



## Healing Emotional Root Causes of Illness

**Guest: Carla Atherton**

**Niki Gratrix:** Hello everybody and welcome back to the Trauma and Mind Body Super Conference, and I'm very excited today to introduce you to a great guest, it's Carla Atherton.

She is the director of Healthy Family Formula and the Healthy Family Former Practitioner Training Academy. She's also the host and the producer of the Children's Health Summit, which was a great series of Summit. She's an author, she's a yoga instructor, she's a health coach, she does so much, she's an amazing advocate and she's spurred on by her amazing three children. So thank you so much Carla for joining us on the Summit today.

**Carla Atherton:** Thank you for having me, Niki. I'm so excited to be involved in this awesome project. Kudos to you.

**Niki Gratrix:** Thank you. And I think you have very interesting and important stuff to share. So I'm so glad, we've honored to have you, too. So I didn't realize that you actually had a little bit of a psychology background and very interested about what that was. And also your experience over the years of what you noticed with psychology as well, that would be very interesting to start. So start there.

**Carla Atherton:** Yeah, sure. Actually, a lot of people don't know that I actually, I started out my first degree in psychology because when I was a kid, I was that person that everybody went to for help. And I figured this is what I needed to do, was to help people. And let them knock on my window at 3:00 in the morning with all their teenage problems, and being that kind of rock in the steady place to be. And so I did a lot of delving out of some advice, maybe the blind leading the blind in a way a little bit, with teenagers talking to teenagers. But it was really early on that I kind of thought that this is what I wanted to do. I wanted to psychologize and I wanted to think about why people did the things they did, and how they could live in their lives to make things better for them day in and day out.

So I went into psychology as a major and I did that for about three years. And then I have this passion for English literature, actually, and writing and communicating and poetry. I felt at this point in the third year to the chagrin of my dad especially, that I was gonna hop over to English literature. Like, what are you gonna do with that degree? That's just like in the bathroom at the university it said, arts degree, and it was written on a roll of toilet paper. And I'm like, oh, funny. So, I mean, just all this backlash about what you are going to do with your life. And I'm like, I don't care, I just thought, I want to learn this and I want to communicate with people rather than put anybody into any sort of psychological box.

And all the stuff I was learning was really great, but at the same time, I really felt that it was more focused on diagnosis and talk therapy, rather than getting to the root of what people really are and what really makes them tick, and who they are and how we connect.

So, I mean, I'm not an expert in what the psychology programs are out there and what they were at the time. But for me, when I was 20 years old or 19 or 21, in those years, it was really all about that. About the boxes and the ticking off the diagnostic criteria and those traditional talk therapy. And you're always going to need therapists to get through anything in life because you're damaged and I didn't really buy into that.

So I went on, did my master's in English literature and had minors in humanities and women's and gender studies, and things like this that opened up the world to me more, not criticizing, but critical view. So and then also going into my world as a mom totally blew everything up.

Parents who are listening are just like, yep, that just burned down my whole house and I had to build it all back up from scratch. And I even wrote my thesis about that, how motherhood just really burns you up. It's like the phoenix, rising from the flame it really is like nothing that I knew before is going to be the same. So that changed my view about psychology and about, what makes people tick.

And so I again, I wanted to communicate so I wrote a lot, I started writing a lot and I moved into different areas of study. And exploring things that I was exploring as a teenager growing up, in a really kind of a difficult situation. It wasn't an easy upbringing. Wonderful parents, awesome people in my life, but a lot of the circumstances I wasn't really equipped to deal with. Because there was a lot of emotional trauma and baggage and reactivity, rather than responding to my life. And I just thought that's how it was, that's how people tick, to just react.

So that's kind of where I started and I ended up here and we could talk with a little more, too. But that's sort of where I started was thinking about this clinical way of peoples and psychology, what makes them tick. Moving way to the other end of the spectrum.

Actually, I mean, of course there's an element to that. But over to the other end of the spectrum, which is rooted in the body and the emotional body and the energetic fields. And talking about things like ancestral trauma and issues in the tissues and your specialty, of course, ACEs, which I think my scores probably 500. And moving from that stuff to do what we do about it, what can I do about it? So that's sort of where I started and how my view of psychology has really changed over the years.

**Niki Gratrix:** It's very interesting. So share a bit more about your journey and perhaps your family's journey with the trauma health connection, there.

**Carla Atherton:** Yeah, well, sure. I mean, I don't even know if I use that terminology until a little bit later, and especially not until I was actually teaching in my academy. So I knew that in my framework and how I worked with people and clients and of course, my own family, how I view health, period. It's not just about working with people in that sort of robotic way. I have relationships with the people that I work with, families I work with.

But seeing, the mind, the heart, the spirit are integral, they're integral, they're one of the pillars of health. And I think that a lot of people are twiggled on to that now, even in functional medicine or holistic health. People, practitioners of all walks of life in all different traditions all of them recognize this, that the mind, the body, the spirit, that they're all one. But it wasn't until I got really involved with my own, really stubborn issues, like I'm doing everything right. What is it that I'm not doing that I should be doing or addressing? Even though when I was young, I knew I had to move past certain emotional states to get on with my life, I knew that.

But I didn't know how to access my body in the way that would allow me to release things, that I didn't realize I was hanging on to subconsciously. So I was consciously working on it. I was consciously using my mind, my brain, my resolve, my determination. I was pushing, I pushed. That's how I survived and I thought that's what made you a strong person. But I actually needed to learn how to let go. I needed to learn how to move past and transcend and be gentle with myself and others. And so this is what I learned through yoga. This whole art of, I guess effort and non-effort of being in the now, I'm not replaying the past because that's done, but just learning that, learning from it and turning that into wisdom, as Joe Dispenza likes to say, "turning that learning into wisdom."

So I started practicing yoga and I started teaching it to my children who never really took to it. They didn't get the yoga bug, little brats, but I mean, they're still young. But they have their other ways, there are other ways of reaching their yoga, practicing their yoga, their effort and non-effort. So that was almost like an evolution, right? I didn't have any big, profound awakenings.

I had many, many, many every day I have more, every single day there's something new that comes to me that, I didn't know this before, boy, I was dumb before. No, actually you're evolving as a human being. So my whole understanding of this emotional body using trauma, not using trauma, but understanding traumas of the past and how they can keep me there. I started to employ that with the physical and mental emotional places where I was stuck. And I also saw that with my family, with my children, with other members of my family that couldn't get past things like autoimmune conditions or addictions for sure.

It's a huge theme running through our lives, our whole family. And I can see it almost map where I look at our family history and if you do a genial gram, those are so fantastic. I love genial grams because you can map it out and see this person was forgotten, they need to be included in this family. This person was lost, this person died, this person had a miscarriage or there was some kind of problem that happened in this person's life. And this one is actually playing out those other traumas of other people.

So doing that and those kinds of things made me realize that there was something more to it, that I could be more proactive in and active in, I suppose, healing and moving past. And I think a big pivotal moment, I guess, if we're going to talk about pivotal moments, was when my daughter was diagnosed with a chronic illness. And knowing to my core that it wasn't only physical, knowing that and then understanding that if I could teach her or lead her to the teachings or a way to move past it or move past it myself. Because sometimes when we shift our own traumas or energies or release certain things for ourselves, our children benefit, our ancestors benefit, our parents even.

I knew that if we could do that, then I could move her way past what we were already trying to do with nutrition. Which is all important nutrition, exercise, sleep, all of that stuff, which we have to do. But there's more, there's something much deeper. So I call it the deep dive.

**Niki Gratrix:** Wow. That's really interesting, because I'm just thinking about the way that most people would think about, oh, I have this health condition. OK, I'll go and take a really reductionist approach and just take this drug, and it's just about me and I'll just focus on that. And then you have to expand to think. No, maybe it's something you're doing in your environment, maybe it's your diet, maybe it's the circadian rhythm. And then we're saying, no, it might be your relationships with all your family members and things that, it's getting wider and wider in terms of the root cause.

So suddenly it's, where's the. And that's such an interesting thing, if that's true, the patterns that we've inherited and then it's in our psyche, then it goes into our child's psyche. Where is the root cause of that illness? It's non-local, it's in the family system or whatever. So that must've been a very interesting thing to observe and to experience in your own life, as well as then seeing it in the wider practice and the training and the education side that you do as well.

**Carla Atherton:** Yeah, for sure. Because I mean, that's one module that I teach, should be three, four or five years. But I mean, because I was seeing people, not only my own family, right? It's a lot, but it's really where you plant the seed and people take it to where they need to go. And they have their own evolution. And as long as they understand, oh, there's this conscious mind, and there's will, and there's changing thoughts, and that's all good.

But there's just other subconscious things going on, these programs, these reactive states, these trapped emotions, things that we actually don't know about until we actually know about them. Until we say, is there something going on? Oh, there is. And then the knowing actually leads, it plants the seed for all the rest of it to start happening.

So I found it when I was working with families who were really stuck. And I think that a lot of people are now, it's really evolving. My whole understanding of this, because the first time I started a health coaching and the first training I did really just taught me how to do supplements and nutrition and, diet, rest, exercise, sleep, stress reduction. And the stress reduction was starting to get to the point, but not quite. And then it was like, OK, I took it up a notch, cutting edge therapies, holistic, the holistic look, even functional medicine with the better testing, at least if you're talking about the biological, the physical. But then also getting into energetics and bio resonance and those sorts of things. And then we kind of get into this whole aspect of, OK, we can get to a certain place.

Like I said, where we get stuck and where we plateau and it's like, I'm not quite better, why am I not quite better? Or I still have these underlying patterns that I'm not past that's keeping me unwell. And some people actually don't want to get well because there's a, if you listen to Caroline Myss, she'll whip your butt and she'll tell you, look, lots of these things are not your fault, but you're perpetuating it, it's not your fault.

It's about what you can do to actually move past. And so you got to look at all that ugly stuff and a lot of people don't want to look at that. I mean, I know I don't, daily. I go, can I just feel better? Do I have to do this? I just want to complain.

**Niki Gratrix:** That's so true. I just have to say, this is it. This is mostly what it is. We have to dig into the goo, dig in. It's easy to say, there's no weeds in my garden, there's no weeds in my garden, there's no weeds in my garden. And then you look up in this humongous weed in the garden. Because you just didn't want to look for years, but that's it.

To your point, secondary gains that we get, it's awkward and sometimes tricky when you're saying to a client, you totally see what they're doing. It's like you're getting a secondary gain by being the way that you are. In other words, you get more out of having this illness, this thing. Even if it means you just get to be right, you'd rather be right than better, and that's hard stuff to look at, the old humility piece.

But I love that you brought that up because it's really what it comes down to. Commitment, these are really critical things like commitment, are you willing to take, to see the truth about yourself? Acknowledge it, let go of that denial, accept it. Because you have to do that first before you even consider the transformation bit, forget about the transformation. If you aren't even recognizing that there's something there that you won't need to acknowledge, then it won't happen.

So it's fun and games dealing with that. Good luck with the family member if you are doing that and you are the family. That's tricky, it's tricky enough in the therapeutic relationship, but when you're also in the family side as well, it's definitely. I think it was Ram Dass that said, "if you think you're enlightened, go and spend a weekend or a week with your parents."

Of course, there's a lot of people experiencing that right now. It's very interesting, this is actually helpful for people because everybody is going to kind of go, I suspect there is quite a lot of dissonance going on right now, because everyone is being forced into lockdown and being home, spending time with people, their family. There probably are issues that are coming in their face. Like, oh, I could get away from this before and I could go out to work and I don't have to deal with it or escape.

But here at the moment, just because the date this Summit is happening, we're in a lockdown with coronavirus. But, yeah, it's a very exciting love that you brought up.

**Carla Atherton:** And I have to say, too, is that I find that to add to that, Niki, that trauma actually it kind of gives us, we can hang onto those traumas because then it's a reason to feel the way we do. We can blame somebody or that trauma for our current situation. Because sometimes we're in really uncomfortable situations and it really can be frustrating, especially when we feel disempowered to do anything about it, which I'm here to say that we're not. As soon as we start knowing that there's an empowerment there and when we start unlocking and uncovering and unearthing all of these things, it's actually very empowering to do that. But at first, it's really scary because it's the unknown. It's stuff like what's going to come up? And I don't like feeling like that, I feel icky. I don't want to have panic attacks or bring up old stuff.

But the purpose, though, of doing that and this is where I think people get stuck with the old psychological view of talk therapy, is that we can kind of be, for one thing, really reliant on that. Well, that's the only place where I can vent and I need to get it out. And then I build it all up until you go to your appointment, then you blast it and then you build it up. And then you're always relying on somebody else to tell you what to do.

Like the advice or what do you think of this? When we can really do that stuff ourselves and so I think we should. And that's really empowering to be able to do that. And then also, I think that PTSD it's bringing it up over and over and over and over again, it's like re-traumatizing yourself.

I feel that we need to move past it, so we need to let those things go because they become our stories and our stories become our future. And we don't want our old stories to become our future. We want again to learn from that and move on, because otherwise we just stay with those pre-programs. And so if that's a goal, if people really want to get well, mentally, emotionally, spiritually, all that stuff, physically.

I think that initial discomfort of actually really looking at something and addressing it will actually move us past rather than to keep having to deal with it every day. I mean, that's what I think, like Groundhog Day. That's like the first torture I can imagine. You wake up and it's the same day as yesterday, come on here let's just move on.

People think it's tough, but really, should it be? It's like I don't want to let go of that, this person hurt me or this thing happened to me, and that's why I have no money, and that's why I can't move past that, that's why I'm sick. But once we take that power back, we don't need to be sick anymore. And then we can redefine who we are and that can be scary for people, because they don't really know what that means for them.

But I'll tell you one thing, Groundhog Day is not, you don't want that. I'm pretty sure most people don't want to live the same day every day. And if they truly want to get well, it just yeah, you said it takes a little wading in the muck. But it's like ripping off the Band-Aid, though, it's like, oh, this is going to hurt and you keep putting it back on, and something's festering under there. You just need the pressure to rip that sucker off and then see what comes of it.

**Niki Gratrix:** Yes.

**Carla Atherton:** I just wanted to mention hanging onto trauma, it's not conducive to good health.

**Niki Gratrix:** Yeah. And it's so interesting. You sort of see sometimes these clients, I talked to other practitioners, this is an interesting insight for maybe clients from a practitioner perspective. It's the client that goes from practitioner to practitioner, to practitioner, to practitioner. And what's happening is they're actually not wanting to look at the real issue, which is often it will mean they're not looking at the emotional side. Then they'd rather blame it on the practitioner, it's like, no, this wasn't right. They're just stuck in the physical realm and it's usually a red flag when I see that, because I go, okay, there's something going on here.

There is no physical practitioner who is going to be able to deal with this. We need to turn inwards actually or go into the psyche and kind of look into that. So actually I was going to get into sort of, let's talk about solutions, but we're actually already getting into solutions because the first step is acknowledgment. That, A, we might have something emotional that's causing our physical stuff, and B, that's icky and difficult and scary.

But it's the Band-Aid piece and we can just rip that off and once we do it, that's going to get our lives back for us and be the most empowering thing we could possibly do.

So please share more solutions that you've experienced so what do you do? What did you do for yourself? What do you do with your coaches and your clients?

**Carla Atherton:** So, yeah, and it varies though, because I always talk about what I do is I have a varying toolkit. So I mean, what works for one person is different for the other. But I try to give people or at least kind of lead them to their options, what can you do about it? I am not going to tell you what to do about it. I mean, I can sort of tailor and kind of this person's really more into the science of meditation.

So somebody like Joe Dispenza would be more appropriate or maybe Jon Kabat-Zinn or even Peter Levine, who is the trauma expert here. He talks a little bit more in those terms where people are like, OK, this is sort of normal for me if you're more scientific.

But then some people are a little bit more earthy, they're kind of looking for something more spiritual, something more or even something a little bit more new agey, like the Emotion Code, for instance, that's one thing I find is really useful. And sometimes people are more skilled at things than others.

Some people like to use applied kinesiology to find trapped emotions actually with the Emotion Code. I'm not here to sell that in any way. I just actually started using that and the reason why I mentioned it. Because I started using that with family members and I found I actually have a talent for it to use it by proxy, where people aren't even in my presence. And I used to marvel at people being able to do this and I'm finding that I actually have this skill that I thought, wow, this is. And I have people say to me, "that was freaky, how did you do that?" Or this is unraveled, I don't have nosebleeds anymore, I don't have headaches anymore, I feel lighter or things like this that seem subtle but are very profound in their healing process.

So first I want to say, though, is that there is no quick fix. But at the same time, you're not going to, when you talk about people, that clients that are going from practitioner to practitioner.

They haven't found it yet, they're still seeking, but they're not finding it. And sometimes I think what we're seeking isn't really in line with what we need to actually discover. And so if we're always seeking something that's gonna be now, quick, it can happen. But it doesn't mean that it's going to happen for sure that way and it doesn't mean it's going to be just one thing.

So for instance, EFT, I mean, you know that in and out, I'm sure and probably practice it yourself. I do, I used EFT and it's in my tool kit and I pull that out when that is appropriate. So I'm like, OK, I'm going to go have a panic attack here because something happened, like someone stole my credit card and charged it five grand or something like that. No, I don't even have that high of a limit. But something like that, something that we, OK, this is not good and EFT is a quick tool, so it's belly breathing, deep breathing, even 4-7-8 breathing it takes you literally seconds to just take that down a notch. So you can think that the ooga-booga brain is just taking a backseat and you can get back into your logical thinking that's going to get you to a good result.

So, like I said, OK, so I have a toolkit. My toolkit also can relate to adults and then children and adolescents because those are going to be different things that they're going to need to use as well. So something for me, like I said, it didn't stick, it's like Teflon, yoga with tough love for my kids, so it didn't stick and I love it.

Literally, it's saved and changed and transformed my life to take yoga teacher training. And I didn't want to be a yoga teacher, but I knew I needed to have that training for my life. That was training for me to bring it when I needed to bring it and let it go, and it was all the stuff that the way I viewed the world changed from when I did that. But for adolescents, I mean, for my kids, it didn't, it wasn't their thing.

And so one of them actually is out in nature, that's his church. That's his place of solace, where he finds himself, where he can move past things that happened in his life, where he can learn to respond rather than react.

And I think that that's really a big part of that where trauma gets stuck is if we don't have those tools, and we need to teach our kids to use those tools. I think meditation is one of the best ways to do that.

I think every child needs to learn how to meditate and there are varying ways to do that that are appropriate, age appropriate and also appropriate for the mindset, their world view. Like I said, more scientific ones and then all the way down to the more kind of woo woo or the spiritual. It doesn't really matter because what the access point is, the end result is the same.

So meditation, gratitude, mindfulness, just being able to slow down and stop and think, because that can turn a potential trauma into just an experience of your life. But if you don't know how to do that, if your kids can't self-regulate. If your kids are, everything's bad and this thing that happened to me is going to be a reason for me to feel this way for the rest of my life. Well, that will turn into a trauma and they will internalize that and so I see that happening in family and in clients.

And I see where clients are very stuck and they'll come to me and want me to tell them what to eat and what supplements to take. But sometimes I can see that it's actually the first and foremost thing they need to do is be able to settle their nervous system and return to a sense of safety.



As the Polyvagal Theory will tell you that you need to do to be able to heal. They're like, what? If that's the first thing I'm going to say to them, it's total disbelief. But at the same time, underlying is like a knowingness that that's actually true. So when I see people especially, we start there, I start people there, and I know that I wasn't there 20 years ago. I wouldn't even have considered it actually, it's not that I would have been ignoring it, in saying that's not true, but maybe that's not true for me right now, that's nice, that's good but it's not true for me. So planting those seeds, I think is really useful.

So gratitude, meditation, mindfulness and body movement. I love the Emotion Code, there's many other ways to do that, that's not just Emotion Code and I don't know what they're all called, but they're basically, releasing trapped emotion. So you're identifying what they are, where they're at, which emotions are at play and when they got trapped and then you use something like a magnet, actually I have one right here to release that energy along the meridians. And I would never have thought I'd be doing this.

**Niki Gratrix:** Okay. Explain more. This is really good because I don't think we have anyone else speaking about The Emotion Code. Let's just spend a little bit more on The Emotion Code.

So it's very interesting the juxtaposition to the previous point you made about talk therapy, and it can just be a feeding ground of just you just getting fed to kind of attention, and it's a way of getting attention rather than actually transmuting anything. Or you can just talk for endless hours and nothing changes, you're just more articulate about your neuroses, whatever it may be. I'm not completely panning talk therapy, there's a place for that. But what with these sort of unconscious emotions, is that point that you made, a really good point. That a lot of us don't even know that we have certain emotions that are coming out in reactive things, in certain situations, that we're overreacting to things. I

t's been an amazing revolution to me, I've learned that, oh I was really hysterical, and I used to get up every morning like the house is on fire. You thought that was the way it was there's a little bit of psychosis going on there.

So The Emotion Code it's interesting, it's in therapy, it will access subconscious emotions and it will actually help to release them without talking for hours. So tell us a bit more about how it actually works.

**Carla Atherton:** OK, well, I'll tell you right now, I am not an expert, nor am I trained in The Emotion Code, OK, I read a book.

**Niki Gratrix:** What's it called?

**Carla Atherton** Okay. Actually, no, I listened to the audio and then I practiced it and practiced and practiced it. But what I did was I had training in applied kinesiology and I've been studying it for years because I tried to get good at it and I was not good at it. I was seriously like the sway test, if you're asking your body questions, your body's actually answering that question. So if you sway forward, that's a positive you to sweep backward it's a negative. It's all about how you're drawn to the truth or repelled by what's not good for you.

So there's many different ways to use applied kinesiology. There's the O ring test, so it's like, my name's Carla, yeah, my name's Larry, no, it's weaker. And so the arm, the arm test and all that. So people can kind of look that up and see what that's all about. I'm not an expert like I said.

But I had been studying it for years and I went and trained with Dr. Klinghardt in his ART training, so autonomic response testing and learned more about how to do that. But I still was terrible, I couldn't, I was pushing on my arm, my arm was so sore because I'm one of those people. I'm type A sometimes and I pushed, pushed, pushed through things. I built this house that I'm here in, it's fifteen hundred square feet on one floor and we have two stories. I was out here everyday building this sucker and I pushed through all that stuff and yeah, I got stuff done, I've gotten lots of stuff done in my life, but at what cost?

So I had to learn balance and so here I am, this is how I'm programmed. I'm trying to be all tough and you're not going to get my arm down, and I end up sore and not getting any answers at the end of the day, you should have seen me, I had such a sore arm. So I had to bypass all this stuff that's really crazy and I had to bypass it, so how do I bypass that? This whatever head thing I got going on, because I really cultivated that, the strength of that, but it's not helpful at this point.

So I discovered The Emotion Code and so it's basically using applied kinesiology. I can just see you and I keep laughing, I'm sorry. All right. So I'm trying to locate these trapped emotions, I know that this has to do with some things that are still, they know I'm still dealing with and for sure, my children and I really were on a mission to release us all. I'm done, I was done with it. I know that there are clients that were done with it, they needed to move on and they just weren't going to get better fully and completely until these things were released.

So this is as I know it, this is, please look up The Emotion Code, find out all you can about it and just, listen to a podcast or whatever.

**Niki Gratrix:** Is it, Bradley Nelson?

**Carla Atherton:** That's Bradley Nelson. Yes. So look him up and see what he's got to tell you because there's lots of information. Some people say that was really freaky, how did you do that? And I'm like, I don't know.

I mean, it's all about the information our bodies can tell us. We don't really get that in this meat suit we're in. We don't really understand it in that way, but if we move into quantum physics and start understanding things that people are going to be talking about, your experts are gonna be talking about during the Summit. Then we can sort of at least have an idea of, OK, I don't really, we don't really get it, but we kind of feel it. We can understand it in a way that we can employ it and know which ways that we can access it. So I think that's enough for people. So I use applied kinesiology to find out what that emotion is. So in The Emotion Code, you ask, is there a trapped emotion I can release? And sometimes you can ask specific questions like, is there trapped emotion I can release? And I hope I don't get sued, I'm not an expert in this at all.

**Niki Gratrix:** Yeah, but you're promoting someone else's stuff. So we will talk about your book in a minute, but also it's a self-help thing and it's interesting to talk about how it's helped you, because people can help themselves with this self-help method. And you've made it clear that you're not a practitioner, but it helped you and you're helping other people.

**Carla Atherton:** OK. So I'll continue my little quick and dirty thing. So you can locate the trapped emotion, say is there a trapped emotion? And it could be, is there trapped emotion relating to my whatever X, Y, Z health condition or you can even do by proxy if you have someone's permission.

So my daughter's stuck, a refusal to cooperate or participate. I mean, you don't want to use it where, I mean, there's an ethical use, you're not gonna be prying into people's energies. And I would never do that, I would never, ever tell people to do that. But with permission from other family members or if things come up for you that it's in relation to other family members, you can clear all that garbage for all of you. So I was really interested in doing that for my family. So I'm asking these questions and then there's a list of emotions and there's this way to actually pinpoint, this smaller list, and then smaller list and then you pinpoint the exact emotion.

So let's say it's like shame, so trauma and shame can go hand in hand quite often. But it could be something else totally unrelated that you'd think it becomes a trauma because it's a trapped emotion, but it doesn't necessarily have to be shame, it could be abandonment, it could be I don't know, but there's so many I can't even remember one to give you.

**Niki Gratrix:** Shame, anger, resentment, remorse, fear, anxiety, guilt, boredom, narcissism.

**Carla Atherton:** Thank you. That's all. There are a lot of them. So you pinpoint that one and sometimes I'm like, oh, it's this one. And I thought it would have been that one, but I just let it tell me what it's going to tell me using applied kinesiology and then to clear it. Well, how do you release that?

**Niki Gratrix:** Yes.

**Carla Atherton:** That trapped emotion. So they've combined that with magnet therapy. So basically you know how meridians work and the energy flow, we want that flowing again.

We don't want blocks and those emotions are blocking. So once you've located it and it's in the focus, then if you do it on yourself. You just run that magnet down the middle of your head and down as far as you can and then to hear on your spine. And you do that three times and then you ask the body if that emotion has been cleared.

So that's basically how you do it, I mean, there's so much more to it. Like I said, it's a lot, but I've done it for others.

But literally, Niki, I just have seen one person in particular, I have to say, is that his life just totally just unfolded, all the stuff that was building up, but just not quite there, not quite there, not quite there. And we got so far, but there was still that you could feel that gap.

There was something there that just needed to be broken and it just went, with all that creative energy. Business started and I mean, his whole life was just finally able to take place that he wanted. Wanted but didn't know what was keeping him, didn't even know what it was, but just couldn't get past a certain point.

And again it's not just mental emotional stuff or motivation, it's also physical stuff. And I think a lot of people who have chronic illness or mental emotional stuff, depression, all that stuff, any kind of illness, really, I think there's a huge aspect, a component of the mental emotional body and I think trauma is always part of that. I just feel like now I feel it's a top runner. It's not just, oh, you deal with that later. Now it's right at the top for me when I'm starting to work with people. So I start them with baby steps, but there's always that component in step one. Always in step one.

**Niki Gratrix:** Lovely. I love that. That was great. It was so good too, it's another helpful way of understanding emotions, that you can work with emotions that will change your biology and your health through energy work. And the Emotion Code is directly working with the energy field, it's the electromagnetic field, you talked about meridians, how a magnet works, how you can identify it, loved it.

So brilliant, that was great. And even if it was just a taster for people, many people won't even know that you could do that and wow, this is one way. Because it's not getting out there enough about how you actually move on instead of the same old stuff that is sort of, oh, just, go have a cup of tea in distress. Like what?

So anyway, tell me now you've got a book you're writing, you're in the middle of writing a book right now. Or finishing a book.

**Carla Atherton:** Well, it's almost done. If I said I was still writing it, I think I'd get rotten tomatoes thrown at me because there's been some people waiting for me to finish this book. But we're finishing up some stuff, I'm finishing up some of the pretty things, like making lots of different charts and graphs and tear sheets and stuff like that, infographics.

So I'm finishing up the prettying up stuff. But the book is being edited right now, so that's almost done. So it's being released in a couple of weeks actually from this date. So by the time we're airing, it'll be totally up and ready for people to check out.

So it's called *Family Health Revolution* and this topic is huge because I think that when people are, these are really big, actually it's probably an entire section of the book part, I think it's five. And so we talk about that whole piece of being ill or family members becoming ill. What do we do about it? What approaches do you take? The whole piece of trauma and how that can affect health, but also, being ill being a re-traumatization. Where people who aren't well or that children aren't well, it can be a traumatic event in and of itself.

Also, medical interventions being trauma related, that kind of thing is very invasive. Which I could totally go into a whole story about my own family, but really seeing how that can play out in someone's life if that is not addressed.

So I pull from a lot of experts, maybe some people who are in your event, Niki, including you actually, so we've done a lot of really good interviews, you and I in the past. So this book is coming out and it will be out when we air. And it's really I call it the complete guide to elevating your family's health, because the family is a unit, one person can't just be better and rest not, or the rest better and one not.

It's a whole unit and I think that addressing family, experience, trauma, ancestral trauma, all that stuff is a huge component of really moving people forward into really good health. That life where you're just like, it doesn't have to be good every single day, but that life for you can move past and build rather than being stuck in the past. So I'm really excited about it, I hope people really enjoy the book.

**Niki Gratrix:** Me too. That's great. Fantastic. I really, really enjoyed this interview. Where can people find you? What's the website? We ought to give out.

**Carla Atherton:** Okay, its [healthyfamilyformula.com](https://healthyfamilyformula.com)

**Niki Gratrix:** Yeah. Lovely. So anybody who wants to connect with you, have sessions with you, train with you can go to your website. So it's been really good fun, I've loved this interview, it's already good.

**Carla Atherton:** I've had fun too.

**Niki Gratrix:** Yes. And that laughter is part of life, we don't have to be serious and down all the time. Sometimes we need this, especially right now.

So thank you so much, Carla. So thank you very much and thank you to the audience, hope you enjoyed it and take care for now and see you in the next episode.