

Standing in Truth as a Practitioner

Pt 1

9.20.23

We develop stories around healing.


We keep telling the same stories over and over until we are bound to the narrative.

Yet we think we need to learn more.

More facts.

More information to make everything connect and make sense.

Learning more will make us better and more successful.



Learning about facts is different
than learning about how a person heals.

Learning about facts

Helps us grow

Keeps us thinking

Expands our knowledge

Learning about how a person heals

Uses their unique body

Uses their unique story

Can only learn as you go

**These two things each have their place,
but they are NOT the same!**



How does cortisol affect the thyroid?




This is why we investigate the client and the things we know for sure.

We can count on these things to be true and factual, and we can build thoughts around them that CAN support the client.

How much do you need to know?

We can theorize all day but will any of those theories act as a magic bullet and change the life of our client?



Everything you need to know to help a client learn to heal is
something you already know how to do!

The **ONLY** thing you're missing is consistency!

“I fear, not the man who has practiced 10,000 kicks once, but I fear the man who has practiced one kick 10,000 times.”


Bruce Lee

Stop obsessing over what you don't know
(or what you think is out there but you're missing it)
and focus on learning how this one unique body heals.

This doesn't mean learning more endless facts.

Keep learning how this body functions.

Keep listening to your client and their story.



Teaching them more and more info is holding them back because you are creating the same FOMO and information overload that you yourself may have.



You don't need to learn more cutting-edge health info or nutrition strategies to teach your clients.

You do NOT need to learn more facts.

You DO need to get solid on the ones you know!

We need to be REMINDED about the consistency of the things we already know

MORE

than we need to be taught more facts.

So do our clients!

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You will be reminded, not re-taught.

You then create that same experience for your clients.

You're going to remind them to use their own wisdom and insights.

You're going to teach them simple methods and processes that they can use consistently and then, keep reminding them to use these tools and stay on track.



Less teaching.


More reminding.

More consistency.


Standing in Truth as a Practitioner

Pt. 2

9.27.23




We have talked about working with the fundamental concepts of healing in a consistent way but there is one deeper concept to know so you can fully stand in your truth as a practitioner.



This is a significant truth that
carries the secret of what we do.

How can we recognize it?

Look around you and ask...how are others practicing?



Many say, “I use herbs or vitamins or minerals and therefore,
I am a holistic practitioner.”

Many say, “I use herbs or vitamins or minerals and therefore, I am a holistic practitioner.”

This way of thinking that just because we use a natural remedy, we are instantly a holistic practitioner is **NOT** correct.

What makes a practice “holistic” isn't based on the types of natural supports one uses...

it is the approach, the philosophy...

it is the method of **HOW** they are used that makes a practice holistic.

You are either treating symptoms allopathically
or you are teaching the person how to
heal themselves holistically.



It doesn't matter if you practice Naturopathy, functional wellness, homeopathy, herbalism, TCM, etc.

It doesn't matter whether you use plants, vitamins or minerals.

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It doesn't matter whether you use plants, vitamins or minerals.

The question is **how** you are using them...
are you allopathic or holistic?

There are only two choices, and you are defined by your choice.




This isn't about which is right or wrong as both are necessary.

This is about how you tell the world you are choosing to work and if it is holistically, it means certain things.

This alone is what separates you from all other coaches and practitioners and their ways of thinking, especially about how the body is able heal.

To throw supplements at symptoms is **NOT** believing the body can heal itself.

That belief stems from thinking you can fix the person because the supplements will heal them, similar to how medications are used.



You are either the healer or
you are the person teaching others to heal themselves.

You can't have it both ways.*

Caveat: This is not to say that someone working in an allopathic venue can't work holistically as well. Again, it is the mindset that separates these two methods. The professional must determine what that person needs...health care and medical treatment or learning how to take care of themselves?

Which is the priority in that moment?

Could someone who has come through a medical crisis (allopathic support) now start working to make changes to keep their health improved (holistic support)?

Caveat: What if you get sick? You increase the supplements to support the body AND you might also take something to make yourself feel better, to lessen the symptoms.

This is targeted relief, not a daily approach to living well and NOT covering up symptoms.

When you relieve suffering you relieve stress. Is it allopathic? Yes

You are either the healer or
you are the person teaching others to heal themselves.

You can't have it both ways.

**This is also why it is critical to your practice to have the right client
who will work with you, not the client who wants to sit and wait
for you to heal them.**

It is the right client who understands that they got themselves into this place of poor health by their choices or circumstance and it will be themselves, with your guidance, to work to regain their health by making choices that support them.

"We cannot solve our problems with the same kind of thinking we used when we created them." *Albert Einstein*

***We are teaching the client a different way to think,
a way that results in true healing.***

You might not fully get this yet.

You might not see the distinction or understand it.

Maybe you can repeat the right words,
but your actions and first responses are still allopathic.

Maybe you believe in this method, but you don't know how to
master working with a client in any other way than treating
symptoms with supplements.



Don't be afraid of that and don't let it hold you back!

You can and will get this concept, this change in perspective.

How do you move from an allopathic to a holistic perspective?

Look at the wholeness of the person, which is not just a symptom or condition they have, it is their whole life, their total experience.

Balancing how the body functions is the key to helping our clients.

The common thread to all holistic support is recognizing what changes need to happen fundamentally and keeping those changes consistent.

There are no shortcuts...you must examine diet, lifestyle and environment and how physiological function of tissues and organs are affected by each of these.

Changes in these areas may allow function to be restored and herbs/vitamins/minerals can **support** during the healing process, but they themselves are **NOT** the healing process.



Now back to the question...how are others practicing?

Are they focused on allopathically treating symptoms and labs and conditions with natural remedies?

Can you see the difference between allopathic and holistic work?

Knowing and learning about the person is hard work and takes patience and compassion and effort.


It is much easier to practice allopathically and use supplement to change lab markers and symptoms.

Which path in practice will you choose?

Standing in Truth as a Practitioner

Pt. 3

9.29.23



Working with consistent methods and with the whole person is the key to working holistically and teaching a person real healing skills.


One big truth you must understand and accept...

Helping to teach a client about regaining their health is not contingent on supplements or lab work.

So, what is the answer?



The results will not change until the habits change.



Working with consistent methods and with the whole person is the key to working holistically and teaching a person real healing skills.

What does that look like?


Example: Heart palpitations...why?

Underlying cause list – we could hypothesize many things that physiologically would fit for the condition of heart palpitations

Client admits to not hydrating well – this habit must be changed for health regardless of constipation, but does it help the condition?

Maybe yes, maybe no...we aren't treating conditions, but we ARE giving the body the tools it needs for healing.

Hydration must happen regardless of ANY symptom.



How does relieving heart palpitations start to help balance the rest of the body?

The more important question is, how is hydrating helping to balance the rest of the body?

Regardless of the modality, the belief is the same...

In TCM, it is the balance of the 5 Elements...

In Ayurveda, it is the balance of the 3 Doshas

*“Imbalances in the doshas are generally caused by **unsupportive diet and lifestyle choices**, as well as stress or emotional trauma. These disturbances tend to upset the natural state of internal equilibrium represented by one’s constitution.”*

Poor hydration is a lifestyle choice...



This leads us to ask:

Why do most people believe that healing can take place without changing diet, lifestyle or environment?

Why do most people believe a pill (medication, vitamin, mineral, herb) can alone heal them?

John Fielder:

"We are up against the essential deceit of the great majority of orthodox and unorthodox treatments—that the patient can be healed by paying someone to "take away the disease" without involving the patient in either physical or mental exertion.

These treatments do not recognize that the disease is a part of the patient—not something which has made unlawful entry into his body. It is nothing more heroic than a state of filth and disrepair into which the patient has allowed his system to fall. The main causes are the patient's own behavior, character and environment.

None of these is significantly affected by the purchase and consumption of a concoction which may jolt the body into some form of physiological reaction."

The results will not change until the habits change.

Making the right choice...


Clients are often stuck when what they want, conflicts with what they should or are expected to do.

Client, you know your choices and one of them will be hard work, which is why you feel a conflict.

It is difficult to get to know the whole person from an initial consult or even a session or two.

Understanding how this person arrived at this very place takes two things:

Time and Investigation



Starting with small steps in the foundational work allows both you and the client to see when small changes happen and figure out WHY they are happening.

The client learns from this, how their unique body functions and their body's needs.

You learn along with them. This is how you guide them.

The most important question to answer is:

What does their unique body need to function well everyday?

We first start with the fundamental things that ALL bodies need and THEN, we look to the more bio-individual needs, which is why the client story, the labs, the symptoms, and the timeline are all important.

The Step Back Method

We are stepping back to learn:

- How to see the whole person
 - Not just the condition or symptoms
- More about the whole person
 - This gives us a chance to develop investigative questions
- What we know for sure
 - This gives us a place to start working with the person
 - Results here adds to data we can collect to learn about the person
- We are preparing them for the effort that will go into changing to consistently healthier habits.



As we start working with them, we are using foundational support.

This doesn't require a lot of thought on our part or effort on their part, but it does help us both transition further into the relationship to do any deeper work that is needed.

As we do, we both learn the specific needs of that person.

The PATH Method

- PREPARE
 - Gather client information
- ASSESS
 - Use the Step Back Method
 - Develop investigative questions
- TEACH
 - Teaching is not talking “at” the client
 - Ask questions to get them involved
 - This helps you learn about them and for them to learn about how their bodies function
- HEALING
 - The client learns about healing clues from their own body
 - This is a process where the timeframe for healing is controlled by the client’s body

“How are you today?”
“How much stress do you have?”

Vs.

“Tell me about your day so far”
“What things bother you the most during your day?”

Asking yes or no questions or those that only require short answers
won't always succeed in getting you the data you want...

Health doesn't decline for no reason and many times, it takes years before symptoms are shown, reflecting a low level of vitality.

48 y/o woman, severe fatigue

Symptoms started two years ago...
what happened?



"I just started getting really tired."

What happened 10 years ago?



"I got married and bought a house."

Tell me about your marriage.



"We split up within two years and I had to work two jobs to hold on to the house but lost it in the end. It was okay as I saved some money and could go back to school to finish my degree, but it has been hard to find a decent job."