

Emotions & Liver Detox For Optimal Health

Dr. Keesha Ewers interviewing
Dr. Ameet Aggarwal, ND



Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

Welcome back to the Reverse Auto-immune Disease Summit Series, everybody. This is the first of fourth of this series we're working on, remember the four corners of reversing autoimmune disease and solving your puzzle. Genetics is one, your gut is another, toxic burden is another and past trauma is the fourth. We're working on that toxic burden on this one with the Auto-Immune Detox Summit. And I'm really excited to bring a new friend and colleague to you. We've just been talking for the last half an hour and I just absolutely love this man and his work.

So this is Dr. Ameet, he was voted one of the top 43 naturopathic doctors worldwide and he's helped thousands of people around the world heal from trauma, anxiety, depression, and chronic disease by combining naturopathic and functional medicine, gestalt psychotherapy, family constellation therapy, EMDR and homeopathy. His website is drameet.com. His best-selling book "Heal Your Body Cure Your Mind." Online therapy sessions and online courses on drameet.com have helped thousands of people heal their mind and body together with emotional release techniques and holistic medicine. He also treats poor communities with children living with disabilities in Kenya through his charitable work and sales of his book and online course. It is so great to have you here Dr. Ameet.

Dr. Ameet Aggarwal, ND

Thank you, Keesha. It's a pleasure as well and greetings from Kenya everyone.

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

I actually skipped over the URL and I want to make sure that I have it because it's not as easy as drameet.com but if you can just for a second talk about the it's www.fimaffrica.org. What is this?



Dr. Ameet Aggarwal, ND

Right, the main website is d-r-a-M-e-e-t.com, that's drameet.com. and then the charity work I do is fimafrica.org f-l-m-a-f-r-l-c-a.org. And that's so the sales of the book and the online course helped me do that community work that you see.

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

Mm! That's beautiful. I've been to Kenya a few times doing trauma retreats there and that's a big need there. And I just really, of course it's just goes in line with what I've coming to know about you. So that's really beautiful.

Dr. Ameet Aggarwal, ND

Thank you.

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

We talked a little bit before I started recording us in our interview about land trauma, and since you're doing this kind of work in Kenya, we were saying, sometimes we don't even notice when there's trauma on the land that we're living on, but this sort of energy system, what would you identify in Kenya as being some of this trauma that can affect health. Cause then I'm gonna talk about how stress and trauma affect your health. But I think sometimes like in Ayurvedic medicine and the Vedas, they said, if you want to know the health of your community, look to the frogs. And then we also have the saying about a frog in boiling water doesn't realize until it's too late, right? What is the trauma of land, country, people do you think and how that's affecting each of us?

Dr. Ameet Aggarwal, ND

Hmm! So there's a history to Kenya of colonialism. And in that, of course there's multiple layers. One is the resentment towards the colonial. Then there's the violence that took place when the Mau Mau fought with the colonial. So there is a history of violence on the land and fighting for your rights. So there's a lot of bloodshed on the land and that violence seems to permeate the ether for generations to come. We see conflict with the land. We see politicians basically inciting the community to get violent with the farmers. We see resentment and hurt from the Maasai community and local African populations against the colonial farmer for still hanging onto the land. And there's no right or wrong. I guess everyone feels that they're entitled to their feelings. Unfortunately though we do see it come across sometimes with a bit of bloodshed or strange



episodes, right? Strange occurrences, for example, a lot of poaching on the land as well, killing off the elephants or death by poisonous snakes, like you were telling me, yeah? And, or being killed by an animal. There is that vibration of fragility of life, yeah? That's still resonating through the generations. And I'm curious what the initial trauma was that manifested a pattern of continuous violence and deceit and just sense of unsafety for people over time. I'm not sure what it is. I'm not saying all of Kenya's like that but it seems to be patterns in certain systems.

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

I was pointing to it because in the United States, this is burbling up to the top yet again, like our racism, our violence that has happened on our land, in the US has not ever been healed. And so when things don't get healed, they burble up to the top and in Ayurvedic medicine they say, we are the microcosm of the macrocosm, right? And so we can take that not actually healing what's that underneath the root. And then that burbling up to the top and seeing social unrest and destruction and violence. And then we can take that to our own bodies and watch that's what's happening in auto-immune disease. This is the exact thing that happens inside of us, right? How does stress and trauma affect our health?

Dr. Ameet Aggarwal, ND

Yeah, good call there. So whether it's generational stress, family stress or your own stress in life that will trigger a stress response in your body, right? The fight or flight response.

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

Yeah.

Dr. Ameet Aggarwal, ND

Which then stimulates your adrenal glands to be hyperactive, to produce adrenaline and excessive cortisol. Now, the thing is, perpetual stress it just doesn't switch your body off, your body never gets to rest. And ideally your adrenal glands are meant to be active for 20 minutes at a time maximum, take a break and then get 20 minutes of overactivity or activity again. That's how we evolve, as primitive beings. We hunt for 20 minutes, we eat or we rest, take a break, et cetera. In modern day world, that stress doesn't switch off. Number one.

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

Right. I was laughing because the ideally part we just are not doing, we don't do that.



Dr. Ameet Aggarwal, ND

No, there's different demands and callings from either spirit or from society or from corporations. I'm not sure which one yet or maybe it's all a mix.

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

Or Karma.

Dr. Ameet Aggarwal, N

Or Karma an duty and darma, yeah

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

Yeah.

Dr. Ameet Aggarwal, ND

And what happens is when you have prolonged elevated levels of cortisol and adrenaline in your body, then tissue damage occurs, one. Number two, your neuro-transmitters go off balance. So when you have excessive cortisol for example, serotonin, dopamine melatonin, GABA, all these brain chemicals start dropping to experience more anxiety and depression, which leads to overeating and binge eating and food cravings which eventually then damages your intestine. And we all know that your gut is the seat of your health and a permeable gut, or a leaky gut. A damaged gut is often a trigger for autoimmune conditions. The other thing with elevated cortisol levels is you suppress your thyroid hormones, your active T3, and T3 is very important to help keep your cell junctions tight, yeah? Strong in your intestines and all your cells. T3 is very important for all your cells to cells to function well. Now, imagine you have elevated cortisol levels then different chemical message signals are sending into your intestines and the cells in your intestines don't stick well together. So you get a worsening of leaky gut. What does that mean? More toxins then leak into your bloodstream. Cause more inflammation throughout your body triggering an immune response, yeah? And it aggravates all the immune cells, lining your gut, the gut associated lymphatic tissue. That's irritated, yeah? That triggers also a hyper immune response. and the theory is that, some of the particles that we eat and the protein molecules that trigger an immune reaction, those particles mimic parts of our body sometimes. So the antibodies we create to these particles become antibodies to ourselves as well, our own cells leading to autoimmune. That's one of the theories around auto-immune. And then there's a whole cascade of events that happen, With leaky gut, you have chronic inflammation and chronic toxicity. All this toxicity goes to the liver the master organ in Chinese medicine. And I'll talk about more, how to heal your liver.



But first I'll explain why the liver is the seed of your health. Your liver produces bile, this beautiful juice that helps with digestion. Now with chronic inflammation and excessive toxicity your liver becomes what we call stagnant. It produces less bile. With less bile you get more indigestion, heartburn, gas bloating, constipation, worsening of leaky gut. And because your liver is meant to detoxify everything and it gets backed up, you have more toxins in your blood. You get more chronic inflammation, so a worsening of chronic disease. So that's really how stress, goes on to worsened leaky gut by worsening cortisol levels and that leaky gut then leads to more chronic inflammation and more liver stagnation which then leads to a vicious cycle of hyperpermeability in your intestinal membrane.

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

And then when we're reaching, again like Ayurvedic medicine talks about these six tastes, right? The six tastes that we have. And if we find that our, if we don't have enough emotional mastery, then oftentimes if we find that life itself is more bitter or punched or we're sad, it's so salty. And we're having a lot of that. Then we reach for sweet to try and balance. And so then we'll reach for sweet through food to try and balance the emotional system. And that's the wise mind of a child, finds grounding in that too. But when you get into adulthood this can also begin to cause insulin resistance and that extra sugar, where does that go? When someone's insulin resistant, they're eating sugar it can't get into the cell, then what?

Dr. Ameet Aggarwal, ND

Yeah, we get weight gain. Then we get oxidative damage as well, happening in the blood vessels. So suddenly now you got plaque formation going on with more insulin resistance then you get a cortisol imbalance. And that again leads to of course, anxiety and depression and with higher deposits of fat in your tissues. You're going to produce more estrogen as well. You're going to go into hormonal imbalance, leading to PMS symptoms or even estrogen more tendency or a high risk of estrogen-dominant cancers as well.

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

Right.

Dr. Ameet Aggarwal, ND

Yeah.

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

And auto-immunity,



Dr. Ameet Aggarwal, ND
So being in mind

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

Yeah and it's also being stored, this extras being stored in the liver again. So this poor liver has so much to do, right? And I remember when I was diagnosed with rheumatoid arthritis I don't know if you ever knew this, when I was 30 and was able to reverse it within about six months. But the thing that I learned immediately when I went on Pub Med and looked for what else beside methotrexate, right? What I was being told to do. And I found an article on yoga and auto-immunity and so I did my first yoga class and then learned about Ayurveda. And one of the things they talked about was, Oh! Auto immune disease is undigested anger. And that it's actually the liver that is part of the processing of anger too. So it was poor liver.

Dr. Ameet Aggarwal, ND

Yes. Yes. Anger, resentment, frustration, also a sense of what's it called vulnerability. So some people don't feel safe feeling angry. See, what happens is when Chinese medicine delivers connect to the emotions of anger, resentment and impatience, right? So if you have a stagnant level you'll get more of these emotions. And if you have a lot of those emotions also, you stagnate or harm your liver.

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

Yeah.

Dr. Ameet Aggarwal, ND

Now the thing is, why there's a lot of shame around anger is multiple things. Society doesn't accept it, you're shunned and also as a child when you were insulted or hurt by a parent, you go into an internal conflict because you're hurt by the person who is giving you love and food and life. So it's a conflict of interest in your own mind to aggress against what gives you love in life, right? And so you freeze, you go into a freeze response and you learn to swallow, just insult out of loyalty and love. And that creates this internal brewing partier of just disappointment with yourself because you feel you're failing and not getting what you want, but really you're not expressing just out of loyalty to the system because you want to belong to a certain society, the society you grew up in.

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C



And we know if we're put on the outside of the firelight circle, the saber tooth tiger can eat us.

Dr. Ameet Aggarwal, ND

Exactly.

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

So

Dr. Ameet Aggarwal, ND

Exactly.

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

Feelings of rejection and betrayal are unsafe. So then we get this amygdala kind of looking around all the time. Am I safe, am I safe, am I safe, right?

Dr. Ameet Aggarwal, ND

Absolutely.

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

Yeah.

Dr. Ameet Aggarwal, ND

So yeah, I train people to healthily express anger and also feel the vulnerability and the lack of support that leads to the swallowing of anger. That's really the place that needs the most love.

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

I had a conversation with my 30 year old son the other day and he's living in a spiritual community and he said it's a Tibetan Buddhist community. And he said, the teacher called him out on some, on one of his patterns and said this cause he's very funny. He used to be a standup comedian in Manhattan. So he's very funny. And he uses it, right? Of course we all, whatever we have as our polished front to the world is also the thing hiding the most pain. And so he got called out for the first time which I've gently, gently said, that might be hiding. So lack of vulnerability. But he got called out in front of the whole community about using humor as a deflection and that it's



discarding love. And that it's a form of aggression. And he called me and he said, "Mom Oh! I know that this has been pointed out to me. I know you've been telling me this, but Oh!" and then the shame in front of the whole community, right? And then drew his teacher to say, no, no, no, no, no don't go, don't withdraw. Just be with it, feel it that shame is that's a parent, child thing that's happening right now. And you are now 30 and so it's okay. And just like letting him feel safe. And he said he was just crying, of, Oh! I can actually be seen without this humor, without this mask and have it pointed out and be loved and held and supported, right? All of those ands. And he was just weeping when he was telling me and so as I. I was just, "Oh! my gosh, I'm so happy." Because those big moments then are some of the ones I know that you've witnessed I've witnessed where physical healing occurs then.

Dr. Ameet Aggarwal, ND

Yeah. When we release emotional pain and trauma, your physiology shifts completely, trauma is stored in our cellular membranes and by expressing anger, vulnerability, and also allowing the shame and other awkward feelings to be seen by other people, Yeah?

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

Right.

Dr. Ameet Aggarwal, ND

And so these monks are correct because we are programmed to hide these feelings because they came up when boys or girls were attacking us or we were feeling really or excluded by our peers or our parents were threatening us. So automatically it's like those emotions that occurred while we were under threat those emotions also don't become okay to experience, yeah? And so when a monk says, "Yes, feel them, you are an adult now, it's okay. And people are waiting for

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

You're safe.

Dr. Ameet Aggarwal, ND

To feel this. Yeah, You're safe. People are waiting to hold you and love you in this place. There's nothing wrong with you. As you're feeling these emotions." Boom! Big relief. Big relief and a freeing of body armor, what we call body armor. And then you can take it more love. You can take it more oxygen and your blood actually flows better. And what happens is you actually get less inner conflict. And I believe sometimes auto immune is attack against the self, yeah? Emotionally as well the narrative in our mind. And when you feel this freedom you get this freedom of feeling



good about yourself in this shingle feeling, you have less criticism about your own self, about your feelings. And I honestly believe that translates less into biological self-attack as well in terms of in the form of auto-immune.

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

Yep. I agree 100%. And I always say that like if one part of you is attacking the other, there's no winner. Like if you're a war with you, right? You don't feel worthy unless you're doing X, Y, or Z. And I always say people, especially I see this with women with autoimmune disease and women have 80% of the auto-immune diseases anyway, they have these four Ps in place. They have perfectionism, people, pleasing, the poison of past pain. And usually in the Ayurvedic spectrum they have a lot of Pitta. And that's that Pitta, right? They what you just pointed to in Chinese medicine what damages the liver, right? Is that irritation, is that anger and frustration. Like these things that's Pitta when it is not mastered, when it's not made friends with, when it's not a collaborative energy inside of the body, but one that's turned here and here, you know? And so that fire then it's inflammation that burns you up.

Dr. Ameet Aggarwal, ND

Yeah. Unfortunately, yeah. It completely burns you up unfortunately we do that to mimic our parents and our society, right? Because if you're not supported as a young child you blame yourself for something that goes wrong. Or if parents are criticizing you then before you're criticize by another person, you kind of control yourself with criticism almost to fit in that box that you grew up with. Not knowing that continuous narrative of criticism is actually harming your biology, yeah? And then it's causing more and more contraction in your liver and anything that stagnates for a while, bubbles and brews and creates more heat which is the Pitta you're talking about.

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM

Right.

Dr. Ameet Aggarwal, ND

Yeah. So I guess what I want to remind people is in healthy ways, giving back the voice of the parents, back to the parents and the ancestors and to the society in the right way when you're feeling ready to do that knowing that the language you use upon yourself you were not born with it. And you're just trying to fit in and belong, yeah? And receive love by mimicking what maybe a harmful parent did to you. And that you will be loved and received by loving people even, if you let that narrative goal once in a while. And I use the word once in a while on purpose because if I just say let it go then you have this internal pressure. Gosh! I need to fix this and let it go. If you allow yourself to entertain the thought of once in a while, yeah? I can let it go once in a while. You're not



forced to let it go all the time. So it's more achievable to let it go. If that makes sense. And you give yourself permission to try it, a bit and let and stop trying. That's where the once in a while, can be really relieving for these internal struggle for peace.

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM

I like to work a lot with internal family systems and it's like what you're saying the trying it just once, right? And then letting the little one that's so nervous about that, recognize that she or he is safe, like, Oh! okay. And then I don't need my protector to be out here anymore. And having this energy wall and barrier that is the thing that I present. Oh! Okay. And then the next time you try it, right? Oh! And so the little at a time nascent, so that that one can learn to trust that you are there, you are safe and you're going to hold her, his hand. And that protector that has been holding up all the barriers to the world so that you don't see yourself and no one else does either, that energy can start to relax. And when I started learning that, Whoa! so much energy I put up of perfectionism, I was such a, I was a good perfectionist really perfect perfectionist

Dr. Ameet Aggarwal, ND

Perfected perfectionist.

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM

I had perfected perfectionism. And when that amount of energy and people pleasing, when I started really learning to relax that and go, there's so much energy available, right?

Dr. Ameet Aggarwal, ND

Absolutely.

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM

So much energy available. That was this wall that keeps, it's a lot of energy to keep it going.

Dr. Ameet Aggarwal, ND

And we don't realize we using that energy, Keesha.

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM

Right.



Dr. Ameet Aggarwal, ND

Right? We think it's normal. We think it's the normal way of existing out there with this chronic smile.

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM

Right.

Dr. Ameet Aggarwal, ND

And it's like a pain inside our nervous system. And the benefit of realizing that we're using energy then gives us the choice, not to give it so much energy. So noticing that it's using energy means I'm actually, it's an active process. Meaning I'm making a lot of effort into pleasing people and making a lot of effort into smiling. It's not that I'm stuck in a smile because out of fear, it's I'm using my fear to smile more. And when you get that paradigm shift, suddenly you let go.

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM

Right.

Dr. Ameet Aggarwal, ND

Of the chronic habit that you've been putting energy into but you get a sense of the act you're doing and it's not necessary anymore as an adult. If that makes sense

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM

It makes complete sense. And then it press up some energy for your mitochondria to use for your liver detoxification, for your lymphatic system to go ahead and start the drainage process. Because you freed up so much tension and energy that now your body can enlist in doing its functions. Your body's not betraying you when you have auto-immune disease, It's not. it's been robbing Peter to pay Paul for a really long time. And when you put some more energy in the bank account, it goes, thank you.

Dr. Ameet Aggarwal, ND

I fully agree and then when we released that when we stopped using that energy also what happens is the adrenal glands, stop going into fight or flight as well. So then we have a lot more energy for the mitochondria and your cortisol levels normalize, right? And when your stress response in the cortisol levels normalized, the leaky gut gets better. You heal your gut and there's less irritation on your immune cells, in your that are lining your intestinal wall, right? So you get



less triggers for inflammation. So yeah, mind and body healing are super, super important. Not just one of them.

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM

And I do want to speak to the ones who don't just have fight or flight, but the ones that freeze because I know a lot of women freeze. They don't ever experience fight or flee, right? They actually experienced freeze and the same exact processes is happening in the body with freeze. You're not, the cortisol is still pumping out, right? When you're frozen to keep you alive in that frozen space. And so, that's another aspect. I know that sometimes women don't identify, well I'm not trying to flee. I'm not, they're just frozen.

Dr. Ameet Aggarwal, ND

Absolutely. And also men, I as a man I know I frozen a lot because I grew up in boarding school and I had no power to stand up for myself. So the safest thing was freeze.

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM

Yeah, I think for all children the safest thing is to freeze. You can't, like you said, aggress, the one that's harming you if they're a big person and you're a little person. So I think the most that we do is freeze, right?

Dr. Ameet Aggarwal, ND

Yep. Yeah, exactly. You put it right. The most that we do is freeze, a lot of frozen parts in us. And from my studies in psychotherapy, emotional release, et cetera. What I find helpful to undo that freeze response is actually experimenting with aggression and fleeing. So either hitting a mattress or growling I'll get my clients to stick their jaw out, like that. And just swear, or just growl or shout, this dislodging the nervous system, yeah? And then the

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM

I do the same thing. We go over to the cliff over here at the Island and they can scream out into the ocean.

Dr. Ameet Aggarwal, ND

That's what I do when I'm at the ocean actually I go underwater so no one can hear me and I just give it everything. And my body gets so much more energy, right? Because you've let go of that active process of keeping everything inside. And I want to repeat that to everyone keeping



everything inside. You might experience it as a collapse of your energy. I promise you, it's actually an active process that you're doing to rescue yourself. And you can slowly, slowly peel yourself away from that active process, once you get to taste the safety in your outside world. And that's done through of course loving and caring environments.

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM

People will often ask about emotional techniques, to use. We've talked about a couple of them here. Are there any more that you'd like to share when people feel themselves frozen or activated, where there's a tsunami of emotion and they don't know what to do with that.

Dr. Ameet Aggarwal, ND

So I use EMDR as well. Eye movement desensitization and reprocessing where I'll get them to stay with the feel the traumatic memory the negative thoughts they have about themselves, the physical sensation in their body and the negative emotion or the overwhelm. And when they're connected to all these pieces of information, I'll either get them to follow my fingers left and right or tap left and right on their collarbones, which is different from emotional freedom technique which is tapping on different points.

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM

Right.

Dr. Ameet Aggarwal, ND

And by doing this, what we call bilateral stimulation, stimulating left-right either with the eyes or the tapping, what happens is the frontal cortex of the brain begins to fully process all the stored emotions that were stuck in the limbic brain, in your primitive brain, yeah? Creating a safe and deeper release of the stuck emotion. That's one technique I use. I use havening technique as well, which is an upcoming therapy where the client, I'll ask the client to basically rub up and down certain energetic points. We start with the arms up and down and ask them to imagine a safe scene. Place of bliss, happiness, comfort. And as you're rubbing and imagining I'll count from one to 10. And of course I'll feel, energetically I'll feel the words that I need to also introduce into the meditation or into the guidance. And the thing is, as you count from one to 10, the client is supposed to now pick either take a step in the scene or look at something new in the scene. So they're following a safe counting method in a safe environment and being preoccupied with instruction, yeah? Of looking for something new. So that kind of distracts them from their friends you have fight or flight, yeah? And they get preoccupied We're looking for safer things in a guided way. So their body experiences love and support, yeah? While stimulating nerve endings that are very closely associated with childhood experiences of love. That combination as well reduces the



stress response in the body. I also use homeopathy to release trauma a lot of it, homeopathic medicines like Aconite, Ignatius or all of these remedies can actually dispel the traumatic energy from person's nervous system. And I find getting the right homeopathic remedy can save a person years of therapy because it goes really deep, really fast. It encompasses the whole being. And then the last therapy use is family constellations therapy. Now, family constellation therapy is a very interesting therapy because it's not necessarily only for trauma release, it's for ways of being like loyalties that we have towards our ancestors, towards the traumas of our ancestors, towards the traumas of our parents, towards the imbalances in our family system that we don't know exist. So we're behaving in a way that is a result, direct result of the history of your family. Now, the traditions, the beliefs, the experiences that were passed on from generation to generation. Unfortunately, this loyalty, these behaviors also contribute towards a freeze response because you're not free to move as your soul as your authentic being, yeah? You're committed to either rescuing your mom or your dad or being sad because of a lost child in the system, yeah? Or guarding yourself because of the history of rape, abuse colonialism, trauma in your family history as well. So you're not dancing as a free soul, you're carrying baggage. And that is actually a frozen response in a way. And using healing sentences, certain sentences that bring acknowledgement for your soul of what's really happening in your system and separating your parents or ancestral trauma from your inner child, the innocence, yeah? That free spirit. That those sentences disentangle what I call the entanglement, yeah? The loyalty towards these traumas. And suddenly the child feels free, you feel free to breathe, to live your life without feeling that you betraying your ancestors or your tradition, yeah? Because your parents, your ancestors want you to have the fullest life and not carry their baggage.

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM
Right.

Dr. Ameet Aggarwal, ND
100%.

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM
Yeah. Oops! Don't know if anyone can hear that that's my husband's alarm, in his hotel California. And he's not getting it. Yeah, let me just pause this recording. For just a second.

Dr. Ameet Aggarwal, ND
I was just gonna say, "Gosh! What were we talking about?"



Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM
So we were so sorry about hotel California everybody.

Dr. Ameet Aggarwal, ND
No its okay, its okay.

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM
So what we were talking about is how, well so I work a lot with constellation and internal family systems. It's that microcosm and macrocosm. So if you have something out here with those loyalties like I made an agreement to take care of my mother, actually, that's one that I did make I made an agreement to take care of my mother, right? Then that means if something comes up where my little kid needs to be, get some attention and it's in conflict with what my mom needs, then there's going to be a conflict for me internally. And so, that healing has to happen because that agreement that you made as a child it was the wise mind of the child that made it but it's not serving the adult, right?

Dr. Ameet Aggarwal, ND
Yeah. It's not serving the adult. nor is it empowering the family members.

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM
No, not at all, yeah.

Dr. Ameet Aggarwal, ND
Because in a way the family members then become weakened and they believe in their weakness and their dependency and they never access their strength. When parents see children thriving, parents thrive as well.

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM
So true, yeah.

Dr. Ameet Aggarwal, ND
And one of the ways to honor your parents, what I found from family constellations therapy is to really live your life, yeah? And give back to your parents with respect what they need to carry for themselves and ask for their blessings so that you can live and honor the life they have given you



with so much love, we can live it fully, yeah? And then draw in the correct kind of energy from the universe. You don't have to be loyal to drawing in energy only from your family members.

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM
Right.

Dr. Ameet Aggarwal, ND

That's another mistake people make. Now, they're so loyal they feel they should only belong to that family system. And when you can disentangle yourself from these loyalties, you receive a lot more energy, from the sun, from the universe, from other people, from like spirited people and your body heals with that. You feel more energized, less depressed, less emotion

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM

That's a part of a larger energy field than the one that is just contained your family, which in reality, we are. We are part of the entire network, right? That we could even say it goes beyond the planetary one that we're on. And so when you can expand your awareness and your consciousness, then to that vast of a scope then so can your cells internally, they can open up to, they can let the trash out and they can bring the nutrients in. There can be this expansion in there too, right?

Dr. Ameet Aggarwal, ND

Absolutely because your cells are hungry for it actually, they're actually contracted because they're receiving the same old energy and the same old conflicts and the disappointments and all that. They're not breathing well.

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM

And you'll feel it in your body. Like if your shoulders are slumped forward, if you have alignment problems, if you, pain in any part in your body, that's just a signal of a contraction. Wow! There's alarm going all over the place.

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM

It is a sign.

Dr. Ameet Aggarwal, ND

It is a sign. I don't know how you're going to edit all this but good luck.



Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM

Actually. I think it's kind of amusing. Everyone needs to know that everything happens and this is how it goes. and nothing is polished. It just happens organically. Well, Dr. Ammeet, I really appreciate you taking the time to share your wisdom with us. It's just been invaluable. And I think like the final analysis that the mind and the body are not separate, right? The way we try to make it psychology and medicine, two separate things.

Dr. Ammeet Aggarwal, ND

Yeah, absolutely not. They're together and if anyone's interested, I have some free videos describing how to heal your gut, your liver, your adrenal glands.

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM

Beautiful.

Dr. Ammeet Aggarwal, ND

And emotional blocks together on that website that's drameet.com d-r-a-m-e-e-t.com

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM

We'll get a link from you and we'll put it as a free gift for people to go with your ear interview. That would be really fantastic, thank you.

Dr. Ammeet Aggarwal, ND

And you'll support my mobile clinics in Kenya then. Thank you.

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM

Beautiful. Thank you. Is there anything that you wish we would have talked about in this discussion that you want to end with?

Dr. Ammeet Aggarwal, ND

Hmm! The word loyalty is coming up. Loyalty to family members, we're so stuck or entangled with the grief of other family members. And we believe that sharing their misery or being miserable alongside with them will help them, help carry the burden for them but that darkens your energy and it darkens the entire family system, yeah? So I'm inviting you all to explore the possibility of



being your own light and trusting that your light will awaken those around you, yeah? Will lessen the burden of thoughts. So rather than sharing the burden of other people awaken your lights, so that they can awaken those around.

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM
Thank you so much.

Dr. Ameet Aggarwal, ND
Thank you.

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM
All right everybody until next time be well.

