



The Impact of Emotional Stress

Guest: Eva Detko

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Justin: Hey there! This is Dr. Justin Marchegiani. Welcome back to the Thyroid Reset Summit. Today is going to be a phenomenal summit interview. We have Dr. Eva Detko on the show today. We're going to be talking about everything emotion and how it connects back to your thyroid health. Well, before we begin, Dr. Eva, welcome to the summit.

Eva: Oh, thank you so much. Thank you! I'm so pleased to be here. And as we just said before the interview, this is a big passion of mine. So I'm really excited for this interview.

Justin: Well, I'm excited as well. I know you have a history personally with Hashimoto's or thyroid yourself. Would you like to share that with the listeners?

Eva: Yea, sure, I'd love to. I think that actually just explains when we go on to talk about emotional toxicity, as I call it, I think that will make more sense if we explain how I sort of arrived at doing what I do.

Justin: That's great.

Eva: For me, it actually started very early. And some people may think that it started at birth. But it actually started even earlier than that. What actually

happened to my mom, once she was three months pregnant with me, she had a really quite severe emotional trauma. Basically her sixteen year-old sister died, and she could not cope emotionally with that.

And what was interesting at the time, even that was over forty years ago, was that the consultant who was looking after my mom, she developed toxemia of pregnancy. She had a terrible pregnancy. Everything just basically went pear-shaped for her. And the consultant at the time said that the physiology and the physiological outcome of the pregnancy was actually related to her emotional state at the time, which like I said, it wasn't good, because she was grieving. She was absolutely not coping emotionally.

So what then happened was she had toxemia. And what that meant was that her body basically became incredibly toxic and started rejecting the fetus. In fact, I had a twin either brother or sister. The thing is they never knew, because my sibling actually died in the womb at the time. They didn't have the technology that they do now, you see. So my mother was carrying around myself and the dead baby for quite a number of weeks before she went into labor. And so it just went on from there. I nearly died at birth. She nearly died giving birth. It was a bad situation.

Justin: Unbelievable!

Eva: Yea.

Justin: And so from there, how did the whole Hashimoto's thing come about? So obviously you started life with this incredible trauma with you and your mom. And then how did everything else evolve after that? When did you finally pick up the thyroid issue? And when did you connect it back to this?

Eva: What actually happened as a result of that, as you can imagine, as you just said, this was a physical trauma. It was an emotional trauma, of course. It was mechanical, because obviously I was pulled out with all sorts of forceps or whatever else during birth. So all of that was going on.

As a result of that, I was actually a weak child. I was quite a weak child, quite susceptible to all sorts of things. But, of course, what then happened with me, we were sort of growing up in this environment where everybody is grieving and people are just generally sad. And a lot of it was doom and gloom, at the least the first set of years. And then what happened was I actually lived through one of the biggest nuclear disasters, which was Chernobyl.

Justin: Chernobyl, in the 1980s.

Eva: So obviously I already had certain weaknesses. I lived in Poland at the time, since that's where I'm originally from. And Chernobyl left a lot of people with thyroid issues, of course, not just myself. A lot of people now even to this day have these problems. It's an epidemic of Hashimoto's and Graves as well in Poland.

So that was the sort of additional kind of push in that direction. And perhaps had it not been for Chernobyl, maybe I would have developed symptoms anyway in my body. But, of course, that was definitely a contributing factor, as you can appreciate, right?

And I remember to this day, when we were at school, and we had math class and our head mistress came in. And she was really flustered. And then she sent everybody to the nurse's office to have a substantial dose of iodine, whatever they had in stock. They sort of distributed it amongst us. And then they told us to go home as quickly as possible, lock ourselves indoors, and not to come out until further notice.

And I actually remember thinking that we were all going to die. Nobody really knew what was going on or how serious it was. But I remember that was another trauma basically, as well as it being emotional trauma. It affected and impacted the thyroid gland directly.

Justin: Yea, just for all the listeners, because this happened about thirty years ago. Chernobyl was basically a nuclear power plant reactor that melted down over in Ukraine. And then the radiation was Caesium-137. And that is similar in the periodic table to iodine, so it plugs right into the receptor sites of the thyroid and increases the chance of thyroid cancer. Is that the gist there?

Eva: Yes, exactly. So it was the USSR at the time. But that's the area, in Ukraine. But exactly right. And so it left me and many, many, obviously thousands of people in this really bad situation. And I was growing up. As you can appreciate, I was developing. I was twelve at the time. So everything in the body was changing. And then bang, you were hit with that thing.

But what I wanted to say, this story, of course, led me to develop all sorts of symptoms subsequently. And I didn't just have Hashimoto's; I actually suffered with ME as well. And as we know, thyroid function and adrenal function are tightly connected. And so that probably wasn't a coincidence that I had all of those things falling apart.

But when I was taking control of my healing, and, of course, everybody, maybe not everybody, but so many people that I talked to and I interviewed had the same story. They had gone down the conventional route, and they were let down. And nobody really knew what to do with them or cared enough to help them or whatever else.

So similarly, right at that point I needed to do something for myself; otherwise, I would have just been probably bedridden and with all sorts of nasty symptoms for many, many years. And in that healing process, this is what leads us then to talking about emotional health and emotional toxicity. What helped me the most was definitely addressing all those early traumas and all the emotional, that I call trash, I was holding on to.

And at the time I had already been gluten free. I actually started being gluten free quite early on. I was aware of that because I had digestive symptoms from it. I actually took that out of my diet early on and made other nutritional changes. I started being interested in nutrition quite early on. But nutrition and addressing sort of biochemical toxicity and even pathogens wasn't enough. I needed to go beyond that.

And that going beyond for me was actually addressing a lot of those traumas, addressing my belief systems and conditioning that I received early in my life. And overall, that means that I am now free of symptoms. I do very well. I've got a very successful practice. I do help other people recover their health. And I exercise every day and stuff like that. I don't have those problems anymore.

So my message to everybody is, no matter how bad your situation, and my situation at some point was very, very bad, I can tell you that, there is hope. And there is an awful lot that we can do for ourselves. So I definitely just wanted to put that across.

Justin: That's excellent. I know you mentioned, ME, which I think over in Europe it's like fibromyalgia, kind of chronic fatigue here, correct?

Eva: Yea, exactly. It goes under the name of chronic fatigue. And I was actually diagnosed at the time with chronic fatigue, interestingly enough, because a lot of people don't even get the official diagnosis. But I hurt all over. And I've never been diagnosed with fibromyalgia, but I had those symptoms, now looking back. We know it's not just one thing. It's all of those things together.

Justin: Totally. Did you do anything for the radiation exposure that you had

with the Caesium-137? Did you do any additional iodine? Did you do any other nutrients or sauna therapy, any detox therapy, to help pull out that radiation at the time, or maybe years later?

Eva: Not at the time. Definitely that was not on anybody's radar.

Justin: Get out of here!

Eva: No, this was something that eventually years and years later, I used bioresonance. I also obviously addressed pathogens, because I also ended up with *Helicobacter* infection.

Justin: *H. pylori*.

Eva: Yea. So my body was just generally weak and picking up all sorts of things at some points. I ended up with these latent infections and some viral, some fungal, some bacterial, whatever. So I used bioresonance to help me cope with those. And obviously these are just kind of year after year after year. It was just sort of an ongoing thing, really, isn't it? I had all sorts of herbal remedies, obviously binders, always using binders when you're detoxing.

But not at the time. You know, I tell you what; the strange thing was that, as we know, fungus, particularly mushrooms when they grow in the forest, they absorb a lot of toxins from the environment. And Polish generally as a nation are obsessed with mushroom picking. So after that, everybody was adding to their radiation problem by going and picking those mushrooms. They were obviously soaking up all this radiation. There was no awareness what we should be doing to protect ourselves. If anything, people were making it worse.

Justin: Making it worse. But at least they gave you a little bit of iodine at the time. So they were at least aware that that can kind of help push out some of that Caesium, right?

Eva: Yes, yes. And I think they gave us what they had. And obviously nobody was prepared for any of what happened. So I don't know how much it was. I can't remember any of it. I just know we all got a little bit of that. And whether it was enough or what dosage it was, I have no idea. But I would assume it wasn't sufficient.

Justin: Right. How many years later did the Hashimoto's or hypothyroidism get picked up on previous testing?

Eva: Actually I questioned it. And I pushed for testing, because I already had symptoms of that as a teenager. But, of course, as a teenager, you know, you're fifteen or sixteen; you have so many other sorts of changes that are going on in your body, that everybody was like, oh okay, whatever. You'll grow out of it, sort of thing. But I had all sorts of issues that were very typical of hypothyroidism. And of course, as we know, most thyroid dysfunction turns out to be autoimmune.

So, yea, in the end it wasn't until some years later the symptoms occurred, I would say fairly early on. It's just that I only had a mindset of my 20s that I started really pushing to be tested. And I knew that my mother had a problem as well. So that actually further prompted me. So there's basically thyroid dysfunction in my family. It's everywhere, everywhere you look. Everybody has got [inaudible].

Justin: Totally. Now you mentioned that you're obviously a psychologist, and you're working with patients that have previous trauma. And you see a connection with all kinds of traumas emotionally with various diseases, including Hashimoto's.

What are some of the strategies? Let's just focus on the number one strategy, and we can go down the list later. What was the number one strategy that you saw help you with some of those previous emotional traumas, like the Chernobyl and the traumatic childhood that you mentioned starting off coming into the world with the pregnancy issues that your mom had? What were the number one strategies that you used to help yourself?

Eva: Well the number one strategy would be to actually address the trauma itself. It is absolutely possible to heal trauma. But of course, I didn't know the strategies that I use these days with people. They're different than what I used at the time. So I came into this field of psychotherapy. I'm not actually a psychologist. I'm a psychotherapist.

Justin: Psychotherapist, got it.

Eva: Yea, because there are obviously licensure issues and whatever. And basically, initially I started with things like neuro-linguistic programming and hypnotherapy. But now I'm using a whole tool kit of different modalities. And the go to modalities for me right now are things like havening technique, which is a type of sensory modality.

Justin: Various touching.

Eva: Yea, that's right. And then Brain Working Recursive Therapy (BWRT), which is more of a psychotherapy technique. Different things work for different people. So what I believe is that I need to have a tool kit big enough so whatever personality comes to me and whatever suits them, I've got something to help them.

And before we even get to trauma, I think having awareness that those things are interfering with your health is really fundamental. That's because I think the problem we're having, even in the field of natural medicine, is that people don't appreciate just how much emotional trash and emotional garbage that they're sort of storing somewhere in the back of their mind, even sometimes in the front of their mind. They could be aware that they're having anxiety and some things like that every single day, how much that actually interferes with their physical health and how that kicks off this manifestation of symptoms.

And the scientific basis of what I'm talking about is psycho-neuro-immunology. So we know that this not just anybody that says so. This is a science that's been around officially since the mid 1970s. And just in case people may have heard but are not fully aware what it is, it's telling us about the connections that exist between our psychological processes, and that is obviously a big term, so anything, a mood, emotions, thoughts, beliefs, anything that you can think of that is sort of psychologically based.

But the relationship between those and also our hormonal function, our immune functions, and as I said already, when we talk about thyroid dysfunction, so much of it is also immune. So we need to be thinking that anything that dysregulates our immune system is going to hinder our recovery process. And so, of course, emotional toxicity will be one of those things that will dysregulate the immune system. And that all sort of occurs through the HPA axis, dysfunction and dysregulation.

This is not just something that is just fluffy and ethereal stuff. This is very solid grounding in science. And I think that's important to mention here as we're discussing this. This is not just I'm saying that this helped me; therefore, that's how it is. There has been a lot of science and a lot of scientific studies that have been done on this.

But as well as this PNI study, this psycho-neuro-immunology study, we obviously have the ACEs study. So we have all of these studies that have been done just [inaudible] connecting by observation, the fact that when people have these early childhood traumas, they're so much more susceptible to developing chronic health problems later in life. Does that make sense?

Justin: Yea, it does. So these things are all affecting your cortisol, your stress handling system. It's affecting your immune system. I imagine all of that has to even affect digestion, because all that stuff could make it harder for you to break down your food and digest and such. So it's really affecting your whole body, because if we don't absorb those nutrients, we can't use them efficiently. That's because our immune system and our sympathetic nervous system are in overdrive. That totally makes sense.

And what are the big traumas or the big experiences that you're seeing on the kind of practitioner side that people are coming with? Do you notice certain patterns or certain things that correlate more with Hashimoto's? What are the big things you're seeing?

Eva: Actually, there will be patterns. There are some top ones that come up a lot of the time. And I see it time and time again, poor self worth and poor relationship with self. That's huge. But, of course, that's just the symptom, you see. So that's the thing. The root cause of having a poor relationship with yourself could be an early childhood trauma. And more often than not it is.

And so, of course, there are also other things. There are fears, fear of rejection, fear of failure, basically fear of failure, if you're losing control. They're sort of like one and the same thing, really. And then you've got this thing where you think about the thyroid and where it is. People who have not been heard in their lives, that's very interesting, isn't it? They feel that they don't have a voice.

And so those are usually people who will be people pleasers, and they will be just going out of their way to be liked by everybody. But, of course, that comes at a price. And often times they will do things that they don't really want to do, but because they're scared that people will not like them otherwise, they'll do things even to the point where they compromise their health so that other people like them and they get that acceptance.

But that just means that if they have to seek that acceptance and approval externally, then that means that they don't have that acceptance internally. And obviously that goes back again to that poor relationship with self. So that's really one of the big ones.

But all sorts of fears, all sorts of anxieties, they're very, very common. And I'll tell you what, this is important. When I was talking about hearing trauma is important, but the awareness is key, because you may not be aware that you're having those maybe ruminating thoughts or anxiety or fears.

For example, you could be constantly thinking, what if I say the wrong thing, or what if I do the wrong thing? Things like that just kind of are in people's minds, sometimes 24/7. Or they're kind of doing these mental rehearsals that many people tend to do. If I'm in a social situation, I may have to make sure I'm mentally prepared, all that sort of thing. That is a type of chronic stress.

So anything negative that you're experiencing internally, let me just make that clear, on a regular basis, whether it's sadness, anger, resentment, fear of losing control, fear of rejection, any sort of over-analyzing everything people say, all of those sorts of things. If you're experiencing those on a regular basis, then that is a form of chronic stress. And the danger of not recognizing that is obviously everything that we already said previously, right?

Justin: So you've given us some great information here. And the awareness is so important, because if you don't know there's an issue, you can't do something about it. And then also, the subconscious thoughts, which you don't even know are there; but maybe you know that there's this feeling that's there's something deeper.

So I want to get a sense, because we talk about some of these things, and they're a little bit, let's just say abstract. So I want to walk a little bit deeper into like, okay, I have these issues. I'm a patient. What are the first strategies or therapies or modalities that you're going to do? Can we just go through it just kind of as a mock here? I want to just see how you apply it. I want to see how this works.

I think people that are listening, they're going to be able to see it. And maybe they can reach out to you or another practitioner that does these things. I want them to be able to try it on. All right, so I'm this typical thyroid patient. What are the first one or two or three things that we're going to start with?

Eva: So we already mentioned awareness. And we also mentioned the early childhood trauma, or what we call adverse childhood experiences. Now what I first and foremost want people to realize is that most people will have something. That's one thing.

So we want to look at a person's timeline and see whether there have been any perhaps bigger traumas. In my case, I had quite a few big ones. But you know what? What we also need to recognize is that trauma is not just, people are thinking trauma, they're thinking PTSD and big stuff like mental illness or traumatic birth or maybe being bullied at school.

But we also need to be looking further at this person's first formative years of this person's life. So what sort of environment were they growing up in? What also could happen is that maybe they didn't have any big traumas, so big things that stand out to people.

But what they may have had is what we call detachment or developmental trauma, whereby they didn't receive the proper sort of affection and care from their caregivers. And so in that way, this is something that we need. We needed that water and air and food as human beings for our development. Because otherwise, there have been lots of experiments when children or animals don't get that initial affection and care, they can become schizophrenic or have all sorts of issues, right?

So we know that connections exist. So this person I'm working with needs to first, I think it's so, so important to have that realization that okay, those things did happen, and have the acceptance that those things happened. We don't need to freak out about any of this. Yes, it's true that if you had, I think it was six adverse childhood experiences in your early years, that can shorten your life potentially by twenty years. That's one of the things that came out of the ACE study.

Justin: So the ACE survey can be a good tool to kind of like first see if there are any issues going on. And I think it's what, if you have two or more, that starts to become a problem, right?

Eva: Yea, that starts to become a big problem, particularly because what we need to recognize with these studies, there is a limitation there. The original ACE study only had those ten categories of trauma. So they didn't talk about developmental trauma. They didn't talk about intergenerational trauma like I just did, when my mother had a trauma that impacted the outcome of the pregnancy. So that's one example of that, right?

So we're looking at anything that could have impacted us negatively, not just the big things that stand out for people. Parents who got divorced, the person will probably remember that. But the problem with developmental is that if they didn't get the affection, they may not necessarily remember that, because it's more about what wasn't there, rather than what was there. That's sort of a gray area. But, they'll probably say, well, you know, my parents were attentive and they gave me what I needed, whatever.

So we need to build that kind of picture of what was happening for that problem as a child, because that's going to have such a big knock-on effect.

Also, further going on building on awareness, I wanted to see, and obviously I wanted them to see how their conditioning, their cultural norms that they were subjected to, how their environment overall affected their belief system, their core values, and their identity, because that's so, so huge as well.

And so, this is still kind of more of psychoanalysis and psychotherapy work. And then once we've identified the traumas, then we can specifically work on those traumas. And what I wanted to say to people is there is some work that you can do on yourself, but particularly around self worth and things like that.

But if you had a complex trauma, something a little bit more say hard core, then I would say that it really is worthwhile working with somebody, because if they use a good tool, it doesn't have to take a long time to heal that trauma. And then you can move on and build on that. And then you can build your physical health. You can build your self worth, and you can build yourself up for that.

But you can't really do any construction if you haven't laid the foundations. And part of laying the foundations is healing the original trauma. And the same, I use another analogy. If you're say a gardener, you wouldn't dream of putting new seeds in your garden when spring comes without clearing things out. This is exactly the same thing.

Justin: You weed before you seed, right?

Eva: Yea. It's never too late to change your perceptions, to change your belief. Some people with chronic illness lose their identity. They struggle with that. They struggle with their life purpose sometimes. All of those things are important, but it's never too late to get yourself back on track and heal that and get that straight. So then your body can actually have the space that it needs to heal properly.

Justin: So we're creating the awareness. We're working on building the self worth. Now I just want to make sure, what were those specific action points or skill sets to build the self worth, outside of the awareness part?

Eva: The self worth is kind of intertwined with other things. So it could be that you want to do so much for your self worth, but the trauma constantly comes back and bites you and sort of gets in the way. So this is why we need to heal that trauma first. Often times when people come to see me, it doesn't take

much for me to make them, not that I want to make them cry, but in terms of for their emotions to surface.

Justin: Right.

Eva: And unless people sort of live up here in their head, but once they connect to the body and what they're feeling, if they have had some traumatic experiences, these things will surface in a safe environment quite quickly. Now I don't want them to go and put it away and then come to someone to address it later. No, I want to address as soon as I can. At that point, that's then out of the way, and we can do further healing.

So when you're talking about self worth, that also becomes easier when you've addressed your belief systems and your core values. When you have a lot of trauma and you have a lot of fears, anxieties, and all those negative thoughts and emotions that may be with you literally every single day, sometimes we desensitize to that. And that's the problem, people desensitize, because they're with those thoughts and feelings all the time. So they don't even know that they're there. But they're there.

So when they start breaking it down, basically look at their belief systems. With some people's beliefs, the way that they've sort of structured their life, there's no way they can be healthy, because it's a major obstacle. So after the trauma, at least once you've sort of at least partially dealt with healing the trauma, the next step really is to look at what do you want to be believing instead about your health and the rest of your life, about relationships, etc.

And then we're also looking at core values. Now the self worth kind of comes in and out of it. But that's probably the longest bit of work that we have to do. So then after all of those things are sorted out, we could be using all sorts of tools. So havening techniques can help us with healing the trauma. But it can also help us with restoring our neurological resilience.

And it's the same with EFT. I don't do EFT, because I've got all of those tools that are very effective. But people who do will also confound this. With EFTs, not just dealing with the bad stuff, you can actually use it to build yourself up in a positive way.

Justin: I agree.

Eva: Yea. There all sorts of other strategies, such as visualization, which is massively powerful; obviously all sorts of healing meditations, all sorts of

meditations. Once you've addressed the trauma, it becomes easier for you to make your mind quiet and actually meditate, as we mentioned.

One of the things that people with a lot of emotional trash and emotional toxicity struggle with is to actually meditate, because they're kind of often saying to me, I can't switch my mind off. It's just kind of so much there. And it's not a good thing. But if you've been through all of that, then you can use a meditation practice as part of your further building yourself up.

So there are going to be tons of strategies. Obviously there are a massive number of different visualization exercises that people can use. You can work in front of the mirror, for example, with positive affirmations. That's one really good way of [inaudible] neurons as well. So there's that for self worth. That's a very good one for self worth.

Justin: That's good. Let's try one of your favorite skills. You mentioned the havening. I want people to kind of see how these things work in motion here. I think it's really important that people work with a practitioner, because a practitioner number one is going to be able to help draw it out of you. And they're going to be able to pull in different techniques that may help work better. So just people listening at home, if they want to do it along with us, if you're having a beneficial effect, you really want to seek someone out like Dr. Eva here that is trained in it. But let's do the havening first, Dr. Eva. What does that look like?

Eva: So this one is quite a nice easy thing for people to use on themselves. But as we emphasize, and we'll emphasize again, if you have a more complex trauma you're dealing with, you do need more than just the havening touch. You need somebody to come in with other skills and actually help you through it.

But basically this is a psycho-sensory technique, which means that you stimulate the receptors on the skin and through that you actually are affecting your neurology. And this works directly on the amygdala. And the trauma gets coded then in the first place. And through this stimulation of the receptors we can decode it, so unspeak it, if you will. So the triggers that are triggering people are no longer effective.

So unlike EFT, which has got a sequence to it, but like I said, I'm not an EFT practitioner. So I'm just going to focus on that, but there is no mention. With havening, there is no structure as such. There's no sequence. But there are three sights which you can use in order to stimulate a different brain wave

activity. Because what this does, it actually stimulates, it puts your brain in a sort of delta wave activity, which is what we experience during deep sleep.

So the first sight is just basically very gently stroking your face in this fashion. It's almost like you're thinking about washing your face. So you can do it all the way up. Or you can just do it from the eyes down. And that's very powerful.

And then the second sight is your arms. So we're going from the top of the shoulders all the way down to the elbow. And again, it's a very sort of gentle motion. And, of course, if you're wearing a lot of layers, you probably want to take some of them off, right? But you don't need to bare skin necessarily. So with one layer of clothing, this will work just fine. And we're going all the way from the top of the shoulder, all the way down to the elbow and back again. And this is done just about the speed that I'm doing it at right now.

And then the third one is the hands. So as you can see, it's stroking of the hands. Obviously you don't need to hold your hands up. I'm only doing it so you can see, right? But you can do this.

And the interesting thing with this is that, for instance, say you're in a meeting, and you're a bit anxious because, I don't know, maybe they're going to ask you a question you don't know the answers to, or whatever. And you are sitting, and you can actually just do this under the table, and nobody will even know that you're calming yourself down.

And for absolutely sure, I really want people to try it. And you can try this. And this is coming back to self worth. It's very, very powerful doing havening in front of the mirror. So look yourself in the eye and give yourself positive sort of affirmations.

And it doesn't have to be from the beginning. What I wanted to say to people, it's not going to be that you're going to go, oh I love myself so much. I'm so wonderful, I'm so amazing. For most people, they're not starting from a very good place. Particularly if they've come to see me, they probably would have had some severe trauma, right?

But we could say something like, I'm okay. You know, I'm okay, I'm fine. I'm fine as a person. I'm okay as a person. And just sort of build up to maybe something a little bit more. I truly appreciate, respect, and love myself, or whatever it may be. And it needs to work for the person who's doing it.

But what I'm saying is, when it comes to positive affirmations, what you have, you have this technique which enables you to actually basically open your brain and put it there. It just really helps to consolidate your neurology in this positive way. And, of course, when you are doing it in the mirror, you get the mirror neurons kicking in as well. So you get double the effect. So that's one of my techniques.

Justin: I do that technique. I love it. I really do. I think it's helpful. The feeling I get afterwards is just incredible relaxation. And so when you do that, do you dove tail it? Do you move to NLP when there's more trauma? Do you move to EMDR? I want to just see a couple of other of these techniques that you do. I think that havening is awesome. I do it weekly.

Eva: So basically building self worth, anybody can do it with this technique that I just described. But, of course, when you're actually working with a more complex trauma, yes, you will bring other things into it. So yes, EMDR is actually part of working with havening.

Justin: Because the eyes stop, right?

Eva: Yes, so you move your eyes right and left without moving your head. So as you're havening, obviously this is something that if somebody has got a traumatic experience, then you temporarily connect with that experience. That is the key thing here. So, of course, I'm not encouraging people to do that here, because we don't want to open any cans of worms here.

But that's what you would do. You have to emotionally connect to that experience just for a brief moment. And then you use all sorts of distraction techniques while you are applying the havening touch. So you would use counting. You would use humming or singing. You would use EMDR, because you're activating different parts of the brain by doing so.

Justin: So the eyes, the brain, and the touch, it's activating that sensory or that neurological pathway where that trauma will come through. It starts to get a little bit harder for it to come through. Is that kind of the goal?

Eva: That's kind of the goal. Bring the glue that holds it all together, the glue that holds the trauma together, it starts crumbling away and starts sort of breaking down. And this is why this has got a permanent effect, because once this dry glue, let's just say, has sort of crumbled away, there's nothing to hold that trauma in there. So therefore, you could have a trigger that used to

trigger you before, and now you're not reacting to that at all. You may have a memory of it, but you're not emotionally reacting to it anymore.

Justin: And this is so important, because a lot of conventional talk therapists, they just continue to talk about the problem, talk about the problem. That may have some benefit for strategies and such, but you're continuing to get that neurological loop stronger and stronger. Where some of these techniques, you're really trying to break up that pathway so it's less likely to react. Is that correct?

Eva: Yea, exactly, exactly. And what I want to say is talk therapy really works at the conscious level. And most of our problems, ninety percent of the time, we actually are in the subconscious. So it's like using a hammer to put a screw in. It's just not going to do it. It's not going to do it on its own anyway. It may have an application at the awareness building stage, right? That's when it may be actually really useful, because you're doing the timelines, and people are going, oh, okay, so I'm not actually crazy. The reason why I'm having this behavioral response is because those things happened to me.

And that's so important, because people sometimes think that they've just lost it. And sometimes people feel really bad about themselves just because they're having those behavioral responses and those feelings and emotions. And in fact, there's always a very good reason why they're there. And so when somebody discovers that, they kind of go, oh, okay, so I'm not crazy. Anybody in my position would have reacted the same way.

Justin: Exactly.

Eva: Yea, so that's key. And I think that's where the different therapies can help. But then, we need to move on to something that's more effective in terms of addressing the subconscious process.

Justin: Getting to the root cause.

Eva: Things like gestalt. That's another thing that you said were other different techniques, gestalt therapy. If for example, you had somebody abused you or stuff like that, we use this sort of conversational thing with altered brain activity. You want to call it hypnosis, you want to call it whatever, something else, and that's fine.

But it's always about putting the brain in a different state, where you're accessing all of those sort of subconscious patterns and feelings and thoughts

and emotions and stuff like that. Well not thoughts, obviously, because subconsciously, thoughts are conscious, right? Your feelings and emotions are subconscious.

Justin: Exactly.

Eva: Gestalt also, things like, people may have heard of this, working with your inner child. That's a very powerful one. So the child was wounded, because clearly most of this trauma you would have had when you were younger. Working with your inner child and giving the affection that that child never had at that point in time is extremely powerful, extremely powerful. So you can apply this while doing havening, you see.

So this why I love combining all those things together, because you can have such a powerful effect. And you can resolve those things quickly, because people sometimes think about the old model of therapy, particularly in America. I don't whether it still exists, but it definitely used to. People would go to psychoanalysts for years, three times a week, and get not very far. Now, that doesn't need to be that way. It really, really doesn't. Sometimes a few sessions can propel you forward, and you then are on your way, you know.

Justin: It's like having a virus on your computer. You don't see it on the active programs that you're using, but it's underneath. And it's slowing down your RAM. It's making everything go super slow. And then it's like, oh, you put the anti-virus on. Whoa, my computer is like a brand new computer. It's kind of like that, right?

Eva: Yea, it's exactly like that, because it's the elusiveness of this emotional stuff. When you tell somebody as a nutritionist, look, can you see that if you're eating this food, you're having this IgE or IgG reaction, you can see it. And you stop eating this food, because if you stop eating this food, this will go away, or whatever, right? That's just one example.

With emotional stuff, it's not very measurable. Sometimes people can be completely blinded to it, because like I said, they're desensitized to it because they've been with it for so long, having this crappy emotional response. Sometimes people come to me and say, well this is just how I am. This is just what I do. This is how I behave. It's just how I've always been. Well, if it's negative and you don't want it that way, you can change it. So I think the reason why it so goes undetected a lot of the time is because people can desensitize, and it's not easily measurable, basically.

Justin: Wonderful, very good. Is there another technique that you can show us that you get profound results with outside of just the first two that you mentioned? Is there another one that is more, let's say, tactile or user friendly that we can do here?

Eva: Well actually, the two main ones that I mentioned, which we've already covered, and the other one is actually Brain Working Recursive Therapy. That's very different, because it's actually a psychotherapy technique. But the way it works with the brain, basically I don't want to take away from it, because the person who developed this technique will kill me if I just did it the wrong way. But it's almost like you're creating a distraction, and you're bypassing the trigger. And it's not very user friendly to demonstrate. But it's also extremely effective.

Just in terms of self worth and healing, I would say, and I mentioned this before, visualizations. And yes, the term has been thrown around quite a lot. And people will go, oh yea, I've heard it all before. But even when I use visualization, it's from the point of view of what I call applied psycho-neuro-immunology. So I want to encourage the immune system to work in the right way with just the right amount of response. I will use things like visualization, whereby you're actually visualizing what goes on within your immune system.

And you can bring all sorts of imagery to it. It could be that you are thinking of your immune system as a police force or an army. Or you can even probably use Star Wars or things like that. But, of course, you want to create imagery that is positive in its outcome, not necessarily stimulating or suppressing. It's nothing like that. It's about encouraging the body to work in just the right way. But you're using all the imagery.

Why is this imagery so powerful? Because your subconscious mind, and that's the biggest, most powerful part of the mind clearly, does not really tell the difference between reality and fiction. So we create imagery and we keep putting that into our mind so that this could be how we want to be two years from now. I want to be riding my bike, and I want to be running around. I want to have plenty of energy to do all sort of things that require me to focus my mind. And I can do that really well.

You know, I'm thinking about thyroid symptoms, brain fog, energy, that sort of thing. So if you're thinking in positive terms what you are actually able to do and you see yourself, you actually see yourself performing this positive action, and you see yourself doing those positive things, then in your head, in your mind, it's just okay, so that's how it is now. Let's go towards that. It's

literally how it works. I know I'm being simplistic again. But the point to remember is that the subconscious mind does not distinguish between reality and fiction. And this is why imagery is so, so powerful.

Justin: Dr. Eva, that is absolutely profound. I think it's so important, like you mentioned, ninety percent of our emotional trauma is subconscious, so we may not be aware of it. Ten percent is conscious.

You mentioned the various techniques that we can do to help kind of prune that out. And unresolved, kind of emotional trauma like this will get the sympathetic nervous system firing. That will cause your adrenals to go into overdrive. It will burn up a lot of your catecholamines or your neurotransmitters. It will affect digestion, which could affect all your nutrient absorption, maybe cause you to crave more sugar and refined foods. So it's so important if this emotional root over here isn't addressed, and this kind of just continues to go in motion, right?

Eva: Yea, and precisely that. So this is why I said before, sometimes people work so hard to fix their diet and detoxify biochemically, detox the body, the brain tissue, whatever. But they are just falling short. And they're still not getting the results that they want to be getting. So I encourage everybody who maybe has had that experience already to look into the emotional root causes.

And if you are at the beginning of your journey, don't wait until two years down the line, until you're in the situation I just described. Do it now, because you can do it at the same time as you're addressing your diet. And again, your healing and your recovery will be so much more profound if you do.

Justin: And working with a practitioner like yourself, I imagine you're going to teach techniques to the people that they can do as well to kind of help support what you're doing with them on the sessions, right?

Eva: Yes, yea. I always give homework because I want people to take responsibility for their healing. So I'm not healing anybody. I am facilitating people healing themselves.

Justin: Yes, love it.

Eva: And so there's always homework, because you know what, if you do the homework, you're going to get there so much faster. And you will not have to pay me for however many sessions. You can follow up fewer sessions and you'll be there a lot faster, more importantly. So it makes sense to do.

Justin: Yea, and just like the havening on the hand I think is really good. Or even, you didn't talk about it, but I like the EFT point here, where you can kind of go like this under the table. I think that's good and helpful like that, because that can get the nervous system relaxed. I think that's profound. Is there anything else on the emotional side that you want to touch on before we end today's interview that could help people unlock their thyroid health?

Eva: Just think about all the steps. And definitely the first thing that you want to do is you want to just go in and think about what was going on for you when you were growing up. But also, what sort of responses are you having to your environment, to the people around you and generally to the world? And would you describe yourself generally as a happy, content, sort of care free person? Or are there things that are just sort of there that are bugging you?

Maybe you're in a toxic relationship. That's another thing we didn't mention, but that's another big root cause of emotional problems. So if you're not feeling safe in a relationship and you're feeling hyper-vigilant in a relationship, there are good chances that it's a toxic relationship. And whether it's work or personal, you're going to have to address that, because otherwise it will definitely affect your healing process. So that is another one I wanted to mention.

And then if there are traumas, if you identify your fears, anxieties. So many people actually turn into generalized anxiety disorders. There are people who can't even put their finger on it. They're just anxious about everything.

If you're in that state again, this can be addressed, because if you're hyper-vigilant like that all the time, you can't heal. And I'll leave you with this. The body can only heal in the rest and digest response, so in parasympathetic.

Justin: Bingo.

Eva: You cannot heal if you are in fight/flight and freeze or appease. You just can't heal in that state.

Justin: Oh, that's a good one, freeze and appease. I like that.

Eva: Yea, so that's the thing. You need to stimulate your parasympathetic time in order to heal. And you can do it using all sorts of tools. If you do just a little bit of relaxation every day and don't address those underlying causes, these things will just come back time and time again. So you may as well just

spend a few weeks or even a few months, deal with it, and that's it. And then you can have a happy, healthy life, which is, of course, what I wish for every one of the people watching this summit.

Justin: Dr. Eva, it has been an absolute pleasure to chat with you. Where can the listeners of this summit get to know you more?

Eva: I have a website, of course. It's dr-eva.com. And I have all sorts of resources specifically to deal with actually what we're talking about here, which is emotional healing. So I recognize obviously that nutrition is important, pathogens and addressing toxicity and healing the gut. Of course, all of those things are still important. But if you come to my website, you will find a lot of resources to deal specifically with the emotional side of health.

Justin: Dr. Eva, thank you so much for being a part of this summit. Your knowledge is great. I just feel so much more relaxed having that little session with you. So thank you so much for that. And you have a phenomenal day, okay?

Eva: Oh, thank you so much for giving an opportunity to speak about this subject I'm so passionate about. I really, really appreciate that. And I appreciate what you're doing with this event. So thank you Justin and thanks everybody for watching.