



Module 4

A Whole New Way of Looking at Improving Your Health Through Nutrition and Exercise

Jessica Ortner: Welcome back. Today you will learn how to look at diet and exercise in a whole new way. Don't worry, we aren't putting you on some boring, restrictive diet. My guess is that you have already tried that before and it has led to a lot of anxiety followed up by disappointment when you couldn't stick to it. If you look at diet and exercise like an unpleasurable burden it is almost always impossible to be consistent. So Dr. Kim is showing us a new way, and I am excited to dive in. Welcome, Dr. Kim.

Dr. Kim D'Eramo: I am excited to be here too, Jessica.

Jessica: This is a big topic and we are saving it for the end of the program. Now, when most people think about improving their health they go right to just focusing on diet and exercise. Why did you chose to put this near the end of the program?

Dr. Kim: This is something where we could teach you a ton of things to do that would be like this is a good idea, this will make you healthy, you should get rid of this thing, this is bad, and for most of us what we have done is we have learned all these things and we know what we are "supposed" to do, but the difference is that being able to take those actions is the real key. So it is not just learning the stuff and then you know what to do, the difference is now we have incorporated so much inner transmutation, like we have literally released old energies in the body. It frees us up to use our choice in a whole different way. So now if we keep things really simple it is going to be really easy to make those choices that support and nurture you in health, where if we don't do that first it doesn't really matter what we teach you, you won't have the ability to consistently choose it.

Jessica: That makes a lot of sense. What makes your diet and exercise advice so different when a client or patient comes to you?

Dr. Kim: Well, the one thing I get them free from is that their emotions are running the show for everything they are doing. So they don't have that choice. It is like your emotions are choosing for you, so we address these things from that foundation and then sort of the tip of the iceberg is here is what you want to put into your body. So they are really specific, very simple guidelines that are really easy to

follow. Now that you have shifted this sort of emotional weight and all of the things you have carried through your life, it is going to be easy for you to make those choices. So the biggest difference is that I help people use these choices as a way to love and nurture themselves instead of just one more restriction, one more thing I have to do, one more oh, I have got this new diet and I have to be good to myself. And like use it as one more way to punish yourself or one more way to work hard at something.

Jessica: Well, I want to talk more about that because as I mentioned in the beginning, many people when they have this experience of going on a diet, it creates a lot of anxiety. There is a lot of judgment and then it leads to a lot of disappointment. How do all of these emotions impact our ability to succeed?

Dr. Kim: Your emotions are actually creating all of your choices. So even if you think, 'I am going to use willpower and I am going to do this thing or not do this thing,' and override your emotions that will always be brief if you are ever able to even get anywhere. So what we have to do first or what would be the wisest approach is to clear ourselves to a neutral point so that now it is not coming from a sense of craving, coming from a sense of depletion, trying to fulfill a need I have for my own self-love or for acknowledging my worth. So then it is like oh, I can't acknowledge my worth but I can enjoy this chocolate cake and it will counteract that and it will feel a lot better.

What we have done is really empowered you so that you have the ability to clear those old states of toxicity and to let emotions and energy come up and be conscious in your body so that it can move out using tapping, using breathing, using just your consciousness and nurturing and supporting yourself so that now food can be something you enjoy, something you do to love yourself, something you do to nurture yourself into wholeness. And you have developed the awareness, awareness of your body, awareness of that inner guidance to know what you need and what really serves you and what actually deteriorates your health.

Jessica: That is so important to highlight because we are not all the same. I do not have the same body that somebody else does. And so when you give us this ability to tap into our inner wisdom we can begin to create a plan that is designed perfectly for us.

Dr. Kim: And it changes every day. Some days you might need more calcium and then your body is going to crave certain foods. You will have the clarity with a toxic

imbalance craving or a nutritive craving where you are like, 'I have to drink more water today,' or, 'I am going to eat more cucumbers today.' Those are really detoxifying and you don't have to know that consciously or read it in a book. When we get you connected with your inner wisdom it will always guide you to what it knows will serve you in a particular moment, on a particular day, or what changes in your life year to year. So no diet book can really do that for you.

Jessica: So how can a diet, a very restrictive diet, hinder our ability to get healthy?

Dr. Kim: What happens a lot of times when we restrict ourselves is we have these conclusions, these judgments, these assumptions about what I can do and what I cannot do. This will be good for me, this will not be good for me. Then we will use that to override our inner wisdom of self-love and self-nurturance so that we are restrictive and it is like we live in this guise of I have limitations, I cannot eat this, I can eat this, I have to eat this or else that will happen. And we put all these sort of false barriers on ourselves and then we are not living in freedom. It is not a free choice of I choose to eat this. For me I choose to avoid certain foods because I don't like how they make me feel after I eat them. Now, it may feel amazing as I am chewing it or swallowing it but I already know how bad it will feel after I eat it and I am not willing to do that to my body under any circumstances. So it doesn't matter how good it tastes. Then I can make choices around that because I know not like, oh, I can't eat that, it will make me sick. That is not a mindset I am willing to embrace. It is I choose not to eat that because I love my body so much and I am so committed to living in vitality.

Jessica: Right, it is not worth it. That is the biggest thing, to look at it and go, 'It's not worth it.' So that is very different than coming from a place of I need to hate myself skinny, I need to hate myself healthy, I need to do everything perfectly. And you make one mistake and you think, well, I just ruined my diet so I might as well eat the rest of the cake.

Dr. Kim: It reminds me of a line from a movie where the girl is a model and she says, 'I am on this new diet. I starve myself until I almost pass out. Then if I am just about to pass out, I eat one block of cheese.'

Jessica: Yes.

Dr. Kim: So we can do this as this little game. People can play this wicked game from themselves where they are manipulating their body. So you don't want to use a



restrictive diet as a way of manipulating yourself. You want to connect in your body and work with your body. Like, you are in cahoots, you are a team, you are working together to make the choices that support and nurture you.

Jessica: Then how do we begin to build that relationship with our body where we feel like supporting it is easier?

Dr. Kim: So we will start with this because until we get clear emotionally it doesn't matter what kind of food choices, like what recommendations I am going to give here. So what I love to do is connect with my body before I eat or if I am thinking about eating. Or what we taught in one of the modules was bringing your awareness into your body, just erasing the chalkboard of what is out there and what my energy is hooked into, just let that go. Then bring the parts of me right here, right now, into the center of my head and then just slowly bring it down into my body through the throat, into the heart, slowly breathing, and then bring it all the way from the heart through the belly, all the way into your core. The more you practice this, you can do it instantaneously. Slow your breathing. Breathe through your belly so that your belly balloons out as you inhale, and then your belly sinks back in as you exhale. And just three breaths like this and you have brought your awareness down to your core. You will feel what is happening in your body. What is going on inside me right now as I am about to eat? Usually when we eat, we are in fight-or-flight. We are like, 'I have got to eat something. I have got to do this, I have got to do that,' and you are not bringing your awareness into your body or even beginning to glimpse at how is my body feeling, what might my body need right now, is my body even ready to eat or am I just saying oh, it is such-and-such time, I should eat something. So connecting with your body and then developing the ability to feel what is happening in your body will be the first piece not only to give you a key on what food choices will serve me but will also just get your body in cahoots with oh, we're going to eat right now. That is what is about to happen. Your body actually can begin to prepare for that in very important ways that help you digest and bring down your food.

Jessica: One of the things I like to do is take those deep breaths and then put my hand over my stomach and ask, 'Is my stomach hungry?' And often times when I have had clients do the same, and I have experienced this too, I suddenly realize oh, my stomach is not hungry. I feel the sensation in my chest or in my head. And then I realize it is not hunger, but there is a level of anxiety. So the desire to eat isn't from my stomach but from a sense of anxiety and that food then becomes the drug. A lot of people use food as their anti-anxiety medication.

Dr. Kim: And that all happens below the level of consciousness. What you have just said and what I have brought them through breaks down this microsecond of oh, I have got to eat this thing. Boom, I ate it. To a process that you can participate in where we slow down what is happening. And right now we can take a minute to do it but as you practice you can do it in a second because you have established that connection with yourself. So you connect with your body. I love it, you put your hand right over your stomach and connect with that part of yourself. Is my stomach hungry? And then the next step is that there is awareness that comes in and oh no, I have got a fluttering feeling or I have got a heaviness in my chest or I have got whatever. And now you have the ability to make a choice where before you think you are choosing your food but it is your emotions that are driving the whole process before you have become aware of any of that going on.

Jessica: Yes, and you have touched upon this before, that when we begin to eat better what is really important is where it is coming from. So if we are coming from a place of hating our body and eating this way because we want to lose weight or change our body in any way health wise as well, because we hate where we are right now, that is not healthy and that is not sustainable. It has to come from a place of I am doing this to honor and love myself and to support my body, yet many people are listening to this and they say yes, I want to love, honor, and support my body but I will love, honor, and support my body once I am not dealing with these autoimmune disease symptoms, or lost this weight, or whatever it is. So what do you do with people who are struggling with this concept of in this moment, before they see any positive results, to come from a place of love and honoring their body?

Dr. Kim: That is the most important point we can make here. You know, there are two ways we can go about this because consciousness is going to awaken you to a new choice. And so any time that you are waiting for a condition to be met before you can love and accept something, what you resist persists. You are actually putting energy into creating that thing you don't want. So the first piece is what would it take for me to be willing to love my body so that I can be free and my body can be free to create itself in health? What would it take for me to love and accept my body as it is right now so then I have this outcome? Because what you really want is actually to be in alliance with your body. That old mentality comes out of I have to fight my body, my body is against me, my body is bad, my body is trying to do this bad thing and I have to make it do what I want. And that is a delusion because you are your body. If you are fighting then you are creating your

enemy and you are putting the energy into the fight. So what would it take for me to begin to see that my body is responding to my thoughts about it. My body is responding to my attitude towards it. And so then if I could get into alignment, love and accept exactly as it is, I will remember because you have to kind of remember oh, my body wants to serve me. My body has the desire to be at my ideal weight. That is not just my idea, my body wants to be in vibrance, my body wants to be in health. So it is like your body is kind of hey, give me a chance here. I am trying to do my best and you keep beating me down. This is the best I have. Could I allow myself to come into harmony so that my body will naturally create that result?

Then the other sort of option is don't change any of it, just become aware of it, right? So you hear those people that go, 'I really shouldn't eat this, but –' and then they eat the piece of cake or dessert or whatever it might be. So they put a judgment out there, this thing is bad for me and I know it is bad for my body, but I am going to do it anyway. Now just that attitude alone has it be really detrimental because you are going against yourself. But what if you don't make yourself change and you just say, 'I know this is really bad for my body and I am going to make this choice.' You don't put yourself down for it, you don't try to make it different, oh I should be better, I shouldn't do it, you just say, 'I am going to make this choice.' Now at least you know that there result you are getting your body is sort of in fight-or-flight overwhelm of a toxic stress response. Your body is breaking down and having an autoimmune imbalance. Your body is gaining weight and not at your ideal weight. You can say, 'I chose this. I chose this, it is okay that I chose this. Would I be willing to choose differently?' So either one those, don't make yourself wrong for the choice you make and don't fight your body thinking you are going to get a different result. So either one of those will awaken you to the fact that you are at cause for the result you are having in your body.

Jessica: The power is within us. Now, when we begin to take this personal responsibility and when we realize our power, it can be incredibly empowering and uplifting and there are moments where it can feel overwhelming. It can feel like we begin to have that self-blame. So what you are saying here with this process is I hear what you are saying is different and you are addressing that and saying the self-blame can't be there. It is just more acceptance of this is what I chose. Is that right?

Dr. Kim: The point is like if you say, ‘I really shouldn’t eat this but it is just so good,’ you want to get clear with yourself. What you are really saying is, ‘I really shouldn’t eat this, but I really don’t care.’ I really shouldn’t eat this but it doesn’t matter that much to me right now that it is going to make me sick. And so then you can later on look and go, ‘Oh, it really does matter to me. I really do care deeply about how I feel about the long-term. The short-term isn’t the only thing that matters to me, I want to enjoy myself short-term but I do care about the long-term result. So then I can sort of step back and say, ‘Is that really how I want to live? Is that really the choice I want to make?’ And now, once again, we can’t make a new choice until we come into a new level of love and acceptance. So all of this that we just sort of put out on the table is a way of getting clear and loving and accepting it without resistance. Because I can’t fight my body and get a better result.

Jessica: So we are seeing that these moments are a gift, the same way as before when we did the work around how other people’s energy impacts us. One of the big takeaways was learning that when someone triggers us it gives us an opportunity to look deeper at what is really going on. So when we do have a moment where we eat in a way that doesn’t serve us it gives us an opportunity to go deeper and to look at our beliefs and to even maybe look at the emotions we are feeling at that time.

Dr. Kim: Our eating will cause emotions too, so yeah, there is the emotion that causes us to eat something and then there is the, ‘I ate this food, wow, look at how I feel emotionally.’ So whether you are on the front end clearing yourself and getting more conscious or you are like, ‘Ugh, I just can’t help it,’ and now you are on the back end. Oh, I just ate this and now I am beating myself up. I feel like crap, I am such a loser, I can’t believe I have no willpower, I am judging myself. Well, what if I just get clear and use this “pain” as a gift to say no more, I am ready to choose something different, and it really is important to me. Either way, when you release the resistance to feeling what you are feeling in your body, you will break that cycle. So you ate something and you feel like crap and you have this ability to use the tapping, to use the consciousness to bring that awareness into that moment and create a change.

Jessica: That makes a lot of sense. So when it comes to having long-term results with being able to eat well consistently, and we are not talking about perfectionism here because I don’t know anyone who eats perfectly. I don’t even know what that means, but when want to be more consistent with making choices that help

us, what are some of the key elements, the key shifts that you see that people are making who get to that point?

Dr. Kim: The big point you are making is not trying to eat “perfectly” because that will always be a standard of judgment. So don’t make judgments about your eating, don’t make rules about what you are or are not supposed to eat. But instead pay attention to your body and make choices that honor you. Now, if I were to give you guidelines – should we talk about that now? I have some guidelines that I have found to be pretty much universally beneficial. Now you could take these guidelines and force yourself, I have to follow these guidelines. And now you put yourself in a stress state. So that won’t work but if you begin to use these guidelines as guidelines of hey, this is going to be a new general rule of thumb that I allow myself to work with, it will serve you. The first one of them is to eat food. Actually eat items that are really food. There are these items out there I call Frankenfood, which is like synthetic and processed food, artificial colors, artificial sweeteners, artificial everything.

Jessica: It usually comes in a bag.

Dr. Kim: Yeah, and it is not actually food. It is passed off as a food item but it isn’t a real food. Your body absolutely knows the difference. Your body is naturally inclined to absorb food, to absorb the nutrients from food, to break down food, and to eliminate what you don’t need from your food. It isn’t designed to do those things well with Frankenfoods, with synthetics. If you look on the list of ingredients and it doesn’t really sound like a food item, like you can’t even pronounce it or it is a super long word with numbers and letters in it, it is not a food. So it is a general – if you are going to think about how can I treat my body in a loving way around food, that would be a really important rule of thumb.

Jessica: Right, and I also want to point out that even if the box, because advertisers are very tricky, says, ‘healthy, natural, gluten-free,’ or whatever, you still have to look at the ingredients.

Dr. Kim: It is kind of amazing the level we are at now with what passes off as food, even for kids or a little baby. We were traveling and we went to get baby packets and pouches for my daughter and when we went in the store every single baby food, the first ingredient was some form of sugar. It was like high-fructose corn syrup or some other form of sugar and that isn’t what you want to be feeding your baby. But these things are packaged and processed and it is sort of a big mass industry



of these Frankenfoods that aren't going to be healthy for your body, aren't going to be a good way to nurture and support yourself.

Jessica: That makes a lot of sense. So here you are not saying to get on a restricted diet, you are saying eat food and make sure it is real food.

Dr. Kim: Yes, and the second rule of thumb is to add the good stuff in instead of focusing on subtracting bad stuff out. What I mean by adding good stuff in is that one of the things that is really healthy for your body is a lot of greens, a lot of raw vegetables or sautéed or steamed vegetables, foods that will give your body a lot of nutrients. The reason that it is great to add those in before you start taking anything out is because those nutrients, those enzymes, those vitamins, those minerals will help counteract food cravings. So if you just take stuff out and you are like oh, I am not getting what I need and you feel depleted or lethargic or you feel cravings it is not a great way to start. So if you add good stuff in and just pile up a bunch of greens, you can put some seasoning or olive oil on it or something that makes it taste really good so that your body can enjoy getting those nutrients in and then you feel good so you are free to start subtracting things out if that is needed.

Jessica: Right, okay great add in. Do you have one more?

Dr. Kim: Well, the other piece – there are actually two more things. One is that most people aren't hydrating very well, even though you might think oh, I am drinking lots of water all day. I learned this really cool sort of water thing, this water tactic. It is called super hydration where you wake up in the morning and you have a half a liter of water. You actually have a whole half of liter of water in the morning, first thing, on an empty stomach. That is kind of like the before your feet hit the floor thing because sometimes you will have your morning water and it takes two or three hours to drink it, but this is before you pass go, before you start going with your day, and you do this super hydration. It is going to flush out all the toxins that have built up in your body through metabolism as you are lying there sleeping all night, and it immediately allows your body to do this big detox flush and you feel so energized, so clear, and so much more vibrant and healthy just from that one thing alone, so that is sort of a super hydration tactic. It made a big difference for me.

The last one we can talk about because I know a lot of people have asked me this all the time, 'Is gluten bad? Is gluten bad? Should I get off gluten?' I have

avoided gluten for years. When I first found out about this I was like, ‘Oh my gosh, I hope I don’t have to give up gluten. What a nightmare.’ But when I did it I felt so much better. I no longer had bloating. I no longer had headaches. I no longer had this crazy afternoon fatigue where it felt like I was about to pass out in the afternoon. It was gone. What happens when you omit gluten is it decreases a lot of inflammation that is happening in your body. It is simply really hard to break down because it is so heavily processed and heavily refined that, for example, when they make bread they add extra amounts of this – it’s really glue that is starch inside the grain. So instead of a whole grain it is a grain that is processed and broken down and then they add a whole bunch of extra starch back in there. So when you have a loaf of bread it has abnormally high amounts of gluten and it really weighs you down and it clogs up your digestive system. So even if you have not tested that you have a gluten intolerance, I have found 90% of the patients I have seen, when they get off gluten they feel significantly better.

Jessica: Yes, and we talked about this before. I had a conversation with my cousin. I have a family history of depression and when I cut out gluten, not only did I physically notice a big difference, but emotionally. The biggest thing for me was emotions. I wasn’t having the lows that I was having before. And when I found out that my cousin was suffering from depression I told him to just experiment with this and cut it out, see how you feel. He went to get tested for celiac and it came out negative. So he goes, no, I don’t need to because I don’t have this. I was trying to explain to him that it is different.

Dr. Kim: It is a big difference and your body may not show changes in the lining of your intestine, which is called celiac disease, and you can still be very intolerant to gluten. It can cause a lot of sluggishness. It can cause you to have mood swings, hormone imbalances, and all kinds of things, and still you don’t actually manifest changes in the lining of your digestive tract, which would be called celiac. So it doesn’t necessarily mean it is less severe, it can actually be even more severe but you don’t demonstrate these changes. So it just depends on how you manifest that.

Jessica: So have you had experience with clients who were struggling with an autoimmune disease and this benefitted them?

Dr. Kim: I have had so many people get off thyroid medication, break the cycle of an adrenal insufficiency or an adrenal fatigue where they are sort of on overload in their fight-or-flight hormones and their adrenals get burnt out. I have seen people



with fibromyalgia, chronic fatigue syndrome linked to autoimmune imbalance become asymptomatic just from this alone.

Jessica: That is amazing.

Dr. Kim: Yeah, and I have seen a lot of kids who have had behavioral disorders and anxiety, allergies, asthma, nasal discharge, coughing, all kinds of symptoms that you wouldn't think would be related to food that have 100% resolution when they get off gluten.

Jessica: Right, and again one of the reasons that we are talking about this when we are talking about it is that we begin to make these decisions not from a place of feeling lack or pain or suffering but from feeling so emotionally congruent and strong that it is exciting to experiment with this. It is exciting to try something new. And I have been gluten-free for years and it is fun. It is so easy and people are like, 'Oh, I couldn't live without it.' But it is not very hard.

Dr. Kim: And when you feel that much better it is like, 'I do not even care, I feel so much better.' And I generally tell people to go two weeks with zero gluten. What they will do is oh, I just have a little less. I just have a little pasta sometimes, but not as much as I used to have. That is not what you want to do. You actually want to set a timer, and this is where I will say to be pretty restrictive. Just be a little, if you can, disciplined just so that you can show yourself that it will make you feel that much better. Now, after you have cleared it, it might be that hey, I can have a cookie every once in a while and not have a lot of symptoms, but I know for me I tried that and then it was like oh, I will have another cookie, and then I felt like I got hit by a truck. So it can just be subtle, but once you have cleared, and it can take like two weeks and sometimes it can take a full month to completely clear your symptoms, but getting off of gluten is why you want to be a little serious about it when you first do it so that you can really see that it decreases that inflammation and you will feel so much better.

Jessica: Right, and we can be serious without being miserable. This is the difference and it all has to do with the intention we have behind it. We are doing this to honor ourselves.

Dr. Kim: Yes, and it is a choice. I am going to choose this, I am going to do this, I am going to do this for myself. I am going to do this out of love, I am going to do this out of



self-love to honor myself and see what happens. So I am gifting something to myself and if you have that perspective you will not feel deprived.

Jessica: So I want to move on to exercise but before I do that I would love to fit in some tapping around this. So around getting to the place where we are not making choices out of fear and panic and feeling this burden. And we get to a place of this is exciting, this is a new beginning.

Dr. Kim: Yes, and even the water. I think I said it was a half a liter, but it is a half a gallon. It I a pretty significant amount of water. But you enjoy that water and you have it by your bedside and you want to harbor the thoughts of I want to love and support myself. I am going to nurture myself with this water. Like, what are the thoughts you are having when you are doing these behaviors. Are they ones of self-love and self-celebration or are they those old thoughts of deprivation? Because that is what your body will register.

Jessica: Okay, but personally I have to go use the bathroom first and then get back into bed. I don't think I could wake up and drink it right away. I don't think my bladder has the room.

Dr. Kim: That's good, however you need to do it.

Jessica: I need to make some room first. But yeah, that is a great tip and just spending that time with yourself, I am going to start to incorporate that.

Dr. Kim: That is the thing that happens, though. You have dumped out all the fluid volume in your body through detoxifying your body and that is why you have to pee – you get up in the morning and you are like whoa, I have really got to go. But you want to put all that water and then some back in immediately. So yes, let's get going and do some tapping. So first you want to sort of feel out what is your “relationship” with your diet or food, your relationship with food. Some people have ideas like, ‘Oh, I have a food addiction,’ and I am not saying that you don't but if you label yourself that way it will continue the pattern and make it really hard for you to break free. So I just want you to feel into whether it is this food problem or I am eating too much or this idea about my body and I just want you to feel in what all this brings up and gauge it on a scale of one to ten, with ten being really heavy, oh my gosh, this is overwhelming, and one pretty light and you feel pretty neutral. Then you are going to tap on your karate chop point.

Side of Hand Even though I have this problem with my diet
 And this challenge about food
 I am going to choose to love and accept myself fully
 Even though I can't control myself
 And sometimes these cravings make me eat the whole thing
 I am going to choose to love and accept myself fully
 Even though I am out of control with food
 And I have so many cravings
 I choose to love and accept myself fully

Eyebrow This toxic relationship with food
 Side of Eye I know I shouldn't eat this, but
 Under Eye I just want to enjoy myself
 Under Nose I am at odds with my body
 Under Mouth I want to enjoy my food but it makes my body sick
 Collarbone The things I want are not good for my body
 Under Arm My body is disagreeing with me
 Top of Head Not supporting me and having fun

EB I just want it to be easy and eat what I want
 SE Why is this food thing so complicated?
 UE I have to learn more stuff
 UN About what to eat
 UM And what not to eat
 CB And then I have to control myself to do it all right
 UA That is not a way to live
 TH I just want to be free

EB All these ideas about food
 SE Flying out there in the world
 UE And all the news and all the books
 UN And I am just so confused
 UM Because I can't do it right
 CB Listening outside myself
 UA Instead of tuning in
 TH And honoring what is right for me

Good, big deep breath in and let it go. Check in with your body, what did that feel like? What did that bring up? Were there any insights? Any realizations? Maybe it

makes you feel even more spun out. Just let all of that really come up and slow your breathing, deepen your breathing, and be present to all of that. We can do a little more of this with the tapping because there can be so many layers of sort of the I hate my body, an inner battle, and we want to get a little more deeply into that.

Jessica: Yes, great.

Dr. Kim: Okay, so let's just kind of continue here.

Eyebrow	I can't believe I just ate that
Side of Eye	What is wrong with me?
Under Eye	I judge myself
Under Nose	For being out of control
Under Mouth	I am just not in harmony with my body
Collarbone	I have never really learned how to be in harmony
Under Arm	And so my body is reacting
Top of Head	To all this disconnection

EB	All the stuff I have been told.
SE	Instead of trusting my body
UE	I have been battling my body
UN	Trying to make a change
UM	Actually trying to get my body to change
CB	To force it and manipulate it
UA	Because I have been taught that my body is the enemy
TH	And no wonder my body's cells are attacking itself

Big, deep breath, and let it go. Okay, so check in with how you feel. What has come up? What more might be coming up to tap on and just take a pause and support yourself through that. Your body's cells, the attack cells, the autoimmune imbalance, really comes directly from this inner battle, battling my body. And every time I speak about my body it is instilling that response. It is either going to create a harmonic chemical response that nurtures my cells or it does exactly the opposite and you have these attack cells. So now I want to be really aware of that and mindful of that and it can open you to so much compassion, oh my gosh, wow, I have been trying to fix my body. And what my body is trying to tell me is to come into that harmony, that it will take care of all of it. It will balance out and everything I need is right here.



Jessica: I love that, and thank you for that. Again, for many people this is just the beginning to help you gain momentum. So you can continue to spend time tapping on this, even every day and every morning to get in harmony with your body and its messages.

Dr. Kim: Yeah, this is all a way for you to establish a new relationship with your body and that is the best gift we can give you, that from here forward we treat our body with awareness and I treat my body with love. I am going to honor what my body is gifting me with and showing me, even if it is painful that this is something that is a message from my body.

Jessica: Yes, I love that. Well, Dr. Kim, I want to move on to exercise and people tend to have very strong emotional responses. They love it or they hate it. When it comes to moving our body, why is it something that is so important when we want to begin to relieve these symptoms that come with an autoimmune disease, and how do you approach the topic in general?

Dr. Kim: One of the things your body needs to live healthy is movement. So you need food, you need water, you need sleep, and you need movement. Now once again, just like the diet industry, we have got this whole industry around exercise. Along with that comes a lot of ideas, judgements, beliefs, assumptions, and then a whole layer of sort of a thick, heavy, self-hatred that we can kind of put on the body that exercise is supposed to fix and in fact, that isn't what is going to work at all. Exercise is not going to fix your low self-esteem or your low body image if you have a poor image. Oh, now that I lost ten pounds I can love and accept myself. Your body knows that is not the same as an authentic, unconditional self-love. So it is like a tincture of that self-love will dramatically change what is happening inside you cellularly and allow that result to come about. And movement is one of the most important parts of that equation, right? When you move, and it doesn't mean I am going to go out and do this workout, or I am going to run a marathon, or I am going to do 45 minutes of cardio on the Stairmaster. Get all those ideas out of your mind, just let them release and let them dissolve.

Feel your body and then just even as you sit there, move your arm or move your hand, and bring your awareness to your body as it is moving. Like, just move it really, really slowly. It can be an awe-inspiring experience to just feel your body. The type of movement we learn with exercise is like you have got to work out, you have to work out hard. And yeah, vigorous movement is so healthy for you in

so many ways. The most important thing is aware movement, like being aware of your body as you are moving it. Moving your body to enjoy the awareness of the movement. So the healthiest exercise you can do is just go out and go for a walk. Be mindful, bring your awareness in your body, feel your feet on the floor, feel your arms swinging, and feel your breath moving through you. And do 20 minutes, like make it a meditative exercise and make it a fun little game. But I think Deepak Chopra was one of the people most talking about this, that it is more about how you are in your body while you are moving than how long you are doing it, how fast you are doing it, how many calories you are burning. All of that is just sort of propaganda to propagate self-hatred, self-restriction, self-imposed I have to do this belief and this restriction, and obviously there has been a whole industry around this.

But what you really need is already inside you. So as part of this new harmonic connection with your body and let motion be part of that new relationship. I am going to take my body out for a walk just like I would take my dog out for a walk because I love my body. I love my dog.

Jessica: Right, and one of the things I wrote about in my book is that people don't hate exercise. What they hate is the judgmental voice that comes up when they start to exercise. And it is so important and I am so happy that you are bringing this up, that it is important to notice your inner talk. Because a lot of times when it comes to exercise we go right back to those days in gym class of not being good enough, not being athletic, and suddenly we feel like we aren't the exercising type. We hold on to that identity and then every time we exercise we think oh, well, I should be further along by now. This shouldn't hurt so much. How did I let myself get like this? We become aware of our body and we have to change that conversation we are having in those moments.

Dr. Kim: I remember once that there are all these ideas about, like you said, that I am not the kind of person that exercises. There was a resident, when I was in residency, and she was a surgeon and she had been training for a marathon and been a really avid runner. She found out that I was a runner. Oh, so how far do you like to run? What do you like to do? When do you do it? And it was this competition. So I said now I just grab a few miles when I can. She said, 'If I don't have time for at least six miles I don't even bother, it is not a real run.' And I was like, well, what ideas does she have about running? Maybe I am not a real runner. I guess I am not a real runner, I will just go out and do a couple of miles. But for me it was a very consistent part of my life, even through residency, where I would always keep my

movement and my activity. Then this woman, I saw her like a year later and she had gained like 20 pounds and she had a lot of self-hatred that she carried in her body. I realized that she wouldn't let herself run because running two miles was somehow inferior. She had this idea. So then if she is not a "real runner" then why even bother? So that is a sill story but it is a definition that you have of yourself that if I am not this way then I shouldn't – I am not going to bother or somehow this is a lesser way of doing it. So I know a lot of people who would say to me, 'Oh, I am not a real runner. Yeah, I will run a little but I am not going to run with you. I am not a real runner.' I thought to myself wow, they have some kind of idea that I am like superfast and speedy because I have run a marathon. Because I wasn't really superfast and speedy but I would be like yeah, I guess that's okay. Then people would miss out on the opportunity to enjoy a run because they had an idea of what it was supposed to look like.

Jessica: Yes. I like that you are mentioning that example of the women that is actually incredibly valuable. I have seen a lot of times where the people I have worked with have said, 'Well, I started to exercise and I wasn't good at it. I struggled. I realized it wasn't for me. I struggled in the class and I wasn't good enough, so why would I go again.' There is a lot of judgment around that. I love yoga because I feel like with yoga you can't be good or bad. People are like, 'Oh, I am not good at yoga,' and I am like, 'What does that mean? How are you good at yoga?' It is really just a practice of getting in your body.

Dr. Kim: I have a great story about that if you want to hear it.

Jessica: Yeah, and real quick a lot of times people will say to me, 'I don't like yoga.' I will then say, 'When did you try it?' And they go, 'I took this one class.' I am just like well that is like going on one date and you don't like the guy and you say, 'I just don't like men. I went on this one date, and all men are horrible.' It is the same with not just yoga, but any exercise. If you took a class and you didn't like it, then don't do it. It doesn't mean you have to hate all yoga or all exercise, you have to keep dating around until you find a way to move your body that is a good match for you.

Dr. Kim: Right, and you can do the same thing, like we talked about with food, where you feel into how does my body want to move? I want some vigorous activity. Or how does my body want to move? I want to have a restorative flow of maybe a slow walk or a slow yoga. You don't know until you check in.

Jessica: Yeah, so tell me your yoga story?

Dr. Kim: When I first met my husband, and he is a doctor too and he was in a little more of a competitive mindset with a lot of things and we started dating and we went to yoga together. And so we did this yoga class and then after he was like, ‘Wow, that was great, I am going to start practicing yoga more. I have got to start doing better so then when we go to class I am really good.’ I looked at him like, ‘What are you talking about? You can’t prepare for your yoga class.’ That is why they call it a yoga practice – you are always just practicing. So after a couple of classes – we do them side-by-side and it was Bikram hot yoga, which a lot of people can be really competitive in that and bring this really fierce energy of being good at it. And so finally he said to me, ‘Wow, being next to you in class I was able to really see the way I am trying to do yoga and trying to be good at it and I had this idea. What is actually being called for is just doing yoga and that there is nothing that I am comparing that is good or bad or I am better at it. He said it is just showing up on the mat and being present to what is there.

Jessica: Then you married him.

Dr. Kim: But it was so funny because it was that same idea of oh, now I am going to do this yoga class with Kim so I better prepare so I am good at it. You are not competing, it is about you and you.

Jessica: Right, it is a practice. So let go of the judgment. What I hope people get from this conversation is that they have a playful experience with movement and instead of judging what it should look like or what level they should be at they let themselves just have the experience.

Dr. Kim: Because that is what your body needs. Your body is like please, just move me. I will turn out the way you want me to. You have to put the investment of it is an action of self-love to bring your body for a walk. You have to put the investment in and then your body is going to respond in the most amazing ways.

Jessica: Right, I love that. We have talked about these two big topics – diet, what we’re eating and I don’t even like to use the word ‘diet,’ but our lifestyle, what we’re eating, and movement. Any final thoughts?

Dr. Kim: I think we can do some tapping. Can we do a round on the exercise piece? That is where some stuff really comes up.

Jessica: Yes, please, let's do that.

Dr. Kim: All right, so let's get on the karate chop point and I am going to really get to the core of some of this so even if you are like not totally resonating there just go with me so that you can be part of clearing this for the collective, for all of us. So tapping on the karate chop point.

Side of Hand This idea about exercise
I hate my body
I don't want to do it
I am just going to choose to love and accept myself fully
Even though I don't want to exercise
And I have all these ideas
And all this judgment
I am just going to love and accept myself fully
Even though my body is not perfect
And I hold this idea of perfection
That is literally making me sick
I am just going to love and accept myself fully

Eyebrow All of these judgments
Side of Eye Judgments of my own body
Under Eye My body is feeling them
Under Nose And they don't feel good
Under Mouth They destroy my cells
Collarbone And I am so sorry
Under Arm That I have held onto these judgments
Top of Head About myself and about my body

EB About being a woman or being a man
SE And decided that my body was not meeting up
UE So I sort of punish myself
UN By not treating my body healthfully
UM Giving it exercise
CB Or just taking it out for a walk
UA Just me and my body
TH Starting a new relationship



EB Would I be willing to give my body what it needs
SE Before it gets perfect
UE Before I deem it acceptable
UN Would I be willing to accept it anyway?
UM My body will respond to my acceptance
CB And it will immediately feel better
UA And then it won't feel so heavy to go out for a walk
TH And I can begin to enjoy movement of exercise

Big deep breath in and let it go.

Jessica: Ah, I am just already thinking about what I want to go do. All right, see you later guys!

Dr. Kim: And if you want to “motivate” yourself for exercise, because people have this idea too and you can tap on that, I am not in the mood, and what you can do is just bring that awareness to the end result of I feel good in my body, my body is glowing with energy and vitality, and I went for a walk or a run or a yoga class and I did this exercise, just go to the end result and imagine that I love and appreciate myself because I went and did this. I went and did it and my body feels awesome and I am so grateful. When you connect with that idea, because it is like future pacing and I haven't had that yet, you immediately change your chemical state. You turn off those stress-toxic hormones and change your brain state. And so even if it is only two degrees, you will feel more inspired to go out and now do the exercise. You will feel better, you will have more energy.

Jessica: I don't know anyone who has ever regretted an exercise. I have never left a yoga class or come back from a walk and wished I hadn't done that. It always feels so good.

Dr. Kim: And you can start with okay, I am going to do ten minutes. I may feel like crap and I don't want to do this but I am just going to do ten minutes and then re-evaluate the whole thing.

Jessica: Yes, yes, absolutely. I love that. Well, Dr. Kim, we have covered a lot in this class and a lot of it goes back to realizing that we are our own guru and to approach all these things like moving our body and eating in a way that feels aligned with who we are and that feels empowering. Any final thoughts?



Dr. Kim: Well, let's give them some homework for this and then they can connect with us on the community site about this new movement. So I want you to imagine for yourself, what is one thing that you can do whether it is like I am going to start eating this particular food or stop eating a particular food, or I am going to start an exercise regime three times a week – I want to ask you what is one thing you can do out of self-love that you can easily, easily do and every time you do it you can celebrate yourself. Like oh, I did a ten-minute walk. I didn't try to make it an hour, I just enjoyed motion for ten minutes. Or I ate cake but I ate it slowly and succulently, deliciously, and savored every moment to let myself nurture myself instead of feeling shameful. Or I ate carrots and apples instead of chocolate and candy. You want to think of one thing that you can make a habit out of a ritual. It is actually a ritual of self-love. So whether you do a ritual around food or around movement, you want to begin to connect in this new relationship of self-love, this new relationship with your body.

Jessica: I love that. Thank you for that, Dr. Kim.

Dr. Kim: You're welcome, that was awesome Jessica.