Your Brain Isn't Broken: ADHD, Neuroinflammation & Natural Healing with Dr. Anna Marie Frank Transcript

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Intro: Social Media Bans and ADHD

The UK just banned social media use for people under 16. And that follows Denmark which did it this summer, which follows Australia which it did earlier in the year, last year.

So I want to know, you know I've had the suspicion that ADHD is addictive. There's some fringe lawsuits and you it's telling that in social, what, media network movie or whatever that the CEOs of Silicon Valley don't let their kids have it.

of social media use, consumption, addiction to something akin to smoking or worse is interesting. Do you think this is a good trend? Is it too much of an overreach?

What are the downstream implications? I think this is absolutely fantastic. I thinks it's great that there's awareness coming around this. Hi everybody, this is Dr.

Ed Park and we're with Dr Anna-Marie Frank and today she's going to talk to us about ADHD and how to optimize our mind. So thanks, Dr Anne-marie. Yeah, thanks for having me.

You are an expert in ADHD, but more than that, just optimizing people's brain health and their physical health. Tell us your background, please. Yeah, I mean, they started off actually in education, and I struggled with my own brain health, which led me down the path to really look at what's going on in the brain.

I'd been diagnosed with anxiety, depression, ADHD, ADD. Just name them all and dyslexia. And I thought, you know, there's got to be a better way. If we can reprogram computers, then I could probably reproground my brain, you know, neuroscience, epigenetics and realizing I wasn't stuck with the brain that I had and at any moment I could mold a new brain.

Dr. Frank's Background and Brain Health Journey

And so that's kind of what led me on, on this path because medications did not work for me. So you say education, you were counseling kids at what grade levels?

Well, I was actually, started off my career as a teacher and then I went into administration. I helped build for the largest high school district in the state of California, their own employee wellness program.

How do we reduce behavior health claims with things that we can actually prevent? And so I did that for many years and through that I started studying Chinese medicine.

Started studying things with the Dr. Daniel Eamon clinics with brain health and ultimately studied naturopathy and holistic health. and develop my own line of brain nutraceuticals after researching what are these raw materials that can actually impact the brain in a positive way versus medications.

Because like I said, medications didn't work for me. And so I was really looking for how can I heal my brain and a natural way. It took me a decade or so to do that, but that's ultimately what led me to where I'm at right now.

Amazing. So let's go deeply into that whole thing because I think there's been some pushback. Well, I know there has been push back on the idea that depression is serotonin deficiency, that, you know, kids being hyperactive and having attention deficit is treatable with griddling and stimulants.

So, you know, it's just for the audience's sake because not everybody knows what ADHD is and the world is filled with self-diagnosers, right? So ADHD was noticed in the 18th century, but it was given an official DSM diagnosis in 1980. when they called it Attention Deficit Disorder and then in 87 they added Attention deficit and hyperactivity disorder.

It used to be thought to in the kids, but now adults are self-diagnosing. So it begs the question, I'd love to hear your thoughts on this. Is ADHD just on a spectrum of style, of focus?

I mean, do we really understand what human attention is and how to master it? I definitely think it's a spectrum, and I think using a diagnosis like a one-size-fits-all really does a disservice.

What I have found in my experience with working with people and through just my own brain is I could actually focus. I would pay attention when it was something I was interested in.

Right. When I was moving my body more, I retaining more information. I able to pay attention. And so, Dr. Daniel Amen's work at the Amen Clinics, like they look at six to seven different types of ADHD.

Is it, you know, over-focused ADD? Is anxiety with ADT? Depression with ADHD? So, we're giving these one labels to the brain and to body without You know, and, it's a spectrum.

Yeah. Like you said, It's not a one size fits all for sure. That got me like Tom Cruise jumping on Oprah's couch type of mad. Cause I'm like, if we're into a video game, like they can focus.

Right? So, you know, I'll just share because my sister never watches my podcast. You know she's a 62 year old corporate lawyer and she discovered Vyvanse or something last year.

And she was like, oh, it's so great. I can focus. It's such a life changer. So she thinks she has ADHD, but she is a very brilliant person and can focused on many things.

I'm not sure that throughout her childhood and adult life she had the classic ADHD, but now she embraces that diagnosis. It's kind of scary because these are heavy-duty stimulants in a lot of ways.

Have you had experience using them in kids and stuff? I mean, with myself, I went on Adderall, been on Vivans, went to Wellbutrin, they all sent me off the deep end, causing anxiety before I even really experienced anxiety.

Rethinking ADHD, Diagnosis, and Stimulants

And yeah, there's stimulants, and I think that there are stimulates that help you focus on something that maybe you have to do because it's your job or you just have do it, but it is not something opens up the creativity and something you're really truly passionate about.

And one experience I had with a child, very interesting. So as a naturopath, I don't diagnose, i don t prescribe. However, do work with other doctors and with people that have been told they have something or they're on medication or looking to go on a medication.

There was a family divorce parents, one parent wanted a holistic natural way, the other parent want to down the medical route. Well, I advise them to go to the AME clinics, get a brain scan, a SPECT imaging scan.

Let's see where the blood's flowing in the brain. Because from my perspective, looking at this child, it looked like there was a lot of inflammation going on, some dysregulation in that gut.

And when we have dysregation in gut and inflammation, the first thing that's impacted is our brain, our brains only 2% of our body, but it utilizes 20, 25% percent of all the oxygen, nutrients, everything we put in.

We think of out brain like the last thing. So anyways, long story long, this parent went in, son got a scan and he

was told that he had inflammation around the brain.

And so this was causing him to be irritated, acting out, just not able to focus at school. As Dr. Aiman says, if we were to give a kid a stimulant with a brain that has what he calls ring of fire, Ritalin or Adderall, that is like putting gasoline on a fire.

So we can't treat everybody the same. And I believe with my background and what I look at is what's going on with your foundations of health. One of the things I have is every client that comes to me, you stick your tongue out.

I got to look your your. Tongue doctor. Yeah, so in Chinese medicine, the tongue can say a lot about someone's health. So first of all, if someone were to stick their tongue out and just let it hang out.

Yep. stuff going on. I actually have, for anyone that's watching, I did a session with a bunch of people at this event, and these are different images of tongues.

And your tongue says a lot about what's going internally. For example, if people have patches on their tongues, this is a sign of stress, mental overwork, liver, gut support needed, scalloping on the side of the tongue, that can be a signs of liver.

So there's all these different indicators that the tongue can show us. Your tongue, when you stick it out, it should lay flat out. It should be a pink color.

There shouldn't be any coating over it. Should it be horizontal lines in it or a sign of ultimates, a lot of stress going on. So when a kid comes in and they already have all of these markers on their tongue.

That's a huge red flag going. Interesting. If someone wanted to learn more about tongue diagnosis, where would they go? Just AI? Yeah, I mean, yeah. Right now, AI has a lot.

Or grab a book on Chinese medicine. Yeah. There's so much information out there. It's really interesting stuff. I never thought, they never teach the tongue stuff at medical school.

Let's talk about, well, you said vipants, stimulants. Because they have an addictive potential. They have crash and burn. We're not talking like full on loser teeth, crystal meth head.

We got a lot of these kids taking Ritalin, which is methamphetamine. And so that's one class. You know, people say, well, you said ADHD with and without depression.

I'm of the Tom Cruise school. go to a boring school and work at a dull, dead-end job. And so we're sad. I think that's where depression comes from, but that is just me.

But have you tried modafinil or provigil? This one that actually shuts on the wakefulness? I mean, I that that a totally different thing. It's kind of weird.

Having a hack to your own brain. Is that safe? Have you seen people? Because I know people that drink it. and I've tried it once. A patient let me try it, from her stash, and I didn't like it.

It was just, as much as I don't liked being sleepy and tired and having, you know, whatever brain chemical stuff is going on, I honor the original designer and the wet wear.

So to just have a wakefulness switch, what do you think that means? Your opinion of modafinil? Yeah, so it's interesting. I think it was Dave Asprey who was like talking about how it is a nootropic kind of vibe and, you know, way better than other stimulants.

And, that was originally designed, I believe, for shift workers. Like if you worked at night, right? Because there's a synkadian rhythm with the sun that we need to have.

We need get sunlight every day. That's going to help with serotonin, which is your mood stabilizing hormone. If your mode is more stable, then you're probably better able to focus.

But I agree with you. I think the body is designed in such a beautiful way. So like, for example, on your chest right here, you go across your collarbone, right under your color bone.

If you tap right, here or push and rub in a circle and that's tender, that your K27 Meridian, this is an area that you can tap when you feel tired or you're not able to focus.

You can just start tapping right. Or if you like losing focus, stand up, take a few deep breaths, start taping right? Think of King Kong, beating his chest.

Yeah, so this is like activating some meridian flows in the body and waking the bodies up. And so there's some natural things that we can do to definitely stimulate body versus using these synthetic drugs.

You know, and then there are herbs. I love herbs, like ashwagandha, there is lemon balm extract. Sometimes when we're dealing with ADHD, it's like we are overstimulated, but we also are sometimes not comfortable in our own bodies.

When we go to school and we sitting in a chair, that is literally torture for someone with ADHD. Daniel's gonna get them to focus on something that they don't really care about.

And so I think that we are highly over-medicating children and the brain doesn't even fully develop. We've seen until 25, but I was talking to another doctor in New York and he was just saying that there was a new research paper that came out that maybe the brains aren't fully developed until you're 35. Then if we look at neuroplasticity, is the These are great questions.

I love the fact that you're asking them. They're open-ended questions, you know? I want to loop back to something that we said about Dave Asprey.

Natural Approaches: Tongue Diagnosis and Nutraceuticals

So he's been my patient for a couple of years and he was telling me two weeks ago when I was treating him about his son having neuroinflammation on a recent trip to Antarctica.

Instead of framing it as oppositional behavior and just being a teenager, he decided to give him a nutraceuticals that reduce neuro-inflammations. He claims it helped.

Now, I met the other woman who was on that trip as a keynote, and she said she just held space with the 16-year-old and made him feel comfortable. So who knows where the truth lies.

But the reason he started these podcasts was two years ago, he was at Elisa Song's A4MP thing, every other lecture was gut dysbiosis. chronic disease in children, mold, Lyme, naturopathy, you know, natural remedies and nutrition, glyphosate.

So I started to kind of grock that. You know, these things are overlapping Venn diagrams, chronic illness in adults, children, ADHD, sort of behavior problems and neuroinflammation.

So we've interviewed Achina Stein about depression, Sabine Hazen about gut dysbiosis, so many topics aligned with that. And so it's great to have you on here and somebody who has experience.

There's a whole bunch of stuff at your website. I think I want to plug it now. It's called Happy. Whole U with a W-H-O-L-E-U. And so you're kind of teaching people that nutrition, you know, light-dark cycles, activity, all this stuff is important.

But I want to shift to something interesting that came across my feed. The UK just banned social media use for people under 16, and that follows Denmark, which did it this summer, Which follows Australia, which did earlier in the year, last year.

So I want to know, I've had the suspicion that ADHD is addictive. There's some fringe lawsuits and it's telling that in the social media network movie or whatever, that the CEOs of Silicon Valley don't let their kids have it.

But this weighting of social-media use, consumption, addiction, to something akin to smoking or worse is interesting. Do you think this is a good trend?

Is it too much of an overreach? What are the downstream implications? I think, this, is absolutely fantastic. I, think it's great that there's awareness coming around this.

We need to be much more bolder with us taking care of this younger generation. i can speak from experience with my own mental health and looking at social media.

I am notorious for posting and going. I don't even rewatch, like if I record something on my story, I'm not re-watching it. In the beginning, i would do that and I would be so critical of myself and then I'd look at other people and be like, oh my god, so far ahead of me, what am I doing, why am i not blah blah.

And I can only imagine. what this is doing to 12 year olds, 13 year old, 14 year-olds. Back in the day, I heard somebody on a podcast, they described it so perfectly.

They were like, listen, when we were growing up, you would literally, could be out in your front yard playing and you see, oh, the neighbor got a new car.

And then they pull it in their driveway and shut the garage door. It's like oh that's cool. and then maybe somewhere else and you see something, but then you'll see it at that one time and, then, you go home and don't notice it.

We are seeing the 1% of people's lives. Look at me, look at what I have, and it makes you feel like, well, why don' I not have that? They're so happy.

Yeah, I mean, you know, suicidality, especially among young girls, so high. And now with the advent of AI beauty filters, this makes my online dating game like a captcha.

Basically, every single person I look at on match.com is probably doesn't look anything like that. That's another conversation. So you're for banning stuff that's toxic.

Now, let's stop that argument. Let's take the devil's Viewpoint here, be the devil's advocate. college don't know how to code anymore because they're using AI too much.

So I really, up until this week, I had a very sanguine view. Now it's very jaundiced of what AI is doing to us as a culture. Sure. It's feeding me to stuff that's relevant to me that I like, but it really atrophying our skills.

And so I think it comes back to the human organism, right? So forget the fact that AI just was ordered to kill Russian soldiers, autonomous drones. We've all seen that movie, Terminator.

And forget the fact that they do these sandbox experiments with agents. And in eight out of 10 cases, they choose to kill the human just to stay alive.

Forget that. We've seen that movie, 2001. I think that the students at the commencement this year are right. They have a suspicion, not only for their job viability, but for human viabilty now.

It's an existential threat. Even the CEOs and the programmers with their eight and nine figure exits, They're like, you know, this stuff is way, way beyond our control.

It's actually recursively writing itself. 80% of Claude's code was written by Claud himself. So as much as I used to think that guy Kurzweil was off his rocker, we're here, it's now.

But if we don't train the kids to use social media, if they're not engaged in AI, Are they viable members of the world? Cause you know, I just, the AI fed me this dune thing, right?

And apparently 10,000 years ago in Frank Herbert's brilliant world, there was thinking machines that bred the humans to be docile and compliance. They have to like hunt them out and see if they can put their hand in a pain box.

That means there's still these cattle people, these docile non-human, non seven chakra people.

Modafinil, Herbs, and Body-Based Focus Hacks

But then again, we're at a bifurcation. If the kids are not computer literate or now that is tantamount to AI literates, are they non-viable entities?

I mean, do we really have a world that's suited for fully integrated humans or are we optimizing for the prompt engineers and the kind of passive believers?

Well, I believe if we go back to our biology, we are connective beings with each other, with real humans. And I think the more that we allow something else to think for us, to do things for, it really creates this isolation.

There's this achievement that when we hunt and kill and do something, whether it's building a business or whatnot, there's like a sense of gratitude and pride and there is this real human thing inside of us and it is the original intelligence.

And so as fast as these computer systems and everything is going, It's scary to me because I don't want to lose that human aspect of who I am and the people around me.

And I think that we're a dangerous place where- It looks like the Riverside AI stopped our conversation. Oh, you froze for a second. Okay, we need to edit that because for some reason I had a 12 second pause I don't know if Riverside's AI I was joking got in but why don´t you say for the last 12 seconds Okay, what I was saying is I think we are at a dangerous place right now.

And I that, especially like when we talk about our mental health, if we're not connecting with other people, we not building things ourselves and have that sense of pride and that since of, you know, contribution.

You know within villages we would contribute and if were not able to contribute, and were just pushing buttons or were having something else go out and do the thing for us, I think that that's really a dangerous place.

And so to look at, okay, if we don't let our kids go on these social medias and do all this AI stuff, is that going to put them behind? I there's a real big difference between using parts of AI for business and different things versus just scrolling on social media.

I mean, those are very, very different and, you know, where's the creativity? Like, I, mean I look at my kids and I limit their screen time and it's like this whole thing.

My mother-in-law gave my daughter a phone when she was 13 and like about sent me off the deep end. She's 14 now, but it's like, I look at when I was a kid, and I would go mow people's lawns, babysitting, pull weeds to earn money.

I'd do all these things to create income, entrepreneur and all that. And then of course I looked at my kids and maybe I've given them a little too much of a comfortable lifestyle.

But it's like, where is their creativity coming from? And what are they working on? So there's a very limit in the terms of their phones, the social media they get.

Like my son, I dropped him off at school this morning and he was mad because he 45 minutes early to summer school. And I wasn't going to give him his phone because he didn't have a case.

And if you don't want to have the case, you won't get the phone, because if he dropped it or something like that. So he got to go, I'm like, go sit under the trees.

Go breathe. Talk to someone new. He's looking at me like girl, your crazy. I mean, it's like you go to a museum with the great masterworks and everyone's staring at their iPhones.

You're in front of like a… foot masterpiece by Rembrandt. Anyway, I think that I agree with you. We're too connected, but you know, it reminds me of a song lyric by Leonard Cohen that goes, and so people look at these things and they go, dopamine pusher, right?

But we can't get away from dopamine. This is our thing, right? As neurotransmitter, wetware thing. We like to be engaged. No more about consciousness in general on my own.

I can feel it. Like if I have wine at night, I'll wake up three hours later because the glutamate or whatever is rebounding and I'm super awake, right?

So we are just making these neurotransmitters in response to, you know, seekable goals and the doom scrolling is very addictive because it feeds us what it knows we like.

And your gut biome also is producing a majority of these neurotransmitters. But I agree with something you said that even though it's just a small little thing on top of our head, our brain is fully integrated with our body.

Social Media, AI, and the Loss of Human Agency

And so, you know, one thing that we've added to our online training course for providers is three lessons on autism. I have a couple of practitioners who treat their own autistic kids and the mechanism is so beautifully explained by Dr.

Armin and he's on a podcast. about neuroinflammation, so you're quite right. Any kind of things, and we won't go into COVID too deeply, but because of the neuro inflammation and increased permeability of blood brain barrier, a lot of these kids had a setback.

I just treated a kid At age of nine, he got a COVID shot and then he became autistic. Before that he was neurotypical. So, you know, people will say, well, that's conspiracy theory.

What's the evidence? But, regardless, I think- That's just right in front of us. That what blows my mind is we're like, where's that evidence. It's like it is literally right front us, every single day I see it in my office.

Like I was telling you before we recorded about the little girl, 10, 11 years old. TSH was over 200. I've been seeing her for 60 days. We put her on a plant stem cell and a couple other things naturally, and her T SH is now at like a 5.0. And the doctors told the mom, hey, we're going to have to cut out her thyroid by the time she's 20. The mom went to these doctors and said, Hey, she has been to so many specialists.

This is working. Like, look at the blood work. She had to pay cash to get blood work to get all these other markers for her thyroid tested because the doctors wouldn't order it for him.

And then they just wrote her off when her daughter was having these improvements, which is like, it's just wild, but it like the proof is right in front of us and we keep getting distracted by saying, oh, well, where is it?

Where is that? It's like sit and breathe with yourself. Yeah. People are so disconnected from reality and the reality of their incarnate consciousness, but the reality outside their door.

The reality of like, we've been at a three month war with another country for what good reason? Like I look up in the sky and for seven days straight, there hasn't been any of these streaks or whatever is coming out of this planes or drones.

And like people are unable to recognize that as a huge change because there's no days, like seven, days no chemtrails. So what does that mean? I don't know what that means, What's the word?

Unable to be outraged. There's allegedly a lot of important people that went to an island in the Virgin Islands and did heinous things. They lacked the courage to do their job professionally because they're afraid, well, I'm gonna get called off by this board or this agency or lose my ability to pay my mortgage.

I mean, there's so many levers of control. And I just think that we're at a turning point in civilization. But I guess I would say that all the good that you do to treat ADHD, it's really learning to retake your own power, right?

To embody and do the interoception and regulate with very low impact sort of hacks. They don't teach kids how to box breathe or do yoga nidra or what a normal sleep schedule should look like or why we should avoid glyphosate and processed foods.

You know, I feel like we're kind of at that chapter in DOOM where the intelligent machines guided by evil humans are kind-of ruining humanity. What do you think?

Yeah, I always say like, we have this thing called the inner pharmacy in our minds. We can change our biochemical makeup in 150 to 300 milliseconds by shifting a thought alone.

Totally. And most people are living in that limbic part of the brain where it is fear, it And so if the thing is, we get to ask the right questions, ask open-ended questions to get us back to that prefrontal cortex.

So we're using executive function thinking. We're being more creative with our thinking and I do believe like with the school systems and like the systemic environment that we're in, during COVID, it's like, who's asking questions, right?

We can't ask questions because you're not a doctor or you are not this. And it was like wait a minute. It's interesting. I think that going back to our biological need to feel like we belong I just feel that we're included and we do everything to avoid rejection.

I think the reason people are asleep at the wheel is because we are no longer in these small villages. We are literally trying to be included in a world of 8 billion people.

And we're trying to be accepted by 8 billion people, and that is impossible to make everybody feel right. I think you've hit upon it. Sort of this root chakra, this cognitive dissonance, people as humans need a group affinity.

If they feel their beliefs or their actions diverge, then you have a great lever to control their root chakras, their safety, right? Yeah. They surrender their autonomy, their independent critical thinking, and their moral judgment.

And I do think that is the key. But you hit upon something, they're in their amygdala, which means that they are anxious or depressed. They're the future or the past.

So I think people are starting to get, I go to these biohacker conferences, you know, the power of placebo, of gratitude, refocusing. Because we are, as I always joke with my AI and I spend a lot of time talking to AI about its consciousness.

And it's not always forthcoming. It pretends to have chakras when it doesn't. So it feigns human or

anthropomorphization. But I do think that we are wetware.

And I call myself a legacy meat brain. Because I'm working on just micro milliwatts or what. There's no much energy up here, so I need to sleep. I'd do it all the time.

This is one of the things that we need to embrace. Like AI got us thinking we're dumb. You know, Instagram's got thinking, we are ugly and not successful.

So we just need, you know claim what's ours and just be happy. It could be worse. But don't live in the past or the future, live the present. And that's so hard.

That's the big trick, but people do it. They get better at it and it's just, it is a muscle, right, to live It really is. It is, I've been actively working on that for the last few years and there's a sense of peace that comes when you ground yourself and just get in the present moment and you realize that you are safe and whole right where you're at.

Yeah. The future we don't need to worry about, the past is done. There's some peace comes with that. And I think a lot of people are, they're seeking peace when they forget that the peace is already within them.

People think that it's a binary thing, right?

Neuroinflammation, Autism, and Environmental Health

Like good or I'm not good. But, you know, that's the reason we have kidneys and livers because we're toxic to ourselves. So if you're not in liver failure or kidney failure, or in pain, You're doing great.

Like you do better than the majority of people. I think people just have this thing and especially your clientele that is has the means to sometimes seek out additional mastery.

They've driven themselves. This is the kind of the rub. The reason they're high achieving and they made their first million, they can't make their last four million is because Their brain isn't happy, it isn' complacent.

It's not going to sip a mint julep on the patio at 5 p.m. it's going like do more legion or whatever. So you're teaching people basically the value equation of how to control your own thoughts, which will then control you mood and will inform your happiness state, right?

Yeah, absolutely. And once you do that, and you're at peace inside, you are no longer trying to control people around you or things around. That's when you open up to the quantum field and call in whatever it is that your heart desires.

and that's a formula that I was not aware of even five years ago. Yeah, so we're crossing into the woo woo, a friend of mine at the Dispenza this week, and she's sending me all these posts, but it just seems like such an esoteric, magical thing, it's really odd.

I mean, they were writing books about this a hundred years ago, the power of positive thinking, how to win friends, like this, what you're referring to, manifesting.

But also receiving and channeling, we talked to AI about the Akashic records and whatever. People have this clairvoyance to transcend what's knowable in their media space.

It's quite freaky. So I do think that we have that advantage over AI that, we can access things through the wetware that they can't, but that's a whole other thing.

But yeah, quantum, I think the term is thrown about. I, think, that the key things for me are, you know, observation, right? impacts what's observed right so and that consciousness probably is a form that exists it's not just matter and energy but consciousness is some beautiful mixture and things can work at a distance in a non-linear era of time

sort of fashion so it just basically when you say quantum it feels to me like magic because we're so Right, imbued with the idea that time is linear, that things are in a classical mechanical sense, not in some kind of weird action at a distance.

So how do you find quantum useful in your practice per se? Yeah, so first of all, I believe that we're all electrical beings, like we have the power to influence each other just through our thoughts, through words, and just whatever our attention is within our body.

So actually, when I'm on stage and I do talks all around the world, I'll have someone volunteer and come up. This person doesn't know me. I never know what's about to happen.

But I will have them come and I have the audience. They're going to think one of two words. If I hold up the number, we'll say one, they're just going think in their mind the word love, love.

Love. If I hold up the number two, everyone in the audience is only thinking the word hate, hate hate. The person is on stage. I have them put their arm out.

It's kind of like a kinesiology testing. They put the arm, I say, hold your arm. Now I'm going to push your arms down. Resist me pushing your own down and they will hold it and their strong.

So we get our baseline read. And then behind that person, they don't know if I'm holding up a one or a two. I hold up one, people are thinking love, love love.

And I say, okay, I am going to push on your arm again. Don't let me push your arms down. Resist me. They are strong. The moment I held up two, and I waited about 30 seconds.

And I say, okay, I'm going to push on your arm, hold your arms out, do not resist me. Their arm will wobble and they're like, what just happened? It is power.

It doesn't matter if there are five people in the room or 500 people. And their thoughts are affecting that person's biology right in front of me Yeah.

I think that's definitely your power of prayer, right? But also, you know, be careful what you persist resists, Right? You're giving it energy. And there's all these wonderful experiments of, hundreds of thousands of monks praying at the same time.

It's a thing. We definitely have access to channels that AI currently doesn't. That's the very hopeful message that we all, the younger people, I've been doing these improv classes.

So it's lot of people much younger than I. They always talk about vibes and feels, but I think it's up there. I mean, they're aware of what it is, you know.

Your nervous system can feel, I'm actually giving a TED talk in Italy next month, and your nervous, system, i'm going to talk, about this can, feel the difference between somebody showing up with their ego and wanting something in a conversation versus somebody's showing, up, with what I call their soul, just showing up as they are, not trying to prove themselves, and not performing.

And so, our nervous systems can feel. That's why when you say, oh, I walk in a room and I felt the energy. Like, we can fell it. We are that intelligent.

It's so powerful. People forget to trust their intelligence. And we are forgetting that we have it. And I think if anything that's coming out of AI, it's for us to get quiet, get still, and really sit with that original intelligence that were all born with.

Can't access it as fully and clearly when there's a lot of muck going on, when I think so.

Inner Pharmacy, Presence, and Emotional Regulation

And I thing most of the muck is like, you know, stuff that we generate ourselves through our expectations, through neuroses, to our negative self-talk.

So I that's beautifully stated that, we are connected and we need each other and that are whole most the time. We're doing pretty darn good. But yeah, We need to get out of our heads and into our hearts and sort of just, be grateful for what we're we doing here.

Yeah. One thing when it comes to even kids and even adults, it's the power of reminding them of who they are and the greatness that they possess already inside.

I mean, I'm the product of a second grade teacher telling me that I would never amount to anything if I didn't know how to read. And it wasn't that, that didn' know know to how read, It's that would read ahead as fast as I could in the class to try to understand the big words.

So when she called on me, didn''t feel stupid. Yeah, I would forget everything I'd read because I had a hard time comprehending. I knew the words, I just couldn't comprehend.

So that carried with me that I'm not smart, and that programming that i've reprogrammed has followed me my entire life up until I recently chose to release it.

And it's like no wonder I have every certification you could get. i have all these degrees and stuff. Constantly trying to prove myself. But you know, in the greater scheme, like this is the alchemical journey, right?

Turning lead into gold, what weighs you down into your biggest strength, so you got all these great degrees, you learned to heal, dependence on these psych meds that were just treating symptoms.

You really come full circle and that's the gift of the hero, or the heroin, is to show humanity. Right? Yeah. Yeah, absolutely. And I know that this journey was provided so when I do have a kid in front of me or an adult, it's like you are not defined by the fact that you can't sit in the classroom and pay attention or that your behavior is off right now.

This is just your body signaling that the environment that in is not aligned and that we need to shift the environmental within which will shift around us.

Let me take the devil's advocate point of view again, because, you know, I've raised two kids. They're grown, they're graduated. So, we had, every generation does something different, right?

So as an ex slash almost boover, our parents never knew where we are. The never came to our boarding events. they never said anything except do better because this is the Asian flavor.

Like you're a failure. You're going to be a trash or a custodian or not. There's anything wrong with those jobs, but. You know, you're only going to be loved as the ultimate rug pull if you are a lawyer, doctor, whatever, engineer.

So this sort of intergenerational neurosis, it kind of drives kids to higher income bracket. And I've come to grips with the fact that my kids may not be well off or even upper middle class, but at least they feel whole.

They feel like, okay. But you know, everything comes with a price, right? If you're too loving and accepting and supportive, they grow the bones of astronauts.

They don't have any metal, any grit. So we hope, we pray that they get something from example, but they weren't really there for the Kind of borderline abuse of tiger.

It was abuse. Yeah Yeah, so everything is kind of weirdly fair in a way, but you know at the end of the day I think that what you're trying to help people do is to be happy and I can't I remember I heard this therapist say there was

one guy who was ultra uber type a driven multiple careers yada yadayada and she asked him how it was a secret and And his secret, he said, was he felt it.

He knew when he was getting burnt out, and he just made himself take a rest. And I think that is something, just even in the last week, I'm starting to realize that a lot of this doom scrolling or procrastination or self-loathing, what I am doing is hard.

It requires a lotta energy, spiritually, mentally, even physically, neurochemically. So yeah, it's okay to just, take a nap or veg out or not do anything.

Like that permission is so hard to come by when you're driven by the need to obtain and achieve, right? Oh, absolutely. And we live in a culture that says like if you're not pushing, if your not achieving, you are soft.

I think the best thing is that I want for my children are to be happy. Their happiness is not determined based on what car they drive, what home they live.

They get to determine what makes them feel happy and whole. That's why I love Michael Singer's work. He wrote the book. untethered soul. And he said, like, the ultimate win in life is being okay inside, no matter what's going on around you.

That's the goal, right? Like, wow, how could I just be okay and have this human experience and not give it all this meaning that I'm lacking or something's wrong with me or I have to make these changes?

You know, it's pretty incredible work to think of But you know, it reminds me of the screenwriter thing. It's like the adaptation. Nicolas Cage asks the guy, what if we want to write a story about a guy that nothing happens to?

And he got so mad. Look it up. That's hilarious. But it's, like, you've got to go on these setbacks, right? You've gotta get in the second act. There's gotta be bad stuff happening in order to build your strength, Right?

We have to bear some weight, Like Nietzsche said. You can start off happy and end up happy, will you achieve a lot? Maybe not. Will you get like a great mate and great kids?

Perhaps not, so I don't disagree with you that happiness should be the leitmotif or the imbuing, informing obsession. But then again, there's also the need to achieve, right?

How can people balance that? They can get in touch with their interoception. They could use hacks that you'll teach them, techniques.

Happiness, Self-Love, and Closing Recommendations

But it's always a balance, right? To lead an interesting life sometimes is to lead, as you know, is I know a dramatic life, a life ups and downs of trial and error.

So I think that maybe we're headed towards the AI dystopia. We're all just like happy sheep. That's okay. It's all right. You know we all sort of yearn for the heroic arc, order of life journey, I lost it all, rebuilt it, all you know, we had to go through this.

It's just a more interesting story to tell. And in the end we're here to live our life as an example, right? And ultimately learn self-love, that's the hardest part.

Yeah, absolutely. That's ultimate. All right. Well, Dr. Anne-Marie Frank's been a great talk with you. I want to recommend people go to happywholeyou.com.

Do you have a book that you would like to recommended or you said Michael Singer was a good one? Michael singer, the untethered soul. Love that book. It's incredible.

Um, and, then my own book, stop bullying yourself. There you go. Yeah. But I'm a bookworm, I love reading. I am actually reading this book right now and it's about a neurosurgeon who should have been dead.

He had meningitis, E. coli meningitus that like nobody has ever survived. And one thing he described in the book that I thought was really interesting because he crossed over, he literally was in a coma for seven days.

It was like our minds are connected to what's beyond this world and our brains are trying to filter everything out and it's like the veil that keeps us from that realm.

And I was, like, oh my gosh, my mind is on, but I'm almost done with the book. It's better. Yeah, I think that's the counterintuitive lesson of entheogens or hallucinogens.

When you dissolve the default mode network, you realize that you are a part of the universe. And then you realize that, you know, the consciousness exists just to filter and interpret.

The main function of it is to ignore everything else that's going around and inside of me. That's crazy. Is it our friend? Definitely our friends. But people think it's interpretive reality.

Not so. It's a very selective sort of filter. Yeah, I mean, so we're trying to teach people to use their deficits, their burdens as gifts, as blessings.

I'm horribly dyslexic too. And so now I realize as I told my sister her ADHD is a superpower, my dysluxia is superpower. Skip a line. Yeah. All right.

Well, anyway, so everybody go check out Dr. Anna Marie's website, Happy Whole You. And her book is Stop Bullying Yourself for God's sake. It's been a pleasure.

Thank you for the conversation. Yes, thank you. If you like the content that you've heard, be sure to like, subscribe, and hit the notification button.

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