Women's Vitality Summit

# Dr. Keesha Ewers Interviews Dr. Veronica Anderson

April 2017

**DR. KEESHA:** Welcome back to the Women's Vitality Summit, caring for yourself, body and soul. This is Doctor Keesha Ewers and it is my great pleasure to be interviewing a wonderful colleague and friend of mine Dr Veronica Anderson who advocates non-invasive programmes for gaining and preserving wellness through broad lifestyle enrichment rather than disease management through medications. In other words, her focus is on health care rather than sick care.

She has pioneered a new generation of functional medicine practitioners and transcends all boundaries with her passion for wellness through her unique blend of traditional or alternative medicine and clairvoyant and claircognitive abilities. Welcome to the summit Doctor Veronica.

**DR. VERONICA:** Thank you so much for having me Doctor Keesha, I am so grateful to be here.

**DR. KEESHA:** Well this is, you and I have a lot of very similar things that we are up to in the world and I teach how to develop your clairvoyance and claircognizance all the sentients right, and so I love that you talk about the clairs in your bio and that you are talking about medication intuition, because who among us is not using part of our intuition as we are working with people, no matter what we do whether it's medicine or driving Cooper?

We have an intuitive ability each one of us and I think it's important that we don't negate that and I think in medicine particularly there's been a turning over of authority to somebody that knows more than you, yeah?

**DR. VERONICA:** Absolutely and for me particularly a little bit about my background, I've always had this obviously and I tell people you know, everybody may be able to dribble a basketball but then there's the elite players like Steph Curry, LeBron James, Doctor Jays and the Michael Jordon's of the world and those of us who are able to do it, just pull it out of the air, are like that. It's also true that we train ourselves and so I could do it, I never wanted to tell anybody I can do it, because I'm like I'm a Doctor I'm not talking about this, I'm not talking about it,

but I had a big injury of my left knee. I dislocated and tore everything to tendon and it was a big stop sign, stop!

And I had a spiritual advisor at that time who I talked to whilst in the Hospital waiting for surgery and he said - "one of the reasons why this happened to you, is because you're not using your intuition enough." And another woman, Jane Sanders, who did a scientific hand analysis said to me, "You have eight gifts, markings in your hand and five of them are intuitive gifts and you are not using them and that means you are not on your master path in life." So, I was forced into first verbalising it and talking about it and then people realise, other Coaches realised the gift or the abilities that I had and said you need to be using this to help people.

So I said, I have to put this in my offerings and I have to tell you what people find me for, it's not the functional medicine stuff because nobody knows what that is, it's not the most strategic eating targeted, supplements, hormone balancing and all of that, that a lot of people need and I help people change their lives with it, with great results but when people google, I'm really having trouble, they find me for the medical intuitive abilities and I love that because they get answers that other Doctors won't get them so after they get a reading and I talk to them, they can ask practically anything in the health realm and I can give them a good solid answer, backed my Science and then refer them to all different areas of Practitioners, spiritual, nutritionist, coaches, the whole gambit and if they need something that's a serious medical crisis, I can tell them how to get that to.

So, my offerings people say what's the difference between you and every other Clairvoyant well, there's not many of us that our Doctors that can give you the 360 approach after we've done your reading to tell you where your blocks are.

**DR. KEESHA:** You and I both just released books and mine is called 'Solving the Autoimmune Puzzle' and in the beginning of it the very first quote that I use is "My definition of hell is the person I was supposed to become, I was meant to become, meeting up with the person I became in the last minute of my life", so if those two don't match then that's hell. I think that's what developing your intuitive abilities, what really living what your master plan what is, your life purpose, what Buddhism calls your dharma however you approach it it's got to be in

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congruence with what you came here to do and I think that is what a lot of illness is borne from, is you not living into what you are meant to be in this life time and I know that I do, intuitive readings too and one of the things that people come to me for - How to make money?

How to find a soul mate? What is my life's purpose? - and what I find is if you are really ruminating and stewing on those things if can make you sick. First of all it can make you fall down the stairs because you are not being mindful of going down the stairs because you are thinking of this other stuff, so even broken bones come from that it's really interesting and I always think that illness or whatever we went to call it, disease, is actually exactly what you said, it's the universe saying "Hang on I've been trying to get your attention in all types of ways but you're not paying attention, so now you are going to sit down and you are going to be quiet and you are going to listen" so if anyone's listening to us who has got some sort of chronic thing this is often what the root of it is, right?

**DR. VERONICA:** Oh, absolutely and I know your book is talking about auto immune disease - best seller yay! Auto immune disease and one of the very prevalent auto immune diseases in women is with thyroid, so when I see women with thyroid problems I'm always like "Okay" and interestingly when I read someone I don't want to know anything about you head of time, nothing, I want first and last name, first name, last initial, age, sex that's all I want to do and a lot of times I can pick up thyroid issues.

**DR. KEESHA:** Why does it happen to women?

**DR. VERONICA:** Communication issues. It's in your throat area, so it's interesting that I pick that up with a lot of women, it's auto immune, they are attacking themselves, they are holding back, so they have to release that, so it's not just about what food you are eating, what supplement you are taking, your Doctor diagnosis or whatever, you also have to realise that your particular stress that's going on from an spiritual emotional standpoint, switched on the part of your body that

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is susceptible to say something to you and so for a lot of women that's in the area of the throat.

So, they end up having manifestations of their disease especially auto immune as thyroiditis or low, high, thyroid some kind of thyroid and that's why as women, we have to realise we have power and thyroiditis especially they are angry women and women are going off and marching and being angry. I'm like, you need to figure out how you are going to take action, and let go of the anger and take action and speak whatever your truth is, but not speaking your truth necessarily and being angry and people with those thyroid problems a lot of times are turning their anger that should be going out into themselves and ending up giving themselves a whole body issue, an entire body issue because your thyroid is connected to everything.

So you got to start connecting in what's going on spiritually and when I read someone and I get these things, I mean, they're shaking their head, I'm picking up with you know you had this issue in your family and this is what's wrong and tell me about this, that and the other thing but I think the power of having been a Physician and doing this is because once I say "Okay you have this, that and the other thing" it's not like close off the reading and finish that's when the real information starts coming out because we start talking about, what can you do? Now one thing that is really difficult for me in the intuitive way, is people that come to me for intuitive readings you might find this to, are more than happy to work with themselves spiritually and a lot of times they don't want to do the physical work.

**DR. KEESHA:** I have an answer for why this is.

**DR. VERONICA:** I'm going to work on this and they are all on spiritual pathway and then I'm like, right, I understand the spiritual stuff and here's what we can do for this but you need a good functioning medical Doctor, you need a good chiropractor, it's almost like they don't want to hear that at all - "I've done all that, I eat right." No, you're not, there's something wrong, because there's something we all doing wrong, don't just work on the spiritual, but tell me your answer I want to hear this.

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**DR. KEESHA:** It's what I put in my book with the solving the auto immune puzzle, it's reclaiming emotional freedom and vibrant health and the reason I said it that way is because if you look at the puzzle, there are four corner pieces and a frame before you start filling in the middle. Those four corner pieces of auto immune disease are the things that you and I have heard in the research a lot in the last eight years which is leaky gut, its genetics, its exposure to toxins, but the last one, the one that I call the missing piece is the one that came out of the adverse childhood study, which is trauma. And what I find and it's my story too, you know it, I've told it to you on the podcast, is with trauma you as a Child when you go through and everybody has trauma. I don't care who you are. If you got rejected on the playground, you have trauma; if you got picked last for the baseball team, you have trauma, I mean this is rejection, right? which is traumatic.

In that moment, that place, we make up these believes and these meanings and the worse that trauma is, the more you start looking for somebody to turn to, that's when your guardian angels show up, that's when you really start communicating with God, it's when you are down and if you learn how to do that as a child really, really well, then you have this great spiritual connection and the other thing about this is the belief that you made up is often - 'I am going to try and be perfect' or 'I am going to try and take care of others so that they'll take care of me and protect me' - and that means your behaviours match that belief and you don't take care of you, you expect everybody else to. You know, you want your partner to read your mind and know what's going to make you happy, you want your friends to take care of you when you finally show up as needing something because you've cared for them for years and this one time that you need something you want them to kick in and if they don't you get angry, so all this is what I see in a lot of women with auto immune disease is there's resentment and bitterness that no one is caring for them in the same way they are caring for others and they expend all their money, all their resources outward and expect for somebody to notice that and then turn and take care of them and that's not a fair expectation and so when they come to us for 'okay what's the spiritual' it's because spiritual is already in their language but self-care is not which is why I am doing the summit.

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This is caring for yourself body and soul. It's so important because this is a big piece of vitality you cannot expect other people to care for you in the way in the same way you care for them that's not compassion that's mercenary and that's the thing.

**DR. VERONICA:** It's interesting also because I find a lot of women find difficultly in investing in themselves, investing in their education, investing in their health, on the other side, people use the I'm going to call an excuse and if you are out there and you are one of those people I'm not saying that.

**DR. KEESHA:** None of this is judgement from us by the way.

**DR. VERONICA:** "I don't have any money." But they've done everything to make sure that they don't have any money, because they never had to spend some on themselves, because they have too much and so they give it away to other people. I have this client come into me, she's a Grandmother and she had all kinds of health problems and I said here's what we need to work on, its extensive you know how this stuff is and that's what it's going to be an investment of time, an investment of finances and she said "Oh no I couldn't spend that on me, I'd spend it on my Granddaughter Melissa but I'd never spend that type of money on me." "Hold on, you are not going to be here for Melissa if you don't make investment in you, you are not going to be here." Women have to start realising that first of all you are powerful in the first place, so you don't have to take back your power from anywhere.

That's why I don't like the term empowerment, no, you were powerful from the moment you were born and now you just have to wake up to that power, so it's not taking it back from anybody, you have it, but in doing that you have to make the decision, whatever it takes to make the investment in yourself and when I say investment I'm not just talking about the funds, it's also the time because you can pay me a million dollars and if you don't take the time to implement and listen to what I'm telling you to do, you're not going to get a result.

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**DR. KEESHA:** Even listening, you've got to implement, the implementation is important and then not beating yourself up if you slip, that's the other thing is, so many perfectionists come to see me, I think that's the primary person that comes to see me actually, people have perfectionism and they don't even realise that's their story that I have to be perfect, they don't even get that because they are so far from perfect in their own heads, "If I don't do it right, if I don't do it right every time, then screw it, I'm just going to go down in flames. If I screw it up on Wednesday then Monday I'll start again" so in the meantime, brownies, coca cola, coffee, all of that right, plug it in, plug it in, and I think that every moment you have a choice to know that you are deserving of the very best you can give yourself. You deserve it and so many women don't understand that you deserve it.

**DR. VERONICA:** You deserve it but the other part of it is having your team there to help you, so you go on people's team, I go on people's team, realise that here we are, not only are we your Sister friend, but we are here with real expertise, real expertise. We didn't just learn it on the internet at the University of Google we went to training and we continue to go to training, all these people I talk to I meet at Trainings.

**DR. KEESHA:** That's how you and I know each other, continuing education.

**DR. VERONICA:** Learning [inaudible] learning and yes, we are always healing ourselves and making ourselves [inaudible] that's part of why we are on the trail and on the journey, ourselves but I've got all this knowledge in my head, you've got all that knowledge in your head, we're not doing this just because we want to be cool at a Cocktail Party. We do it because it's part of our life purpose to be bettering and help people, so women out there have to realise that there are people that you have to get on your team and it is a team approach and I'm saying that on purpose because that doesn't mean throw away your other Doctors, it means round out the team, so you may need an intuitive, you may need a chiropractor, you may need an endocrinologist [?] you need all of those

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people who are working in concert or whatever else that you feel that you need and what we can do is help you identify qualified practitioners in all these areas because all of us are not created the same.

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**DR. KEESHA:** And right and nobody listening to this to and that's the thing about having 'cook book' protocols that match a certain set of lab results is that's where the intuitive component comes in, that's not the same for everybody we all have our own genetics, we have our own chemistry and life experiences and how we have interpreted them, so it's really important what you are saying.

**DR. VERONICA:** So we do courses and offers and give people things at a really good price, you know you get the 100 dollar offer, the ninety [inaudible] and that's all well and good and fabulous but realise that you may be one in a hundred who can follow that, get a result and your good, but must people are in that 99 that you have to have some type of guidance to be able to do it. Listen, I've got have people guiding me, I don't know everything, I have a very good friend who is another Doctor Veronica, she's a Chiropractor. When I got an issue, if I can't fix it, I'm right over with her.

We all have somebody like that, you need such and such a thing, you walk in, they look at you, tell you what you need to do, here your cheque bye, because you have to have somebody outside your box helping me. So, when you have that friend that say "You know xyzabc" listen to them, if you know that they are really on your team but surround yourself with people that are really going to help you. Now the other big thing about this which is very difficult for women is, you might have toxic people in your life.

**DR. KEESHA:** Huge this is huge.

**DR. VERONICA:** That effects your body, and I know people know you're talking about those people that get asthma, lung problems, heart problems, liver problems, toxic people in your life, it's not just about you have heavy metals because you got a [inaudible] you have to let go of energy vampires and even if it is someone

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who is a close relative, realise that it's ok to let go of them part of your spiritual evolution is learning how to cut that tie because you will stay toxic in your body if you continue to harbour those toxic emotions and that's important. I think women have a really hard time letting go of toxic relationships, you want to stay and stay and stay, the guilt, the shame whatever, whatever is keeping you in it, or you are in a different place and you picked a toxic relationship and now you're like, "I know my Husband's toxic but am I supposed to leave him" that answers different for everybody, that is not easy to answer on a tele summit, but you need to revaluate how you do that relationship, you need to change the rules into parameters.

It doesn't mean you have to run away and get a divorce but you may have to change how you do those rules and parameters so you can protect yourself, so guess what happens? When you decide that you are going to change, not try to change somebody else because that's the other thing we do, when you decide you are going to change you and your vibration goes up, you'll notice that people's vibration starts coming with you. Stay down low and everything's going to stay down.

**DR. KEESHA:** Or they fall away and if they've go, you know, we call it the crab pot mentality where you put a bunch of crabs in a bucket and they are not going to escape because as soon as one crab starts to crawl out the other crabs grab it down and bring it back in, if you live with a bucket of crabs that are trying to pull you back, if you really set boundaries and start reelevating, you will leave that crab bucket and you'll attract new people in your life that match your vibration of where you are now.

So, it might be the release. I know a lot of people with addictions and 12 steps programmes they learn this, that your community may just fall away but on the other side of that community, is another community one that will be more supportive and I think that is really important for people to understand. Boundary settings, one of the webinars I give, it's incredibly important for women, is learning how to do that, it's not a skill that we're born with and if it's not role models in families and very few families have really great functional communication styles, because there is a lot of co-dependency in families so it has to be learned and you have to practise it and you have to

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implement it and I think that this is a really important subject that you are bringing up.

**DR. VERONICA:** And those of you with skin problems, listen because you're the people who have got your biggest boundary, your skin. So, if you see all sort of eruptions on your skin and can't figure out why you can't get rid of it, that's saying you have some difficulty with some boundaries somewhere intuitively and then you start looking at where the skin problem is on your body. I'm telling you how to do some of the reading on your own. You got a skin problem start figuring what boundaries are broken and start fixing those boundaries in addition to doing the physical protocols that will get your skin beautiful.

**DR. KEESHA:** That's so important, auto immunity is undigested anger, anger turned on yourself, as you were saying which means you have a hike of boundaries, so all of it is about boundaries I think.

**DR. VERONICA:** Absolutely, I love that you wrote the auto immune, I just got to say one other thing the book that I decided to just come out with is a book to help Practitioners, forward facing, I'm going to help the community but I decided I have to help Practitioners which is something I have a knack for. Why did I do that? Because people look and say "Why is she writing this book about Practitioners?" because we need more Practioners that can figure out how to get to you. You know that I exist and Dr Keesha exist because we are here on the summit, because we know something about business to get you to look at us but there are so many other good Practioners out there that have no idea how to get in front of you to show you what their gifts and talents are, that can help you. So, I decided I have to help teach Practitioners how do you get out there and how do you market? So, a lot of Doctors wouldn't necessarily do that because they'd say "Oh my God, it's competition!" but this is a collaboration, I want more Doctor Keesha's, I go places I'm like there's not enough of us, we got to get more of us out there, there's not enough. So, people are saying "Where do we get Doctors like you?"

There are ones out there, but they don't know where to go and get you to look at different people. When you put in Google and you find somebody it's because we worked hard so you can google us, you just don't find me. I say "How did you find me?" "Oh, I just googled medical intuitive." That took work. It took work for me to come up, so you would find me, so therefore those are the type of skills that I need to teach Colleagues that have gifts and talents so

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there will be a bigger pot for people to choose from when they do have an issue. So, that's why I decided to write a book for Doctors and other Healthcare Practitioners versus and I have my woo woo Book coming out later this year too, that's in the works.

**DR. KEESHA:** So, do I, my mystic medicine book. High five on that!

**DR. VERONICA:** Woo woo, I was on the phone this morning with the Writers that I'm working with, who are helping me get it together with that, so the woo woo Books is pretty largely written and coming out, but I felt like five years ago, I wrote a book about helping people with their practise and never published it, that's wait a second. People are always asking me about business advice, I'm always giving advice and people have from the very beginning of the moment that I started my medical practice, so let me write to my Colleagues and help my Colleagues have happier life's, because Doctors when they are miserable produce miserable patients and sick patients, so you if you are wondering American women or women from around the world, what is the Health of your doctor? What is the health of their practice?

Is your Doctor is struggling financially? Because everybody thinks it's ok to pay a doctor ten dollars and think be done with it but doctors, a lot of them are struggling financially, they have a lot of debt from School, they have to continue to get training, they have everything that everybody else has and I've know people who have filed bankruptcy and everything and 75% of all Physicians end up, in some time in their career, with depression and it's not just that they're not satisfied with their Practice, but there's also all these other pressures that are going on, so my goal is to help Doctors be able to create their Practice so that they are doing well and they are happy and by doing that you will create a lot of happy Patients. I mean I had a big Practice of a bunch of sick people and I was miserable.

Now I have a micro Practice with a lot of people that are getting well and I love it. I feel good all the time and I'm always giving my best energy to everybody I deal with. So, realise out there people when you say Doctors don't care they only care about... that's not what's going on. They are emotionally drained just like you are and so if they are emotionally drained and they are in financial turmoil and their families are falling apart and they're fat and they've got auto immune disease and they don't know what to do about it, you'll going to have

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the same thing, so that's why I wrote for the Doctor and people need to understand that so.

**DR. KEESHA:** If they're writing out prescriptions instead of really getting to the root cause, then that means that is how they are living their own lives because that's their believe structure and it doesn't mean it's wrong, but it means that they are not going to be getting better, so that is so important and a good point that your brought up, and I always say the same thing that, you are not going to go into a nursery and look at a bunch of dead plants and say "I'm going to buy one of these plants" so, go into your Doctor's Office and if your Doctor doesn't look healthy you've got to make sure you use that as information, because it's the same as buying a dead plant.

**DR. VERONICA:** They come out and people do that every day and people say what's my choice. You have a choice.

**DR. KEESHA:** "My insurance only lets me go to x, y or z" and it's that part of that insurance paradigm, that actually has got so many people sick because the insurance company only want your doctor to spend six minutes with you and there's nothing that's going to happen in six minutes.

**DR. VERONICA:** "Well, I'm going to demand more time", you know what the doctor has fifty people waiting in the waiting room so know you're not, because they like to go home and sleep and so you're not demanding more time, because it can't be done that way, it's just not. No, it's not fair to you but you have the power to make a different choice and as you sit there with your IPhone and going on your Disney vacation you have to decide what really matters to me? IPhone? Disney vacation? Or that I want to get rid of my auto immunity so that my weight comes downs and my skin looks nice and my hair's nice and I feel good and I'm energetic, what is more important to you? And you would be surprised, when people really want it they figure out how to find it, they just, it comes.

So, ask the Universe and then sit quiet and wait for an answer, ask the universe start evaluating where in your life you can make some changes to help you get in with the right people. So, thing about it this way when you go to the grocery store you don't say "I don't have the money to pay for all that, I'll pay you later" no you don't do that. You figure out how to pay for it

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because you know you have to eat. Getting the right team together is a necessity, so you redo everything so you can figure out this necessity.

**DR. KEESHA:** I call this though and I'm sad that it's true, but it is true it's called the 'misery to motivation ratio' the more miserable someone else is the more motivated they are to make the transformational changes that are necessary for them to get their health and I can watch somebody that's just sat in my office and said "I don't want to spend $500 on this lab testing you just gave me to figure out what's really going on" and then drive off in a BMW and I'm just like well then obviously it's not a priority for you and I'm sure as you get more miserable you will be back which is what happens.

I've had people that I say "You are on your way to auto immune disease" and four years later come back and say "I now have an auto immune disease I wish I had listened to you four years ago" and I say "well you weren't ready at that time and now you are and unfortunately it took that misery to motivation" and I write about this in my Book please don't wait to have a diagnosis before you finally make it a priority.

**DR. VERONICA:** I take a different approach personally. I like people, I want them to have tried the 147 programme and all the stuff that you see on [inaudible] and once you have tried that and failed, which you will because you just don't know enough, you just don't have the background, you will fail or get to the plateau, I want you to do that and then come to me and then you are miserable enough and why did I say that?

Because I'm not going to sit there and convince you. That's a waste of my time, it's a waste of my breathe for me to try and convince you and then you want me to give you a guarantee when you're going to go home and eat ice cream and I'm supposed to guarantee you my stuff works when you not even going to follow the programme. No, you need to fail!

**DR. KEESHA:** Got to get miserable so it will get you motivated.

**DR. VERONICA:** We're sitting here laughing but I've got to tell you some days my heart hurts when I see somebody that really needs help and they come to me and tell me why they're not going to come and get help. I'm not pushing people and they will come to talk, come over and they will want to chat to me so much and "I can't do it because", I'm like that's okay, its fine, it's where they are, I

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understand, but now you know that I exist, now you know that Doctor Keesha exists and if you want help, you google us.

And you say "I don't live New York, or New Jersey, I don't live in California" I do most of my work remotely I prefer it because I know I can get you better results with the tools if you are going to use technology. So, people are watching the summit using technologies don't be trying to get a medical console on Facebook, we can't do it, it's not enough information.

**DR. KEESHA:** I just actually told someone that on email, I can't do medicine over email. This just doesn't work this way.

**DR. VERONICA:** Oh God, just going back and forth to Facebook, what should I do, I have this. You cannot get a medical console over Facebook. Facebook is wonderful but we need to get on a venue like this where we are video conferencing or least talking where I can ask you a question and it's going to last sixty to ninety minutes, so we can't answer questions by email.

Now I can do an intuitive reading and make a recording and send it to you but you still don't have the question answers, it's better to get the full blown package where you get the back and forth so you can have more understanding but I will do an intuitive reading where you send me a question and I will read and record information and give it to you.

**DR. KEESHA:** So, talk about what your offerings are so that viewers know?

**DR. VERONICA:** My favourite, let me tell you why it is my favourite, because I am fascinated that I can do this and I don't even know how I do it. My favourite is doing medical intuitive readings and then after that putting together packages of the 360 for people to help them get well, so this is what we are going to do from a spiritual standpoint and then here's what we're going to do from a physical standpoint, so that we all support your back together. I do the traditional, it's not even traditional though doctoring stuff, it's not even traditional doctoring stuff but what we call functional medicine, so a lot of people come and I have packages that I put together for that, I have memberships and the reason why I have a membership is because I want to be with you for a long time, because you are going to need me or some other practitioner for a long time so when you join a membership and you have a problem you can get me really simple, you can get me really easy and that's the bit that membership has its benefits.

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So, readings are really fun you learn a lot, it is a back and forth but as I said earlier the follow up and implementation is going to be important so that's where I come in as the coach to help you implement with technology tools and health coaches and a team to help you get that result.

**DR. KEESHA:** You know I think that this is really lovely what you do because I'm just thinking about a Client that I have recently that came in and all of a sudden I had this intuitive hit from a baby that had been aborted years and years and years ago, and the message was it's okay. And she just burst into tears, she hadn't told anybody about this incident and you know I thought okay so that just happened, so what does that mean and I asked the spirit what is it that you are wanting your mum to know here because that's the next thing and it was "I showed up because I want her to pay attention to you because you can help her and she hasn't been listening to anybody before this" so that was just kind of, it got her attention, it made her trust in me instantly then from then on out it was all changing diet, changing thought patterns, belief behaviours all of it and I think that is so important to people to understand there's the part of it that has the intuitive part but then you've got to make the lifestyle changes that go with it.

You've got to implement and I see this with the mystic medicine stuff I do, when one of the parts of the tool kit is cord cutting with toxic things that have happened in the past or cord cutting with people that are toxic but you know I can do all the cord cutting there is in the world for that, cut your physic bonds to people that aren't serving you, to events that aren't serving you, to thoughts and beliefs and the second you hook back up to them they're hooked back in, just the second. You could pull that, I could cut the cord for that forever, you have to be able to make the changes that I recommend after that and I think that's something that is really, it's called spiritual by pass, that people do and they just want to go to the spiritual like you said and not do the work.

**DR. VERONICA:** And it's important for people to realise that the lifestyle change, "well I'll just go eat healthy food and go to the gym" and one of the reasons why you failed in the past is because there are imbalances in your body and so you may have a nervous system imbalance or hormone imbalance that give you cravings that give you, so you don't have energy or lack of motivation and when you are with a crack practitioner who realises what is going on you can pull tools out of

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our kit to help you get over that. So, I am also trained in homoeopathy, so when I have people with cravings I have great homeopathic solutions that help you get over the hump so you can stay on your plan and you don't get that in conventional medicine.

If you just go to the nutritionist they are not going to give you something like that so if I tell you what to do and you can't do it because you are so imbalanced, you have cravings, your cravings and your hormones and your nervous systems will always win because we are created that way, so what we have to do is push you back into balance and that's where practitioners that are trained have different tool kits that allow people to do that.

**DR. KEESHA:** Yeah that is absolutely, so important. Alright well what is it that you want to leave with our viewers today, the big important pearl of wisdom that you want to leave behind.

**DR. VERONICA:** Anybody can do it, everybody can do it, you already have the power, no body took it away from you, you had it in the first place. You had the power, you can do it, but how you do it is with the right team. If you see somebody like Tiger Woods who was a great Pro Golfer at two, he started with his Coach who was his Father, so you have to have a coach. Michael Jordon wasn't the whole Chicago balls, he had a team around him who were also great people who were coached, so get your team together and then listen to your coach and implement and practise, practise, practise.

**DR. KEESHA:** That's a really great metaphor. It's a really great metaphor because you know, okay I'm going to show my lack of sporting knowledge but Phil Jackson wasn't that Michael Jordon's Coach?

**DR. VERONICA:** He's one of the famous Coaches, yes.

**DR. KEESHA:** Right, so if he would have said something and Michael Jordon just turned around did his own thing he would have been knocked off the team, Phil Jackson would have said I'm not coaching you any more. So, he did what he was told to do, he said okay, he took that feedback and then he implemented it and he practised and practised and practised and I think that medicine has never been set up like that, never, people don't think of it that way.

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**DR. VERONICA:** Think about Michel Jordon, years after he's retired from basketball, who know who he is, we know who is his Gran is and everybody no matter what age they are knows who Michael Jordon is.

So think about Michael Jordon he was cut from the High School basketball team, cut, and even when he became professional he used to go in the gym and shoot and shoot and shoot and shoot so even someone who was a high level professional making millions of dollars knew in order for me to be great and stay great, I have to continue to practise and I have a coach that I'm going to listen to, so people out there if you are not elite, the only reason why you are not elite is because you don't have the right team and you are not listening to your coaches and they are out there.

**DR. KEESHA:** Right, perfect, thank you so much Doctor Veronica for sharing even a fraction of your wisdom with all of our viewers today.

**DR. VERONICA:** Keep doing your great work, thank you so much for inviting me.

**DR. KEESHA:** And Doctor Veronica's contact information and bonus material is on her speaker site on the woman's vitality summit so you can access her there and thank you once again.

**DR. VERONICA:** Your welcome.

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