

The Limitless Life Experience Podcast

The Convo About Science and Spirituality with Dr. Romie Mushtaq

Transcript

Dr. Romie:

But I remember when she went national, I had this knowing Suzy, like I won't have a voice one day and I will be on TV. Like it just was this knowing. And I was barely not even years old.

Welcome to the Limitless Life Experience Podcast with me, your host Suzy Ashworth. I'm a mum of three, seven figure serial entrepreneur, Hay House author, international keynote speaker, quantum transformation and embodiment coach, and believe in miracles. My superpower is helping female entrepreneurs like you create six figure breakthroughs in your business fast, so that you can expand into limitless living and create an incredibly positive difference in the world. In this space, you will hear me talk all about wealth, yourself, spirit and impact. This is the Limitless Life Experience Podcast.

Suzy:

Hello, hello, you gorgeous human being. Welcome to The Limitless Life Experience Podcast with me, your host, Suzy Ashworth. And I am about to introduce you to a discussion that I had with dr. Romie Mushtaq.

And what I love about this conversation is just how bloody feisty Romie gets. When I ask her about the relationship she has with science and spirituality... it's a real schooling, so you get to hear all of that good stuff. Romie is a neurologist, medicine practitioner and somebody who studies the brain, like that's what she does. She looks in and helps people to feel better, particularly if they have been experiencing or suffering from anxiety disorders. So rather than me kind of spill the T anymore, let you get involved.

So let's do the damn thing. Romie, I'm going to stop talking, please let them know a little bit more about you.

Dr. Romie:

Oh, Suzy. What a blessing to sit here in the sisterhood. You know, that spiritual background is when women gather together as a collective for a higher purpose, healing happens in the group, even if somebody didn't know that they needed

healing. And I think that has happened in our beautiful mastermind group that Natalie MacNeil brought together in the collective, but also for your podcast. And so I start with that.

My background, so that we - you know - tell your listeners upfront, and I'm going to ask you to breathe and trust the process my sisters and brothers are listening... I am an actual physician, medical doctor. I believe in science, science is real. So triple board certified physician, which is neurology. I entered neurology in the United States at a time when less than 5% of brain doctors were women, and I'm a woman of color doing that. And then my personal journey with Suzy - and I will get to that - has added on additional layers, which is integrative medicine, the science of wellness and mindfulness. And so I bring those three worlds together and I work in corporate America and with large organisations with this idea that if we are not balanced in mind and body and spirit, your teams and companies will not succeed. So unlike a lot of my spiritual teachers and my friends in the spiritual community, I have been divinely supported by those groups to say, Hey, I'm going to go back into corporate America, into the healthcare systems, into the education systems and bring this message of how medicine and mindfulness can come together. And that, that is who I am and my mission.

Suzy:

So, so rich, I am curious what gave you the audacity to think that you could become a neurologist as a woman of color when, as you said, less than 5% of people in that field are women, like what made you think? Yeah, I can do that.

Dr. Romie:

I'm stubborn, af. Let's just start there. I'm the oldest child. And I was raised in a very traditional culture. So despite being born and raised in the United States, I'm the daughter of immigrants. And in this culture, girls were supposed to be polite and dress up nice and not go out in the sunshine because you're going to get dark and you won't find a husband. And so my mom and aunties, God bless them would put me in a frilly dress, Suzy, you know where this is going, right. And my hair in a ponytail. And I'm all prim and proper. Oh, look how pretty Romie is. One day she will grow up to be a doctor and find a good husband. And what would roll me do I would open the back screen door to our house. And we lived on a golf course in the state of Illinois. And to me, that as a young child... I remembered my earliest happy memories being a sunshine seeker as it felt like the biggest backyard a child could ever have. And I would go tearing through the grass and the mud and go diving into the sand pit. And the golf course, you don't in a golf game. You don't want your ball in the sandpit. But to me as a child, that was my beach. So this pretty, frilly, lacey

dress is now covered in grass, stains, mud, and sand. And I was full of joy. So I mean, I look, I am responsible. Every single gray here on my momma's was head, but I think it was my legacy to disrupt the ancestral line and the expectations of women and our South Asian communities. And that legacy just carried forth. I was in medical school and I remember thinking, Oh, they really tried to track women into OB GYN to deliver babies or in pediatrics to take care of the babies. Like that's what a girl's role is. And I was like, I'm like, uh, the hardest thing for me in medical school was understanding how the brain worked and because it was difficult, I was drawn to it. So it just seemed like a natural fit. And I went in and yes, the audacity to walk in and be like, I arrived and Hey, can we curse on your podcast by the way? Or do we need to keep it PG? I don't want to upset your iTunes rating.

Suzy:

Fuck, yeah.

Dr. Romie:

Aw, this was why you're my sister from another Mister. So by the way, the other thing I didn't get, I can curse in foreign languages, which we'll get to that. But let me tell you what my life was like. I not only started as a neurologist, but in the deep South in America. And so, there were two things that everybody calls me. I wasn't Dr Mushtaq Dr M... if people were in awe of me in that moment, I was that girl, that girl doctor is here on the floor rounding. And if they were, if I was being assertive and asking for something I needed, so look, a brain patient is having an emergency, let's say a stroke or a seizure. I'm going to need labs or a study done acutely. If you're a man you're known as assertive and a smart doctor, but if I'm on the ward screaming, I've got an acute stroke here on the floor. Let's get to CT stat... I was now known as bitch.

Suzy:

Wow.

Dr Romie:

And so imagine this Suzy in my twenties, like getting my identity torn apart that I might either that girl doctor or bitch, and I mean, decades of therapy and spiritual even later - we're good, but what did that do? It made me stand and own in my power at a such a young age, in my twenties. Well, most people were out and partying or having that healthy college experience. I was already in medical school and learning the trade to become a brain doctor. So, my whole life has been

dedicated to my career. And I'm unapologetic about it. I'm so thankful to God about it.

Suzy:

I'm curious, did your parents support your disruptive nature? Because when you tell me that story, I just wasn't expecting you to say that. I want you to say that they called you bitch because you're looking to save somebody's life.

Dr. Romie:

Yeah. I mean, when you, as a woman and a woman of color and doctor in a white - or OWD old white dude's world, I mean, that's it right? It's because they can't separate what I'm trying to do with my assertive tone. And I think if you talk to women of my group, whether we were in medicine in the United States and finance any of these OWD old white dude worlds, and, you know, we weren't seen as smart and leaders and assertive, we were just known as bitches. And so it it's, it's this badge of honor, we unfortunately all had to carry and, you know, the fun part is, is now I can take that. And I think the world of hip hop and rap, which I also grew up with, you know, can give us another positive spin on bitch, which tells us to stand on our power as women, you know? But that is what I had to learn. So, that's that question, but to answer your question about my parents...

My maternal grandmother who I feel like is the only blood family member who really understands me, only finished school, maybe up to the eighth grade. And in her time in India, that was a big deal. And, you know, got married and, had five kids and was widowed at a very young age. And so she was a very strong woman to have to raise and educate five children. And my mom made it as far as like an associate's degree to pre-med, and she herself wanted to go to medical school and then married my dad and came to the United States. So I think there was this knowing and my grandmother and my mother and all my aunts that we want our daughters to be educated and to be able to stand on their own two feet. And so education is a family value of our whole extended family. So, you know, all the men and women have graduate degrees in our family. However, what was very tough for them was at one side, they expected me to be educated and successful. On the other side, it was, you know, be a good girl... and shit, that wasn't going to be happening. Good girls don't make change in the world.

Suzy:

Amen to that.

Dr. Romie:

So I think that is it. So then aside from that, I also carry the badge of dishonor that I am the only divorcee on both sides of my parents' family. So, you know, that is me destructing systems in our family and in our culture. Yeah. I suppose. Yeah.

Suzy:

It just feeds back to what you said right at the beginning, that that's your legacy. So you came in with that gift and I didn't know it.

Dr. Romie:

I had little hints of it, Suzy, when I was young, do you hear that often? But I didn't know that that's what it was.

Suzy:

I genuinely believe that we come in with our personality. And so whilst - for sure, I think that there is evolution. When I look at pictures of my kids and I look at their personalities even before they could speak, I had an awareness of... this one is more serious. This one is more sensible. All this one brought in the joy or this one brought in the don't mess with me, motherfucker, you know? And when I look at how they're developing now, and I really have a deep sense of awareness of not trying to make them into mini me's - it's hard, but I have an awareness of that. I really, I really see those personalities just getting bigger and bigger and bigger. And I also see, you know, when my husband and I mess up how we start to chip away at those. And so it's just always my intention to come back to my own alignment, to make it easier for them to stay in alignment.

Dr. Romie:

I mean, I love that conscious Parenthood, mindful parenting or whatever. I hate the labels that the West puts on parenting. But thank you for coming from a place of love and giving to your children. It's not the path for most of us and myself included. And I remember early on Suzy, I grew up in Illinois and so I got to watch Oprah Winfrey on WGN TV before she went national. And I always felt she was a second mother to me. And I think my mom felt like she was a sister. You know, my mom is an immigrant and I was raised with different cultures. I felt like Oprah was giving me this additional mentorship and guidance or peek into the outside world that I wasn't exposed to. Yeah. But I remember when she went national, I had this knowing Suzy, like I will have a voice one day and I can be on TV.

Like it just was this knowing. And I was barely not even 10 years old. And I remember vocalising it to my mom and aunties and you know, like immigrants who were treated very badly because we are non-black people of color in the United States. And my parents came in the late 1960s. You know, they were like, are you kidding me? They are never going to put a brown girl on TV. You will study your math and science and become a doctor. Yet, here I am, you know, has been a national news, medical correspondent and routinely featured in the national media here in North America. And it isn't that I'm something special. I just knew it was, I meant to disrupt legacies, legacies of our culture and the legacy of healthcare.

Suzy:

Oh, I love that so much. And it's really interesting because I think about myself when I was around eight and I had the tiniest flash, not of where I was going or what I would be doing or what I'm going to be doing. But I remember one time we were going into what was going to be our family house. We were moving and we walked into this little bungalow, two bedrooms, and we were in the hallway and I stood in the hallway and I was like, this is going to be our new home. And again, it was just that knowing I was certain, we'd been to see so many houses. This was probably the worst out of all of them. But when we stepped in, I just knew. And I think that my time right now and where I am in life, where I am in motherhood, where I am in business is all about tuning into that voice and tuning into that, knowing as frequently as possible to guide me on my way.

Dr. Romie:

That is beautiful. Thank you for sharing that. Can I ask you an expanding question on that, Suzy? Because my tribe is going to listen to this interview. And first of all, they're already cracking up that you and I have gotten to curse. So... people who know me and know Romie, real talk, they know the curse words come out in foreign languages. But, when I'm working... so now you fast forward to my modern day work, where he said, I deal with brain and mental health in the workplace. And especially now in the pandemic busy brain, this feeling anxious, can't sleep, can't focus is just amplified. And when people go through the mind and the body protocols for anxiety, and it hasn't gotten better, I always am saying sometimes your anxiety will persist because your intuition is screaming at you. There's this inner knowing that you need to be doing something differently and you're not listening. And you just described that inner knowing so well. Could you tell me for people that are listening that are like, wait a minute, I didn't have that as a child or I did, or how do I tap into that energy? Tell us a little bit more about that. I think that's so sacred.

Suzy:

I think that for me now, it's different from when I was a child. And I think that it's different from when I was a child, probably because I didn't have so many distractions. Right now, that knowing comes usually at the end of a meditation, or when I am in meditation. It's when I'm quiet. It's when the computer is away, I'm not scrolling on my phone, it's when I've created space for silence. And all of a sudden the thought will come into my mind. And I'm like, this is what I need to do. And the last time it happened was last night. And what that voice said to me is you need to go and spend a night in a hotel.

Suzy:

Oh, okay. So are you interviewing me from a hotel room right now?

Dr. Romie:

No, I'm not. But it has reminded me that I need to go and have that conversation with my husband.

Dr. Romie:

I love that. And thank you because you just talked about our brains [inaudible] protocol. We talk about the importance of digital detox and adding a mindfulness practice. But you said one key thing I really want to amplify is a thought comes to you and you have the ability to say, why not? That's my intuition. That's my inner knowing. I need to listen to it. Most people have thoughts come to their mind and they ignore it or they start arguing with it going, 'what do you mean I need to go to a hotel room?'.
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Suzy:

Yeah, for sure. Most people don't.

Dr. Romie:

And you have that. So what do you say to the people? Because my gosh, I know how many people in my tribe - look, you are a mother. I don't have children. I have fur babies that are like my kids, but I don't have human children. But they're like, okay, how do you find that quiet time to meditate when you've got kids? And by the way, for my tribe, Suzy is like a wildly bad-ass successful entrepreneur, like killing it, you know? So how do you find that point of time?

Suzy:

I wake up early. And I go to bed pretty early, so I will be meditating at 5:00 AM. And now, because where we live in Valencia, the house that we're renting, we have a sauna. And so in the evenings I will go and I'll sit in the sauna for like 20, 25 minutes. And I'll just be really, really quiet.

Dr. Romie:

I love that. Okay. So at the beginning of the end of the day, thank you for sharing that today. So that's, we've already touched upon it a little bit. You specialise in anxiety, and I'm curious to hear, what have you noticed over the last six months since we have been hit by the pandemic?

Dr. Romie:

Yeah. Oh gosh. That's so powerful. You know, I started in the BC before COVID world. I call it the busy brain. And here's the one thing that traditional brain doctors, psychologists got wrong, Suzy, is we would treat anxiety, difficulty focusing, borderline ADHD, and insomnia as three different diseases. Well, here was the problem. Whether you looked at some of the natural things people were taking or the prescription things, to calm anxiety during the day, or help you focus, it would just make your insomnia worse, you know? And then whatever you're taking for your insomnia, it's going to feed into your difficulty focusing the next day. So it was like this chicken and egg cycle. So basically people wake up and they're like, girl, don't even fucking speak to me until you give me like a venti latte with soy milk and you go ape shit at the poor barista if they put in regular milk, rather than your soy milk, right. You know who you, people are. Right. And you get to work and you've got multiple browser windows open on your computer and in your brain and your to do list is like multiplying faster. So you just drink more coffee. And here in the United States, girl, people were like taking Adderall for that. They're like, Ooh, lose some weight and I'll be able to focus. Okay. And other ADHD drugs. So then, you know, the end of the Workday comes and you can't calm down. You're all jacked up on prescription meds or caffeine or, you know, whatever supplement had a lot of caffeine in it. And then you're like, let me have a glass of wine to calm down. Or, you know, let me take that overpriced supplement from the food store that I found some, you know, influencer on Instagram told me to take. And then, you know, you can't really quite turn your thoughts off at night, but somehow you get to bed, or maybe a little bit more alcohol and then wake up in the middle of the night. And it's like 2:37 AM. And they're like, Oh, is this my intuition? Let me just get up and start like doing all these emails. And the whole day starts all over again. Right? And I called that the busy brain, Suzy.

And the idea was, is you get to the root cause of it, and that's the inflammation in a particular area of the brain, the airport traffic control center, our limbic system, and there are specific imbalances that happen. And that's why I created the brain shift protocol to say, what if, if I said you could wake up in vitality, feeling energised, and focused, and restored, and sleep a full night and have this sense of belonging at work. So vitality, restoration and a sense of belonging, and that's what we were doing.

Now, you fast forward to AC after COVID. And it's like, the busy brain is on crack. And, you know, even the things people were doing before, it's anxiety is heightened. It may be a few basic things like we're spending a lot more time in front of our screens, adults and kids. And we have no choice. That's how we're connecting these days, rather than in person here in the United States at least, and other things that like this barrage of the 24 hour news cycle, we're in a global pandemic, the economic devastation here in North America, you know, politics. We're having to face a social injustice and systemic racism here in North America. I mean, there is a lot going on. So it's, it's an attack to our mind and our body and spirit of us individually and of the collective consciousness. And so it's just, we've gone haywire. And that's where I want to step in and say, what part can I help you with so that we can actually have that sense of vitality and restoration and a sense of belonging.

Suzy:

Can you just clarify for me, is anxiety worrying about the future?

Dr. Romie:

Mindfulness gives us a very beautiful spiritual saying, which is that if I'm stuck in the past, it leads to depression. If I'm worrying about the future, it'll fuel anxiety. But if we're in the present moment, it doesn't, but I'm going to take it to the next level and bring in the science along with that, is that what most people don't know, they're six to eight subtypes of anxiety, Suzy. So it's like, baby, basically like a couture dress. Cause you know, I'm bougie like that. And I like love shopping consignment and finding designer dresses, one size ain't going to fit. All right. And just because something looks great on like, you know, some of my favorite actresses or models like Priyanka Chopra. If I put it on, I could look absolutely batshit crazy. So it's the same way with anxiety. One size doesn't fit off.

There are six to eight, some types of anxiety, Suzy, and then there's different reasons they happen. So here's a common anxiety - is a phobia is a form of anxiety. Some people are, do you have a phobia at all? For me, it's cockroach. I don't like spiders. Spiders is a common one arachnophobia. I don't know what cockroaches is,

but even like the thought of it right now, I'm like, I can feel my heart racing and I'm starting to have difficulty swallowing, you know, about it. And so that's a certain type of phobia that needs a certain type of treatment. And like we know hypnotherapy is often very effective and they can go back and even go deeper and spiritual things hypnotherapy to pass life regression. And is it in this lifetime with hypnotherapy, or a past lifetime that something has happened to give you the fear of spiders and me the fear of cockroaches?

And so, that's an example of one kind of anxiety. Another one that is common in my tribe, my tribe are the success driven, unapologetic type A personality. If you tell me, Oh, you're so type a and I'm going to be like, yeah. And deal with it. You know, don't tell me to slow down. I'm going to run over you with my Jimmy Choo's like, right? So ruminating anxiety is really popular, common in my tribe of the, and it's, it's something you see in highly intellectual people. And in that you have to look for the cause of inflammation. So shift is the brain shift protocol is sleep hormones, inflammatory markers, food, sensitivities, and technologies. So we walk employees through this whole process. So everybody gets their own recipe of why they're feeling this way.

And so anxiety is a lot more complicated. And so when I kind of, you know, I kind of eye roll when I'm scrolling on Instagram and somebody is telling you to take this prescription medicine or that essential oil, or just meditate it away because, gosh, I don't know about Suzy, but I've had anxiety in my life before different types and other people have, sometimes the last thing you can do when you're in the middle of an anxiety attack is sit down and breathe. And for somebody to tell you, girl, just calm down and sit down and breathe and meditate, it will drive your insanity worse, and your anxiety worse. Right. So I think the key is to identify where you fall on the eight subtypes of anxiety. And can I just make it even a little bit more complicated than that?

Suzy:

Go for it...

Dr. Romie:

There is also a very big difference of 'I'm feeling anxious right now' versus having an anxiety disorder. Know what I mean?

Suzy:

What's the difference?

Dr. Romie:

Okay. All right. This is about me, ready to call bullshit on all the positivity police, right? The positivity police that are out there on social media, the positivity police in your brain. It is a falsehood that you're supposed to be happy, and in orgasmic bliss all the time. Normal, emotional brain and mental health is that you experience a full range of emotions during the day. What spirituality and training our mindset and meditation and mindfulness based cognitive therapy and regular therapy helps us with is to keep those emotions under check. So we're not extremely anxious or angry or extremely blissed out all day. That you're at a calm, where you can function in society. Right? So remember throughout the day, it is normal to feel a little anxious. That's normal, where it becomes an anxiety disorder, is that feeling of anxiousness now hijacking your normal daily function, your ability to focus at work or be present with your kids or fall asleep at night. Then it becomes an anxiety disorder. But from time to time, you'll feel a little anxious. That's normal.

Suzy:

That, I think is really reassuring. It's going to be really reassuring for lots of people listening.

Dr. Romie:

Yeah. So girl, like tell the positivity police shut up. Yeah. Like feeling a little anxious is okay from time to time, like hello anxiousness. And to your point, Suzy, what is my anxiousness trying to tell me right now? Oh, did I leave the back door of my house open and can my dog, you know, escape into the backyard, right. Is that what my anxiousness - or in your world, intuition - is trying to tell us?

Suzy:

Tell me about your world when it comes to your intuition and your spirituality. How do you square that off? Because when I think about spirit, I think about something bigger than myself. I think about all of the things that you can't explain with science. And I think that the scientists, you know, the celebrity scientists, at least in the UK, are so dismissive when it comes to spirituality often, I'm really curious how that works for you.

Dr. Romie:

I'm going to call bullshit on you. Cause I love you as a sister. Can I say that you come, I save us from the most loving place and people are like, Ooh, Romie just disrespected our Suzy. No, no, not at all. It's because I love Susie as a sister. I feel like I can call you out on this in a loving way. Could it be, my sister, that because you feel that science doesn't explain spirituality, that the only people you hear in the UK are the celebrity scientists who are dismissing spirituality. Do you think that's a possibility?

Suzy:

Oh, well, 100%. And so I acknowledge that that is a general sweeping statement. It's just what I have had access to. And I think that even when you see incredible quotes and things from people like Einstein about love, and spirit, and the universe, often those are discredited.

Dr. Romie:

Not at all, not at all, not here in the United States and the scientific community. Number one. But number two, I want to say, this is the world I live in, science and spirituality are one, and science still needs to catch up to understand this all knowing spirituality. So the scientists I'm reading, study it, and there is science behind it. That's integrative medicine. I'm studying the science of wellness. Now what this is for the spiritual community. You're not going to like me if I'm going to say, you know, I'm glad that essential oil is helping you for XYZ, but there's not scientific study about that yet. But that same person is going to be happy when I say, but no, that essential oil has been shown to help with sleep. Then they're happy. So be careful that you're not cherry picking science, not use Suzy, but your audience.

Okay. But what I'm going to say is, I know this from being in the OWD old white dudes world of neurology, like I was so blessed Suzy, right? Like this is spirit working through me, a woman of color being put in neurology. Not only that I was put in the institutions that were some of the first ones to have something known as a functional MRI, where you could see the function of the brain in real time. So if somebody was angry, 10 different people were angry. We would see the 10 different brain patterns of their anger. I would work with neurosurgeons and we would wake people up in the middle on purpose of their brain tumor epilepsy surgery. So we could map out critical brain functions. So that part of the brain wasn't removed in those moments. I promise you every single doctor scientist in the room had a moment to connect with spirit.

When you realise there was something greater than what science has figured out right now. So the scientists that are humble know that there's something more to achieve and learn. And so the people that are in the know, and I think that is largely

in the medical world, integrative and functional medicine, we realised that there is a strong intersection of science and spirituality. They are not two separate things. And I think very much like dirty politics in the United States. What has happened here in North America - I can't speak for you in the UK and Europe - maybe you can enlighten us is people like politics have become divided that you either are in the camp of traditional medicine or you're in spirituality. And the truth of the matter is health and healing comes at the intersect. When you bring both together.

Suzy:

You'll have to forgive me because, Oh, I do not know the dates, but I feel that this was a very deliberate thing, like many, many centuries ago that the church took spirituality and science took evolution and they were deliberately separated.

Dr. Romie:

You know who did that? Man. The same man that was dividing people, according to skin color or religion or politics, political party. Right. But when you go back and you quote, whether it's Joseph Campbell, or a Ralph Waldo Emerson, or a Henry David Thoreau, or Albert Einstein, there is this intersect and even so much so that like the, the spiritual textbooks, you know, you see concepts of science being discussed in the Bible, and the Torah, and the Koran, in the Gita... like science and spirituality are one and people who are really in the know, you're like, I'm going to rise above that consciousness. I'm not going to be in that fight where people are in the yoga, Ayurveda, consciousness, spiritual camp on one side, or they're in the traditional medical prescription medicine world on the other side, I mean, Suzy, I'm alive because exactly 10 years ago, a brilliant team of cardiothoracic surgeons operated on me. I have stayed healthy and well because I have embraced integrative medicine and mindfulness and meditation. I am a living testimony to both are necessary.

Suzy:

I love that. And I think that you hear people like Joe dispensen, you hear people like Dr. Bruce Lipton and Dr. Deepak, and often part of their story is it's us against them.

Dr. Romie:

Is that what you're hearing? Because now I know these thought leaders and when they're sitting in front of a group of doctors, it isn't this idea it's us against them. It's saying what needs fixing in the medical system? Okay. And also, where do we need to bring awareness in the spiritual community? I mean, those are the conversations

we're all having behind closed doors. And here's an example, okay. In the last 10 years, I am one of the thought leaders in the United States, along with many others that have brought concepts of mindfulness and meditation into healthcare systems for doctors, for nurses, for patients, you know. Now, and on the other side is I've had people in the spiritual community reach out to me... They are clearly in the middle of having an actual heart attack or stroke. And they're trying to heal themselves with Reiki or whatever healing tool they need and refusing to go to the hospital. And they're losing function in one part of their body or chest pain. And now they've lost consciousness. So, you know, a loved one has taken them and a cardiologist or neurologist to save their life by opening up the block that was in their heart and their brain. It means, you know, we can allow traditional medicine to aid in physical healing and, and we need spirituality as a part of it too. Both are necessary.

Suzy:

I agree. A hundred percent. I am curious to know whether you have ever read the book dying to be me.

Dr. Romie:

Yeah. By Anita Moorjani. So in the scientific community, that's known as a radical, self remission. And it's, it's something that a lot of us are curious about in the neurology world, especially in neurology, we face a lot of diseases that science or man has not figured out the root cause and the cure for yet like Parkinson's disease and certain kind of malignant brain tumors and ALS, and you better believe every, neurologist was paying attention to the specials on John of God, you know, before he was accused of the awful things he did to women. So I don't want to amplify his platform as a woman, you know, right now. But, but Suzy, what I'm trying to tell you is, let's get out of this dangerous place where it's us against them. It's the spiritual people against the traditional medical community.

There are people in both groups who are going to remain divided, like dirty politics in the United States, right? But what if you and I could say, let's elevate the consciousness, and welcome the place where everybody has a seat at the table? Here's another example. And I'm behind on this data. This is from three years ago, 62 medical schools in the United States have a department of integrative medicine. It's an actual board certification for doctors now. Yeah, it's incredible. I mean, it's, so don't tell me, it's us against them.

Suzy:

I think that it's really important to say, look as somebody with three kids, if one of my kids is hurt, I take them to the doctors, but at the same time,, the people that I follow in the science world, I have viewed as Mavericks and thought leaders and people who are out there like really leading the charge.

And so what is amazing and encouraging to hear is that actually there's a huge army of people behind them. So supporting the work that they do.

Dr. Romie:

Do you remember how I introduced myself at the beginning of this podcast? I go into fortune 500 companies talking about mindfulness, meditation, getting to the root cause of the busy brain and, and all of these holistic modalities, and what science supports. Like it is happening. And so like, you can stay in your own traditional medical bubble for the doctors and nurses in my tribe that are listening right now and be like, Aw, I don't want to talk about intuition or mindfulness or integrative medicine. Or you can stay in your spiritual bubble and say, Hey, and that's no judgment. That's what mindfulness has taught me. But my goodness gracious if there's one thing, the pandemic as highlighted here in North America. And I always say North America, by the way, because I don't want to speak for the European union, uh, the African continent, the Asian continent, because every country is going through different things. But here in the United States, the education system is broken down, healthcare, how we're delivering jobs, everything. And we need leaders, Suzy, like you and I have ever going to rise above or divine and the consciousness to find solution. Like I'm not the only MD, licensed medical doctor, that's doing this kind of work.

Suzy:

Yeah. I, I hear that. And I celebrate it, because we need it now more than ever.

Dr Romie:

Yeah. And so maybe the one message everybody listening to this podcast, can do is say, Hey, have I been using my judgment to sit in one camp or the other, and be angry in this place, and judge the other side?

And of course when we're in that place of judgment, we've all been there, myself included. We only see examples of that, but what can I do to elevate my consciousness and say, how do we bring healers together?

Suzy:

Powerful question. Thank you.

So, before we bring this to a close, please, can you share with the listeners where they can find out more about you and your work?

Dr. Romie:

Yeah. You know, we're in the middle of building the brain shift community and the tribes. So if you go to dr.romey.com, you will immediately get access to our free sleep resources. And right now we are busy launching the brain shift course in multiple teams virtually, but in a few months we will be launching it to the public. So all the work that I have been taking to corporate America and helping executives and professional athletes and people that are at the top of their game, we will be releasing it to the public very soon. So come join us at drromie.com. We've got free resources and join the fund on social media. Like, you know, I can be an Indian auntie too sometimes, but I'm getting the hang of it. I love being on Twitter. I'm learning Instagram. Like, you know, we're all there, but literally come to the website, drromie.com joined the brain shift community. My intention always is that you're finding the intersection of science and spirituality. What we say in essence, who is Romie? Medicine needs mindfulness, and that's who I am. You can have both. And if you're ready to stop that arguing come into our community. Beautiful.

Suzy:

Thank you so much for your time. It has been a pleasure and an education.

Dr. Romie:

Suzy, for me too. And thank you so much for tapping into your intuition and inviting me on and teaching myself and my tribe, the power of intuition and limitless possibilities.

Thank you, sister.

Suzy:

You are so welcome.

And for you, my lovely, lovely human being. Thank you so much for listening. If you have taken value from this episode, you know, the script, do me a favor, give me a

tag on the gram so we can share this wide and far with the rest of the world. And please remember that...

Faith + Action = Miracles.