



## Episode 46:

### Quantum Medical Hypnosis and Fatigue with Ezzat Moghazy, PhD and Dr. Evan H. Hirsch, MD

Evan H. Hirsch, MD 0:00

Hello and welcome to the FIX YOUR FATIGUE podcast. Whether you can't get out of bed in the morning, your energy crashes throughout the day, or you're a biohacker looking to optimize your energy, productivity and focus. This podcast is for you. I am Dr. Evan Hirsch. And I will be your host on your journey to resolving fatigue and optimizing your energy. And we'll be interviewing some of the top leaders in the world on fatigue resolution. Welcome Hey, everybody, welcome back to the fixer fatigue podcast where we're on a mission to help a million leaders, executives, entrepreneurs and everyday people take their energy to the next level so that they can have more fun and success in every aspect of their lives. Today we're going to be talking about hypnosis and optimizing your energy with my friend Dr is optimal Ghazi. So let's learn a little bit about him. So Dr. Mo Ghazi is a passionate hypnotherapist who enjoys working one on one with people in beautiful Colorado in person and online. He takes pride in the difference he has made in so many lives. Using scientifically proven techniques, he aims to discover the root of the problem and create long lasting effective change. No matter what issues you're facing, get ready to free yourself from the negative subconscious blocks that are holding you back. From the past 20 years he has treated 1000s of people around the world. As a former physical therapist, he understands the interaction between the brain and the body. The scope of his practice includes hypnotherapy, past life regression therapy, HRV biofeedback and natural medicine remedies. He is the author of quantum medical hypnosis and extraordinary breakthrough in treating stress. And the red book, how to heal yourself and others, Reiki one, two and three. Dr. Mo Ghazi thanks so much for joining me today.

Dr. Ezzat Moghazy 1:57

Thank you so much for having me. Appreciate it.

Evan H. Hirsch, MD 2:00

You have such a wealth of knowledge. I was looking at some of the programs that you have. And there's, there's Native American, there's Reiki, there's the hypnosis, can you tell us a little bit about your background and your training and how you learned so many of these different modalities to help the people you help?

Dr. Ezzat Moghazy 2:21

Yeah, absolutely. Well, the whole story started from day one in school. I fall and I broke my leg. And I stayed in the hospital for six months. My mom stayed with me the whole time. And I didn't really like it, to be honest with you. I mean, this is the time when you're supposed to go out and play and I slept in the hospital for that long. And I told mom, well, when I grow up, I want to become a doctor. So I can help people three faster. So they don't have to stay in the hospital six months. This is a terrible idea. Well, he says, oh, yeah, I think you can do this, you can do this. I said, well, where's the best doctors in the world? She said in America. I didn't know anything about America at a time. But I said, Well, when I grew up, I'll go to America, become a doctor. So I can help people there he faster. And this is where my passion started to learn and then helping people. And still I'm learning and teaching and sharing the knowledge and experience. And I'm so grateful for this beautiful country, and this wonderful opportunity to be able to heal the world, one person at a time.

Evan H. Hirsch, MD 3:35

Brilliant. Well, I'm so glad that you're here. And I'm so glad you're going to be sharing with us today. All of your many gifts. So let's start off with the subconscious mind. Can you kind of explain to us like what is the subconscious mind? And how does it influence everything in our lives?

Dr. Ezzat Moghazy 3:51

Certainly. So first, it's very important to understand the terminology of subconscious unconscious beneath the conscious, they're all the same. It's just different names. And with this foundation, it doesn't matter if we set subconscious unconscious beneath the conscious. They're all beneath our conscious awareness. Now, everything that you do in life nowadays, as an adult has been already established in your brain as a little child, everything, your behaviors, your knowledge, your experience, we call it the known and the unknown. Everything that you're familiar with an everything that you are unfamiliar with. That space is huge. Some research said it's about 95% of your brain capacity. And that's really really huge. Others said it's about 80% Some said 75% But they all agreed it's really huge and it's bigger than our our conscious mind. And therefore you have this treasure box, if you will, that is hidden inside you that has always All the answers for all of your questions, everything that you are thinking about consciously right now is already have establishments and foundations unconsciously. Now, because the unconscious is controlling everything in your life, we know the autonomic nervous system, the autonomic nervous system is controlling your vitals, your breathing patterns, your heart rates, your digestive system. And all of it happened without you think you don't sit there and think, Hmm, let me digest faster today. Oh, what about my breathing, I'm going to control 24 hours, my breathing, my heart rate, my all that stuff, right? Now you can do that consciously, but not forever. Therefore, you have this unconscious place of yours that's doing all of these things in your behalf, even while you sleep, including every struggle you have in life, every fatigue, tiredness, inability to access wealth, health, relationships, whatever that is for you. It's all hidden within your unconscious. Now, there is a problem here. The problem is, you have a critical mind viewers, judgmental brain that is sitting there and watching the whole time, even while you sleep at night. And this brain is designed to protect you to keep you safe at all time. So every time you try to access your unconscious mind alone without knowing what you're doing, your critical mind will say, wait a minute, we are going well, I'm going to my unconscious mind I want to bring some wealth or something. No, no, no, no, no, go back to your conscious go back to your 5% conscious brain. And this is how you get

scared you build the fear the false emotions appearing real. And then you start to build, because you're so smart, you're so clever, you start to build what we call it the misunderstanding or misuse of imagination. And when you miss use your imagination, you create anxiety. So anxiety is this inability to imagine what is possible for you, because you're not familiar with it. You're not it's kind of foreign concept to you to become rich, for example, or to become healthy, or to become strong or have a great relationship. It's unknown to you. And therefore, you have this misuse of United Nations building and anxiety over and over over time. And when you build it, that kind of emotions within you, your physical body has to respond to that. And the respond to that is really interesting, very, very interesting. We call that physical manifestation. So the physical manifestation is your body, mirroring what's happening inside your mind. And therefore, everything you do your physical body is just not going to work very well for you, because you have this huge space within you that is controlling everything that is happening in your life. Wow.

Evan H. Hirsch, MD 7:59

Great explanation. So then the next question question naturally. So this is affecting everybody. Is that correct?

Dr. Ezzat Moghazy 8:07

Correct. Absolutely. Every single human being is experiencing the same thing we were, we all went through the same development, same procedure, except we have a perception, different perception about the same exact thing. Now, it doesn't make one right and the other wrong, it just make it a perception. That's why in Native American medicine, they call it the rule of opposite, or the circle of life, they are just completing each other. They're not against each other. They're not fighting against each other. No one is wrong and the other, right, they're just completing each other. Brilliant.

Evan H. Hirsch, MD 8:49

So let's talk a little bit about quantum medical hypnosis. So how can it access and influence the parts of the mind that we can't access consciously?

Dr. Ezzat Moghazy 9:01

Absolutely. So in the very beginning of my career as a clinical hypnotherapist, I get to try different techniques, different modalities of hypnosis, some were direct, others were indirect. Now, not everybody is accepting suggestions the same. Therefore, it's really hard to allow people to accept suggestions, especially if they rejected them even before they start. Therefore, you have to think Oh, out of the box, we can create something completely different, that actually helping anyone regardless, either their emotional or physical. If they are right brain, left brain, if they are critical. If they are physical, it doesn't matter. Because quantum means unifications unified. You have two hemispheres right and left. Both are working together at the same exact moment. And they are bridging with each other. Now, it doesn't mean that you're thinking dominant Right are dominantly left, it means that your only left or your only right? That's not true. We all know that. So there is a percentage in each side that is helping you to survive to connect. Therefore, you need a quantum or unified technique to help you to bring those two together. In a state of mind, we call it coherence. Now,

coherence was a new concept concept in hypnosis that we've been able to measure during my research. And we been able to measure it using cutting edge technology is called HRV, heart rate variability. Biofeedback, the heart rate variability is measuring the space between each and every heartbeat, that space is an indication of your stress level, and also an indication of your coherence, what you think and what you feel. When you think something and you feel something else, we create what we call it incongruency, you are not in the same agreement, you think, Ah, maybe it's a good idea to be rich, but then you feel oh, but I never felt it. It doesn't make sense to me, or, oh, I want to lose weight. And I'd be healthy and strong, for example. That's your thought. But you're feeling oh, but I'd ever experienced that before. I don't feel good about that. So you rejected that. So you create conflict within the self. Therefore, you need a way to create that connections. And that's what we call it the coherence. And that's why it's medical, we can measure it actually. And when it when we can measure it. And I just want to clarify something about the Word medicine, because the word medicine has a lot of conflicts, most people don't get it, the power of that word, is really, really powerful thing, and I'll explain it to you from the Native American medicine. So medicine means your inner power. That's what medicine means inner power. And that's why each and every one of us has the medicine within the self. When the doctors, you, you know yourself, your physician, you when you prescribe a medicine for a patient, you enhance their inner energy, then enter medicine, the medicine that you give them, the medications that you give them from outside, accelerate the process of healing, make it quicker, make it faster, make it without complications that will suffer. And therefore I have a very huge respect for modern medicine. And also ancient medicine come to this table to create a wisdom and understanding. This is not one thing or another but it's all together. And that's why we need that hypnosis, that hypnosis is a phenomenon. So the therapy is a technique nobody invented. It's a phenomenon. It's a natural phenomenon, just like sleep, each and every one of us experience it and still experience it and will experience every single day. It's a very natural phenomenon. And therefore it's called Quantum medical hypnosis, it's a way to help you to access your inner energy, your inner power to enhance it to control it to take it to the next level.

Evan H. Hirsch, MD 13:07

Brilliant. So and I was going to ask you about defining hypnosis and you talked about it a little bit. But would you just say it again, just for clarity, and, and kind of talk a little bit about the difference between like stage hypnosis and clinical hypnosis?

Dr. Ezzat Moghazy 13:26

Most certainly. So let's talk first about the myth the things that that people are kind of have doubt about the hypnotist or the stage hypnosis that meant for entertainments, meant for fun time, but not for therapy. It's not a therapy method modality. Unfortunately, most people relate or kind of connect hypnosis to that, but that's not the case. clinical hypnotherapy, on the other hand, is meant to treat to help people to heal from within from that place within the self. That's called the unconscious mind. It's usually happen in a private office. It happened in a clinical environment where the patients is confident and confidentiality being kept sacred and also helping the person to access that part of their unconscious mind with no judgment with no critique with no analyzing to their behaviors. Obviously, in clinical hypnotherapy, we don't do people bark like dogs or run like chicken, not the case.

Evan H. Hirsch, MD 14:37

Excellent. And you can't you have complete control like the client or the patient has complete control during hypnosis, right? You're never going to cluck like a chicken or bark like a dog if you don't want to correct

Dr. Ezzat Moghazy 14:52

Well, that's so true. In fact, you actually gain more control when you access the unconscious mind. Using the quantum medical hypnosis, why is that we submit at the beginning, you have huge part of us called unconscious mind, the part of you that is hidden. And you have now wait no way to access that part consciously. It's just not possible, because the critical mind will stand in the middle and say, Where are you going? Well, I'm trying to access my own unconscious mind. No, no, no, no, no, go back to your conscious, you cannot do that. It's not possible. And that's actually the biggest definition or the distinguish the difference between hypnosis, and meditation. When you automated dating, you're consciously aware of your actions, you're consciously aware of your behavior, you're consciously aware of your way of responding. When you are in hypnosis or accessing the unconscious mind, you are altering your state of mind you access the Delta, the Delta brain frequency is the deepest state of hypnosis possible. Therefore, you can go away from this critical mind, you can kind of go through that judgmental brain that just been holding your back for so long for so many years. And therefore, if we want to define what is hypnosis, really, hypnosis is a phenomenon. natural phenomenon is just something that happened by itself. When you are in a deep state of hypnosis, you achieve what we call it, the REM, or em, rapid eye movement, rapid eye movement happen to people every single night naturally while you sleep. Why is that to create the disconnection this association between you and your your physical body and your brain. So your physical body to heal your physical body get to rejuvenate, refreshed, refreshed, guess how long the REM lasts for 10 minutes. That's it. So if you sleep eight hours, or 10 hours, it's 10 minutes. When you come to hypnosis therapy, you achieve that 10 minutes the rim. And that's exactly what you need. When you wake up from from the hypnosis, people say, Oh, wow, that hour felt like five minutes. That went really fast. But I feel very refreshed. I feel very energized, energized. Why is that because they have achieved the rim, that space where you can allow your body to heal naturally.

Evan H. Hirsch, MD 17:41

Thank you. So one thing that we find in our clients who are suffering with low energy and fatigue is that they have a lot of limiting beliefs, or they've got some emotional barriers that are are keeping them down. Some of these are fear. Some of them are anger, sometimes it's anxiety. What are in the people that you see who have low energy, what are some of those blocks that that you've seen?

Dr. Ezzat Moghazy 18:10

Well, the blocks is not a bad thing. That's I want to start there. So people will have kind of comfort and kind of sense of peace with these blocks. So they won't be scared. So they won't create that fear. The false emotions appearing real blocks are really good. They're pushing you forward to seek help, move forward. achieve success. Part of you is telling you right now, but these blocks are heavy, are really really heavy, some of them

maybe 900 pounds. And I've been dragging this 900 pounds for so, so long. In fact, I can see the chain is a very heavy, long chain. Now, how can you sit yourself free from that long heavy chain will guide you today in a very powerful quantum medical hypnosis technique. And I'll guide you through this process to let go of that heavy, heavy rock.

Evan H. Hirsch, MD 19:19

Brilliant. I'm excited. So I got one more question for you. Or maybe two and then we can dive into that. How much time do you need

Dr. Ezzat Moghazy 19:25

for that? Well, whatever time you you will have I am dedicated this time for you guys today.

Evan H. Hirsch, MD 19:32

Okay, great. Well, a couple of questions. So you talked about HRV or heart rate variability and how when you're when a time the number is higher, you are more coherence. Is that correct? Correct. And so what do you recommend for increasing somebody's HRV?

Dr. Ezzat Moghazy 19:52

So, the most important understanding of HRV or heart rate variability is you Your heart, your lungs, and your brain. These are the three powerful pyramid foundations of HRV. Now, when you start to build that foundation or understanding that what you think, how you breathe, and how your heart rates is going this how your HRV result will be, the goal is to have a higher number, the higher the number, the more space between each and every heart beat. And when you have more space between each and every heartbeat, guess what you breathe rhythmically, your breathing will follow that rhythm. And when you breathe rhythmically, your thoughts that train that fast, quick train will start to slow down, we call that reverse psychology, reverse reactions to the old habits, because the old pattern is thinking quick, quick, quick, quick, fast, fast, fast, fast as possible, and then bring all these things together. And you know, that didn't work. And it will never work. And so now, when you create that gap, you create a space, how to do that. You start with what you have the most control over, in which your breathing, you start by breathing. It's very simple. I'll teach you a very powerful technique today. Are you ready? Yes. Now, I want you to breathe in, in the count of 41234. Hold all that air in every gap, every space in your body, around your neck, underneath your chest, beneath your arms, every gap possible. Just hold that air there and let go in the count of 812345678. How do you feel? Relaxed? Good. Imagine doing this every hour. I'm not asking you to do miracles. I'm asking you to do what you do anyway, you got to breathe in. That's why you're alive. That's why you're here. All that you need to do just flip the coin. The counting is really, really important. When you count slow, in the four in an eight out, you're sending signals to your brain saying I am safe. I am secure, I am able to let go easily. And slowly. Your brain will send another signals to your body through two powerful hormones serotonin and dopamine saying, Oh, I feel good

hormones. And guess what these hormones will do? They will open your vessels create visor dilatations. And when your vessels are open vasodilatation your heart will do what? Slow down? Slow down. See that's the second color. And when your heart starts to slow down, your heart is directly connected to your brain through the long long cranial nerve, vagus nerve, saying hey, brain, we're good. Here we are good. There we are. Oh, I think we are good. Okay, slow down that train of thoughts that trace. I don't need to urges I don't need to run. There is no line is chasing me. I am safe and secure. And this is how you rewire reprogram your unconscious mind. Thank you.

Evan H. Hirsch, MD 23:50

So you mentioned that was like the second pillar. And so is that part of the 17 that you have in the quantum medical hypnosis techniques? That's

Dr. Ezzat Moghazy 24:01

a good question. So the 17 self hypnosis techniques that are available in my book quantum medical hypnosis are designed to help different people with different symptoms, different outcome and therefore you cannot really practice the 17 exercises at once. What I suggest to for you to start simple, don't overwhelm yourself, start with a one thing and master it. Now once you finish that, then go to the next one, and then go to the next one. The reason why I have 17 So during the research I did I found a 17 different behaviors 17 different perspective 17 different mindsets. Some people are critical. Some people are physical, others are emotional. You will see these 17 different varieties and for each and every one of them They are covered with a different technique and different strategies. And one of them that will help most people is the three pillars, the breathing, the heart rate, and the way of thinking we call that the state of coherence. If you can just do that. You can just do that once a day, once in the morning, and once at night, you will create a wonderful, wonderful mindset for yourself. Excellent. And

Evan H. Hirsch, MD 25:29

so. Okay, so you told us about the the 17. And you told us about the three pillars. Okay, great. So let's jump into the the practical portion that you offered, which is great. We have about five or 10 more minutes left, will that be enough time?

Dr. Ezzat Moghazy 25:48

Absolutely. Yes, I'll show you how, how in five minutes, you can achieve a state of coherence. Let's do it. All right. So what I would like for you to do is before you listen to this portion, don't drive a car or operate heavy machinery, because you will experience a wonderful relaxed state of mind in just five minutes now, I will likely need to do is give yourself permission to close your eyes. Because when you close your eyes, your mind will be open, wide open. And imagine what the power of your imagination is as you're looking up to the Da da bar of your head that there is a window sliding window and the window is opening. Slowly though, as the window is opening, slowly sliding window. The sunlight is coming through that window. The down into your mind. Breathe in and deep and slow. Three to five times. Allow that fresh air to come inside your mind. And just feel

the air on your face. And the warmth from the sun on the top of your head. Tingling down behind your ear, through your neck into your shoulders. Relaxed your shoulder. Drop them down as down as possible you'll experience something really interesting that your chest is also dropping down. And your back muscles are also dropping down. melting away. Your arms, your hands, your things become limber, loose, and fingers you have a nine a seven, six Symfon 4321 your hips, your knees, your feet. Relax your toes and relax. God feel your toe. Relax. Just nod your head yes. Excellent. You're building the mind body connection now. And I want you to forget about that fully and completely. Because from now on, you will feel even better and better. You'll feel more energized, refreshed. You'll feel more and more comfortable as you disconnect yourself from your surroundings. The noises, the sounds and the voices. Even my voice I want you to wander because now you have no meetings to attend. For people to answer For anything really to do, just for five months, think about something, make you smile. Whatever that is. Maybe a situation, an event, a person, when you see your smile, maybe the kind of food when you see your smile, when you smell your smile, maybe a drink, perhaps a song, or a movie. Perhaps something when you touch, it's just make you smile, perhaps your dog or your cat, or something else.

Dr. Ezzat Moghazy 30:46

It doesn't matter what it is, what matters is your smile. And I want you to anchor that smile. By squeezing your right thumb and your right index fingers together. Each and every time you bring those two fingers together. We'll smile. That's right. Because smiling is good. It's good for your heart. Good for your mind. Good for your body, and good for your life. And now, I want you with this beautiful, lovely smile, to bring it up and out with you. So you can use it in everyday life. Zero is always deep sleep. But one is a wonderful feeling. Two and Three. Whenever you are ready, and your unconscious mind is ready. Five, you will open your eyes wide awake at answer adjustable state of mind feeling wonderful, relaxed, calm, energized, like never before. Thank you.

Evan H. Hirsch, MD 31:59

Thank you. That was quite lovely. Thank you and see if I can finish this interview. So relaxed. And and there. And a lot of the suggestions that you were making are encouraging in the body, you can use those for different physiologic processes as well. You talked about like Vaser delimitation before. But like you can build up more mitochondria and increase the number of mitochondria and you can boost up the the hormones that may be deficient. Increase the detoxification of the body. Is that correct?

Dr. Ezzat Moghazy 32:44

Absolutely. Absolutely. 100%

Evan H. Hirsch, MD 32:47

wonderful. You got Yeah, that was that was really lovely. You're very good at that. And your your voice is perfect for it as well. Yes. All right, great. So let's talk you've got a free gift for people in our community, which we're so grateful for this is crazy valuable. So um, we're gonna drop the link below and in the show notes. And so you want to tell people what this is?



Dr. Ezzat Moghazy 33:16

Most certainly. So this is a small gift to say thank you for being you. And it's \$50 gift to towards any audio hypnosis available on my best healer audio hypnosis library. And the code is \$50.05 \$0 uppercase, no space, and you can use that towards any audio you what you prefer. And I hope that you will enjoy it and have a pleasant experience and a wonderful life.

Evan H. Hirsch, MD 33:55

Yeah, and just to give people an example of what's available, there's things for joy and happiness, relaxation, self confidence, stress, love and acceptance, anxiety, immunity, optimism, life purpose. So many good things, smoking relief. I saw one for tinnitus, which is a big problem for people in our community because it can come from molds and other infections, self actualization. So sleep, so lots of really great opportunities. So I definitely encourage people to to check that out. And if you like what you hear, where can where can people go to learn more about you?

Dr. Ezzat Moghazy 34:48

They can go to my best healer.com my best healer.com They will learn all the informations that they need. The website has the email address the phone number, and also the contact form and I'll be more than happy to, to help the community and supporting them. And just I want to say something even more. Now, I would like to even to offer your community a free consultation. For each and every one come from your community, I'll be more than happy to help and support them with any questions that they might have in mind. I'm here to help answer.

Evan H. Hirsch, MD 35:29

Brilliant, so definitely check out my best healer calm and get connected with Dr. Mikaze. That's all I got any last things you want to say to our audience today.

Dr. Ezzat Moghazy 35:45

I would like to say to every single person out there, just to remember that everything you need is already available within you. Thank you.

Evan H. Hirsch, MD 35:59

Brilliant. Well, thanks so much for joining me here today and providing a ton of content to our audience. I really appreciate it and keep up your wonderful work in the world.

Dr. Ezzat Moghazy 36:09

Thank you so much. Appreciate it.

Evan H. Hirsch, MD 36:14

I hope you learned something on today's podcast. If you did, please share it with your friends and family and leave us a five star review on iTunes. It's really helpful for getting this information out to more fatigue people who desperately need it. Sharing all the experts I know in love, and the powerful tips I have on fatigue is one of my absolute favorite things to do. If you'd like more information, please sign up for my newsletter, where I share all important facts and information about fatigue from the foods and supplements to the programs and products that I use personally and recommend to others so that they can live their best lives. Just go to [fix your fatigue.com forward slash newsletter](https://fixyourfatigue.com/newsletter) to sign up and I will send you this great information. Thanks for being part of my community. Just a reminder, this podcast is for educational purposes only, and is not a substitute for professional care by a doctor or other qualified medical professional. It is provided with the understanding that it does not constitute medical or other professional advice or services. If you're looking for help with your fatigue, you can visit my website and work with us at [fix your fatigue.com](https://fixyourfatigue.com) And remember, it's important that you have someone in your corner who is a credentialed healthcare professional to help you make changes. This is very important, especially when it comes to your home. Thanks for listening, and have an amazing day.