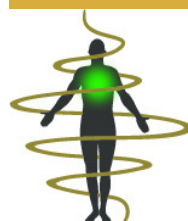


# INTERVIEW NOTES & RESOURCE GUIDE



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# SHIFTING UNCONSCIOUS PROGRAMS THAT KEEP YOU STUCK IN DIS-EASE

**ANDREW DEGREGORIO**

INTUITIVE COUNSELOR & SPIRITUAL ALIGNMENT COACH

Because our nervous system is not fully developed as children, we often encounter experiences that are too intense for us to emotionally process.

As a result our body creates ways to defend and protect us. Energies often get trapped or caught in the body or in the unconscious mind.

These experiences create distorted or conditioned beliefs that shape our reality.

As we process and metabolize the backlog of experiences, our view of reality begins to positively shift and we can live more from the heart.

*"YOUR EXTERNAL REALITY IS A REFLECTION OF YOUR INTERNAL REALITY. WHEN YOUR INTERNAL STATE IS RELAXED, OPEN AND ALIGNED, THEN YOU INVITE IN HEALTH, HAPPINESS, ABUNDANCE, EASE & WELL-BEING."*

When we get caught in chronic fight/flight/freeze nervous system response, we have a much higher likelihood of disease.

Nervous system co-regulation can help reset the nervous system from a baseline sympathetic state to one that is more parasympathetic.

Andrew guides us through practices to help condition your nervous system towards a more healing, parasympathetic state.

He reminds us that the action doesn't matter as much as the energy BEHIND the action you're taking. Is the action you take coming from a grounded, open, relaxed, regulated, aligned place? Or is it coming from anxiety, fear, and contraction?



## Main Themes:

- Nervous System Regulation
- How Stuck Emotional Health can Affect our Mental & Physical Health
- Moving from Attention to Awareness
- Practices to Help Condition Your Nervous System from Baseline Sympathetic to more ParaSympathetic (Less Fight/Flight/Freeze).
- The benefits of going to the well being gym.
- Direct awareness practices

## Resources & Next Steps:

- Learn more about Andrew's Work: [AndrewDeGregorio.com](https://AndrewDeGregorio.com)
- Reggie Ray's 10 point practice to stabilize well-being and relax the nervous system: [LINKED HERE.](#)



# NATURAL HEALTH TIPS TO SUPERCHARGE YOUR HEALTH FAST

## JONATHAN LANDSMAN

GLOBAL LEADER & EDUCATOR ON NATURAL HEALTH & HEALING

With 35 years in the space this interview is PACKED FULL of information and practical tips to take control of your natural healthy & wellness. He has created over 500 online programs with some of the brightest minds in natural health and science.

Health and wellness is less complex than most people believe and it really is rooted in common sense.

Vibrational plate is great for injuries, increasing energy, improving circulation, and overall wellness. Advenor (brand) plate is the one Jonathan mentioned.

Oral health is critical! Jonathan urges you to rinse with salt water regularly, practice oil pulling for detoxification and cleansing the mouth with clove, peppermint, and/or neem and hydrofloss to keep gums healthy.

Jonathan's exercise tips include dynamic movement exercises daily, working on balance and stabilization exercises throughout life and stretching your body AFTER exercise, not before.

Self massage to stimulate, loosen, and improve lymph, blood, and fascia is a way to check your body and familiarize yourself with pain or sensitive areas. This is also great for recovery.

Jonathan goes on to provide a whole grocery list of immune boosters and healthy foods to stock up on including:

Organic foods...dark leafy greens, cruciferous veggies, fermented foods, medicinal mushrooms, sprouts, sea vegetables, soaked beans, garlic, ginger, maca, beets

Juicing to load the body up with nutrients

Vitamin C flush to neutralize excessive inflammation and pro-oxidation in the body.



### Main Themes:

- Natural Health & Wellness
- Oral Health
- Exercise Tips
- Self Massage
- Top Organic Foods
- Must Have Supplements

*"A LOT OF PEOPLE OBVIOUSLY HAVE TO REPAIR THEIR GUT, MAKE IT HEALTHIER TO IMPROVE THEIR IMMUNE SYSTEM. TO SPARK THAT HEALING WITHIN MISO SOUP IS A REAL WINNER"*

### Resources & Next Steps:

- Learn More at [naturalhealth365.com](https://naturalhealth365.com)
- Advenor vibration plate

# HEALING TRAUMA WITH ADULT ATTACHMENT REPAIR MODEL

## PETER CUMMINGS

INNOVATOR OF ADULT ATTACHMENT REPAIR MODEL

Peter Cummings is the creator of Adult attachment repair model (AARM) which utilizes a transitional attachment object (TAO), in his case a stick.

Early life trauma has a way of scrambling the senses of the individual in a way that affects their nervous system function for life or until the trauma is processed or resolved.

We can use the kinesthetic sensory tract as a way to get into and remain in the somatic healing mechanisms of the body all the way through integration.

Children template or take on the ego-states of their caregivers. The ramifications of developmental attachment disappointment between child and caregiver cannot be understated.

AND Peter assures us that we don't have to get it right 100% of the time, it's been studied that we only need to get it right 35% of the time for even when there is a rupture in the attachment system, there is always an opportunity for repair.

Peter's AARM is also referred to as "stick work" as it uses a physical healing stick that allows you to rest into well-being with the person at the other end.

The integrated experiences begin to build on each other and the more you do, the more you build and stabilize well-being.

Peter notes that it isn't possible to regress or go backwards because there is a full integration during the experience.

Once you've encoded enough well being with the aid of another, your system can start encoding more well being on its own.

When well being is established, emotional resilience increases, pacing improves, lifestyle balance improves, creativity increases, and body image improves.



### Main Themes:

- Nervous System Regulation
- Attachment Systems
- Well-Being
- Importance of CoRegulation
- Rupture - Repair
- Using Kinesthetic Sensory Tract for Somatic Healing

*"A FUNDAMENTAL PRINCIPLE OF THE HUMAN BODY-MIND IS THAT IT TAKES TWO NERVOUS SYSTEMS TO REGULATE ONE."*

### Resources & Next Steps:

- Learn more about Peter's Work and take one of his free webinars:  
<https://adultattachmentrepairmodel.com>



# NATURE'S 3 RULES FOR RESILIENCY & REJUVENATION

## ZACH BUSH, MD

WORLD-RENOWNED THOUGHT LEADER ON BIODIVERSITY & LIVING SYSTEMS



Dr. Zach Bush is a renowned multidisciplinary physician of internal medicine, endocrinology, hospice care, and internationally recognized educator on the microbiome as it relates to human health, soil health, food systems, and a regenerative future.

One of his major points is how we can start shifting our collective reality mimicking nature as much as possible and harmonizing with the natural systems (water, soil, air, food, etc.).

Zach goes on to list his 3 big natural truths in terms of resilience and rejuvenation:

- Consistent adaptation to shifting stimuli
- Adaptation leads to biodiversity
- Biodiversity leads to decentralization

He also tunes us in to nature's clues to help us in our own life, support structures, increased adaptation, biodiversity, stepping out of the centralized health structures.

There is also a great importance on community as a whole. At the cellular level, isolation is the first step to the development of cancer. When we damage the microbiome, we lose connectivity, communication, and resource generation.

When you get a cooperative biodiverse system with the same goal of survival and regeneration, they can cooperate and create a new program or new biological structure to achieve that objective.

Meditation, mindfulness, breathwork have been key tools for Zach and he urges us all to connect within and with nature to rest and heal.

### Main Themes:

- How Biology Does Community & How Humans Do Community
- How the microbiome relates to health & disease
- Nature's Cues to Help our Healing

*"AT THE CELLULAR LEVEL, ISOLATION IS THE FIRST STEP TO THE DEVELOPMENT OF CANCER."*

### Resources & Next Steps:

- Learn more about Zach's work at [zachbushmd.com](http://zachbushmd.com)

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# THE BREAKTHROUGH CODE: SIMPLE STEPS TO UPGRADE YOUR LIFE

## TOM MCCARTHY

LEADERSHIP, PERFORMANCE, & BUSINESS SUCCESS COACH

Tom McCarthy has been called the world's number one high stakes performance coach, and Forbes selected him as an expert and thought leader for their Knowledge Innovation Center.

Tom provides invaluable information in this interview on how to work smarter, not harder and increase effectiveness in your life with ease.

He notes that working too hard and too long will often create burnout, so the key is to pack your day with effective action.

To do this, he leads us through an exercise with 4 quadrants:

- Low impact & don't like to do
- High impact & don't like to do (blind spot)
- Low impact & do like to do (get's people in trouble)
- High impact & do like to do

Tom goes on to discuss the power of unlocking your subconscious through practices like meditation and great sleep - the conscious mind processes 40 bits per second whereas the subconscious processes 40 million bits per second.

He notes that key things that often keep people stuck are not connect with your internal guidance system, focusing on too many things and holding on to our stories and limiting beliefs.

One exercise is to see your dream/desire/goal. Feel your dream/desire/goal. Believe your dream/desire/goal. Then let it go.

Another way to get unstuck is to upgrade your story & upgrade your life. Your story is not wrong. It has gotten you where you are now. Yet the story that will get you where you want to go is yet to be written.

And most importantly, to remember that stuck-ness is an invitation for growth.



### Main Themes:

- How to Work Smarter, Not Harder
- How to Identify and Utilize the Four Quadrants of Your Work Load
- How to Narrow Your Focus to Get Unstuck
- Unlocking Your Subconscious to Get Things Moving
- Upgrading Your Story. Upgrade Your Life.

*"TO GET UNSTUCK, YOU'VE GOT TO DELVE DOWN INTO WHAT I CALL THE BREAKTHROUGH ZONE. AND THOSE ARE THE THINGS THAT HAVE A HUGE IMPACT THAT YOU DON'T LIKE DOING, AT LEAST NOT RIGHT NOW...PEOPLE THAT GET UNSTUCK DO THINGS THEY DON'T LIKE TO GET UNSTUCK."*

### Resources & Next Steps:

- Read Tom's most recent book: The Breakthrough Code: A Story About Living A Life Without Limits
- Learn more about Tom via his website: [tommccarthy.com](http://tommccarthy.com)



# HOW TO BOUNCE BACK FAST WHEN LIFE KNOCKS YOU DOWN

## SONIA RICOTTI

AUTHOR & LEADING EXPERT IN PERSONAL TRANSFORMATION

Sonia Ricotta is the world's leading bounce back expert. A bestselling author, produce of blockbuster feature film and humanitarian, Sonia has helped millions of people turn their lives around in a big way sharing strategies on how to overcome adversity, manifest financial abundance and achieve extraordinary success. .

When Sonia's life fell apart, she was \$124k in debt, losing her house in foreclosure, dealing with health issues, and managing a marriage that was also falling apart. It was during this time that she received a feeling or message of "Unsinkable"...which was going to be the title of her future book.

Sonia guides us through the 3 basics steps

- 1. Reprogram your conscious mind.
- 2. Find limiting beliefs and reprogram your subconscious mind.
- 3. Operate from a place of love, peace, gratitude, and joy.

She reminds us that external circumstances aren't the cause of the way you feel. They are merely triggers that set off a series of thoughts and stories.

When you become aware of your thoughts, beliefs, and meaning you create. This allows you to begin to create separation between you and the thoughts.

Knowing this, you can reprogram your conscious thought streams and upgrade your stories.

Bringing yourself into the present moment is the surest way to shift your reality. When you're stuck in negativity and caught in thought loops, you're preventing solutions from coming through...you aren't able to open up to a new reality.

The subconscious mind creates most of your reality, and limiting beliefs create the lens through which you see the world and help shape the actions you take or don't take.



*"MONEY FLOWS EASILY, FREELY,  
AND FROM EVERYWHERE."*

### Main Themes:

- Sonia's Story of Her Life Falling Apart and How She Was Guided Through It.
- The Beauty of Surrender & How to Release Negative Energy
- The 3 Steps to Bouncing Back
- How to Reprogram your Thoughts to Upgrade Your Stories and Your Life.
- Unlocking Your Subconscious to Get Things Moving
- Upgrading Your Story. Upgrade Your Life.

*"SURRENDER TO WHAT IS. LET GO  
OF WHAT WAS. AND HAVE FAITH  
IN WHAT WILL BE"*

### Resources & Next Steps:

- Read Sonia's Bestselling Book: Unsinkable: How to Bounce Back Quickly When Your Life Knocks You Down.
- Learn more about Sonia at [Soniaricotti.com](http://Soniaricotti.com)

# THE ROOT CAUSE OF SIBO & GASTROINTESTINAL SYMPTOMS

## SHIVAN SARNA

EXPERT ON SIBO & LYMPHATIC DRAINAGE

Shivan Sarna is the author of Healing SIBO (Small Intestinal Bacterial Overgrowth), a TV host, and the creator of SIBO SOS Summits, the Digestion SOS Docuseries, the Gut & Microbiome Rescue Summit, the Lymphatic Rescue Summit, and Chronic Condition Research a 501(c) 3 non-profit to further research under-funded medical conditions

Her personal mantra is "SOS, Saving Our Selves" and that's what she's helped thousands of people to do since demystifying her own health struggles.

Shivan tells us about her personal journey with what she now knows is SIBO, which she tracks back to an experience at five years old.

SIBO is the number one underlying cause of IBS (Irritable Bowel Syndrome) and the number one underlying cause of IBS and SIBO is food poisoning.

Shivan tells us about a blood test called IBS smart test through Gimelli Labs that tests for antibodies caused by food poisoning, that would slow down your migrating motor complex (MMC). Poorly functioning MMC can cause SIBO.

MMC also might not function well is because of adhesions from scars, endometriosis, scleroderma, opioid overuse.

Some Common symptoms of SIBO are bloating, gas, constipation, diarrhea and SIBO symptoms mimics parasite infection, ovarian cancer, candida overgrowth.

A breath test is a good way to identify SIBO (producing methane, hydrogen, or hydrogen sulfide) and a low FODMAP diet can help manage symptoms of SIBO. An elemental diet (liquid diet) is also a good therapy.

After you retest and get a beneficial result, a prokinetic is important (ginger or pharmaceutical) to stimulate the migrating motor complex.



### Main Themes:

- What is SIBO?
- Symptoms of SIBO
- Causes of SIBO
- Shivan's Story of Self Diagnosis
- Tips on What Route to Take on Your Health/Gut Journey

*"IT IS A JOURNEY FOR ME ULTIMATELY OF HOPE. AND THAT'S ONE OF MY MISSIONS IS TO TELL PEOPLE TO HANG IN THERE BECAUSE THERE ARE ANSWERS."*

### Resources & Next Steps:

- Visit [sibosos.com](https://sibosos.com) for Sarna's one-stop resources for healing SIBO, IBS, your gut, and getting your life back.
- [Gimelli Labs IBS smart test](#)



# DEEP HEALING ASPECTS OF YOGA

## STACY MCCARTHY

NATIONAL AWARD-WINNING YOGA INSTRUCTOR

Stacy McCarthy was the recipient of the 2021 IDEA Health. Fitness Instructor of the Year, a prestigious award that honors a certified group instructor whose superior instructional and leadership skills are demonstrated through community and industry involvement, as well as the ability to inspire and motivate others to commit to a healthy lifestyle.

Stacy walks us through the importance of truly understanding Yoga and how to utilize the practice for optimal health.

Yoga is a complete practice for the body, mind, emotion, and spirit and is about aligning with your soul, awaken consciousness, and liberation of the mind

Yoga poses bring strength where there is weakness, stability where there is instability, and surrender where there is a lot of gripping/holding. These are mental/emotional lessons that also can be taken out into the world.

Stacy leads us through waking up the Yoga Body

- Musculoskeletal system (outer layer)
- Energy body
  - Sushumna/central channel and starting to feel energy running in the body
- Emotional body
- Intuitive body
- Bliss body

She also dives into different paths and brands of Yoga (including Bikram, Ashtanga Vinyasa, and Yin) and notes the importance of finding a good teacher and the brand of yoga that will help keep you in balance.

Yoga practice can involve receiving and giving...we can practice for the benefit of ourselves as well as others.



### Main Themes:

- What is Yoga
- Waking up the Yoga Body
- Different Paths & Brand of Yoga
- Practicing Yoga for the Benefit of All

*"ONE OF MY REAL MISSIONS WAS TO HELP BRIDGE THE GAP BETWEEN FITNESS AND YOGA, BECAUSE THERE'S TWO DIFFERENT SYSTEMS THERE. FITNESS IS REALLY THE ABILITY TO DO AN ACTIVITY OR AN ATHLETIC ENDEAVOR, AND SO WE'RE TRAINING THE BODY FOR THAT, FOR EXERCISE OR AN ATHLETIC ENDEAVOR, THAT'S WHAT FITNESS IS.*

*WHEREAS YOGA IS REALLY A WHOLE PERSON BODY OF HEALTH, PHYSICALLY, MENTALLY, EMOTIONALLY, AND SPIRITUALLY."*

### Resources & Next Steps:

- Visit [yoganamastacy.com](http://yoganamastacy.com) for free gifts and to learn more about yoga.

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# NATIVE PERUVIAN SHAMANIC HEALING WISDOM

## PUMA FREDY QUISPE SINGONA

INDIGENOUS ANDEAN HEALER & PERUVIAN SPIRITUAL LEADER

Puma Fredy Quispe Singona, also known as Puma, was trained by his grandfather, Don Maximo, in the mastery of Andean ceremonies and rituals. As a spiritual leader, he has a passion for the teachings of his people and a profound respect for the global awakening human consciousness.

At 6 years old, Puma got struck by lightning, which was seen as a sign by Puma's grandfather. He then began training in the ways of the elders.

Puma teach us that "Munay" is an Andean principle way of being that means to access the sublime cosmic energy of love and practice it as unconditional love.

The Condor flies higher than any other bird on the planet. Because it flies the closest to the heavens, the ancestors recognized that the condor has the lightest heart of all birds. And in order to move closer to the heavenly realms, we should transform our heart...a light heart will give greater access to the spirit realms.

One practice is to breathe deeply...breathe in lightness and breathe out blessings.

Humanity is going through a massive awakening of consciousness because the higher forces that put humanity to sleep thousands of years ago are now waking us up.

In Puma's culture, trauma is not viewed as a negative thing. Rather, it is an aspect of awakening/liberation and when the soul is brought back into the body, we are more blessed, healed, and stronger.

All healing is self healing...the practitioner is just acting as a witness to the experience.

The spirit of Ayahuasca and other sacred plants are timeless. They have seen the entire journey of humanity. They are a bridge or a portal to the divine "I am" and they are here to expedite the process to liberation and realization.



### Main Themes:

- Andean Principles and Teachings
- What Nature Teaches Us
- Practices to Transform Our Heart
- Trauma in the Andean View
- The Current State of Consciousness on the Planet
- Plant Medicine as a Bridge to the Divine
- Intentional Practices & Ceremony

*" EVERYTHING IS IN A CONSTANT EXCHANGE. NOTHING GOES ONE WAY. WHEN WE BREATHE OUT, WE ARE SHARING IT WITH OUR FAMILY AND OUR COMMUNITY. IN FACT, THE MAIN PURPOSE OF LIFE IS TO FALL IN LOVE...TO GIVE AND RECEIVE LOVE."*

### Resources & Next Steps:

- Take time to re-listen to this interview and really soak in the wisdom from the Andean lineage



# BREATHWORK: ANTIDOTE TO EMOTIONAL EATING & ADDICTIVE BEHAVIORS

## SAMANTHA SKELLY

VISIONARY BREATH WORK TEACHER &  
EXPERT ON DISORDERED EATING

As a child actress and dancer, Samantha struggled with body image from a young age and held a lot of suppressed emotion in her body.

Today, as an entrepreneur, international speaker, best selling author and wellness coaching expert, Samantha has made it her life's mission to teach people to empower themselves through the breath so that they can thrive and increase their quality of life.

Sam's entry into embodiment was through helping others who also used food and diet as a way to cover up or mask feelings such as lack of self work and self love.

Same notes that we tend to use food to provide a felt sense of safety & control and that mindset work isn't enough to fully resolve disordered eating. We must get better at feeling what is really in the body in order to start to feel the stuck emotions. If we are using food or any other strategy to satisfy a need, it's important to recognize what emotional need is present.

Sam leads us through an exercise:

- Before you eat, stop and consider, "what am I actually looking for right now," and then see if you can find a way to sustainably meet that core need.
- Observe the situation, sensation, or feeling you're experiencing instead of identifying with it. Use the breath and create some space between you and the feeling.
- Identify the intention or the energy behind the behavior...is it coming from suffering or from alignment?

Sam shares how Pause is a breath work training that comes from an embodied and trauma-informed perspective and trains others to use breath work as both a proactive and reactive tool throughout the day.

There are integrative and meditative breath work sessions tri-active breath to find safety and active the parasympathetic.,



### Main Themes:

- How Food & Diet Often Masks Emotions
- Embodiement is the Key through Disordered Eating
- How to Identify the Intention & Energy Behind a Behavior
- Using Breathwork as a Proactive & Reactive Tool
- Integrative vs. Meditative Breahwork

*" IF WE ARE USING FOOD OR ANY OTHER STRATEGY TO SATISFY A NEED, IT'S IMPORTANT TO RECOGNIZE WHAT EMOTIONAL NEED IS PRESENT."*

### Resources & Next Steps:

- Visit [samanthaskelly.com](https://samanthaskelly.com) to learn more about Samantha, listen to her Podcast & Order Her Book
- Visit [pausebreathwork.com](https://pausebreathwork.com) to learn more about her integrative breath work program.

# HOW AYURVEDIC SCIENCE CAN HELP YOU HEAL

## SNEHA RAICHADA

RENOWNED AYURVEDIC CLINICIAN & INSTRUCTOR

Sneha Raichada currently serves as the Dean of Education at the Ayurvedic Institute, and is well studied with years of Ayurvedic training as well as yoga and reiki advanced certifications.

While the origins of Ayurveda are 5,000-10,000 years old, Sneha explores the living science of ayurveda, applying it to the modern world.

In Ayurveda, there are Four aims on life: Dharma, Artha, Kama and Moksha

- DHARMA – Living according to our inner purpose
- ARTHA – Establishing goals and values that promote it
- KAMA – Finding happiness in what we do based upon our Dharma
- MOKSHA – Gaining the freedom of consciousness...liberation

Also important is looking at life through the idea of GUNAS (qualities), if things are out of balance, treat with the opposite qualities to create balance.

Your individual balance is based on your constitution as seen through the doshas:

- Vata - movement, creativity, expansion, freedom
- Pitta - fire, digestion, transformation, comprehension
- Kapha - nutrition, anabolic, building, love, compassion, forgiveness
- Agni - digestive & transformative capacity (physical, mental, emotional)
- Ama - toxic, morbid, & undigested waste product. Root of all disease (physical, mental, emotional). Results in loss of communication, intelligence, and coherence.

(Continued on Next Page)



### Main Themes:

- What is Ayurveda?
- The Four Aims on Life
- Your Ayurvedic Dosha
- Causes of SIBO
- Shivan's Story of Self Diagnosis
- Tips on What Route to Take on Your Health/Gut Journey

*"AYURVEDA THINKS OF DIS-EASE IS SIMPLY AN IMBALANCE FROM THE HEALTH STATE."*

*HEALTH IS BALANCE AT THE MENTAL, EMOTIONAL, PHYSICAL LEVELS"*

### Resources & Next Steps:

- Visit <https://liveayurprana.com>



# HOW AYURVEDIC SCIENCE CAN HELP YOU HEAL (CONTINUED)

## SNEHA RAICHADA

RENOWNED AYURVEDIC CLINICIAN & INSTRUCTOR

- Digesting food into the 7 Dhatus (types of tissue)
  - 1) Rasa - plasma & lymphatics...nourishment
  - 2) Rakta - blood...vibrancy and drive
  - 3) Mamsa - muscle tissue...gives us mental/emotional/physical strength
  - 4) Meda - fat tissue...support, nourishment, love, comfort, compassion
  - 5) Asthi - bone tissue...structural stability, strength
  - 6) Majja - nerve tissue...reactionary, mind, sensory, communication
  - 7) Shukra / Artava - male/female systems...vibrancy, life force energy
- Fat on the body can provide a very real quality of emotional support, love, nourishment which may be why some have a hard time losing weight.
- If one doesn't digest/process mental/emotional experiences, physical ama (waste) builds up in the body, in specific tissues, and causes physical dis-ease.
- Anger & frustration affects the liver
- Sadness and grief affects the lungs
- Nervousness and anxiety affects the colon
- Ama is heavy, thick, cool, viscous, sticky, sluggish.
  - So in order to burn ama, you want light, dry, sharp, hot
  - Ginger before meals and in food as well
- Eating too much food creates ama
- Eating too close to bed creates ama
- Tongue scraping as a way to clear ama from the tongue
- Panchakarma
  - Intended to clear the excess dosha (vata, pitta, kapha) that tends to accumulate each season
  - Best to do at the change of the season
  - Helps to cleanse the system of accumulated ama
  - Loosening ama (waste) that has built up deeper in the system
  - Shuttles ama (waste) from the periphery into the GI tract for elimination

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# A CLEAR PATH TO HEALTH & LIVING YOUR DREAM

## PAUL CHEK

FOREMOST EXPERT IN HOLISTIC HEALTH & SPIRITUAL GROWTH

Paul Chek is a world-renowned expert in the fields of corrective and high-performance exercise, kinesiology, stress management, and holistic wellness.

Paul walks us through his 's 1-2-3-4 system for evaluating how to approach your health challenges:

- 1 = Clearly stated dream, goal, objective. What do you love enough to change for? And make sure it is in the realm of possibility such that it can be envisioned and achieved...and it is also meaningful. Your dream creates an attractor...a vector for your life.
- 2 = Balancing anabolic and catabolic aspects of various systems in the body
- 3 = Only 3 choices exist
  - Optimal (Positive Choice)
  - Sub-optimal (Positive Choice)
  - Do nothing (Negative, apathetic / don't care)
- 4 = 4 Doctors (4 categories of values that are all related to the dream)
  - Doctor Happiness - knowing what makes you happy and figuring out how to align to that. (physical, mental, emotional)
  - Doctor Movement (physical, mental, emotional)
  - Doctor Diet (physical, mental, emotional)
  - Doctor Quiet (physical, mental, emotional). Introspection and quieting the mind so that the intuition arise

Paul notes that coaching or teaching is much more valuable than treatment and that pain can also be a valuable teacher.

Emotions are much stronger than the mind. Monkey (mind) riding an elephant (emotions).

Sleep and rest is always a great place to optimize first.



### Main Themes:

- How to Treat the Body as a Whole System
- How to Decide the Most Important Thing to Do First (1-2-3-4 method)
- The Power of Introspection
- The Power of Intention
- The Power of Coaching & Learning vs. Receiving Treatment Only

*"I TELL PEOPLE, "IF YOU IMPROVE 1% A DAY, JUST 1% IN ANY ONE OF THOSE AREAS, YOU'RE A NEW PERSON EVERY HUNDRED DAYS."*

### Resources & Next Steps:

- Visit [ChekInstitute.com](https://ChekInstitute.com) to find Paul's Book: How to Eat, Move and be Healthy! as well as online assessments
- You can find over 700 free videos at [YouTube.com/PaulChekLive](https://YouTube.com/PaulChekLive)
- Check out Paul's Podcast - Living4D

# CANCER PREVENTION: ACCELERATE HEALING FROM THE INSIDE OUT

## NATHAN CRANE

AWARD-WINNING NATURAL HEALTH RESEARCHER

Nathan Crane is a best-selling author, inspirational speaker, award-winning documentary filmmaker, director and editor. and plant-based athlete with 15 years in the health field.

When his grandfather was diagnosed with cancer. This propelled Nathan to research and explore natural solutions to cancer.

Cancer from an energetic perspective is simply stagnant energy. Cancer from a cellular perspective is merely a cell that is trying to stay alive and has altered its metabolic state from cellular respiration to chronic fermentation.

When it comes to healing and preventing cancer, Nathan teaches us to:

- Focus on that which we desire vs that which we don't
- Eat lots of organic whole foods to regulate blood sugar (fruits, vegetables, legumes, mushrooms, etc.)
- Whole, fresh, nutrient dense foods, diverse diet, eating at the right time, not overeating
- Clean and filter your water
  - 1 plant per 100 sq ft in your home. Aloe vera is a great air purifier
  - Water purifier. RO filter + minerals
- Incorporate practices that calm the mind and nervous system. Parasympathetic activation.
  - Whole, fresh, nutrient dense foods, diverse diet, eating at the right time, not overeating

Nathan shares the 6 core causes of cancer and essentially all other diseases are chronic inflammation, chronically elevated + spiking blood glucose & insulin levels, environmental chemicals and metals, excessive mental & emotional stress, unhealthy diet and lifestyle behaviors...smoking, excess alcohol, interpersonal relationships, etc.

How can you stack beneficial practices in the first hour of your day such as gratitude/meditation practice, green juice, morning fasting, 30 min of exercise



### Main Themes:

- How Nathan Went from Sick & Homeless to Valuing Health
- Cancer - What it is, What Causes it, and How to Prevent It
- Morning Practices to Add to Our Day
- Daily Habits to Optimize Our Health and Bodies

*" SO THE TWO QUICK TAKEAWAYS THERE, ONE IS CANCER IS JUST YOUR BODY'S, YOUR CELLULAR PROCESS, YOUR BIOLOGICAL FUNCTION TRYING TO STAY ALIVE. THAT'S IT. SURVIVAL. BASIC SURVIVAL. I WANT TO STAY ALIVE.*

*STEP TWO OR POINT TWO I SHOULD SAY IS IF YOUR BODY IS FUNCTIONING AT ITS OPTIMAL LEVEL, YOU WILL NEVER HAVE A CANCER DIAGNOSIS."*

### Resources & Next Steps:

- Visit [nathancrane.com](https://nathancrane.com) to learn more and access free resources



# CREATING HAPPINESS & LIVING IN THE MIRACLE ZONE

## MARCI SHIMOFF

HIGHLY SOUGHT-AFTER TRANSFORMATIONAL LEADER

Marchi Shimoff is a number one New York Times bestselling author, a world-renowned transformational teacher, and an expert on happiness, success, and unconditional love.

Marci starts by sharing her 3 big takeaways from Chicken Soup For the Soul co-authorship: The incredible strength of human spirit, miracles happen in life and how common they are, and the feeling of love is universal.

The myth of "I'll be happier when...". This conditional belief is related to being happy for good reason. Marci's Book "Happy for No Reason" is about being happy despite conditions and cultivating a deeper well being.

Happy people live on average 9 years longer, have more robust immune systems and are much less likely to get sick, and make more money.

We all have a current happiness set point. We can deviate from it due to circumstances, but eventually we return to the current set point. 90% of which can be impacted by thoughts, beliefs, behavior.

The average person has 60,000 thoughts per day. 80% are negative. We have a negativity bias.

Here's a practice to change neural pathways to be happier & healthier: consistently look for the positive. Savor the positive experience for at least 20 seconds. Aim for a 3-1 ratio of positive to negative.

It's common to believe "when I get better, I will be happier." But we can be proactive and flip that belief on its head. "When I am happier, I will get better."

Practices to improve your ability to receive

- Noticing your patterns of denying and consciously practice receiving
- Ask yourself what's the most loving thing that you can do for yourself right now?
- Celebrate yourself and acknowledge yourself



### Main Themes:

- Breaking the "I'll Be Happier When" Myth
- How to Cultivate Happiness
- Where Our Thoughts Come From
- How to Shift Thought Patterns
- Practices to Improve the Ability to Receive
- Practices to Change Neural Pathways

*WE CAN'T CREATE MIRACLES, THEY ARE A GIFT OF THE DIVINE. BUT WE CAN CREATE THE CONDITIONS FOR MIRACLES TO FLOW INTO OUR LIVES MORE OFTEN. AND WE CAN OPEN TO THEM.*

### Resources & Next Steps:

- Visit [happyfornoreason.com](http://happyfornoreason.com) to learn more about Marci and her Happiness Practices

# HEALING THE GUT WITH HYDROGEN WATER

## PAUL BARATTIERO

PIONEER & LEADER - HEALTH BENEFITS OF HYDROGEN WATER

Paul Barattiero developed the Echo Hydrogen Water System as well as other products to modulate immune and cognitive function and has lectured on these topics around the world.

Paul's wife had thyroid, menstrual, gynecological, hormonal issues and Paul was looking for solutions. H<sub>2</sub> water made a massive difference.

Molecular hydrogen (H<sub>2</sub>) was used in the 1930s as a means to improve rice cultivation in Japan. In 1950, the Japanese wanted to begin human trials with H<sub>2</sub>. These trials showed improvement in gut health when consuming H<sub>2</sub>.

A 2009 study in Nature showed H<sub>2</sub> is a "selective anti-oxidant", reacting primarily with hydroxyl radicals...the most damaging type free radical in the body.

There is a link between H<sub>2</sub> benefits and the gut biome and terrain. For optimal function, 91-94% of the bacteria in the gut should be anaerobic. If you have too much aerobic bacteria in the gut, you produce insufficient hydrogen, so the body's ability to regulate oxidation is reduced.

The key to fixing the gut terrain is the electrical potential of the gut epithelial tissue to -300mV or more. This stimulates the growth of healthy microbe populations.

Aerobic bacteria love a positive electrical potential  
Anaerobic bacteria love a negative electrical potential.  
Dissolving H<sub>2</sub> in water creates a negative electrical potential in the water for you to consume

Correcting the electrical potential of your gut tissue improves terrain and gut microbiota balance...which can correct and improve food sensitivities like wheat, dairy, eggs, etc

Over 1000 studies on hydrogen water



### Main Themes:

- Molecular Hydrogen - What Is It & Why Is It Important?
- The Link Between H<sub>2</sub> & Gut Biome
- How to Correct Your Gut Biome using H<sub>2</sub>
- Why It's Important to Improve Your Gut Biome

*" WHEN YOUR GUT BIOME AND TERRAIN CHANGES, MANY ASPECTS OF YOU CHANGE. GUT MICROBES CONTROL AND REGULATE MOST OF YOUR FUNCTION...MOOD, FOOD CRAVINGS, IMMUNE REGULATION, SLEEP, INFLAMMATION, HORMONES, ETC."*

### Resources & Next Steps:

- Visit Paul's Company [synergyscience.com](https://synergyscience.com) to learn more about Echo H<sub>2</sub> Water and learn more

Special Thank You To Our Amazing Sponsors. Go check them out!



# UNLOCK YOUR HEALING POTENTIAL WITH QIGONG

## MASTER MINGTONG GU

QIGONG MASTER & FOUNDER OF THE CHI CENTER

Master Mingtong Gu brings ancient wisdom to the West for better health and consciousness in contemporary times.

The source of life/existence is chi, or energy. The foundation of Qigong is the cultivation of Chi. Qigong helped Mingtong heal from chronic, incurable asthma.

Qigong is not about providing a solution to a given problem, but by going into the direct experience of the practice, any problem can be solved.

The 5 alignments (connections):

- Internal - Alignment with the physical (body, mind, heart, emotions)
- Vertical - Alignment with earth & heaven (source energy of all creation)
- Horizontal - Alignment with your environment and everything around you
- Purpose - Alignment with the deepest aspects of life that is beyond all context
- Community - Alignment with people of like mind and purpose

It is important to create the conditions to make the path of healing and awakening more effective.

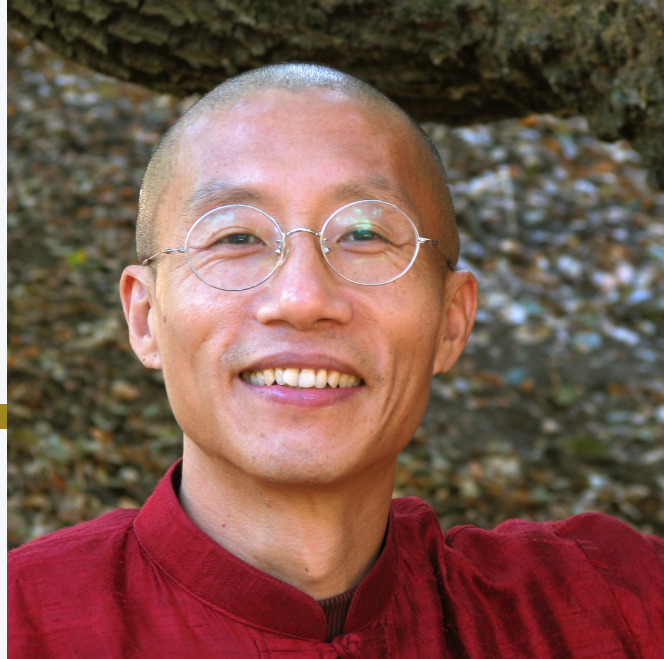
We are the union of heaven and earth.

When energy is contracted, function is limited...physical, mental, emotional, spiritual.

We want to shift from contraction to expansion, stagnation to flow, and isolation to integration

Mingtong speaks about the importance of finding the best teacher for you that will help you continue on this path and how we can learn by transmission, which is beyond ordinary mind.

When we are in direct energetic transmission - pure connection/awareness is doing the teaching.



### Main Themes:

- Going Beyond the 5 Senses
- Connecting to Your Body & Your Energy
- How to Open and Shift Energy through Qigong
- The Importance of Energy Flow
- Finding the Right Teacher
- Experiencing Transmission

*BY EMPOWERING YOURSELF AND CONNECTING TO YOUR BODY AND ENERGY, YOU CAN GRADUALLY RELEASE YOUR DEPENDENCE ON MEDICATION, SUPPLEMENTS, HERBS, OTHER PEOPLE, AND ALL THINGS OUTSIDE OF YOURSELF.*

### Resources & Next Steps:

- Visit [chicenter.com](http://chicenter.com) to get a copy of Mingtong's Book and learn more about his teachings and his center.



# STEPPING OUT OF STRUGGLE INTO RADICAL RECOVERY

**KELLY BROGAN, M.D.**

HOLISTIC PSYCHIATRIST & ACCLAIMED AUTHOR

Kelly Brogan is a holistic psychiatrist, New York Times bestseller and founder of the online healing program, Vital Mind Reset.

Kelly's own diagnosis of Hashimoto's thyroiditis was the thing that exposed her lack of alignment with the allopathic model, despite her participation in it as a doctor.

Kelly has been going through the process of reparenting herself and has learned that disempowerment is a great illusion and the importance of reclaiming our power as sovereign beings through radical responsibility.

Choice and agency helps you maintain the truth that you create your reality. This affords you the space to step out of victimhood, identify what you truly want, and how to organize your reality to that desire.

Reflect on what am I gaining from maintaining this perspective or pattern? This helps identify aspects and parts of the self that show up to get needs met.

It can be a process to go from "fighting the bad" to "resting in the good". Yet this is the path that leads to wellness.

Your feelings are valid merely because they are your feelings. They require no justification. Get curious about the emotions and feelings showing up in the body without judging, creating story or resistance. The pain and suffering comes from the interpretation and of the experience or sensation.

Honor the capacity of the body to show us the real us.

Important to establish a baseline level of nervous system safety/capacity.

The value of ritualized self care...allows you to free up nervous system capacity to more deeply explore your misalignments and allows for new ways of being.



## Main Themes:

- The Importance of Choice & Agency
- The Process of Reparenting Ourselves
- Repairing the Ruptures
- Honoring the Capacity of the Body
- Value of Ritualized Self Care

*SO I THINK THAT A REALLY IMPORTANT UNCOMFORTABLE BUT ULTIMATELY ENLIGHTENING QUESTION TO ASK IS, WHAT ARE WE GETTING OUT OF MAINTAINING THE STATUS QUO OF STRUGGLE?*

## Resources & Next Steps:

- Visit [kellybroganmd.com](https://kellybroganmd.com) to learn more about Kelly Brogan MD and receive her tips and tools.

# USING THE BREATH TO ELIMINATE FEAR, ANXIETY, & DEPRESSION

## JOSH TRENT

BREATH WORK COACH & HOST OF WELLNESS FORCE RADIO

Josh Trent, host of the Wellness Force Podcast and is the creator of the BREATHE program, a 21 day guided breath and wellness program using ancient wisdom to boost your immunity, calm your mind and give you freedom from chronic stress in the modern world.

Josh used prayer and intention to find his life partner, a beautiful story at the beginning of the interview.

Breathwork found Josh, he fell in love with it as a modality for healing, for many reasons.

Breath can quiet the default mode network in the brain, resulting in less fear, less anxiety, and less stress.

How most of us are breathing in a way that is less than ideal and what to do to improve our breathing.

We are breathing and also being breathed.

Breath can be a doorway to direction realization and awakening to deeper truths.

How to do 4-7-8 breathing for sleep: Inhale through your nose for four counts, hold for seven, and then audibly exhale through your mouth for eight.

How to use 5-count draw box breath: inhale through your nose for five, exhale for five, hold at the bottom for five.

You can use breathwork as a transitory experience to drop into meditation easier.



### Main Themes:

- Breathwork as a Modality for Healing
- How Breath Affects the Body
- How Breath Can Be a Doorway to Direct Realization
- 2 Breath Practices & Demonstrations
- How to Use 4-7-8 Breathing for Sleep
- How to Do Box Breathing
- Acute vs. Meditative vs. Cathartic Breathing

*"THE INHALE IS SYMPATHETIC, THE EXHALE IS PARASYMPATHETIC. WHEN WE EXHALE, THAT'S WHAT'S CUING OUR VAGUS NERVE TO RELAX OUR SYSTEM."*

*"WHEN WE INHALE THROUGH OUR NOSE, THAT'S WHAT'S ALLOWING US TO FIRST ACKNOWLEDGE THE STRESS THAT WE EVEN HAVE."*

### Resources & Next Steps:

- Visit [wellnessforce.com/m21](https://wellnessforce.com/m21) for a free 3 minute practice.

# URBAN MONK: HEALING WITH MIND+BODY+SPIRIT PRACTICES

## PEDRAM SHOJAI

FORMER MONK & DOCTOR OF ORIENTAL MEDICINE

Pedram Shojai was a monk for 4 years, devoting his life to his practice and is passionate about bringing ancient practices to the modern world in a way. He compares the lifestyle of an ascetic monk and a common householder who wants to incorporate some mindfulness practices into their life.

Pedram notes that direct experience with spiritual practices cannot be replaced by study.

Qigong is a great place for many westerners to start because it coordinates eyes, mind, body, breath.

Pedram suggests having this as part of your morning routine as morning is where you set the tone for the day. It is the best time to incorporate practice.

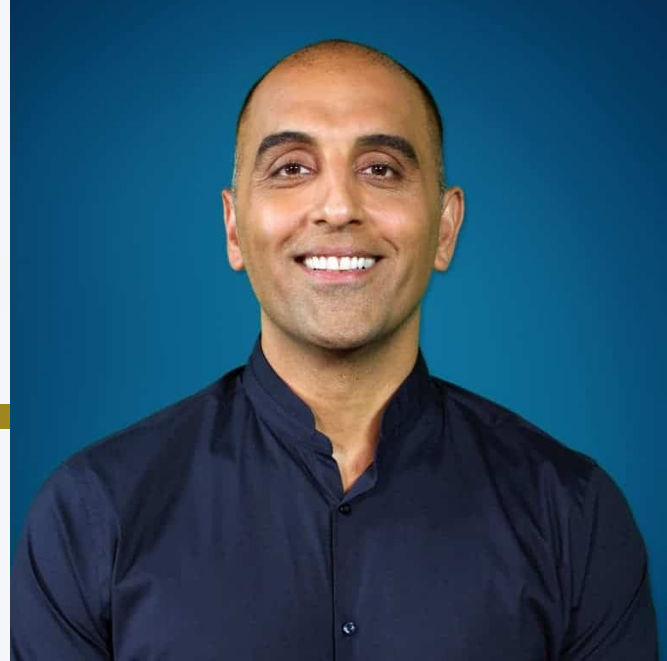
Cultivating practices like Qigong, meditation, yoga, breath work, is like growing a tomato plant. For the first 90 days, it may not look like much is happening. In a culture where we want instant results, we must have patience and diligence.

He says "I'm not doing Qigong for today. I'm doing Qigong every day for the rest of my life." The operating system has to shift.

Mind-body practices have been shown to reduce systemic inflammation.

Pedram also believes that fostering a new way of being in the younger generations is best done by modeling and setting an example for a new way of being.

It is another important reason to incorporate mindfulness practices into your daily life, for you and for your family.



### Main Themes:

- How to Bring Spiritual Practices into Your Everyday Life
- The Importance of Cultivating Practices vs. Quick Fixes
- The Difference Between Being & Doing

*"WHAT WE DO IS EVERY SINGLE DAY, WE TAKE LITTLE STEPS IN THE RIGHT DIRECTION. WE CONSTANTLY WATER THE RIGHT FIELDS OF THE PREFRONTAL CORTEX AND THE PART OF THE BRAIN THAT ALLOWS US TO MAKE BETTER DECISIONS. AND OVER TIME YOU SEE OUR LIVES GET BETTER AND BETTER AND BETTER"*

."

### Resources & Next Steps:

- Visit [theurbanmonk.com](http://theurbanmonk.com) for more practical tools
- Read Pedram's Book: The Urban Monk

Special Thank You To Our Amazing Sponsors. Go check them out!





# HOW TO TAP INTO INTUITION & YOUR BODY'S HEALING WISDOM

## FELICIA GUALDA

GIFTED INTUITIVE GUIDE AND ATTACHMENT THERAPY SPECIALIST

Felicia Gualda is an intuitive energy mentor who helps her clients create stability in wellbeing, safely embody their authentic self, and create an easeful life of abundance and purpose living from their heart in true alignment.

Felicia explains that everything is energy...thoughts, emotions, body, beliefs, energetic self. Often we can get stuck or localized in limited aspects of the self and becoming identified with the experience.

By shifting your operating system from the doing into the being. The body can help us get into being.

Getting into the body allows unprocessed experiences or trauma to move and process. Your body has a natural wisdom.

There is a biological requirement for a young infant/toddler to feel nurturing, connection, and autonomy in order to template safety and a sense of identity. If it isn't met regularly, then patterned ways of thinking, being, and behavior develops.

Later in life, we can begin to distinguish between the patterns that you have adopted as your sense of identity vs the truth of who you are and the aligned essence that is you. We can learn to unwind or dismantle maladaptive patterns that are created by your story, circumstances, and beliefs.

We can find safety through coregulation or practices will allow energy & emotions to move and process.

Felicia reviews the gift and risks of peak experiences in our repair, development, and awakening and the importance of integration and bringing in new thoughts, beliefs, and behaviors to replace old habits and patterns.

She talks about the importance of asking ourselves "what is the energy from which you are taking action?"



### Main Themes:

- How Embodiment Helps us Tune In to Our Nervous System
- What Are Protectors & How Do They Get Created
- Finding Safety through Coregulation & Other Practices
- Gifts & Risks of Peak Experiences
- The Importance of Integration

*"TO ME, EVERYTHING IS A SPIRITUAL EXPERIENCE, AND I WANT MY ENTIRE LIFE TO BE IN SUPPORT OF MY WELLBEING AND TO BE ABLE TO WALK FROM THAT EMBODIED CONNECTED LIFE."*

### Resources & Next Steps:

- Visit [feliagiualda.com](https://feliagiualda.com) to learn more

# HOW TO GET UNSTUCK & CREATE A NEW REALITY

## GUY FERDMAN

TOP PERSONAL & SPIRITUAL DEVELOPMENT COACH

Guy Ferdman is one half of the brothers' duo who are speakers and founders of Satori Prime. They have a combined 36 plus years of coaching together in the fields of business, leadership, personal development and spiritual growth and their application of psychology and neuroscience, combined with ancient practices of energetics gives them a very unique approach to problem solving and transforming lives.

Guy reminds us that our body has an intelligence to heal itself. We've been conditioned to the idea that the feeling of control is often related to how much happiness we feel.

When we can work with our mind to go from conditioned, to subtle, to awake awareness, any at all circumstances can change - weight loss, finances, physical health, relationships, sleep.

Guy notes the importance of both the "growing up" work = childhood development of mental and emotional system and the "waking up" work = spiritual awakening & expanding consciousness/awareness.

Oftentimes the feelings and emotions that we feel inside on a regular basis (including depression and anxiety), don't seem to match our external world...and this can be very confusing to mentally comprehend.

To really find and encode safety in your nervous system, you must get in touch with the feelings and sensations in the body and presence what is showing up.

There are 3 levels of self-repair - healing self to self, healing self to other, and healing self to group or collective.

To getting unstuck, Guy tells us to 1) slow down, 2) go beyond the layer of the mind and feel into the body and emotions, 3) practice allowing the sensations and feelings to arise with compassion, 4) improving your capacity to ask and receive support from others



### Main Themes:

- Transitioning from Conditioned Mind to Subtle Mind to Awake Awareness
- Growing Up vs Waking Up
- Unconscious Patterning
- How to Find Safety to Regulate the Nervous System
- 3 Levels of Self Repair
- How Mentors can Expedite Our Healing

*"WHAT REALLY MATTERS IS THE QUALITY OF THE ENERGY BEHIND THE ACTION. THE ENERGY YOU CREATE FROM, IT WILL CREATE MORE OF THAT"*

### Resources & Next Steps:

- Visit [Satoriprime.com](https://satoriprime.com)
- Find and Join the "Old Soul Seekers" Group on Facebook

# TRANSCEND YOUR LIMITATIONS & OWN YOUR POWER

## DREW CANOLE

WELLNESS ENTREPRENEUR & MOTIVATIONAL COACH

Drew Canole is an author, a transformation coach, and founder of Organifi. He has helped thousands of women and men revitalize their health, ignite their vision, and shift the course of their life forever.

Drew's extremely traumatic early childhood memories include heavy abuse, foster homes and many adults in his life with addition. During this time he learned to work with his dreams in a beneficial way. He knew he had tapped into something larger, but was scared and hid it.

The power of juicing and mindset shifted things for Drew. He started drinking 32 ounces of green juice every single day and had massive amounts of awareness and clean, raw energy all day long. He was inspired enough to create multiple business sharing health information and creating health products for other.

Today he continues to reflect the importance of bringing mindful awareness to the act of eating meals or scanning your body.

The most important thing for Drew is to live from the heart as much as possible and he reminds us that there's no need to take yourself too seriously.

He helps people get unstuck by reminding them who they really are...by offering a transmission and reflection of being unstuck.

You can also get unstuck by invoking or praying to a greater resource or by writing to your current self from the perspective of your future self projected out 1 or 5 or 10 years.

Also important in his recommendations is changing your subconscious mind by setting intention and meditating before bed.

Remind yourself how great you are and why you are here.



### Main Themes:

- The Power of the Dream World
- Overcome Childhood Obstacles
- The Intention of Your Actions
- Juicing for Health
- The Importance of Living From Your Heart
- How to Get Unstuck

*"SO MY EXERCISE IS SIMPLY TO ALLOW MY HEART, THE FIELD ... BECAUSE THE ELECTROMAGNETIC FIELD OF THE HEART'S 100 TIMES BIGGER THAN THE MIND ELECTROMAGNETIC FIELD ... TO OPERATE THROUGH ME. I'M LITERALLY JUST WITNESSING IT"*

### Resources & Next Steps:

- Visit [organifishop.com](https://organifishop.com)
- Find Drew on Social Media





# SCIENCE OF BIOENERGETICS: DISEASE VS HEALTH

## DR. SUE MORTER

INTERNATIONAL EDUCATOR, SPEAKER, & BEST-SELLING AUTHOR

Dr. Sue Morter as an international speaker, master of bioenergetic medicine and national best-selling author, Dr. Sue redirects the flow of energy patterns in the body to activate full human potential

Dr. Sue details her awakening experience that shifted her perspective. She now teaches the process of awakening and how to stabilize it and bring it into your unique expression of life.

Allowing ourselves to be a work in progress and to celebrate it is medicine, authenticity is a potent medicine.

There is a vibrational environment that is your signature true self that is always present and available. You just have to build the templates in order to regularly perceive it. And then you will stop abandoning yourself, will start healing, and creating a life you love living.

Your bioenergetics flow to create/build a physical body.

Distortions in the bioenergetic flow leads to a wobble in the flow and a disrupted energetic field. These distortions are the result of aspects of ourselves to which we are not aligned, fully awake, or fully embracing. The distortions in the field create a lens that shapes the unique perceptions of the individual.

Dis-ease is a result of prolonged unresolved emotions and energies. There is a lack of real-time communication between the conscious and the subconscious. As a result, the subconscious ends up running the body.

Healing results from metabolizing stuck and backlogged energies/emotions.

You can feel the pain, hurt, confusion in a way that is productive so that you can find empowerment and not get stuck.

You can breathe up and down your central channel in order to create coherence in your bioenergetic field and increase integration.



### Main Themes:

- The Process of Awakening & How to Stabilize It
- The Vibrational Environment that is Always Available
- How Your Bioenergetics Flow to Create & Build Your Physical Body
- How to Create Coherence in Your Bioenergetic Field

*"IT'S LIKE TWO SIDES OF A COIN. WE'RE EITHER IN A HEALING MODE OR WE'RE IN FIGHT OR FLIGHT."*

*SO DISEASE HAPPENS WHEN WE ARE STUCK IN FIGHT OR FLIGHT FOR TOO LONG A PERIOD OF TIME."*

### Resources & Next Steps:

- Visit [drsuemorter.com](https://drsuemorter.com) for complimentary meditations and resources

# GUT HEALTH, FOOD SENSITIVITIES & AUTOIMMUNITY

## DR. TOM O'BRYAN

INTERNATIONALLY RECOGNIZED EXPERT: GUT/IMMUNE FUNCTION

Dr. Tom O'Bryan is considered a Sherlock Holmes for chronic disease and teaches that recognizing and addressing the underlying mechanisms that activate an immune response is the map to the highway towards better health.

8 of the top 10 deaths are due to chronic inflammatory diseases. 5 pillars in development of chronic inflammatory conditions are genetics, environmental triggers, dysbiosis in the gut microbiota, intestinal permeability, and systemic inflammation.

To maintain health, we need to learn to how to build a diverse gut microbiome. Macromolecules making their way through the intestinal lining into the bloodstream is an issue. Food particles aren't being digested properly & the gut barrier is hyper-permeable (leaky), resulting in proteins and large peptides entering the bloodstream, presenting to the immune system as a foreign organism.

Dr. Tom places a high emphasis on the importance of digestion: Thorough chewing + saliva activates Intrinsic Factor in the gut, chewing 20-30 times is a good practice to slow down the process of eating and thoroughly digesting your food, and preparing food, thinking about food, and smelling the food can activate the digestive process in the GI tract.

He offers some ways of increasing biodiversity in the gut: Figure out the foods that are causing you issues right now and remove them, Eat a wide variety of root vegetables, Eat a variety of fermented foods, and eat apples regularly.

There are specific supplements to improve the gut barrier including glutamine - helps reduce intestinal permeability, Vitamin D3 - improve tight junction between gut cells, and Turmeric.

Dr. Tom notes how important it is to be kind to yourself while you embark on a new health journey and adopt a new paradigm.

Maitri = "loving kindness and unconditional friendship with oneself"



### Main Themes:

- How to Create Diverse Gut Microbiome to Maintain Health
- The Importance of Prebiotic Foods
- The Importance of Probiotic Foods
- Foods & Supplements to Support Gut Health

*SO WHEREVER YOUR GENETIC WEAK LINK IS IN THE CHAIN, THE INFLAMMATION IS PULLING ON THE CHAIN. SO WHEREVER THE WEAK LINK IS, THAT'S WHERE YOU START HAVING SYMPTOMS. AND THAT'S THE BIG PICTURE. AND IF EVERYBODY GOT THAT PICTURE, THEN YOU CAN DEVELOP YOUR GAME PLAN*

### Resources & Next Steps:

- Visit [thedr.com](http://thedr.com)

# HOW CHRONIC OVERWHELM IMPACTS YOUR BRAIN & KEEPS YOU SICK

## DR. KEESHA EWERS

EXPERT IN TRAUMA RESOLUTION AND AUTOIMMUNE DISORDERS

Dr. Keesha Ewers has many expertise in the real of healing practitioner - functional medicine practitioner, sexologist, medicine woman just to name a few. She also has a unique method for working with people and helping them understand what trauma is and how it relates to what we might call awakening, which is what she shares with us during this Summit.

At 10 years old Dr. Keesha experienced sexual trauma which resulted in Rheumatoid arthritis. From an Ayurvedic perspective, autoimmune disease is "undigested anger."

Dr. Keesha's karmic seeds were planted such that her awakening process looks like trauma and disease, AND were also the impetus for her own development

Dr. Keesha's experience using hormone therapy as a helpful tool for managing symptoms on occasion but ultimately doesn't resolve the underlying issue.

She helps us understand that creating beliefs and perceptions in childhood as a result of making meaning of an experience from an underdeveloped child brain that then creates adaptive, unconscious personality patterns, habits, behaviors into adulthood. It also creates nervous system pathways and patterns in the body.

From a scientific perspective, shrinkage in the prefrontal cortex and growth in amygdala occurs in the adult brain due to chronic overwhelm and mental/emotional stress (constant state of survival). This can be undone/rewired if the subconscious beliefs and maladaptive patterns are presented and corrected.

For example, PTSD hijacks the same parts of the brain that are required for female sexual desire. Chronic stress and PTSD symptoms lead to low libido in women.

In order to heal, we must develop a compassionate, curious, and collaborative relationship with ourselves instead of combative.

Forgiveness is key. We must learn to more easily forgive.



### Main Themes:

- How Trauma Affects the Body
- How Unprocessed Trauma Can Impact Your Health
- The Doorway to Karma
- Forgiveness Practices to Clear and Move Trauma

*"FORGIVENESS IS THE PROCESS THAT ALLOWS FOR THE CLEARING OF THAT EMOTIONAL MENTAL STRUCTURE THAT IS BETWEEN YOU AND THE COLLECTIVE UNCONSCIOUS AND THAT BEAUTIFUL BLISS. SO, WHEN WE'RE HOLDING ON TO HURT, WE HAVE UNRESOLVED TRAUMA IN ALL OF US."*

### Resources & Next Steps:

- Visit [drkeesha.com](https://drkeesha.com) for more resources



# HOW TO ADDRESS THE DEEPER ORIGINS OF DISEASE

## SAYER JI

ACCLAIMED HEALTH RESEARCHER & FOUNDER OF GREENMEDINFO

Sayer Ji is the founder of GreenMedInfo.com, the largest open-source natural health website. He's the author of the book, Regenerate, and cofounder of StandForHealthFreedom.com

Coming into the world as a sick child from infancy, Sayer was led to the realization that allopathic medicine was not a great solution for his chronic issues.

Sayer explores questions like, "What is the real origin of disease? Does it all come from this life?" and explains witness consciousness as a method to gain new perspectives about your pain, suffering, disease.

There is value in stepping out of victim consciousness and in doing the shadow work, recognizing that there were parts of us that have been split off or suppressed.

The default state for the human body is regeneration. So we just need to get out of the way of that process.

There is a thread of immortality that is woven into our cellular infrastructure.

Cellular bioenergetics. The cell gets energy from food, light, the quantum vacuum.



### Main Themes:

- Deep Aspects of Who We Are & Where Health Comes From
- The Knowledge of the Human Body
- The Limitations of Germ Theory as an Explanation for Transmittable Disease

*"OUR BIOLOGY IS OUR BIOGRAPHY. THERE'S SO MANY THINGS ABOUT OUR BODY THAT TEACH US SO MUCH."*

### Resources & Next Steps:

- Visit [GreenMedInfo.com](https://www.GreenMedInfo.com)
- Read Sayer's Book: Regenerate
- Visit [StandForHealthFreedom.com](https://www.StandForHealthFreedom.com)

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# AYURVEDA: CREATING BALANCE & FOLLOWING NATURE'S RYTHMS

## DR. JOHN DOUILLARD

LEADING AYURVEDIC HEALTH & WELLNESS EDUCATOR

Dr. John Douillard brought LifeSpa back to life in 1994 and has since created an online database containing over 1,000 articles and videos providing ancient medicine using modern science, as well as an online store containing a multitude of Ayurvedic remedies, herbs and supplements.

Dr. John starts with the time tested nature of Ayurveda vs the constantly changing conclusions of science. Veda means truth, these principles do not change.

In Aryurveda, there are three main Doshas - Vita, Pitta and Kapha. Knowing your Dosha (your constitution) helps you better understand your body and how it operations. It also helps you better understand how to pacify imbalances.

For example, if you are a Pitta, you may have more heat in your body and require more cooling foods, more calming exercises in the summer than other constitutions.

In Ayurveda, there is a direct relation to our microbiome and the circadian rhythm. Ayurveda says disease starts at the transition points of the seasons (not properly transitioning from warm to dry, or from dry to cold) and it's important to keep the skin of your intestinal tract healthy and in rhythm.

Ayurveda works in tandem with all other medical models and allows our bodies to work as nature intended.

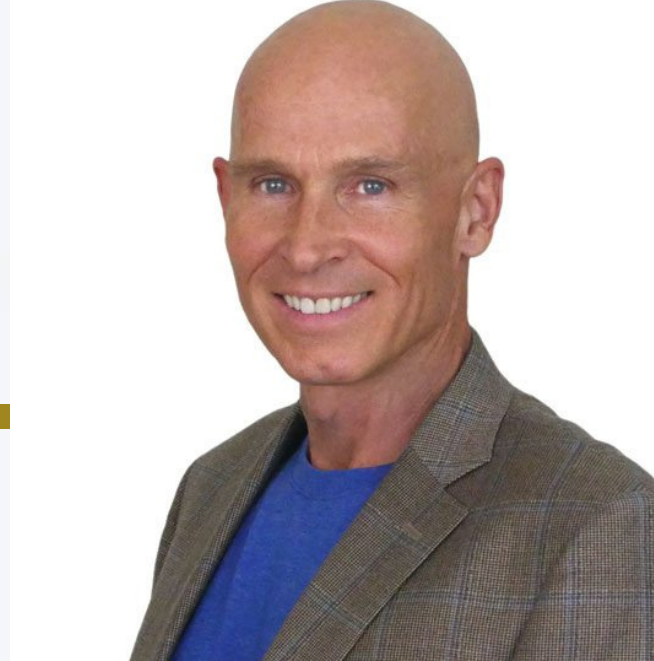
Some Ayurvedic Summer Herbs that can be hugely beneficial are Neem & Brahmi (Gotu Kola.)

Winter herbs include Ashwagandha and Triphala.

Spring Herbs would be Dandelion Root, Oregon Grape and Kutki to Decongest the system and assist the liver.

Turmeric, artichokes, and fenugreek help the bile move and support the liver.

It is critical to get back into the rhythm of nature.



### Main Themes:

- Ancient Wisdom + Modern Science
- Circadian Rhythm's Relation to Our MicroBiome
- How our Dosha Relates to Our Health Journey
- How to Find your Unique Constitution & How it Relates to Exercise, Health
- Herbs to Benefit Your Health for Each Season

*"YOUR BODY TYPE , IN AYURVEDA, IT'S ALL BASED ON THE FUNDAMENTAL, ELEMENTAL COMPONENTS LIKE AIR AND FIRE, AND EARTH, AND WATER, AND ETHER."*

### Resources & Next Steps:

- Go to [Lifespa.com](https://lifespa.com) to learn what your unique constitution is and how to live, move and eat for your dosha.

# MIND-BODY HEALING WITH HOMEOPATHY & SOMATIC THERAPY

## DR. AMEET AGGARWAL

TOP NATUROPATHIC DOCTOR & TRAUMA SPECIALIST

Dr. Ameet Aggarwal has helped thousands of people around the world healing from trauma, anxiety, depression, and chronic disease by combining a ton of cool modalities, naturopathic and functional medicine, Gestalt psychotherapy, family constellation, EMDR, and homeopathy.

Dr. Ameet starts by sharing that in naturopathic school, they teach you about homeopathy and you realize very quickly that people have energetic blocks and emotional trauma in their past. Supplements aren't able to address energetic blocks very well, but homeopathics can.

Bringing awareness to emotional wounds is what allows them to process and heal. Our identity is partly created by the way we experience others experiencing us and thought forms can get stuck in our system.

We often push down anger, but anger is an important emotion to feel. Having a visceral or somatic experience is important to heal trauma. Conversation and analysis therapy doesn't get to the trauma.

Dr. Ameet touches on how he uses Gestalt psychotherapy to help resolve childhood trauma. In Gestalt, the thought forms you are stuck in are either projection, retroflexion or introjection.

Dr. Ameet has had great success healing the liver with homeopathy, supplements, herbs, naturopathic medicine, and emotional healing. There is an intimate connection between the liver, gall bladder, gut, and hormones.

He also uses Family Constellation therapy which allows you to reclaim your personal power.

There is benefits of both your ego and your wounded parts.

Homeopathy can be used to address emotional trauma and help move emotions that could otherwise affect your physical health.



### Main Themes:

- Homeopathy
- Gestalt Psychotherapy
- Family Constellation Therapy
- Addressing the Emotional Alongside the Physical
- How Emotions Can Create Dis-Ease if Unaddressed

*"EMOTIONS CREATE PHYSICAL SYMPTOMS, SIMPLE. OUR EXPERIENCES TRIGGER EMOTIONS, AND WE CARRY THESE EMOTIONS WITH US. AND IF YOU CARRY THESE EMOTIONS FOR LONG ENOUGH, FOR EXAMPLE, FEAR AND STRESS CREATES A RISE IN CORTISOL AND WE KNOW THROUGH CHINESE MEDICINE AND THROUGH MULTIPLE CASE EXAMPLES SUPPRESSED ANGER ACTUALLY CAUSES LIVER STAGNATION."*

### Resources & Next Steps:

- Visit [Drameet.com](https://drameet.com) for Dr. Ameet's free online courses and book.



# HOW UNRESOLVED TRAUMA PREVENTS HEALING IN THE BODY

## DR. EVA DETKO

TRAUMA EXPERT & VAGUS NERVE SPECIALIST

Dr. Evan Detko has studied natural medicine and the human mind for 23 years and successfully recovered from chronic fatigue and fibromyalgia and reversed her own Hashimoto's thyroiditis.

The Havening Technique is a psycho-sensory modality by stimulating receptor sites in the skin that results in a modulation of the nervous system toward a delta-wave state and helps resolve emotional trauma by de-potentiating the amygdala, and moving trauma that can get neurologically "stuck"

By becoming aware of our emotional & energetic triggers, we can bring awareness to the subconscious and patterned responses that result. This awareness alone can help reduce the effect of the triggers and it also helps us learn how to process what is stuck.

Trauma's and unprocessed experiences and emotions almost always play a role in the development of dis-ease. Trauma can chronically skew your nervous system to the sympathetic mode which is related to the fight/flight/survival physiology instead of the rest/digest/detoxify and healing mode of the parasympathetic nervous system.

The Vagus Nerve has 2 branches: 1) Ventral vagus -- rest, digest, detoxify and 2) Dorsal vagus -- freeze and shut down. The Vagus nerve connects to all your vital organs...heart, lungs, liver, kidneys, pancreas, spleen, stomach, small intestine, colon.

Here are some ways to restore nervous system balance:

1) Increase Vagal Tone. Choose methods that you enjoy most and incorporate them throughout your day on a regular basis such as singing, gratitude journaling, deep breathing, walking in meditation, gargling

2) Reduce intensity and frequency of stress response activation in your system by resolving traumas and unprocessed energies/emotions, reducing mental/emotional stimulation and disengaging with people and environments that are highly triggering



### Main Themes:

- Havening Technique
- Intergenerational and Ancestral Trauma
- The Vagus Nerve
- How to Restore Nervous System Balance

*"EMOTIONS ARE ENERGY IN MOTION, THEY ARE NOT TO BE FED. IT'S REALLY NOT THAT BIG A DEAL. AND THEY ONLY STICK AROUND WHEN YOU CREATE STORIES AND ATTACHMENT AROUND THEM. REALLY, IF YOU LET THEM PROCESS AND WORK FOR YOU, THEY DON'T STICK AROUND."*

### Resources & Next Steps:

- Visit [Dr-eva.com](http://Dr-eva.com) for more tools & resource

# USING MEDITATION TO UNCOVER THE TRUTH OF YOUR DIS-EASE

## CRAIG HAMILTON

WORLD-RENOWNED MEDITATION & AWAKENING TEACHER

Craig Hamilton has taught his acclaimed Practice of Direct Awakening meditation process to tens of thousands of people, including many of today's leading luminaries, leaders and change makers.

There is an aspect of us that has never been wounded or traumatized and when we begin to unleash that aspect, it becomes a very natural, organic kind of healing function.

Our work becomes getting out of the way so that it can operate freely and heal what needs to be healed.

Craig explores the relationship between consciousness and awareness - saying he tends to use the words synonymously - and how we must use words lightly.

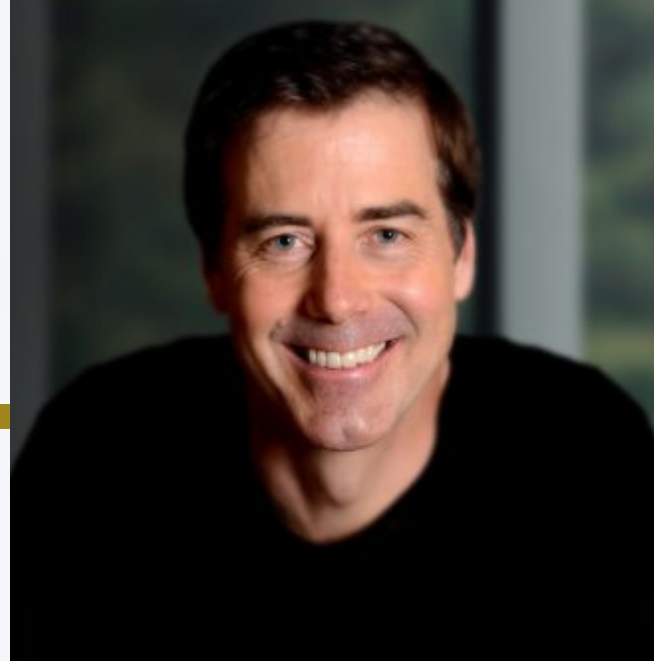
What you are is awareness becoming aware of itself, not the ego and the story and feeling about the limited self.

When you go beyond your habits and conditions, we are living from more aligned and resourced wisdom and transcending your dis-ease and ailments.

The Practice of Direct Awakening is a practice of, every time we sit down to meditate, we're actually practicing aligning with or stepping directly into the natural way of being that is our true nature.

We're not just trying to get undistracted by our mind. We're bringing our attention to something that already exists that naturally flows, so if awakened consciousness doesn't hold on, we're going to practice not holding on. So we're going to sit still, and no matter what happens in our experience, we're not going to hold on to anything. We're going to always let go of everything.

It's important to remember our humanness as we follow a spiritual path and discovering your essence is a great first step.



### Main Themes:

- Relationship between Consciousness & Awareness
- Living a More Aligned Life
- Transcending your Dis-Ease & Ailments
- Benefits and Types of Meditation
- How Meditation Can Change Your Relationship with Pain & Suffering

*"THERE IS A PART OF US, THE TRUEST, DEEPEST PART OF US THAT WAS NEVER WOUNDED OR TRAUMATIZED AND THAT DOESN'T NEED TO BE HEALED BECAUSE IT'S ALREADY WHOLE AND COMPLETE AND FULL AND, PERHAPS MOST SHOCKINGLY, CONTAINS A NATURAL CAPACITY TO BOTH GROW AND EVOLVE AND BECOME SO MUCH MORE."*

### Resources & Next Steps:

- Visit [craighamiltonglobal.com](http://craighamiltonglobal.com)

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# PSYCHEDELIC THERAPY: WHERE SCIENCE MEETS THE SOUL

## DR. DAN ENGLE

EXPERT IN PEAK PERFORMANCE MEDICINE & PSYCHEDELIC THERAPY

Dr. Dan Engle, MD is a psychiatrist with a clinical practice that combines the aspects of regenerative medicine, psychedelic research, integrative spirituality, and peak performance. The use of information in this interview is at one's own discretion and is not an endorsement of use given the complexity inherent in these medicines, and the current variable widespread illegality of their usage.

When Dr. Dan Engle's sister died of suicide related to PTSD, addiction, depression he started studying alternative treatments, wondering if there was something else that could have been done.

This led him to the jungle to study with Ayahuasca for months and he then worked with iboga, psilocybin, San Pedro, peyote and then the synthetics, ketamine, MDMA, LSD. Of them, he shares that MDMA is the preferred treatment of choice for PTSD therapy.

Psychedelics and sacred plants can help us with trauma and were wrongly classified as a schedule 1 drug during the "War on Drugs."

Dr. Dan became suicidally depressed after returning to the western culture after living in the jungle at the pace of nature and began to see the shortcomings of modern western medicine, including the more natural frameworks whereas transformational Medicine combines the science and the soul.

Psychedelics and sacred plants work on 3 main levels of relationship 1) Intrapersonal (underworld) works at the soul level, 2) Interpersonal (middle world) works at the relationship level and 3) transpersonal (upper world) works at the source and spirit level.

It is also very important to learn how we integrate the transformational experience in the western world.

By taking responsibility for your own life experience, changing your story, reclaiming your authority, and ability to shift things for the better.



### Main Themes:

- Psychedelic & Sacred PlantWork
- Transformational Medicine
- Intergenerational & Collective Trauma
- Integration of Transformational Work in the Western World

*PART OF THE OPPORTUNITY THAT WE HAVE NOW, IS TO BRING A LOT OF THE ANCIENT WISDOM TRADITIONS IN THIS PSYCHEDELIC MEDICINE KIND OF REVIVAL ALONG WITH, IN THE MEDICAL SETTING, MANY OF THESE ANCIENT MEDICAL TRADITIONS, AYURVEDA, CHINESE MEDICINE, NATUROPATHIC MEDICINE, CHIROPRACTIC MEDICINE.*

### Resources & Next Steps:

- Read Dr. Dan Engle's new Book: A Dose of Hope
- visit [drdanengle.com](http://drdanengle.com)



# 6 PATTERNS THAT HOLD YOU BACK & PREVENT HEALING

## ALEX HOWARD

INTEGRATIVE THERAPY COACH & TRAUMA SPECIALIST

Alex Howard is the founder and chairman of The Optimum Health Clinic, one of the world's leading integrative medicine clinics specializing in fatigue with a team of 25 full-time practitioners supporting thousands of patients in 50 plus countries

Alex had a "successful" life in his 20s and yet he was suffering from chronic anxiety and debilitating panic attacks. He realized it was a result of being disconnected from his emotions and started a journey that brought up terror, anger, hate, rage, sadness and longing for a parent's love and ultimately connection. This experience changed Alex's emotional reference point and led to discoveries.

When it feels unsafe to feel and process emotion, our mind speeds up to try to create safety and maladaptive stress response will fundamentally shift the baseline function of our biochemistry.

Mitochondria are responsible for energy production at the cellular level. They are also responsible for signaling danger at the cellular level under perceived stress. When we are under stress, our mitochondria will deprioritize energy production in favor of signaling danger. Thus, your baseline energy levels can be chronically depressed as a result of pervasive stress.

In order to process stuck/backlogged emotions, we first need to slow everything down and begin to drop into the body where we begin to feel the emotions that are alive in the moment.

### 6 Patterns of disconnection from our emotional body

- Avoidance and distraction
- State-Change -with coffee, alcohol, exercise, drugs etc
- Analysis, mental processing, and problem solving from the mind
- Blaming others
- Empathy -- feeling others' emotional state so much you lose touch with yourself
- Somatizing -- displacing the emotional pain into physical pain in the body



### Main Themes:

- Alex's Personal Journey with Feeling His Emotional Body
- How Unprocessed Emotions Affects Function Down to the Cellular Level
- How Stress Levels Cellularly Affect Our Energy
- 6 Patterns of Disconnection From Our Emotional Body

*"TO CALM THE NERVOUS SYSTEM, WE HAVE TO COME INTO THE BODY, AND WE HAVE TO FEEL THE EMOTIONS THAT WE'RE NOT FEELING. PUT IT ANOTHER WAY TO SWITCH OFF THE MALADAPTIVE STRESS RESPONSE, WE HAVE TO START TO SLOW THE SYSTEM DOWN. WHEN WE SLOW DOWN, WE START TO FEEL."*

### Resources & Next Steps:

- Visit [alexhoward.com](http://alexhoward.com)

# HEALING THROUGH THE ETHERIC BODY

## BOBBI VOGEL

GIFTED INTUITIVE ENERGY HEALER

Bobbi Vogel is a powerfully gifted clairvoyant healer and connects directly to spirit and channels what is necessary to clear stagnant energy triggering disease within the body.

Bobbi was lost, confused, homeless and entertaining suicide. On her knees, she began asking God for help. By listening to her intuition and discernment, she began to receive answers and connect more with her guides.

We are light beings that are divinely led and our guides are assisting us.

Everything comes through the etheric body first before it impacts the physical body. Some are calling it Quantum Body. This is where Bobbi has learned to work and heal many of her clients.

Bobbi gets communication from spirit through her 5 senses as well as through other sensory perception in her process of working with her clients.

She says we don't need to know all the details of our past wounds in order to heal and shares a story of a woman who couldn't bear children due to an energetic block in uterus. The guides facilitated a healing and now the woman has 2 children.

Stagnation in the energy body often results in dis-ease in the physical body

Be humble enough to ask for help from a divine source, she is proof and she's seen time and time again - your life can change overnight.

Your path is leading you to your life purpose. Your path includes every aspect of your life.



### Main Themes:

- The Etheric Body
- Connection to Spirit & the Divine
- How Stagnation in the Energy Body can Result in Dis-ease in the Physical Body

*"THAT EVERYTHING THAT COMES THROUGH THE ETHERIC BODY, THE WOUNDS, THE EXPERIENCES, ENVIRONMENTAL THINGS, TRAUMA, GOOD THINGS, BAD THINGS, IT ALL COMES THROUGH THE ETHERIC FIRST. BECAUSE THAT'S WHAT'S SURROUNDING OUR PHYSICAL."*

### Resources & Next Steps:

- Visit [ethericmedicine.com](https://ethericmedicine.com) and find Bobbi on Instagram and YouTube

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