

*Stephanie
Dodier*

**The Beyond The Food Show
PODCAST TRANSCRIPT**



the
BEYOND THE FOOD
Show

WITH STEPHANIE DODIER

Podcast Transcript

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Stephanie: Welcome to episode 33, and I'm so excited about today's episode. I'm excited because I get to introduce you a brilliant woman who, through her knowledge, has the power to change your life and I'm not kidding.

She will explain to you why although you've tried everything, you just can't achieve your health goal. And it's nothing to do with your willpower or your motivation. It has to do with your nervous system and the emotional trauma stuck in your body. And you'll hear me talk about the mind-body connection to you all the time. This will bring it to you in an absolute perspective and she's brilliant in explaining it. And she has a solution. And her name is Irene Lyon.

Now, this is going to be a very personal episode. Personal because both me and Irene are going to share with you our own personal journey of healing our own trauma that were at once stuck in our body and what we did. So, this is a safe environment for you to listen, be safe with us as we're sharing our own personal story.

Now, I just want to thank you for supporting this podcast the way you've been doing it, the reviews that I get on iTunes, the instant messages on Facebook, the comment is just absolutely overwhelming, and I want to say thank you. And I'm doing this as a mean of paying it forward. Because in the last six years, I've encountered some absolutely amazing people that have helped me in my journey and I feel the need to share with you so I can bring awareness and share knowledge so you can be happier and healthier.

Now, I want you to pay it forward as well. And the way you can do this is by sharing the podcast. Sharing the podcast with people you know in your environment that needs this message. They may not respond to it, they may not acknowledge it right away, but, at least, supply the information and see what happens. You can share it by if you're listening to this through the show note on my website by hitting the social media button so you can share it through the various social media. If you're listening to this on your phone, on iTunes, on the bottom-right corner, there's three little dot there, if you click this, it will bring up a screen and you can just hit the share, and then you can send an email or social media to people in your life that need to hear this message. So that's the way you can pay it forward. So thank you for doing this in advance.

Now, the show today, I want to talk to you about our sponsor. And our sponsor is FBomb where fat is a smart fuel. Now, what is this with this name of FBomb? FBomb stands for fat bomb because these are little bomb packages. They're a little plastic envelope filled with healthy fat without any crap in it. And the

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company that produce them, FBomb, is a group of people, a couple actually, that I absolutely love and they just don't do those little packet of fat because they want to sell stuff. They actually want to give back. So if you go check out their website, you can actually get free guides and they're going to put out more books on health in 2017. So, go check it out, they have amazing products, Fat on the Go is the healthiest form of snack. The website is www.dropanfbomb.com and you can use the coupon code the food to get 10% off your first order.

Now you're ready to do this? You're ready to find the solution to your ongoing health or happiness challenges? Let's listen in to Irene.

Our guest today is a nervous system specialist and therapeutic coach. From the mom next door to the next thought leader, transform their body, businesses, relationship and lives through regulating their nervous system. She helps people release their deepest trauma from their nervous system, allowing them to finally heal from chronic mental, physical, and emotional condition they've tried everything to fix.

So, welcome to the show, Miss Irene Lyon.

Irene: Hi there, Stephanie. Thank you so much for having me. I'm excited.

Stephanie: You're very welcome and I'm super proud to introduce you to my peeps and just a little bit of background for everyone. I am a fan of Irene's work. I've actually discovered her while doing research from a book that I was reading, a book from Doctor John E. Sarno, who worked on a concept called TMS which some of you may be familiar with. And then her YouTube video just popped onto my screen and then she was talking to me directly.

Irene: I was talking to you through the Internet.

Stephanie: And then, like, the next day was on Facebook and like she was coming from everywhere. I'm like, "Oh, there's a message from the universe here. You got to look into this girl, and I did." And I actually purchased one of her course, her 21-Day Nervous System Tune Up, which through me to the floor and that's when I start chasing her to come on my podcast because it was explaining me what school didn't teach me about the nervous system and I have done my degree in holistic nutrition like talk about stuff that somebody could've taught me. Nobody has ever taught me of those concepts.

So, I wanted to bring you, Irene, because I absolutely believe that she has answer for many of you ladies out there who have been [0:07:21] trying to fix something and nothing's working. Likely the answer is into Irene's work.

So, what is it that you do, Irene?

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Irene: That is like the hardest question to answer. And, if I really distill it down into one thing, it's I help people find their life force energy again. And that might seem a little esoteric, but basically, so many of us are living kind of half as like we have a little energy some days, some days it's more, some days, it's less. And, we tried so many things to get our energy back. And I know you're big with food and nutrition and holistic healing in that way, and I think, those are very important. But a lot of the people that come through have gone through these things, and they've gone through therapy and energy work.

And my main job is to teach people how to get the root layers, the foundational layers of the body system back on board, back into good resiliency. And from what I've learned in my – I can't believe I'm going to say this – 20-plus years of studying and working, it's the nervous system, it's this autonomic nervous system that really drives the entire human show. Unless we are aware of it.

So, I'm, you know, first and foremost an educator and then, second, I don't like to call myself a healer. I would say more a therapeutic coach, a guide, a catalyst. That kind of thing.

Stephanie: That was profound.

Irene: Good.

Stephanie: So, if I want to introduce the concept of healing at the nervous system roots, are we talking about a physical healing? Are we talking an emotional healing? How is that working? How can the roots of our current illness be in our nervous system?

Irene: So, it's both – it's physical and emotional, mental, social, relational. And one of the things that I've seen that we get into trouble with when it comes to the human system and the human condition is that we try to isolate things. And we can't do that. And one of my favorite doctors and authors is someone in Canada, he's Canadian, Gabor Maté.

Stephanie: I know him, love him.

Irene: Yeah, he lives here in Vancouver, actually just like over there. And, he once said, I'm going to paraphrase this, but he said, "Trying to study and discover the cure of cancer by looking at the cell is like trying to solve a traffic jam by looking at the internal combustion engine of the car." So, we get sick with something like cancer, which so many people do, and we're putting all this money into the research of the cell, and what's wrong with the level of the cell, and blah-blah-blah. And the thing is is a human system is more than just the cell, and it's more than just the trillions of cells that it makes up.

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And so, the nervous system, there's many parts and we can get into the branches, if you want to, let's do it. But what we realized is that when a human being is under the influence of intense stress that doesn't go away, very different than the kind of stress that we're on right now, like, you know, I'm on camera, I want to make sure I don't say things right, that's a positive stress. I enjoy that we're having a good time. But my heart rate is going to be a little higher right now as it should because I don't want to be falling asleep.

Very different from the type of toxic stress that puts a person under threat 24/7. Abuse, adversity, not having enough food when they were growing up, all the other myriad of things like physical abuse, sexual abuse, emotional abuse, verbal abuse, bullying – all these things they put our system, our human system into threat, into what we call fight flight. Everybody's heard of fight flight. And what occurs is that when we're bombarded with these sorts of toxic stressors, abuses, and adversities, the system, the human system, mounts a reaction, a survival reaction fight flight. If we can't fight or flee, and get out, you know, leave, we then go into what we call shutdown. What we would call the freeze response. And I know you know that's because you've been studying with me.

Stephanie: That's what I learned that I didn't know, I didn't realize that there was a freeze response in the middle of all of that.

Irene: And the thing is we actually need it. Like if I was to, you know, knock on wood, go on hurt myself quite badly or if I was to be approached by someone who wanted to attack me, if I couldn't fight or if I couldn't get out of that situation, it's actually preservation for the system to shut down so that, A, you might look as though you're not going to fight so that person isn't going to be challenged; or, it basically numbs you out. So that if something is about to happen to you, you don't feel it.

Stephanie: And it numbs you out emotionally. And physically.

Irene: Both.

Stephanie: Carry on.

Irene: And when the people talk of traumas that occurred to them when they were young, they may have a loose idea that something wasn't right. They may have a visual of something, but they won't have a connection to it. They won't have a body connection to it. They won't have an emotional connection to it. And, of course, you know, I'm going to draw a line with my hands here. It's a spectrum because some people will be like, "Well, I had horrific abuse and I remember every single bit of it," and, yes, some of us will have that experience. Others will say, "I don't remember anything from under the age of 8 years old."

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Stephanie: And I've read stories and I'd seen patient that come in and say they were abused – they know that they were abused but they don't remember a single thing of it.

Irene: Yes.

Stephanie: And that's the freeze phase of our nervous system that eliminate those memory from our awareness to protect us, is that what it is?

Irene: That's like with the way you said that is perfect. It eliminates them from our awareness that piece of that that's really important is that it's the memories are still in the system. They're still in the body, in the somatic body, and that's why as we're learning in research and as time goes on, and I think this will be good for your people watching or listening, is that when we have those somatic fight flight freeze things stuck in the system, what happens is that the system is on this hyper-alert but it's also on the shut down and internally, there's kind of chaos going on.

And in our human culture, we've gotten really good at keeping the piece staying calm, I'm okay, and most of the time, people actually really believe that because they've disconnected from it, and then, what happens is that as people approach their 30s, 40s, 50s, depends on the severity of the early abuse trauma, adversity stress, the body will start to break down because the human system, the human vessel isn't meant to be stuck in the survival responses for decades.

What fascinates me, Stephanie, is how malleable the human system is and that we can actually survive a long time. And be pretty okay. However, if you talk to anybody on the street, especially in First World countries someone most people have a headache or they can't sleep or they have addictions or, I mean, or than an autoimmune condition or high blood pressure.

Stephanie: Food allergies.

Irene: Food allergies trouble connecting with their partners, being afraid of people, being afraid of going out, being addicted to too much stimulus. Like there's just this huge like vessel, if you will, of how humans in the industrialized domesticated world have learned to stay alive.

Stephanie: To survive.

Irene: And to survive. And they've learned, you know, in all my work is that when we can really get into this base-level nervous system level and work with it slowly, strategically, intelligently, knowing that this is a long-term game that we're after, things really start to change. We start to be more aware of things. The system starts to kind of get more alive. And I don't know. Maybe that's something that

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you've experienced in learning through me the last little bit. But that's kind of how I see things right now in the world.

Stephanie: I think it's a beautiful explanation and, yes, well, some of you that are following me may know my personal story of me breaking down at the age of 34 and having series of panic attack and then ended up in the hospital. And then I discovered natural healing, and then the whole mind-body connection.

But up to recently, I think I was talking that freeze.

Irene Yes.

Stephanie: And it's only recently and I'm talking in the last year, year-and-a-half that I worked myself out of it because I personally thought that in the beginning, nutrition would be enough and then it wasn't good enough and then I went to supplements and then I went to energy work and then I went to osteopathy like I kept doing things. And then I realized that there was more to it then that's how Dr. Sarno came in.

So, that's my personal story. So it's exactly what Irene is saying. Yeah, textbook. I'm a textbook. And then physiologically, that express into weight gain and my personal story extend back to my youth so to your point, it's the trauma. And it wasn't physical trauma. It was an abuse. It was just belief that I had in regards to my parents and not feeling good enough to their standards. And that pushed me to being perfect my whole life. Perfection, right, which is a symptom of a lot of us that are stuck in that freeze, right? And that burned me out completely. Like my nervous system is totally shut down. I did a cortisol test because I do functional medicine. So I tested myself and some of my listener may be aware that when you have nervous system, as you go in and test cortisol. And my first test came back, I had like 0 cortisol. The doctor that I was working with was looking I was like, "I've never seen this. And you're standing in front of me." Like I was supposed to be in the hospital, I was so low. But what kept me going was the fact that I was doing yoga, meditation and nutrition, but I felt like I had a pit in the bottom of my stomach. My life force was gone.

Irene: It was like if I take this cup of water here, you know, like it was empty but you still had you kept putting a little bit in each day so you had a little bit, but there wasn't this reserve.

Stephanie: No. And if I didn't eat so well, and if I didn't exercise properly and all of that, I'd probably be in the hospital.

Irene: Yes.

Stephanie: Go ahead.

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Irene: Exactly. And that is so common and if I talk macro right now, just what I love to do, we can get more micro in a bit, is that we're at this really interesting point in time in the healing self-help alternative medicine thing in that the people who got into the alternative healing nutrition in like the 90s, late 80s, either they got better because their issues were really just poor diet, not enough sleep, not enough exercise. Or they're not better because their issues were some form of adversity, perfectionism, bullying when people – kids were little is a big one. And they can only go on so long with, you know, they'll keep going longer when they have a good diet and exercise.

What I've seen in my work is that when people get into this nervous system level and work at that level of the fight flight freeze, a lot of my clients will be like, "By the way, I'm actually eating worse. Might not actually what I want but you want me to tell your people. I'm actually eating worse and my blood chemistries are better, my pain is gone and I have no inflammation." What's up with that? And it's like, "That's because your system isn't in survival anymore and it's not pumping either excess cortisol or not enough. It's finally finding its regulation." And what I've seen is that when that happens, we still want to eat well. Of course. But we also want to kind of take advantage of what humans have created.

Stephanie: It's called Joy.

Irene: Yeah. Like who doesn't want to have some wine and some pizza? Eat some gummy bears every now and again.

Stephanie: You want to have joy in your life and trying to be perfect even through your diet will trigger your nervous system because that's absolutely abnormal to be perfect all the time.

Now I want to come back, before we get into a how we do this, I want to really paint a picture for people when we say that our memory goes into our nervous system. We also interviewed Dr. Zach Bush. He was explaining it as the short-term memory stays into our brain, but the long-term memory actually travels into the tissue in our body. And that's what causes disease. Is that what you're like when you're talking about being in our nervous system, is that what you're reflecting?

Irene: It's a little different. So, this is a big topic. But to make it simple there are two kinds of memory. One is what we would call explicit or episodic or declarative where, let's say, later today, I am having dinner with my husband. I'm like, "Yeah, I'm on the Skype with this woman Stephanie and we were talking about this." And my feet are kind of cold because they are right now. And I can see the blue sky and a plane just went by and that's me recalling events, the cold feet

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is a bit of a sensation, but it's past because tonight might be warm, right, so that passed. So that's explicit declarative stores in our brain.

Then there is what we call implicit memory. Or procedural memory. And one of the best descriptions of procedural memory is like if ever you've ridden a bike when you were little, you learned to ride a bike. And no instruction like you just kind of have to do it and it becomes body memory. And if you learned how to ride a bike no matter what age, you can pretty much get on that bike again and something, you know, you might be a little shaky but within seconds, you're just cruising down the road. You know that instantly you got to do that with your hands. Or, if you've only used a bike where you brake on the pedal, you'll go for that first.

So that's sort of an implicit procedural memory. It's in the body. Makes sense?

Stephanie: Totally.

Irene: It's like brushing your teeth, too. If you tried to brush your teeth with your other hand, it just – you can't get into the same crack so the same way.

And then there's the other of implicit memory that has to do with our autonomic nervous system. So, I'll give a real simple example. So, if I was on a soccer field playing soccer, football. And I'm running and all of a sudden, this ball like comes from the sky, and I see it and I don't have enough time to get my hands up to cover and to turn away and it like bonks me in the head. The body when it senses that ball coming, will write an instruction that is totally automatic, that is unconscious and that is bring your hands up to protect head. If I can't do that, but my system wanted to, the muscles in my neck, in my arms, in my head will still be wanting to complete that procedure. That makes sense?

Stephanie: Totally.

Irene: So, what might happen is you get bumped on the head. Let's say, you're fine, there's no concussion, but then the rest of the day, you're like, "Oh, I'm so, like what's going on here?" and you try to turn your head one way and it's stiff that is usually because the body wanted to do that protective, self-protective motion and it couldn't. If we think about, you know, we could consider that a trauma. But if we think about children that were hit or pulled, you know, all the time, were spoken to in a mean way and all they wanted to do was scream and cover their ears like stop and they couldn't because they didn't want to disappoint their parents which is epidemic in our culture, all those things are stuck in the system. And the emotions that might go with it if the trauma when the child was old enough to have emotions.

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And as I do more of my work, I would say that anger is one of the biggest stored-up emotions sensations that we don't know how to express. And it creates a lot of tension in the body.

Stephanie: Which then create pains.

Irene: Which create a sh*t ton of pain, if I can swear. Yeah, and I am being very general here, but the jaw, the neck, the shoulders, the upper back, low back pain wanting to run out of somewhere and just move the body.

Another thing that I actually want to add to, if I may, is that a lot of people the trauma that they had maybe they did have a really good upbringing medical surgeries, medical traumas. I have memories of, you know, getting my tonsils out and this terrible nurse pinning me down, giving me an injection. It's like that's terrifying for a little person. And the body, the autonomic system wants to run, it wants to hit her, and scream. And we have to be good little girls and good little boys and be nice to the doctor, be nice to the nurse, don't do that, but our animal instincts want to protect.

So, in terms of memory to go back, there is this memory of I remember the day was sunny, my mom was there, yeah. She brought me a lollipop but then I wanted to like believe because this nurse was being so mean. And so, the story gets tapped within these body impulses that never got to be completed.

Stephanie: This is a beautiful explanation. And that's going to make sense to a lot of people in the way to which you explained it. So, perfect.

Irene: Perfect.

Stephanie: So now we know that the stressor have left some trace on our body which then explain our current health status or could explain our health status and that's why just changing our diet doesn't work that's why people that do a diet can't lose weight. Because their weight is a mean of protecting themselves, right?

Irene: Exactly. It's a mean of protection. And some of the clients I've worked with, Stephanie, who are struggling with weight trouble, I don't assess nutrition anymore but I used to, they're not really eating a lot of calories. And it's because my best example like a bear going into hibernation, their metabolism goes so slow because they have to keep that weight over the winter.

Humans, human animals, us, we need a lot of oxygen, a lot of oxygen to function well. When we're in a shutdown state, the oxygen level goes down and the metabolism slows down, our basal metabolic rate goes down because the system is literally saying, "We're in survival mode and we need to preserve."

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So that's one of the reasons why obesity, overweight, troubles all of that, it's the food, yes, and it's this other element.

Stephanie: Absolutely. And that's why if you've been eating well, and you're trying to lose weight and it doesn't work, and you're moving without obsession, you're moving normally, and you're eating well, and you're like, "I've tried everything. I must be a bad person." Well, you're just reinforcing the pattern that got you there in the first place. And that's what Irene is explaining to you is that there is another reason why you can't. You can play with food as much as you want. You can reduce your calories, you can increase your carb, lower your carb, it's not going to get you nowhere because you need to address beyond the food. That's the reason of the podcast.

Irene: Exactly, exactly. Beyond. And more and more research shows, especially body research called epidemiology where they look at trends. And some of the healthiest people in the world eat a lot of rich food like high-calorie food, dense food. And some of the healthiest people in the world don't exercise and smoke and drink and all these things and, yet, they're not dying of heart disease. I mean this is old research back in the 60s and 50s. Sadly, those populations of people don't really exist anymore.

But it really showed like, "Wait a second." Like technically these people should be sick with cancer and heart disease because they're doing all the wrong things and, yet, they're thriving and no one's dying of anything other than old age.

Stephanie: May I add that's the reason why they were happy.

Irene: They were less stressed, they were happy. And it's true the research I'm pulling out of my brain is called the Roseto effect. And these people they did all that bad behavior but they also went to church. They had support groups. They ate together, they drank together, they smoke together. And so, that strengthens the nervous system. If I go back to that, it's like we are meant to connect and we're pack animals. We're not meant to be isolated.

Stephanie: Which today that's what we do especially with this device here.

Irene: Exactly. Exactly.

Stephanie: We don't even talk anymore. We text.

Irene: Text, exactly. It's true. I called a friend the other day. I'd rather we, you know, we usually text and I called her I'm like, "Hey, surprise!"

Stephanie: I'm actually talking to you.

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Irene: Yeah. And it was just – I mean, you and I are older than like the millennials, but they don't even talk.

Stephanie: That's dangerous.

Irene: It's very dangerous.

Stephanie: So, let's move on to next steps. So now we know that this exists, we know that that could be us. What do we do?

Irene: So, the first thing that I am like so like this is one of my biggest purposes is education. So obviously today, this is giving some basic education. This is not going to be enough like is a much bigger picture. Our system is complex. So I have found with my clients when they get some pretty high-level education on board about their nervous system, the different parts of the nervous system, how it shuts down, how it freezes, how it can get activated, the different memory centers, what happens is people just start it's like a veil gets lifted. I always quote the movie "The Matrix," which is a 1990s movie. It's kind of like that. It's like right now, there are so many people living in this matrix of I call innocent ignorance. We just don't know because no one's told us. And when people start to know if they choose to believe this physiological situation we're in, and it's global, I don't know the steps but I'm going to say that 99% of the world population isn't living in some form of survival situation.

When we get to know this, things start to shift. We actually start – I found that people start to see people differently. They don't get triggered as much because they realize, "Oh, that person's nervous system is just in fight flight." Or, "Oh, the reason that person can't make eye contact with me is because they're in shutdown." And we start to just look at things a little differently.

So that's the first thing. Knowledge.

Stephanie: Knowledge.

Irene: Knowledge. So powerful. And the right knowledge. And then the second thing is awareness. So, body awareness, self-awareness, and awareness of the environment. And that might sound really simple, but, again, when we've been living in a world of survival, where we're in fight flight or in freeze, we cut off that richness.

And one of the reasons why I think I know people end up doing things that are not good for them and going into bad relationships and bad habits is because they're not feeling what's going inside. You know, if I date this podcast right now, there's a lot of bad stuff going on. I mean, there's always been bad stuff going on in the world. But people – shooting people and being not nice to the

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environment, and all these things. And if you have connection to your system and you are tuned into it and tuned into other people empathetically, you're not going to hurt other. Like it's not physically possible. You have to be kind of shut off to do horrific things to other people.

No one is going to hurt anybody when they're connected and feeling goodness. It happens when a person is in fight flight, in that rage, protect, defend or when they're so shut down that they can't even make a connection that this is another human being that I'm about to harm.

So, for the person wanting to improve their health, learning about do you feel your body? Can you feel your body? Can you feel you body and be connected to another person at the same time? A lot of people when I work with them, they'll be interacting with someone and they can't maintain an awareness on their physical body, so, they don't get any cues as to what's going on with the person. It's this weird almost like fluid thing where we need to be in this constant kind of self-observation, self-recalibration, but then also noticing the other person, like, "Oh, that person's looking a little sleepy. Maybe I should, you know, bring my voice up or they're looking a little overwhelmed. Maybe I should pause," and that's kind of just human attunement.

And to go back to, you know, you were talking about your own personal traumas, a lot of our trouble isn't because we were beaten or molested and many of us were, but it was this mis-attunement when we were young. Like the adult that was taking care of us just couldn't read us. And they couldn't read us because they could read themselves. And it's this vicious cycle. It's so vicious and one of my favorite things to say, Stephanie, is everyone is to blame and no one is to blame because we're just kind of in this weird situation where we're waking up to these things.

So, education, self-awareness, awareness of your environment, blending them together, and then, if I take it one step further, it's learning the language of the nervous system, which is a little different than education. It's learning to listen to how the system goes into stress response. And being tuned to it. And that is something that is a lot more intensive to practice, but it involves really things I've developed in my practice, in my work are unique. I've been told they're very unique. And that they're kind of like meditations but they're not meditations. It involves movement, it involves intention and attention to the body.

One of the things I'll often say is it's like it's multitasking your awareness of your insights.

The fancy word for it in our science speak is interoception. So having the internal perception of our internal environment. And then knowing what to do with it when something arises.

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Stephanie: So, it's kind of a multilayer. You start by knowledge, you go to awareness. And then you go to the last step.

Irene: You got it. It's kind of like, yeah, exactly. Education, awareness, one of the biggest things I teach is following your impulse.

Stephanie: Intuition as I call it.

Irene: Intuition. And real simple things like I'll say it's not like, "Oh, I have an impulse to eat all the cookies in the cookie jar." That's not it. It's like, "Oh, I'm feeling my bladder is a little full. Maybe I should pay attention to that and use the bathroom." Or, "I'm thirsty," and rather than ignoring it and going, "Okay, I'm going to write this one more email," actually getting up and getting a glass of water. The amount of times we kill those impulses.

Stephanie: Suppress.

Irene: It's so big and it can start by just listening to these little things. I often say to people how many times when you yawn, do you say, "Excuse me." It's like, "Why are we saying 'excuse me' because of a natural human process. Same with burping and farting and coughing and sneezing. It's like just start to find ways to listen to that stuff and know they're just there for a reason.

And then after that is kind of diving into the deeper elements of listening to what I call the stress physiology. So working at the level of the adrenal glands, the kidneys, the gut, the brain stem, and, of course, how I do that is complex. It's a little too much to get into now. But suffice it to say that when people follow that sequencing, I found that they can actually really get deep into their nervous system and start to heal these pieces that have been kind of stuck for a long, long time.

Stephanie: That's beautiful because that is giving hope to people who first heard the message that it was their memories, that was their trauma that was stuck. And they don't see a solution to it. So what you just expressed is a layered program into which people can actually find solution and let go without having to be for years in therapy and getting nowhere. Because for many people, that's what they see in their head and they just don't want to go there. You can let go of this through your physical body without sit and talk about it for hours.

Irene: That's a very important distinction. And the talking about it sometimes that's where a person has to start. But then, if that's all that occurs, it's not connecting it to all these other elements. It's like that example. Instead of studying the cell to cure cancer, you got to go to the whole system. And for some people, Stephanie, their adversity and trauma was before they could even talk. So this is

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a very important thing. If the trauma was pre-verbal, so, under the age of really we call we would say, three years old, which is very common, and again, it could be these surgeries. It could be birth trauma, it could be all these things. Stressful time in mom and dad's life even though there was love, if they were stressed because of money or whatever, that energetic survival response is going to be felt by that little being and then if they try to talk it out and try to figure it out cognitively, it just isn't going to work.

And so, it's sort of like saying to someone, "I need you to drive from Vancouver, BC to Hawaii. Here's your car. Here's the gas. Here's a map. Go." And then it's like, but you can't drive. You need to take a boat or a plane.

Stephanie: There's a huge ocean between the two.

Irene: Exactly. It's like if you're given the right implement, like a plane or boat, you could get there. But if you're given a car, that's not going to work. And it's the same with traumas that were more somatic and pretty much a whole trauma is somatic, we feel it, and, so, we have to get out of the talking and into this system.

And a lot of, I'd say, one thing someone might ask the question, will yoga help with that? Will exercise, right? And, from what I've seen it isn't just about getting the movement on board. There needs to be this internal investigation of the emotions, the sensations. And then, the somatic memories that might be trapped inside.

Stephanie: I agree with you. And just to put things in perspective with people, and hearing Irene say those things in that manner for the first time, but, I can tell you as you're saying this, that's the layer of my own healing. I started by I was given a book five years ago by Carolyn Myss, Anatomy of the Spirit, that was knowledge. That was knowledge and there was a connection and I suggested that book to all my patient and all my followers. That's knowledge that there was something else there. And then I went on to do yoga. But you know what? I did yoga for two years, my eyes closed because that was the only way for me to feel my body.

Irene: Yes, cut off from the environment.

Stephanie: So, I went through that and I started to do yoga the eyes open. And then I started to connect my emotion because I remember doing the fish pose for those who know what it is, right, when you open your chest.

Irene: Sure. Yeah.

Stephanie: I felt a huge amount of fear. Fear was actually trapped in my body and I could feel and I almost cried. I remember that first time that happened. Because I was releasing the fear, I guess, that was stuck in my body.

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- Irene: Yeah. Even if we talk about it right now, I'm curious what you're noticing. What do you notice even as you talk about that?
- Stephanie: Right now, I feel like goosebump throughout this whole portion here of my hips in the front of my body. I don't know if you can see it, for those watching on YouTube, it's all red.
- Irene: It's there's a plushness.
- Stephanie: Yes.
- Irene: There was like – so that's your nervous system actually allowing a feeling of physiology like it's being felt. And most people, Stephanie, they would feel that like, "Oh, my God. Something's wrong." Like, right? It's like, "No, this is your system trying to find regulation."
- Stephanie: Yes. I almost want to cry because that's intuition is the same way, right? And again, that's very recent the last two years I've connected to my intuition because I can feel the sensation in my body now. So when I enter a room, and there was something that just doesn't feel right, I can feel it in my tummy, and that's the expression of what you just explained. My nervous system is knowing that something is not right. And I'm now able to listen to this.
- Irene: Exactly. So good.
- Stephanie: We all have it, people.
- Irene: Yes.
- Stephanie: We're not just not in tune with it. And that's what I've discovered in the last six years of my journey. It was there all along. But it wasn't being expressed and that's what the work you do can help us achieve. Healing the mind and the body.
- Irene: And how that mind-body connects to the environment. Because it's the environment essentially is what caused our problems. Whether it was the surgery or the yelling or the fall or all those things, there is something in the environment that put a stress onto our system. What occurs is that if they're then is no longer that external stress, we will continue to restress ourselves because it's trapped inside. This is why people can have panic attacks and there's nothing going on.
- Stephanie: And that's why I've treated people for adrenal fatigue using supplements and then they keep on the supplements for years because the stress is still attacking

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their adrenal glands and they're now going to step further of doing that word that you've just explained.

Irene: Exactly.

Stephanie: Now, personal question. One question I ask everyone is when did you get the A-ha moment that there was something else to healing? How did that come about into your life?

Irene: Yeah. The first moment was in my 20s, after I had done like seven years of university studying exercise science and physiology and I was a fitness trainer and all that. And I had a pretty gruesome knee injury. I had like three surgeries in a matter a year and I broke my knee cap and tore my ACL, a long story. Could read about it in my website.

And then I was recovering in doing my rehabilitation, physical rehab and all the work I had studied didn't help. And I was going to physical therapy and I was doing all the core work. And I'm like, "What the heck is wrong?" And so, my physical therapist suggest that I try something called Feldenkrais, which is a method of very, very sophisticated mind/body work, neuroplasticity work. And that like it cured me, for lack of a better thing.

And so, I went, "Well, I better study this because I would be a hypocrite not to." So I studied that, started a practice, and then, about a year into my practice with Feldenkrais, there were still these people that were coming to see me with physical problems that weren't getting better with Feldenkrais. I'm like, "Oh, my God. Are you serious?" And I'm like, "Okay, what's going on?"

And, of course, I use my intuition to figure out who I needed to ask questions to and then I discovered the work of Peter Levine, who was the founder of Somatic Experiencing, and that was in the summer of '08. And I've just been pretty much been just devoted to studying his work and branches of his work since.

And what I've come to see is that a lot of, if not, most of our physical things are something related to some form of nervous system holding. I was an exception in that because I had a pretty decent childhood and all that, my physical injury really was a physical structural functional problem. I was like just so crooked because of all the crutches and surgeries.

So, the Feldenkrais worked for me. Interestingly enough when I got into the somatic work, I then covered the crap that I was holding on to that was still, again, from really good upbringing, but some transgenerational trauma on some of my parents' side and work ethic that was really important that I learned but it also made me push a little too harshly, I was in a bit of a functional freeze when I started the Somatic Experiencing work which led me to have a relationship in my

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20s and 30s that wasn't the best. It wasn't abusive. You know, I wasn't being true to me because I wasn't letting my feelings really be out. And in that, I attracted a mate that didn't know how to be in his feelings. And bless his heart, you know, that's the way it went, but it really, again, there was this other layer where I went, "Oh, my God. Like there's more to this than just the physical." There is how it connects to all of it.

So, that's kind of how I got into this.

Stephanie: Thank you very much for sharing your personal story. And I ask this question to every specialist in every interviews that I do to inspire people. Because there are people sitting right now listening to the podcast who thinks that there's no way they're going to get better or no way they're going to get out of their own problems that they're in whatever it is. And then there's people like me, like you who have stories exactly or similar where they are and were able, you just got to listen and be willing and open to do the work.

Irene: You got it.

Stephanie: And then we can heal. So, how can we get more of you because we're already well over time?

Irene: Yes, I know. My website is my name, irenelyon.com. And from there, you just follow the rabbit hole you wish to go down. There's all the social media, my YouTube channel, Facebook. I'm doing more [0:48:11] story these days.

Stephanie: Yes, you are.

Irene: And then, I've got on my site so many free resources, e-books, audios. There's a video series that I know we talked about that's starting up soon called Healing Trauma. It's a three-part video series which thus far haven't seen anything like it so it's very unique and it'll take the viewer through a pretty comprehensive piece of education, a little bit of tactical and then what I call my unorthodox healing blueprint which goes much deeper into those elements of education, impulse, awareness, etc.

Stephanie: I would highly recommend that you guys sign up on that course and take it's totally free. It's going to be in the show note of today. So you go and click it. It's totally free. I highly recommend you take it. I know I'm already signed up for it so I'm going to be one of your students.

Irene: Yes.

Stephanie: So, thank you so much and –



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Irene: You're welcome.

Stephanie: I could've taught for hours. I was going to put an end to the conversation and I'd love to have you back at some point to talk even more.

Irene: Let's do it.

Stephanie: I think you're brilliant and your work is brilliant, so, guys, go check her out. It's really going to help you.

Irene: Thank you, Stephanie.

Stephanie: There you have it. Wasn't that amazing? All the links of everything we talked about, me and Irene, will be in the show notes, including the link to her three-part video series on healing trauma. And the show note can be found at www.stephaniedodier.com/033.

Now that's where you can also pick up the transcript from the show and the link to join my private community and also check out my Keto Connector program which is my unique program that will allow you to move forward from worrying about food and move on into healing your mind and your body and as Irene taught us, how to connect with your body.

Now I want to bring to your attention a partner to this show today that can help you in this journey of awareness and that's GAIA. GAIA is an online space of transformation with movie, documentary, classes, interview and even an online movement studio. There's more than 7,000 video in this space. I am a member of GAIA and I invite you to check it out. In the first month, the trial month for 30 days is \$0.99. For \$0.99, you can access their 7,000 video either watch interview, take classes in mind-body practice such as yoga, Tai Chi, breathing technique. And if you like it, the ongoing month would only be \$7.95, that's an amazing price to access, as Irene said, knowledge. Go check it out in the show note.