But it is all leveraging what innate intelligence is designed do. Then the other piece of that is, I'd say, You know, also just be in action.

So a lot of times, you know people can say, we and I both have been witness to incredible miracles, from above the Holy Spirit, whatever you want to call it, how you identify that for yourself.

But I also see where sometimes that gets people, they're using it as a bypass. right? And so, it's really important to understand that, yes, that's always available and we should always pray or, you know, seek that as a way to work with our bodies and for finding healing and that we also are to be in action in our lives.

And that is part of us being good stewards of this body and really kind of finding a really good balance between both of those things. Thank you. Amen.

Awesome. Well, where can everybody find you, Dr. Erica? Well we're at paramountwell.com. We work with patients all across the country and even in some other countries.

And we are based in Denver, Colorado, but like I said, we can work at any location. It's really our process that's

going to be the most unique and we'll have a book coming out hopefully later this year launching a podcast that you'll be on soon.

line and you'll find us there. Awesome. And all that information will be in the show notes. Thank you. I love this conversation. If you love this, make sure you send this to somebody because I know you know somebody who needs it.

And then make you like, subscribe, and share. 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 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.