



## Conscious Life presents

### How Trauma and Liver Health Impact Hormones

**Guest: Dr Ameet Aggarwal**

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#### **[00:00:09] Meagen Gibson**

Welcome to this interview. I'm Meagen Gibson, your conference co-host. 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 Aggarwal, thank you so much for being with us today.

#### **Dr Ameet Aggarwal**

A pleasure, Meagen. Really excited to dive deep into the root causes of hormonal imbalance. Whether it's gut, liver, trauma, even ancestral trauma I've seen affect our hormones. Happy to jump right into it.

#### **Meagen Gibson**

Well, you just said a lot there. You stole the question right out of my mouth, which is that hormone issues can be a result of so many of the things that you just named. Why is that? Why are these systems all connected and so impacted by one another?

#### **Dr Ameet Aggarwal**

Let's start with the basics. The gut. Gut and liver. Everyone's trying to heal their gut. Why is that? Well, we have this beautiful intestine which has a nice lining kept healthy by good bacteria and good food. This lining also has a lot of your immune cells. In your gut what happens is the good bacteria convert inactive thyroid hormone T4 into active T3.

With antibiotic use, a poor diet, too much gluten, dairy, alcohol, et cetera, and pesticides as well, and chemicals in the water, the good bacteria get killed off, the lining gets damaged and we get holes in the intestines. That causes what we call Leaky Gut, Leaky Gut Syndrome. With holes in the intestines, what happens is toxins leak into the bloodstream, causing inflammation everywhere in the body, the leading cause for asthma, eczema, arthritis, as well as the disruption of hormones.

**[00:02:05]**

What also happens is when we kill off the good bacteria, remember, the good bacteria are converting inactive T4 to active T3, now you have a reduction of active thyroid hormone. We all know that your thyroid hormone is super important for every single cell in your body.

If you're low in T3, then your ovaries are not going to work well. Your adrenal system is not going to work well. Your testes are not going to work well. All these are primal organs for your hormones. What happens is, with chronic inflammation, that stresses our adrenal glands. Your adrenal glands are already stressed from fight-or-flight response. And we're going to talk about trauma and healing the adrenal system.

When inflammation stresses your adrenal glands, your cortisol levels also go out-of-balance. Cortisol is important for the production of progesterone, testosterone, estrogen and the whole metabolism of hormones. Now you're disrupting your cortisol balance, so you're going to go into a hormonal imbalance as well from that.

And then chronic inflammation also affects our liver, the master organ. Important for digestion, glucose metabolism, hormone metabolism, immune cell activation, protein synthesis. Every single function in your body has something to do with the liver. Our livers are already stagnant and toxic from chemicals in the water, foods, pesticides, drugs, alcohol, you name it. Even the fumes we breathe in the air affect our liver.

These toxins combined with also toxins from inflammation, and your liver being inflamed, all this creates what we call Liver Qi Stagnation. Liver stagnation or liver toxicity. In Chinese medicine, we call it Liver Qi Stagnation. With Liver Qi Stagnation, you immediately go into hormonal imbalance. Because your liver is the master control of hormone metabolism. Usually what I see is a progesterone deficiency and estrogen excess, which is the biggest cause of PMS issues, breast tenderness, cramping, clotting, you name it. Including infertility as well.

When your liver is toxic, it then produces less bile. When you produce less bile, you have poor digestion, so more gas, bloating, heartburn, et cetera. You also don't have a healthy microbiome because the bile salts keep the bad bacteria out of your gut and also help your good bacteria flourish, because the bile salts help break down basically fatty acids and help with digestion. The digestion of food is important to provide nutrients for all your gut bacteria as well as every single organ in your body. So when your liver is not working, everything gets disrupted in your body.

And then you have a worsening of Leaky Gut Syndrome, which then causes a worsening of inflammation and therefore a worsening of chronic disease, including anxiety and depression, which we're going to talk about shortly. Now you can see why the gut, the adrenal system and the liver, as well as emotional stress and trauma affecting your adrenal glands, are intricate to hormone balance. Whether it's estrogen, progesterone, testosterone, whether you're dealing with PMS, fertility issues, acne, PCOS, endometriosis, all these are connected to gut, liver, adrenals, stress, and trauma.

### **Meagen Gibson**

It's really interesting that you name all of those systems working together because I think so often... First of all, we don't understand how our hormones work, and we don't understand all of

the systems in our bodies that are impacted and affected and regulated, and all of the organs that are involved in all of that. So we go along our lives until we encounter some sort of problem that is related to our hormones, and then we mentally isolate that problem. "I have PCOS", or "I have infertility", or "I have fatigue", or something like that, and they're like, "Oh, it has something to do with your hormones" or "I have a thyroid issue" or something.

**[00:06:27]**

It's this very isolated approach, often when we're seeking conventional medical care, when our hormones in our entire body are so interrelated and so intertwined, it's not just a one thing issue. I wouldn't have thought of my liver once when I was considering all of those systems. And yet it has such an integral part in how everything is working.

### **Dr Ameet Aggarwal**

Absolutely, Meagen. That's why, in my online course, I cover like hundreds, well, not hundreds, but lots of remedies to detoxify your liver. Herbs and homeopathic remedies, because the liver is central for hormones. Progesterone metabolism, estrogen metabolism. 70% of thyroid hormone is activated in your liver. 70%, T4 to T3. If you have a toxic liver, your conversion is going to drop.

Most people with hormone issues don't have a hormone issue, in a way, they have a liver issue. Inflammation, stress, trauma and burnout causing the hormone issue. If you're just focused on hormones and not looking at the root cause, then you're going to be fighting an uphill battle.

Yes, of course, I encourage people to take, if they need their thyroid hormones, if they need agnus castus for progesterone, or if they need I3C or DIM. These are all herbs that we use as naturopaths to help balance estrogen, progesterone, or we use, whether it's rhodiola, or DHEA, to help testosterone levels, those are great. But if you're not healing the root cause, like I show in the course, then it's an uphill battle and you're taking supplements for the rest of your life.

That's why it's important to heal these foundations and heal emotional trauma, which we're going to go into.

### **Meagen Gibson**

When you talk about... Because I know liver detox gets a lot of, it's a controversial topic sometimes. People are like, "Your liver's job is to detox. So why do I have to detox my liver?" Explain to me what exactly you mean by that and what the approach is. And we're talking about adrenal health and gut health, what can somebody expect their symptoms to go from, to? What are the signals that my liver is functioning better?

### **Dr Ameet Aggarwal**

So liver stagnation, so the liver is producing bile. If there's less bile flow, there's going to be indigestion, gas and bloating. And that's why often people with PMS symptoms have gas, bloating, breast tenderness, cramping, and clotting, together. And also because the liver controls progesterone and estrogen, when the liver is stagnant, often we see a progesterone deficiency.

**[00:09:11]**

Progesterone helps GABA work better in the brain. GABA is your anti-anxiety neurotransmitter, and it also helps with sleep. When progesterone is low, then GABA doesn't work so well in the brain. You get more anxiety and insomnia.

You can see the connection between hormone symptoms, as well as mental symptoms. The liver is inundated with toxins all the time. It has phase one and phase two. Basically, we're clearing out pesticides, we're processing chemicals, we're processing nutrients. We're going through a lot of oxidative damage, is what I call it. The liver is going through oxidative damage as well as through autotoxicity. Autotoxicity is a name I basically created, I guess, to show the amount of toxins we create from inflammation within our own cells.

Of course, your liver needs help. As primitive beings, we were eating herbs on a regular basis that were detoxifying our liver, and we weren't eating junk food. So naturally, we were detoxifying our liver. With the introduction of modern day diets, too much sugar, too much alcohol, pesticides, chemicals, and the amount of toxins in the air, we're not designed to handle all this. Of course, your liver is going to get overwhelmed and shut down. You're seeing an increase in fatty liver disease, that's because of, of course, liver toxicity as well as insulin issues, as well as glucose metabolism. And, of course, poor diets as well.

There's more and more evidence that our livers are suffering. With that evidence of liver suffering, we're also seeing an increase in chronic disease. In my course, I cover heart disease, cancer, hormones, mental health, all these diseases in connection to the liver and what you can do about it.

What can we do about it? First of all, reducing inflammation. That's a huge cause of liver issues. How do we reduce inflammation? We change our diet. I often recommend avoiding gluten, dairy and any other inflammatory foods that you might be sensitive to. Using probiotics, vitamin D and other amino acids, which I cover in the course to help repair the gut lining. Eating bitter green foods. Bitter green foods stimulate bile flow, having more antioxidants, vitamins A, C, E, because your liver is going through oxidative damage. We need antioxidants to combat the oxidative damage. Glutathione, selenium, those are all excellent antioxidants.

In the course I cover herbs like milk thistle and dandelion, which are excellent not only in repairing liver cells, but also encouraging bile flow, because you want that bile to flow.

I cover a lot of homeopathic remedies. Why is homeopathy important? Because homeopathy is an energetic form of medicine. It's not a chemical. It basically shifts the vibration of your liver cells and your entire metabolism. It also has the ability to release stress from your body that's stored in your nervous system. When you bring in homeopathic remedies as well, your liver detoxifies at a much deeper level. Much deeper than just using herbs alone. So combining gut healing, liver detox herbs and a change in diet, and of course, the homeopathic remedies that I cover in the course, some of them include lycopodium, nux-vomica. Those are great starter remedies.

And then deep breathing. Deep breathing is super important for your liver because your diaphragm, when you're deep breathing, your diaphragm massages your liver. It flushes the

lymphatics in your liver. If you're shallow breathing because you're stressed, you're not going to massage your liver too well, so you're going to get liver stagnation.

### **[00:13:11]**

Often you'll see people who are stressed, they'll have heartburn, they'll have indigestion. Now you can see the connection between stress and stomach issues, because when you're stressed, you're shallow breathing. When you're shallow breathing, you're only using the upper muscles of your body to work your lungs.

That's why people also get tight shoulders. Of course, there's tension there because you're trying to protect and going through the fight, flight, or freeze response as well. But the shallow breathing also contributes to a tightness up here. The lack of diaphragm movement then stagnates the liver as well. We're a whole being, and that's why part of the protocol is also now to release stress and trauma.

So I'll use the homeopathic remedies to detoxify the liver, but I also have some remedies in the course to also release stress and trauma. Then we'll talk about some emotional healing exercises people can do, as well as Family Constellations Therapy. My favorite thing, where we're healing ancestral trauma, and I'll show you how that affects your hormones as well as, of course, nervous system disorders.

### **Meagen Gibson**

I want to get to that in just a second, because I want to come back to some of what you said, which is, as you were talking about deep breathing, I was thinking about all of our entire nervous system and how breathwork can dramatically change the way that our entire system... It literally massages the nerves that go up and down our body. Those nerves most people don't understand, I didn't understand before I started reading about it, attach and connect to all of our major organs.

They're going from our brainstem all the way down through our throat, connecting to our lungs, and our heart, and our organs, sending messages back and forth to our brain about our safety and about our happiness, and all of those things. They're the superhighway, if you will.

Breathwork alone, sends messages throughout that you're safe. Does that, like you were saying, squeezing and releasing effect and massaging... I guess I'm just talking because I want to make sure that people understand that it's like, "Let's deep breathe and massage our liver", I'm like, "No, really, it does actually work!"

### **Dr Ameet Aggarwal**

Meagen, I love you bringing up the nervous system. Why? Because the biggest nerve we have, well, one of the biggest nerves, is the vagus nerve. The vagus nerve controls our organs as well. It controls our breathing and heart rate. And bizarrely, the vagus nerve actually releases what we call cytokines, messengers into your gut that affect your microbiome and your gut bacteria. It also affects the way your liver is functioning and detoxifying.

**[00:16:06]**

When you are stressed or traumatized, it alters your nervous response to life. You're in fight, flight, or freeze. Therefore your vagus nerve is adjusted to compensate because it's stressed out. So when your vagus nerve is compensated, it's going to release different kinds of cytokines to your gut, to your liver, to your heart, to your breathing, which is going to affect then your organs, your hormone balance and your adrenal glands.

Your adrenal glands are going to be in fight, flight, or freeze all the time. You're going to use up nutrients. You're going to burn out your magnesium. You're going to burn out your vitamin C. You're going to burn out your zinc. Because you haven't healed stress and trauma from the past.

That's why when you release stress trauma, you take a deep breath. You're like, "That feels better" because your vagus nerve shifts. Deep breathing relaxes your vagus nerve. It sends a message to your nervous system saying, "Hey, you're out of danger. It's okay to slow down and breathe."

In my course, I encourage people to take... This is an exercise I show people how to do. It's pretty simple, it is basically taking five deep breaths, five times a day. That has the ability to shift your trauma response, your stress response, to present day life stressors, as well as to trauma that's stored in your nervous system. We'll also talk about how to release this trauma that's stored in your nervous system from childhood. Whether it's abuse, physical, emotional, sexual, abandonment, financial loss, grief, loss of a loved one.

All these things get stuck in our nervous system, and they affect our personality and the way we behave in life, and how we respond to new stressors in life. Anything that's stored in our nervous system affects how we cope with present day stress. Adult day stress.

That stored trauma is protecting us, in a way. Our body remembers that and says, "Oh, gosh, we've got to run away. We've got to act like a coward, we've got to hide, we've got to please somebody, or we've just got to freeze." Suddenly our mom, I don't know, gets cancer. We go through this loss and grief. The big boss is angry. We go through this danger of abandonment, or losing the love of our father, or the security of a family. All these traumas get retriggered when we're adults. That's why I encourage people to heal childhood trauma. And we do that in the course and at the retreats I'm running.

### **Meagen Gibson**

As I'm listening to what you're saying, ideally, our nervous systems and our body functions are in balance and we're responding appropriately to stressors. I think oftentimes when we talk about the nervous system and having a balanced system, people imagine some calm, undeterred, constantly, almost apathetic being. That's not at all what we're talking about.

If somebody comes at you with a knife, you should respond appropriately with a stress response. That's what it's built for. But then afterwards, once the threat is gone or taken care of, we're supposed to release all those hormones and chemicals that happen as a result, and then go back to a place of neutral safety, security and calm and be able to respond to that.

**[00:19:43]**

But in our current modern day lives, so many of us are dealing not only with childhood trauma experiences and adverse experiences, and then we carry those into the adult life that we've built for ourselves. For myself, I was a former news journalist, and literally, if you have childhood trauma, being like a first responder or a television news journalist, or these really unconventional, schedule, hyper response, emergency sort of reactivity careers, it's a direct line.

**Dr Ameet Aggarwal**

All of those emergencies during childhood.

**Meagen Gibson**

How can I make an experience of chronically responding to emergencies into a career? I know, right? So we don't notice. We don't notice that we've created a career out of our ability to high function in chronic stress until we get into our late 20s, maybe early 30s, and our system is breaking down and we're in chronic pain, or we have chronic migraines, or we have really bad PMS, or something like that.

And then we have to assess the way that all of those things are playing into... And by that time we've normalized it. We're like, "I just don't know why I'm losing weight, and I have terrible heartburn, and leaky gut, and my digestion is off, and I'm depressed all weekend. I have no idea why."

**Dr Ameet Aggarwal**

Yeah, exactly. I love the way you summarize that, the whole sequence of life and how it leads to chronic disease that we normalize. Not realizing it's a product of our response from childhood as well as a poor diet and toxins and stuff like that. The beauty of the way you've summarized it is that it gives people an idea of how to heal it now, and the importance of healing trauma as well on your healing journey, and not just doing supplements, or popping supplements to fix your hormones, or your thyroid, or your adrenal glands.

Of course, ashwagandha, rhodiola, these are great adaptogens for our adrenal glands, and they keep us going. But if you're just popping adaptogens and not releasing the stress response, you're not getting anywhere.

**Meagen Gibson**

Yeah, I can't just be chomping on lion's mane over here, while I'm not sleeping correctly. Everything has to be flowing together.

**Dr Ameet Aggarwal**

Absolutely.

**[00:22:08] Meagen Gibson**

Lion's mane, delicious, though. Highly recommended.

**Dr Ameet Aggarwal**

I use that for gut healing as well, actually. Very important mushroom.

**Meagen Gibson**

I don't mean to reduce all of the homeopathy and interventions that you're talking about, just to lion's mane. I was remembering a time where I was like, "I know how I'll fix this. I'm just going to eat..." I literally bought \$100 online of fermented vegetables, like pickles and kimchi and sauerkraut. I was like, "I know how I'm going to do this". Did not adjust my lifestyle at all.

I was like, "Pickled vegetables will surely fix this!" I have a functional nutritionist in my family, and she was like, "That's cute. That's adorable. Great. Those will not hurt you. However, we may want to approach this in a more holistic way. We might want to come at this with more than just pickles, Meagen".

**Dr Ameet Aggarwal**

People are scared of changing their lifestyle, because they're stuck in a fight, flight, or freeze response, and they're uncomfortable making changes because it feels uncomfortable and threatening and new to them. They don't feel supported or that they're going to get the right kind of support if they go into this new way of behavior. Nothing's familiar.

At the retreats I'm running in Italy and in Kenya, we help people retrain their brain and let go of these traumas, and feel comfortable with a new sense of self, an empowered sense of self. That's what I'd love to talk more about now, is healing emotional trauma as well as ancestral trauma. But would love to know what you think about this whole mind, gut, liver, nervous system connection.

**Meagen Gibson**

I'm glad that you brought it up because that's where we have to go next. The thing that is inaccessible to you when you've had a traumatic history are things like creativity, and play, and fun, and exploration, and inquisitiveness, and the ability to get curious about things.

I think that's the mindset you have to have when you're exploring something like homeopathy that might not have been in your immediate conventional wheelhouse that you were brought up in, might not be an approach that you're familiar with, or you might not be even familiar with the approach of "How could my stress, or my lifestyle, or my diet have anything to do with the fact that I have PMS? What are you talking about?"

So in order to reacquaint yourself with your innate ability to be curious safely, creative safely... Not that I'm saying homeopathy is play, but I'm saying an attitude of open mindedness and safety is required. Approaching this type of work from trauma work, ancestral trauma work, family systems work, is an integral part of being able to approach this and still feel safely embodied is just so important. I'd love to hear more about how you bring that into it in your retreats.



## **[00:25:16] Dr Ameet Aggarwal**

We all have childhood trauma. I've mentioned some abandonment, abuse, financial issues, et cetera. We also have ancestral trauma. We carry trauma from our ancestors, whether it's our grandparents, great grandparents, or even our parents, and even our siblings. When we carry these traumas, we carry them unknowingly, so these are the traumas that we don't see or we don't label.

For example, if mom was abused by dad, this is a typical example I give. Of course, that is traumatic as a child, it's an obvious trauma. What we do is we then become loyal to mom. We protect the weaker parent often, in that we take on responsibility to rescue mom. We become over-responsible for the state of a child. A child is not meant to take on that responsibility and that burden. I'm not saying your mom is a burden, don't get me wrong. I'm just saying for a child, it's a duty, and that alters our nervous system, number one.

Number two, at the same time, you are rejecting your father. It's justified in our minds out of loyalty to mom. But the father also gave you life. The father is a source of your life force. When you're doing that rejection and that loyalty towards mom, you are basically adjusting your nervous system, and siding your nervous system to one side. So you're creating stress at a physiological level. I've seen it time and time again. I've seen cancer, I've seen stomach issues. I've seen alcoholism and addictions, often coming from this rejection of a parent.

I had one case of cancer where we just said a few healing sentences using Family Constellations Therapy. And I'll show you how all this works. Where the cancer resolved. Tumor markers went from 4000 stomach cancer, down to below 200, or whatever it was, within three weeks. We were using a combination of homeopathy and herbs, of course, but we didn't do the homeopathy and herbs long enough because things just started resolving much faster after we resolved the trauma that she experienced with her father.

That's the power of Family Constellations Therapy, and that's healing the root cause now. And that's why I want people to really listen carefully, because ancestral trauma could be contributing to your illness, and you don't even know it. And you're only focusing on herbs, supplements, and homeopathy.

What is Family Constellations Therapy, and how does it affect all this trauma we're carrying? Let's start with the basics. There's something we call Orders of Love. What does that even mean? Bert Hellinger, the creator of Family Constellations Therapy, who studied with the Zulu people in South Africa, realized that certain tribes follow certain rules.

What are these rules? They're also called Orders of Love. One is that every single person in the family system needs to be included. That's obvious, we think, "Oh, we don't include everyone?" No, we don't. For example, if there's a miscarriage or abortion in your family, those are often not talked about, or the mom keeps silent about it.

## **[00:28:40]**

If you're born after abortion or miscarriage, you might think, "Oh, I'm the first child." That assumption means you're ignoring the position of that aborted or miscarried child. I often see in my clinic, where people have this unexplained anxiety, depression, guilt for living, and this overburdening responsibility. Why? Because one, they're assuming they're the first or second child. They're not acknowledging this missing child.

Number two, often we have guilt for surviving and the other child didn't. It's a subconscious guilt we're not aware of. Number three, the mom is so torn, depressed from that missing child, whether she knows it or not. We're absorbing that. We're born with that. We're carrying, on behalf of the mom, a grief or sadness that we don't even know is not our own. We think we're born depressed, or our personality is an unhappy personality.

Often what I see, coming back to hormones as well, when we lose a child, I've often seen women go into ovarian cysts, endometriosis, fibroids, after losing a child, whether it's abortion or miscarriage. At the retreats, or even in my course, there's a Family Constellations Therapy course as well on my website, I share healing sentences we can do for these missing children. And when we do these healing sentences, then I see hormones also resolving, hormone balance resolving, if that even is proper English. I don't even know. So that's the order of love, including everyone.

Then there's the order of hierarchy. When a parent is depressed, we take over and we parent the parent. We're stepping out of our position in the family. We're becoming the parent, and we're treating our own mother or father as the child. We're creating a hierarchical imbalance. That creates stress in our nervous system. We're out of position. We're not free to live our own lives, because now we've gone in a wrong direction of over-responsibility.

But if there was no problems for your parents, we would live, what I call, an authentic, free, happy, childlike state. And in that state your physiology is much healthier. Your hormones are much more in balance. Your nervous system is a bit more grounded.

I'm not saying you're doing these things wrong on purpose. We grow up in dysfunctional families. There's a lot of abuse and violence in families. I'm not saying that you shouldn't do these compensations, but when you're out of the abuse, when you're out of the violence, come to these retreats, seek a Family Constellations Therapist, and heal these baggages and loyalties that you're carrying.

## **Meagen Gibson**

Absolutely. I can attest, and I've told you this before, we've spoken many times, that I use your example of healing sentences a lot. A lot. I reference them a lot. Especially the one that you say from time to time. I would love if you could give people some examples of what healing sentences sound like so that they can write some of their own at home as needed.

## **Dr Ameet Aggarwal**

Good. Okay. I'll mention a few briefly, but remember, there's a full course with deeper sentences. Let's try and connect to the energy of the listeners. I'm just going to channel a few for you today. If mom's grieving and you're a child and you witness mom hurt and stuck or attacked.

**[00:32:30]**

"Dear Mom, I love you very much. I see your pain, and I carry this pain with you out of love and loyalty to everything that's happened. And now I see a better way to honor you is to recognize your pain and leave it with you. Please forgive me or bless me. If I leave this with you and find my right place between you and Dad. Please bless me or look at me with love, if I look at Dad as my father as well. Give him a place in my heart. Will you forgive me? You are both my parents."

We've done multiple healing sentences there. One is to give back what belongs to a parent, the grief, the trauma. And the other one is to restore balance and accept the father as well. I'm not saying you have to agree with the abuse he did.

I apologize to the men out there. Not all men are abusive, and there's also abusive women out there. I really apologize for that. I'm just using stereotypical examples here. The important thing is these healing sentences to restore balance.

If your sibling is missing, either died early, miscarried, or aborted, you can say, "Dear Mom, your grief of our lost family member is big. I feel it. I know what's yours. I also miss my brother or my sister. I feel mine, and I recognize what's yours. I give you what's yours, allow me to feel what's mine."

"Dear sibling, I've missed you. I see you came before me and I'm the second child, or third child, or fourth child". Or if the child was aborted or miscarried afterwards, you can say, "Dear sibling, I've missed you. I've longed for you. Please forgive me. I will live for both of us. I see that I will live for both of us now."

You get so much clarity. So much clarity in your mind and your nervous system. From these healing sentences, everything transforms. Depression goes away, anxiety goes away. I've shared cancer, I've seen cancer go away from some sentences. Shoulder pain, ulcers, hormone issues, fibroids, endometriosis. I've seen that reduce, by giving love to that miscarried child that was missing.

I had one woman, her menses stopped. Her period stopped when she started working in an environment of only men. There was a culture of almost that masculine territory issues. She felt like she had to be more masculine to fit in. I literally got her to say a sentence of, "I love my periods. Dear periods, I honor you when you come. You represent my femininity and the lineage of my mother and my grandmother. Welcome back to my uterus, to my body. I embrace my femininity. Dear men, I need my time. I need my time with myself and my tribe."

That creates a boundary between the sexes, a healthy boundary. It's not a rejection, it's just a healthy boundary. I love restoring femininity for women. It's such a nourishing experience for a lot of women who feel abandoned from their lineage of femininity. Come to the retreats, we'll do some wonderful work together.

### **Meagen Gibson**

It's interesting because the first example and the last example that you gave really reminded me of when we're put in environments where we have to abandon ourselves and take care of other

people, or conform to the environment. That it creates a thing in us where we have this overcompensating compassion, which I think psychologists would call codependency, but I'm going to call it overcompensating compassion.

### **[00:36:46]**

Because of that, it gives us the incredible ability to take on someone else's perspective really well, but can be so limiting in creating boundaries and having healthy boundaries between ourselves and others, because we have this really strong muscle of compassion for others, and taking the perspective of others. And knowing what other's pain is, and putting aside our own needs for that.

These healing sentences allow us to re-establish that separation, acknowledge the thing that is hard for the other people, or acknowledge the thing that was hard for the other person that led to them treating us like x, or creating the environment for us that was not conducive to our childhood or our femininity, or whatever the situation is for us.

It's not villainizing the other. It's still keeping the part of us that developed really strongly because of our situation. Keeping the compassion, keeping the perspective, allowing us to separate and create a boundary, and then give the responsibility of that pain, or the necessity of the creation of that environment back to them while taking on our own independence again. It's beautiful.

### **Dr Ameet Aggarwal**

I love that. Do you know why we do that? That overcompensation? Because we want to belong. It's a desire to belong to the system. So if Dad's an alcoholic and Mom's also an alcoholic or whatever, or there's violence in the family or something like that, there's a desire to still remain in the family, a desire to belong to that system. So we might attract an alcoholic partner or a violent partner.

Or if Mom's depressed and we want to carry a depression in order to belong and feel close to Mom, I need to feel depressed as well, to resonate. It's a desire to belong. That's why, in the healing sentences, I'll often include, "Please let me find my right place and still honor you." We keep the place, and the place is important to maintain the sense of belonging and shift the dynamic. So you're not carrying anymore or you're not overcompensating anymore and still remain connected or belonging.

### **Meagen Gibson**

Yeah.

### **Dr Ameet Aggarwal**

A lot of her behavior comes out of her desire to belong and not to be excluded from the family system. So thank you for saying it in that way.

### **Meagen Gibson**

And just to validate people's experience, belonging is not an accessory to life. It is ingrained in our DNA to belong, because not belonging in our ancestral history would lead to death not that long

ago. Belonging is not extra or extraneous or superfluous, or some other adjectives I can't think of at this hour, it is vital to our health and happiness. The fact that we prioritized our belonging is nothing to be ashamed of. It's part of our existence.

**[00:39:47] Dr Ameet Aggarwal**

Thank you for saying that. That's so beautiful. I love that.

**Meagen Gibson**

If people want to learn more about you, your retreats, your courses, how can they do that?

**Dr Ameet Aggarwal**

So my website is [www.DrAmeet.com](http://www.DrAmeet.com). There's lots of free videos there, masterclasses as well, teaching you how to heal anxiety, depression, hormones, trauma, chronic diseases. There's two full online courses, or three coming up soon. Holistic medicine, how to heal the gut, liver, adrenals, emotional healing exercises. There's a really beautiful course on Family Constellations Therapy with a lot of healing sentences.

Then, of course, there's links to my retreats, and we're doing them in Europe; Greece, Italy. I'll be doing some teachings in North America. You're welcome to come to Kenya as well, where we combine beach time. You can go on safaris and do this deep emotional healing that your body's just waiting for. Welcome back to Africa. If you're ever looking for that, I don't know what to call it. A lot of people feel that they return back to something very important when they come to Africa. I just felt like saying that. Don't know why it came out.

**Meagen Gibson**

I'm glad you spoke to it. Dr Ameet, thank you so much for being with us today.

**Dr Ameet Aggarwal**

Lots of love and thanks. Meagen.