



Conscious Life presents

ANXIETY SUPER CONFERENCE

Homeopathy, gut health and liver detox

Guest: Dr Ameet Aggarwal

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[00:00:09] Meagen Gibson

Welcome to this interview. I'm Meagen Gibson, co-host of the Anxiety Super Conference. Today I'm speaking with Dr Ameet Aggarwal, voted one of the top 43 naturopathic doctors worldwide.

Dr Ameet has helped thousands of people around the world heal from trauma, anxiety, depression, and chronic disease by combining naturopathic and functional medicine, gestalt psychotherapy, Family Constellations Therapy, EMDR and homeopathy.

Dr Ameet thank you so much for being with us today.

Dr Ameet Aggarwal

A pleasure, Meagan. I'm excited to dip into how anxiety is connected to ancestral trauma and Family Constellation Therapy, childhood trauma, as well as your liver and gut, because the body and mind are not separate. And I think it's time people realize how to really treat the root cause.

Meagen Gibson

And I really firmly believe that anxiety is one of the most misunderstood things that people can suffer from and one of the more stigmatized things as well, and so I can't wait to get into that. So in your expertise, what are some of the root causes of anxiety?

Dr Ameet Aggarwal

So anxiety is like a state of feeling unsafe, a fight or flight state, even a freeze state. And then there's also intrusive thoughts and a narrative that goes on for some people or a physiological reaction. Keeping those in mind, there's different root causes for that.

Sometimes it's a food sensitivity. A food sensitivity will trigger a cortisol imbalance, and we'll talk about that when we talk about the adrenal glands and inflammation, but basically, food sensitivities trigger inflammation in the body.

And that inflammation causes a neurotransmitter imbalance as well as a cortisol imbalance. Well, the cortisol imbalance actually causes the neurotransmitter imbalance. That means serotonin, dopamine, GABA, melatonin, all start dropping, and therefore you get the symptoms of anxiety, depression, insomnia, etc.

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The other thing is, in your gut you have the good bacteria, the probiotics, and they make serotonin and GABA, most of it actually in your body. And so when you have what we call a dysbiosis, an imbalance of gut flora from antibiotic use or poor diet, inflammatory foods like gluten, dairy, etc. And too much coffee, too much alcohol, and the pesticides in our food and all that, then the good bacteria get killed off. So you have less production of serotonin and GABA, so you might be more prone to anxiety, depression because of that dysbiosis.

The other thing that happens is, now when you kill off the good bacteria, which also keeps your intestinal lining healthy, what happens is the intestinal lining becomes weaker and you have toxins leaking into the bloodstream. And that causes inflammation everywhere in the body, leading to the cause for asthma, arthritis, and a lot of chronic conditions. The inflammation also goes to the liver, so the liver becomes inflamed.

And the inflammation also creates toxins in the body, autotoxicity. And the liver has to deal with that as well. So the liver just gets slammed with inflammation, with auto toxicity, with pesticides, with drugs you're taking, with too much alcohol, etc. So the liver becomes sluggish.

The liver is your master organ. It produces bile, helps you detoxify your body, is in charge of blood sugar storage, blood sugar regulation, hormone regulation, and a whole myriad of functions in the body. And so when the liver gets slammed, it produces less bile so you have poor digestion, more gas, bloating, constipation. A lot of people have constipation due to liver stagnation, not a laxative deficiency, which most people mistakenly take too many laxatives for.

And so when you have less bile and more gas and constipation, you worsen the leaky gut. The gut microbiome is not healthy anymore. So your good bacteria are dying off. They're producing less serotonin, less GABA, so again, anxiety is getting worse because of the liver bile connection.

Also connected to the liver is your hormonal balance. So remember, GABA is the main neurotransmitter to reduce anxiety. Now, GABA works better in the brain with progesterone. And people who are deficient in progesterone often will have more anxiety because GABA doesn't work as well. And why are people low in progesterone? Often because of liver stagnation.

I often see that in my practice, when somebody has liver stagnation, they usually have PMS symptoms, either gas, bloating, cramping, sadness, tearfulness, insomnia, anxiety or even anger. And we know that anger and gas and bloating and constipation and digestive issues are directly connected to the liver, according to Chinese medicine and just clinical experience.

So you can see the connection between PMS and your liver. And we'll often see low progesterone and excess estrogen, which then contributes to more anxiety. Those are the physiological root causes.

Then we have stress, stress and burnout. When you're stressed or you're traumatized, then your body goes into a fight or flight response and your adrenal glands have to make adrenaline to basically protect you.

And now in childhood, if you have unresolved trauma, that trauma is stored in your nervous system, in your limbic system. So your adrenal glands are always in fight, flight or freeze response. So they're always making imbalanced amounts of cortisol and adrenaline.

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And then when you're stressed as an adult or have even been traumatized as an adult, these childhood traumas get triggered again. These responses get triggered again. So people have been highly traumatized as children, when they're stressed they go more into anxiety and a stress response because of unresolved and unhealed trauma.

And so I use cathartic or somatic therapy such as gestalt therapy, EMDR, Family Constellations, which we'll talk about, and homeopathy, as well as EMDR to release trauma from the body energetically. Which is very different from therapies that get you to analyze the situation or control your behavior. Like CBT, sometimes I don't really agree with. It doesn't really create a deep release that I'm looking for.

If this gets all confusing, I have some free videos on my website, how to heal the gut, the liver. There's an emotional healing exercise as well, how to feel safe in your own emotions. And then I also have some homeopathic remedies you can look at to heal stress and trauma.

So homeopathy is a wonderful system of medicine made by diluting substances multiple times. So it really works on an energetic level. And when you're traumatized, when you're hurt, when you're stressed, that's happening at an energetic level as well, an emotional level. Emotions are energy.

So taking calming herbs and supplements is fine up to a certain point, but it only manages the symptoms, it doesn't create a resolution. And so homeopathy goes deeper in an energetic level and actually creates a resolution. It changes the frequency of vibration in your body. So your adrenal glands come out of fight, flight or freeze.

For example, I use Ignatia for somebody who's been betrayed and feeling very tearful and anxious and crying a lot. It's a great homeopathic remedy for that, especially if you're going through a break up or a betrayal.

Aurum metallicum is homeopathic gold. I love using that when somebody has a lot of suicidal thoughts and feels guilty and feels like they've failed, the failure.

Or praying excessively because of just fear and they're stuck in prayer. Prayer is not a bad thing. It's fantastic. Some people are stuck in a fearful way and they get to pray obsessively because they don't have trust in life again. They're trying to reach God, but they're not letting their body reach God fully.

And so it's a great journey to start on but homeopathy can help them just open up and relax a bit and connect with God in a more calm way as well in some cases. And that's if you're religious.

So homeopathy really has the power to transform people at a very deep root cause level.

And the last cause, well, there's many but the thyroid as well is a big cause of anxiety. When the thyroid hormones are low, people get anxiety and depression.

But one important cause of anxiety and depression I want to talk about is ancestral trauma. We are carrying the trauma of our ancestors. And they've proved this through epigenetics, that trauma from our ancestors is passed down to us genetically.

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So if my grandmother was in the war, the eggs in her ovary will be affected by her stress response, they will shift genetically. And my mom is made up of one of those eggs. And my mom ends up producing me. So my physiology is directly affected by my grandmother's physiological changes during a war or a stressful event.

And Family Constellations Therapy is a very powerful tool that we can use to heal ancestral trauma and imbalances in the family system. I'll give you some examples, but I just want to give some other examples of imbalances in your family system that can contribute to anxiety.

If somebody has a miscarriage or an abortion and they don't acknowledge it. So the mother and even the father of that child, if it's not acknowledged, if you don't say goodbye to that child in a proper, loving way, both parents will often have some strange emotional symptoms where there's anxiety or depression. And sometimes, I often see this in couples, there'll be a conflict going on between the couple. Even though they love each other, there's a strange conflict that keeps on going on.

And a healing sentence I do with couples is to acknowledge the child, saying, "Dear child of mine, thank you for coming into my life, even though it was very brief. I'm sad to let you go and I let you go to the light or where you belong". And really doing a spiritual ceremony to let that energy go, to also connect with your heart, your love for that missing child.

Because sometimes in society we think abortion and miscarriages are normal and we just move on in life. At a soul level there is pain, there is hurt, there is love because there is an energetic connection. And where there's energy connection, there's love.

And then often for the siblings as well, so if I'm born in my family and there was a miscarriage or abortion before me and I think I'm the first child, I often feel overwhelmed, like I've got to do a lot of things, I've got to make up for a lot of tasks. I'm always over performing because subconsciously I'm trying to make up for two different lives.

Or, I'm carrying the grief of my mom or my dad for that missing child without knowing it and so I have unexplained anxiety. And this is where a healing sentence for the sibling is very important.

What I often do in my clinic is I'll get my client, and we do this online as well or in clinic, where the client will stand there. You as a listener will stand there and look at both your parents. You just imagine your parents before you. And then you'll bring in that child. You'll imagine that child before you.

And you can say things like, "Dear mom and dad, please look at this child. I want to look at this child as well. This is my missing sibling, and I belong in the second place in this family. And thank you, brother or sister for coming before me. Please take your position. Please look at me with love as I continue to live while you didn't". Because there's a subconscious guilt that we often carry for surviving in the womb when another person didn't. And that guilt can often manifest as anxiety in adulthood, so that's the entanglement of loyalty.

Meagen Gibson

So sorry to interrupt you, but I bet that is also really applicable for adoptees or children who are in their family of origin but perhaps an older sibling was adopted by another family for various

circumstances and they don't know, and that's never acknowledged. And so they feel out of place. And, just like you were describing, and that's never acknowledged.

[00:12:55] Dr Ameet Aggarwal

Absolutely, Meagen, absolutely. That's a huge cause.

And often what we do in constellation work, we acknowledge the adopting family as well. They need to be acknowledged, the adopting parents. And the child, the missing child needs to be given a place in our hearts.

For example, the miscarriage or abortion or even the adopted child will say, "I give you a place in my heart now. Please look at me with love as I live, as I continue to live my life with my parents, and we all give you a place in our hearts. And dear mom and dad, please recognize me as the second child or third child". And suddenly you will feel more grounded in your correct position. And when you feel grounded, anxiety, depression lifts.

In Family Constellation, we often look at also loyalties. Another form of loyalty is, let's say your father is an alcoholic and abusive to your mother, often children will side with the weaker parent and reject the father. And so suddenly they become worried about the mother. And that's natural. I'm not saying it's wrong. It's just a natural response. That busyness, though, gets in the way of your authentic childhood position. So we become the parent of our parent.

So then we start looking backwards, basically to our parents rather than forward into our lives, the strength goes missing. So we'll have OCD or we'll be preoccupied, we won't get into a good relationship because you're super responsible, heavy with responsibility that doesn't belong to us. It could be you're carrying your mom's grief, your mom's suffering or your mom's sadness about a missing child or a broken relationship.

Or if your father is an alcoholic or had some other mental symptoms, usually I find alcoholics or addictions are related to childhood trauma as well, but also a missing connection with a parent, either because of a war or because of some tragedy that happened up the ancestral line.

And so there's beautiful healing sentences we do with that as well. I talked about some of these in the online course. But the healing sentence, what I want to say here, the healing sentences are super important to be used in a way that you really can embody them. So it's not okay just to say sentences that you think are logical to say. I get clients to really feel the energy and the love in the connection or in the entanglement and then speak from that place.

So that's the beauty of Family Constellations and you can heal entanglements from a long time ago. There's one more thing.

Meagen Gibson

I'm going to ask some follow up questions and when you come to it, feel free to interrupt me and take back over.

So as you were speaking at the beginning, I want to circle back a little bit because the image that was coming to mind was a vehicle of some kind or anything with an engine. But that you've got this vehicle and it requires fuel, it requires oil and it requires air. And at any point one of those systems, if not taken care of and not properly maintained, can cause the car to stop running.

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And I was thinking about COVID and the last two years that we've been through, and how that felt like a car that may have been maintained really well, but then that was just driven straight into floodwaters.

And so I guess what I'm getting to with that terrible analogy is, for people watching who may experience anxiety or may be at the beginning of their anxiety journey with themselves, and I know I've been through this personally as well, when you don't really know even where to start, there's all of these things that you just named but you're so flooded, forgive the pun for my analogy, that you don't even know where to begin. What would you say is the most important first step?

Dr Ameet Aggarwal

First, start healing the gut and the liver and the adrenal glands. And I give examples of those on the website. I walk you through that because that takes care of the physiological stuff.

Also, be really honest with yourself. First of all, start with forgiveness, self forgiveness rather than an analysis and criticism, like why is this anxiety? I should go away. No, look at it with love. Gosh, I see this anxiety coming up. What is my body trying to do? Am I trying to rescue somebody? Am I trying to escape from that childhood abusive teacher? Or from those bullies that bullied me? Or from my angry mother? Am I feeling unsafe? What do I really need? Do I need love? Do I need connection? Do I need to make peace? So look at it with, how do I say it? Compassion?

Meagen Gibson

Curiosity.

Dr Ameet Aggarwal

Compassion.

Meagen Gibson

Definitely. The relationship can change if you're experiencing anxiety. If you look at it as, what is this experience trying to show me? What is my body trying to alert me to or get me to pay attention to or get me to be curious about? If you have that capacity it can really open up some things for you.

Dr Ameet Aggarwal

So curiosity is one level, but going deeper and actually acknowledging a need. What is my need? People often don't go there. They're trying to analyze why is it there and they go into a spin. So using the same anxious mind to do therapy on the anxiety, which is a funny loop that we go into, we go into a narrative about it.

But stepping in a bit deeper and saying, what are my needs? And we have a lot of beliefs about our needs. We shouldn't want to need that. We're too grown up for that. That's not appropriate.

So I have a beautiful emotional healing exercise that I do with people where I get people to say, it's safe for me to feel scared once in a while. And you can feel this yourself right now. The full exercise is on the site as well. But, it's safe for me to be exhausted from time to time. And just feel that. The

words, "once in a while" and "from time to time", are very important to give yourself a bit more space, to go into those feelings a bit deeper without forcing yourself.

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It's not like affirmation that it's safe for me to feel scared. No. "From time to time". So you give yourself your emotions permission to exist and let go. And that's a beautiful experience for the inner child. You have to be allowed to show up and let go as well.

Meagen Gibson

Especially as adults I bet. Like you said before, we talk ourselves out of our own needs so often because we're in adulthood and we shouldn't need to feel safe or we shouldn't need to feel heard, we should be able to meet all those needs on our own. And to just be able to acknowledge it's safe for me to feel like I need to be deeply cared for and taken care of once in a while.

Dr Ameet Aggarwal

Beautiful. And you feel it. I feel it off you right now, completely.

And that brings me to the final or one of the biggest causes of anxiety, is society and the labels and the narrative that we have in society, the expected behaviors, the expected conditioning that is put upon us.

We're conditioned into dysfunctionality compared to our innate spirituality. We're innately loving beings. We love to share, we love to hug, we love to kiss. I'm not saying everyone loves to do that, but innately we're drawn towards safety.

And that's interrupted either through abuse in childhood, through magazines, through advertisements, through expectations, the work environment, work culture and all this anger, this war going on. So that interrupts our natural flow of love as well.

And that can lead to anxiety as well. And we don't realize we're anxious because we've been interrupted in our ability to love. You go through a break up and your girlfriend or boyfriend says, no, don't talk to me. It's like we want to connect. We want to love again, and we can. It's interrupted.

It's like pain. Sometimes, not because of the departure, sometimes, yes, the abandonment causes the pain, but the inability to connect and love again creates a lot of suffering for people, a lot of suffering.

And that's where homeopathy is beautiful, ignatia, natrum muriaticum. All these great homeopathic remedies can lessen that intense breakup pain as well.

Meagen Gibson

And I know that you have some bach flower remedies specifically that you like to use. Were those some of the ones that you mentioned before as well?

Dr Ameet Aggarwal

Those are homeopathic remedies but I want to talk about bach flower which are similar to homeopathy. Flower essences that we capture the energy of, using dilution methods as well.

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Bach flower remedies, there are about 33 of them. And then you have Australian flower remedies as well. Each flower is specific to a kind of emotion.

What I love about Bach flowers is that you can pinpoint the kind of anxiety a person has. So, I might get this mixed up, but Mimulus, for example, might be fear of unknown things, like chronic anxiety. Aspen is a fear of specific things. It could be the other way around. Larch is this inability, sense of lack of confidence, fear of failure so you don't even bother trying.

Sometimes I'll give, rescue remedy is a very common remedy I'll give for people. It's a combination of five or six flower remedies that is great for people who are going through anxiety but who have also gone through shock and trauma because the rescue remedy also has Star of Bethlehem in there. That's a great remedy for shock and trauma. It has White Chestnut. White Chestnut is great for intrusive thoughts. A lot of people with anxiety have intrusive thoughts going inside of them.

And that brings me to another topic I wanted to bring up before when it came to Family Constellation Therapy, people with OCD, bipolar, schizophrenia, they're often representing an ignored family member or a secret that's gone on in the family system and they're picking up on it energetically. Or an old murder or betrayal or sudden death, sometimes.

And so it's important when it's safe and appropriate to really expose or investigate family secrets, because that can bring a lot of deep, deep healing throughout all generations and also for your children as well. Because you're setting your children free from any entanglements you're carrying from your parents and your ancestors.

Meagen Gibson

And just to be clear for people watching a home, that's something that you can do yourself on your own. You don't necessarily need the participation of your entire family to go through that work and to be guided through doing that work.

Dr Ameet Aggarwal

Yes. I know sometimes we need information from family members. Sometimes the secret is meant to be a secret and we don't mess with it because it can create more damage than healing and we need to honor that as well.

So I have a questionnaire I give my clients. It's probably about 50 amazing questions about war history, parents history, love history, abortions, miscarriages, affairs, previous loved ones, alcoholism, jail, money stuff. All these traumas in the ancestral line can affect us in the present day.

It's hard to believe, but when you start doing some healing sentences on this with a good Family Constellations therapist who's sensitive enough to feel the energetics of people's emotions, a lot of deep release and disentanglement can happen. And that's really treating the root cause compared to just taking supplements to manage your anxiety. It's important to go deep and release yourself from things that you are loyal to or entangled with.

[00:25:06] Meagen Gibson

And the Western typical treatment of anxiety, or any mental health issues is definitely far from that. So I definitely appreciate you speaking to me about this approach and this treatment and your courses, because I know that that's so far from our first line of defense in the West or anything really worldwide.

If you go to your doctor and you say that you've got anxiety, you're going to be given a prescription and none of those questions are going to be asked. And if they are, they're going to be extremely acute. What's happening right now to cause you so much stress? And stop being so stressed. Stop being so anxious.

So it feels like a big thing because there is so much involved in it, and there is care that needs to be taken with an extremely talented practitioner that can guide you through the process.

Dr Ameet Aggarwal

And that actually reminds me of certain kinds of therapy which challenge or provoke, it's called provocative coaching, where they almost guilt the client into change. It's like, how come you're doing that? Look at how you're being, or something. Or there's a "should". It happens often in coaching. You've got to perform. You've got these milestones.

And there's a lot of people who come to me with therapy where they've been "shoulded" into change. "I should think that". And that doesn't take care of the inner child who just wants to relax and experience love or let go, let go of loyalties, let go of entanglements, let go of the pressure that came from their parents. We call those interjects, what you were swallowed. And we obey out of fear of being hurt or out of love and loyalty. That needs to happen more often in therapy to get real good resolution, otherwise we're just stuck in a loop.

Meagen Gibson

And these things don't have, while there's obviously treatment and relief that can happen immediately, this type of feeling that I think you're talking about is not something that has a very prescriptive linear time. Like, I'm going to guarantee that this will all be resolved in 3 months magically.

Dr Ameet Aggarwal

It's all about love.

Meagen Gibson

Their own timeline.

Dr Ameet Aggarwal

It's all about love. And love comes from different directions, from different places, different experiences. And if you're spiritual, religious, it comes from God. Or from coincidental experiences like, oh wow a aha moment, and you feel a sudden release and your body calms down as well because you get a paradigm shift.

[00:27:48]

So I like therapies that bring about a paradigm shift. In *The Course of Miracles*, we call it a miracle. That's what the miracle is in *The Course of Miracles*, I don't know if you guys have read the book. It's a very powerful book. And bringing yourself through paradigm shifts where you let go of entanglements, narratives, beliefs coming from society, from your parents, from school, even from a therapist. Letting go of those things.

I was in a therapy recently where they were encouraging the words, "stop it, just stop it". And I found it so aggressive to my sensitivity. And it's like, whoa, thank God we parted ways amicably but you have to be careful when working with people I think.

Meagen Gibson

All relationships are to be taken seriously, whatever the nature of the relationship is.

And something I was just talking to somebody about the other day is that you can end any kind of a relationship, a practitioner relationship, healer relationship, and there's nothing wrong with that when done responsibly.

Dr Ameet Aggarwal

And with love and self-love.

And sometimes we don't have the support to do that in our lives. We carry a lot of guilt, we're afraid of abandonment, of being scolded or being judged. So recognize your blocks as well as making changes in your life. We're not expecting you to make changes immediately. Be patient with yourself, look at your judgments that are going on and seek help for those judgments first and then the changes will happen automatically.

Meagen Gibson

I love that you name that. Identify your self-judgments, seek help for the judgment first. Completely.

Dr Ameet, it's been wonderful speaking with you today. I know that you mentioned your course, how can people find out more about you, the course work and what you have to offer?

Dr Ameet Aggarwal

So, my website is drameet.com. There's a free online course there to help you walk through, to help you heal your gut, your liver, your adrenals, and an emotional healing exercise.

And then there's a full course, a full online course that helps you go through my protocols for gut healing herbs, homeopathic remedies for your liver, homeopathic remedies for anxiety, depression, trauma. All the bach flower remedies are described there as well.

There's some amazing emotional healing exercises where we go through birth till present, doing things in a gentle way. Either journaling or tapping or other exercises I've come up with that really invoke self-love and inquiry.

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And when you get that you help me support communities in Kenya. Either kids living with disabilities or poor communities which I support through my online work, so thank you in advance if you get those courses. It helps my work with poor communities as well.

Meagen Gibson

Again, thank you so much for being with us.

Dr Ameet Aggarwal

Lots of love and thank you.