



Reverse Autoimmune Disease Summit

Dr. Keesha Ewers Interviews Dr. Debi Silber

- Dr. Keesha: Welcome to the Reversing Autoimmune Disease Summit or the RAD Summit; I just discovered as I was writing it out that this is the RAD Summit. I'm Dr. Keesha Ewers and I'm delighted to introduce you to one of my favorite colleagues who is also doing a lot of work with people who are suffering from trauma, which you will find out what that has to do with autoimmune disease a lot in the Summit. This is Dr. Debi Silber who is a holistic psychologist and a personal development expert. She's a speaker, a coach, and an author of the Amazon number one bestselling book, *The Unshakeable Woman: Four Steps to Rebuilding Your Body, Mind, and Life After a Life Crisis*. And she's been on numerous stages sharing her doctoral work on how women experience betrayal from a family member or a partner. Welcome to the Summit. Debi, I'm so excited to talk to you about this.
- Dr. Debi Silber: Well, I'm so honored to be here really.
- Dr. Keesha: Autoimmune disease hits more women than men. Eight, in fact, is diagnosed in 80% more women than men. And so, this of course is something that's near and dear to my heart and I have a personal story with it and I'm sure you do too. So, I would love to have you share your personal story and how this research that you've done came to be; and then we can geek out about our research. I'm really excited about that.
- Dr. Debi Silber: I just love geeking out about that. So, you know, you don't study something like betrayal unless you have to; and I had a horrible family betrayal. And I thought, I learned all the lessons I was meant to learn from that experience, but apparently, I didn't. So, I got another opportunity and this was in the form of my husband. And blindsided is the word we give to betrayal because we're never betrayed by people we don't know. It's by the people we're closest to. It just catapulted me into, well, first I realized, I said, you know what? It's always been about everybody else. And we were just chatting earlier. You're going to have four kids and six dogs and a business and all these things. But I wasn't even on my own to-do list. And I realized, you know what, no, no, no. It's always about everybody else. Now it's my turn. So, what I chose to do was register for a PhD program that may not be what other people choose, but that was what I wanted to do and it was interesting.
- Dr. Debi Silber: That's why I love you in transpersonal psychology, which is the psychology of transformation and human potential. I was obsessed with transformation

because I was doing it and I didn't understand it. He on his own was doing it as well. So, while I was there, of course, you know you have to do a study and write a dissertation. So, I chose to study how women experience betrayal, what holds us back, what helps us heal. And I was blown away because that study made three groundbreaking discoveries, which absolutely changed my life, changed my entire business, changed how we look and view betrayal and how we move through it. It was huge. And I'm happy to share with you what

Dr. Debi Silber: Those were and what's going on because of it.

Dr. Keesha: Of course, that's why you're here is to share those. The thing I want to circle back around to though is I promised that I would tell people what this had to do with autoimmune disease. And when I was diagnosed with rheumatoid arthritis 25 years ago, one of the things that I decided as I was learning how to meditate was to look at this word auto immune. And it kind of started dancing in front of me as I was meditating and I realized, autoimmune means I'm attacking myself. In effect, I'm committing suicide in a societally acceptable way though. In other words, I wanted to die at some point in my life. And so, as I started working with that question, which ultimately is what got me on my path to similar discoveries, if you know, okay, there must've been some point.

Dr. Keesha: And so, I went backwards, backwards, backwards and found this 10 year old little girl self that was being sexually abused by a vice principal. So, I want to circle back around to this because I definitely wanted to die back then. You know, like that, I didn't have words for this, I didn't know how to express it. I told teachers and sort of this very sideways way, thinking that I was to blame because that's what I was being told, and told my mom, but at the end and I didn't have words for sexual molestation and abuse; I just didn't have those words in my vocabulary. And so, I want to circle back around to the statement that we're only betrayed by the people we know. But I disagree to that because I think a lot of people are feeling betrayed by our government.

Dr. Keesha: A lot of people feel betrayed by God. A lot of people feel betrayed by their bodies when they're diagnosed with an autoimmune disease or something else like chronic pain because they have an expectation. But I actually think we're betrayed by our expectations and they're not untoward expectations. Like, you know, if you have an expectation that your partner is faithful and you've had that discussion and it's on the table and you both agreed to it, then that's an expectation you get to have, right? And so, then when it gets broken, then it's a betrayal. But there are a lot of expectations. People are unaware of that they have that are broken in their own minds because they're their own expectations and no one's made an agreement with them. And so, then they walk around constantly feeling betrayed. And I think that creates that, you know, we'll talk about the hurt model that came out of my PhD program, we make up a meaning about this stuff when we're children and then we have a belief system and

when that belief system gets betrayed, but that's ours that we created when we were children.

Dr. Keesha: And so, it's kind of an interesting dichotomy. This idea that people should behave the way we expect them to, right and not having explicit agreements about it.

Dr. Debi Silber: But it really is, it's like that spoken or unspoken rule. And I think

Dr. Debi Silber: Every relationship has that spoken or unspoken rule. Like, let's say your best friend, your secret's safe with me. And then they tell your secret or a parent and a child, the agreement is listening to me and I will take care of you and then they do something horrible. It's that shock. It's that shock of without our awareness or consent. Someone chose to put their needs above ours. And that's the part that ignites the stress response. That's the part that creates the illness and disease. That's the part that throws off our hormones. I mean, that's what's wreaking the havoc right there.

Dr. Keesha: Right. And so, I think when I reached out to you and I gave you what I wanted you to talk about, you said, I'm not really a hormone expert. And I said, no, no, no, you are. Because people come into my office and they say, I would like, you know, you prescribed bioidentical hormones for my friend and she's fabulous and I want some of that. Right? And so, I started asking questions and it turns out when I say, why do you think you need them? You know, I gave a Ted talk about this and I use this example and said, you know, why do you think you need them? Well, my libido's done. It left me, went to Tahiti. Well, okay, so when's the last time you had a libido level that you were satisfied with? Tears. My husband and had an affair five years ago.

Dr. Keesha: I haven't, I've forgiven him, but I really haven't wanted to have sex with him since. And then the response from me is, you know, progesterone, testosterone and estrogen are not going to bring that back. Right? This is not about that. And so, so often women don't understand that their hormones have gone sideways, really off the track because they have these other underlying issues of expectations that haven't been met or fail. And so that's why I said Dr. Silber, I want you on the show talking about hormones from this perspective because I think it's an important one for people to understand. You know, it's the root of the root cause.

Dr. Debi Silber: Oh absolutely. And I love that you brought up that idea of forgiveness. And I'll tell you, there were three groups of women in this study who did not heal. My most physically sick group were the ones where the betrayer had no consequences, meaning they tried to forgive, they tried to get over it. And for whatever reason they couldn't, whether it was for religious reasons, they thought they should; where they felt too much fear or about being on their own. But the ones where the betrayer really didn't have consequences and they

tried to make it okay, they tried to forgive when they weren't ready. Those were the most physically sick. And the way it works with forgiveness is when we feel safe and valued and we forgive, we feel better when we do not feel valued and we forgive, we feel worse. And that was the group where they didn't feel safe. They didn't feel valued, but to make it easier or they thought it would be easier. They tried to forgive, and it backfires every single time. And we pay the price in our health.

Dr. Keesha: My study was held onto emotional hurt and the impact on female sexual desire. I actually used forgiveness as one of the interventions. And what I found in my research on forgiveness is that it isn't about you feeling safe with the perpetrator because that's reconciliation. So, there's a difference. So, forgiveness and their barriers to forgiveness where, oh, they're not going to get their comeuppance if I don't, if I forgive them, which is absolutely untrue, right? That's out of your hands. There are a lot of different barriers. And it was so fascinating to me because I realized people mess up and they intertwine reconciliation and forgiveness. I use a mirror exercise now that I talk about in Solving the Autoimmune Puzzle where I say, okay, forgiveness really is when you can see yourself in your perpetrator.

Dr. Keesha: Forgiveness; if you can see yourself in the perpetrator where you say, okay, here's like I used my vice principal of my big betrayal when I was ten, right? And I said, okay, so what, what Ego trait does he have? And so that would make him actually sexually abused somebody. And I thought, okay, so a misuse of power, we'll just take that one. And so, then I started looking in the mirror and going, okay, so how do I misuse power? Cause I certainly am not going to go out and sexually molest children. And so, the behavior will be different. So, we get screwed up around this. And so, then I said, oh, misuse the power. I have four children, I'm misuse power all the time, and I really got it. I went, okay. And then I was able to say, okay, now I can see us on even and level ground.

Dr. Keesha: Now I can forgive him, but I haven't done anything with this; with him personally and I don't intend to. So therefore, there's not a riff, I'm not going to call him up and say, hey, we're just alike. Let's go have tea. Instead I can do that work within myself and then work on misuse of power, which he mirrored for me. And I can use that as my life lesson from this and then have a boundary right with him. So now I haven't reconciled, but I forgive him. And that gets all that toxic poison because one of the things Ayurvedic medicine says is that autoimmune disease is held onto anger, it's undigested anger. And so often we are caregivers. I mean you have six dogs, four children. I have three dogs and four children. We're caregivers, right? It's what we do for a living too. And so, when, where it's like we're not given permission in our culture to really express anger. When I was aware of that, I thought, oh, because I remember I read that autoimmune disease is undigested anger. I'm not an angry person

Dr. Debi Silber: It shows itself, absolutely.

Dr. Keesha: I should have been angry about this event and I never was. Right? So, then I was able to go, that's where it is. That's very undigested because it's not even recognized. And so, with betrayal is such a great opportunity to say, okay, this is something I can put my head around that I can be angry about. You know? And then I get to go through the steps of forgiveness, but lip service forgiveness doesn't work, and they won't heal. That's just so fascinating that you had this group that didn't. And I just want to point out that difference to people, reconciliation is not forgiveness. You do not have to call them up. You don't have to be in the side of the same room with them ever again. There must be boundaries.

Dr. Debi Silber: Completely, completely two different universes if you choose to or if it's even an option or possibility, it is completely up to you. But forgiveness is always right. And that's where the work is. And that is such a game changer as far as your health because that's where you need, it's like you're walking around with this 50 pound boulder and it's exhausting, but forgiveness kind of allows you to put that down and now your hands are free, arms are free. You can see opportunities, things that were not available to you when you were just carrying this around. Okay. Why not?

Dr. Keesha: And I want you to start from the beginning with your study and I'm going to be quiet and I want to hear the three findings.

Dr. Debi Silber: Okay. So, the first was that there's this collection of symptoms so common to betrayal. It's become known as post betrayal syndrome, physical, mental and emotional symptoms. There's an assessment on the site to see to what extent someone is still struggling. We've had over 3,500 people at this point take the assessment and the information we're getting from taking the quiz, it's [inaudible] And it doesn't matter if your betrayal happened a day or a decade ago. I mean, we have people saying, my betrayal happened 40 years ago. I still feel the hatred. My betrayal happened 35 years ago. I just refuse to get into another relationship. It doesn't matter. You know, we think we've been taught time heals all wounds or we've been taught if it's a romantic betrayal, a new relationship will heal it; oh no, no, healing will heal it and I have the same; face it, feel it, and it does not go away until it is looked at. It is addressed when you do---

Dr. Keesha: Stop right there because I don't want you to skim through that. Face it, feel it, because so many people with autoimmune disease are completely disconnected from their bodies feeling it. That is so important. And then you can heal it.

Dr. Keesha: That's beautiful. I just wanted people to hear that really, really well.

Dr. Debi Silber: And you notice what it looks like. Here's an analogy and everyone will remember this. Most people have that really messy room, messy drawer and you know, whatever in their house, Condo, apartment, office, whatever. And

you are just doing all you can to avoid it. You think it's not buying for your attention, but it is, and it takes a lot of energy to not deal with it. And eventually, you know how there's that one day where you're like, you know what, I'm going in and you get your garbage bags and clean. And then you, let's say it's a girls room, and you may [audio cut out] and it actually looks a lot worse at first because now things are all over the place, I'm going to donate this, I'm going to fix this, I'm going to toss this, I'm going to give this away.

Dr. Debi Silber: Right? And then once you do, you put back what's left. Now you can stand back with pride and you have such appreciation and gratitude for the work you've done. You never could feel that unless you did that work. And that's beautiful. That's what working--because now here you have this beautiful space that you created because of the work you've done. And the only way to get there is by doing it. There is no other way. There is no other way. My Ted talk was about numbing, avoiding, distracting. And this is what we do because we don't want to face or feel and we're using food or drugs, alcohol, work, TV. Keeping busy, reckless behavior, anything. I mean, yeah, exercise, meditation. I mean you can actually make any of these things a numbing out technique. And you know what it's like, I remember when we were kids and when someone said something, we didn't want to hear La la la la I don't hear you.

Dr. Debi Silber: That's the same with food, drugs, alcohol, any of that is the adult version of la la la la. I don't hear you. And we just do that until we can't. And it's only when we look at that stuff, that's when we can, we can do the work. So, the first discovery was post betrayal syndrome. The second discovery was, I had a feeling, healing from betrayal was very different than healing from other types of life crises; death of a loved one disease, natural disaster. I had been through death of a loved one. When I had been through disease. I was in ICU for 11 days. It's a miracle I'm alive. Healing from betrayal feels different to me. I didn't want to assume. So, I asked all my study participants and I said, if any of you, for those of you who've been through other types of crises, other types of trauma besides betrayal, does betrayal feel different?

Dr. Debi Silber: Hands down unanimous it is so different because betrayal is personal. Take it personally. When we lose someone we love, we mourn the loss, we're sad, we're grieving, but we don't question the love with betrayal. We question all of it. We question our own sanity. We question ourselves. We're like I'm a bright person, how did I not see this coming? We question everything. We also have to rebuild the self when let's say it's a house fire, you lose everything that's traumatic in its own way. But maybe your self-esteem or confidence or feelings of rejection or abandonment. Like all of that comes into question with betrayal. It all does. It all does, and it all has to be rebuilt. So, we needed a new name. So, I coined a new term, post betrayal transformation, PBT. That was the second discovery.

Dr. Debi Silber: The third was while we can stay stuck for years, decades, a lifetime, and many of us do, and I can tell you exactly the stage we get stuck in; if we're going to fully heal from that place of shock and trauma to that place of PBT, post betrayal transformation, we're going to go through what's now known as five proven predictable stages. And what's even more exciting now we know what happens physically, mentally, and emotionally at every stage. And we know what it takes to move from one stage to the next. So, what that means is instead of being blindsided and just hoping we heal and trying a few things, now we know what it takes to heal. So now it's predictable. So, you can imagine how geeked out I got when we made that discovery.

Dr. Keesha: I know. So, what are the five stages?

Dr. Debi Silber: So, the first one is like a setup stage. And this is what I saw with every single participant. If you imagine four legs of a table, the four legs being physical, mental, emotional and spiritual. What I saw, every single person was a real heavy leaning on the physical and the mental and kind of neglecting the emotional and the spiritual. So, what does that look like? It looks like we're really good at thinking and doing and not really focusing much on feeling and being. What this also means is when we're so busy thinking and doing, we kind of turn our intuition down and so many women in the study said, I kind of thought something was off, but I was just too busy to pay attention. It happened all the time. I heard that all the time. So, think about a table with only two legs being strengthened, easy for that table to topple over.

Dr. Debi Silber: That's not to say that if you're busy, it's a set up for betrayal. It's just what I saw. Stage two; You were blindsided. Here's the breakdown of the body, the mind, the worldview. This stress response is ignited. Your mind is so now you're headed for every stress related symptom, illness, condition, disease. This is like where are our hormones going? Wacky. I mean, you name it, it's happening here. Your mind is in a complete state of chaos, overwhelmed, mental confusion. We cannot wrap our minds around what we just learned. We just can't. We can't understand it. And there's a breakdown of the worldview. You know, that's your mental model. How you view the world, is this person safe. This is how the world works. And in a moment, it shattered, but a new model hasn't been constructed yet. So, this is the scariest stage. Here's where the bottom bottoms out on us.

Dr. Debi Silber: But think about it, if you were walking down the street and the bottom were to bottom out on you, what would you do? You would grab hold of whatever you could to stay safe and stay alive. That stage three survival instincts emerge. It's the most practical stage. If you can't help me get out of my way, where will I live? How do I survive this experience? Who do I speak to? So, entirely practical. But what happens is this is the stage I see people get stuck in all the time. Because what happens is once we learn how to survive the experience, we stay there for too long and we start believing that we belong there and you know,

like energy attracts like energy. So now you start thinking, well I guess I deserve it. So now people coming to you represent how you feel.

Dr. Debi Silber: The opportunities that come to you represent that feeling of, well maybe I am not that great, maybe I'm not lovable, worthy, deserving, whatever. And then you start planting roots--

Dr. Keesha: And the wire around your heart too. This is the numb stage.

Dr. Debi Silber: Boy, yeah. People build their brick wall and yeah, I'm not going to hurt again. Yeah. And this is what they do. And then it goes even a step further because then we start getting all small self-benefits. You get a very powerful story. You get to be right. You get someone to blame, you get a lot of sympathy from other people. You would get---

Dr. Keesha: That is a powerful place to be: victim.

Dr. Debi Silber: Yeah. And you don't have to do the hard work of rebuilding trust. You're like, do I trust you? Do I trust you? Forget it. I won't trust anybody. So, we justify staying there.

Dr. Debi Silber: We plant roots. But if we're willing, willingness is such a huge piece of this. If we're willing to let go of some of those benefits for something so much bigger, like a way better story being the heroine or hero of your story, health, I mean so much more and we're willing to mourn the loss, grieve all of those things. We can move into stage four. Stage four is finding and adjusting to a new normal. Your old normal doesn't exist anymore. It's no longer an option. So, here's where, if you've ever moved into a new house, office, condo, apartment, whatever, you don't have your stuff in it yet. It doesn't feel quite homey and you know, but it'll be okay when you're in this space or kind of telling your stress response, you know what? I'm doing a little bit better. I'm still not good yet.

Dr. Debi Silber: You're not building and repairing just yet, but at least you're not creating to the extent you were, illness and disease, when you were, you know in stage two or stage three, you're redefining boundaries. You know, if friends weren't good friends to you, now you're like, you know what? I don't need you in my life. You're making some new rules here. You're making this new normal okay for you; making it work. Now when you feel safe and you feel comfortable and you've made it your own and you feel okay there you can slowly move into the fifth most beautiful stage and this is healing rebirth and a new worldview. Here the body starts to heal. You've turned down the stress response. You didn't have the bandwidth for self-love, for self-care. You didn't care about eating well, exercising, you are surviving; now you want to nurture yourself. You want to take better care of yourself. Your mind starts to heal because now you're making all kinds of new rules, new beliefs because of your experience and you have a new worldview based on where you've been. And that table in the

beginning where we're only focused on the physical and the mental. Now we're focused on the emotional and the spiritual too. And we are solidly grounded.

Dr. Keesha: Beautiful, well put. And you know it's at that point that people get really angry because this is Joseph Campbell's Hero's Journey, your sheroe's journey. I've brought it down to five SATRO in my work and you know like once you come back and you are now what Joseph Campbell would have called resurrected, right? You've reborn; rebirth. Now you're an oracle and a teacher for those to find you who have also been through this and you can help them. But then you're going to have another challenge. And this is where I find people get so pissed off. It's like well, okay, yes. But I think when I help people rebirth into a new space, I always say welcome to this beautiful world of pain and joy and pain. And love and pain, like excitement and pain and beauty. And the reason I say that is because I believe we're not taught that and cultured to it.

Dr. Keesha: When we're children, we watch Disney princess movies where the handsome prince comes, takes us to the castle and never again shall we suffer, you know? And so, there's never, one of the Buddhist principles that I read one time that I just loved is that everything you love, you will lose; everything that lives must die. I thought, oh my gosh, that is just truth with the capital T. It is what mother nature shows us. It demonstrates every season. And so why do we struggle against that? And we have an expectation that what I just said is not true. And so, when some expectation doesn't get met, we suffer, right? And we felt betrayed by it. So, I just love if we can get through this betrayal to the post traumatic or post betrayal growth, there's also post traumatic growth. When you get into that then from space, just have the expectation and the knowingness that life is going to hand you your next challenge for growth because that's what life is for.

Dr. Keesha: And then the more you go through that, then the more resilient you get, you know? And then then when people let you down or when something happens that you didn't expect, you have more tools and you have more fluidity inside your body, mind, heart and spirit. They'd be able to say, oh, there's my next challenge. Here we go. You know? And then your body doesn't have to take it on. It's where every five minutes you are in your head, it takes eight hours for your body to recover from it. I mean, it's a crazy irrational ratio.

Dr. Debi Silber: And I'll tell you a really common thing that I see when you, speaking of, rebuild, after all of that and then you have a new challenge. What I so often see is a lot of times we outgrow our friendships; and we outgrow our friendships because they were kind of working where we were feeling poorly or we weren't feeling well and now I rebuilt, improved ourselves physically, mentally, emotionally, psychologically, spiritually. That doesn't mean the other person did too. That doesn't mean the people around us did. So, we outgrow friendships. We can outgrow our job; we can outgrow whatever it is we're doing. And that's a really common thing.

Dr. Keesha: We can outgrow all kinds of partnerships if our part-- I mean a good marriage is one in which you both call each other to your highest and you're both willing, I always say willingness and integration are the two most important words in the English language. So, if you have a partner that's willing to also do the hard work, which is what we're talking about; nobody ever said when we were young that this life was going to be a lot of hard work, you know? And so, we're talking about the good stuff here. This is what's so interesting is the more evolved you get, the fewer friends you will have because there are few people that are willing to get into that next developmental stage. There are 10 developmental states in adulthood, and they go from black and white thinking, judging, this is right, this is wrong.

Dr. Keesha: To this unit of consciousness where all of us love; and you know that all challenges including betrayals are being done for you, not to you. And that it is all part of your own growth. And so then you start to welcome those things when you're in that 10 foot level, but only less than 1% of the population is actually in that space. And most people, when they're polled, think they're in a higher level than they actually are. It's an interesting thing that life has to show us that, okay, this is all, it's kind of like waves. The waves will come in and then the waves will go out and we get a rest when they go out and then they'll come in and then they go out again as the tides. It's resting and enjoying while you have that space. And then knowing that there's going to be another challenge that you'll need a mentor for, that you're going to have to learn a new skill and that that's going to actually refine you even further and make you into a wise woman elder. I mean at the end of the day, betrayal hurts; what they are helping us is to become wise women elders because the world needs more of us, you know? And so I think that at 54 I don't consider myself a wise woman elder yet, but I'm damn committed to it. I'm so excited.

Dr. Debi Silber: You said something and I just love it because it's so true. The biggest thing about betrayal is what I find with the people I work with is the hardest kind of nut to crack is just because it happens to us doesn't mean it's about us. And we don't get to the part of eventually realizing it's for us until we do the work and that's when we can use it. You know? And I use it really strategically with people. I'd say, well you know what, if you're going to go through something that's so painful, at the very least, how do you not do something really good with it? Otherwise you just do. What's that about? You owe it to yourself to do something good with something really bad.

Dr. Keesha: It's like paying your tuition for a PhD program and never doing anything with it.

Dr. Debi Silber: Yeah, this is graduate school here. What we're talking about, this is the graduate school of life, but don't you find I feel like people just don't, they first of all, they never realize how strong they really are; and they're so convinced that closing down is a better way. Shutting off, sealing off is a better way than diving in. And I get that the diving in piece can be really scary and I try to reframe it where,

you know what? It's just unfamiliar. But when the pain of where you are becomes worse than the fear of the, that's what it takes. That's when you look dumb. But everything was unfamiliar at first until it was familiar. So looking at this healing journey as just a new path, it's always going to lead to growth; and growth is always good.

Dr. Keesha: The thing that you just described is what I termed in my doctoral work, the misery to motivation ratio. That's the little term I coined that I use is as miserable as you get then that's the more motivated you'll be. Unfortunately, this is how human nature is to actually make the lifestyle change required. And a lot of times in autoimmune disease, people are all on board with the dietary component; healing leaky, gut, detoxing, making sure that the autoimmune triggers like mold and then Epstein-Barr and Lyme and all the things like that that are being discussed in the functional medicine world are taken care of. They're ticking it off right. And that they're really working very, very, very hard on understanding their genetics. You know, that's another piece because all of these, I call these the four corners of the puzzle, but the last piece, the missing piece is this.

Dr. Keesha: It's the trauma. It's how you're managing it. It's what you're believing about what life owes you is how deeply steeped in the victim mentality you are and how entitled you feel about what life should be bringing you. And when it's not delivering, you're going to feel upset. And that puts us into that tension that doesn't allow leaky gut to heal. It is actually a form of toxicity because we get toxic belief systems about this betrayal of God, our body, our spouse, the government, the food industry, whatever it is that we start getting on about and rigidly following a diet that causes orthorexia. You know, we're afraid of food now. We hate our bodies and I always say like a body, a mind, a heart in the spirit at war with itself. There's no winner in that. And that is autoimmunity. And so our whole culture is steeped in this. It's attacking itself. This work that you're doing, Debi, is so important and I just really appreciate you and I can't even believe I'm so excited that the work that you're putting out here for people to really help them understand is really essential. Obviously you're going to have a beautiful gift for people. I assume you're going to want them to take the quiz.

Dr. Debi Silber: I do. They'll learn so much. I have people responding to say, oh my gosh, I was crying taking that quiz. You can't change what you're unaware of. Again, just face it, learn what you're not facing, what you're avoiding, what you're distracting yourself from. Because it's only then that you can move through it and heal. We're meant to heal. You're meant to learn, grow, evolve. And if it takes some hard questions to learn some, some things, that's okay. That's okay. You're stronger than you think. And I so appreciate what you are doing, just the work you do and bringing everybody this awareness because it's so needed.

Dr. Keesha: I'd like to just invite everybody that's listening right now to consider that you're in a tribe right now because in the Mayan culture, what they say is autoimmune

disease cancer, all of this is what they call petrified sorrow. I love that: petrified sorrow. And that if you were a villager, and in Guatemala and somebody in your community had petrified sorrow, you would consider it your responsibility to witness that sorrow, to be with that person in a way that allowed them to liquefy it. And you know, I heard a shaman talk about this then I thought, this is so beautiful. And then he said, yeah, so if we can't get it liquified, we'd go find the women. And at first I thought he was talking about something sexual. And I thought, why? And then he said, no, no, the empathetic ones, the ones that can start the tears that can create the nurturing and witnessing with love, right?

Dr. Keesha: That will allow that to liquefy. And I thought that was so beautiful. So I just want to invite everybody that is in this community to think of themselves that that is your responsibility to also be witness, not to be sitting behind a mask of perfection and you know, crying into your pillow at night with a brick wall around your heart because there is no healing in that. And you know that the deep immersion retreats that I hold are for people to be in community, to witness one another, sorrow. And so they have that liquified and healed, reframed brain rewired. So this work, no matter which form it takes is, that's part of it. And I want to identify it and state it out loud so that you know that is essential in your healing; we're just too cut off from each other. Crazy.

Dr. Debi Silber: Yes. Love heals. What people need to know, they're not crazy. They're not alone and they can heal.

Dr. Keesha: Well thank you so much. I absolutely love you, adore you. I'm so grateful for you coming and sharing your wisdom. This is again, Dr Debi Silber, and what we'll do is we'll have her information where you can reach her and access her free gift. Until next time.

Dr. Debi Silber: Thank you.