



Dr. Keesha  
REVERSE AUTOIMMUNE  
DISEASE **SUMMIT**

## AUTOIMMUNE BRAIN

Dr. Keesha ([00:01](#)):

Welcome back to the Reverse Autoimmune Disease series, everybody. I'm Dr. Keesha Ewers, and I'm very happy for this part of our series, The Autoimmune Brain, to introduce you to Dr. Brad Gorski, who has a passion to help others eliminate autoimmunity, to discover Turned On Living. Unfortunately, for many people with autoimmunity, they suffer with symptoms for 15 to 20 years before they ever get answers. He understands through his near fatal autoimmune disease that led him to assist in the natural solutions that impacts people across the country now as he helps them. Dr Gorski has also been a physician for many professional athletes, worked with the United States wrestling and judo teams and has written his own nutrition programs, taught hundreds of one-on-one workshops throughout the Charleston area, and won South Carolina top 10 Chiropractor Award in 2016 to 2020. Welcome to the series, Dr. Gorski.

Dr. Gorski ([00:54](#)):

Well, thanks for having me. I'm obviously excited to be here and obviously it's a passion of mine. So I know the information obviously we give people is life changing.

Dr. Keesha ([01:03](#)):

Yes. And I love this platform of being able to bring experts together to have round table discussions about what's what's new and what's important for people to find out. One of the things that I've discovered over the years of doing these and in my years in medicine is the reason that any of us really finds the way to discovering root causes and pulling together how to get to the bottom of everything is because we have our own compelling stories. I had rheumatoid arthritis 25 years ago that I was able to reverse within six months. I know you have your own story and I'd love for you to share that with us. How did you get to be doing what you're doing today?

Dr. Gorski ([01:41](#)):

Yeah. You know, I wish I could tell you like it was because—I learned about auto immunity because I learned in books and I was really smart. I really suffered, is how I kind of learned about how to really get myself well. If you'd have looked at me—this goes back in 2009, 2010, I would've kind of looked like a model of health. Unfortunately my wife and I had moved into a home and basically—which had mold and it really just kinda like started deteriorating my life and my health. I started getting very unusual symptoms, brain fog. I was getting a lot of inflammation. I was getting a lot of gut issues and, you know, for me it was kinda like, "Well, Hey, let me eliminate all sugar." Which—I already ate clean. I was pretty much following a paleo diet. I took good supplements. So it wasn't like I wasn't educated. I would really just kind of try to clean everything up. I'd get more serious about it. I wouldn't eat any sugar. Not that I ate it anyways, but to really just be very restricted with my diet and I was better for a couple weeks. I



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was just kind of finding myself keep getting sick again. And this just went over the course of about a month or two, where finally, I was like, "You know? Gosh, there's gotta be something going on." I was obviously running some tests that were really showing me things that were off, but it wasn't really showing me the cause. And I think that's a huge thing. It kind of culminated with me, I'd flown out, I was in one of my best friend's wedding and I had woke up the next morning and at the age of 27, I had a massive stroke. I had 4 different blood clots, it went to areas of my brain. Couldn't speak, couldn't move the entire right side of my body. And I remember when I was being airlifted to one of the best stroke hospitals in the state of Michigan, I remember thinking to myself, "Man, I've got a brain tumor. I'll figure out how to beat this." And then they were like, "Well, hey, you actually had a stroke." And it was kinda like, "Whoa, that's what usually people get when they're 60 and 70." So there was definitely a process of me, kind of I think going through the first part, which was just really healing my brain. And then really, the second part of it was digging to find the cause. We had to eliminate like did I have a clotting disorder? We eliminated those. And we really realized that the root cause was in autoimmunity. I had an autoimmune issue, attacking the red blood cells, helping facilitate the clots. Underlying I also had Hashimoto's going on. So that was a—so autoimmune was really the cause and it took me a while to get to that. I think like a lot of people, I struggled for a while before I realized, "Hey, this is an autoimmune thing." [Inaudible]

Dr. Keesha ([04:03](#)):

[Inaudible] here because I want to point to a couple of things in your story so that I can know that people are tracking it. And that is that first you had these minor issues that were happening, right? Then your body started kicking up the volume a little bit and you're like, "Okay, lemonade, sugar, even though I'm not really eating very much", feel better for a couple of weeks. Then it kicked it up some more. This is actually how it works with autoimmune disease. It's never an overnight thing, like waking up one morning with RA for me—which is how it happened for me too—or waking up one morning with a stroke. Those are very compelling. You finally turn to your body and go, "Okay, I'm now listening. Were you trying to tell me something at all?"

Dr. Gorski ([04:48](#)):

Yes.

Dr. Keesha ([04:48](#)):

And it's always that hindsight, right? So I just want our listeners to be able to track that because if you're listening and you have fatigue, it's not normal. Right? It's not normal. So it's not a deficiency in coffee or—so I just kind of wanted to point that out. Like all of us have these sort of precursors that happen. Then we have the big thing that we then can go backwards and go, "Oh, I see what was happening." Right?



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Dr. Gorski ([05:18](#)):

Yeah. I think that's super important. I know one of the lessons I think I learned is that despite my nutrition, despite my supplementation, despite—again, we all have a level of stress, but I think one of the things that I learned too is I knew the mold was a problem, but I never would have guessed it would make me as sick as it did. So I was kind of realizing we had—that was my intuition, it was, "Hey man, there's some mold in here, but you know what? I can take supplements. I can do things to lower the mold in my body." But despite all my life—

Dr. Keesha ([05:45](#)):

More [inaudible], more [inaudible].

Dr. Gorski ([05:47](#)):

There you go. Yeah. Despite all that, it was like—it didn't matter.

Dr. Keesha ([05:51](#)):

Right.

Dr. Gorski ([05:51](#)):

Like it was just too much trauma, no matter how much I was doing right it was still breaking my body, causing the autoimmunity. I think that's huge, I think some people struggle with that. They're like, "Well, I know I gotta do this. I know I gotta do this." It's playing a role and they think that they're doing everything else right, so they're like—they don't understand. Sometimes, for me, I would always tell people it was impossible. I was never going to get better in the environment that I was in and once I remove myself from the environment I could heal.

Dr. Keesha ([06:15](#)):

And I'm gonna say that about unhappy marriages and unhappy jobs, like all the things that people think they can spend thousands of dollars on supplementation, but if they're still in the middle and they're not really working on their relationship, they're not—right? They've just gone into their separate corners of unhappiness.

Dr. Gorski ([06:33](#)):

Yeah.



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Dr. Keesha ([06:33](#)):

It's like living in a moldy house, guys. So, it's those things. That toxicity that you're living in that causes—and you don't want to be being airlifted before you go, "Oh shit." [Laughing]

Dr. Gorski ([06:50](#)):

Yeah.

Dr. Keesha ([06:51](#)):

Right?

Dr. Gorski ([06:51](#)):

Yeah. Well, you know, and I know. I think for me the one thing that was really great is obviously being a physician, like I was aware. I was running tests. I knew there were things that were going on, but I think I never understood the complexity of the stress my body was under. And if I would have, I would have removed the environment, changed the environment more drastically. And I think all things happen for a reason. You know, I can remember my wife saying—myself telling her that, "Hey, this environment is making me sick." We actually had moved out for two weeks and I was like, "Oh my gosh", I started feeling better. And I literally made the decision, we're never going to step foot back in that house. And [inaudible] I flew on a plane, went to my best friend's wedding and that's what I had stroke. So it was obviously a godsend. It was something that I went through and I always tell people, it's how I learned to get myself better. There's a lot of things I learned through that, that I wouldn't have learned reading a book, studying, no matter what it was. So, I could never put a price tag on that. So I'm actually grateful that I went through that.

Dr. Keesha ([07:49](#)):

Right, and I say the same thing about rheumatoid arthritis and the stuff that I've—traumas I've had in my life. Because without them, I wouldn't have been as one point in focus on it. So, yeah.

Dr. Gorski ([08:02](#)):

Yeah.

Dr. Keesha ([08:02](#)):

It is nice to kind of think, "Please don't have to do what we did." [Laughing]



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Dr. Gorski ([08:09](#)):

Yes. Yeah.

Dr. Keesha ([08:09](#)):

So, you wound up finding out this was autoimmune in nature, right? And then what? Because I developed something called the Freedom Framework from mine and everyone comes up with like, "Oh, here's what—here's the pathway out." Right?

Dr. Gorski ([08:24](#)):

Yeah.

Dr. Keesha ([08:24](#)):

And so when you hear the phrase autoimmune brain, what comes to mind for you?

Dr. Gorski ([08:32](#)):

Yeah, I mean, I would say a couple of things. I think you're kind of right on with what you were saying. One of the things I always start with with people and I always tell people the first thing we do when I work with anybody is I call it creating space. I feel like sometimes in the healing process, people are like, "Well, I gotta address mold or I got heavy metals" and I always tell people, "Yeah, those are all things we have to look at, but those are like—" I think that's a client climbing to the very top of the apple tree and grabbing the high apple on the thing. So I always tell people, "Let's start like opening up space, let's grab the low hanging fruit, let's maybe obviously work with maybe some of the deficiencies you have, we always have to work with the gut." I think that's a big thing we're obviously learning now is that, the more we focus and learn about the gut, we realize there's that feedback loop going right up to the brain. So I feel like we really have to dive into that, understand what's going on with the gut, whether it's from a perspective of good bacteria, bad bacteria, pathogens, are you digesting food? We have to really, I think, dive into those intricate details to kind of create that space so healing can happen. And that's one of the first things always, I guess, comes to my mind.

Dr. Keesha ([09:33](#)):

Okay. So autoimmune brain, a lot of times people will think, "Okay, this is brain on fire." Right? Inflammation. When we think about a brain that's thrown, how many clots? Three?

Dr. Gorski ([09:49](#)):

Four, yeah.



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Dr. Keesha ([09:49](#)):

Four, right. From an autoimmune perspective, then when we are looking at low hanging fruit and we're talking about—okay, so oftentimes people will want to go straight to detoxing mercury.

Dr. Gorski ([10:03](#)):

Yeah.

Dr. Keesha ([10:03](#)):

Right? So I have something that I respond to that with where I'll say, "Let's make sure your organs of detoxification work first." [Laughing]

Dr. Gorski ([10:13](#)):

There you go. Yeah, yeah. You're right. Yeah. Let's first, like spend a month working on your liver. Let's spend a second—Yeah. Obviously we also want to spend that same time working on your gut, preparing your pathways for detox. For me, one of the things I use, which was huge in my healing is I use a lot of hyperbaric chamber medicine. That was huge in my recovery. I felt like, again, it opened up space. It was something that wasn't like very aggressive to my body and it facilitated healing. So, I think sometimes with some therapy, it's like you detox, there's side effects, you're pulling toxins from the body. Your body has to kind of process that. I use a lot of hyperbaric in the beginning to kind of open up that space and it gave me time to begin to work on the gut, begin to work on the liver. I also use a ton of fasting in that time because I just wasn't healthy. So when we're autoimmune and we're reacting to everything we're eating, that's where I always tell people, "That's a great time to stop eating and start fasting." So I think that was a huge part that I think maybe some people jump over. I just had a client yesterday. I wanna say it was a 45 minute conversation of me working with this lady to try to bring her to my world of like, we have to experiment with fasting. She was extremely resilient to that idea, but she's tried everything. She's done everything, nothing's worked.

Dr. Keesha ([11:30](#)):

Resilient or resistant?

Dr. Gorski ([11:30](#)):

Excuse me, yeah. She was resistant.

Dr. Keesha ([11:32](#)):

Okay.



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Dr. Gorski ([11:32](#)):

She was very resistant to it. She'd go, "I don't do well..." I'm like, "Well, yeah, but you don't do well at eating either." So, I think those are conversations and obviously that's where you want to work with a physician, have a plan. You don't just—obviously you don't just jump into like trying some crazy five day fast. But I think that's huge. For me, those were things that opened up space, facilitated the healing so I could grab those low hanging fruit, fix some deficiencies, repair the gut, work on stomach acid, develop a better microbiome. And then it was like, from there, it kind of was like, "Okay, now I can begin to maybe move into maybe some of those causes. Whether that is a parasite, heavy metals, more mold detoxification." That's just how I kind of, I guess I think about that from a fundamental perspective.

Dr. Keesha ([12:17](#)):

Right. I also look at adrenal health and hormones. Because if your adrenals are tired, then aggressive fasts are not good, right? The body already [inaudible] it can't keep you alive and now you've stopped feeding it. So it's just like,

Dr. Gorski ([12:36](#)):

Yeah.

Dr. Keesha ([12:36](#)):

So we have to look at that too. Just as people are listening to us, I've done 4 day fast, 5 day fast, but I always check first to make sure my body is in agreement with me. Right? I think that's really important in autoimmunity that you've got systems that are not in agreement with each other. [Laughing] You have to form collaborative alliances between all of them. Instead of having your mind just sort of dictate, "I want you to do this." The body, it's been hearing that your whole life and if you kind of put the brakes on like a donkey and be very resistant, right?

Dr. Gorski ([13:18](#)):

Yeah. I'm glad you said that. I work with a lot of people, I think too, like I see clinically who, they've been the women who have hormone problems and they are autoimmune and they're like, "Well, hey, how is like—why is my nutrition bad? Like, I've only been on 50 grams of carbs for a year."

Dr. Keesha ([13:33](#)):

Yeah!



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Dr. Gorski ([13:33](#)):

I'm like, "Well, yeah, your adrenals are shot." So you're right, in those cases obviously we have to understand, yeah, how do we understand that the adrenals are severely compromised, but then how do we use it? I think that the key, I think maybe we're both bringing up here is like, I always tell my clients, "It's tools!" Like, you can have any tool, but you gotta use it the right way. And with any tool, sometimes we have to figure out how to use this tool or adapt that tool to your body. And I think that's— I mean, there you go, there's a science in any kind of healing of disease, but then there's also an art. I feel like that's what a really good physician doctor will bringing that equation is how do we apply this? How do we do this with your body? And I think that's something that, again, can't be taught.

Dr. Keesha ([14:14](#)):

It's a good metaphor. You don't use a hammer on a screw.

Dr. Gorski ([14:18](#)):

There you go. Or if you do, you're unhappy with the results! [Laughing]

Dr. Keesha ([14:23](#)):

[Laughing] It depends if it's a flathead or pull ups, right?

Dr. Gorski ([14:27](#)):

Yeah, for sure.

Dr. Keesha ([14:28](#)):

So it's really fine tuning and knowing exactly where to apply it and how strong and hard. The body has its own consciousness. So it will let you know when you can [Inaudible]

Dr. Gorski ([14:40](#)):

Yeah. Yeah. And I think what you're kind of getting on to—and I think it's really important. I talk a lot with a lot of my clients too, is that we want to also do things that kind of inherently have an intuition that this is right for their body. I think working with that, I think sometimes a lot of people work against that a little bit. They've probably been to doctors and physicians who beat that out of them, where they're like, "Well, I kinda think this is going on." The doctor's like, "Oh no, that's crazy. That doesn't make any sense." So I think maybe getting back to listening a little more to that. And one of these conversations I was telling you about with client who was very resistant to the fasting, what I was kind of telling her, as I said, "I understand. Let's make sure we get on the same page where you feel like—and





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you kind of wrap your head around your body. This is a good decision because." You don't wanna be working with someone who's just forcing you to do things and maybe you don't think are right. Or you're not ready for 100% yet. I think the brain and the body work together. So we want those in agreement.

Dr. Keesha ([15:35](#)):

Yeah. So the title of your talk is really simplifying the complexity for healing an autoimmune brain. I think that's part of what a genius is, is being able to take a complex situation and simplifying it. I also think making it bio individual, right?

Dr. Gorski ([15:53](#)):

Yeah, for sure.

Dr. Keesha ([15:54](#)):

Appropriate for the individual. So, as you think about the complexity of an autoimmune brain and a simplification in that process, how would you guide people through? What's the roadmap for that?

Dr. Gorski ([16:07](#)):

Yeah. I think one of the first things I usually tell people is I think getting a good grasp of maybe where are we thinking this root cause is? Like, do we really think this is a heavy metal driven problem? Is this stemming from mercury? Is this because of a lead issue? Do we have a lot of parasites or gut infections? Again, do we have mold? And again, don't get me wrong, there's some times we have all of these or they're all kind of playing a role, but I do think it's important for us to kind of decide which of those big things that we're gonna work on, again, addressing down the road. And I think, like what you're saying is, I think it makes sense to build a roadmap. And we always try to do that with our clients kind of lay that out of like our month 1 is about putting some basics in place. Figuring out maybe from a standpoint of nutrition, I don't know, should this person be on a really restrictive, low carb diet, maybe a lot of fasting? Or heck, have they been doing that for way too long? And we have to work on the adrenals more and opening up a lot of like high fiber carbs and bringing some of those back in. So I think the first thing is maybe getting a good standpoint and a good foundation from what nutrition looks like, what are the rules around nutrition and giving people a framework to start with. I think once we kind of get that good foundation, I think then we can begin to kind of maybe look at addressing the gut, specifically, addressing the liver, preparing the body for detox, but really getting a good fitting for what is nutrition, what is our fast regimen gonna look like? Having a foundation and what does that look like upfront? What are those rules? First thing I would like to put in place for people.



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Dr. Keesha ([17:36](#)):

So the way that I build that roadmap for people is by doing—I always say test, don't guess. I always think like, if you're going in for a diagnostic of your car, they hook it up to a computer these days and look at whatever comes up on the menu. Or if it's an older car, there are several different places in the engine that're being looked at, oil [inaudible] water, belts. How is all of that functioning? Is the timing belt off? Are the—you know? So when I first see somebody, I'm looking at a number of different things including autoantibodies that're in the brain.

Dr. Gorski ([18:15](#)):

Yeah.

Dr. Keesha ([18:15](#)):

I'm very curious about where is the timing off? Is the probiotic that you're taking feeding a bad bacteria that's hanging out in your small intestine. Or is the ketogenic diet that you've now been on for three years actually damaging you? Because you have an APOE4 genetic SNIP and all this beef and bison is actually causing liver problems now.

Dr. Gorski ([18:41](#)):

Yeah.

Dr. Keesha ([18:41](#)):

So this is—I think when we take out of context, someone will read a blog or listen to a talk or summit about a superfood or detoxifying mercury, or taking this adrenal support. It's damaging, because people think that, "Okay, I'm doing myself good by doing this." I mean, I was a marathon runner, and I can definitely report that what I read about carb loading before my races with pasta, when I found out later that I was actually very, very, very, very gluten intolerant that I was doing myself damage thinking I was doing something good. Right?

Dr. Gorski ([19:26](#)):

Yeah.

Dr. Keesha ([19:26](#)):

So we have to really—that bio individualization, I think, and creating a roadmap by just starting with the information or the data that your body provides is essential. Yeah.



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Dr. Gorski ([19:39](#)):

Oh, 100%. I think it's also changed a little bit. I think as people become more educated—which is phenomenal, right? I mean, there's so much access, like these summits, to good information. So people are way more educated today. I feel like—

Dr. Keesha ([19:54](#)):

I have [inaudible].

Dr. Gorski ([19:54](#)):

What's that?

Dr. Keesha ([19:57](#)):

[Inaudible] Patients.

Dr. Gorski ([19:57](#)):

Yeah. [Laughing] I'm with you. And yeah, I think one of the brilliant things about that is people are, I think coming, probably to us and they're in a better position. Again, they've tried things, they've changed things. I think a lot of times what they don't have is the experience to know what works for them. I think what you're hitting on is just right on is that when you're autoimmune, what works for one person doesn't work for another and there's so many nuances. So I think, yeah, that's a time where it does make sense to get those initial tests and get a baseline. And people's baseline changes depending on stress and their living environment and if they just moved and if they lost a family member. So yeah, I definitely think that makes a good—that's one of the things that I always recommend is getting some kind of a baseline. Again, and then from there, I think it gives a better idea to start instead of just kind of guessing.

Dr. Keesha ([20:40](#)):

Yeah. I think in the simplification of complexity problem that we're unpacking in this talk that also—I don't know about you, but do you get people that are really angry that come to see you? That they've been to 7 doctors and they're so mad that they spent all this money and they did all this and they didn't get—but one of the things that I try and tell people is, "That wasn't a waste."

Dr. Gorski ([21:02](#)):



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For sure.

Dr. Keesha ([21:02](#)):

That's not a waste. That's information that now you and I can use, right? Now we don't have to reinvent the wheel. Now, you know your body can't push early on to detox. You saw what happened. So I think it's important to make sure that what everything you've already done, that you take it as the life university, right?

Dr. Gorski ([21:31](#)):

Oh, absolutely. Yeah. And I think a lot of people miss that. I see like, yeah like you said, a lot of people are angry with their process and you're right. That was feedback. I think the beautiful thing about feedback is whether it's good or bad. I mean, I think it's kind of the beauty is within us to realize that, "Hey man, this is a great decision. I just learned a lot. I'm not going back this way 'cause I know it doesn't work." Or, "This model wasn't right for me." So I think, yeah, if we can reframe that information that we just got from that experience. Once people do that, obviously there are places for, sometimes, modern medicine and things like that. But yeah, for many conditions, especially in autoimmune, I mean, I hate to say this, but they're really clueless in a lot of manners. They're treating them with drugs that are dangerous and giving people more antibiotics. And so I think people are seeing that experience and they're starting to realize, "This doesn't resonate with me" and they keep trusting that intuition. Yeah, they're gonna eventually find a—some of the things like we do, they realize there are causes. The beautiful thing about the body is when we remove these stresses, our body has the capability to heal and that's what's so cool.

Dr. Keesha ([22:33](#)):

Well, one of my healing modalities when I was first on this path, 25 years ago was I found Ayurvedic medicine and Ayurvedic medicine for me was like a learning curve. I was steeped in Western medicine in my education. Then I came on this idea that we're not all the same from this ancient modality, 10,000 years old. It said autoimmune disease is undigested anger. I just remember thinking about that, like, "Oh, we have to digest our feelings and our emotions?"

Dr. Gorski ([23:12](#)):

[Laughing]

Dr. Keesha ([23:12](#)):

"And our memories?" This idea of using the verb to digest something that isn't a food or drink that you put in your mouth was so alien to me and yet it made so much sense. It's like, "Oh." So people that are



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frustrated with the medical model or with functional medicine doctors, I always tell them, that's actually aggravating. [Laughing]

Dr. Gorski ([23:39](#)):

You tell them to digest it! [Laughing]

Dr. Keesha ([23:41](#)):

Let's work on this because this held on to resentment actually is like putting yourselves in a bath of acid, you know?

Dr. Gorski ([23:50](#)):

Yeah, for sure. What I think we also know too—autoimmune, a lot more type A personalities sometimes develop autoimmune. So I think we have to look at information and realize. And of course I have some my clients [inaudible] are like, "Oh, that is totally me." And then I always say, "Hey, the beautiful thing is anytime anything happens to us is number one is like, what does this mean? What information are we getting?" And then the second thing is like how do we kind of absorb this and what are we going to do with it? And the third thing is like, what action are we going to take? So as long as we take that approach, that three step approach of, "Hey, this is feedback. What does it mean to me? And then what am I going to do with this fire from my action?" I think that's—which is huge. I think people have to have—and I think we're talking about here is this is almost I guess if you talk about in sports, this is like the mental edge of athletes or—I mean, I think you have to have this mental edge. You have to have this mental kind of capacity about healing and how you're gonna approach it. Because I feel like without that your actions are kind of lost and I think it's huge.

Dr. Keesha ([24:51](#)):

That's a really good point. The question I ask myself is why am I trying to kill myself? Autoimmune—"Oh, I am attacking—"

Dr. Gorski ([25:02](#)):

There you go.

Dr. Keesha ([25:02](#)):

Right? [Laughing] Why am I doing that? What is it here to teach me? And that was really—not how do I get out of my suffering as quickly as possible, but let me sit with it and inquire with compassionate curiosity, like what are you here to teach me? I think that's, to your point, these questions become very, very important rather than, how do I stop suffering?



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Dr. Gorski ([25:29](#)):

Yeah. What we're really kind of talking about too, is look at what we're finding about today, about how crucial the gut is to healing. I think what we're getting into is like, I joke with clients, I'm like, "Are you really getting these cravings? Or is it these bacteria in your body that are giving you these cravings?" And so I think, yeah, that we're realizing from like the emotions—what I call the gut, the second brain—I mean it plays such a pivotal role, obviously in autoimmune. So understanding that, whether we're talking about food choices, emotion choices, like you're saying about digesting things. I mean, it's not just something that we're talking about in theory. I mean, this is also something physical and obviously, as we learn, I know you talked a little about some of the brain autoimmunity tasks. I mean, a great, five, six years ago, we didn't always have access to things like that. But today, we can run those. I have a client of mine who would've actually been five years ago, would have been 1 of 200 people in the world who had this rare brain autoimmune condition. It's a brain Encephalitis. And she was diagnosed, I think about a year or two ago. Now she's like 1 in 2000 people in the world. And for five years I was telling her, "Hey, like we have a gut issue." And she's like, "No, it's in here." And I said, "Yes, I know, but it's stemming from that gut." And so now we're understanding how these two things work together and you can't separate them.

Dr. Keesha ([26:43](#)):

Yeah. So true. As you pointed to a little bit earlier, professional athletes also know that you can't separate out what's going on in your mindset to what's going to come out as performance. I would love to hear about your experience with martial arts on that level.

Dr. Gorski ([27:01](#)):

Yeah. Yeah. I think one of the things about, I guess my story too, is that—and I'm not sure if this really came really more from my chiropractic training. I think one thing that really facilitated my healing and again maybe being an athlete is that I've always come from a perspective of that—again, if we give the body what it needs, the body heals. So, one of the things I always am challenging is that what are the factors that I have to move or to eliminate from the body to facilitate healing? So if I'm doing—I don't know, a hundred things right and my body's still not healing, what do I have to remove to get the body to heal? 'Cause, you know—and I think that was one of the things that was huge for me is I never lost that. That's kind of why I got better. I see that across the board with clients I work with. People that really hold onto that belief that they know they can heal. They believe they can heal. They know the body's intelligent. They believe the body has this ability to heal. Those are the people I see who get really well and have phenomenal results. I think the people that struggle with that are the people I see



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who struggle and don't get as well results because they don't quite have that belief. I'm not really sure if I answered that question, but you know, that's a—

Dr. Keesha ([28:06](#)):

Are you telling me that people have to remove their diet soda and drink water?

Dr. Gorski ([28:14](#)):

[Laughing] There you go. Yeah. Unfortunately it's 100% yes.

Dr. Keesha ([28:20](#)):

Yes! Yes. Or your nightly icecream?

Dr. Gorski ([28:23](#)):

Yes. Or, the way I tell people is like, "Hey, let's give it three months and see if we can get you better without it. And then if not, let's go back to using it." Maybe create some different rules around it, you know? I always tell people, "You don't wanna—if there's certain things right now that you just love and you want and you have to have, okay, great. Like, I dunno, can we work on just like reducing it by 50%?" Let's still keep it there for awhile, but let's just start maybe work on adding in the good things. So I think, what we're kind of getting to is, again, now we're getting back into that art of healing. So I think everyone's little journey looks differently.

Dr. Keesha ([28:57](#)):

Well, you guys want to go see Dr Gorski not me, because I say, "You eliminate your caffeine and your alcohol and your sugar completely for three months, and then we see if we can get you to set them free." Then we start playing and seeing if we can add some things back in at fun times for boundaries and see how your body does. So I'm a lot more hard-nosed than you are. [Laughing]

Dr. Gorski ([29:22](#)):

It depends. I always tell people, sometimes it depends on where they're at and also what they're trying to achieve. I mean, I have people come to me and say, "Hey, this is my goal." And if this is your goal, then I'm like, "Yeah, we have hard boundaries." It's like, "Yeah, we're doing this, we're doing this. And this is the line you're gonna have to cross to get those results." If you're not willing to do that, hey yeah, you're definitely more than welcome to go look and hire somebody else. But yeah, I think sometimes too I try to work with what people's goals are and you know, let's achieve that. If we can show you a



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brighter, better future, I think a lot of times I see people who start experiencing that feeling and they want to go a little further.

Dr. Keesha ([29:53](#)):

Yeah. The carrot is motivating, once you can start. That's kind of my philosophy, if you can start feeling good, then it feels good to continue because it doesn't feel like deprivation. Right? So it's all about perception and how you are.

Dr. Gorski ([30:07](#)):

For sure.

Dr. Keesha ([30:07](#)):

Yeah. There are many ways to the top of the mountain. So I appreciate you spending time talking about this with us, and simplifying a complex issue.

Dr. Gorski ([30:15](#)):

Yeah. I think the other thing, maybe a step further that I try to sometimes work on with my people from like a mindset perspective, I guess, that I kind of learned working with high end athletes. If you really listen to a lot of these people, like they always have a reason beyond themselves for what they're doing. It's for a cause bigger. So I think sometimes when we kind of get out of our own ways and we get on beyond our life and our craziness and our stress and realize like, "Okay, great. Let's look at what's happening in the world." Or, you know what I'm saying? Like, let's look at if life was a lot worse. So I think we have a lot to always be thankful for. I think sometimes—and I can work with a client to, maybe we make these changes, not for them, but because they want to be around in 50 years for their grandkids or if we can tie their goal to something outside of themselves. I think sometimes it becomes a little bit easier too, when it's not all about us. And it becomes about other people and serving and—so I think that mindset is huge. I've seen that with athletes who win a gold medal, who aren't—they're never doing it for themselves. There's always a bigger mission. Either they're doing something to leave a legacy for some—and that's where I think it becomes really powerful. I think, as we look at beating our own health issues, if we can think about that as far as leaving a legacy for our kids or creating this amazing life with your husband or your wife and that's part of what's behind the goal of not just all about you. Man, that becomes powerful.

Dr. Keesha ([31:39](#)):





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It is very, very important to have the motivating force that's bigger than yourself for sure. I was a mother of 4 small children when I was diagnosed and I just looked to my husband and said, "I don't want to be on these big, strong drugs, like methotrexate." Which is what I was given and which I know the side effect profile for. It'll change the kind of mother they're used to having. "I've gotta find out a different way." So that's what led me into that. It was to have that, like, "I really want to be the best mom that I can be with that same vitality and energy that they're used to."

Dr. Gorski ([32:14](#)):

Yeah.

Dr. Keesha ([32:14](#)):

The why is very important.

Dr. Gorski ([32:16](#)):

Yeah. And what we're both talking about is—I think we're both talking about that individual tipping point for everyone is different. Right? For the person who's unwilling to remove that diet soda to the person who has been drinking it for 20 years and their health is so bad, they're willing to do anything to get well. So I think there's always that—

Dr. Keesha ([32:33](#)):

That misery to motivation. [Laughing]

Dr. Gorski ([32:36](#)):

There you go. There's always that decision. It's like, I've people make it in a moment time. So I think like for myself, I know in my own story, I hit that point where it was like, I've made a decision. I was going to get better. That was the end of it. It didn't matter what I had to do, you know what I'm saying? As far as like—it was gonna happen. So I think sometimes people have to hit that tipping point where if they're listening to us today and they're like, "Well man, Dr. Keesha and Dr. Gorski are talking about not doing wheat. Like, that's not going to be me." That's okay. You're not at that point where you're gonna have the result you're looking for. Until you hit that tipping point where your life gets bad enough, or again, you tie yourself and your condition to a bigger reason or a bigger purpose to wanting to go well. But once that decision's made, ma'am, your life can drastically change quick.

Dr. Keesha ([33:21](#)):

Well, I have to say, it was probably the opposite for me, too. That I was the, "Okay, I'll do anything." It got to the misery to motivation tip. I was miserable enough to be motivated to make really big, huge



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changes in my life. And then I did what I do with my patients and I go, "Okay, start bringing some stuff and let's see what happens." Right.

Dr. Gorski ([33:42](#)):

Yeah.

Dr. Keesha ([33:42](#)):

So I called that the detox retox rollercoaster, where I would go down again and go, "Oh, this won't work. Okay." I think I went through a period of 5 years before I really established my boundaries about where, what my body was willing to tolerate, what I—all of that. Now I'm really pure in, how I was when I first got diagnosed, but I had to kind of go in this back and forth little zigzag. [Laughing] Like I never touch gluten. I never touch sugar. I never drink alcohol, I never drink coffee. But I kind of went a little bit back and forth with that, just to see, "Okay, I feel fantastic. Let's see what this will bring." You know? I think it's good for you to get that feedback from your body instead of having someone else, I call it the Charlie Brown thing—[inaudible].

Dr. Gorski ([34:33](#)):

Yeah.

Dr. Keesha ([34:34](#)):

You and I don't want to be Charlie Brown teachers, right?

Dr. Gorski ([34:38](#)):

[Laughing] Yeah. No. I think what you're saying is right too, I think we have to understand too that—I know I'm a very impatient person. When I was trying to get well, I would do crazy stuff to my body and I'm running blood work every three months. In three months I'm like, "Why doesn't it change yet?" And I'm like—and then all of a sudden I wouldn't do anything and six months later I'm like, "Oh my God, it looks incredible." So yeah, I think to the thing about healing, I always encourage to people is number one it's a journey. So you're never at a set destination. You get to the top of the mountain and you throw your hands up. You're like, "I'm done. I'm good. I can do what I want." You know, it's constantly something you're redefining, you're reworking on, you're never perfect. We're always trying to get better, trying to achieve better. And I think the second thing is, kind of on that topic is just giving yourself, I guess, the permission of realizing that it's not gonna happen overnight. Time is a key thing that facilitates healing. Unfortunately, I don't always know how much time that is. I've seen people heal a lot faster than I would assume, I've seen some people take a lot longer. It's okay! I think being patient,



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that healing is a process, and our body does heal. I think we have to kind of realize that and we can't push or force that, that is something that is not within our control. I think that's one thing that I always encourage people to take on on their healing journey, for sure. 'Cause it is a journey.

Dr. Keesha ([35:54](#)):

I think that pushing and forcing slows it down because it creates a tension in your body. The wound-up-ness of the nervous system that actually does not facilitate healing. So relaxing and having radical acceptance for what is, surrendering that this is somehow being done for me, not to me. That it's part of my growth for my soul, to really drop into that and surrender. I always say the way Christ did in the [inaudible], he said, "I really don't want this cup. Can you just take it on by?" [Laughing].

Dr. Gorski ([36:28](#)):

Yeah.

Dr. Keesha ([36:28](#)):

Right? And then he eventually said, "Okay, not my will but thy will be done." I think that's really important if you can come to that space where it's like, "Oh yeah, not my will, but thy will. Can I be an instrument? If I really want to be an instrument in the hands of the divine, then that means that I surrender, you know? And I think that that surrendering inside of the system and nervous system, it relaxes everything so it can heal. That's where I see people really go fast, is when they can really do that. Right? But the frenetic—it's like people with infertility, right? Checking every month, am I pregnant? Am I pregnant? Am I pregnant? [Laughing] Relax! Then the body can say, "Oh, we're not under threat? Okay. We could keep another being alive. Let's go ahead and get pregnant." [Laughing]

Dr. Gorski ([37:22](#)):

There you go. Yeah, for sure. Yeah. And that's huge. I love what you said. I've heard that before, I use that, but you put it very eloquent is that is this happening to me or is this happening for me? And you're talking about the difference of a couple of words that for some people can change their future. So I think those distinctions now with the right mindset sometimes—and don't get me wrong, we want to have the right procedures, the right protocols, we want to be spot on, but I'm telling you, you know what? I've seen people do some things I'm like, "Ah, I'm not sure I would've done it that way." But it worked for them because they had that mental mindset. And I thank you again. It becomes so crucial. So important.

Dr. Keesha ([37:59](#)):



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Yeah. Well, Dr. Gorski, you actually have a free gift for our audience, the autoimmune and gut friendly nutrition guide. Do you want to explain that a little bit? What they're receiving here from you and thank you so much.

Dr. Gorski ([38:11](#)):

Yeah, absolutely. Yeah. So we try to put together, for a lot of people, a good starting point for people who are autoimmune. We have some foods on there and we kind of categorize them a little bit different of things maybe to start with eliminating. We have some things like maybe only eat a couple of times a week. So it's kind of a good place to start for those who are new to autoimmune, obviously for those who are really educated and have been autoimmune for years and really understand their nutrition. This is kind of more of an entry point. But also too, I think it'll hopefully for a lot of people really facilitate a point to start if they're watching this today, going, "Man, where do I start? I'm overwhelmed. I'm gonna keep working on this mindset that Dr. Gorski and Dr. Keesha talked about, but yeah, man, what do I even start with?" That's gonna be a great place for them to start, start getting their feet wet, getting understanding on some areas to start.

Dr. Keesha ([38:58](#)):

Beautiful. Well, thank you so much for spending time sharing just a tiny bit of your wisdom with us over this time period.

Dr. Gorski ([39:05](#)):

Yeah. Well, I appreciate it. Thanks for having me so much. And I always enjoy doing these. I always tell people part of why I even really got into doing some of the consulting I do is really more wasn't—it just became, I think for me a passion. Once I got sick, I was like, "Yeah, I kind of felt like God had given me this gift and it was gonna be part of my job to share that with other people and work on them and help coach them along their own journey." Not my journey! Help them work on their own journey. So yeah, it's been—it's a passion for me. That's why I do it.

Dr. Keesha ([39:33](#)):

Thank you. All right, everybody. Until next time, be well.