

# DR. EVA DETKO

## How Unresolved Trauma Prevents Healing In the Body

### Jason Prall:

Hello, and welcome to Awaken the Healer Within, I'm your host, Jason Prall. And with me now I have Dr. Eva Detko. Eva is a natural healthcare practitioner, author, and speaker. She has studied natural medicine and the human mind for 23 years. Dr. Eva successfully recovered from chronic fatigue and fibromyalgia and reversed her own Hashimoto's thyroiditis. She now helps others recover their health. Dr. Eva has an extensive knowledge and experience in the field of human physiology, biochemistry, nutritional sciences, and bioenergetics. She also uses a wide range of mind transforming modalities, including Havening Techniques, brain working recursive therapy, hypnotherapy, mindfulness, NLP, transactional analysis, and applied psycho neuro immunology. Dr. Eva, thanks for joining me.

### Dr. Eva Detko:

Thanks for having me Jason, it's always a pleasure to talk to you.

### Jason Prall:

You work with a ton of techniques. And so I actually first want to explore those a little bit because I think that there's probably a few in there that people may not be familiar with. So let's start with Havening Technique. Talk to me about that. How did you get into that? And what is it really doing for us?

### Dr. Eva Detko:

I have to say that it's been a while. I've lost track how many years, but ever since I started using Havening Techniques, it already has become the backbone of my methods which I now, as I'm writing my book have named it, The Sovereign Health Method. And the reason why that is, is it's an amazing, it's a neuroscience based technique. It's a psycho sensory modality. So what that means is that we can have a direct impact on the brain and the nervous system through stimulating the receptors on a skin. So there's going to be a few sites and this has been measured using EEG. And we know that there is that response that we getting and essentially the crux of this method is that when you stimulate the receptors at those certain sites that we use in Havening, what happens is you actually and gently encourage your brain to shift it's activity and lower it.

### Dr. Eva Detko:

And we have obviously different brainwaves and people may be familiar with that with Havening. We really call it also Delta Waves Technique because, or techniques, because this more than one. And so when we lower our brain wave activity all the way down to delta, which is not point five to two heads, more or less, this is very, very low. This is the lowest brain activity that we have. And that is coincidentally the same activity that we experience during deep sleep, during the deep restorative sleep. So when we use Havening, what that does is that the brain lowers it's activity, which is actually super healing. That's really when we heal, everybody knows that restorative sleep, we need that because that's when we heal and regenerate. And a lot of the times, as we both know, a lot of people don't get enough of that, as we say, good quality sleep. And really what we mean is the restorative type sleep.

**Dr. Eva Detko:**

So what we can do apart from that, we can heal complex trauma with Havening, we can use it in so many different ways, but physiologically what we're doing. We can actually in a way, even though I don't like this term biohack, but in a sense, you can biohack with this. So if even if you're not getting great sleep, you can actually use, Havening and during the day you can encourage this healing and regeneration. You can put yourself in that mode of healing and regeneration through dropping down your brain wave activity. And with that comes that kind of stimulates a cascade of those kinds of hormones and neurotransmitters that go along with rest, digest, detoxify, and heal response.

**Dr. Eva Detko:**

And we may get onto maybe a little bit more onto nervous system balance and polyvagal theory in vagus nerve but basically Havening is excellent for stimulating the vagus nerve and that for restoring the nervous system balance. Now we can use in it's very basic form. It's a great self-help techniques, so we can use it as a self-help technique. So literally use it when somebody, for instance, has adrenal panic attack or an anxiety attack, or maybe they are hit with a wave of fear or whatever other emotion that they don't want to be stuck in, but they want to process very quickly. And so we can then apply it right away. It's very, very simple to learn. When I teach clients this technique, they very quickly teach their children is so easy that we can teach children and they can use it on themselves and they can get on top of their emotional state very easily and effectively and quickly.

**Dr. Eva Detko:**

But of course we can also use it working with complex trauma. There's different variations of Havening that we have, I've come up with my own protocols. It's a modality that it lends itself very well to bringing in other influences. So whatever other training you have, you pretty much, you can bring that in and you can combine it and that for you make it even more powerful that way. So I love it. It just enables me to help clients to shift quickly. But also when you work with trauma, what you're really doing with this technique, you depotentiate the amygdala, that's another name for the techniques is amygdala depotentiation techniques. So when we go through trauma, whatever traumatic experience we have, so there's an event and if it has meaning, and our landscape is permissive and neurological landscape is permissive for that trauma to be encoded. And we perceive the whole situation as in escapable, when those conditions are met, what's going to happen is that trauma will get stuck neurologically.

**Dr. Eva Detko:**

And what that means is that there are these AMPA receptors on the surface on the amygdala. So that's the part of the brain that amongst other things is associated with fight flight. And when those receptors come to the surface of those neurons, they're going to basically stay there. And the reason for that is when we survive a traumatic event, the brain basically says, "Hey, this was obviously really bad. It could have been worse. Maybe you could have died or whatever, but you survive that. So this is now going to be a valid strategy." So every time, there is something coming at us that is even remotely resembling that original events sometimes it could be something in the environment. So for instance, maybe somebody has an accident in a red car. And then every time they see a red car in the street, they get activated.

**Dr. Eva Detko:**

So he could be that broad so that the brain can generalize it. But the bottom line is that those receptors will stay glued in place. And any time we have any input into the brain, that this is resembles that original event, those receptors are already ready, that ready, basically. And then that cascade that

neurological cascade and the fight or flight that results, and obviously the panic, the fear and everything that comes with it is going to take place. Now with the Havening, we can depotentiate that, which means we can permanently remove the neuroreceptors from the surface of the neuron, which means that you can have a memory remaining.

**Dr. Eva Detko:**

And usually you have a memory remaining that whatever situation did take indeed place, but you no longer have the emotional response that comes with that. You no longer have this panic fear, anxiety, whatever it may be, because we remove that emotional component through removing the receptors from the surface of the neurons and the amygdala. So that's basically in a nutshell how this technique works, and it's very, very powerful because with some other methods that I had used in the past, great as they were, nothing has ever given me results as quickly as this task. So it's simple, but we mustn't underestimate. It's very targeted. And so it's like when we have those advances in neuroscience, which we've had a lot of in this last decade or two, we can be very targeted with our methods, which means that we no longer have to sit in talk therapy for years on end and go to a three, four times a week and still have a problem because we really not addressing the problems at the subconscious and neurological levels in the way that they need to be addressed. So hope that wasn't too and nerdy.

**Jason Prall:**

No, that was great. And there's a lot that comes up for me in that explanation, because with a lot of these, the best therapies I've found, they are simple. And I think there's an important thing to recognize with the simplicity of technique, which is that the simplest techniques in a fundamental way are honoring the intelligence of the system. So in other words, let's do as little as possible and let the intelligence of the system do its thing because there's magic operating inside of this. And we do have an amazing intelligence system. And to your point, this idea that we're developing these strategies, both neurologically and even habitually and in our lifestyle, this is a really, really amazing adaptive trait that we carry. I mean, I even remember reading a study I believe it was a mouse or rats. I can't remember which one, but I think it was mouse.

**Jason Prall:**

And they went through a maze and they smelled cherry blossoms. And every time they smelled the cherry blossom, they got an electric shock. So these mice ended up learning to recognize cherry blossom with as a danger. So there was an association event that occurred. Then these mice had pups. And the pups of those mice that were electrically shocked. The pups never got shocked. And yet when they smelled cherry blossom, their nervous system spiked. So this is speaking to the exact thing I think that you're talking about, which is that these really, really intelligent adaptations that we both carry for ourselves and that we can even pass down. And so this is what becomes really interesting with something like Havening, it's like you can work with a traumatic event or something that caught in the system for your own self.

**Jason Prall:**

But it also may be something that was picked up through the lineage, through your parents. And these are the things that I think become really, really challenging when we talk about trauma resolution or figuring out why we're the way we are, why we react to certain things, or why am I this way? And some of it's not even our stuff, it's got passed along to us, and now it's our responsibility to work with it and to understand it. And so again to get to the simple techniques that can activate and depotentiate, the nervous system like this is so, so powerful.

**Jason Prall:**

And I think what's interesting too, is the technique involves a somatic experience. It involves the body. So many of the techniques that we talk about with traditional trauma therapy, talk therapy, they completely leave out the body. And the body is where most of this stuff is really occurring. Like there's a mind component that is let's say, outside the body, so to speak but it's really, really in the body, the body's really holding a lot of this stuff. So anytime we can bring in the body to the equation, it's going to be so much more powerful in my experience.

**Dr. Eva Detko:**

Absolutely. The somatic component is so important and intergenerational and ancestral trauma can be quite tricky for people to get their head around, but that's definitely a thing. And so really when working with trauma, again, we need to work similarly to any other issue that I would work with. So you recognize that some of the trauma sits in your energy field. I mean, there's going to be ancestral trauma sits in your field, again, it's going to be influencing your thoughts, your behavior, and your emotions and your physiology. And then of course, we've got all this emotional stuff, the epigenetics that you talking about that could just be from a grandparents or a parents. And then on top of that, obviously when all of that filters into the physical body, we will then have the physiological changes that come with trauma. And that could be even different nutritional deficiencies as a result of that trauma, being that for however long.

**Dr. Eva Detko:**

So really we need to be again, looking holistically at it and not just be simplistic about it. And when I teach, I definitely teach people about intergenerational and ancestral trauma. But what I also like to say about that is that as much as it is very common, I don't like to start with that and lead with that because my personal opinion is that people need to take responsibility for the crap that they create for themselves, which actually a lot of the time doesn't have anything to do with their ancestors. So we don't want to just go like, "Oh yeah, this is so my aunt's, oh yeah, this is all my parents or grandparents." Where actually, if you watch I don't know, mainstream media and the crap and the lies and the fear mongering that comes at you every day. If you choose to put yourself in front of the box, then you making those choices, you need to understand what that's doing to your nervous system and your brain and how that kills your brain cells.

**Dr. Eva Detko:**

So we need to obviously first and foremost, take responsibility for that. And then when we start saying to strip those different trauma layers, we'll at some point come to intergenerational and ancestral as well. And for most people, that's going to be a thing. Maybe not for everybody, but.

**Jason Prall:**

Yeah. Usually what I find is that those things kind of come out of nowhere. And then you're working on some trauma resolution, you're using some of these therapies and something comes up and you're like, "Whoa, what was that?" A lot of times you don't even know what it is, but you know something moved through, something cleared, something was processed, something was integrated. And so this is what becomes interesting. And sometimes there's a story around it, there's an understanding, there's a recognition, but oftentimes it's like it doesn't even matter. And I love your approach. It's like, let's deal

with what's here. And what we know is affecting you. Because we all, most of our, of the things that we're dealing with are self-imposed out of ignorance and out of survival patterns.

**Jason Prall:**

So it's not a blaming, it's not a shaming. It's just accepting responsibility for the life that I've created. However that plays out. Good, bad, ugly. What have you, and I think this is what is so interesting is that as we go layer by layer, as you mentioned, dig deeper and deeper, I think what I've recognized for myself and for others that I've seen and worked with is that at some point it doesn't matter. There stops being the sort of that's theirs, and this is mine. It's just like, no, it's here. And it's coming up and we can integrate it. So the distinction start to fade away. And I think the deeper we go with this stuff that at least what I find is we just start to recognize there's more opportunity. There's more opportunities for me to show up, more whole, more integrated, more aligned, more at peace. And that becomes the north star that I'm looking at and everything else is just the detail. It's just the story.

**Dr. Eva Detko:**

Yeah. And the cognitive component, because we human beings, we like to understand and the cognitive component comes really useful. So whenever it is possible for people to know where the stuff comes from, I encourage them to explore that because it just simply human nature is wanting to know and understand. And when sometimes people have a lot of complexity and they don't know any more whether they're coming or going and what they're feeling, you're asking them, "So what can you identify the emotion?" They go like, "No, I don't even know what that is." They start to feel like they're a little bit crazy. And like, this is not normal. And what they're experiencing is just on another level, nobody gets it. So when you start to break it down and you teach people that's, well, call it emotional intelligence. We used to develop our emotional intelligence ready.

**Dr. Eva Detko:**

So when we do that, then we start to go, oh, okay. So I understand that this emotion comes up. This feels like that in my body. Okay. I get that out. And I know that when somebody says to me whatever, work in a certain tone or voice, it's going to trigger that. So I'm starting to recognize my triggers now. And that alone can actually take a lot of energy out of it because the worst thing about emotions and making them stick around is creating attachment and the resistance. And when people don't understand and don't know where it's coming from and why they're feeling what they're feeling, they going to be creating more resistance in the touch and because they're going to be going. "I don't want to be feeling this, I don't know what this is, I don't want this. I don't want this go away."

**Dr. Eva Detko:**

But actually by saying that you actually making it stick around more. Whereas when you recognize, "Oh, okay. Yeah. Okay, yeah, no, I know that's just fair. That's come up. And that's because of this person just did this thing and it just triggered me." And the moment you even have that cognitive understanding, you take some of the energy out of the system is much, much easier to get on top of that emotion rather than let it spiral out of control. So in that respect, I'm not dissing all the cognitive type approaches and therapies, because actually for that purpose, they're still very, very useful. But when we bring that understanding together with the body work, and then the biofield work as well, energetic work, then it's magic because you're really hitting it at all of those different levels. And you build a much broader self-awareness, much broader understanding of what's happening for you.

**Dr. Eva Detko:**

And then it's just easy because you can really step into that sovereignty again. And you can feel like, "Hey, I can deal with it. I've got this method now, I've got this technique, and now I can handle it, whatever it is. I don't need to run to a therapist if I feel a little bit wobbly, I can totally handle myself." So in that respect, that cognitive element can be very useful.

**Jason Prall:**

Yeah. And it's really about bringing awareness to these things. And I just want to make a distinction too, because I love what you're saying, and I totally agree. And I think where we can get lost is the cognitive and then getting attached to it, creating meaning and story around it, to where that becomes the thing. And so I love what you're saying because there's such a value in understanding these things. And because I remember even with the emotional intelligence piece, it's easy for me to understand fear and anger and jealousy and resentment and rage and all these different emotion sadness. That's easy when it's at the surface, when it's here, when it's very alive and expressed. And it's like, "Okay, I know what that is." What I've recognized is that in doing some of this and other types of work that are using awareness to get into the feeling of the body deeply, some of these things are so subtle or so deeply buried, that it can be challenging to recognize what is that, that I'm feeling all I'm feeling is this thing in my body here. And it's activated and it's clenching, or it's what have you.

**Jason Prall:**

And so it does take a deeper inquisition to recognize what is that, oh, wow. That's rage, that's rage in the body. Oh, interesting. And I've had a lot of help with that because to recognize the sadness and the despair and the rage and the resentment and all these little nuanced feelings, and some of them are so close in terms of how they feel that to act, you have to get really precise, I've recognized. And so for me, this has been a really cool exploration to recognize what is this that I'm feeling in the body? Because it's not so alive and present, and immediately triggered. We're actually going into try to, we're going into the cave, so to speak, and we're looking for stuff. And with some of these therapies that I've used.

**Jason Prall:**

And so it's like that can be really challenging sometimes. And so that's what I've recognized is that I've developed that emotional intelligence more and more as I've done this type of work with a lot of help and guidance. And some others helping me recognize that thing, that I'm feeling, because it wasn't so gross. It wasn't so obvious. And so that was what's really interesting is, and I think hopefully that helps people recognize that even when, of course we know what these emotions are, when they're alive and they're present their here, it's a different thing sometimes to go into the body and explore this little sensation and go into that and go, what is that? What is that sensation that's bubbling up in my solar plexus here? And how do I even figure out that there's an emotion tied to that, or an experience that still needs to be processed and integrated?

**Dr. Eva Detko:**

This is so interesting because there's two things that I wanted to tap into, as you're saying these words. First of all when we go through a traumatic experience, very often we do experience those very intense emotions, they are the fallout of the fight, flight, freeze, shutdown. They are the fallout, they would go that emotional component there, that there's always that emotional component. However, very often that emotional component gets shut down because, well, first of all, it doesn't seem to be very socially acceptable to then go and express to rage everywhere. So even though your body is like, you kind of

have it there, and it's a fallout of this trauma. And from that experience that you've had, and really, it wants you to express it, but you will be putting a lid on it because you're not going to go around expressing rage.

**Dr. Eva Detko:**

That's usually not what people do. So that's one aspect of it. And so therefore, when you have layers and layers and layers of trauma, you can have layers and layers and layers of those repressed emotions. And it's not until you start taking those layers of the onion off that you can get to some of those deeper ones, because then they may not be immediately available to you when you first started doing the work. And so that's interesting for people to know and important for people to know that sometimes you can go do a bit of work. It's like, "Hey, no, yeah, this is not so bad. Yeah." And then suddenly you get a wave of something mind you, it's not really that. 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.

**Jason Prall:**

I'm going to come out on that real quick, because there's something interesting that I think that I've noticed in that process of learning to move these emotions through this energy, through which is that sometimes at first it can be scary and challenging and you don't really want to go there. And it's a weird fear. It's not like a mental fear sometimes. Sometimes it's almost a subconscious withdrawal.

**Dr. Eva Detko:**

And it's protection. Because the body goes, ah, no, it will keep you in that. Let's say somebody is in freeze response and they know that if they get angry, that access fight and it's almost "No, you're not going there."

**Jason Prall:**

No going there, yeah. But eventually, and oftentimes it requires support like somebody like yourself, that's helping this process unfold. But what I've noticed is as you do that more and more, it's like a muscle. You start to build up this muscle and you start to understand and get familiar with the landscape and the territory of what this looks like. And so the process starts coming on. And you can actually sense the resistance, you can actually gain perspective a little distance from the whole thing, and you can watch your subconscious or your protective patterns jump in and try to save you. And then you can actually work with it. And then there becomes this really enjoyable process of going into the fear, going into the hate, going into the sadness, going into the despair. Even though there's a component of fear, and I don't want to go there, there's also a component of like, "Oh, we know what this is like." And then as it gets processed, it's like a good cry. It's like the best feeling ever as-

**Dr. Eva Detko:**

Yeah, that relief.

**Jason Prall:**

... it's starting to move through. It gets it's point. And then it's like, whoa. And so I've just noticed, it's really interesting that at first it can take some practice and there's a little know-how, and there's a lot of resistance from the subconscious so to speak this pattern, that's there keeping you safe, this protector

that shows up. And then eventually you work with it and then it becomes easier. And then it becomes enjoyable to feel despair and that sounds really, really weird, but it's because it's moving through.

**Dr. Eva Detko:**

Yeah. And the reason why that is, is because your subconscious doesn't know that you are recalling something that it's not in front of you anymore. It doesn't know that it's just a recall because when we were working with Havening we do a quick recall of what happened. We don't keep people in that, but we have a quick activation of the receptors. So we can clear that problem permanently. And what that means is that your protected progress will kick in simply because there's part of your mind that does not know whether it's real or whether it's imagined. And that is why it's like, "I'll know." So if it thinks that it's real and it's actually happening, of course, it's going to try and protect you from that. But the problem is when people don't push through that initial phase that you're talking about is that just because you put a lid on it, doesn't mean it's gone away.

**Dr. Eva Detko:**

That's very, very important to know if we have those levels and layers of repressed emotions. And sometimes that can come from the fact that children are not to be heard or seen or whatever, or expressing themselves. And a lot of people coming to the adulthood, then go, "Oh, am I childhood wasn't too bad." But they will not allow to express themselves emotionally. And that actually has caused them all sorts of issues. And in the end, if we don't deal with that, it doesn't mean just because we don't express it or let that energy work through us. It doesn't mean it's gone. It's actually the opposite, it's sitting there, we pushing it deeper and deeper and deeper, and it's actually going to cause issues to our physical body sooner or later. So there's a difference between not some people say "All, I don't feel anger."

**Dr. Eva Detko:**

It's like, of course you feel anger. Everybody feels anger. Okay? Every now and again, you feel anger because it's a normal response and normal emotion to feel, it's an absolute serves a purpose, serves a certain purpose, it's to do with boundaries. And yes, absolutely everybody experiences it, but there's a difference between that and expression. And obviously a lot of people choose not to express. That's a completely different thing from not feeling it in the first place. And this is where we have a problem because people sometimes think that just because they put a lid on it and they're not expressing that it's going away, they all have a problem anymore. And it's actually the opposite. It's the opposite. That problem will come and bite you because it's going to be building in your body. And essentially it's going to implode and to either going to have a big emotional breakdown or blow up or something like that, or going to implode physically and it's going to start manifesting as physical symptoms.

**Dr. Eva Detko:**

So really that pushing through that initial, "Mm-hmm (affirmative) I've got a bit of resistance. I'm not very comfortable." It's quite an important thing to do. And then as you said, and then after that, the brain gets used to that, the mind gets used to that. And obviously the whole nervous system starts to remodel and we really starting to shift overall. We starting to shift from fight, flight, or freeze to be able to spend more time in the relation response. And that basically means that you have then more resilience and as you build more resilience, you can handle those more intense, emotional states more easily. Because it's really all about how much resilience you have in the system when you're doing the work, which is why sometimes for people, they do need to build a little bit of resilience first before they

go for this, maybe more intense work that they've got to do is just depends how complex things are for them.

**Dr. Eva Detko:**

But sometimes when we're talking about the vagus nerve working, may be worth going into that first, building a bit of resilience first. And then as you starting to go into those deeper layers of your emotions and traumas, you will have just a little bit more reserved, you'll be a little bit better balanced when you're doing this work.

**Jason Prall:**

Beautiful. And I want to go there next, but I also want to highlight here the important thing that you said, which I don't want to lose track of here, which is the fundamental reason that I wanted to talk about this subject, because these are the things, these stuck emotions so to speak, these stuck energies that are activating our system. Oftentimes are the major cause, or if not, at least a contributing cause to the standard physical diseases that we are experiencing. I mean, the things that we're running into on a collective basis here, that that is so common, the autoimmune conditions. I mean, the things you went through Hashimoto's, I mean, there is a fundamental basis of the trauma, the stuck energies that are creating this scenario for the body to adapt and create disfunction disease and imbalance.

**Jason Prall:**

So I just want to bring that back, that all disease, everything that you can name can be underpinned by these things that we're talking about here. Which is why it's so important, which I undoubtedly know that that's why you got into this work is because you recognize that some point in your path, "Oh my gosh, it's this trauma stuff that we're sort of broadly calling trauma." That is the thing that is really, really important to focus on that so many people are missing. Because this is what happened to me as a practitioner. I was doing all the integrative functional medicine stuff, and I was able to have successes to some degree.

**Jason Prall:**

Some people got completely better, so to speak to where they felt good. And then some people I could get them mostly better and we run up against a wall and I couldn't figure out why. And then I recognized it was this stuff. It was all this trauma that I was ill-equipped to deal with to help people with that was keeping them stuck, so to speak. That's the thing. And so just maybe hit on that for me, the component of disease and how it ties into the nervous system, why these techniques are so valuable at resolving even the most common symptoms that people are experiencing.

**Dr. Eva Detko:**

So yeah, this is absolutely the crux of it all. Listen, how old is this kind of implosion happens if those things are unresolved? And really we do need to be looking back all the way back to, and we mentioned ancestral and intergenerational trauma, but let's talk about this lifetime alone. And even when we talking about pregnancy and birth, there is so much vulnerability that, there's so much vulnerability. Our nervous system is only just developing any, in fact, when we are born for the first few years, it's still continues to develop. So the issue is that the nervous system like safety, and if we don't have that for whatever reason, whether it is because this pregnant woman for instance, has a lot of the challenges of her own, maybe unresolved trauma of her own, maybe there's some financial pressures.

**Dr. Eva Detko:**

And so she's pumping stress hormones into the system, and obviously that's all going to the fetus. And then already we going to have less resilience in the baby's system already at that point. Then obviously we know about medicalization off the birthing process, which is quite in the Western world. I mean, you traveled extensively for all of the other parts of the worldwide, then just don't do that kind of craziness that people do in the West. And that's unfortunate because this is a like lady lying on her back trying to push against gravity connected to 25 different devices or something, or beeping away.

**Dr. Eva Detko:**

She's in freeze, she's in freeze response. She's not going to fight the doctors and she's not going to run away. She's in freeze response. Okay? And again, this obviously is registered, it's encoded. And then the baby is born and perhaps it's a more sensitive child or something like that. Or the parents are just too busy and that doesn't have to be a lot of abuse and neglect. That's really not necessarily what we're talking about. Of course, if that is present, then we've got an even potentially worse issue here.

**Jason Prall:**

Sorry, I'm going to bring in something here too, because in my own experience, because so much of this stuff is out of our control, so to speak. It's up to God. This is just the way things are. Life is just full of stressors. I mean, we had our child at home and we tried to create an amazing peaceful serene environment. We had a water birth and we had doulas and midwives and it was all good. We planned it all as best we could. And yet when he was born, he had the cord wrapped around his neck. So that was creating some stressors and unquestionably. It wasn't dire, he wasn't blue or anything, but it was still wrapped around his neck. So we unwound that, and I was the one that did it. So I unwound it.

**Jason Prall:**

And then we birthed the placenta on the bed after that. And what was interesting was his blood oxygen saturation was low. So his oxygen saturation and his blood was a little bit low. So we had to take him to the hospital. So everything that we tried to do, we tried to do our best. And yet we still had to go into the hospital and go under bright lights and do all the things. And so boom, his nervous system's going to be skewed now to respond to this world as this very scary, stressful, crazy place. So I just want to bring that into the forefront that we can do everything in our power to try to do things right. Both as parents and individuals, and yet it's still going to go askew sometimes. And so thank God we have tools that we can bring back into balance, right?

**Dr. Eva Detko:**

Yeah. Absolutely. Absolutely. And this is what I said. It's not always about abuse and neglect because you can have the best, most wonderful loving parents. And then things could still go wrong. There could still be trauma. And also sometimes the internal environment of the child is just quite complex. And parents, no matter how attentive they want to be, they may not be that aligned or really understand what's going on for the child. And on the surface, it may seem like the child is okay, but internally they may be going through absolute hell for whatever reason, because it's really the perception of the child. It's the internalization of their environment that's going to determine whether they're going to come away from the childhood traumatized or not. That's really the only thing that matters. It's not the adult perspective, it's not the parental perspective. It's not your perspective as an adult, obviously, of what your younger self was going through.

**Dr. Eva Detko:**

It's really all about how the child internalizes what's going on around them in that moment. And so therefore, if like I said, for instance, more sensitive children like boys for instance, it's that whole social engineering rubbish of boys having to be in a certain way and girls having to be in a certain way. Now imagine a boy who is a little bit more sensitive and then they may want to express themselves more creatively or whatever. And that they're going to be told, "No, don't do that. Do this instead." All of those things, all of those things will actually make the child feel like they're not quite okay that there's something here that is not quite safe, it's not quite right. And they don't feel like they're quite okay as they are. And the moment we have that situation, which by the way, most people by the age of four will have that sense, inner sense that somehow they're not okay as they are because the outside world is wanting them to be something else, or do something else, or express themselves in some other way that they're already doing.

**Jason Prall:**

And even as parents when we're guiding and steering our children. They might want to do something that actually isn't okay, that I've got to step in and there's a real art to that. So it's actually providing that boundary, but also maintaining connection and giving them autonomy. And I just want to highlight here that that is a tricky, tricky business. And I'm aware of these things and I still don't get it right all the time, not even close. And so there's just a ton of opportunities for these perceptions of the little one to create this "I'm not okay, or I'm not loved." And it's not always, it's just these little hints and these little pieces and we just all have these misses. I mean, I think it's fair to say that 100% of children have what we might classify as trauma or this adaptation, right?

**Dr. Eva Detko:**

Yeah. However, the research that we have shows that if a child feels safe around 30% of the time, then they are likely to attach securely still.

**Jason Prall:**

Totally.

**Dr. Eva Detko:**

So at least that's a little bit of relief for all the parents who are like, "Oh my God, I'm so going to screw it up." Because you are going to screw it up. I mean, you are, it's just how it's going to be. But then if you are self-aware and if you give your child a lot of tools and encourage your child, not to bottle things up, but actually to express and process things as they arise and you discuss things as they arise and you don't let anything fester, then you're going to do okay. And your child's going to do just fine. But obviously, this stuff isn't taught, parenting is not easy.

**Dr. Eva Detko:**

Yes, people will get it wrong, but the point is this, we can heal it, but we need to understand where it's coming from, because when we create that imbalance within the system early on, which is what happens for most people. And then on top of that, maybe there's some bullying at school or some other trauma, maybe somebody dies or maybe there's hospitalization, or some other stuff at sometimes even worse for some people obviously. I understand that there's some severe trauma for certain individuals and all of that adds up. And again, we ended up in the situation where the nervous system is on red alert most of the time, whereas we should be in the relaxation rest, digest, detoxify, heal response for most of

the time. Most of our time, or start awaking, obviously awake minutes. And then obviously at night we have our restorative hopefully sleep.

**Dr. Eva Detko:**

But in reality what happens is that with the obvious trauma and then added pressures of the crazy lifestyle that people live these days. What that does is it flips, it's completely flipped. So then you have that constant overstimulation, constant overwhelm and constant fight, flight or freeze, because the thing is this, unless you 100% safe and relaxed, you are going to be in fight, flight, or freeze. So you can't be a little bit relaxed. And again, self-awareness comes here because a lot of people go, "I suppose, I'm from the stress. I'm kind of relaxed now." No, there's no such thing as kind of relaxed. There's no such thing as that. You either fully, you can honestly say, "Okay, take a deep breath, reflect," yet check with yourself and say, "Yes, I am completely safe and relaxed in this moment."

**Dr. Eva Detko:**

In which case you've activated your vagus nerve, your rest, digest, detoxify, heal response is online. And that's great because that's when you heal and regenerate. If you're not fully relaxed and say you're going to be in one of the survival states, in which case you're not going to be healing anything, you're not going to be detoxifying or digesting your food properly, blah, blah, blah. All of that, because all of those functions will not take place when we're in survival mode. It's obvious when we try to run away from danger, because that's how the system perceives that whether it is real or imagined this digestion or detoxification or whatever else, this is not priority. What's priority is to make sure you survive. So that's basically how this whole thing then builds up, and builds up in layers, in layers, in layers.

**Dr. Eva Detko:**

And then over time, you get the biochemical breakdown of the body. It filters into the physical eventually sooner or later at the nervous system level is already is physiological anyway. But it can just cause us the biochemistry to just fall apart completely. At some point, it doesn't take a five minutes, it doesn't take a few weeks or even a few months. This is something that goes on for people over years and decades sometimes. But that's really how this process comes along. And then there's going to be those different symptoms that people are going to be getting first, but usually as humans, we're very quick to dismiss those little things like fatigue or headaches or gut issues like, "Eh, I can just like survive and get by. I've got those things to do. I've got this project to get through blah, blah, blah, blah, blah." But then it's not resolved.

**Dr. Eva Detko:**

So it lays again and it lays more and more and more and more, at some point you fall over the edge and that's when you go, "Oh, I've got a problem." And perhaps if you're lucky you get a diagnosis, or sometimes you don't even get a diagnosis, you just know something's wrong and nobody can tell you why.

**Jason Prall:**

Right. Well, this is why I've always said that humans being the most adaptable creatures on the planet is such a blessing and a curse at the same time. Because we're so adaptable, we actually adapt to this new normal of what the nervous system is set at. It's like a new set point for the nervous system. And we actually get so used to being, let's just call it stressed out mode that it feels like safety. It feels like rest. And this is what's really interesting is that sometimes we don't even know what true rest is. We don't

know what true safety feels like. We don't know what true wellbeing actually is on a system level because we're skewed over here. And we think, well, this is normal.

**Jason Prall:**

And then I become highly activated in that stress. And then when I turned to normal, that's safety. And so that's what I find is really interesting. And that's just such a beautiful adaptation that keeps us safe. And yet we don't really know what true safety, true rest, true relaxation. We're not so familiar with it. And so there's this work that you do, that is the trauma resolution actually helps reset that set point that set point. And we can find new depths of safety, new depths of rest. And it's like, "Oh, that's what wellbeing feels like. That's what rest really is." And that's really interesting.

**Dr. Eva Detko:**

But it was important to actually say, and some people might identify with this. You know what's very interesting is that when people stop to access those more relaxed, peaceful states, that initially some people are not comfortable with that at all.

**Jason Prall:**

That was me. I got in there, I tasted it and I'm like, whoa, that's not safe to be there because there's something about that it wasn't safe to in my past so to speak, my perception was that whenever I was totally relaxed, then danger can come. So I better be on alert. Right?

**Dr. Eva Detko:**

Yes. And that is true for a lot of people, which is why, when people go to say, various doctors or practitioners, I mean like Rockefeller doctors don't even recognize the stuff at all, but even natural healthcare practitioners will often say, "Oh, you know you need to manage your stress. Yes. Your stress matters. Just do some meditation." That's the reason why some people will just say, "Okay, if I do meditation, I should be able to do this and then manage my stress." And yet they come to meditate and they completely flipped out. And in that moment they're not ready to do hard call type meditation because of where the system is. And in fact they need to bring themselves into that more gradually and get the system used to being in those states.

**Dr. Eva Detko:**

Because otherwise, if you're meditating and you feel more worked out than relaxed, then you actually activate in fight or flight and you're not really achieving what you're trying to achieve. So not to say, don't meditate. What I'm saying is if that's the case, then we need to backtrack a little bit, maybe do some more entry-level stuff like the breathing practices, those sorts of things. And then slowly, slowly build up to being able to just sit quietly and meditate, which really most people, because of that, desensitization that you're referring to are really not quite able to do very well. And then they beat themselves up and they feel even crappier about themselves because this practitioner told them that they should be able to do it. And they can't.

**Jason Prall:**

Absolutely. Yeah. So I just want to repaint this picture here that all these childhood traumas and these things that we experience are affecting our nervous system set points. And if we're in sympathetic, which is this fight or flight typically, or this parasympathetic, which let's just call it rest and digest. Even though there is a freeze response there too, but for the most part, we're focusing on rest and digest and

detoxified. And these things we're chronically in this sympathetic drive, which is stressed out mode, the nervous system's on high alert, and you're sending all these hormones and tons of biochemistry. I mean, I don't even want to simplify it because it's actually too complex. We don't fully understand how it all works. But it's this chronic biochemistry that is related to this high activation of the sympathetic over time, that's going to create imbalances more and more.

**Jason Prall:**

And then of course we do, we get sleep and we have a little bit of rebound and we recover a little bit. But, the scales are tipped more in this imbalanced, stressed out, so to speak sympathetic state and in some point we're going to start getting these symptoms. And because we're adaptable, we're managing symptoms. And we all do this 100% of us do this, that whenever we get some symptom, we figure out, "Okay, I can deal with it. I'll be fine." And then it gets worse. And then we go, "Okay, well, let me take this little thing here and let me do that little thing here and we'll manage it." And then it maybe gets worse and then something else comes in. And right now we're still playing this management game until at some point it gets to the point where we say, "Okay, something's really off here." When it's different point for everybody, but then we want to take action.

**Jason Prall:**

And then we maybe go see a practitioner. We may start this new diet. We may do these different things. And have some success doing that because we're bringing something back into balance and we're finding our way back into balance. And yet, oftentimes we can't fully get there because we're stuck in this sympathetic drive, so to speak. So now walk me, I'm sort of painting the picture of getting into the mess that so many of us are in that relate to digestive issues, thyroid issues, skin problems, hormonal imbalances, sleep issues, chronic headaches, chronic fatigue, diabetes, you name it. Anything that you can name this sort of component, is often playing a role. And so walk me out of it. How do I get out of that mess from a physiological standpoint? So we use some of these techniques, what's happening now to sort of, how do I get from that point, use some of these techniques and all of a sudden become healthy like you did.

**Dr. Eva Detko:**

Yeah. So we briefly mentioned that the vagus response and I just wanted to comment that sometimes when people are actually in those they have those conditions, like fatigue based conditions, fibromyalgia, pain conditions, those sort of things. They actually very often actually get stuck in freeze response and they will not relate the go on not in fight or flight, but when you say you're in shutdown, they go, "Oh yeah, I'm in shutdown." So when we looking at the vagus nerve, we've got those two branches, we've got the ventral vagus complex, which is the rest and digest. And then the old vagus which is the dorsal vagus, and that's the freeze response. And so sometimes people can spend a long when they have those chronic illness state or even chronic line falls into that category as well. But they would have spent long periods of in freeze response, not just in fight or flight.

**Jason Prall:**

And so real quick. I just want to be ultra clear here because we have the sympathetic, which is this fight or flight. Which actually is a really good thing to be in. In short bouts. And when everything's going on, and then we have the parasympathetic, which is where the vagus nerve comes in. And you're referring to polyvagal theory, which is a really interesting theory that it's proving out to be more and more correct, which is that even in the parasympathetic, we have this rest, digest, detoxify. But now you're saying that there's this other branch, which is actual shutdown. And so I just want to be clear on that, that we're

actually talking about the parasympathetic, which typically we refer to as good, and yet we can still be in this free, shutdown response. Right?

**Dr. Eva Detko:**

Yeah. And the hierarchy is that when everything is peachy and you're safe and relaxed, like fully 100% safe and relaxed, you going to activate your rest and digest the ventral vagus. Then if your ventral vagus because that's actually one of the mechanism for recognizing if something is safe or not safe. If there's anything thing that something may be unsafe, then you're going to go into either fight or flight, depending on what works. And if neither of these work, and you get stuck in this hyper vigilant state, but you can't get out of it for either running away or fighting this threat, then you're going to go into freeze and then eventually complete shut down. So that's kind of the hierarchy that's exactly right.

**Jason Prall:**

It's a way of actually preserving our energy. It's like, okay, well, I'm putting it all in this energy to try to fight this thing or to run away, so to speak neurologically speaking, and that ain't working. So let's just shut that down because that's not going to work and let's just go into freeze. It's a logical progression.

**Dr. Eva Detko:**

Yeah. And you think to back to nature documentaries, that's basically it. And then you release a ton of chemicals that basically anesthetize you in case you want to be eating by that lion, that your brain thinks that's the threat and it's real, whether it is real or imagined, it could be an email coming in that is you feel frightened by all or whatever, something like that. Or somebody says something to you. So it doesn't have to be real, but as long as it's perceived as a threat, that's the same thing. The same cascade is going to happen. The same thing's going to happen every time. So how do we get out of this? How do we correct it because most people have this imbalance? So the imbalance is this, the rest and digest response, that part of the vagus nerve gets weak and a little bit sort of limp.

**Dr. Eva Detko:**

And it's not very well toned. And then so therefore it's not responsive. So it's kind of like a vicious cycle because the more desensitized people are to stress, the more unresolved trauma that they're going to have, the more they're going to be triggering those fight, flight or freeze those survival states, the more they're going to be strengthening those pathways. And then that rest and digest is going to activate less and less and less and less because they always up, up, up in those high activated states. So then what we need to do is we need to by strengthening the other side, or we say improving vagal tone. We can bring more oomph to rest and digest, and then we can get it back online. We need to get it back online. And then at the same time, we need to be working to not to be accessing fight, flight or freeze all the time.

**Dr. Eva Detko:**

So it's like almost when you're talking, how you're getting out of that. So we making sure that we doing things to stop us from accessing fight, flight or freeze, which will include things such as being really self-aware, emotional intelligence that we were talking about, resolving some of the old traumas that we were talking about. So that those pathways are not activated anymore.

**Jason Prall:**

Real quick. I want to paint an analogy here before you continue, because I think it's brilliant what you're saying, and I love this and I just think in analogy, so what came to mind here is, is that if I break my left

leg and it, and I have got to get it casted. And over for months let's say, and then my right leg, of course I'm using crutches and I'm using my right leg predominantly, my right leg gets nice and strong remains nice and strong. Because I'm continuing to use it continuing to use it. My left leg has been atrophied. All the muscle is wasted. It's gone. So I take my cast off. It's just this, looks like a wet noodle. And so this is seems to be the state that we, most of us find ourselves in, which is the vagus nerve is atrophied and doesn't have good vagal tone. And yet this right leg, the sympathetic side is so well toned because I'm relying on-

**Dr. Eva Detko:**

Yeah, like Hercules' leg thing. Yeah, exactly.

**Jason Prall:**

Right. So I love what you're about to say I think, which is that we don't want to just do one or the other. We can do both. So talk to me about both strategies to bring balance.

**Dr. Eva Detko:**

Oh my God. I'm so going to steal the wet noodle [inaudible 00:55:43]. That's really great. That's really great. So yeah, I usually give that analogy exactly. As if you go to the gym and you just train, you just do a bicep curl on one side. I mean, you're going to end up, so it's exactly the same. You're going to end up with an imbalance because essentially that's what you're doing by desensitizing to, so being the sensitized so stressful, it's not about blame or guilt or anything like that. It's just the stuff happened, whatever happened, happened. It lay it and then you activate it. You activate it, you the sensitized to it. And it's like, you're training it, you're training it. And it gets really strong. So, yeah. It's really about both. So on a very simple level, we can do very simple vagus nerve activation exercises of which there are many, there are so many different things that can do it.

**Dr. Eva Detko:**

Anything in fact that makes us safe and relaxed and just generally feeling, "Ah, this is nice." Activates that ventral vagus. So what I always say to people is you will go online and you will look for vagus nerve activation ideas and you will have a whole list of them. But the two things that you need to remember is that just because something has a potential to activate the vagus nerve, doesn't mean it's going to do that for you. Because like we said, with meditation is a good example. We've already given that. You may not be in a place where this is quite right for you. And then you need to resonate. Also. You need to resonate with whatever method you choose.

**Dr. Eva Detko:**

And so if even if you going to use whatever it is, let's say you like walking in nature, you could do gratitude journaling. You could do deep breathing. I recommend that for anybody. So anybody who's got vagal issues, deep, slow breathing really should be one of the key things that they need to do. And then they could also build themselves a toolkit of other things. You could use sound. Sound healing is so powerful for the whole body, but for the nervous system it's extremely powerful.

**Jason Prall:**

All right. Can I give you one that for me that's been super powerful and I didn't even realize it until I learned about it later, which was singing. So whether it's in the car or whatever, I just love to sing. And

because I love it and it involves throughout the singing process, it's so powerful for the vagus nerve, right?

**Dr. Eva Detko:**

Yes. Because whatever vibrate your voice box will activate the vagus nerve. So that's exactly it, somebody could be singing in the car. And other people don't have to like it, it doesn't matter. If it works for you, it works for you. So that's what I'm saying. It's very important that whatever methods you choose, first of all, if you doing something you don't really resonate with and you don't like and you just doing it to activate your vagus nerve because somebody told you so, it's not going to be sustainable. And the one thing that we need to make sure of is that we going to, obviously initially we need to do more work to rebalance the two sides, but really this is an ongoing thing. So then going forward, we need to enter this maintenance phase whereby we activate the vagus nerve every single day, or ideally multiple times a day.

**Dr. Eva Detko:**

Even if you have a hectic lifestyle, just making sure that you have those few minutes here and there, and you activated regularly. But if you choose things that you don't like, just the same with exercise, if you make yourself go to the gym, but you really don't like it, it's not going to last. And quite honestly, because of your negative attitude towards it, it's not really going to be that great for you because that energy that you put in out. That's your attitude, attitude is energy. Thoughts are energy. Emotions are energy. Attitudes are energy. So we need to be very mindful of creating the right portfolio of different things that resonate with us. And then that's going to work really great. But of course if you, and it is a good starting point and absolutely, you can get some improvements without any shadow of a doubt, particularly if you make a commitment and you do it regularly, and you do it throughout the day, like I said, you could be dropping into that parasympathetic multiple times a day.

**Dr. Eva Detko:**

That's actually more powerful than running around like a headless chicken all day long, and then go, "Okay, for the next half an hour, I'm doing vagus nerve activation." It's actually better to put something even like set yourself a little reminders, like, "Okay, I'm going to take 10, slow, deep breaths now, okay, I'm just going to stop, center ground myself, and do some breathing." That's actually going to be more powerful in the end because you need to be activating as frequently as possible because every time you activate you kind of making it work, therefore improving the tone. Right.

**Jason Prall:**

Yeah.

**Dr. Eva Detko:**

So that's what we want to do.

**Jason Prall:**

And you're kind of discharging throughout the day, too. A lot of us can build up things, build up charge in our system, emotions and what have you and stress. And this is a beautiful practice, even just in terms of managing your day, because now you're discharging, you're taking these opportunities to get back to neutral, get back to center and discharge. So I love that. It's just a practice. And so I want to bring this home for people a little bit, because this is, again, the reason I want to do this, because it's so powerful

what we're talking about. I mean, so Dr. Eva, were talking about toning the vagus nerve. The parasympathetic, and really building that muscle up so to speak. And then also working some of these trauma pieces with a variety of techniques.

**Jason Prall:**

And so as we do that, the sympathetic tone and the sympathetic charge starts to lessen and less, and then we build up more parasympathetics. So we're actually building more of a balance here as we go forward. And so why is this important? Parasympathetic. The rest, digest, detoxify. If you think about anybody that's ill, that's going through a disease process. We're constantly figuring out which foods, "Okay, should I be eating? How do I detoxify?" And we're going to these external solutions where what you're talking about is actually the internal solution to all these problems. When we activate this parasympathetic, and we start to live in that mode more, we're digesting better, which means no matter what diet you're eating, you're going to digest it better.

**Jason Prall:**

That's a huge, huge thing. It means less digestive enzymes that you have to take, it means probiotics and prebiotics and all these supplements that you're having to take. You don't need that. If we get back to the fundamental essence of what our body is capable of, we don't need any these external things. Unfortunately our environment and our situations are a little bit chaotic, so they can be helpful too. But what we're talking about is an internal supplement from the nervous system level that helps us detoxify better. I mean, forget having to take all these detoxifying supplements and these binders and all these things to move chemicals and metals out of the system, your body's naturally capable of that. We're talking about the gut biodiversity increasing, we're talking about the intestinal lining becoming more secure. We're talking about the gut immune system becoming more robust. We're talking about everything in the system working better because we're now activating the parasympathetic side more and more, and we're not so tipped over into this stress out mode.

**Jason Prall:**

So this is how it ties into not only preventing disease as we get older and older naturally the things start to not work as good let's say. But also anything that we're dealing with, whether it's just slight inflammation or a little bit of pain, or a little bit of brain fog or not sleeping quite as well as we used to. All this stuff can be improved and totally resolved. So to speak by doing what we're talking about here, which is the fundamental aspect of how the body is functioning, because the nervous system is the interface between the unseen and the seen, I like to say. It is the interface between all the things that we can't touch. And we can't really get our fingers on and the actual physical body. So when we're working at that level, it's so, so powerful.

**Dr. Eva Detko:**

Yeah, absolutely. And you know what people might be wondering, well, how come you've got effect all of those things? So don't forget that the vagus nerve connects to most organs in your chest and abdominal cavity, including your immune organs thymus lymph of course the gut. And also liver, gallbladder, pancreas, all of that. And so that is one. That's the reason why you have such a wide ranging impact throughout the body when you actually get this right. And at the same time, on the flip side, when you have all of those separate problems and you may be having gut issues and heart palpitations, and maybe blood glucose imbalances and your liver doesn't detox quite so much. Well, I can tell you that one thing that you have in common there is the vagus innervation. And don't forget also that obviously most chronic illness is related.

**Dr. Eva Detko:**

Inflammation is the kind of the core theme running through all those illnesses and your vagus nerve is that mechanism for putting brakes on chronic inflammation via the anti-inflammatory pathway. So that's the reason why, when Jason is saying what he's saying, that's the reason why that is the case. And so yeah, it's really about bringing the balance. So again, it's not just about just doing your breathing exercises and working on the vagus now, just remember the other side, you need to take as much out of that energy out the system that is causing you to have the those hyper arousal putting you in this hyper vigilant sort of state all the time. And that obviously means don't put garbage in, on a daily basis. So your social media, your mainstream news, just remember how toxic, utterly toxic that is.

**Dr. Eva Detko:**

I just couldn't leave the interview without saying this, okay? So just be very, very mindful and also toxic people, you need to be quite discerning and very, very good at setting boundaries because that's another thing that really feeds into the systems. So when we're talking about trauma a lot, and yes, that has to be resolved, but on a day to day basis, people put a lot of garbage into the system. And if you're starting to work on this balance, the first thing that you need to do, just like detoxing the body physiologically, physically, biochemically. The first thing to do is not put toxic things in your body. That's the first thing you do. So think about this emotional work, nervous system work in the same way. The first thing is well, what is it that it's coming at me every day that's actually making me more stressed and more toxic, like emotionally toxic? So that that's really quite an important point to mention.

**Jason Prall:**

Beautiful. Yeah. I love that. And there's two ways that I want to highlight that too, which is that there's a compassionate boundary where you kind of just say, "Okay, we're going to create distance here between you and I or whatever the thing is." And there's also through some of this work, what I've realized too, is that even some of this stuff can be there and I can just let it be there without affecting me. So there's actually two ways to create that energetic boundary that you're talking about. And one of them is to do kind of this sort of trauma work and the things that you're talking about. They can arise and I can just smile and go, "Oh, this is cute." Look at all these things happening in the world. This place is crazy. Humans are nuts. What kind of fun are we having here?

**Jason Prall:**

So there's two ways to deal with that. So I love that you mentioned that because the diet of mental and emotional things that you're feeding on is just as important, if not more important than the physical side. So Dr. Eve, I feel like we could go on for hours and hours. I love this conversation. I love that you're so passionate about this element of it, because it is to me, the crux of so much of the disease that we are experiencing today. So tell people where they can find more about your work.

**Dr. Eva Detko:**

So the best place to find me is from my website, that's dr-eva.com. And yeah, I'm not really on any social media. So I think I've expressed my opinion on that. But really from my website, there's all sorts interesting free material there as well for people. So even if they want to dip their toe in, there's going to be something there that they can find, build some awareness of where they're at. And so hopefully that's helpful.

**Jason Prall:**

Beautiful. Well, thank you so much, Dr. Eva, and everybody we'll see you on the next one.

