



Dr. Keesha
REVERSE AUTOIMMUNE
DISEASE **SUMMIT**

AUTOIMMUNE BRAIN

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

Welcome back to the Reverse Autoimmune Disease Summit series, everybody. This is the third in our series, and this is The Autoimmune Brain. I'm really excited to bring to you the beautiful Elena Villanueva, who is an internationally recognized health coach and crusader for ending the global mental health crisis and educating the public and other health professionals that mental health conditions are actually brain health issues. When the underlying causes are found, the brain health conditions can be reversed. So Elena's expertise is in helping individuals find and address the underlying cause of their depression, anxiety, memory loss, Parkinson's, and other mental health disorders and disease. Welcome to the series, Elena.

Dr. Elena ([00:44](#)):

Thank you so much, Keesha. It's so good to be here with you today. I can't wait to jump into some fun discussion around autoimmune and brain stuff today.

Dr. Keesha ([00:55](#)):

Well, okay. So you're Dr. V to many who know and love you, and hopefully I didn't slaughter your last name. [Laughing].

Dr. Elena ([01:05](#)):

Totally fine, totally fine.

Dr. Keesha ([01:08](#)):

One of the things that you and I share in common is this understanding that there's not a separation between what's going on in the mood, the cognitive function, your ability to focus and concentrate and your memory and the rest of your body. In the Western paradigm, we've tried to separate those out desperately for years, right? People actually get upset when they start being told by a doctor that, "Oh, you probably need to see a therapist for this." Then, what they hear is, "Oh, so you're saying it's all in my head?" And one of the things that I always say is, "Yes, it is. It's all in your head. That is actually where your brain is." [Laughing] So to take away the stigma of the idea that the link between the body and the brain is actually this giant spinal cord and a whole set of nervous system [inaudible] bundles that connect it, a vagus nerve. Like, yes, whatever is in your body is in your head. Ayurvedic medicine actually says, "Whatever's in your head, crystallizes in your body." So I'm really excited for our conversation today. When you hear the word autoimmune brain—or that phrase, what is it that comes to your mind?



Dr. Keesha
REVERSE AUTOIMMUNE
DISEASE **SUMMIT**

AUTOIMMUNE BRAIN

Dr. Elena ([02:29](#)):

What's the connection there? What's the common denominator? Gut comes to mind as the common denominator between autoimmune and brain issues.

Dr. Keesha ([02:40](#)):

Yeah. We've heard this before, right? Leaky gut, leaky brain. So what—you know, I've ran a lot of these summits. I've written a book called Solving the Autoimmune Puzzle, and I talk about leaky gut, but I think we should just start, like, what is the definition of leaky gut? What is this intestinal permeability thing that everyone has heard of, but maybe doesn't really understand very well?

Dr. Elena ([03:05](#)):

You know, that's a really good question. There are so many different ways to describe it or explain it, but I'll go ahead and give my little explanation. There are many different systems in the body that are all self contained. They all rely on each other and they all work with one another. But yet what is inside of each system is self contained. So I'm going to give you some examples of that. You have your arterial system, or all of the blood vessels, arteries and veins. That is a self contained system. The body needs the system so that it can get oxygen and nutrients to the body so that it can exchange oxygen and nutrients, but yet if an artery or a vein were to tear inside of the body and the blood were to get outside of that system, the blood is actually very, very toxic to the body and it causes massive swelling in the body. And it can kill the body, not just because you're losing blood out of the system, but because the blood is causing a lot of inflammation to the organs that it's touching. Another closed and contained system would be the gut system, right? So we have our entire digestive system from our mouth down to where we pee and poop. It's a really big contained system. And that system helps us to break down and obtain the nutrients that we need to send them out throughout the body so that we can survive and have the ingredients that we need in our pantry, so to speak, so that our body has everything it needs so that it can do all the different chemical reactions that it needs to do. But if there is a breach in that system where now things can get out of that system when they're not designed to get out of that system and they go into the bloodstream and they hitch a ride and start hanging out in different parts of the body, that can cause major, major reactions where the immune system goes, "Hey, what's that that just went by? That doesn't belong here!" And it sends the troops out and it contains this whatever it is that got outside of the gut system and in the response, or as a cascade of what's happened, is that in this containment process, you end up having an inflammatory reaction and then the body marks it with a flag and it creates antibodies. So that the next time that it sees this thing, it can more effectively and more quickly target it, go after it, attack it or whatever. But then you're changing the whole immune function, because now it's seeing something as a target that shouldn't really be a target if it were not escaping the gut system.



Dr. Keesha
REVERSE AUTOIMMUNE
DISEASE **SUMMIT**

AUTOIMMUNE BRAIN

Dr. Keesha ([06:19](#)):

Like blueberries.

Dr. Elena ([06:20](#)):

[Laughing] Yes.

Dr. Keesha ([06:20](#)):

It can be something really stupid like broccoli.

Dr. Elena ([06:26](#)):

It can be broccoli! It could be something that's totally healthy for you. So when we're talking about leaky gut, this system is normally contained and it has very selective doors that will allow things to come in and out of it. But these doors are very selective. Things have to fit in like a lock and key. And if the key fits into the lock, the door will open and something then is allowed to come in or leave. It's a very, very specific system. Our cells are like that. All the systems in our body are like that, but the gut is like that too. But if you have a breach in the barrier, all of a sudden these doors become wide open and they're like stuck open. They're like stuck in an open position and things can just start coming in and out as they pass by. That starts causing this cascade effect of problems that can then lead to autoimmune issues. Now the body is not just attacking these wandering things that are leaking out of the gut and going into the body. There is something called molecular mimicry, which those of you who have listened to these types of podcast and masterclasses and things like that, have probably heard this before, but it's kind of a little bit of a complicated process. What happens in the end is that the body doesn't just attack that broccoli molecule or that broccoli piece that comes out or some random piece of protein that's coming out into the body from the chicken that you ate. It's now attacking your own organ systems. And it can attack the blood brain barrier as well. Now you have not only a breach of the gut barrier, you have a breach of the blood brain barrier. That can lead to even bigger problems.

Dr. Keesha ([08:21](#)):

Such as?

Dr. Elena ([08:23](#)):

Well, whenever we have a breach of the blood brain barrier, now you have these things that have leaked out into the body from the gut that the body is attacking because it sees it as foreign. These very same things could pass the blood brain barrier and go into the brain. Now you've got some massive



Dr. Keesha

REVERSE AUTOIMMUNE
DISEASE **SUMMIT**

AUTOIMMUNE BRAIN

attacks going on inside the brain going after whatever doesn't belong there. It's causing a big inflammatory response, think of it like battery acid. It's very corrosive to the organs in your body, including your gray matter, your brain tissue. So now you start having a lot of degeneration literally of the gray matter of your brain. Which, at some points can then lead to, again, where the body is attacking its own brain. So you can end up with issues like that too. It's really, really important that if people are having an autoimmune issue, this needs to be addressed quickly. If people are having a neurodegenerative issue of the brain, this is a clue that I look at and say to myself, "I wonder if they also are having autoimmune issues? Were they diagnosed or not diagnosed?" Many times they've already been diagnosed. "Oh yeah, I've had Crohn's for 15 years, but I just got diagnosed with dementia like three months ago and I'm really scared because I want to fix this." And my response to them is, "Well, did you know that your Crohn's is very much related to the brain function issues that you're having now?" And most of the time the answer is, "No, I had no idea that they are connected." So I loved how you started the whole conversation with, our medical model has taught us that—or we've been raised in a medical model where everything is separate. Each organ system is separate. You go to the neurologist for this or the nephrologist for that, or the cardiologist for this, or the gastroenterologist for that. But they're not talking to one another. These doctors are not getting on the phone and collaborating together so that they can figure out what's going on. That's exactly why our medical system is—well that's one of the reasons why our medical system is so broken. Because the doctors are not approaching the individual as a whole and understanding that there could be multiple variables or multiple factors that could be causing the individual to become ill. They're only looking at one aspect of it.

Dr. Keesha ([10:57](#)):

You know, it's so—what an elegant and beautiful explanation you just gave. And the way that I think about autoimmune disease, because you're right, a lot of times, by the time somebody is having neurodegenerative or cognitive decline, brain fog, memory issues, that they've had a lot of other precursor shouts for help from the body. People don't understand that when you get another autoimmune disease or another problem that it's not that you are just breaking down that badly. It's a progression of the same issue. That your rosacea is actually autoimmune, your Raynaud's is actually autoimmune. People don't realize that. A lot of times they'll get, "Oh, Crohn's, that's autoimmune. Rheumatoid arthritis, multiple sclerosis, lupus. But what about this weird rash I get in the corner of my elbow when I eat sugar?" And it's like, "Oh, that's just yeast." But how about the fact that this eczema spreads all over the place when I'm also stressed out?" So this connection is a progression of the same issues. You're actually not a train wreck, the way that you might feel you are. It's the same thing and once we do get to those root causes, then all of these things, like the branches of your tree when you feed the roots will then heal. Right? I think that's beautiful because if you start listing diagnoses with their ICD 10 codes next to them, the way we are supposed to do if we take an insurance model, it can look like, "Oh my gosh, I have so much wrong with me." But when you do it in the way that we're talking



Dr. Keesha
REVERSE AUTOIMMUNE
DISEASE **SUMMIT**

AUTOIMMUNE BRAIN

about where it's more of a holistic view of things where everything's connected, then you can kind of think about, "Oh, your body's mirroring the American medical model." This system is not talking to this system. And this system is not talking to this system. And the immune system is really hypervigilant going after all of this, right? So it's not a disease of your thyroid or your joints or your central nervous system. It's actually an immune response and moving into it from that perspective is really liberating I think.

Dr. Elena ([13:16](#)):

I think so too. We work really hard at teaching our clients—because we are educators just like you are—and educating them really empowers them. Teaching them that they are not their diagnosis is huge and sometimes they just don't get it because that's the model we were all raised in, right? Like, "I have this", or "I have that". How we really need to approach that is we just need to erase all that off the whiteboard and say, "Whoa, forget this model, this model isn't working." How about, "I'm feeling this way in my body", or "This is what's happening inside my body." And then go—the next question is, instead of, "Well, what can I take to fix it?" i.e. to cover it up so that I don't have to deal with it anymore. The question should be, "What is my body telling me? What's going on in my body that I'm having this recurring rash?" Or, "What's going on in my body that I'm having these alternating stools and I'm going from diarrhea to constipation?" Or "What's going on in my body that I'm having this bloating every time that I eat?" Or that I'm not sleeping or that my periods are long, or that I'm having recurring headaches, or that I'm having anxiety. Like those are warning signs. We get so [inaudible] about the technology, for example, of the new cars. They have all these computers in them that tells you even if your tire pressure is getting a little bit low on the front left tire or the back right tire. Like it tells you everything that's going on with that car. And we look at it and we get delighted, like, "Oh my God, this is so cool. Like, it's actually telling me exactly what's going on. Let me call the dealership right now. Oh, I see this light going off and it's telling me that this is going on." "Okay, Dr. V just bring the car in." It's so awesome. But people don't realize we have those systems in our body, and they're much more advanced than even what the cars are, but yet we're not taught to understand what these clues or what these signals are telling us. We've been taught, take an aspirin and cover it up. Take a Tylenol and cover it up. Put some cortisone cream on it and cover it up. That's why we're so darn sick, it's because our body's been telling us for 15, 20, 30 years something's going on. What we've been doing is we've been covering it up with something. Pill for an ill, right? The pill for an ill doesn't work. By the time that you and I end up seeing people because they come to us, they've been [inaudible] for tears

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

Even five years. I mean, it can take a while to get leaky gut to really heal. Yeah.

Dr. Elena ([16:39](#)):



Dr. Keesha

REVERSE AUTOIMMUNE
DISEASE **SUMMIT**

AUTOIMMUNE BRAIN

Absolutely. Absolutely. Well, I mean, if you think about what's going on with the leaky gut at this point? We've had some people who have had gut issues and autoimmune issues and mental health issues for like 15 years.

Dr. Keesha ([16:56](#)):

Right.

Dr. Elena ([16:56](#)):

When we start testing them, we find 2 different strains of toxic mold at really high levels. We'll find like 8 or 9 different, super toxic chemical toxins that are in their body that are—everybody knows that these chemical toxins cause cancer. But how about the neurodegeneration that the peripheral neuropathies, the kidney disease, all of these different things that they cause. And then you've got the bacterial infections, 2 bacterial infections in your gut on top of that, plus an overgrowth of yeast. Plus you've got parasites and you've got so much road rash inside your gut, like inflammation. And in your body! And in your brain!

Dr. Keesha ([17:40](#)):

And heavy metals. No.

Dr. Elena ([17:42](#)):

And heavy metals, which can take forever to pull out, some of these things. Then we kind of have to line it up and we gotta let people know, "Okay, look. Here's all the things that we just found. Your body's like a garbage dump. You've got an accumulation of so many toxins. Your body doesn't know how to get rid of them. It can't get rid of them, which by the way, is why you've gained weight because your body's encapsulating these toxins in fat cells and just storing it wherever it can. Doing everything it can to keep you alive and to keep you healthy. So that's why you've gained all this weight and that's also why your hormones are off too. And we're just going to have to triage this. We're going to have to go with this in a systematic fashion. First let's go after this and this, then once this is cleared out, we can really dial in on this mold and these chemical toxins. Once we get you to a certain place, you'll probably see your hormones will start to level out and you're gonna start taking weight off." It just takes time for these types of longterm, real, fixes. But my goal is—and I tell every one of our clients this—my goal is not just to show you how you can fix this and not go back there ever again. It's so that you can show your children and your grandchildren. So that you can have a voice because we can't change our medical system and we can't change the health of this country. We can't give our grandchildren better lives and healthier lives unless we understand what these issues are so that we can speak up and use our voices so that we can make changes in our medical system.



Dr. Keesha
REVERSE AUTOIMMUNE
DISEASE **SUMMIT**

AUTOIMMUNE BRAIN

Dr. Keesha ([19:32](#)):

I use the same analogy with the car too, by the way. If you've got a roll of duct tape and you cut off a little piece of duct tape and you throw it over the warning light on your dashboard, that's kind of what you're doing when you're fatigued and you just drink a cup of coffee. [Laughing] It's like, you've just put duct tape over the warning light. "I don't really want to know." Right? We know that with your car—which is a great metaphor to use—that you're not going to go very far. It'll break down. Then when we take it into a mechanic and go, "Yeah, that light's been on a long time", and then the mechanic says, "Well, because you've ignored it, now you've got to replace the engine head." Or whatever—I've actually in college, had to do that 'cause I ignored my oil light. And you know, that's devastating when you hear the bill you have to pay. But you still do it because you know you need your car to get around. Yet when we have this stuff with the body, people get really upset about having to pay for those labs and pay out of pocket and invest in their own health. I like using the car because it's like, "Look, this is the ultimate vehicle for it to be carrying your spirit around this world so that you can live your purpose. Why would you actually spend so much time on your car and not this." Right?

Dr. Elena ([20:53](#)):

No, that's—Oh my gosh. That's so true. That's so funny that you even say that a couple of weeks ago I did a consultation or I was reviewing some labs with someone who has been really struggling with her health for many, many years. And I was actually really, really proud of her because she said to me, "You know, I was thinking about buying a Jeep, but I think instead I'm going to put my money into my health so that I can get my life back." And I was so proud of her because, you're right, so many people, they get mad.

Dr. Keesha ([21:30](#)):

Yeah.

Dr. Elena ([21:30](#)):

I'm just like, "Look, I'm just the messenger. I'm just telling you."

Dr. Keesha ([21:34](#)):

"I'm just reading what your body's been trying to say to you for a really long time, but you've been putting duct tape over all the idiot lights." [Laughing].

Dr. Elena ([21:42](#)):

Exactly, exactly. You know, people just put the duct tape over it. They're taking Tylenol, cortisone. They're taking Tums, they're taking Zantac, like whatever they can do. And this is the thing, think about



Dr. Keesha
REVERSE AUTOIMMUNE
DISEASE **SUMMIT**

AUTOIMMUNE BRAIN

it, how much money do people spend on their health insurance? For 15 years, 5, 10, 15, 20 years they've been paying into their insurance when they finally come see us. So my answer is also like, "Well, how much have you been paying for your insurance? How much have you been paying for that? \$500 a month for how many years? And you're here now seeing me?" Just put it into perspective how much you've spent versus how much you're going to spend over the next year to two years where we're actually gonna fix the problem.

Dr. Keesha ([22:35](#)):

Right.

Dr. Elena ([22:35](#)):

But yes, circling back around to the autoimmune gut brain connection. There's definitely a connection there. Anybody who has any type of neurodegenerative issue or mental health struggle, we are going to be diving deep into what their gut is doing and what their immune function is doing. Right? And then the same thing, if they're having gut issues and/or they're having an autoimmune issue, we're gonna go in and we're gonna dig deep and see how those three systems are connected because they are intricately connected. If you have an issue with one of those systems, you're gonna have issues with the other systems. There's no doubt.

Dr. Keesha ([23:24](#)):

That's for sure. And mood is actually very much attached to all of this. I don't know if people really understand that their energy level, whether they're fatigued or feeling really vital and excited to get up in the morning, passionate about the things they've always loved, are connected to everything that we're talking about here. So what is the role of all of this for mood?

Dr. Elena ([23:52](#)):

Your mindset is everything and trying to help some people understand that concept, it's very, very foreign to them, but our thoughts are so powerful that they literally can change the physiology of our body. I'll give an example of that in just a minute. But many people didn't know that our thoughts can even change our genetic expression. If we think about that for a minute, that's like mindblowing because our genes are driving a lot of the biological functions in our body. So, my gosh, if we're affecting that! Then it's changing the genetic expression for generations after us, because of the way we were thinking, Holy cow! I mean, that's really mindblowing. Once we can understand and harness the concept of how powerful we are, the power that we harness just with our thoughts. The Bible, it tells you that. Only you may have not necessarily interpreted it that way in church. But no matter whether you're religious or you're spiritual or whatever, that same concept is there. Like, we are created from the creator. We are a



Dr. Keesha

REVERSE AUTOIMMUNE
DISEASE **SUMMIT**

AUTOIMMUNE BRAIN

part of the creator and together we cocreate with our creator, whether that's—whatever name that your God or whoever you worship is, or whoever you believe is your creator. We are one. We are a part. We're not random and we have been—I feel like we've been given the bad end of the deal for probably who knows what? Maybe a thousand years now. Where we're not told that we hold the power within ourselves to create the worlds that we want and to create the health or the sickness that we want. We don't understand that. As more people become more aware of that fact, and they have that transformation in their lives and they realize that their thoughts can literally heal them or make them sick, our whole world can change. Yes, there are other things that we need to do. Like, don't take a Coke, drink purified water. You've gotta make those decisions too. You can't put junk and garbage into your body and then have these positive thoughts and think that you're gonna get better. All of these things go in conjunction with one another, but thoughts and mindset are super, super important. Trying to explain that or try to help somebody know where to start when they've been in a place of a lot of depression and anxiety or they've had suicide ideation, that can be really, really difficult because they're struggling, really. They're in a bad place with their mindset. We might have the occasional negative thought that pops into our head if we're healthy. I mean, I consider myself pretty healthy. I've been very unhealthy in my life. I had a lot of physical health issues and a lot of mental health issues that led me to almost taking my life at one time. I was just really, really sick. And there were combination of things, it was like the perfect storm that led to me getting to that place. It was a perfect storm. It was just being a single mom for many years was so stressful and scary. I felt alone and it was hard, but that's gonna have a longterm effect on rewiring your brain and your body. When you feel like you're in that position of being alone and scared and trying to keep food on the table and what am I going to do? My kid and I, I'm the only one that can take care of us. What are we going to do? Kind of a thing. So that was one thing. And then getting through the stress of getting my doctorate. Wow, that was like the craziest stress I've ever been through. I remember crying many times going through my doctorate thinking, "How am I going to make it through this? I'm so exhausted trying to take care of my kid." And all that stuff. Then just life. Stuff that life throws at you. Then I had a couple of suicides that happened in my family that devastated me. Then not knowing how—not knowing what kind of foods to put in my body and how to really take care of myself and covering things up with Tylenol and caffeine and things like that. It was a perfect storm that over many years led me to become very ill. But now I'm in a really good place, but I might have kind of a negative thought that'll pop up every now and then, but I'm very aware and I catch that thought and I talk to it and say, 'Thank you, but no thank you. We're going in a different direction.' I've been able to really grow and transform myself and understand myself more and understand how powerful my thoughts are, so that I don't end up going down the rabbit hole of negative or stinking thinking. Because I was there once and it was very, very hard to get out of it. I also couldn't afford to hire anybody, but back then, there weren't people like us who know how to find the underlying causes either. So it was a journey that I felt that it was divine, that I was taken on this journey to figure out how to heal from this so that I could turn around and teach other people. But you know what? Back then, when I couldn't afford barely to buy food for myself, I remember picking up a gratitude journal and I just



Dr. Keesha
REVERSE AUTOIMMUNE
DISEASE **SUMMIT**

AUTOIMMUNE BRAIN

started writing in the journal. There was something that led me to give that a try, and I started doing that. That was the first step in transforming my life, was to write in that gratitude journal. Every time a negative thought would come in and they were some bad, deep, negative thoughts about myself and my outlook on life and what I was never going to have and all of these things. Once I started catching that and retraining my brain, that was the first step that then led me to the next step, and to the next step. It started opening up opportunities for me to change my life and my health. So I know that was like a big long—lots of explanation around mindset and your thoughts, but your thoughts mean everything. It doesn't matter how dark or deep of a place that you're in. You can still start with opening up or grabbing a piece of paper and you just start writing, find the things, search deep down inside for that light. Find something that's positive in your life. Anything, it doesn't matter what it is or how small it is.

Dr. Keesha ([30:38](#)):

It can be that you have teeth to chew your food with that. That you have eyes that open in the morning to be able to witness the miracle of the beauty that surrounds you. It can be the fact that you have ears that can hear. It can be the fact that you have a heart that's beating in your chest. Like being—diving into gratitude for this miraculous body that you have, instead of looking at all the things that are wrong with it. You can look to it and say, "Oh, body, you actually never get a break." Your consciousness goes to sleep at night, but your heart continues to beat. It never takes a vacation. It never takes a rest. It never takes a break. Your breath is always infusing your body. So, as long as you're alive, those things are happening. People with autoimmunity will oftentimes get in that space. I have been there with you too, Dr. V. It's this forgetting of what actually is right in front of you, which is this miraculous piece of engineering that is so divine, right? It works all the time and we only focus on the part like, "Oh, I have pain here." Or "I don't have range of motion the way I used to", or "I don't have the energy I used to, I want this to be back the way it used to be." Instead of looking to this body and saying, "Thank you. Oh my gosh, you actually never rest. You never get a break. I can't even believe the thankless job you have." I think the body has the most thankless job of anything on the planet. It just gets berated instead of thanked. One of the things I'll always say to my patients is, "When's the last time you actually were present to your third toe on your left foot?" [Laughing] And really witnessed it and really said, "Wow, if I didn't have that toe, how much would be altered in my life in terms of my gait, my balance, the stability and the foundation that puts me on this planet? Have I ever really thanked it? Have I really, really sat with it with gratitude?" So, you know, the idea of bathing yourself the first thing in the morning and last thing at night in a bath of gratitude is such a beautiful, beautiful message. I appreciate you sharing that. People don't have to have grand things that they're clinging to and they desire and they're craving. "I want this. I want this. I want this." Before they have gratitude, right? That's like saying, "If I lose five pounds, then I'll be happy." That's never going to happen. [Laughing] Not the five pounds part, but the fact that your weight makes you happy. It's more about being happy in the now, right? I was working with a patient a couple of weeks ago, doing therapy on zoom, and one of the things she said is, "I just



Dr. Keesha
REVERSE AUTOIMMUNE
DISEASE **SUMMIT**

AUTOIMMUNE BRAIN

realized that we're taught in church, that if we're righteous, that we won't have to experience these things." And I said, "No, you're not taught that. There's nowhere that it says that." And she said, "No, no, no. Like if you pray and you're righteous..." I said, "It does not say anywhere that you are not going to have challenges." So I think it's the way people interpret what they hear in church. What they hear is, "Oh, autoimmune disease, cancer, getting divorced, losing a job, being in a state of poverty is actually not a blessing." But what if that is the blessing? Saint Teresa said, "There are more tears shed for answered prayers than unanswered prayers." Because often the things we're craving and desiring that we get cause trouble, right? It's the challenge that is the blessing. How many people do you know—and I'm one of them—that has come out of one of these deep, dark places. Breast cancer, I healed that naturally and rheumatoid arthritis. Then now I often turn around and say, "Those are two of the best things that ever happened to me in my life." Right? Why do people—why do we say that? Because that was the blessing, because it made me start to turn and change the way that I am in this world from being entitled in terms of thinking my body should be acting in certain ways to gratitude that I even have one. Such a different space to be in, isn't it?

Dr. Elena ([35:07](#)):

Oh my gosh. It's an absolutely different place to be in. That's where a lot of the transformation happens is when we can start looking at our challenges and stepping into them.

Dr. Keesha ([35:22](#)):

And the blessing.

Dr. Elena ([35:24](#)):

That's the blessing, but we're not taught that. We start having challenges or problems and we're just looking for a fix. "How do we fix it?" instead of "Well, why did I—why am I having this in the first place?"

Dr. Keesha ([35:37](#)):

[Inaudible] actually said, "Can you please take this cup away?" Right? [Laughing] We forget that part of the story. It's like, "Oh, then he said, 'not my will, thy will.'" Right? If we can get into that place and follow that teaching to the letter, then what we're going to get is, "Oh, not my will, but thy will." What is it that I'm here to serve? What is it that this is here for me to learn so I can be of better service? And an instrument in fine hands. Right? So I think disease is such a beautiful blessing in a sense, because it gets you to the place where—when we're complacent and we're happy all the time, we don't learn and we don't grow. [Laughing] It's when we get into these other places where we're saying, "Please, can you take the cup? I don't want it." And then go, "Oh, that's right. Not my will."



Dr. Keesha
REVERSE AUTOIMMUNE
DISEASE **SUMMIT**

AUTOIMMUNE BRAIN

Dr. Elena ([36:37](#)):

Exactly, exactly, exactly. That goes not just with—that doesn't apply just to our health, right?

Dr. Keesha ([36:46](#)):

Right.

Dr. Elena ([36:46](#)):

That applies to every single thing in our lives. We all have so much. We all are born with amazing potential and we're all—I believe that we're all born to leave some sort of a legacy. All of us. And when we're going in the wrong direction and we start meeting up with resistance, many of us—some of us—just try even harder. That was me. I kept working even harder and working even harder and working even harder. Oh my God, not only did I completely lose my health and I'm telling you, like, it was bad. I lost my memory. I couldn't speak. It was like I had gone into like a full blown dementia in my mid thirties. It was really scary. The doctors couldn't figure out what was going on. Not only did I lose my health, but I lost my businesses. I lost my house. I lost everything. I could not figure out for the life of me, why this was happening to me. I was like, "Oh my God, why is this happening? Am I being punished for something? What's going on?" Well, I look back now and I could see so many signs that I really could have turned and if I just would've sat with myself and asked, why are these things being difficult instead of flowing for me—?

Dr. Keesha ([38:13](#)):

What am I meant to learn?

Dr. Elena ([38:14](#)):

Instead of pushing through.

Dr. Keesha ([38:15](#)):

Right.

Dr. Elena ([38:16](#)):

Yeah. Like I just kept pushing and pushing and pushing through it until everything came crashing down. Now I look back and go, "I could have made a turn like five years before this happened and everything would have happened a lot easier."



Dr. Keesha
REVERSE AUTOIMMUNE
DISEASE **SUMMIT**

AUTOIMMUNE BRAIN

Dr. Keesha ([38:33](#)):

What I hear a lot though from my patients is, "I wish I would have found you at this time, like back then." And I always say, "You've come along the path at the place that you're supposed to and when you're ready." So regret, recrimination, shaming, blaming, guilt, doesn't do any good.

Dr. Elena ([38:49](#)):

Yeah.

Dr. Keesha ([38:49](#)):

It just keeps you in that same space. Dr. Elena, I want to actually—we're out of time and I want to say thank you so much. I know that you have a gift, the 13 step formula to balancing your brain chemistry that you're sharing with our audience. I want to give you a minute here to share that before I say thank you and until next time.

Dr. Elena ([39:10](#)):

Yeah. This was such a fun conversation. I feel like, yeah, we could totally go on and on.

Dr. Keesha ([39:15](#)):

Yeah.

Dr. Elena ([39:15](#)):

I just—before I talk about the book, I just want to say thank you for the work that you do, because the work that you do goes so much deeper than just looking at biological processes. You really do teach people how to get back in touch with themselves and how to move through emotional traumas and things. The work you do is just amazing. I'm a big fan.

Dr. Keesha ([39:40](#)):

Thank you.

Dr. Elena ([39:40](#)):



Dr. Keesha

REVERSE AUTOIMMUNE
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So I just wanted to say that. So our book, this book—when you get this book, open it up and read it. You might look through this and go, "This is like simple stuff", but let me tell ya, this stuff works. I'm giving you 13 steps. Some of the most common denominators that are making people sick. Not just with mental health, but with their physical health too, autoimmune, all that stuff, leaky gut, all that stuff. If you can just go through and start implementing the different things that you're reading in my 13 step book, this is a great place to start. Especially if you're in a place like I was over a decade ago, where I didn't necessarily have the money to reach out. Go through the steps, start working with it and be realistic with yourself and give yourself a year to work on these things. Don't think it's going to happen in a month. But yeah, I hope that everybody enjoys the 13 steps and just start implementing stuff. Just one thing at a time.

Dr. Keesha ([40:45](#)):

Thank you so much. And thanks for taking the time to share your wisdom and these 13 steps with our audience.

Dr. Elena ([40:52](#)):

Thank you so much, Keesha.

Dr. Keesha ([40:54](#)):

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