

## AJR - Danielle Pashko Transcript

0:00:01 - Anncr

Julie Ryan, noted psychic and medical intuitive, is ready to answer your personal questions, even those you never knew you could ask. For more than 25 years, as she developed and refined her intuitive skills, Julie used her knowledge as a successful inventor and businesswoman to help others. Now she wants to help you to grow, heal and get the answers you've been longing to hear. Do you have a question for someone who's transitioned? Do you have a medical issue? What about your pet's health or behavior? Perhaps you have a loved one who's close to death and you'd like to know what's happening? Are you on the path to fulfill your life's purpose, no matter where you are in the world? Take a journey to the other side and ask Julie Ryan Hi everybody, welcome to the Ask Julie Ryan show.

0:00:46 - Julie

It's where we blend spirituality and practicality to help you live a life of purpose and joy. We have Danielle Pashko with us on the show today. Danielle's a functional medicine nutritionist and chronic illness coach with 20 years of experience. She specializes in weight loss, digestive health, women's health, lyme disease and long COVID. Her own health transformed only when she embraced ancient healing practices, so I'm eager to learn her techniques and how she incorporates the spiritual side of the equation. Please remember to subscribe, leave a comment and share this episode with your family and friends. Now let's go talk with Danielle. Danielle, welcome to the show. I'm so thrilled you could join us today. Thank you for having me. I'm happy to be here too. The name of your website is Soul Hacker.

0:01:51 - Danielle

What's a Soul Hacker? Well, it's a little bit of a play on words of biohacking. If people are not familiar, it's when someone hacks their biology through doing different modalities, and people are very familiar with upgrading their health through, maybe, infrared saunas or cold plunges or red light therapy and all of those things have merit and I appreciate them. But I work with a lot of the chronic illness community and I find that these biohacks are good for healthy people to make them even more healthy. But for someone who's dealing with a chronic condition, it's not necessarily so simple to just do these external methods to upgrade your biology. A lot of times, chronic illness is caused through things like trauma, emotional dysregulation, stress, lack of spirituality. So Soul Hacker is really helping people to tap into the essence of their soul and I believe because it's been my own experience working as a practitioner and also being a patient when I had my own struggles that you need to tap into the growth of your soul and get into working on that for healing.

0:03:08 - Julie

So that's where I came up with the name. I love it. When I saw it I thought whoa, this is fabulous. I thought it was very creative, thank you. And spelled soul H-A-K-K-E-RI. Thought oh, she's getting really fancy here. Probably just get the domain name. But it was very creative. I loved it and I completely agree with you In all the energy healing work that I do, there's always a component of an emotional something, something going on, and it's always in place before any kind of disease or illness sets in. That's been my experience.

0:03:45 - Danielle

Absolutely, Absolutely.

0:03:47 - Julie

And I, like you, believe it's the most important part of the healing, because we can fix body parts all day long. But it's also been my experience that we leak energy when we are holding on to an emotional whatever whatever Definitely and so you know, if you still got a leak, what's

the point of fixing body parts. So we're on the same page with that. You also say that healing starts with the nervous system. What do you mean by that?

0:04:19 - Danielle

So the nervous system is comprised, that we have the sympathetic nervous system, where is the fight or flight? And many people are stuck there and they can't move to the parasympathetic, which is the rest and digest, but the more the relaxation response. And for a healthy person it's normal to fluctuate from sympathetic to parasympathetic. But for many people who, especially in today's world, if you're an empath even more than anything, whether you have a situation or you're just very sensitive, you may be living in the sympathetic and the constant fight or flight and really getting in control of your emotions is a key to regulating your health.

And I find that working with people, even if they have the greatest doctor I'm not anti-traditional medicine. I think Western medicine has its place and I think the wellness community has its place but if someone is in such a stressed condition, no matter how brilliant the treatment is, it's hard for it to take unless they have a regulated nervous system and they can manage their stress. And once they start to regulate the nervous system, these modalities tend to work a lot better. So the supplements may work or the medication may work better, or whatever kind of therapy you're doing. Once you have a regulated nervous system you're going to have a lot more success. So that's where I think is a foundational part before doing anything, I think really working on the stress response.

0:06:01 - Julie

How does somebody that and I know you've had chronic illness and I want to do a deep dive on that in a little bit, but is it possible? Let me rephrase that everybody that's dealing with a chronic illness is their nervous system out of whack.

0:06:20 - Danielle

I think to some degree there's a stressor that created this. There was some kind of stressor or event that happened that made their situation more chronic. So, for example, if someone's dealing with for me it was Lyme disease, but I've seen people who have it who are bit by a tick. For me it was Lyme disease, but I've seen people who have it who are bit by a tick and if they have a strong, robust immune system and maybe they're you know, they're emotionally regulated it may not even affect them. It's really about the host and if that host is strong and resilient, they may have no effect. And then suddenly something else can come along a breakup, a loss of a job, something COVID right.

Something happens and suddenly the nervous system becomes dysregulated and what happens is now you're presenting with symptoms. This can also happen with people who have autoimmunity, or I've seen people who have maybe Epstein-Barr, the virus that caused mono, or also can lead to chronic fatigue syndrome, cytomegalovirus, things like that. It could be these dormant viruses that are in your body. A lot of people have them, Maybe they had them as children and they're dormant. And now the stressor occurs and this emotional dysregulation happens and this nervous system dysregulation happens and now, boom, now, suddenly you are presenting with symptoms of illness. So I do think that it plays a role in most situations, even in, like glucose dysregulation. If your nervous system is not properly working, it can affect your hormones, your cortisol levels, your ability to sleep, your glucose. So, yeah, in most situations, even inflammation that it can be causing chronic pain.

0:08:10 - Julie

So it plays a role, I think, in pretty much every aspect, I agree, and it begs the question is it the chicken or the egg? Yes, because when your immune system's fighting something and I'd love your take on this, this is just my perspective here but when you get stressed out with any one

of those situations that you just mentioned, what happens? Our cortisol levels go up, which causes increased inflammation, which causes stress, which causes all this cascade of different symptoms to come up, and the body's going whoa, what do I go after first? Yeah, so it sounds like you agree with that, that it's like some. It can be either or. But I find if somebody is in a lot of pain, they're just stressed from the pain as much as anything, let alone the emotional stuff.

0:09:07 - Danielle

Absolutely, and it's you know. And it's not like I'm saying that all these things are psychosomatic, and if you're stressed, that means you're going. You know that's where it comes from. I hate when physicians make patients feel like, oh, it's just stress, you know, if you just relax, go on vacation, it's going to go away. It's not as simple as that. It's just that if you're working on daily practices to keep the emotional regulation and also I do a lot of movement, especially Tai Chi and Qigong, and that helps with grounding and it also helps with the nervous system and working on proprioception and it helps with neuroplasticity and it really helps the body to work on healing.

But it's a daily practice, so it's not something like you can, you know, just go away on vacation and be done with it. It's something that you need to like build up your life force by doing certain practices and I know there's lots of brain retraining programs for nervous system regulation, but I find that doing those without incorporating the movement and the reinforcement, it doesn't always stick. So I think that the movement, with doing these kinds of types of practices, really help the patient or someone really feel a lot better.

0:10:28 - Julie

Tell us about your journey. Why did you go into the functional medicine arena to begin with? And then what was the catalyst for you to say, okay, all this stuff, that I know, all my expertise, is not working. What happened and it wasn't working, which led you obviously to explore some new methodologies to help yourself heal and, in turn, you became an expert at it, and now you help others around the world do the same.

0:11:01 - Danielle

So people think that from having a health issue is how I got into this. It wasn't. I had a very sick mother when I was a little girl and she had breast cancer since the time I was eight years old and she wasn't getting a lot of help going through the traditional route. So she got very into things that you're very familiar with visualization, meditation, listening to Louise Hay, reading, you know, Dr Bernie Siegel, love Medicine and Miracles, Caroline Mace, anatomy of the Spirit, Dr Brian Weiss, many Lives, many Masters and had all these books. And unfortunately she had a lot of emotional trauma from my stepfather who was very abusive and she was starting to get better and I saw that connection of how she would be great and then he would beat her down and I saw the connection between the emotions and the physically. She would just shut down and she passed.

When I was 13 she was 38 years old and she ended up leaving me uh, these, all these books that I just talked about, and these kids in school are reading Judy Blume and Catcher in the Rye and whatever, and I'm like many lives, many masters, and reading about how we could heal ourselves through all these holistic ways and I thought I never want to get sick, I want to help people. It's terrible what she went through, and so I was on this journey to be this healer and I started studying with a shaman when I was 18 and got certified in like every modality, from somatic therapy to polarity therapy, to yoga, to Reiki, to massage therapy, nutrition, you know, I did it all. And then I started working in clinical practice and then I got thyroid cancer myself when I was 31. And I was like that's, you know. So that was something I had to deal with. And then, after that, I ended up getting Lyme and then long COVID.

So the way my practice work shifted, but I thought about a lot, a lot of the things that my mother had taught me when I was younger and I was always using that in my work and I always had this spiritual kind of bend in the way that I would see my clients. It wasn't just like eat this, do that, like there was always a spiritual part that came with it. But once I was really tested so much myself, I think that shifted the way I completely work with people and now I work with intuition and I speak to them in a very human way and it's just like it feels like the work I'm supposed to be doing. But I went through this and now I can really understand and empathize with people who are experiencing these kind of issues.

0:13:43 - Julie

Do you think your mom's in heaven guiding you? Absolutely? I do too.

0:13:47 - Danielle

Yeah, I don't have brothers and sisters. My dad disappeared. I was an orphan. I like I moved out on my own when I was 16 in New York city, paying my rent, Like I've done everything on my own, and I always felt like she was like my imaginary friend, like just always with me every step of the way. I believe in reincarnation, I believe in the soul, I believe like I believe. So I just got chills right now I did too. You did Like I believe so strongly. She's in my presence and she's looking out for me and she's directing me and she's helping me with my work. And you know, we just have a very special bond, even though she wasn't in my life very long.

0:14:21 - Julie

So she's, she's to your right, Her spirit is to your right, and I'm getting weepy because I can see her and we can talk to her if you want. But she's, she is absolutely. She's so proud of you she can't even stand it hardly. So where did you go with 13 when she passed?

0:14:39 - Danielle

Well, now I'm getting emotional, I know I uh, wow, I didn't expect this to happen. Um, and I kind of bounced around to different relatives and eventually I got kind of. I ended up living with an aunt and uncle who I wasn't very close with, I barely knew. On my father's side, my estranged father had a brother and his wife and I lived with them for a little while and it didn't really work out very well. It didn't really work out very well and I moved in with my mother's friend for a temporary period of time. I bounced around everywhere and then at 16, I finally just moved out on my own and I got a roommate in high school and then I got my own apartment when I'm in my senior year of high school in Manhattan.

0:15:23 - Julie

So how do you do that? When you're, were you 18 early in your senior year? I mean, how did somebody rent you an apartment at?

0:15:31 - Danielle

17?. So, yeah, I actually I did. I've lived in maybe I know this is so off topic, but I probably lived in 40 apartments in Manhattan because I had to keep moving, like every three to four months, because I had no credit, because I was underage and I was paying things in cash and I never had a guarantor, so I bounced around, so I kept moving, so I kept moving, so I kept living in these like sublets and all over the city and I just kept moving. So, yeah, I did this until I eventually got married in my 20s and then got divorced and now I'm remarried. But yes, but I had a lot of bouncing around that I did. So I've lived a life.

0:16:10 - Julie

You lived nine lives by the time you were 20, it sounds like I did. I did. Goodness, god bless you. Wow, tell us about somebody who's a client and they show up and they've got multiple whatever, autoimmune, whatever, and they're just exhausted and dejected and feeling like what is the point with all of this? I mean this is just miserable. I don't have energy to do anything. I'm

out of money because I've spent it on all these healing modalities and nothing's worked so far. Walk us through what you do with a client like that. How do you come up with a plan to help them and then, if you can give us an example or two of somebody that's shown up with whatever symptoms, and how you've been able to help them and where they are now in their journey.

0:17:10 - Danielle

Well, it's interesting because I've changed a lot. The old Danielle would do a lot of functional lab testing to really try to find the root cause and see where I can find it on their lab work. And then from there they were. Let's say they had Epstein-Barr. They're like, okay, we're going to work on that and try to build your immune system, or let's work on the mold, or let's work on the heavy metals. And that was my whole approach.

And while I think that works, I've found that the clients that I work with now it almost doesn't matter, Like I stopped with all the testing because it doesn't matter if they have mold or it's good to know because you do need to work on some of it. But whether it's mold or whether it's autoimmunity or whether it's Lyme disease or whether it's chronic fatigue or whether it's glucose dysregulation, I find that many of them are living in such a sympathetic state. So I really go into, I talk to them and I try to get to understand what was the event that caused this and try to get into understanding. And then we talk a lot about the nervous system. I introduced some of the concepts to them that I've shared with you with the Tai Chi and Qigong, Also grounding, which I find very important.

0:18:30 - Julie

For those that have heard grounding but they have no clue what that means or how to do it, let's do that. And then I want you to go into a little bit about the vagus nerve part of the equation, please.

0:18:43 - Danielle

Sure. So grounding is also known as earthing and it's connecting to the earth, whether you are barefoot in the sand or the grass or you're holding onto a tree. It sounds a little woo-woo but truthfully it is so amazing for the brain and feeling rooted. And I had something before called POTS, which is postural orthostatic tachycardia syndrome, where a lot of people after COVID it just became like so many people had it. Where you would stand up and your heart rate would go up and you'd have this tachycardia like your heart rate would beat out of control and your blood pressure would drop and you felt like you would faint and I became agoraphobic Like I. It was hard for me to go to the office. I was still seeing clients doing Zooms and feeling inside like I was in death store and doing the grounding really helped me feel very rooted and I think a lot of people need to tap into that. So I'm super into grounding and getting out into nature.

0:19:48 - Julie

Do the mats and the grounding sheets and you know stuff like that for people that travel, that don't have the opportunity to get outdoors because they leave at dark in the morning and they get back at dark in the evening, and or they live in a someplace that most of the year their land is covered in snow or whatever. No, I.

0:20:08 - Danielle

So I actually had made a giant grounding mat for my house. I've never seen one so big. The largest grounding mat I've seen is the size of a yoga mat. I had one specifically made so I can do Tai Chi on. It's like the size of a king-size bed and I actually do my practices on there first thing in the morning before I get to the beach in the evening.

So I think it does work to a degree. I don't think it works as well as nature. It's kind of like taking a supplement over eating food, like you're going to get more of the food but it is a good

supplement to do, to use that. But I also think there's other things at play, like if you have a lot of EMF electromagnetic fields in your house, really being careful with that, so maybe getting some blockers. There's things that you can do to prevent having so much of these frequencies going on, because it's so unnatural and that can make us feel very dizzy. So the grounding really helps, even with all the stimulation going on. So yes, I think it's not a bad idea to have.

I have the grounding sheets, the grounding mats. I'm not sure how well they work, I do have, but I think the mats actually do provide some benefit and I right now, as I'm talking to you, I'm upset I don't have one on my feet. I normally do, but I left it in my downstairs office. But I almost never go on my computer without sticking my feet on our grounding mat. So I think it is a good tool and it's worth having, for sure.

0:21:39 - Julie

I sleep on a grounding sheet every night, a fitted sheet on my bed. Oh, you do, I do, and I have one. It's a strip, it's not the whole sheet, but I carry it with me when I travel, and so I'll lay it lengthwise over the sheets at the hotel, and especially if I've flown, when I lay down on it. Now, everybody listening and watching you got to have some skin on it, so don't wear your fuzzy footed jammies. You know when you're laying on it, you got to have skin touch it. But I feel tingles, especially after I fly. I really am cognizant about wanting to ground after I'm in a you know a tin tube for hours being pinged by radar and whatever else, and I can feel it for about 30 seconds. I'll feel tingles all over my body and I know I'm grounding those all over my body and I know I'm grounding. What are some of the blockers that you think are good as far as the EMFs and are EMFs real?

0:22:38 - Danielle

Some people have a Faraday cage which you can buy. There's another one that there's, a company called Blue Shield that I have a friend who's like the EMF guy and he told me that was like the one to get. So I have that. And then there's other companies. I have another one from Soma Vedic in my other apartment. There's several out there.

You can even have a salt lamp by your bed and some crystals, which is not a bad idea, and you should turn off the Wi-Fi at night before you go to bed and not have your phone near you or just turn it off. But if you have kids, I understand you maybe want to keep your phone on, but put it in airplane mode and shut down the Wi-Fi. Because there's a lot of free radicals that you know. It's like it's oxidative stress that we don't need, and sometimes you don't feel it. No-transcript. Like I'm guilty, like everyone else, of the scrolling and the posting, but I'm like, okay, like you know, there's a certain point. I'm like I have to stop because I know this is not normal. And when I'm away and I just go off the grid and just like detach from everything, gosh do I feel so much better.

0:24:11 - Julie

And I'm sure you could relate to that. Yeah, absolutely Okay. So thanks for the grounding explanation. Now let's go into the vagus nerve explanation, because there's lots of talk about the vagus nerve and I for one don't really even understand what all's going on with that. So can you educate me and, hopefully, others listening.

0:24:28 - Danielle

Right. So the vagus nerve connects from the base of the spine down to the intestines. So the vagus nerve connects from the base of the spine down to the intestines and it's responsible for regulating the parasympathetic nervous system and people who find themselves like, let's say, before it was even such a big thing like I had nervous stomach as a kid and that was like an issue and that's a vagus nerve response. It's like the gut brain connection of being anxious and then the vagus nerve is not. It's like poor vagal tone and then having this, the digestive issues. But with the vagus nerve you can deal with unexplained vertigo, not feeling grounded,

migraines. There's so many things that the vagus nerve is responsible for and with POTS, major issues with the vagus nerve, and so working on strengthening vagal tone will help with the relaxation response, can help your sleep, can help a lot of these issues. So there's ways to stimulate it and, yes, some people have heard you can do chanting, or that does work, or gargling. For me I have a red light that this is, this is, this is biohacking, but I, but I do like it. Um, but the red light, uh, when it's like a full body red light, but when the red light hits your belly. It's actually good to stimulate the vagus nerve, so I'll sit there for a few minutes. Um, tai Chi and Qigong you do. You do make sounds and when you're making the sounds with movement, um, that is stimulating the vagus nerve.

Um, also, there's a lot of expensive vagus nerve stimulators that people buy and I just I don't like all these expensive gimmicks, uh, you know, gadgets or whatever, and I actually use a tens unit that for \$30, that people you know we used to see in a chiropractic office. If you look at the belly, it's like it's like, it's like like a face or around around the belly where the belly button is, and underneath the belly and on top of the belly, like under, like underneath the navel and on top of the belly button, and then each. You can't really see where I'm showing you right now, but there's like the fleshy part right around the belly button. If you put like four probes and you do just gentle stimulation on a low level and just relax into it while you're just breathing deeply, it can also stimulate the vagus nerve and it sets your body into a more parasympathetic state. What parasympathetic is? The calm state.

The calm exactly. So it's really good for that. So those are things I do, and then I do work on diet with people, so I haven't abandoned the diet yeah, we're going to get to that.

0:27:24 - Julie

I got questions for you on that too. Yes, a couple more questions on the energy stuff. Yeah, back to my question about you have a client that comes in and they got all this stuff going on and you talk to them and you figure out, okay, what's the root cause of this perhaps, and maybe it takes you several sessions to talk to them, what do you suggest that they do and how to do it? So do you suggest they get into the energy, the Tai Chi, the Qigong first and then you add the other components, or do you add them all at the same time? Can you walk us through, perhaps, an example of a patient with whom you've worked and how you helped them and where they started and where they are now?

0:28:15 - Danielle

Right. Well, I try not to overwhelm but it depends what they've done. If someone has no experience with nutrition and their diet is pretty lousy, then we will start with. There's definitely because the gut brain connection. You want to have a healthy gut microbiome and nutrition is a big part of that. So I will start with nutrition and cutting out a lot of the inflammatory triggers. You know the processed foods, the sugar, the gluten, dairy for some people, the caffeine, the alcohol, and then even going further, for someone who, let's say, maybe because they have so much inflammation, I may take away foods that are high in histamine so that's another thing. Such as like bone broth or kimchi we hear is so great, or kombucha tea and things like that. You know that are healthy for most people, are not healthy for a lot of people who have chronic illness. So I might take away those foods that could be triggering a flare.

Or someone who may have a lot of inflammation, may have also issues with, for example, you could be following a paleo diet, and this was me for a long time. I was in the best shape of my life, I was always very fit before I got sick and I ate a total paleo diet. I would say my diet was 80% vegetables and then I would say like 20% protein, and then I would have like a little bit of carbohydrates, like Japanese sweet potatoes or maybe quinoa or something. But all those vegetables that seemed were so healthy for me. Now, as I started to get sicker and I see this with people who are chronically ill they may have issues with the lectins in the vegetables, the oxalates, the things like that that they were like, but it's vegetables. What's better than having,

you know, green juices and greens all the time and my spinach and this and that and I'm like well, for a perfectly healthy person, it's great for them, but for you we're going to need to do a little elimination here. So I make a diet different for someone who's trying to lose weight versus someone who's dealing with chronic health symptoms, totally different.

Also, I do think that glucose regulation is very important. So I may suggest that someone wears a glucose monitor for several months to see what's setting them off, because they may not understand, even if their lab work came back normal and their glucose and their hemoglobin A1c, which checks for diabetes and prediabetes, let's say it's in range. My hemoglobin A1c, which checks for diabetes and prediabetes, let's say it's in range, but it's not taking a snapshot of what's going on throughout the day. So it was funny. I noticed this on myself. I would have a green protein smoothie in the morning, which seems so super healthy, and when I was wearing the glucose monitor because it was pea protein and it had the lectins and then all the oxalates with the spinach and all this stuff, my blood sugar was like through the roof and it was low glycemic and I'm like how is this spiking my blood sugar? And I always felt terrible after and dizzy, but I would never have put it together.

So if someone does that, they say, oh yeah, this health food is actually making me feel really bad, and then to carry on with that. Now maybe they have a stressor during the day. Maybe they have caffeine and everyone says coffee's so good for you, it's an antioxidant. And maybe they have a coffee and it may be mold free and healthy. But now they're looking at their glucose monitor and it's beeping and they're like why does my blood sugar look like this? Oh, wow, you know what? Like, your adrenals are not handling this coffee so well. That's a problem. And then later on in the day they have a stressor because something's going on and they saw they were in an argument or they were in a bad mental space and boom, their glucose goes up even more and that's regulating, it's dysregulating their hormones. So like that's information for me. So I like to work with that tool. I feel like a glucose monitor is something that I use with a lot of clients I work with.

I really I don't subscribe to anyone diet plan. You know some people. I think things can be done temporarily, like for a month I may put someone on a low histamine diet. It doesn't have to be forever. And then someone else I may say you may do great for carnivore for one month, but I wouldn't suggest it long term. Let's see how you do if you get rid of all those plant toxins and for one month you just go carnivore but that's it, and then you may be able to handle it. As you get your nervous system in check, you're going to be able to take those vegetables back and tolerate them well. So each person's different. We kind of trial and error a little bit, but it's different for every single person.

0:32:55 - Julie

Why does the blood sugar spike when somebody's drinking a quote healthy green smoothie with lots of vegetables and stuff in it and it's low glycemic. It doesn't have any sugar in it. Why does the blood sugar spike?

0:33:09 - Danielle

Because there are lectins and many of the greens and they can be inflammatory for some people and that can cause a response where it causes the inflammation and then it causes this glucose response. So it was shocking to me when I saw my diet was comprised of it was very low carb and I was like, well, why does my blood sugar look like this? I mean, like I'm eating perfectly, but it wasn't perfect for me, so I really had to adjust that. And I noticed that other people I was working with when we put the glucose monitor on them, they were seeing the same thing and I thought how interesting. And that was not something that I learned in school, you know. It was something that I kind of learned by my own research after dealing with this whole chronic illness situation and I was like, wow, Well, and I think most people aren't aware that inflammation causes the blood sugar to rise.



0:34:07 - Julie

Yeah, and what's happening from a physiological standpoint? Why does the blood sugar rise when you, when we ingest something that's trying to recalibrate, when it's put out of?

0:34:35 - Danielle

whack through some kind of trigger or assault to the body and it doesn't really know how to respond. And stable blood sugar actually helps us to be regulated and I think that it's sort of fighting with whatever kind of trigger it's receiving. So it's causing the sugar to rise and it's in turn creating also these issues with our cortisol.

0:35:03 - Julie

And then I'm going to ask is it cortisol and water? And all that trying to get that back in line.

0:35:08 - Danielle

So all of it becomes this big cascade of like. It becomes a problem and the remedy for when you're also you see your sugar going up, de-stressing can also bring it back down very rapidly without even changing your diet. Like it's funny, because we think of glucose dysregulation or high glucose, like just with stressful events, or to bring it down, you know, have a high protein snack. Well, that may help. But I got very into using a flotation tank for a while or even just doing meditation and wearing the monitor and I would have this high reading and then I would go sit in a flotation tank and I would just relax or do a meditation for half hour, 45 minutes and I would see I was at 150 and then I'm back at 80. So just the stress response can control how our glucose is and that's also related and intertwined with cortisol and that can roll over into our thyroid function, hormonal function, so many things. So it's really important to keep your glucose regulated.

0:36:16 - Julie

When somebody is doing the diet thing with you and they're doing the Tai Chi and the Qigong, do they also want to incorporate aerobics and weightlifting kind of stuff, or is it just all you have to do is the Tai Chi and the Qigong?

0:36:32 - Danielle

No, I think it's a good idea to do weight-bearing exercises if you're strong enough. It depends who it is. If someone is really weak like I was, I would. I would caution against it initially as they, because you know they could have this post-exertional malaise for someone who is really weak. But once they start to regain their strength, I think as long as they're breathing properly and they're not really killing themselves in the gym, I wouldn't say do a lot of these high-intensity interval training workouts all the time.

It may be too much, but doing some weight-bearing exercises, even using bands and things like that, are really good because we start to lose bone density over the age of 40, especially women, and it's really important to maintain that. So I think it's good to do those things. But I think for someone who's afraid of that burnout and I've seen this for someone with chronic fatigue and then they do something, a really strenuous workout or lift weights, and then they're in bed for two days or they just like they collapse. They don't feel energized after, they feel terrible. So you have to know like who it is, and I really like to be gentle with people.

0:37:42 - Julie

All right, I've taken you down 15 rabbit hole, so one more time. Can you give us an example of somebody that came in that was really sick and they went through your program, and how are they?

0:37:52 - Danielle

now, who did this protocol, who actually put someone on cart or temporarily wearing a glucose monitor and then, from that point, slowly coming off of it, reintroducing foods and reintroducing a grounding practice, really started to feel a lot of the neurological symptoms dissipate and get a lot of strength back.

And this is not just one person, this is something that I really see. So as people start to do these things that maybe are so counter to what they've always learned, I start to see results of that, because chronic conditions are very hard to manage and just taking these steps really make a big difference. And then they kind of I try to work with people and teach them. I don't like people to be reliant, but they can't work on themselves. So once they understand these things, they kind of have the tools to help themselves moving forward. So people just start to get back their energy and they start to feel more grounded and even, like I've seen a situation where, like a spouse will say to me like you know, thank you for working with my wife, like she's a lot better, like it's good to have her back, you know, and that's really gratifying to me to see that.

0:39:19 - Julie

You work with a lot of models to get them in there and you look like a model. For those of you that are listening, she looks like she just walked off the runway.

0:39:28 - Danielle

Oh, please. But thank you, I appreciate that.

0:39:30 - Julie

I want to hear about what you do with them. But first I want to hear about what are some of the mistakes or misunderstandings that all of us I mean I think I went on my first diet when I was 12, that we've been doing all of our lives that we think are healthy, but they're sabotaging us and we're just clueless about it. What are some examples of that?

0:40:00 - Danielle

So one of the really big ones is that there's so much emphasis on health foods that the falsification of what is branded of a health food and it's not really a health food and people think if something is labeled as a health food, you kind of have a license to eat as much of it as you want because it's promoted as healthy. So overeating health foods is probably the number one mistake.

0:40:32 - Julie

What kind of health foods? What are you talking about? Granola bars, protein shakes?

0:40:37 - Danielle

Yes, acai bowls, granola bars, loaded protein shakes, overdoing it with the avocado toast. You know, avocado is great, I eat avocado but it's like overdoing it with that. Or if, let's say, they even decide, ok, I want to go on a low carb diet, but then the protein they're eating, they're eating like 10 ounces of protein and it's just like you're not a bodybuilder, like it's too much and so it's the overeating of healthy foods. Most of the people I've worked with are not like the burger and fries eating crowd, like they. They're intelligent, they go to, they go to the best gyms, they, they. They do yoga, they do Pilates, they're. They want you know, but they're. They're having the frozen yogurt or the next boxed treat from the health food store that's some gluten-free cookie, or they drink the oat milk lattes and I'm like, no, it's like just if you eat real foods, rather than finding the new trendy health food that they think they can overdose on. That's what's problematic. It's like going back to basics, like eating real food and really cooking yourself. You know it's like stop eating these, I guess, these fake foods. You know it's like this

mood, the smoothie bars, how they have a selection of all these type of bowls that have all this crap in them.

I mean, I was a I sorry, but I I worked for a restaurant that was like a very cool restaurant in the West village of Manhattan and I had to do the help with the menus and the calorie counts and they wanted to have it on display because it was like health food, fast, casual, and the loaded bowls of everything and the salads that they had. And I was like guys, this is like over a thousand milligrams of sodium, you know. It's like 42 grams of fat. The salad is like 1300 calories. Like I'm just telling you the truth. And they ended up, after working with me and paying me, they ended up deciding to not put anything on the labels because they it would have dissuaded people. So I think, like people think a salad's just a salad, what's it?

0:42:43 - Julie

what was in that loaded salad bowl with all that stuff?

0:42:46 - Danielle

in it. You know it's like it's so many proteins, like chicken, cheese, edamame. Then you know you got some maybe nuts in there, and then you got the avocado and then you have it's all healthy stuff, it's all healthy, but combined together it's just too much in one sitting. If you went to Europe, people don't eat like that. They like a normal portion. It's like they can. They can eat more and actually even if they're having the gluten, it's just such a different quality in Europe. It's a different quality food. It's fresh, but they eat small. You get a serving of something and it's normal. So we'll eat something healthy. But we do everything so big in America, it's like, and they just it's too big. We do everything so big in America, it's like, and they just it's too big. So it's just. And I'm not telling people to diet by any means, but it's like they're just they're overdoing it and there's always like the new fad thing oh, I can eat as much of this as I want. No, you can't.

0:43:38 - Julie

Well, protein. They you know the experts, I'm using air quotes are saying eat a gram of protein for every pound of weight you want to weigh. I'm thinking I can't eat that much protein based on my weight. What is that all about? And you're obviously not a fan of that, I would imagine. But what's that all about? They're saying that that's how you lose fat and you gain muscle and all of that. That's big in the zeitgeist right now.

0:44:06 - Danielle

It is.

0:44:08 - Julie

Eat a gram of protein. And so then people go to protein shakes, and on every protein shake that I've ever seen, it says this is not a diet food which means if you use 15 scoops of this to get 150 grams of protein, you're going to gain a bunch of weight.

0:44:28 - Danielle

Absolutely, absolutely. So that's always the thing I'm like, you're just not a bodybuilder and people. The other problem that people think if they do these like heavy workouts, that it's just like licensee, whatever you want, like oh, I just you know, I just did this crazy Barry's bootcamp or I just, you know, did this whatever kickboxing class, and now they come home and they have this big meal. It's like most people I work with that have been overweight and came to me like work out a lot but they just overeat too much. So then to say, if you're going to do a workout at nighttime and that means that you finish at 9 pm from your workout and now you're going to go home and eat dinner and then go to sleep, I'd probably tell you like, if you're in a city where you can actually walk home and not drive, just walk home from work, get home by 8 o'clock and just have like a light meal and let that be your workout. Forget this workout class.

It's not going to do anything for you. Like you're, you're doing more damage by the meal you're having after this intense class. Just it's not even worth it.

So it's like I just think people over-exercise and then they overeat. So if you're going to do a heavy exercise and you like that kind of stuff, do it early in the day. But I'm not into like a fan of exercising late at night. Plus, it raises your cortisol levels at night, it makes it harder to sleep and just all around. I don't like heavy workouts at night.

But I just think that if you're going to do that, then just be prepared to like. You know, have some scrambled eggs and go to bed. You know like, but don't have a whole meal, and so it's just. It's so. I work with people on meal timing too, helping them decide when are they going to work out, what kind of workout is best for them. You know, do they need cardio, do they not? I mean, everyone is individual, but it's a lot of confusion and they're like but I work out and I eat so healthy and I eat from whole foods, I'm like what's up? And then usually, after talking to them for a little while, I can kind of figure out what the problem is how do you feel about intermittent fasting?

0:46:26 - Julie

That's very, very what I'm trying to say. It's being pushed right now, intermittent fasting from a health standpoint, and especially with you being involved with functional medicine, and they say, eat like one meal a day, or eat just within a five-hour or seven-hour window during the day and fast the rest of the time. What's your?

0:46:51 - Danielle

opinion of all of that. So for some people I understand the concept of intermittent fasting and how it promotes autophagy, which is eating the senescent, the kind of zombie cells in your body that are there, and if your body has nothing to eat then it eats those bad cells and it could have good health benefit. I understand the concept behind it and some people say it helps with their glucose levels some people. But if someone's dealing with a thyroid issue, adrenal fatigue, or they're having trouble sleeping at night or their hormones are off, it does more harm than good in my opinion. So I think some people are going to give me you know, like they would fight with me on this one. I think some people do well with it.

I think it depends on who you are and I find a lot of men do better with intermittent fasting, to be quite honest, because women the way we deal with our hormones and how important it is to have good hormone regulation for us to feel well and have energy. And if you're one of those people, especially like your adrenals are just wiped out because you're so stressed, you should probably eat within an hour of waking in the morning, just for that demographic. So it depends who you are, but some people it's okay, so I'm not going to fully knock it. I think it has merit. I just think, for there's a lot of people who are doing things blindly and think it's good for them, and I'm like whoa, like you're not a candidate for that. So I think we can't just follow a trend that we see on social media without really I think you should work with someone who can understand the intricacies of like what your specific case is.

0:48:24 - Julie

And what about the concept of you eat and then you exercise? It used to be that you eat after you exercise, but now I think it's more a mindset of you eat and then you exercise, because then it helps your blood sugar stay stable.

0:48:39 - Danielle

It could. But when someone I would say, if you're going to eat before you exercise, have something really small, like maybe a little bit of protein, but maybe a hard-boiled egg, or have a little bit of, if you want to have a few turkey slices or a little bit of almond butter, something like that, just so your blood sugar is stabilized enough that you can do your workout. But I tend to

find that eating after is better. And also for, if you're talking about purposes of maintaining a good weight, if you eat before you work out and then you do, like a workout, people tend to eat double meals, Like I've seen this in breakfast time.

So like, even if it's healthy, I've worked with people and they would have like a I don't know maybe oatmeal in the morning and then they would go to the gym and they do their workout at 8 o'clock in the morning. So they eat at 6.37, go to the gym and now by 9.30, they are starving and they can't make it to lunch. So now they have another meal and it negates their workout in the morning. So if they just said, okay, I'm going to do a 7 am workout, but I'm going to just have a tablespoon of almond butter just to get myself up and going and then I'm going to eat afterwards. I think that's better if you can handle it, if you feel like your blood sugar can take it. But if you have a little bit of fat and protein, most people can tolerate that.

0:50:00 - Julie

All right, so tell us about all the models with whom you work. Do they just eat five almonds all day long and that's all they eat?

0:50:07 - Danielle

No, it's really. I mean, yeah, there are models like that. I think it's changed a lot. A lot of models are more health conscious. I modeled myself like back in the twice in the 90s, like late 90s, and then also again when I was in my 30s. I modeled, but I feel like in the 90s it was like I never put anything on my nose, I was never into drugs, but it was a very like cocaine drug, like eating nothing era. I remember living in Europe in a model apartment and girls would like eat a piece of cheese, smoke cigarettes and do cocaine, like that was back then. These days it's very different.

People are health conscious. The girls are drinking green juices. They're, you know, eating much better. But they are the ones who want to be fitter. A lot of them still are overeating the health foods. Let's say they go to an agency and the booker says you know, I really want to book them, but they just they can't lose the weight. So I always will do it in a healthy way. But they're probably on that healthy eating, overeating health foods, or they may just drink too much alcohol, which is another problem too, because you know they're going to the parties. All the club promoters are inviting them out. The pretty girls are going to all the restaurants and they're drinking too much, so I have to get them off the alcohol.

0:51:20 - Julie

Just bottom line for everybody that's listening how do we know that we're eating foods that are healthy for us and in the right quantity? How much does intuition come into play and how do we know that what we're getting from our intuition really is trustworthy?

0:51:48 - Danielle

That's a good question. I think that intuition it plays a very big role in that and that's why I really like the whole mindful eating and seeing how you feel, because you could be given a diet or told that this is the best thing for you, but if you don't feel well when you're eating it, then it doesn't really matter what experts say. So I think you have to go by your energy levels, your vibration after eating it. You know you could eat something and feel dizzy or tired or just lethargic, or you could have something in it like really makes you feel well. So I think, getting in tune with your body a lot of people are not in their body and once you get more in your body you're going to know what fuels you and makes you feel good. So I'd say, go by what you're talking about, like what you feel, and intuitive eating is really a big part of health.

0:52:41 - Julie

How does one, if they're clueless of how to do it? How does one get in tune with their own body? Is there something simple that they can do to begin the process that I know will grow over time if they focus on it?

0:52:56 - Danielle

So that's why I like the grounding so much.

I think that's a great way to get in tune and just closing your eyes and just even getting into your breathing and even scanning your body and I'm very into visualization and meditation also, and when I am looking for an answer to something I many times will just if it's maybe not food for me but for other people really just breathing into it and feeling my body and asking the question, as I'm grounding and I think things start to get revealed and you kind of know like this feels good.

That doesn't I mean I can hold a pill of supplements that someone says is great and I can feel it and get into it and no one has to do kinesiology on me you know no muscle testing and I'm like this is not for me, like I just know because I'm in my body. But you know, everyone has that ability to do that. But I think the breathing and the grounding and tuning out a lot of the external is just good on so many levels, not just with their food but making better choices in so many areas of their life once they get to know what feels good to them.

0:54:10 - Julie

What I started doing is I just asked myself, I have a conversation with myself. I just ask is it in my best interest to eat this? Is it in my best interest to drink this? And it's the first thing that comes in in a nanosecond, and that's spirit guiding us. It's our internal, you know, it's the first thing that comes in in a nanosecond and that's spirit guiding us. It's our internal. You know, it's our spirit. God, the universe, all the angels, all the saints, all the whatever loved ones spirit guides, and that, I find, is a really good way, especially in a restaurant, because restaurants have hidden stuff in them and I gave up sugar six years ago. So if I eat something in a restaurant that has something in it that's got maybe a little bit of sugar in it, that I don't know, oh my God, it just feels like my heart is just gonna beat right out of my chest, Danielle. It's like, oh my God, I end up doing like the four, seven, eight breathing the box, breathing just to get my heart rate down.

0:55:09 - Danielle

I, I understand that. I mean, I go to restaurants now and I'm always like, please don't kill me, please don't have the waiter spit on my food. I can have it simply grilled, nothing on it. You know, it's just like I go through the whole thing. But now it's kind of cool to say, like doing I say, I say I'm doing a cleanse, that sort of thing, and then suddenly, oh, you're cleansing, and then everyone thinks that's cool, like it's acceptable. Now, that's just my line. I'm doing a cleanse and I need everything super clean.

0:55:34 - Julie

Okay, so my son rolls his eyes. He's like oh, for God's sakes, can you just order something off the menu without changing it? No, I can't Sorry, and I've been doing that for a long time and it just drives him nuts.

0:55:47 - Danielle

I'm very good with you.

0:55:49 - Julie

Last question why do we incarnate?

0:55:52 - Danielle

I think we all have a soul correction and that's just my. I mean, you know better than I do, so I don't want to tell you. But I think all of us, we have a mission here on this earth and we speak to our creator before we come down and we figure out what we need to do, and each incarnation is to make that correction for the growth of our soul. And we, we choose our circumstance. And that has always helped me to say, like why is it so hard? Like come on. Then I'm like okay, but I know I chose this and I chose my parents and I chose a situation and I chose this.

So I really believe that we all have, we have to grow in this life. If you're not growing, then it's a wasted life. So people who walk through the world asleep and they don't want to see what's going on or they don't want to feel and they're numbing themselves with drugs and alcohol and all these things, you're not making your correction. So I think that's you know, what we want this earth to do and to do kindness, and I think that's a huge part of what we're here for, and also for other people, because it's not only for the growth of our soul. But we have other people. You know that we need to be here for to be a light to them.

0:57:09 - Julie

Beautifully said. Wow, you are extraordinary, my girl, good heavens. Wow, what an inspiration you are to be into everybody that comes in contact with you. The work that you're doing is just magnificent and just your story. Listening to your story, I'm so proud of you, and I just met you.

0:57:33 - Danielle

I'm so happy I met you and I found out what you do. I was like, oh my gosh, this is so amazing. Like I just so fascinated by your work.

0:57:40 - Julie

Thank you, tell everybody how they can learn more about you and your work, and I know that you have videos that are kind of like a membership thing that people can subscribe to.

0:57:51 - Danielle

Yes, so my website is called that was my dog sneeze soulhacker.com S-O-U-L-H-A-K-K-E-R.com. And I do have what's called a daily soul series, which are the different Qigong practices a little bit of Tai Chi, but mostly Qigong. That really helped me when I was struggling and it's very good for the nervous system, even if someone's just dealing with emotional issues and not ill. It's something that's very grounding. And also I'm also on Instagram as TheSoulHacker. Again, the two Ks.

0:58:28 - Julie

Okay, thanks, Danielle. Thank you so much For joining us. What a delight. In the meantime, everybody sending you lots of love from Sweet Home Alabama. I'm from Florida too, where Danielle is. We'll see you next time.

0:58:41 - Ann cr

Thanks for joining us. Be sure to follow Julie on Instagram and YouTube at AskJulieRyan, and like her on Facebook at AskJulieRyan. To schedule an appointment or submit a question, please visit AskJulieRyan.com.

0:58:55 - Disclaimer

This show is for informational purposes only. It is not intended to be medical, psychological, financial or legal advice. Please contact a licensed professional. The Ask Julie Ryan Show, Julie Ryan and all parties involved in producing, recording and distributing it assume no responsibility for listeners' actions based on any information heard on this or any Ask Julie Ryan shows or podcasts.