



Science, Energy & Mind Between Thyroid & Heart

Guest: Damian and Heather Dube



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Dr. Mark Menolascino: Welcome to the Women's Heart Health Summit. I'm your host, Dr. Mark Menolascino, medical director of the Meno Clinic in Jackson Hole, Wyoming. Thank you for joining us. This is your opportunity to hear from international experts on how to achieve optimal health, how to prevent heart disease, and how to get the answers to all of your questions to live the life of vitality.

We're joined today by my two friends, Damian and Heather Dube. Thank you so much for joining us today.

Damian Dube: Thanks Mark, appreciate you having us.

Heather Dube: Thanks for having us.

Dr. Mark Menolascino: Heather and Damian, let me tell our viewers a little bit about you. Functional medicine, functional nutrition, and energy medicine practitioners, Heather and Damian Dube are thyroid and fatigue recovery experts that guide strongminded, health conscious women suffering with fatigue, thyroid, and autoimmune symptoms to stop and reverse their chronic life-threatening disease process by harnessing their self-healing power to regain control of their body to command accelerated results. And free them from their disease and thyroid medications so they can achieve a vibrant level of wellness they've never known.

Their professional work in mind/body mastery spans three decades. But their passion to serve was ignited in 2008 with Heather's personal medication free, self-healing experience of her Hashimoto's disease and chronic fatigue. Her victory of reaching US National level as a competitive athlete only two years after being at rock-bottom physically, spiritually, and financially finding her illness.

They are expert contributors to wellness publications, such as Experience Life magazine, third party science peer reviewers to mass media brands, and the co-founders of the E3 energy evolve system to empowered self-healing. These are two people that I've known for years. They really bring a personal compassion and passion to the work that they do. They've helped thousands of people world-wide. And I thank you so much for joining me today.

Heather Dube: Thank you so much, Mark.

Damian Dube: Appreciate the words.

Dr. Mark Menolascino: I know so many women are really looking for that silver bullet, and it's not a shotgun approach. We use the term "silver buckshot." How do you evaluate someone from the beginning? Is it an intake that they do? Is it the one-to-one conversation? Where do you start with someone as complicated as you were, Heather?

Heather Dube: That's such a great question. Really, it's conversation. So essentially Damian and I will have an initial meeting with someone and we're kind of really diving into the whole. We really believe in wholeism. So he's really listening into that conversation when we're doing initial assessment of, what's going on in the areas of the science?

So what's going on clinically for that individual? Are they getting assessed properly? Are they getting the proper diagnostics? Are those being interpreted properly? What's happening, how are they being uplifted in a nutrient/clinical nutrition perspective to produce healing?

And I'm going over to the right side of the brain, and I'm listening for the psychophysiology aspects. So that brain to gut connection. What is the energy of this person? How are they perceiving stress? How are they perceiving the journey? What is the body's timeline, and what kind of stress has this being been through that have been communicated to that neurological system that's programmed in all the way back to their formative years? Which is super critical, while the brain is forming.

So has there been trauma? Has there been stress? How does that program in? Who has that made this person to be? What are those opportunities there to really move them to a different outcome than where they are today in both those areas?

So we really are passionate about acknowledging the whole being. And moving with them through that process to restore their wholeism, essentially. Whole being.

Dr. Mark Menolascino: I know every time I've talked with both of you that you really do take this whole person integrative functional mind/body approach. Heather, you talk about these childhood events. You talk about the ACE score, and the adverse childhood events.

Damian, do you see that actually show up on laboratory testing? Can you see the dysfunctions as an adult that were tied to the early trauma?

Damian Dube: Yeah, you can see it. You can also make assumptions at the same time. When somebody goes through any type of childhood trauma. Even early adulthood, or a bad marriage. Whatever, really. Any point in their life when they're going through that type of trauma, their bodies are kind of locking up.

So physically, biochemically, they are shifting. So they start to kind of put up a barrier, so to speak, to kind of protect themselves from this outside world. Or whatever. And a lot of times, it creates these chemical imbalances within the body. A lot of times, it's elemental imbalances.

Calcium, and things like that start to build up. Which when we're talking about heart health, calcium is a big mineral there, related to that. It's almost like they're putting up this shell. This front to protect themselves from everything. So you can definitely see that in their lab work.

And even how they present themselves. We see a lot of women that you can tell have some type of defense mechanism going on in just how they're verbally communicating. Sometimes it's shielded by making jokes about themselves and things like that we see.

Heather Dube: In my world, in the area of psychology and energy, we talk about it as the protective personality, essentially. So somebody that tends to be really type A. Driven. Dominant in the male energy, when we talk about

masculine and feminine energy balance from a Chinese medicine perspective in the body.

They're dominant male energy side, "I've got this, I'm shouldering it." You know what I mean? Kind of where I was when I got sick. The type of person that waits until they're hanging off the cliff by their finger pinky nail before they throw up the white flag and say, hey, I may actually need some help over here.

Dr. Mark Menolascino: Well Heather, you've shared with me your story. If I could ask you to open up and tell us a little bit about that. It seems like so many of us in functional integrative medicine, it's the story for ourselves, or someone that we love, or someone in our family that we saw medicine not be enough and had to go find these tools on our own.

I know you found those. You found them in your partner. You found them in yourself. And you bring this in the program that you do. Can you share with us your story a little bit, please?

Heather Dube: Yeah, absolutely. I just want to honor how you shared that because I never looked at it as my story, it's women's story. And men. That go through trauma, and have this experience with their body. And really the disease process is just the opportunity to know ourselves and come to a peaceful place of healing at a deeper level. It's kind of the spiritual knock on the door, if you will. It's kind of like, "hey, maybe take a look inside here and let's see what's going on."

But yeah, it really did start for me in childhood. I didn't realize, I wasn't making that connection. It was our early 30s. Not to go too deep in, or spend a lot of time on it. We had a period where there was a condensed period of a number of multiple stressful events. Mentally, emotionally, physically, spiritually stressful events.

Damian Dube: The top 5 all at once.

Heather Dube: Right. Yeah, we lost a parent unexpectedly to stage 4 cancer 6 months after our wedding. He knew at our wedding, and he didn't want to tell us. We got back from the honeymoon, and that was the first news that we got. So we went into that, and we were traveling back and forth from California to New York while he was on hospice care, just basically waiting for him to transition.

And that was very tough emotionally. At the same time as managing buying a new house, going through a company buyout, eventually I got so sick from the stress I had to make the conscious decision and courageous decision to leave my job, because I knew it was giving me more stress than my body and mind could physically handle at that point. It was literally threatening my life when the stress got so bad, and the chronic fatigue got so bad.

It was just kind of this period, and we know and understand now that ultimately that was the finger that pulled the trigger on the gun. But that foundation had been laid from decades up until that point in my early 30s. From a lot of aspects of stress. So trauma during my childhood. You know, some mentally/emotionally trauma.

My step-dad was an intense individual, an incredible coach, if you will. Very driven. Pushed and challenged us. But maybe sometimes the way he did that programmed into me, it was a form of stress that was very intense during my younger years.

I was a very artsy/creative individual, an empathic and highly intuitive individual. And in that environment, that was a form of stress to me that I didn't understand.

On the positive side, it made me who I am and it built a business and we're doing all these amazing things today to help other people. So I've really become a person where I don't look for the negative, I look for the gift because I truly believe everything is the universe and God truly wanting the best for us. And just moving us forward in our growth.

So, I had to go backwards to go forward, if you will. And that trauma and understanding, ok, this is who I was uniquely. And in that environment, it was more stressful to me than maybe it would be to someone else because who I am from a psychology perspective, who I am from an energetic perspective. And it was kind of this peaceful coming to an understanding, a higher understanding of myself.

And through that, we actually, I know you know, we have a history in athletics. There were some periods of time in my 20s when the science was younger, and I was working with coaches that maybe didn't know as much in the area of nutrition, doing things like carb cycling or these kinds of things, were not really good from a hormonal balance perspective for females.

And now, athletics is starting, at least, I think, hopefully on the brink of starting to understand that the male and female body are unique and different, and they need to be programmed differently, both from an exercise physiology and the nutrition perspective.

So there were just kind of all these things I think that were part of what, over time, led up to what could have been imbalances. And then, when we hit our early 30s and there was this intensely stressful time, all of a sudden, I was like, why don't I feel right? Why don't I want to go to the gym? That's so unlike me. That's always been a place I've felt very at home at, ayurvedically and just into strength training.

So, all those things. And then going to doctors for two years, and they didn't really have the knowledge or the experience and understanding to look at that whole, and understand all these things. And I got sicker and sicker in that world, because they were really just focusing on the symptoms, applying steroids and things. The rashes and everything that was going crazy.

Crossed over into natural practitioner world, and it was still kind of shocking to us, because they didn't really have a deep practice in nutrition, in my experience, at the time. And that was like a lightbulb for us because we had been through a deep practice nutrition as athletes. So we knew, there's this whole world of nutrition programming. We can really uplift to transform the body. Why are we not tapping that over here, because there's a huge opportunity for people?

So the lightbulbs were going off, but I was just getting sicker and sicker. So really, the turning point for me was when we made the conscious decision for me to leave my job. And literally claim more space and say, healing is my job. And until I get that figured out, nothing else matters. So that really was the biggest turning point for us where everything changed. And that's when I started to go back to school to study functional nutrition. E3 Energy Evolved came to us, and kind everything of everything started one thing in front of the other.

Dr. Mark Menolascino: Well you took that step on your journey. You said two things that really struck me, the spiritual knock on the door. And how sometimes these health crises are a gift in disguise. And now that you've seen the transition in yourself, and you see it in other people, how do you help people to see that in themselves? When you have new clients?

Damian Dube: It's hard. It's a challenge.

Heather Dube: It is. I think we have to, as always, honor individuality. Everybody's journey is an individual journey. So we are willing, I'm sure like you. When you work with someone, you meet them where they're at. And we are there as their guide to move with them to wherever it is they want to go.

Some individuals, we get the honor of working with, and this is a journey that doesn't just finish with a physical healing. All of a sudden, they're finding that career that they weren't so excited about that was part of living in an energetic form of stress. Maybe they were avoiding leaving it, and they just get laid off anyway. And all of a sudden, this great new job is there.

Some people just want to work on the physical healing. And that's ok. Do you know what I mean? It's like giving permission to honor each unique spirit where they're going in their journey. We really just make it about, it would be inappropriate for us to come from like, "Hey, we could take you here." Really it's where they want to go.

And for me, you know, we know each other personally now a long time. I'm an all-in gal. I don't do anything...

Dr. Mark Menolascino: That's what I love about you. I love that.

Heather Dube: Half-short. I'm an all-in gal. So for me, to make a decision, it took a lot of courage to leave a great career in marketing and be like, no, this is what I'm going to do. And you know what, if no one can figure it out for me, then I'm going to become the person who figures it out. That's who we are. But not everyone does life that way, you know. So we honor people when they come to us for who they are and where they're going.

But what I will say is fascinating, the more we do our own study and work and expand our own process and everything from the science and the energy medicine and the psychology. The more people that are coming to us that are actually calling to a higher level of mastery in their lives. So as we choose that, we're calling in more people that are also desiring that. Does that make sense?

Dr. Mark Menolascino: It does. Damian, how did you want to chime in?

Damian Dube: Yeah, so to round out what Heather was saying, with everything she said, there are times when we recognize something in our clients before they do, and we have to point it out to them. So sometimes it is that tough love situation. Which, in today's world, let's face it is lacking.

Everybody is afraid of who is going to say what. You're not allowed to say this or that.

Sometimes, those things have to be said, whether it's difficult or not. And sometimes the person sitting across from you needs to hear it, whether they like it or not. And sometimes they will perceive it, or receive it, very well. Sometimes they won't. And we'll come back a short time later and say, you know what, I get it now.

Heather Dube: But I think the starting point that is welcome for everyone is the physical because no one comes to you or us without the biggest, most pain in their life at that point is the physical symptoms that they're going through and they want to feel better.

So what's fascinating for us, at least, you can't separate the physical, the spiritual, and the mental. But what I find is we always start with the physical because what I find is if we can build that body up from the inside out, and make it stronger so it can sustain the stress that's coming out from the outside, then all of a sudden, mood improves and all these things. Like, I'm not reacting as stressfully.

So what we're doing when we start with the physical in a really powerful way and address that is open the door for the other conversations. So now they can tap into, though their own awareness, all of a sudden, "hmm. I was perceiving this stress maybe a little bit more than I needed to be." They're starting to feel into their body more. And their intuition gets stronger. That energetic.

What I say is, they move out of the mind field into the body. It's more embodiment. So they're coming from the gut instead of the mind. And as we build the physical, that just naturally starts to happen. So as we're moving through, it becomes easy to see who is going to keep going through the journey through more of the psychological work with this and the spiritual work. And who is really going to enjoy the power of the physical work. And that's going to be enough for them, today. For where they are today.

Dr. Mark Menolascino: As thyroid and adrenal experts that you both are, I love how you individualize it for people. At the same time, do you see some common patterns in thyroid and adrenal that just seem to show up every day?

Damian Dube: Yeah, you know, it's funny. There are all kinds of common

patterns. So there's not a common pattern, there's a multitude of common patterns.

Recently, what I'm seeing a lot is really elevated TSH with elevated T3, or the low T4. And they're on nature's desiccated thyroid. So I'm seeing that a lot lately. So they're expressing hyper, but they're also struggling losing weight, too. Which, again, that's another one. When you're hyper, you typically have trouble gaining weight. Well, not always the case.

So there are just so many different kinds of things that you see. And sometimes it doesn't make sense. And that's when, we're talking about intuition. Where we try to get the client to use their intuition. But sometimes we have to use our intuition more often than not, in order to assess and program for them.

Heather Dube: And I can also say, from the other side, I'm the right brain. The energetic and the psychological patterns that I see tend to be two type of women. And I'm not saying this is a generalization, because this is just who comes into our world. But you get somebody who, kind of like I started to describe before. It's a woman who is very type A, very driven. Tends to think a lot. She uses her mind a lot. And she's not tapped into the fact that actually the brain uses the most metabolism and energy in the body.

So this overuse of the mind is actually tapping her out physically. And I think it's fascinating that the thyroid is the dividing line between the brain and the gut. The body.

Damian Dube: Everything else.

Dr. Mark Menolascino: I've never thought of it like that. I love that. That's great.

Heather Dube: If you actually think about it, for me, I see it almost as a cross. Not to go too spiritual. But it's fascinating to me. There's so much connection between the physical and the spiritual as a bridge.

So she tends to be someone who stays up here too much, and doesn't ground her energy. She doesn't get embodied enough. So very intellectual. Expects a lot of herself. Drives herself. More masculine energy than feminine energy.

And also sometimes we see someone who is what we call high sensing, or empathic. So they tend to be a creative individual. Someone who is more right

brained. And they're sensitive to energies. We call them introverted, they need to retract their energy. Get quiet. Being around a lot of people drains them. And they need to preserve their energy. And they're not usually tapping into that special quality. I call it an energy superpower, actually.

And yes, they get drained more than someone who is not of this way. And I kind of got the double whammy, because personally I'm both of those things. I'm both of those things. So we tend to draw in people that are one or the other or both.

So just a lot of psychological activity. Not as much balance energetically between the mind and the body. Alexa, please pause. Sorry, Alexa just reminded us to breathe deeply.

Dr. Mark Menolascino: We're keeping that! I love that. Ok, so let's all do it.

Heather Dube: See, perfect timing because that's a way to ground our energy.

Dr. Mark Menolascino: Well, you have to walk the walk and talk the talk. And the thing I love about the two of you is that you do. Damian, you're an athlete. You're someone who is focused on all the good masculine things, but you also have your feminine side, where you understand women. I feel similar to that, too. I think maybe that's why we all connect like that. I think it's hard to be a woman today. The demands on women are so high.

Damian Dube: It's hard to be both. I think, you know, not to get into a political discussion. I'm sure I'm going to get a lot of hate mail for this. If you look at the last five or six decades, we as a society have put such a demand on women. That not only they have to be a great mom, but they have to be a great producer economically, as well. They've got to be able to do this and do that. And then they've got to come home and cook their family's food. And then they've got to do all their laundry and everything like that. And while holding a full-time job, so on and so forth.

They're being asked to put out so much of that masculine energy, that they're feminine energy starts to, and Heather can talk to this. Kind of put on the back burner.

Heather Dube: It's just out of balance.

Damian Dube: It's completely out of balance. On the flip side, we see with men the exact opposite in today's world. What we need to do is we need to

bring everybody back to balance because balance is when your body is in complete homeostasis, right? And when something is out of balance, it's going to cause everything else a trickle down effect to be out of balance.

Heather Dube: What we're really passionate about is getting the person to the whole, and understanding that wholeness is a possibility. A lot of people are going to doctor's offices and practitioner's offices, and they're not being made aware because it's really not understood.

As you know, in our industry, that wholeness can be something that I hold as my possibility. As my potential that I desire to return to that, and I can live that way all my life if that's what I choose. I'm not saying it doesn't take work, and it doesn't take commitment, and it doesn't take life change and conscious changes. It does. But if we desire that, and we should not settle for less than that if that's what we desire. No matter who tells us we should settle for less than that, right?

And that was something how I came at it. That's just who I am. So it's holding that energetic intention. This is my vision for myself. I don't care who tells me this is not possible. That's just the way that I show up. And when you do that, energetically I can tell you it's very powerful from a manifestation perspective. It's us saying, I'm the healer. I consciously somehow created this disease. I may not know how I created it. But until I choose that I created it, I can't choose that I'm the creator. I can't call it out of my life, either. So we have to come from that position.

But to Damian's point on the balance, it's so huge because we can't come to wholeness if we don't have both and. If we just have one or the other, if we're all masculine energy and there's only 10% of feminine energy going on, then we can't have the wholeness because the road to wholeness is the balance.

And I just thing we really, as women, as a culture, we've lost that we're not just a body. We're a mind, a body, and a spirit. That's the truth to wholeness. And we have to nurture all those things. And we have to nurture both the masculine and the feminine. We can't just be a human doing all the time. We have to also be a human just being.

For me, the journey to healing was understanding that about myself at such a deeper level and choosing to start to tap into stillness. And that's not easy for somebody who is really intense, competitive, I want to compete. I want to be an athlete. I want to hit national level. I want to do all these do, do, do, do.

And I think there was just a huge shift for me in a lot of areas of psychology, where I learned to start to see things in a new way.

I just want to encourage your audience that it's not, "Oh, I can't be who I am." Because if you are a very masculine, competitive, driven intellectual, high-thinking woman, it's ok. It's just understanding that about yourself and starting to integrate the things that ground your energy and allow you to get more balance in. And that's where, the freedom is in the awareness. And then as we have the awareness, we can just start to make the shifts in our habits so we can come to more balance.

Dr. Mark Menolascino: It sounds like you're empowering women. That's a real empowerment statement. I love how you do that. Damian?

Damian Dube: Yeah. You know, we were talking about the thyroid is kind of right between the mind and the body. Then you also have to look it as it's right in the middle of your throat. Right in the middle of your voice box, basically. Right? And that's another thing that we find all too often. Women, their voices are silenced. Or they're afraid to speak their truth.

Heather Dube: They're not expressing.

Damian Dube: Or express their truth. And a lot of that is when moms managing the kids and going to work and so on and so forth. And then not asking dad to help out with things, there's another issue there. So you talk about me having a little bit more of that feminine side, I do have it a little bit, but it's also because Heather has asked for help.

Dr. Mark Menolascino: I love that. And you responded.

Damian Dube: Yeah, initially I responded by stomping my feet and kicking and screaming Because there's very little difference between a man and a child. So you respond as a child. But then, as you start to think rationally, and you let that tantrum go, then you realize, oh crap, she's right. I really need to step it up and help out with some of these things.

Heather Dube: Well, I think we had the gift of my disease process getting so extreme. I don't know if you've ever seen my before picture.

Dr. Mark Menolascino: I have. It's amazing.

Heather Dube: I look like a completely different person. Well, you could tell

that my body was disintegrating. And the disease process was so advanced by that point that it had expressed fully outward enough where he went, oh my god. You know?

Damian Dube: Yeah. Something's wrong.

Heather Dube: Because he's waking up next to me every day. But he was like, and it wasn't that. It wasn't like, we have to do something aggressive. And we have to do it fast because this train is not headed in the right direction.

Damian Dube: And we'll figure it out financially later.

Dr. Mark Menolascino: So his love for you made him be all in to help.

Damian Dube: Of course.

Heather Dube: Yes. And I am completely blessed. And I love that you're bringing that up because there is so much to this. We would need another summit to talk about that because we really do believe that part of this, healing the whole, is not just healing ourselves but healing our relationships into wholeness.

You asked about the common things that we see, hiding. Which is associated with guilt, shame. I'm not good enough, self-worth. We see this a lot with women with thyroid. They come to us, and they're like, they think in their mind that they're telling their husband what they need, and they're expressing. But they're not.

It's like they're going through this very isolated and alone. They're shouldering it on themselves. They're not speaking into, this is what I need as a woman, to their husband or spouse. They're not really speaking into those differences. From a place of, you don't need to understand, but I do need you to support me unconditionally in love. I know you can't understand what I'm feeling or going through.

Because there's a lot of judgement and stuff around thyroid and autoimmune disease. I'm sure you know what it's like. If it doesn't get fully expressed like I went through and it's just internal, the spouse will be like, I don't think she's really sick. Or, I want to renovate the house instead of dealing with her healthcare costs. Just go get a workout.

Dr. Mark Menolascino: It would be easier if her arm was broken, because you could see the broken arm.

Heather Dube: That's right.

Dr. Mark Menolascino: You can't see this hidden autoimmune illness.

Heather Dube: Yes. But the beauty is...

Damian Dube: And by the time you do, you're pretty far gone.

Heather Dube: That's the gift because it knocks on the door of women who need that gift because they're consciously already a person who is the protective personality, like we talked about before. "I've got this. I can spin all the plates. I don't need anyone's help." That's how we get there. So the beauty of it is they need that gift because to break that down in themselves because it's the only way we get to healing an illness. If we start to, again, have that awareness. "This is who I am and how I show up. And can I shift my habits to express more so that what I need gets out there."

And I can't speak into all of the biochemical translation of stress into actual physical disease process, but I absolutely believe and know it to be true that we hold stress at a cellular level. If you have something emotionally that isn't expressed. Something, a stress has happened in your life,

I think people tend to think we compartmentalize that. And like, oh, I've forgiven, or whatever. But if you haven't actually unearthed it from the body, and spoken it out with love unto whoever the oppressor is, all those things, whatever your needs are, you're still carrying that stress burden physically. And it is absolutely taking a physical stress toll on you.

Damian Dube: And take that a step further, too, if you think about it. Look at Valentine's Day, for example. We use the heart symbol as an expression of love and an expression of compassion. An expression of all these different things.

Now, think about when you have all this different kind of stress on your emotional state, what kind of impact that's having on your heart. So we can sit there and talk about how thyroid is involved in every cell in the body. Including the cells of the heart.

Hypothyroid is going to increase blood pressure, and cholesterol, and

hyperthyroid can actually lead to afib and things like that. Arrhythmias and stuff like that. But nobody is talking about the other aspects. It just has an affect, your emotions have an effect on your heart. It's not surprising that you're doing this summit.

Heather Dube: Yeah, I love that you're doing it because there are things for me, as a woman, being a decade now recovered from my thyroid autoimmune disease and chronic fatigue that I'm just learning today in energy medicine that are so exciting about understanding that this type of woman who gets sick with thyroid disease, living up here in the mind. Driving from the mind, which is all ego. But they're not going down into the soul. They don't even realize they've got a soul in this body. That desires to connect with them. For them to experience.

And I don't want to get too dependent into that, to kind of make people like, I can't relate to that. But I will just say is, as an example of how that experience became real for me is part of why I received such great healing is because I consciously chose to walk away from a life that wasn't my truth, if that makes sense.

I worked in marketing when I got really sick, but every job I went to, I always felt something in me that I don't belong here. I don't belong here. It's like the inner voice. It's the holy spirit. It's whatever you call it. It's intuition. It doesn't matter. The label doesn't matter. It's the voice it's what we call our knowing.

That sickness, it was literally this point in my life where I became so sick that I didn't have a choice to stay in it. I'll just drive from the mind. I have to stay here. I have to make the salary. I have to protect my family. I have to make money. I have to get the higher title. That's where I was living from.

When I surrendered and said, this disease is so huge in my life that it has to be my job right now. Healing, saving my life has to be number one. It was this letting go of that protective personality, the control. It was like this big exhale. So I don't know what work you're doing in my life, God, but I'm going to totally just lean back. And let go into what you have to show me here.

And it was that line in the sand of, moving from that point forward of becoming who I was always meant to be spiritually and what we do today in our work. That's part of our healing, too.

We talk about the supplements and all that, but if you're going to live consciously disconnected from your soul, there is stress to that. There's a

choice of welcoming stress in the body, and that's like the soul. I'm saying, the heart. It's so connected to what you're talking about because now I know myself in here. Before I just always knew myself from here.

And I'm a very capable person. I've created a lot from here. But now, it's just this amazing place to have a relationship with myself from a spiritual place that I didn't have before. And I'm doing work that became my spiritual gifts. I'm using my spiritual gifts, like you are and like he is. There's just something so joyful and healing from living in that place that I don't think we can measure in science how it transforms the body.

Dr. Mark Menolascino: There is no supplement or medication that can replace that as much as you try. So many of our colleagues in medicine come home, beat down from their day at work. My daughter mentioned this the other day, she went to a friend's house whose dad is a doctor. He came home grumping about his patients, about his staff. About how unhappy he was, how tired he was.

Heather Dube: I've heard that.

Dr. Mark Menolascino: I come home empowered and speaking with passion, how excited I was about my day. How much I love it. She said it was just so obvious to hear. And I see that in you. I see that in a lot of our speakers. We're so fortunate to have found that.

And for all of the people listening, look around in your life. Are you living the truth that Heather is talking about? Are you doing the work that you're really supposed to? And you'll know it when you find it. You also will know it if you're not finding it because it's usually a health problem that will show up.

They talk about with heart health that after a heart attack the biggest risk to have a second one that you're going to die from, what do you think it is? It's not cholesterol or triglycerides. It's depression. And we talk about depression as having an inflammatory component, likely tied to adrenal and thyroid health.

I'm sure you guys see a lot of anxiety, depression, and people on medications. And there are people who are suicidal that medications have a role. But so many people are more kind of flat and are treated as depressed when it's really one of these other things.

Damian Dube: Yeah, let's think about this. If you feel like crap, you're going to be depressed. Right?

Dr. Mark Menolascino: I would be. Yes.

Damian Dube: I can't tell you how many times somebody comes to us, and they have thyroid issues. Or they have chronic fatigue. We had a woman in the United Kingdom who had come to us with severe chronic fatigue. Her doctors put her in a mental institute.

Heather Dube: Oh, it's horrible.

Dr. Mark Menolascino: Wow.

Damian Dube: For a couple of years, she was in a mental institution.

Heather Dube: Separated from her kids.

Damian Dube: Right, and her husband because they're just looking at it completely different. Well, depression is a symptom of something. A lot of times, it's a symptom of you know what' if you're not digesting. You're not going to utilize certain amino acids that are necessary for your feel-good neurotransmitters. So you're going to feel kind of crummy.

If you've got different bugs, that can affect it, too. There are just so many things that can affect your mood.

Dr. Mark Menolascino: So Damian, how do you tie gut and brain health together? What's your, for gut and mood, what are your go-to pain points for that for people?

Damian Dube: I think a lot of times there are different types of infections going on that are throwing their gut flora off. There's a battle between the different forces. You've got your good bacteria and stuff like that, and you've got the bad stuff. There's a battle going on between them, and it affects your whole lining and everything. I think that probably has a lot to do with it.

I think, again, it all goes back to living your truth. If you're in a very stressed environment, you're walking on eggshells or whatever, you're going to have an affect on your gut. Butterflies in the stomach and stuff like that. There's stuff that's going on inside the gut. And a lot of times, people loose that gut feeling, because it's in such a disarray.

So I can't sit there and say there's any one thing. Everything is related to everything else.

Dr. Mark Menolascino: We talk about people feeling it in the pit of their stomach. Or events being gut-wrenching. And how this whole emotionality tied to digestive health. And it's tied to heart health, as well. Do you think people can die of a broken heart?

Heather Dube: Absolutely.

Damian Dube: Oh, without a doubt. I think that's the leading cause of heart disease.

Heather Dube: Without question.

Dr. Mark Menolascino: I asked three cardiologists that last month, and they just looked at me in disbelief. They had no idea what I was talking about.

Heather Dube: I've experienced it. My grandfather passed that way. Literally. He was very close, and I think he was empathic because empathic people or creative people tend to be connected with animals in a deeper way. He was very close with his dog. Not to sound bizarre, but he was incredibly close to this one dog.

He was a very quiet man. He didn't say much. He was a retired serviceman and had went through a lot in World War 2, didn't talk about much of what he'd seen and experienced. And had trouble with alcoholism, like a lot of people that came out of the stress from PTSD. The day his dog died, he was gone in 24 hours.

Dr. Mark Menolascino: Wow.

Heather Dube: He went with him.

Damian Dube: And you see it over and over.

Heather Dube: Yeah. He was horribly, so I absolutely believe that. Full disclosure, I've actually been feeling, I'm very conscious of and connected to my body at this point. I always say healing work never ends. I'm past my thyroid and autoimmune disease, but I'm still, as a healer, working on and expanding my own healing, right? And areas of emotion and family lineage and things that play into stress so that I can expand myself as a healer for our

patients. And I've felt discomfort in my heart, it's been talking to me lately. And I've been working with my reflexologist. And he's been working some of those things out.

But one of the things that I know why it is is because I still feel like I have more to express. There's just, we peel the onion layers back. You know what I'm saying? There's always more to go if we want it. And I know I have more to say. And I haven't been expressing it fully, in our industry. I have more I want to share and say.

Damian Dube: Yeah. And we know that when we do share, there's going to be backlash.

Heather Dube: Well, I don't know about that. But I think there are some things that if I'm being honest that are very intimate family things. And there's a line there of, do I share this? Because it's something that a lot of people go through, that was part of the origination of my thyroid disease. Or do I keep it, you know what I'm saying? So there's kind of that line there.

But basically, I'm just saying that our bodies talk to us. I wasn't running to the hospital that something was going on, because it wasn't. It was more that it was just kind of saying, you have more to say. And right now, in our business. I'm sure you can relate to this. I've been living in the business side of things. And I'm creator by design. And when I have to do, all the business stuff and the contract and the legal. I get to a point where my body is like, no, no, no, no. This is no good. It's like, let's write. Let's talk. Let's create. Let's make a product. You know what I'm saying? It's the creatorship that I need to live in. If I'm not there, I'm not in my heart.

Dr. Mark Menolascino: That's when it's time to go on vacation.

Heather Dube: Yeah.

Dr. Mark Menolascino: You talk about your grandfather, and the men and women who went through the World Wars are really truly the greatest generation. People that I tremendously admire. But the PTSD rate in them and what's going on with children and young people today. You must see a lot of people with PTSD. How are you able to bring tools to bear? You have to get the entire symphony of the thyroid, adrenal, hormone, gut balance. What other tools are you able to help people transcend and get past that, or work with it?

Damian Dube: I think the biggest thing is getting them to feel safe.

Dr. Mark Menolascino: So many people don't feel safe. You're right.

Damian Dube: They're in that hypervigilant mode all the time.

Heather Dube: And that's the thing, too. You bring up a really great point because think about the trajectory of a patient, most of the people that we're all seeing. And I'm sure many of the people that are speakers on your thyroid are seen are people that have been through the ringer. You know what I mean? They've tried everything. They've been to every doctor. Every practitioner.

So now we've got this person who is already a protected personality person. And they're coming to us, and we've got the gift of having to be like, here you'll be safe in what we all do. It's like, I can really help you. We can really serve you. And it's like, how do I say this? It's a journey of trust. And it's so beautiful because it happens in the work that we get to all do.

But really what we're doing is getting them to build the trust in themselves again because we're getting them to understand they're the healer. They always had what they needed to heal this. It was all just built in. It's divinely coded in, and we're just the ones as the guides that are getting them to tap those powers so they can expand and express and be full.

Like, to Damian's point, it starts with the physical. But as you get that foundation stable again in the healing process, things like trauma are safer to go into. So we're really conscious of focusing on the physical first. Getting them healing that's powerful and different than anything they've experienced, mostly by that point.

So now they trust us. I don't use, the term sounds a little cold, but the buy-in is there. They trust us. They're like, ok this is different than what I've experienced before. But what they're really doing is starting to trust themselves. And as the healing comes, then they can start to look into the darkness. Then they can start to look into the trauma. They can look into that stuff.

And that's why I'm so glad you brought that up because the work that I'm doing today in energy medicine is part of that. It's going back into family lineage stories. And I think generations right now, we're breaking down, collectively as an industry. And the people that are coming to us to heal as a spiritual whole, we're breaking down the wounds from generations before that have gone down. Right? Because what people went through in World War 1

and World War 2. Look at how many people struggled with PTSD and alcoholism and suicide.

This is a story of healing that's happening culturally generation after generation. It's still coming up now because I'm sure you see it too, when we have patients, some, not all, have stories from mental abuse, emotional abuse, physical abuse, sexual abuse, trauma in their childhood.

Damian Dube: Sometimes they don't remember.

Heather Dube: Yeah, sometimes they don't even remember.

Damian Dube: And they remember like 3 months into working with you. Like, oh my god.

Dr. Mark Menolascino: I could see a lot of people finding you out of desperation because they're looking for someone who has more answers. But then the fact of how you work with people, and listen to them. They developed this level of trust that allows those doors to open. And I think that's one of the big lost arts of medicine, is the listening. And the caring.

Heather Dube: So beautiful. Thank you.

Dr. Mark Menolascino: And there's no one who can't work with the two of you for 10 minutes and know you don't care. You carry your heart so big, and that's the beauty of the work being done. And people cherish it when they find it. There's just not many of you out there. And I hope that we find more of them. I love what you just said, too, about...

Damian Dube: We appreciate what you say, Mark.

Dr. Mark Menolascino: It's my pleasure. I've believed that since we first met. When you do start doing some of the heavy lifting and some of the hard work that you do with clients, and you start opening these other doors, sometimes it scares people.

Heather Dube: Yeah.

Dr. Mark Menolascino: It opens things they didn't know about. And in working with them, I've always been nervous to not to open that door when I don't have time to actually walk through it with them.

Heather Dube: Yeah. And that speaks to who you are, and your sensitive nature to the path that is true healing. And you asked about how do we support them? And that's a great question.

This is why Damian and I, we don't separate and treat our patients separately. We actually work together. I take the right brain side, he takes the left brain side.

Dr. Mark Menolascino: I love it.

Heather Dube: He's dealing with the science, I'm dealing with the psychology and the energy. So we're trying to get this beautiful wholeness thing going on. As we're moving through them, I would say we do lead with 70% of science because that's where it's got to be in the beginning when people have physical imbalances.

But I also support our clients meeting with them in kind of a small, sacred group environment of other women to build connection to kind of break down that propensity of the protective personality, the hiding. Connect with other women that, no, I'm not alone. This is our story, like I said before. This isn't my story, this is our story.

And I work with them in the areas that I've studied in positive psychology and energy psychology and energy medicine to really get them to build their awareness in themselves. So as these things are coming up, how can they shift.

I think we have in our society this view of, I'm broken. So if this trauma comes up, there's something wrong with me. I need to run to counseling to get treated. And that's no disrespect.

Dr. Mark Menolascino: Fix it.

Heather Dube: Yes because that is my undergraduate, in psychology. But I consciously chose to move away from traditional counseling towards positive psychology because it felt very disempowering to label ourselves as good or bad. Or broken or sick. That kind of thing. I just never had an attachment to a label. I always saw myself as whole, and I have this condition that's a gift that's trying to come here as a teacher. And that's a very shifted perspective.

So I would say that the way I support them is empowering them to shift in the same ways that I did through my own disease process from understanding

how can I see these things differently than this world has taught me to see. It's almost like, before I was sick, I was seeing my relationship with my body from the way our culture in the physical world and the mainstream medicine world teaches us to see things. When I went into a healing process, I started to see it more from a spiritual perspective. And that was a completely different shift.

So I can pull things in, like psychophysiology and energy, that allow them to get under the story. Do you see what I'm saying? Of the trauma, and just happen to the energy vibration because what's amazing and fascinating for me, in the last two years that I've been studying energy medicine, is that the fastest way to actually healing those stories that we create or have in our lives. And not minimize them, because they're very real.

But when you start to see them from a consciousness perspective, and when I say consciousness I mean spiritual. You start to realize, these are just gifts that are moving us along our path to make us grown and awaken to a greater version of ourselves. It's truly that simple, and that amazing. That is really coming from love. And when we switch into that, it's such a freeing and empowering place to be.

And when we tap into things like our chakras and energy vibration. Even just grounding your energy, like you're doing this event on the heart. If you can use forms of yoga or breath work to move the energy from the mind and just feel into the heart space, I do some integrative breath work with our clients, just getting the energy into the heart. And expanding the heart, and feeling the heart, and just being in the presence of the heart energy. It's so incredibly healing.

And this is not something you have to do for two hours a day. It's literally just getting there. That's how powerful it is. So I support them in those ways, in the area of psychology and the grounding energy medicine side. And it really has a nice complement to what Damian is doing in the science, so that we can give them a whole complete experience if trauma does come through.

And to your point, which is really common, it brings up a whole lot of energy and feelings and emotions. It's so, the way we look at energy medicine is those are just energy vibrations. So we kind of disattach from the story. There's low vibrations, high vibrations. Joy all the way to guilt and shame. But what we're doing is when we get embodied, we can kind of access love, which is one of the most powerful energies in the heart space. And that can literally dissolve these

other things. We can move past them without even having to attach this story, or need counseling assessment.

And I may get a lot of flak for saying that, but I can speak to this. I can actually attest to this, that I've had those experiences myself in my own body, practicing and learning these forms of integrative breath work and yoga. Something can just come up, like an emotion, that was from,

I had, literally and emotion that was from a childhood sadness. Which I didn't realize I was even tapping into. And I'm now 44 years old, and I didn't realize I was still holding onto grief as a child losing my childhood, being in an environment that was very intense, very driven, very drive, grow, compete, that kind of thing. Which has positives, but again, when you're a really creative, expressive person, there was this voice in me that never got to be heard. That never got to be seen.

And I'm figuring this out at 44. And I'm a decade past physically healing my thyroid, you know what I'm saying? Because I'm still choosing healing. And I'm in this integrated breath work yoga practice, and all of a sudden I had this emotional release of just sadness in a certain position that actually opens up the protected personality, which is a form of yoga that I'm also going to be teaching our clients too.

And all of a sudden, because I was embodied. I was grounded. My focus wasn't in the mind field, it was in the body. And I went into a position that opened up in physiology. You know, in Chinese medicine, they associate certain emotions with different organs and glands in the body. Opened up this one area of protected personality in the hip flexor, boom. It just came out of me.

And instead of trying to name it, I just let it flow out. And all of a sudden it came to me. This is grief because I didn't get to be fully seen and heard as who I was as a child. And that's ok. I'm not saying that as finger pointing.

The only thing is, it just needed to come out. That's it. And I think we have to look at the human body that way. It's this beautiful vessel for our spirit, and it carries emotional experiences. If we don't get to fully process, right.

Dr. Mark Menolascino: You're right on how people try to name it, blame it, and then tame it. Just like we do with diseases. They try to do that to emotions. The more work you do, the more of those that are going to come out. And embracing them and not letting them scare you or overwhelm you.

I think at the end of the day, love is the best medicine.

Heather Dube: Yes.

Dr. Mark Menolascino: I think the more we can share it, we can help people to find it, the better we're all going to be with it.

Heather and Damian, I just wanted to say thank you for joining us today. I was a little nervous when I saw both of you were going to join us. But I love how you work together, and the energy, this is really a testament to all of our viewers about how a couple can really support each other, love each other, work together. It's really beautiful to see, because so many people have trouble getting there. I've always admired how you weave them together and support each other.

Damian Dube: I appreciate that.

Heather Dube: Thank you so much.

Dr. Mark Menolascino: It's my pleasure. If our viewers wanted to find you online or learn more about the work that you're doing, how do they find you?

Damian Dube: God.

Heather Dube: That's true. People come to us in the most amazing way. But yeah, they can go to E3EnergyEvolved.com. That's our website.

Dr. Mark Menolascino: What does the E3 stand for?

Heather Dube: So E3 Energy Evolved actually is our system to self-healing that we teach and work in and basically it was this vision that came through me in my healing process of realizing that what I was dealing with when I was sick with thyroid autoimmune disease was life force, or energy. It was just a higher energy conversation.

So if you look across cultures, and religions, and spirituality, here we call it energy. In fitness they call it metabolism. In yoga they call it prana. We're talking about life force in the body. And literally I felt in that time how sick that I was the life force was leaving my body. And I knew that if I wanted to heal, I had to take a broader approach to understanding how to correct energy or vibrance in the body.

So it was looking at your energy in, and your energy out, and your energy environment in a very systemic way of understanding. If I do them at the right steps, in the right time, in the right order, and the right percentages, I can optimize my energy and produce self-healing. And that's really what it became.

And of course, under your energy in, energy out, your energy environment, we have subcategories of what all of those things entail. And if someone goes to our site they can actually read more about it in our free guide. We kind of go into what those things are and what they should become conscious of and more aware of and how to self-assess essentially each one of those areas to become more effective with their outcome.

Dr. Mark Menolascino: I think that's a very important point, it's not just doing the right thing. It's doing the right thing at the right time in the right order with the right intention with the right partner with the right support.

Heather Dube: Yes.

Dr. Mark Menolascino: It's really all of that, and creating that environment is, I think, one thing you guys do very well. What are you excited about next? What do you guys point your arrows at? What mountain are you going to be climbing next?

Heather Dube: I love that. I'm a Sagittarius.

Dr. Mark Menolascino: Me too!

Heather Dube: That's great. Yeah, I've actually been really kind of retracted for a while. Taking time to continue my education in energy medicine. And really excited because I'm doing a cumulative study now for two years, I'm coming into my third and final year. I'm going to be integrating that into offerings for the world in the area of how we come to a different relationship with movement when we have thyroid and autoimmune disease and what that looks like and what that looked like for me and what that looks like for our clients. Just kind of online courses, where they can do these things easily online.

I love that we're all doing that, personally, because I feel like a lot of people don't understand. And this was our vision for E3 Energy Evolved, and why we do distance based work. Is that if you're going to practitioners locally and you're not getting outcomes because let's be honest, not everyone has access to very creative or intuitive practitioners in their region. The next step is

traveling. So you're talking getting on a plane and flying, which is where I had gone to and started to get really financially expensive very quickly.

So we like doing offerings that allow people to know that they can do very powerful healing from their own home, resting, and restoring. And the body is brilliant. It knows exactly what to do, you cut it, it heals. You don't have to do anything. Nothing you're going to think up here is going to make it heal, it's just going to do it on its own. So we love encouraging and making creations that allow people to tap that possibility and know they've got everything they need to get well.

So we're just doing that. We're going to be bringing that out. And really bringing more of what he does so beautifully in science together with what I'm doing in the energy medicine and psychology into different online courses and products. And hopefully getting back to our book.

Dr. Mark Menolascino: I think that's a message to everyone viewing. You're 44. You're already considered one of the international experts, as is your husband. And you're completing a 3-year course to get better. And you're always striving for the best. That's one thing I respect about our group, our friends, the people that we work with. I thank you both so very much for being with us today. Thank you.

Damian Dube: Thank you, Mark, we appreciate it.

Heather Dube: Thank you so much for doing this, and doing this for women.

Damian Dube: And doing it the way you did it.

Heather Dube: Yes, beautiful.

Dr. Mark Menolascino: Thank you.