



Family Constellations for Healing Trauma

Guest: Dr. Ameet Aggarwal

Niki Gratrix: Hello everybody and welcome to the Trauma and Mind Body Super Conference. Today, I'm very excited to introduce a special guest, it's Dr. Ameet Aggarwal.

Now, Dr. Ameet has been voted one of the top 43 naturopathic doctors worldwide. He's pretty amazing, he combines naturopathic and functional medicine. He's a Gestalt psychotherapist, he does family constellations therapy, EMDR and homoeopathy, all to help people with trauma, anxiety, depression and chronic complex illness.

He's written a bestselling book. And he also works with communities and children living with disabilities in Kenya and does a lot of charitable work. So, Dr. Ameet, thank you so much for being on the Summit. It's a real honor to have you.

Dr. Ameet Aggarwal: Thank you Niki. And thanks for this opportunity as well. Really appreciate it.

Niki Gratrix: It's really rare to find a practitioner like you, with that combination of skills, who's really recognized this true need for mind and body approaches. So, perhaps we can expand on that.

Actually, I was going to ask you a little bit, how did you, on your journey, did you start with psychology training and go to functional medicine? Or did you do, sort of, naturopathic functional medicine first and go in the opposite direction? How did you get to do all that?

Dr. Ameet Aggarwal: Well, it all started together. I started as a naturopath. And in the same year of enrolling in naturopathic college, I found out about Gestalt psychotherapy training. And so I did them together. And I realized the importance of healing the mind as well as the body together.

So some people only take supplements but never released trauma, which messes up the adrenal system, which puts tension in the liver, and which we'll talk about all of that today. And some people only do therapy without healing the physiology, like removing inflammatory food, healing the liver, supporting the adrenal system.

So a combination of that just blew my mind, like it changed my life, you know. Because we didn't realize how much childhood trauma, and we don't even identify it as trauma, just childhood experience - what I call 'overwhelm' now, it's a new word for trauma - affects our beliefs, our self-esteem, our way of operating in life. And the way we self sabotage ourselves based on belief systems.

And all of these things can be peeled away in very simple techniques, which we'll do today. And it just gives so much more resilience to the heart, to the body, to the mind.

Niki Gratrix: Yes. I couldn't agree more. Do you want to expand a little bit more on, perhaps, as you quote, 'overwhelm'.

We could talk about what happens to this, sort of, top down, like what happens from the trauma down to the biology. And then we'll do bottom up, so what happens to the changes in the biology, how does that affect the psychology? Do you want to expand on that.

Dr. Ameet Aggarwal: I love that question. Ok, so basically, any sense of overwhelm, right, it's a trauma. Your parents fighting, financial loss, guilt after a breakup, separation, feeling unloved, or not having health.

So I grew up in boarding school, right, and I was bullied all the time. All of these things create the fight or flight response, as most people know. And the fight or flight response is basically your body making adrenaline to fight or flee from a threat. And there's also the freeze response, where it just freezes.

And when your body makes adrenaline, it pushes your adrenal glands a lot, to make this adrenaline. And when the trauma's over, the memory is still in your limbic system, in your nervous system. And that primes your adrenal glands always to be on watch, right? To be fragile.

And so this continuous stimulation of your adrenal system, combined with everyday stress - phone calls, financial issues, whatever - these things burn out your adrenal system. And when your adrenal glands burn out, basically they produce this hormone called cortisol. Where they're meant to produce it in nice circadian rhythm. And the cortisol balance goes out of the window. And so you get a cortisol imbalance, as well as a noradrenalin, adrenaline imbalance. And then all of these imbalances then start suppressing serotonin, dopamine, gallo, melatonin, all your brain chemicals.

So a lot of people who have experienced trauma from childhood and even adulthood, they're more prone to anxiety and depression because of this adrenal imbalance and cortisol imbalance. And then when we go to the bottom up, I'll show you how cortisol imbalance is also caused by the foods we eat. And inflammation and liver toxicity and things like that. So the first thing is, why people don't get better is that they don't release this emotional trauma from their childhood or even events that really kept them guarded and made their body adjust to certain perceptions, to certain realities. These adjustments are toxic for us, right. You deserve to be free and authentic and childlike, without any compensation, without any body armor. And just trust that the universe has your back. And just live freely with confidence. And all this is possible with all these therapies you're covering in the Summit.

Niki Gratrix: Awesome. So that's a beautiful summary of bringing so much together. So it really is like, truly the mind and body are one thing. Health cannot be without happiness, right? Really?

Dr. Ameet Aggarwal: Absolutely.

Niki Gratrix: It's the physical expression of happiness, right?

Niki Gratrix: So, it's very interesting, you also have experience with the intergenerational trauma aspect as well. Because I think a lot of people - you've sort of touched on it - don't realize they have trauma. You mentioned that they've been through overwhelm, and it's sort of sitting in their nervous system and they haven't released it. But then they just look at their childhood and go, 'well I had a pretty good childhood, it's okay'. Do you find that? 'I look back and it was pretty good'. 'I wasn't physically abused. You know, no assaults or anything'.

Do you speak to that with your clients and how do you help people, sort of, recognize they might have had more going on? Or that it might not be their trauma, that it's something they inherited from, perhaps, their parents?

Dr. Ameet Aggarwal: Okay. So I practice something called Family Constellations Therapy, which looks at trauma from previous generations, right, and balances in the family system.

So, for example, if your dad was absent for a long time and your mom was left alone and she suffered and you witnessed her suffering, then you become a partner to your mother in a way, a confidante, whereas in the opposite or in a different scenario where your dad was around and everything was healthy, you would be more childlike and feeling more supported.

But because of these events that happened with our parents and also in other generations, we adjust our behavior to rescue mom, for example. And that adjustment then becomes more chronic in our nervous system, in our subconscious. So we become rescuers in adult life or we don't have space in our heart and in our freedom for a healthy relationship. So we attract really needy people and then we get tired of them and we're wondering, why are we not attracted to the right partner? Because of these habits we've created out of love and loyalty to our parents or to the family system.

Another example of an imbalance could be, so in many countries, abortions and miscarriages are just kind of brushed aside. And what I've found out through Family Constellations training is that, these missing children are so integral to our Soul Family, our network. And so, people who were born after a miscarriage or an abortion and they think that they were the firstborn, but they're actually the second child in the system. And when they realize their correct position, Niki, I promise you, I've treated so much anxiety and depression just with that.

Niki Gratrix: Wow

Dr. Ameet Aggarwal: Just finding your right place in the system is so healing. And then speaking of miscarriages and abortions, also, what if you had one and you don't really say good bye to that soul properly and grieve it and thank it for coming in, even briefly. And telling it - you know, there are certain expressions we use, like - thank you for coming to my life. You'll always have a place in my heart. I let you go now. With, like, little sentences, create a very deep healing effect to the nervous system. And that can give a lot of relief to chronic anxiety, depression, where other therapies are not helping, because these are the root causes of the anxiety and depression.

Niki Gratrix: Wow.

Dr. Ameet Aggarwal: You know, bringing balance back into your perception and your nervous system through Family Constellations has really treated the root cause for many difficult to treat conditions that I've seen.

Niki Gratrix: That's amazing. I've also... Have you had experience with family constellations helping - I think there's the sort of widespread trauma from being in war zones where it might not be a present war, but past war, where we've been born into a culture where there's tremendous trauma: Germany, the UK. Big, huge world wars. Japan. Have you experienced as well, helping to clear that through with family constellations?

Dr. Ameet Aggarwal: Absolutely. Yeah. So a lot of my clients are from overseas, from different countries, and many of them have ancestors who have been in war situations. And many of these people have a lot of guilt about happiness because their grandparents suffered. So there's a huge burden on this happiness system. And it's like, OK, I'm not allowed to take in love and life that easily because of the suffering of my grandparents. There's very subconscious pains going on. So we do little sentences like, you know, 'I love you still, mom and Dad' or 'I love you still grandma and grandpa'. 'Please accept me as I am'. 'And thank you for sacrificing so much in your life to give me the life that I have'.

Niki Gratrix: Wow.

Dr. Ameet Aggarwal: And then there's some sense of freedom, right? Freedom brings energy to the nervous system, improves the immune system, decreases serotonin levels. So it literally translates physiologically as well.

Niki Gratrix: Wow. Yes, that's really amazing. It's just brought up a memory for me about - I have to remember her name - it's another practitioner who talks about the Mother Wound. And it's to do with, you know, there are so many minorities, and so much suppression in the world of minorities - and that includes women as well. And, you know, the racial tensions going on at the moment.

But the mother wound is exactly what you're saying there, where it's the daughter feeling guilty about having a happy, successful life because her mother sacrificed everything and somehow if she's happy, that's not going to be good for her mum. It makes everything worse. So she self-sacrifices to save her mom. And her mom might not even be aware of those unconscious processes going on.

Dr. Ameet Aggarwal: Absolutely. And that's called loyalty. We call that loyalty in Family Constellation. So, if I'm happy, mom will be smaller or isolated, abandoned.

Niki Gratrix: Yes.

Dr. Ameet Aggarwal: So as long as I'm sitting with mom and sharing the grief, she will not feel alone. Yeah? And I've seen a lot of people, attracting similar partners as their mothers or fathers did, either abusive or alcoholic partners or whatever, because of that loyalty.

I mean, it's strange, when we look at mom, we bow down to mom and thank her for giving us life. And give her back her pain with honor and love. In a certain sense we do, yeah? Then I'm free. Then I'm free as a child and I still respect my mom. But I give her strength back by giving back her pain and her burdens because then she can carry with more clarity and more integrity. And then the whole family heals that way. And then I have a relationship. Mom is a bit more free to think for herself. And that heaviness in the family system dynamic starts dissipating.

Niki Gratrix: Amazing. It's really good to actually talk a little bit more about family constellations. I don't think we had anyone specifically talking about it. It's truly powerful. Because we're still seeing trauma mostly in the context of car accidents, you know, distinct events. And you do use EMDR in your practice as well, do you find it useful for that kind of work? Or do you have anything to say about EMDR?

Dr. Ameet Aggarwal: Yeah, I combine everything together. So EMDR is eye movement and reprocessing. So when you do your bilateral, like your eyes move from side to side, it basically stimulates your nervous system to process what you're experiencing. So I use it for... So I treated a lot of people from terrorist attacks in Kenya, a long time ago, using EMDR and other therapies and homeopathy which I'm going to talk about today as well.

Niki Gratrix: Yeah.

Dr. Ameet Aggarwal: Now, in family constellations as well, or even in Gestalt psychotherapy, when somebody has that Aha! Awareness moment where they called paradigm shift and they release something, I will include EMDR or some stimulation, of the eyes or the tapping, to help the nervous system process what they're, what they're getting, what they're realizing.

Niki Gratrix: Awesome. Okay, that's amazing. I want to come and see you for therapy! Just kidding. Okay. I love talking about constellations. Okay, now, I want to talk about homeopathy, because this is really interesting. Perhaps one of the only - sort of, something in a bottle that you can take - forgetting all the drug therapies - that does actually get to the root, can get to the root cause of healing trauma, something that's imprinted onto water, basically, which is pretty amazing. Expand on your impressions or experience with that.

Dr. Ameet Aggarwal: OK. So I'll go through a few remedies and all the remedies are in my online course, all the exact remedies for anxiety, depression and trauma, with homeopathy. But basically homeopathy is like a diluted form of medicine, right? They have many substances measured that are diluted so that it has an energetic influence on the body. And it really works with the vibration of a person. So, if you are depressed or anxious or traumatized, you are in a state, in a certain state. And that state has a picture, a vibration and there are certain remedies, particularly remedies that match those vibrations and states.

So, for example, Aconite is a beautiful remedy for shock, where you have palpitations and breathlessness and things like that and fear of death. Great if seeing like an accident, a car accident or being scared and things like that, yeah? So each trauma is different and the response to trauma is different to each person.

So if somebody goes through a break up and they feel betrayed and they're crying a lot and they're just so anxious, we use a remedy for Ignatia. Ignatia's fantastic for that. And if somebody goes through a breakup and feels very resentful and alone and pulls the doors on people and really suffers inside and there's more melancholy, then it's Natrum Muriaticum. And it goes through all these remedies in detail in the course. So, it's very important to recognize that there are little pills out there, homeopathy, that can really dilute and dissipate the experience of shock and trauma and give the person their life back.

Niki Gratrix: Yes.

Dr. Ameet Aggarwal: It's like 10 years of counseling in a pill!

Niki Gratrix: Yes! It's amazing. Yeah, it really is.

Dr. Ameet Aggarwal: And then some people have depression with a lot of sadness and isolation. Some people have depression with suicidal thoughts. Some people have depression because of burnout. Right? So there's remedies for burnout. For example Kali Phos, if you've worked too hard and you're just burnt out completely, your memory is failing and you just have that apathetic feeling or feeling startled by noises. Then there's remedies for it, like Kali Phos. Or if you're really burnt out and you're angry and irritable, working too hard, lots of stress, you give something like Nux Vomica right?

Niki Gratrix: Yes.

Dr. Ameet Aggarwal: These are all beautiful remedies that are available to really discharge the energetic influence of stress and trauma. And it goes really into a person, so that they need less medication over time, you know, less therapy over time, because the body has its own innate ability to heal itself. When you cut yourself, your skin heals. So in the same way, homeopathy stimulates your body's innate ability to come out of compensation to a more healthier and neutral state. And it's also used for physical problems, right, any physical ailment, homeopathy is used, with amazing effects. And there's the proof that mind and body really work together.

Niki Gratrix: Yes. So this is the crux of what you're saying, the biochemistry just can't come good, it can't heal itself until we've put the body back into the healing state with these, all these different tools that you talk about.

Dr. Ameet Aggarwal: Absolutely. Absolutely. You know, people are pushing themselves with supplements, supplements, supplements, but their nervous system and their energetics are so influenced by other effects that until you heal those effects, the physiology doesn't really change. You're just managing it with bandage solutions.

Niki Gratrix: Yes. It's really, I can't help wanting to go back to, a lot of people can get very stuck in the biochemical model, you know, they're just, everything's about gut health and taking probiotics for gut health or just taking the nutrients or just taking neuro-transmitter support, like very biochemical. And it's very much like that. We're sort of trying to break out that paradigm and bring in the psycho energetics into the US and, sort of, got it a little more in, kind of, Germany and Russia and a bit more in the UK because we're a little bit more

open maybe to that. But we're trying to, sort of, open that out into it to the U.S. as well. But I know you've had history and perhaps training in Canada. Anything about your experience, like, because you're an international star practitioner and have these, you know, experiences in these different continents and any cultural comments about that, the international kind of differences?

Dr. Ameet Aggarwal: There's a lot of difference. Like, I can't pinpoint it, but I'm using a different muscle of my brain when I'm looking with a different culture. Because different cultures of beliefs, different upbringings and also reference to reality. So I see the world and my expectations of people and the way things work, then determine the way I walk through the world and we have always been unconsciously walking through them and we just follow them as children and so it takes a lot of awareness to become aware of somebodies operating beliefs and where the comfort comfort zone is. And so it's like you've become more and more sensitive to their operations or their reality and then you use that awareness to really touch into that vulnerable space inside of them. Because you have to touch the heart of them, you've got to touch the heart of a person and when a person feels touched that way, then people are basically the same. One love. And just to feel safe. You know, safety and love are really our basic needs.

Niki Gratrix: Yes, just like food and water - I couldn't agree more. Let's talk more about your course and your particular process, your, what you call the permission to heal, the process, which we talk about in a second.

Is there anything else you want to share practically? Just anything practical, any lifestyle recommendations? Anything just for people to get into doing your top things that are really good for people on a daily basis. Or we could just go straight into your exercise, it's up to you.

Dr. Ameet Aggarwal: I'll zip through the practical stuff because I really want to do exercises for people, I think it helps a lot of people.

OK, so we have the gut, the liver and the whole digestive system, right? And when we eat inflammatory foods or take too much antibiotics, etc, it destroys the gut and kills the probiotics. And my whole online course in my book is about this. So then when you have holes in your gut, then toxins in the bloodstream cause inflammation that causes a cortisone imbalance and therefore a neurotransmitter imbalance and therefore anxiety and depression.

All these toxins spill through the liver and most people forget about healing their liver. And that's really what a lot of my books are about the liver as well. When the liver gets stagnant, it produces less bile, so there is poor digestion, more gas bloating, constipation, worsening of Leaky Gut. With liver stagnation you get a hormonal imbalance, with that your progesterone, oestrogen go out of balance. And progesterone helps the brain work better.

So where there's progesterone deficiency, people get more anxious and with testosterone deficiency, people get more depressed. The liver is very important for mental health.

Now, all this inflammation and because of the toxicity in the liver, etc, stress the adrenal glands to produce more and more cortisol. So adrenal glands are stressed with trauma and stress, as well as from inflammation and toxicity, both wipe off your adrenal glands, feed the cortisol imbalance, brain chemical imbalance pursues anxiety, depression. So when you're healing mental health, you have got to heal trauma from the nervous system as well as heal the gut. It passes by the liver and then strengthens the immune system.

Niki Gratrix: Wow, that was really. That's amazing. So we are going to do your practical exercise.

But when you said that, that is really key. That is something that I learned clinically recently, attachment trauma, the connection between attachment trauma and fatty liver. Like there's a huge connection between this early life stress, this long term survival stress that we have and specifically the liver. And I have realized through my own experience that you can't heal the liver if there is that nervous system stress happening all the time because we don't feel safe in our own bodies, because we have attachment trauma and never feeling an inner sense of safety.

I think if diet is a huge factor in the reason we have, I think we have an epidemic of fatty liver problems with the liver. I worked with chronic fatigue for many years but I think that trauma and specifically developmental trauma, these long term ambient trauma, the liver is crucial. And I think it also gets ignored in the context of digestion as well, because we have so many summits about gut health and microbiome and forget that the liver is putting your bile into the digestion and are you also saying - you're very intuitive - that you'll see that clinically too that 'Hey, guys, I've got to sort out the liver.'

Dr. Ameet Aggarwal: I was actually voted one of the top speakers in a lot of Summits because I talked about the liver to make that connection. I don't mean that to show off. No, it's just the stress, the importance to everyone that you have to clean your liver when you clean a leaky gut. I've got some free videos on my Web site that you can watch on how people clean the liver and the connections and stuff like that.

Because remember, the liver produces bile number one, the liver processes toxins and is so important for digestion. All the probiotics you're eating depend on a healthy gut environment and if there's not healthy amounts of bile in your gut, your probiotics are going to suffer, they're not going to proliferate.

Niki Gratrix: Yes. And you're going to get fat imbalances and you can't absorb fats and the gallbladder is critical to this process as well.

I think gallbladders being out of whack often leads to maybe hiatal hernia as well. People that can't then get the stomach acid sorted out because it is getting in the wrong place but it actually could come from the gallbladder. And we just ignore it, don't we? I'm just glad to emphasize that.

Dr. Ameet Aggarwal: No, you're right Niki, most heartburn is liver stagnation from what I've seen.

Niki Gratrix: You're amazing. Do you want to talk about your practical 'Permission to Heal' exercise?

Dr. Ameet Aggarwal: I think you have a limited time. I wanted to get this exercise in for people. So how am I gonna explain this?

So we all have belief systems that keep us stuck, right? We are conditioned as human beings and that conditioning has removed us from our spiritual expression and our authenticity, let's just say, and our vulnerability. This conditioning comes from magazines from TV, The Marlboro Man you know, we've got to be like this stiff, tough person, etc.

And so in my meditations, I came up with an exercise that I found is helping a lot of my patients. And I just want to share this with the world because we need to get out of our stuffed places.

I call it, I used to call it the 'permission to heal' but I think it's permission to be spiritual or permission to dehumanize ourselves.

So what I like you to do is basically just close your eyes, and you can put one hand on your head and one hand on the back of your head.

And then you can think about an event that happened in your life, a stressful event. Don't make it a too big event, do this with a therapist of course, but a minor event and then just look at the sensations you were feeling in that event.

And you might want to judge it that, I shouldn't feel this weak or I shouldn't feel, you know, scared, etc.. but let go of the judgment for a while and just say these sentences to yourself:

'It's safe to breathe once in a while'

And stay with the feeling, just notice that feeling. And then use the word 'once in a while' or 'from time to time' very deliberately.

So you give yourself permission to feel those feelings and not feel those feelings because if you force yourself to be positive, your body will go into resistance.

So, it's safe to breathe from time to time. It's safe to be scared once in a while. Or, it's safe to be exhausted from time to time.

So give yourself permission to go into that exhaustion. That part of your body in that old memory or experience. You use the word again 'once in a while' and 'from time to time.'

Take your time and exercise and take a deep breath in. And then again, go to the next feeling you might have either a positive feeling or what you're labeling as a negative feeling.

It's safe to be upset from time to time, and really feel that from time to time inside of you.

And the connection of the hand in your head and behind your head is based on this therapy called Tapars, where it connects the hemispheres of the brain, and helps the nervous system process emotions.

It's safe to relax once in a while. It's safe to give myself permission from time to time, to be myself, from time to time.

So all parts of you are yourself, even the person who's feeling emotional. And those feelings are coming up. Those are all parts of you.

And then we can just take a break from the exercise by saying, it's safe to smile for myself once in a while or from time to time. So giving yourself permission to come out of the role of seriousness, helping someone move forward to a role we're not conscious of doing.

And giving yourself permission to come out of those roles all the way from time to time so there's no pressure to change immediately that will just readjust to give permission for the nervous system to let go of that fight or flight or guarding.

That permission creates an automatic human response that takes over your whole body. So you don't have to work so hard in therapy, the body understands that it is readjust and it gets a different experience of life. And given the experience of life and the wonder is what gives a message to one of yourself, then it's okay to come out of shelter or guarding and then the whole body begins to trust in the life forces and takes in more air, the blood flows and everything starts to team, including your immune system.

Niki Gratrix: Beautiful. Thank you so much for sharing that process. I think people that have got a lot out of it.

I guess my last sort of question for you is that - what you're talking about is really important. Like, we want this embodied experience of feeling the safeness and the calmness, and that feeling of being connected and grounded to the earth again and that all is well. Because a lot of us are just not living in that space. How many times a day do you recommend people do that process? What do you recommend to help people stay connected to themselves and grounded on a daily basis?

Because it's like everything on the planet seems to be putting us out of that, where, you know, like it's not just for what our own history is. But, any of the practical final sort of recommendations to get people to on a daily basis reset that nervous system.

Dr. Ameet Aggarwal: OK. So I have all the exercises in my course one by one, but I'll go through some of them briefly. One is becoming aware of the 'shoulds'. 'I should be perfect'. 'I should perform well'. 'I should do this. I should do that.'

So our language to ourselves is that 'I should. I should. I should'. So changing the language so 'I can. I will or I won't'. Because 'I need to' and 'I should' is a very stressful language for ourselves. And that removes us from our heart. 'I should' comes from our parents, from society, from governments or magazines, from TV, whatever it may be, and it puts pressure on that poor little child inside of you.

The other one is just sitting like this, with hands around your forehead and the back of your head and just remembering a scene that was disturbing and just doing some long, deep breathing and giving yourself permission, not forcing yourself, but giving permission for yourself to feel and what you need to do to heal. Which then is much more powerful I think, than affirmations, because then your body does things naturally, then it's all authentic juice.

The simple tapping, tapping techniques and then alternate nostril breathing as well, putting both feet on the ground and hopefully you can touch some real ground, not just cement. So find a park or some mud even, whatever it is.

So breathing in then switch nostrils and breathing out. So closing one nostril on the in-breath, switching fingers, breathing out of the other nostril and breathing in through the last nostril you breathed out of. So it's in, switch, out. In, switch, out. And this resets the two hemispheres of the brain and it's fantastic especially after you have processed some trauma, gone through some therapy or emotional healing. It's fantastic for helping your nervous system, we really integrate the healing.

Niki Gratrix: Yes. That's absolutely great. I've really enjoyed the interview. And so, before we talk about how people can find out more about you and your website, so on. Anything else? Any final recommendations or messages that you want to share with the audience? Important things that you just want to say for people?

Dr. Ameet Aggarwal: What's coming to mind is the children with disabilities I'm treating right now. I'm using this and I've already seen that homeopathy works. So I think, you know, when you don't get influenced by negative statements and placebo claims on homeopathy, it really works. I've seen tremendous results on really vulnerable children. You know, they're stopping crying, they're opening their eyes and think that it's magic. That's one.

Number two. Like you say as well, Niki, love is medicine. So really forgiving yourself for any traumas you've been through, forgiving yourself or compensating yourself when you were hurt, abused, rape or whatever you are forgiving yourself for the pain. Really self-forgiveness helps us reconnect with that sense of self-love and the sense of self-love then connects with our spiritual strength.

So yeah, love is medicine and forgive yourself and smile once in a while. Even in the mirror, even though you're in the role of seriousness, remember, a lot of our persona is a role that we are adjusted to based on the influence from an experience. So just smiling at yourself once in a while takes us out of the role that we don't realize we're stuck in. And so, I will leave you with that.

Niki Gratrix: I mean, thank you so much. It's been really awesome. Thank you for all the work that you're doing. It's really incredible. And I'm so happy that you came to the Summit.

How can people find out more about you? Connect with your work. Find out about your online courses and resources?

Dr. Ameet Aggarwal: If you just go to DrAmeet.com. There's some free videos you can watch there on this approach. Please get my book and my online course and help support my projects. I've written a new liver book on how to detoxify your liver. My course goes into a lot more detail on how to heal everything together.

So everything you do on our website would help me, help me and my projects succeed. So I thank you.

Niki Gratrix: Thank you. And yes, I just encourage people to go and take a look at your brilliant work, because Dr Ameet's work does actually go towards your charitable work, as well. It is how you help people in Kenya. Again, really awesome. Thank you so much. It was great. So let us thank you. Thank you, everybody. And take care for now and we will see you in the next episode.