



VALIDATING

the Human Experience

Dr. Molly Brown's cutting-edge health advice presents effective and holistic methods to keep us healthy and at our best all year long. Learn about her practices for health, immunity, and resilience in SVPN Magazine's wellness section.

What a time we find ourselves living in. Health, immunity, and resilience is at the forefront of the world's consciousness more than ever. There are many responses people have had in to the COVID-19 shut down of schools, businesses, and work. While the restrictions have been lifted for many businesses, the virus is still around and will still be around this fall, winter, and for years to come.

This is not to be feared, because it is not germ exposure that makes us vulnerable to any illness. It is the terrain of our bodies, the balance of our nervous system, and the neuroimmunological response that makes us vulnerable to sickness. Germs and exposure to them is not what makes us sick. An unhealthy and weak immune system, improper or toxic nutrition that stresses our body, and excessive emotional stress leads to sickness. Many people have a mild response to the virus, and we can go into the fall with a healthy immunity to give ourselves the best possible chances of minimal sickness from any exposure. We can look at this as an opportunity to emphasize resilient health as a mainstream priority; in fact, we must look at this in that way. I'm not sure what the alternative would be. The reordering of our society, health-care, and personal freedoms will be a significant one, and one that puts a focus on health and our healthcare systems that are in crisis and have been for some time leading up to this. I think Dr. Robin Berzin, MD, founder of Parsley Health, gets it right by saying, "We can't go on eating terrible food, living sedentary lives, depending on medications to clean up the mess, wondering why our nation is getting sicker and sicker."

We can look at the role of immunity and the bigger picture of health from a comprehensive perspective. Typically, we would not consider a virus to be life-threatening. If there is an underlying health condition, a virus, and especially this one, can cause more damage. If there is excessive fear and stress, the immune system further weakens. I have seen COVID-19 do more damage to those with an underlying autoimmune or

chronic immune condition, and typically what underlies that condition is extreme emotional stress or adverse childhood or adult experiences.

Therefore, immunity can be strengthened in many ways, through a nutrient-dense diet, healthy emotional state, and a generally healthy life through a balanced, emotional, and neurological approach, also through human connection and friendship, family, purpose, and passion. There are systems of health care that treat the whole body, physical, emotional, and neurological. We cannot treat ourselves from the neck-down and expect health. The body is supremely intelligent, and the brain regulates every tissue in our bodies. If we look at the health of the brain, the neurology, and the role stress and trauma plays in our health, we'll leap to the forefront of understanding health and immunity. And those who do understand this have done just that. Humans are resilient, have power, and hold an immense ability to regenerate and heal on physical, emotional, and spiritual levels. The process of being healthy then becomes unlimited.

When we include and validate human experiences in healthcare, as well as emphasize that disease has less chance of developing in a truly healthy body, we can then work to truly resolve immune and autoimmune conditions, as well as anxiety, depression, and more. This can be validating, freeing, and powerful. Many psychoneuroimmunological techniques have high levels of success with any type of immune condition.



While the body and brain can be harmed by the biological impact of emotional, physical, and toxic stress, it also can heal. There are approaches that are natural, neurological, and comprehensive.

By looking at the bigger picture of who we are as human beings, validating our individual experiences on all levels, and using creativity and resilience, we will move forward with creativity and strength in our health, with truth in our lifestyles, and with validation of our entire journeys as human beings to be able to wake up to the truth and power of our own lives and intelligence. Understanding a bigger picture of health that completely validates the entire human experience, including emotional, physical, endocrine, and neurological stress, is where health care will move forward with success.

Dr. Molly Brown, PhD, D.N.M owns CENTER health & performance and GLOW café in Ketchum, IDAHO. Specializing in sleep, endocrine issues, autoimmune, anxiety, depression, detoxification, and pain and sports injury through many different modalities including: QNRT, PEMF, AMIT method, neurotherapy, and REAMS metabolic testing, Molly passionately holds space for limitless healing.

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