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## **Introduction and Overview of the Autoimmune Disorder Program**

Jessica Ortner: If you are struggling with an autoimmune disease, you are not alone. There are up to a hundred different autoimmune illnesses known to date, and they are impacting over 23 million Americans. That number is on the rise. This program was created to support the healing process. You have more power than you realize. I want to remind you to please read the disclaimer and remember that this is not a substitute for direct medical advice from your doctor. When you suffer from an autoimmune disease, you not only suffer physically but also emotionally. An autoimmune disorder occurs when the body's immune system attacks and destroys itself, leaving people feeling like their own body is betraying them. Finding emotional relief will not only create incredible physical benefits but through finally finding peace and confidence, you can begin to easily make choices that best support your health and your wellness. This is going to be a transformational experience. It is time to learn how to create a powerful relationship with your body so you can have these incredible, extraordinary results.

I am New York Times Best-Selling Author Jessica Ortner, co-founder of The Tapping Solution, and I will be joined by Dr. Kim D'Eramo. Dr. Kim is a physician, speaker, number one best-selling author of *The Mind Body Toolkit*, and founder of The American Institute of Mind Body Medicine. She is board certified in emergency medicine and trained at Emory University's Grady Hospital in Atlanta. She attended medical school at the University of New England College of Osteopathic Medicine where she also completed a fellowship training in osteopathic medicine centered on the mind-body connection and the body's ability to heal itself. I am so thrilled to join forces with Dr. Kim. She is an incredible human being with an incredible amount of knowledge. And again, I am so happy that she is with us. Welcome Dr. Kim.

Dr. Kim D'Eramo: Thanks, Jessica. I am so excited to be connecting with you. This is going to be amazing.

Jessica: I have no doubt it is going to be amazing. And I wanted to create this program because we have seen the incredible results people have and the reason I wanted to create this program with you is that you have a vast amount of knowledge, being a physician, but you also are very passionate about this topic because of



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your own personal experience. So I already went through your really fancy credentials, now I want to learn about you, about Dr. Kim. Why is this something that you are so passionate about?

Dr. Kim: Well, I have been interested in how the body heals itself and how the mind and body are connected, and just fascinated with this since I was really young. But when I went into medical school, which was really to learn more about this and what is happening in there and this fascinating world of creativity, I started to – we are focusing on pathology and disease and all the things going wrong in the body and how to fix them. What I started to see right away when we started studying all these different diseases in every organ system in the body is that my body started responding to what I was paying attention to, what I was studying. So in the cardiovascular system I started having heart palpitations and fluttering and in the digestive system I started having constipation. My body was directly responding to the pathology I was focusing on. And so it didn't really occur to me for a while what was going on in my body and it was a couple of years later, like my third year of medical school. I was about to go out on clinical rotations in all the different hospitals and my body started falling apart. I just felt like everything was breaking down.

Things got a lot worse. I started having pain in my joints, muscle spasms, pain in my back, pain in my neck, and I also started feeling tired all the time. Like, not just normal tired, let me get extra sleep and take it easy. It was like just abominably tired, like exhausted. And it kept going on for months and months and months. So other things happened along with this. There was bloating, some weight gain, I was on and off having depression. Then I started seeing all these different doctors. I grew up in Boston, a very conventional background for how you are supposed to handle things medically. But all the doctors that I saw, they couldn't find out what was wrong with me. I would have some abnormal test results, maybe it's your thyroid, maybe it's your immune system, we don't really know. Maybe it is some form of late-onset juvenile arthritis. No one could really figure it out and a lot of the doctors would say, 'We are going to put you on antidepressants because this is probably all related to depression.' In the beginning of it I wasn't even depressed.

So I felt completely hopeless. With all of the avenues I was trying so hard, I was just trying to turn every stone. I was very versed in what is now mind body medicine, but it was more mind over matter, you can overcome this, you can heal yourself, like somehow I could just push myself and I should be doing better than

this. I should be healing my body, I should be overcoming this. Come on, just keep getting up. And it was almost like I was fighting my body and my body was not responding favorably. So after over a year of this search and these symptoms just kind of getting worse and worse where I finally went to this infectious disease doctor because everyone said, ‘You have got to have some weird infectious illness. This person will find it.’ They didn’t find anything, but he said, ‘You know what? You have allergies. This is your immune system. I know this because my young daughter has allergies and she feels miserable. She has all these different symptoms, this is what is going on for you.’ They were like chronic migraines, sinus infection, a whole bunch of stuff. So I kind of felt a little hopeful, like okay, maybe someone is going to make a diagnosis. So I went to this top allergy guy, a Harvard-trained doctor in Boston, and I remember sitting there after they did all these lab tests and injected up and down my arm and up and down my back. I flared up to everything. And he sat down and just proceeded to tell me, ‘You have severe allergies, these are all the medications you need, and these are all the precautions you need to take. These are the cleaning solutions you can’t use. Don’t have rugs, don’t have curtains, and you have to reform your whole life.’

I just sat there, about to turn into a puddle, seeing my entire lifestyle wash away – being an avid runner, being a medical student, moving to a different hospital every month. I can’t control if they have old rugs or what kind of cleaning solution or curtains. It was like oh my God, this is all coming to an end. Then I just took a deep breath and said, ‘You know what Kim? This is not your answer. You don’t have to even believe this. Yeah, you have this thing where your body is reacting, but let’s look into why is your body reacting? Why is your body so flared up? Because there is a reason. And you can find what that is and get to the source, so let’s explore there.’ And that day just changed the whole thing because I knew that I couldn’t keep exploring that avenue. It didn’t really have anything for me other than that medical solution, which I knew was not my answer. And I wasn’t willing to go there.

So I started to develop a different communication with my body – okay, we are going to team up and I am on board for you. Whatever you need, I am ready to open and learn and let’s go in here. I took a whole new approach with how I was kind of trying to fight and overcome this illness, and instead to begin to open and learn. And in just ten days of applying what I now teach in Mind Body Medicine is I reversed all of my symptoms. I had no more migraines, no more infections, no more pain, and no more fatigue, which changed my life. I felt energized, I started



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running again, my weight just shed off – once you shift your chemistry that is what happens. So in that short period of time it just changed everything for me and this is now the foundation for my entire medical practice.

Jessica: That is what I admire so much about you, that you have all of this knowledge from studying traditional medicine and you are able to combine that with everything that you know about mind body medicine. I definitely want to dive into why you think tapping is such a powerful tool, but before we go there I would just – I think it would be valuable to get some clarity around the science behind mind body medicine and what you really mean when you say mind body medicine?

Dr. Kim: There is a study – it's a whole field, called psychoneuroimmunology, or psychoneuroendocrinology. And back at Harvard University, like in the 80s, Dr. Joan Borysenko, Dr. Herbert Benson, they started exploring this – how our thoughts, our mind, and our patterns of thinking, being, and believing are chemical reactions in the body, that not only affect our nervous system but that also affect our digestive system, our endocrine system, all of our hormones, our energy level, our balance. That immediately and directly impact our immune system. In fact, these chemicals of our thoughts, beliefs, ideas, the chemicals of our nervous system, they are actually the same chemicals that are floating around and communicating in our immune system and our endocrine system. They weren't separate at all, they are impacting each other and they are communicating with each other. So it will affect your level of health and all these different levels, how you digest food, how you break down food, absorb nutrients, eliminate waste, all of those things are immediately impacted by the quality of your thoughts. So when we use tapping to shift our emotions, which is really the sum total of you feeling the result of your thoughts, we are having a powerful point of leverage to shift at that core level what is happening in that imbalance, the imbalance in the immune system, the imbalance of the hormones and the endocrine system, the imbalance of your weight and your energy and your digestive system, so mind body medicine is really that foundation of psychoneuroimmunology and there are just thousands and thousands of clinical research studies in the medical field that explain how this works.

Jessica: So I want to hear now about tapping. It is something that you are really passionate about and I know you also teach a lot of different tools. Why has tapping become such a big part of your practice?

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Dr. Kim: Most of our thoughts we are not aware of, Jessica. I mean, they are floating around and they are like records playing in the background. The more conscious we become, we are aware of them. But for 95% of them, they are subconscious and we are not aware of them. So they are like these autoprograms that are repatterning everything we experience. To become aware of them, we can become aware of our emotions and how we feel. How we feel will be the result of the quality of our thoughts. So if we can help people connect with, or become aware of, and then shift their emotions they are reversing and unwinding the effect of those thoughts and they are also changing the way those thoughts communicate in their brain, at the level of the amygdala. That is a part of your brain that sends fight or flight signals, turns on your stress response. It is like setting off all the alarms. There is a problem here. And that stress response gets kicked off by the amygdala anytime something is new, like a new belief, a new idea, or new information coming in, or unfamiliar.

So when you are growing and exploring, your body doesn't need to be in fight or flight because there is no real threat, but then we live in this state of ignition. We are activated. That activation of the fight or flight system will help us in the short term, like a matter of seconds or minutes. But most people are living in this state almost 100% of the time, so using tapping to connect with our emotions allows us to shift them, allows us to change our beliefs, and allows us to repattern that signal at the amygdala in your brain.

Jessica: So I am sure people are hearing this and they are beginning to understand that if we look at the emotions that we are feeling and we relieve those emotions that we begin to have these physical benefits. And still we live in a world where we weren't brought up understanding this. I mean, I have to be honest that I still see the results people get with tapping when it comes to physical pain and different illnesses, and it shocks me. I mean, I am still surprised every time because I just didn't grow up thinking like this. So I think something that is helpful is to hear these stories. Do you have a story that you can share with us? Maybe a moment when you went, wow, this really works?

Dr. Kim: I have had so many moments of that and I have felt the same way because even though you and I explore this on a daily basis we have all been indoctrinated into the belief that our body is a physical thing, it is not changing, our DNA is the way it is and we can't change it and we have to use chemistry to change our chemistry. So take all these toxic drugs and substances but what we are really entering into is a whole new paradigm where we can shift these things at the root cause. I had a

patient who was diagnosed with autoimmune illness. She actually had multiple diagnoses. And sometimes there are all these acronyms because there are just hundreds of new autoimmune illnesses being created by the day that are specific to each person's syndrome. And she had autoimmune – let me think, she had thyroid disease, fibromyalgia, and chronic fatigue. Then she had another new acronym. So her fascial tissue, her connective tissue, was inflamed. So she had chronic pain and chronic joint pain and headaches, very similar to what I was experiencing. And she was just devastated. She couldn't play with her kids anymore, she couldn't work in her career anymore so they weren't making money, her marriage was suffering because her husband was trying so hard to help her but she wasn't really participating. She was pretty depressed.

Within a matter of weeks of working with her we were able to repattern what was happening. Basically it is a way to let your body get the energy it needs to heal. So changing the mindset, changing your inner communication, shifting these emotional states that are toxic begins to open you up to new energy. So the first time I did tapping with her she instantly felt better. She felt more energized, more hopeful, and she actually felt completely inspired. She also had no pain. Now, her pain was sometimes coming and going and so that wasn't a completely unheard of thing but she felt ease of motion, she could move around, and she said, 'I get it. I get where this is coming from. I can change this.' She kept meeting with me intermittently and doing the tapping on her own and over a period of months she no longer had the diagnosis of autoimmune illness, no longer had the imbalances they found on her lab results. She was able to be in her career again but she found a way of doing it that she liked even better. It was like more of an expression of what she really wanted to be doing. And just her relationship with her kids transformed, her relationship with her husband transformed, and she just felt like, 'I'm free, I'm free to really live my life.' And that was through the work we did together and the tapping.

Jessica: That is incredible. One of the reasons that I like that story is that you shared that she began to do some tapping and she experienced relief. So she had more relief and she had more flexibility, and even though the discomfort came back she was able to tap again and find that relief. That is such an important point because too often people find relief and then say it comes back again and they think, 'Oh, it didn't work,' then you, yourself, without taking any medication created relief. That is something to really acknowledge because it shows us, like you said about your client, the possibilities. Then we can continue to dive deeper. So I hope as



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people go through this program and they begin to tap that we acknowledge those little wins and those moments of progress.

Dr. Kim: That is one of the most important parts because when you do that it creates morphologic brain changes. It actually creates new neural pathways every time you acknowledge either just something simple like, ‘Wow, I have 20% less pain right now. I am going to just acknowledge that.’ Or something else, like anything in your environment. Wow, how beautiful the trees are right now. It brings you into a different brain firing state that supports your health and sends off chemicals that help reverse disease. It balances your immune system, it balances your endocrine system. And those things happen immediately. Practicing them over time will instill that as your new normal.

Jessica: Yeah, feeling good is good medicine. So another thing that you mentioned with that story was you said that she felt clear. This is something that I think is important to highlight as people go through this program. So yes, they are going to experience a physical release and they are going to experience what tapping – how it improves their physical health. But something that is just as important is having those moments of clarity because when it comes to supporting our health it is about emotions but it is also about having the right nutrition, taking care of ourselves, resting. And those things are so impossible when we have so much worry and anxiety that we are staying up late at night and we are not sleeping, or we are so panicked that instead of questioning the doctor and trying to find another answer, we just throw ourselves into whatever our neighbor tells us to do. I think when we come from a place of peace we are so much more resourceful and we have the ability to create a system that supports us for years to come.

Dr. Kim: It’s a key to empowerment because once I got leverage in understanding how I can help my body respond in a positive way and now I held the keys. Before that it was like, ‘I don’t know what to do, I don’t understand why this is happening.’ But when I started to connect with that depth of where the disturbance was really going on, like in my own thoughts and my own emotions, my own patterns, the way I related with the illness, which I felt devastated and overwhelmed, and that was creating the chemicals that made me sick. So this gave me a huge leverage point to realize okay, it may take some practice but I now have the tools and I have the key.

Jessica: Absolutely. Well, there is a separate audio where people can learn exactly how to tap, but right now I want to take this introduction to begin to understand better



how it works. Obviously, for tapping to work we don't really need to understand exactly how it works but I think it is a very fascinating conversation and I also know that as time goes by there is more research around why it works. But from your understanding as a doctor and all the experience that you have, when you are working with a client and they are tapping, what is really going on in the body?

Dr. Kim: There are a few different ways I can explain this and one is that it basically turns off the records that are already playing so you can insert something new. If you are thinking, 'Oh my gosh, my life is terrible, this is miserable,' and then you bump into, 'Oh, everything is great, I can heal.' It is just not going to go in. You have to kind of tune down what is already playing so you can make space for a new thought or a new idea. It is a new way of perceiving things. Your amygdala, the part of your brain that kind of stimulates that fight or flight kind of toxic, chaotic chemistry, is directly impacted when you do the tapping. So there are meridians throughout the body and your nervous system, the brain will send information out to all the areas of your body and it also receives information coming from these areas of your body. So you are tapping on different areas and giving new information to your brain. That tapping will just kind of shield that amygdala activity out, put it a little bit on hold, so that you can engage in a new pattern. So the inflammation will decrease, your stress hormones, cortisol, which is known to be the underlying chemistry that is causing cancer and diabetes and autoimmune illness, specifically, will decrease. We literally decrease those hormones.

So it is a really important tool to have to be able to change that brain firing, put that stress response on hold, turn off that stress response so that you can upgrade the information going in, the information that you are perceiving.

Jessica: What I think is so fascinating is that so many of us intuitively do this. You see that when someone is stressed out they will put their hand on their chest or they will grab or touch their eyebrow points or the side of the eye and it is like we know that these are points that help calm us. The other thing I always like to share that I think is so interesting is well is that if we really stop to think about emotions and we think about anxiety or worry, that stress, it is not inexperience that we feel in our brain. We feel it in our body. People get that twisted, uncomfortable feeling in their stomach or that pressure in their chest. So to kind of be battling with yourself in your head, trying to calm yourself down, when your whole body is having a reaction, it is just not effective unless we bring it a modality that uses the body.



Dr. Kim: Everything we experience, we experience in our body. So even when people have relationship challenges or stress at work, no matter what is going on out there, the problem you have with it exists in your body. That chemistry, that wiring that is patterning you into a no-win situation. So this tapping helps for all of those aspects of your life, which of course feed into autoimmune illness as well. So unwinding the distress you are having on all these different levels is really, really a key to reversing the autoimmune illness.

Jessica: You mentioned earlier and I love this, that when we tap it is like we are able to stop that negative recording and release it so there is room for another way of looking at things. It kind of ends the struggle that we have. I know a big part of tapping and what we are going to be doing in this course is discovering some of those emotions, some of those beliefs that are holding us back. And for many people it is very uncomfortable at first to stop and take a moment and take a look at these things. There can also be a resistance because if we have been in say the self-help world and we are trying to be positive there is this idea of I don't want to bring up all the stuff, I don't want to open this can of worms. What if it gets worse? What if, by saying it out loud, I am reinforcing it? What would you say to someone who, in the beginning, feels uncomfortable about exploring this topic and maybe admitting how they feel if how they feel isn't the most empowered state?

Dr. Kim: There are two things. One is to really get a glimpse of how limiting your illness is. Like, staying where you are – what is the result of that? What happens in my health? What happens in how fast I am aging? What happens in when I lose out with fun activities? But then look at what am I losing in my relationships? What am I losing in productivity and accelerating in my career, doing what I really love to do and doing what I am best at, getting my genius out there, looking at all these other areas and then weighing up the cost and actually feeling the pain of not changing that will immediately give you the courage and the strength, which is important to have – the willingness to go through the hard thing.

The other aspect of it is sort of the opposite, like what is your big vision? If we were to wave a magic wand and release you from the bondage of this diagnosis, where do you get to be? What are you doing in the world? Who are you getting to play with? What are your relationships like? What is going to be the result of your work and your money, and all of these areas? Where are you 20 years from now? And you can create a big vision, which is one of the important things you would

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want to do. When you anchor into that, just thinking about that, then your mind doesn't know the difference between the real and the imagined. Just thinking about that changes your chemistry and changes your brain activity. It gives you sense of inspiration. So that energy can be used to go through the hard road and sort of the dark night of the soul. And either of those two modalities will give you the inspiration, the courage, and the strength to move forward.

Jessica: Right, I love that. So being clear on what you are moving away from and what you are moving towards. The other aspect of saying these things out loud that are negative is that with these beliefs you are not reinforcing them, they are already running you unconsciously. If you suddenly discover through this program that you have a certain fear or a certain belief that is holding you back and in that moment you feel it more than ever, you feel it in your body, by saying it out loud and tapping you are allowing yourself to release it. You are giving it a voice so that it is no longer controlling you unconsciously. So feeling these feelings in the beginning as you begin to tap is the process of relieving them and tapping makes it so much easier so you don't have to go deep into that pain because you are comforting yourself with this process. So it is important to say don't fear those feelings. If something is coming up for you it is because it is ready to be cleared.

Dr. Kim: And also a lot of people will ask me, 'Hey, Dr. Kim, you always say what I focus on, like where my mind goes, my body follows. Why do I want to stop focusing on the problem or the negative thought or the negative healing?' What we are doing is we are instilling the essence of this, 'I love and accept myself unconditionally.' Now, what is that? That is an energy of love, of acceptance, and it is a relaxation. So what you are doing is even though I am totally scared to death that maybe this bad thing will happen, I am going to allow my body to be totally at ease. So now those thoughts and those idea or the things that trigger them come in, as they inevitably will, and you get to be at ease, relaxed, and healthy. That is how your body reverses that pattern. So now it is not like, 'Oh my God, I can't think those negative thoughts. I have got to be positive.' You can allow all the thoughts because it is all – you have integrated all of them so they no longer trigger your fear response. That is what we are doing with the tapping.

Jessica: That is so liberating, so liberating. This last question I have to ask because it is so common. People want to know – how long does it take to get results? What can someone expect from this program?



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Dr. Kim: I have, most of the time, seen people have immediate results – meaning right after they do the tapping they feel better. They don't have symptoms anymore. I would say almost 100% of the people will have a shift, whether it is like whoa, it just got louder, or wow, it got less. And then we continue to do the tapping and by the end of that session they feel significantly better. Then you have got to remember that the next day there are still some triggers that might bring even more stuff up. So then you kind of tap on that next piece. It might take a matter of days, it might take weeks, but typically I see people and it is more like weeks to maybe sometimes months. But it is typically weeks where they start to unwind a pattern and get a very good resolution that lasts. Now, more stuff will come up because you are going deeper and you are going deeper, but you have resolved that old stuff. So now if you are in bed every day, like oh my gosh, I can't even get out of bed, so then it is a matter of maybe days or weeks go by and you are out of bed, you are up and around. Then there is more stuff and more layers that you are clearing, but you are moving forward. So results typically are you will feel things right away and you will have some resolution and then over the weeks that we use this program you will continue to unwind and experience physical changes.

Jessica: Yeah, I feel like we begin any kind of journey like this, and not to get too woo-woo – I know you're an MD – but there is a divinity around this. People are attracted to this information because they are ready and we tend to address what we are ready to let go of. So I feel like it is important to not allow yourself to not question or judge your results or how you are doing it, but just to let yourself dive in and give yourself an experience and to notice all of those wins, like we mentioned before.

Dr. Kim: It is so important to be willing to meet yourself fully and we are spiritual beings. Yeah, we are in this physical form but our spiritual self, our mind and our perception, directly and immediately creates the chemistry that affects our physical body. So in this work it is completely necessary to go deeper into who really am I? And kind of delete everything about who I think I am because that can limit my health. That can limit the source energy that flows through me. We are all born from that source energy and it creates and recreates our body in every moment. So can we change our immune system? Absolutely. Can we change your genes, your DNA? Well, that has already been shown, too. So yeah, from my standpoint – I am actually a DO and I also have the MD. My board certification is the MD world and my medical school training is in the DO world, so it is sort of a natural inclination for that deeper understanding of how our spirituality connects

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with our physical body in the world of medicine. So it is a great thing to open yourself to.

I have another story about an MD psychiatrist. He was very, very deeply indoctrinated into the world of the static world is unchanging and the only way I can change it is sort of like the gears and levers. You have to put a chemical compound in to get a chemical effect. But after one episode of tapping with him – and he had ten years of pretty severe back pain. He had no back pain. And it was minutes. He sat there and said, ‘Wait a minute, what is this? I don’t understand this.’ And he called me up and said, ‘This is absolutely amazing,’ the next day. He said, ‘I know my pain is going to come back, but this is pretty incredible.’ Well sure enough, his pain came back. He returned a week later and said, ‘I don’t need any of that cognitive stuff, let’s just do some of the other structural things.’ He was so indoctrinated into the world of here and now is all there is, my physical body is the ultimate reality. And so we are really inviting you into a much deeper experience of the truth of who you are, what you are made of, and where your health really comes from.

Jessica: I am so excited. I feel like this program should come with a warning that says, ‘May cause miracles.’ There is a – when we do this kind of work it expands way past our body. So I am so excited to hear from the community and to hear about the miracles that come up. I am so grateful that you are leading the way. This was a perfect introduction to you and your great work. I am so excited to dive in with module one.

Dr. Kim: Can we give them a piece of heart work to do with this?

Jessica: I would love that. what is our heart work?

Dr. Kim: So let’s have everyone come into the online forum and you are going to post for us what is your vision of your end result? Make it big. What is your big life? If you could wave a magic wand, which is going to get you out of your old way of thinking that this can’t happen, but if I could wave a magic wand – just allow yourself to imagine where are you in your health? What kind of activities are you doing? What are your relationships like? What is your contribution to the world through your career or through our other venues and activities? Where is your big picture? And then the other piece, what are you ready to release and to leave behind?



Jessica: I love that! I am so excited. Dr. Kim, once again, thank you so much. We will join everybody in module one.