Your Trauma Is Making You Sick — Here's How to Fix It! Elisabeth Carson | Ep. 116 Transcript

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Introduction and Guest Welcome

We might want something, yet we can't get it because our subconscious is telling us the story. Oh, you're not worthy of this. But I'm like, no, yes, I am worthy.

That's my conscious mind. Until you address the subconscious mind and the reason why that story is running that you are not worth it, then you will keep attracting toxic situations into your life.

Would you say that trauma is the root cause for chronic illness? Yeah, one million percent. We have Elizabeth Carson. Welcome, Elizabeth. How are you?

We're joined today by Elizabeth Carson, a powerful voice in personal transformation and the founder of Enhance Flow, A company dedicated to global healing and conscious leadership.

What's your input on vaccines? I'm not a fan. A lot of them contain things that are surprising, that actually very bad for us and kids. If you're in a consistent, traumatizing environment though, then you are going to grow up hypervigilant.

It's basically like turning your nervous system on to sympathetic fight or flight and you're stuck there. Back in the day when we had to get away from tigers and lions and we have to run for our life, our nervous systems would shift into sympathetic.

It would ship back into parasympathetic as soon as the threat was gone. How would you define trauma? Trauma in my eyes is… Welcome to another episode of a Healthy Point of View podcast.

I'm your host, Sam Tahata. And as usual, we're bringing experts from all over the world to talk about health, wellness, beauty, and mindset. Today, our guests, local here in South Florida, You know, we always talk about trauma but we don't understand the effect that trauma has internally into your body.

This is a transformational coach who works with a lot of different people from all walks of life. She's gonna be talking about her own story but also what we need to tap into when we talk health, wellness, and biohacking.

Today we have Elizabeth Carson. Welcome Elizabeth, how are you? You're alright. Thank you. Welcome to a healthy point of view podcast, thank you. Thank you for that welcome That always have the energy right yes Do you know the importance of being vibrating at that high frequency and having good energy?

And that's what we're all about here at a health point-of-view amazing so I want to start off with our viewers and listeners really getting to know who you are from your upbringing of you, know really What did you go through in life?

What was your childhood like before we get into all the meat and potatoes of you know Living through trauma and being able to detoxify that trauma, etc.

Mm-hmm. Yeah, so where do I start?

Elizabeth's Early Trauma and Childhood

so I was born in Korea and adopted when I Was three months old and came over to Michigan grew up there and You know, I kind of just came into this third dimensional reality in a mode of trauma because of the adoption.

I never got to see my mother doing regression work over the years. And as I was actually leaving the womb, she was screaming and shrieking, not only in pain, but in emotional She was distraught.

So I came out thinking that I was getting yelled at and then never being consoled by the person that grew, the only person I knew basically. So I kind of carried that energy throughout my childhood and it was a deep wound that I had.

So when I was very young, I would say 11 or 12, started to drink and I think I experimented with weed at that time. I actually was thinking that was selling drugs because I put sage in little baggies like I'm going to sell weed.

By 14, I had moved out of my parents' house into a place with my high school sweetheart and his father, who was a drug addict, so we had no oversight.

So lots happened. Then I was 14-year-old partying with college kids, and that's when I really learned how to hustle. And there were some guys down the hall from us that taught me how to actually sell real weed.

So I was learning how hustle, I partying, just doing all the wrong things at that age. And ended up getting actually kicked out of that place and moving back in with my parents.

This one evening I decided to be a good girl and stay home and not sneak out, not go to the parties even though I had been invited. And all of a sudden, in the middle of the night, it was all boom, boom boom at my door and these people burst in and grabbed me out of my sleep and basically threw me in a car, dropped me off on a plane, took me on the plane and dropped off in middle the woods where I spent 60 days in boot camp.

And yeah, one of those programs. How old were you when that happened? 15. 15? Yeah. Your parents set that up? Yes, they did. And as these people were coming to get me out of my room, my parents are standing at the doorway and I'm like…

I'm being kidnapped, like, help me, you know? Like, what are you all doing? They were just standing there. They didn't, tears in their eyes, and yeah, it was really traumatic, actually.

But the boot camp that I went to was very, It taught me a lot. I know how to survive in the woods, I knew how make fire out of two sticks, You know, that's called a bow drill.

So I learned a lots, And then coming back home, i was ready to start behaving, You know, following the law and doing well in school. And then my parents dropped the bomb on me that I was going to get shipped off to boarding school within a week.

So I'm like, OK, well, screw you guys. Everything reverted. I got mad again. At boarding schools, they had a very strict three strike rule. Of course, in the mindset that i was in, I mean, i wasn't doing drugs, getting in fights, drinking, having parties.

So that three strikes happened and my parents ended up pulling me before I got expelled So I finished off high school back where I grew up and at the ripe age of 18 I became a dancer and An exotic dancer.

And at that time the drugs got really bad. I was using cocaine and alcohol and Adderall this was a Michigan. Yes Detroit actually So I just I fell into addiction pretty bad trying to cover up the way that I was feeling by doing what I Was doing and so it was just a really just blurry time.

I guess you would say for me and I remember this one time I had Went deep into drugs and went on like a three-month binge of like ecstasy and came out of it and i remember my brain I, was so Just out, of It like I felt like i was walking around in a dream And I couldn't even finish a sentence and I always prided myself off of being smart.

Even though I skipped school all the time, I would come in and ace tests, you know? So I was always very, very smart and… I could even finished sentences.

So… I was walking around in this haze and I was speaking to a friend and he told me about this thing that could help my brain. And I'm like, you know, sign me up.

I'll do that. So immediately, he took me to his office and for the next five days, I did five day in a row of neurofeedback. Oh, neuro feedback. Yeah.

that could snap me back into reality because after those five days, I was able to speak full sentences again. I signed up for school. just distraught and traumatized and trying to cover it up with drugs and alcohol to clear.

I was feeling clear, I feeling like I could actually function in the world, but it didn't. And you give that to the neurofeedback? It was the neural feedback with the brain mapping?

You did like the whole training and everything? Yup, everything. So they mapped me and then, yeah, for the next five days I spent three hours every day for five day in a row doing neuro feedback.

And it just, it changed me. It really did. But unfortunately at the time I was still very immature and didn't understand trauma or anything like that.

So I fell back into the life, moved to Hollywood, followed my dreams of being a model and actress. You know in Hollywood, back in the day at least, I don't know how it is anymore, but cocaine out there, it's like water.

You want a glass of water? You wanna bump? Same thing. So I fell back into drugs and I was using neurofeedback to bring me out of my drug stupors. I leaning into biohacking but for all the toxic reasons at the time.

And really, it was when I was still hustling in the streets, I ended up getting in trouble, getting locked up. How long did you get locked for? Six months.

So I wasn't there for six months fighting my case and finally got out. And it was my boyfriend at the time that we got locked up together, so he got out a couple months after I did and realized that the federal government was after him for a different case.

So we went on the run. And on run, I got pregnant. Everything changed. I realized I had another human I was responsible for. He turned himself in. And the moment my life changed was when I dropped him off at prison when my son was three months old in Pennsylvania.

We drove there and I'm walking into this prison and my sons dad's holding our three month old and he's looking at our kid just like staring at him with these blank eyes.

And I am watching this whole thing like out of body experience. I was disassociated. So I watched the CEO with the handcuffs clanking, walking toward us and my son's dad gives our son a kiss on the forehead, hands our sons to me and sticks his wrists out and the cop took him away.

And at that moment, I was like, looking around and realizing that my world was empty because I was. And I already had knew there was something out there from doing neural feedback that could help me to feel clear and think clear, and feel better.

So at that time, I dove into researching and studying and biohacking. And at that time, yeah, I really, really started to educate myself about what trauma was and how I was feeling.

That's kind of how it led me to the path that I'm on now. It started at the moment. And I've had the opportunity to talk to you and read about you, and you've tried hundreds of different modalities at this point.

So you touched a little bit on trauma, you said that you really didn't understand what trauma was, even when you were doing the neurofeedback and the brain mapping and whatnot.

How would you define trauma? Trauma in my eyes is the reaction or feeling that you get from something that happens to you. Whatever is internalized during that, whatever it is.

So it could be something so small as, I mean, small, as falling and scraping your knee. Or it can be getting shot, you know, however you react and internalize that moment is what In my mind, trauma is because it's no big or small trauma.

It's literally how your nervous system responds to the moment of the stimulus that is overwhelming to your system. So it is kind of what you hold on to internally.

that, you know, kind of gets stuck in your energetic body and your physical body, and in our minds. Right. And I feel like a lot of people don't realize they sometimes have that trauma, right?

And, we carry it and not actually understand that it's still there. Yeah. Like, I do a lot of personal development. I attend a lotta coaching sessions.

And one of the things that they talk a lots about, especially with new people who come through, who have a breakthrough, is that, they're retaining this trauma that's childhood trauma.

So, can you talk about a little bit about childhood, trauma, what that is like, and the importance of actually addressing those traumas? Yeah. So basically from fetus to about a year and a half, your brain waves are in Delta and then from a and half to seven, they're in Theta.

And when your BrainWave states are In this mode, it's literally like everything is going into your subconscious and programming your personality basically for the rest of your life.

Addiction, Neurofeedback, and Turning Point

If you are a child and you're experiencing things that are traumatizing to your nervous system, Then your wiring is going to be a bit different than another person or child that feels loved and safe and secure in their environment So, I mean even they've done studies to where you know amygdala is in the brain can actually get oversized with a child That has so much trauma and that's their your fear center in your brain and even your hippocampus.

They can be smaller. That's where you consolidate memory. And so even within wiring within the nervous system, trauma really affects that and how you react to it.

So, I mean, if you are growing up in something traumatic, which Honestly, I really feel like everybody has trauma. It's impossible to go through this life unscathed, right?

So, if you're in a consistent traumatizing environment though, then you are going to grow up hyper-vigilant and everything is going feel a threat. Basically, turning your nervous system on to sympathetic fight or flight and you stuck there.

It's different back in the day when we had to get away from tigers and lions and we have to run for our life, then our nervous systems would shift and sympathetic cortisol adrenaline is being released and then it would ship back into parasympathetic rest and digest as soon as the threat was gone.

So our Nervous systems these days, though, it's like we're getting traumatize or things are happening to us and our nervous systems are getting stuck in fight or flight.

And when it's stuck and fight-or-flight and you're not down regulating that, then the consistent cortisol, the consist adrenaline, those hormones will cause a cascade of stuff going on in your system that is bad.

Inflammation, right? So, inflammation is the basis of all autoimmune disease. So you really have to realize and understand that what happens to us in those childhood ages, even in pregnancy, right?

I even did work with a craniosacral practitioner and she put her hands on my stomach and I went back into my mother's womb. And I could feel her emotions.

I can feel the distress. She just didn't want me. Because halfway through pregnancy stress hormones cross the placenta. So the babies, if a pregnant woman is stressed out, your baby is swimming around in those stress hormone, feeling all of these different things.

So that's imprinting you the entire, for your entire life. So, I mean, that will honestly determine how you react to certain things. That's why so many people, until you do the healing work and realize that peace is healthy, you know, stability is then your nervous system, you're going to unconsciously and subconsciously look for things that remind you of your history as a child because that feels safer to your system into your brain.

So familiar pain feels better to you than unfamiliar goodness, something that's unknown that could be amazing for you because you are so used to that.

That's how you grew up, that is how stamped yourself and that how your moving through this world until you realize that that what you attracting. So how do you unlearn that or how?

Do you detoxify and address those traumas? So there's so many ways to do the unraveling I mean, that's why I love biohacking so much because I really feel like bio hacking is not only to Optimize your body and your environment, but really you're optimizing mind body soul so Throughout neural feedback.

I feel that unraveled a lot for me. It just brought me to into presence and kind of took me out of that that fight-or-flight mode so I could be present to understand hey I have some issues and the way that I feel in fight or flight is not the that you're supposed to feel all the time because until you have contrast it's like everything is normal right you just walking around stimulus response stimulus respond so then you get some contrast and All of a sudden you're like, whoa, I can feel clear.

I Can feel calm my heart can settle down, you know, my my muscles can loosen up a little bit. So through neurofeedback I mean you can go into flotation therapy which helps you to your brain waves to go in to theta alpha and so that is the doorway to you subconscious so you could start to reprogram some of that stuff that's hard to get because subconsciously, I mean, our subconscious runs us.

95% of our thought patterns and actions are subconscious. So we might want something, but yet we can't get it because our sub-conscious is telling us the story, oh, you're not worthy of this.

But I'm like, no, yes, i'm worthy. That's my conscious mind. but until you address the subconscious mind and the reason why that story is running that you're not worthy, then you are going to keep attracting toxic situations into your life.

So it's unraveling. You really. I'm very familiar with that. deal with a lot of patients that go through that, and it's very important to address. Would you say that trauma is the root cause for chronic illness?

Yeah, one million percent. That's my personal opinion. I mean, I'm not a doctor, but honestly, is so strong and as I keep on learning this I'm in a brain health certification course right now as i keep learning about anatomy and our physiology and how our bodies work and reaction to the way we think to what we feel I mean when you're unconsciously triggered then you will be holding somewhere in our body and for me it was like my hip so I would hold like really I will tighten up my my right hip and I didn't even know that was a pattern but if you think about that and how our bodies works if your tightening an area of your body all the time then your restricting blood flow, lymph flow You're creating inflammation in that area.

I mean, think about it. Like, that's why a lot of us have lower back pain because as soon as we get stressed or angry, we're holding in our backs and we don't even realize that we are.

And it's creating all of these root issues that grow into bigger problems if we never address them. Inflammation is

the root of it all. So if you're walking around inflamed, especially in certain parts of your body.

I mean, that is going to turn into a physical ailment. Even in cancers, I really feel like, and again, i'm not a doctor, this is just my personal belief, but if you're walking around and you are vibing so high and your frequency is attached to your source energy and everything is free flowing, I don't feel like that vibration of cancer can live within the physical body, because you're so clear.

But if you are stuffed up from trauma, from resentment, all of these negative emotions that you Chains from your past then it's pulling you away from the present moment and you're continuing to react your physical body is continuing To react to external stimulus.

So it''s like, you know, all of these issues pop up. I really do believe that Everything is rooted with mind body connection. Yeah, that mind-body is everything you don't like When you have the ability to get that brain, that mind, to really reset and to relax.

And you know, Dr. Joe Dispenza, he talks about it all the time. He's got patients that heal themselves from all kinds of, patients will start walking again from being paralyzed, from bein' able to tap into the mind.

So that is something that's extremely important. And when you're talking about addressing childhood trauma or any kind of trauma, first you've got to tap into the mind to address it.

Have you ever had a breakthrough yourself? Many, many breakthroughs. How do you know it's a breakthrough? What do feel? You know, it kind of like a level up, you feel like, a little bit.

I mean, that's what I would personally, my perspective of a break through is like level-up. So, I even when I was 19, coming out of that fog, doing neurofeedback, That was a breakdown for me.

Because I got out the fog. It was like all of the sudden it was sunny day instead of rainy day. For me, so that was huge. I mean, I did high dose mushrooms before and that.

Was one of the most beautiful healing experiences that I've ever done in my life. Why is that? That's when I re experienced my birth again. So I always wanted to know.

So the overreaction that my body would have if I felt like I was being abandoned was way over the top and I'm like, I need to figure out why this is so big in my Body.

So I really went into the mushroom journey with an intention of trying to figure out why that was so big within me. And I literally re-experienced my birth again.

It was beautiful. I mean, it was very painful, I could feel all of the emotions, hear all the things, see that I wanted my mother, never saw her. Got pulled away from the doctors right away.

All broke me, but it broke open. Helped me to attach a conscious memory to Why I was like the way I is which I never I am, which is what I've never had before I could never attach it consciously that's why a lot of adoptees will be out here kind of confused and flailing around with all of these issues not understanding.

Where they root from right and it's really like those first few moments of your life on this planet in this third dimension are so incredibly important that That can really affect you for the rest of Your life and a lot of adoptees have these issues major issues.

Yeah That's definitely something that there's a lotta data that you know, there is data. That that that You know backs up exactly what you're saying there.

Mm-hmm when it comes to grounding Yes, what does grounding do for you?

Defining Trauma and Its Effects on the Body

I love grounding. So it's not grounding as in like you're trying to, you know, just like, it honestly, scientifically it is connecting your bare hands and your bear feet to the earth's surface where there's an abundance of negative ions all over.

Your body sucks up those electrons and it lowers and decreases inflammation. It's impossible to be chronically inflamed when you're grounded. So it's a beautiful, beautiful free thing that we all have that can really shift and completely change your entire life.

I mean, go outside and do this. And in 20 minutes, your nervous system is down regulated if you are in fight or flight. Do this and you'll realize just all the stress and the inflammation and pain being sucked out of your body.

I have coached thousands of people at this point with grounding and it has changed pretty much everybody's life. I mean, chronic pain goes away. You can heal faster through grounding.

If you think about it, I'm not saying correlation is causation, but in the 1970s we were disconnected from the earth's surface when they slapped rubber sole shoes on our shoes.

Before then we we're walking around with leather sole or barefoot. that has conductivity with it. And then since then, diabetes, autoimmune disease, I mean, on the rise, right?

I'm not saying, you know, causation is correlation, but I think that there's something there. Because if you're grounded, your body's not in place. You're right about that.

And that's one of the things that, when you look at the way people live today, you know, we don't get sunlight. We're always indoors, right? We are fully clothed.

And we're not made to be fully-clothed, We should be outside, butt-naked. You know? Getting that first sunlight, and we do not get it. Yeah. When we live in high-rises, or in buildings like where I'm at right now, they don' even touch the ground.

So all of the natural things that God has put on this earth for us to be able to heal ourselves, we don't even touch it. So to me that's a problem. When you start thinking about energy medicine and the frequencies that allow us heal, The sun, what plant can live without the sun?

They all need it, that's where they get their nutrients from. Even us, we get the vitamin D from the Sun. So if you're not going to be outside and grounding and not gonna be getting some sunlight to help regulate your circadian rhythm and everything else, then there's a lot of these other things that you're talking about in the biohacking world that should tap into.

And grounding is definitely one of them. So you are from Detroit. What years did you live in Detroit? I lived in detroit from when I was back and forth from 16 on so 16 to I would say like 34. Before 16, I was Lansing, the capital.

What year was it? I think it was 2003, all the way until recent. I just moved from Detroit until about three years ago. Detroit has had a tremendous shift.

Yeah, it has. a ridiculous amount of manufacturing over there. And when all of that, when they started taking all the manufacturing stuff overseas, Detroit really went downhill.

So it was rough. I mean, you were there for that. I used to live in this building called the Kales Building downtown Detroit and it was crazy because every single night I would hear gunshots and like it's just wild.

It was wild and I recently went back and they cleaned up Detroit City like downtown. it is beautiful now. They turned that building into like these luxury condos and i'm like there's no crackheads outside anymore.

That sounds like a lot of work to do that. Oh yeah. You know, I actually watch a show of the Detroit Police Department. And nobody wanted to even work for the police department.

Look, it's crazy out there. So one of things you talk about is about how toxic that inner city was. Like a lot of toxic chemicals in the water. Still is, yeah.

Let's talk abut that. Yeah, so one of my missions. I mean, when I was doing real estate, I partnered with a political party to help them book campaign offices.

And in doing that, got very, very connected with lot of the politicians. Through one the state senators, a conversation, he was basically telling me he resided over Detroit.

He was telling that Detroit's water was just as bad as Flint's water, but it was getting swept under the rug. And everybody knows about the Flint water crisis.

They were poisoning their residents. So I was like, really? And then I started looking into things and realizing that there's so much lead-based paint.

still there's tons of asbestos still because of the old infrastructure there. So there is toxic lights, there was lead based paint, as best as there as mercury and lead and all of these neurotoxins in the water that at these schools where all these kids are going to school the drinking fountains.

There's no filters. So they're just consuming all of this toxicity. And not only is it toxicity, but it's neurotoxin. So it affecting the way that these kids are growing and thinking.

We expect as outer society, oh, well, those kids, why are they all mess ups? Why are all messing up, not graduating? Well, of course, they are not graduated.

Of course the scores are low because the infrastructure and the environments that they live in are poisoning them on a daily basis. So we went on this whole mission to try to kind of blow the whistle and change some things.

We got some headway. A couple of the schools put water filtration systems inside the school, but there's still so much work to do there. And it was crazy because I had been working on the issue for about two years.

I remember I was sitting at a building right next to the Capitol with two representatives two senators and a whole bunch of lobbyists. And I was like, guys, how are we gonna fix this?

Is there a bill that you guys can pass? Like, what can we do? And they told me to come back in like three years. Oh, wow. Well, in three year, there's gonna be graduates that haven't graduated.

There's going to be the kids that are still stuck in their situation, still getting poisoned by this, like what do you mean comeback in 3 years? So it really just showed me how These systems are kind of just, they fail us in so many different ways.

So, you know, I really like to talk about that a lot because it's like our expectation of children in some of these inner cities where they don't have the beautiful new buildings with all of the new stuff.

They still have all the old infrastructure which is affecting the way that they're taking in information and that their behaving. I mean, it causes ADD, causes ADHD.

It causes depression, bipolar disorder. I means, all of these different issues that will make a child or make person not act perfectly like a stand up citizen.

You know what I'm saying? It's just unfair. Unfair conditions. So we should really look at this when we see maybe pockets of schools that are getting low test scores or pockets schools have a lot of crime.

These kids are getting poisoned. That's what it is. And it's all in the water. Water, environment, the air, and those things have to be addressed. Exactly.

In a big way. It's not only in Detroit, it in a lot of different places. We do a lotta blood work throughout our longevity clinics and we see stuff pop up.

I bet. People that live near golf courses, we see it. We see people that lives close to airports where the airplane fuel is burning off. People breathing that every single day.

The different inner cities that people grow up in. Toxic water, toxic food. You know, people who live in food deserts, they only have this ultra processed food that has all kinds of toxins.

So, I want to hear your input, and there's no right or wrong answer to this, because we're talking about kids. What's your, what's you input on vaccines?

I'm not a fan personally because of the research that I've done on vaccines. A lot of them contain things that are surprising that should not be in there that actually very bad for us and kids.

I actually have a very good friend of mine, Jess. She was a pussycat doll. Okay. And she got, she's got the Vax Injury. she is actually in Mexico right now getting treatment because she has shingles on the inside of her body and she just wakes up in burning pain.

I mean she said the pain is just, it's, Like, if you think about it, shingles are one of the most painful things that you can get on your skin. Can you imagine having it on the inside of your body?

Also, you cant even do anything about them. So she got the vaccine, and it all started from getting the vaccines. So there is so many, in interviewing her, actually, I found out that the children, there's so kids that are dying because of the recent vaccine that they're promoting everywhere still.

And I just feel like, you know, In theory, a vaccine is great, right? It's amazing.

Healing the Subconscious and Chronic Illness

I mean, it's helping your body to adapt, But because of all the stuff that are added to the vaccines and because the recent vaccine that has not had the years and years of research and testing or maybe it has, you know, who knows?

But it's like we have to be more careful with what we're allowing in our bodies. And unfortunately, one of my clients, I was talking to her yesterday and her job because she works at the hospital is making them get the flu vaccine.

And I'm like, I just I can't believe that they're still making us as people, as our own sovereign humans out here, put stuff into our bodies that we don't even know exactly what's in that.

You know, like where did that come from? I would be unemployed if I was there. I told her, listen, religious, you know. But it's just it. It's very, very unfair.

These systems have failed us in so many ways. Fortunately, right now, the administration we have is addressing that, and they're making it clear. And they are getting a lot of heat from the other side about it.

At the end of the day, when they see people living a lot longer, healthier, you know, kids that are not having all of these autistic issues and everything else, the data will show it, and I'm pretty sure that the date will.

Show it exactly the way it should show. Yeah, they just made it so babies don't have to have the Hep B vaccine. Like immediately. Yeah. That was amazing.

I mean they pump tons of different vaccines in these children. All at once. It's just, I just can't. Too much. No. So if someone wants to begin like a healing journey, Based off your experience, your transformation coach, you've been through your own healing journeys.

What's typically the first step that you would recommend for someone to do to begin that healing journey? Well, it starts with awareness. So how are you able to gain more awareness about yourself in a comfortable way?

So there's a lot of different ways you can kind of start becoming more aware that there are these things. Because if you're unaware of something, you cannot fix it, right?

You have to start widening your lens of awareness So things like neural feedback even gives you a little bit of space to become aware of what's happening.

Things that shift you out of fight or flight and into parasympathetic rest and digest will help you to be feel safe to start looking at some of the scary things.

So, I mean, there's so many different modalities that you can kind of dive into to create more awareness within self. I It started with neurofeedback for me.

There's also this brain training called neurooptimal which is kind of like neuro feedback except it's basically instead of feeding yourself or your brain frequencies, it is putting a mirror up to your brains so you can kind see in real time this is not a good.

connection, this is not a good connection. So your brain's basically fixing itself in real time with Neuroptimal. I would say things like grounding. Grounding is free for everybody.

You can just go outside and start to put your bare hands and feet on the earth's surface, connecting with nature. This all regulates your system and kind of brings your Brainwaves down into this state of focused calm presence.

where you can start to see yourself better because you literally, you have to address, it's like AA, right? I mean, alcoholics, if you don't address that you haven't issue, then you're not ever gonna fix it.

So that's step one. How can you expand your awareness enough to realize, hey, maybe during childhood, my dad was mean to me so I have these daddy issues now you know maybe it's oh well this abuse happened to this thing happened me when I was 13 so that is causing me to you self-sabotage in all of these other ways in my life but you kind of have to trace things back to where it starts from and that usually begins from your very, very early childhood years.

And so journaling, I mean, really kind of opens up that awareness. Meditation, you know, meditation I love. But for me, when I first tried to do it, it was really traumatizing.

and they've actually done studies on the brain during meditation for people that are very kind hyperactive and very traumatized in their own system already.

when they close their eyes, it causes more anxiety and fear within the system. So for those people that find it extremely hard to close your eyes and sit for five minutes, 10 minutes 20 minutes.

I would suggest for these people just take a walk and do a walking meditation. And as you're walking, you are stimulating both sides of your brain and you connecting, right?

Connect with all the nature around you. I always tell my clients, take a walk and notice all of the natural around and then give thanks. Even if it's a tiny little flower, like a little centimeter, give to that flower.

It's beautiful. And connect with nature because that's bringing your nervous system out of fight or flight. It's bringing your brainwaves down as well.

So, I mean, you just have to give yourself enough space and allowance to feel these things that could be scary that maybe you haven't wanted to look at prior.

It all starts with awareness. Do you do self-meditation or do guided meditation? I do both. I think both are very, very important. Like me, I started off with like Dr.

Willis, who was my mentor in the functional medicine space since I was like 19. He gave me this little green book, forgot the name of it, but it was to teach you how to meditate.

And I just could never do it on my own. Till today I have a very difficult time meditating on my own, but like I'll use Brain Tap, Dr. Porter's device, and that thing just puts me, I go to a whole nother world.

Yeah, it does that. I love Dr Porter Brain Tab. That tool had really helped me during this last hard time. I just recently got a divorce, so that really gave my brain enough energy for me to process what was going on in a healthy way.

So I wasn't processing out of lack, I was actually processing outta energy to be able to really handle things in more divine way than I would've if I didn't have that tool.

It really help me. Yeah, yeah, love BrainTap. A lot of us use it here. So it's really good. So what does accessible healing mean to you? Accessible healing?

I mean, I guess it would be just things that anyone can do. You know, honestly, what I really didn't like when I first entered the space of biohacking was the fact that bio hackers at the time, this was like 10 years ago, I think it's changed a bit.

But I mean, it was your middle aged Caucasian man in the face trying to optimize the rich people, right? Trying to just optimize and basically just live totally and completely 1000% better, right?

But what I realized is that biohacking helped me to get out of a really toxic frequency, attracting all of this trauma into my life. So I looked at biohacking like it was a little bit unfair because the tools are so expensive.

It is. I mean, incredibly expensive and for the people that need it, not that want it but the People that Need it usually can't afford it. Right. So, I was like, oh, disgruntled.

But that's why I started looking into more things that you can do that are accessible, that can you do to yourself like emotional freedom technique tapping, right?

That's free. You can just literally tap on different energetic points in your body. and process a ton of subconscious trauma that you have and kind of repattern those things so you can feel better.

I mean, grounding is free. You can do things like just sitting and connecting with nature and letting the sun hit your face. That in itself is beautiful, accessible healing.

Something called trauma release exercise. It's where you exhaust your psoas muscle And your body just releases this tension and trauma that it's been holding on to for years Dr david brusselli is actually the creator of trauma-release exercise and that's accessible because there's just a bunch of videos on youtube that anybody can do stuff like that, so I mean you can reparent yourself as you get further along into these healing and spaces.

I mean, sometimes I'll just sit in my chair and I go through past traumatic points of my life and i will just hug myself. You know, I calm my nervous system as I'm hugging myself, as i'm being the parent of that part of myself that needed something that I didn't get back then.

So that alone can change neural pathways of traumatic memories to make your emotional charge not as strong and start to repattern and feel safer within yourself.

So there's a bunch of different things that you kind of work on. Yeah, I'm happy that bring that up with the accessible healing about what's happening in the biohacking space.

And then one of the things you said before that on the other conversation was awareness. And I think it's important for people to understand that when it comes to taking care of your health, it is not just about doing all of these expenses, modalities and the crazy blood work.

Those things are cool and it a plus if you can afford it, but in all reality, I have a soft spot in my heart when it comes to this because I grew up in the inner city as well.

I'm Dominican, migrated here from the Dominican Republic at a young age, but my two business partners, Dr. Heywood and Dr Davis are African American.

Grounding, Detox, and Environmental Toxicity

So for us, we do see that the biohacking and functional medicine space has been white male driven for the older age individuals, people who have a certain level of income.

So, but everybody else needs this stuff too. And what people kind of forget are the basics. The basics are not expensive. They're actually free. Listening to this podcast is free.

You just go on the streaming platforms. I bring experts here all the time. We've got your podcast. It streams on all of the free platforms as well. And then one thing that I'm a huge advocate about, and a dear friend of mine, Sandy Martin, she actually wrote a book on this, is biohacking starts with no.

You know, if you know the things to say no to, that's almost 90% of the work. I love that. That's fire. And that free. Yeah. So it's like little things like that, what you're putting in your body, What are you eating?

What is it that… Are you moving your buddy? Are your exercising? How are your sleeping? You know spend a couple hundred dollars get a or a ring. I wear my ring all day Yes, you know so you can see your sleep data.

So you saying that about How biohacking needs to be accessible and it can't it? Can be assessable that's something that I think we have to put more emphasis on the more we talk the More we move around To make sure people are taking care of their health Yeah, yeah, absolutely.

Absolutely. Sleep is basis. It's baseline health, too. I mean, it doesn't cost anything to go to sleep within the same hour range of time, which helps you and extends your life by, I think, like five to 10 years.

They've done studies now. So it's I. Mean, there's so much that you can do. And I love that that 90 percent starts with saying no. Boundaries. When we have been traumatized so.

Much, especially women. growing up and in these traumatic states, we don't have boundaries. And those are, I mean, energetically, physically, it affects us in a major way.

You can create very healthy boundaries, that alone will change your whole entire life. And you know going back to like sleep, you and I saying no I'll give an example for the listeners and viewers.

It's like You say no, I'm not going to eat 30 minutes before going asleep. That's a start right me saying. No, i'm, not gonna eat two hours I ii'm gonna, eat three hours before gonna sleep that's just me say, no to eating too close to sleep time which is gonna affect my sleep and or me saying, you know what, no, I'm not gonna touch my phone and be on social media right before going to sleep, is that blue light exposure is gonna release more cortisol inside of my body.

Those are the basic things, which I know that you and I both practice these things quite frequently, and that's where it's becoming our job to really, through these type of platforms like the podcast, explain it for the people to actually

implement it in their lives too.

Yeah, I want to mention too really quickly. So there's like, everybody has a habit of grabbing their phones when they wake up and like staring at their phone.

And what that does is, so our brain has these different waves that were frequencies of thought, right? So as we're sleeping, we are in delta. As we wake, it goes to theta, goes alpha, and then it go to beta, high beta.

But if you grab your phone as soon as you wake up and you start scrolling on Instagram or you started checking your emails, then you're missing. You're jumping from Delta to Beta.

That is going to put your nervous system, body and thoughts on high alert for the rest of the day. Wow. you are missing that. And those are beautiful times for you to be, you know, manifesting or trying to create what you want to.

Create for today because as. As you move Delta, Theta, Alpha, Beta, You are going through the doorway to your subconscious. So you're able to lay things down inside of your subconscious to create for the day.

I mean, it's a beautiful right before you fall asleep and right when you wake up are amazing times to program how you want your life to go. I agree. I agreed with that.

What are some wellness gimmicks that you see out there that people should avoid? Oh my God. Oh, there's just like, what is even real anymore? There's so much like there is over information, right?

So you don't even know what to do and what not to I wouldn't say gimmick, but I mean, not everything is for every body, right? Everybody is different.

Your body is from my body. My body's different from their body everybody's body different, especially for a woman, so fasting was a huge fad for such a long time.

and women have to fast according to their cycle. They have four cycles per 28 days and they have make sure that when they decide to pass that they're doing it at the right time of the month or they are going to cause way more stress in their body, they gonna mess their hormones up and their gonna make their cycles feel way worse.

So it's very, very important for us to know our bodies and then do things according that not just what everybody says that we should do. So there's so many different things.

I mean even cold plunging, like for a woman at a certain time of the month. It's not good to do a cold plunge. Like you will put your body in distress and if you create way more stress during a specific time in your cycle, then it's going to cascade your hormones out of whack.

This is where doing things with more of a personalized approach comes into play. Are you familiar with CBD? You use it? I've used it here and there. So, you know, I sit on the advisory board of a company called Pico CBD and they're the first in the world that have come out with CBD that can be given intravenously.

Wow. Yeah, and it's unbelievable what's happening. Oh, yeah. Wait a minute. Intervene, okay. So anti-inflammatory properties, boosting the immune system.

There's oncologists, doctors that are actively utilizing it for cancer patients. I always try to talk about it a bit. Obviously, I'm on the advisory board, but to try and get the word out so people can talk it out.

And I don't know if you have any expertise with CBD, But if do, you know, I mean, I've used it for pain before. Honestly, it's helped a lot. A lot with pain.

I did gymnastics for a really long time. So I used to wake up in a ton of pain, so I was using CBD when I as a chef

because it was creating like sciatica and stuff.

You can't sit down when you're a Chef. I would take CBD over Tylenol, Ibuprofen, Advil. I will take CBD over that 100,000 times because that stuff will kill your liver and kidneys.

Oh yeah, 100%. So, chef. So you know how to throw it in the kitchen? Yes, yes. When it comes to health and wellness, what's your go-to type of meal? Or the gourmet health-and-wellness meal.

Look, so I was a pastry chef, honestly. Oh, that ain't healthy. Well, you can make pastry healthy to a certain extent. To a certainly extent, I felt really guilty as I being a pasty chef because I giving people all the sugar.

So I used to do charity events and support them through pastry. but Go to healthy meal. I mean I honestly I just try to have a lot of really healthy fats I tried to eat in the right order a Lot of people don't know how to Eat in The Right Order If you eat carbs like if you're out to dinner they always give you the bread basket first because they know that if You eat bread before you Eat your protein or you eats your fiber then it's going to spike your sugar and you're gonna get hungrier as the meal goes on.

So that's why they give the bread baskets. If you make sure to eat in the right order, then your blood sugar spike will be blunted and then you won't get all of the bad stuff.

You could still have a dessert, right? So, I mean, eat your vegetables first, your protein next, and your starch next. And then after that, you can have little bit of dessert and won have that huge blood-sugar spike.

So it's like how to eat. But I mean, I just try to get a lot of healthy fats and organic as much as I can. And I don't know, you know it, it just, if you ever see those videos on social where the guy is like trying to something but it is toxic because it out of a plastic bag or trying eat this but its toxic.

Because it has this in it. It's very hard. To try to grasp all of the things that are out here, but you know, I just I try To keep it as simple as possible like eggs Eggs in the morning.

Try to start your breakfast off I mean that is the start of your day. So you don't want to just eat a bowl of sugary cereal or some pancakes and maple syrup like You are literally setting yourself up for blood sugar.

You're blood sugared to be all over the place all day. So a really good hearty high fat breakfast is what I would recommend. I always have eggs and avocado.

maybe eggs and some toast or something. And then I just kind of allow myself to eat when I'm hungry throughout the day. I won't eat probably two to three hours before I go to sleep, but I mean, honestly, I don't have a strict diet.

Just don' eat the crap that's like fruity pebbles. All the processed stuff. Yeah, like chips. You know how to make the appropriate choices. Which is important.

Stick to more like whole foods, you know things that are actual real food Yeah, there's all the stuff in cans and boxes and everything else, right? And then with cans you're getting all of the micro plastics from the inside of a can It's just you have to be really careful with this food out here and then a lot of people drink their calories, too So I don't even keep juice or anything like that in my house because it's just like a sugar bomb like they you're gonna consume So, I really only really drink water coffee tea.

What about alcohol? I Don't drink alcohol anymore.

Vaccines, Accessible Healing, and Biohacking Basics

I mean, this is so many years I did alcohol to me, honestly, i mean I, don''t judge anybody that loves to drink you know but what you''re doing is you are literally just poisoning yourself like your liver is taking time off of detoxing your body from all of the toxins that we're exposed to every day, all day anyways, to now have to detox this alcohol,

this poison that you put in your bodies, so you're just hopped up with all this backup of loaded of toxins and it ruins your sleep.

I mean… It's just, it's not the best thing to do. So you know, Huberman actually did a whole, actually multiple podcast episode talking about alcohol and what it does, what is does to the brain, and does it to body.

And you people tend to ask like, well what's the safe amount of alcohol to ingest? There is no safe. And it's interesting because I was actually reading an article about, well, why is alcohol so much worse than a lot of these other drugs that you put into your body, like something like marijuana, right?

And what they say is like, You have actual endocannabinoid receptors in your body. The alcohol is different. You put that poison in you body, and your bodies going into defense mode.

When you start feeling a little loopy and drunk, that's not normal. That's your buddy going to this defense more mode, then you have an electrolyte imbalance from drinking to what?

So it's just not good. It's a toxin, it causes oxidative stress, It causes inflammation. Like there's nothing good about it. You just poison, its just poisoning for your body.

Yeah it really is. Its just poisoned. And everybody's like, oh the wine, I mean. Oh the wines good for you heart. Well that's from the polyphenols inside of the grapes.

So you can get that without the one. Exactly. In today's world. I think you would have to drink like 10 bottles to be able to get like a good amount. A good one, right.

Not the best. So right now there's a big movement happening called the Maha Movement, Make America Healthy Again. What's your input on that? To be honest, I kind of stay in my own little bubble, my old little world.

I really don't pay attention to what happens on the outskirts of my world I've really chosen to intentionally live like this. Like when the government shut down I didn't even know.

Because I literally stay so focused on what my mission is, what is my intention is for my life, my family's life and the world, right? So I never pay attention to things that could upset me because if I'm not able to control that then I am just putting my body into fight or flight causing stress and inflammation over something that I can't even do anything about.

So, I' m so focused on my mission And what I'm trying to spread and the light that I am trying To share with the world that i really don't pay too much attention to Any of the media any type of politics?

I mean, I really i've seen a lot of articles and stuff about rfk and I love the fact that he is trying, to clean up the vaccines and help you know stem cells and all of these healthier ways to kind of heal us, which is amazing.

I think that's great. But I just don't study or look at it enough to really understand or know what's really happening in that realm. Because honestly, I get so emotional over disasters that happen even in the world.

Like I will literally just turn my head the other way because For me, it wouldn't be realistic for me to get on a plane and fly over to that disaster and start helping.

That's not what my mission is at this moment in time on the planet. So it's like if I look at that and I get upset about that, then my energy, my stress is going to add that into the collective.

And it's not going to help anybody with anything. So I really just pay attention to my own reality and what I'm able to control. And I feel like other people should do the same.

Because if you sit around and watch the news all day, you're really creating stress inside of your own body and

creating more stress in your external world.

everything correlates, right? So the more stressed and the unhealthy you are, you're going to bleed that into external world to others, to your family, other people.

So I really just wouldn't recommend people to be paying attention to things, especially if they're not gonna do anything about it. Now, if you were gonna to do something about, and you know, stand up and create a movement, get thousands of people behind you, do that, but for people just to unconsciously Watching things that are upsetting to them.

It just makes it makes no sense to me. Yeah, I hear you on that so Going back to all the health and wellness stuff, if there was one modality that is the modility for you when it comes to health or wellness, you know, the biohacking, whatever we want to call it, what is that one mentality that you would say, hey, this is one I stick with?

Just one? Can I just like five? I know you want five. You might want ten. One. What's the one that, one day you say you, know what, I can't live without this one.

Oh my God. There's like three. I would have to say grounding. I mean, I'd have say to grounding because it's all encompassing. You're sitting in nature, you're connecting with nature.

The sun, your getting your vitamin D, getting the beautiful electrons. It's free, it feels good. Your getting back in connection with our mother, Mother Earth.

So I say, grounding would probably be top, top thing that I could not live without. You know, I'm over here now trying to answer my own question. I don't even know what you're saying.

Yeah, what is it? One? I have a three, so it has to be out of the three. Mine are nutrition, exercise, and sleep. But I think sleep would be ideal. Sleep would probably be one of my most important things.

Because if you don' get really good sleep, that'd be a problem. Obviously, you gotta stack things, for sure. So you're a huge advocate of utilizing infrared saunas, doing the different hydration therapies, and you have certain detox protocols.

So talk to me about what you do with those. So I used to have a infrared sauna. I think that infrared saunas are one of the most phenomenal things for anybody.

If you have access to one, I would really highly recommend them. A lot of longevity people and a ton of studies are being done on infrared specifically and it is showing that that alone will extend life, will help you to feel better, detox your body.

Which is something that we all need to do. We all needs to sweat and specifically in infrared that's heating you up basically from the inside out. So now it's like I was talking to Sun Linton's CEO founder basically And what happens is that the sweat that comes out of your pores is like a different size of molecule of sweat.

So it's pushing more toxicity out your body than just a regular steam sauna or something. Infrared is really, really powerful. And, I mean, if you don't have access to a sauna, then you just need to get out and sweat every single day because that is one of the major, major ways that we can detoxify our body.

So make sure that you're sweating. Then I do parasite cleanses because it's something that's not talked about enough. You've done that? Oh, yeah. Which one did he do, do you remember?

Parify, I do Kim Rodgers. Kim Rogers, yeah. I just had her on the pod. Yeah. She's amazing, but yes I did. And she has some crazy videos of some of these.

Did you have anything crazy like that pop out? No, no, she had things popping, coming out of her face, like

crawling out her. I'm sorry. I just freaked me out so much after I interviewed her.

Maybe like I think I interview her two and a half years ago for the first time in that first interview. It freaks me. And I was like, you know what? I am doing parasite cleanses at least twice a year now.

How do you feel after you do it? Clear, amazing. We gotta think about, I mean, if you travel a lot, which you do, like you're probably gonna pick something up as you are traveling somewhere.

I, mean even through the water that you showering in, you can get parasites through that. If you go to another country, your eating their food, stuff is prepared differently, we need to do these parasite cleanses.

Did you know that 100% of motorcycle accidents the people that have gotten in these Accidents have toxoplasmosis. So they have the parasite toxo plasmos in their brains a hundred percent of Motorcycle accidents because toxa plasmosis will take over your brain your fear center and shut it down basically and Yes, and you get that from cat pee and like cat Wow, yeah, I guess if you're riding a motorcycle you've gotten rid of your fear Yeah, no make sense.

Yeah. I know I don't have that one because I dont like to get on motorcycles Elizabeth how do you define success? um peace honestly peace within Nothing external.

It's all within. So can you sit with yourself and be comfortable and sit in silence and Be happy and Sit with all of the chaos of The external world happening around you and still feel whole and peaceful within yourself.

Mindset, Success, and Personal Empowerment

That's success to me I love that that's powerful Elizabeth if you could take the next minute to two minutes and I want this this answer to come from the heart I Want you to tell us what the actual true problem in our world is right now and how you have part of the solution The problem of The World is that We are conditioned, systemized and manipulated into believing that we do not have power within us to create our own reality.

That we don't have the power to heal ourselves. stand in our creativity to create the beautiful reality that I know from now doing all of this stuff over the past two decades that we do have the power to do anything that We want to within us that our voices have been stolen from from years of suppression for women and years have just control from these larger systems Um, you know, they keep things from us.

There is free energy out there, but they have kept that from US for over 50 years because of wanting to control and wanting the power. And it's like all of these different things that are being hidden from.

So other, there was a small amount of people can can gain power and money is just such a disgrace to me. And so it's like for us, we need to become more educated, stop listening to everybody externally tell us what we needs to do for ourselves, and start to realize and encompass that knowledge and education ourselves do our own research.

And honestly, I mean, we have the power within us to do anything. You were talking about Joe Dispenza earlier. We can miraculously heal like that just from our minds.

But we've been conditioned that there is no magic in this world. that our conditions are just our condition and we have to succumb to whatever upbringing or whatever reality they tell us they want us to have.

And it's like, that's not the case. We have so much power within us, to create whatever it is that we want to. I mean, when I was sitting on the jail floor, having the CEO scream at me, telling me I wasn't anything and I'm not going to amount to anything.

Did I ever think that I would be speaking globally on stages for thousands? I never thought that that would a thing, but guess what? Right. I found out that have power within me, I have divine source, God, universe, connection

within just like every single person on this planet has that within them.

And if they can find that, connect to that then the world becomes your magical playground. you can create whatever it is that you want to create. And I have lived this, I live this daily.

I mean, don't create my reality from externally trying to hustle anymore. Right. Create my external reality through internally living it, knowing it and understanding that this is the divine place where I'm supposed to be to accomplish my mission on the planet.

As long as I stay in connection with that part of myself, then everything unfolds like magic for me. I mean, I have not tried to go speak on global stages.

They've literally just come to me and fell into my lap when I lost everything this year. It was very interesting. And I didn't think that… I thought it was gonna take years maybe to climb and try to create what I wanted to, but it as soon as I last everything and I almost was forced to stand naked alone with no money, no things, No job, career, plans, employees.

All of these things were gone. And I was like, I just have me now. So what do I do with that? And so I started to live my reality within me and connect with the fire that we all have that has been snuffed out and stolen from us.

I connected back with it. Lit that fire again and lived through that every single day. And in meditations and visualizations, I call it remembrance, right?

You're remembering things when when you feel that fire burning and you're seeing something in your reality that you are meditating about or visualizing like your dream.

That's a remembrance in my eyes. And if you can live that emotionally and and so clearly within yourself, then it unfolds for you in this third dimensional reality.

I mean, quantum physics is a thing, it's proven now by science, the observer effect, right? Everything external outside of us exists as pure potential as waveforms until we observe it, then it collapses into this third dimensional reality.

Therefore, our perception of the current moment, or observation of what's happening is collapsing our reality into Our life right? So it what is your perception lens?

What is it saying? Mm-hmm? what does your lens is that out of fear out-of-lack do you think that life is hard or you should switch that lens into thinking life as magic and Beautiful and having gratitude so now when you observe things boom your third dimensional reality that you're creating is of the divine power and divine energy instead of looking through the lens of lack, which then you're going to create more of that.

We have this bundle of nerves at our brainstem called the reticular activating system and it filters our reality from 11 million bits of information per second to 50 and that 50 is determined upon how we perceive life to be, who we think we are and who, what we, think life, to, be.

So if you think that life is hard and that is your belief, then your reticular activating system is going to filter out opportunity and it's going, filter in obstacles everywhere.

Right? So shift that perception, your observance into something of magic. And now opportunities are going Boop boop and it just unfolds and you just like whoa, you know, and we all have this We all this and don't need any money.

We don' need cars. Don't any mansions We dont need anybody to find this fire this power within us to create our best reality All we have to do is find ourselves Tap in yeah, just got to tap in mm-hmm very well said that that actually I feel the fire I Feel it I'm scared even ask any more questions because I felt like that was a mic drop right

there You know no that what that would really get and I think there's someone out there who needed that for sure a hundred percent and but I am gonna have a little bit of fun here and and I have, you know, one of my favorite podcasts out there, the diary of a CEO, Stephen Burlett.

He came out with these conversation cards. So I want you to open it up. Just grab a random card from the inside. And what you're going to do is read the question and then you can answer.

OK. What is the unobvious thing that you struggle with? Hmm. This thing that I struggle with. I guess I mean people think because I teach how to work through trauma and how To create a great life for yourself that I don't get triggered, but I get very triggered.

I still have triggers I'm still human I'd get angry I would like you know, I have a rage sometimes that bothers me things bother me but i just know from doing all the work that I know how to control my actions, but it doesn't mean that I'm not triggered and I am not feeling like ripping someone's face off.

You know what I mean? It's still in me, But I just choose not to act on those, you know, behaviors and thoughts. So. Nice. Awesome. Elizabeth, if there's one person tuning into this podcast that really resonates with today's message, what is one thing you can leave them off with?

Just that there's always hope. You know, so many times throughout my life at least I didn't have hope and I thought I was just going to be a loser the rest of my with nothing.

And there is always Hope. you can always change your reality. It just takes a second of belief. Like every second, every single day is an opportunity for you to change.

And it's up to you whether you take it or not. It's really that simple. Do you go this way or do you that way? It is a choice at every moment. So what choice are you going to make to create the beautiful life that you want to?

You can change that at any moment." Wow. That is the truth. And Elizabeth, as we're wrapping up here, if people want find you, where can they find Yeah.

So people can find me Elizabeth spelled with an S Elizabeth unlimited.com. I have all my events and coaching programs on there. And then they can fine me on Instagram, Elizabeth I Carson and Facebook Elizabeth Carson, YouTube Elizabeth, Carson Elizabeth Unlimited.

Which will include all the links down below. Awesome. Elizabeth. This was a fantastic podcast. Thank you. Want to thank you for coming on a healthy point of view podcast?

Yes. Thanks. You for having me so much. Super fun. Guys, you heard Elizabeth. You got that fire within you. We all have it. you just have to be able to tap in.

There's so many things that you can do. Make sure you follow her. She continuously gives great advice on how you do that. she has her programs. Listen, if you don't feel it out of this podcast, You know there's someone who's going to benefit from today's message.

make sure to share this with your friends and family.