

## Tâmara Castelo Transcript

This is the Infinite Receiving Podcast helping conscious leaders tap into a wealth of abundance across all areas of your life and business. I'm Suzy Ashworth and I'll be sharing with you how you can upgrade your reality through Quantum transformation because you are ready for Infinite Receiving

Okay, you beautiful human beings, I have a another very special recording for you. So we have got an incredible guest for you that I would love to introduce you to. Her name is Tamara Costelo and she is a world renowned traditional Chinese medicine specialist.

So, Tamara, welcome to the Infinite Receiving podcast.

Thank you so much for having me.

You are very, very welcome. I am curious about where your journey into Chinese medicine started.

So I was a patient starts. So since I was 12 years old, because I had a lot of asthma issues and bowel diseases and everything I had, I have many intolerance with food. And it was difficult for me childhood and a lot of skin problems and breathing problems and allergies. And my mom got to a point that she has to she had to do something to put me up to speed in my health because it was impacting me in a bad way in the studies and everything. And so I went to a traditional Chinese medicine doctor, I was like 12, and it changes my life because it changed the way I eat. It changed the way I sleep and it changed the way I was living. So it was really important to me. So this was started. And then when I turned 18 I chose to be a doctor and a traditional Chinese medicine doctor, and I'm really happy for it.

Can you tell me a little bit about what is the modality because it's interesting that you say that you focused on the sleep on what it is that you're eating? And I think that when I think about Chinese medicine, I think about potions, maybe herbs, maybe a little bit of acupressure or acupuncture. So I'm really curious just about okay, the system in general. Okay, so traditional Chinese medicine, well, you can practice, okay, any kind of medicine is is you have the structure of the medicine, but then you have the people who practice it, okay. And you have to study so so at this point, I have a master on integrative oncology, and I do also immune diseases. So this is my primary practice at this point, but I run I'm a director of two clinics in Portugal. With an integrative medicine. We have psychologists, we have normal doctors, we have physiotherapists, osteopathy, traditional Chinese medicine doctor, so, we do integrative medicine. So this is my point of view as a traditional Chinese medicine doctor. So normally the Chinese medicine is about five important pillars, which is the diet, you eat the practice of some kind of energy movements like Chi Gong, or tai chi or something like this, which is really, really important. And you have the service and I have a baby dog and this is my kid with my baby that cannot be. And so you have the foods you have the tai chi, you have the acupuncture, you have the herbs or the functions, as you were saying, which is beautiful. It's not it's not potions, we we've been doing it for more than 2000 years. So they are really, really study and and they are they are really, really, Chinese are a lot. So they, they they practice a lot and they deal with it a lot. So treating sinus medicine is based on not only the things you can do from outside in, but inside out. Chinese are really systematic reviewers, you understand this. So they really systematic review the body and they really

study and they study heart and they are really perseverance in the way they study things. They are really coherent. So traditional Chinese medicine I can live without acupuncture is really important, but it's not the main thing. So the main thing about traditional Chinese medicine for my point of view, I've been a doctor for 16 years. It's the way that it can diagnose diseases, and it's very actual at this point you can see and you can integrate blood tests you can integrate CT CT scans, you can integrate everything in normal and common medicine with traditional Chinese medicine and still make sense and you can still work together and it's still really integrative. So traditional Chinese medicine received for me in my point of view, the way I practice it, it's a system for understanding the human body. It's not acupuncture and herbs, you can do that as a way to manage the balance of the body. But it's much more than that. It's a way of understanding the function of the body of each individual, as a subjective person, and then adapt the diet, the sleep, the way of thinking, the breathing, all of the things that, that make that individual more healthy. So it's a really subjective medicine, which is beautiful. So you go to an appointment, and you understand, how are you breathing, which are the organs in yourself that are not functioning? Well, why it's a mental thing your mind is running, and it's manifested in your organs, is your chemical chemicals unbalanced because of your bowels, and you can connect all of the body. So it's like a diagnosis medicine. This is the main thing about traditional Chinese medicine. The Acupuncture is beautiful, and the herbs are beautiful. But the most important thing is the way that it can look at your body and connect all of it. And it can help you understand the way you work, which is really important because we work really different. We are all the same, but we work differently, because our emotions impact our body. Our body impacts our emotions, our sleep, impact our emotions, and our body, the way we eat impacts all and our blood type impacts everything. So everything in fact, so you are really a specific and unique person. And this is how the train, sometimes medicine is completely different from the other medicine. So for me, it's beautiful.

So what's interesting is that the question that I want to ask is, Does it start with the energetics first, or is it the body so when you're talking about the 12 year old version of yourself, so many different things, if I was anxious, anxious, it's impossible to tell because all of the emotions are biochemical. If you feel fear, it's your amygdala, which is telling your body that you're in fight and flight response. So actually is a biochemical reaction. Everything that you feel you can measure it chemically. So that is a different difficult question. Because energy is everything. Everything is energy, but it's also biochemical. It's not an idea. When you feel depressed, your biochemicals are depressed, your body is depressed. It's not I'm depressed. I'm sad. No, you if you measure your serotonin, your dopamine actually depressed, it's lower than it's supposed to be. But maybe because your bowel is not processing well, maybe because your brain is not processing well, maybe your melatonin is low, whatever, you can have multiple problems. But the thing is, that mostly the way you feel it's biochemical, which can be impacted, and which will be impacted by food by your thoughts by your, your childhood traumas, by everything, by food, by environment, by pollution, by stress by, but it's completely impossible to make a difference, which is start first first, because everything is energetic, and everything is biochemical, because it's the same you think something and immediately your brain is is it's chemically activated. It's impossible, because it cannot disguise the actual thing, from the intent, the thoughts, because it's the same your brain if you if you put yourself in at risk in your brain, it's like you're at risk. So it's the same, you're always manipulating your energy and your chemical. It's the same, your mind works terrible. It's a terrible thing, or a wonderful thing. It depends. So do you think

that Chinese medicine is good for everybody? Um, like, I feel healthy, I feel good. For sure. When I you can go you go there. I have a lot of patients. Yeah, you can go. Normally. It's like this. Traditional Chinese Medicine doctors have a saying, which is I paid to my doctor until I get sick. When I get sick. The doctor didn't do their work. Okay, so normally you should go, you should go when you're healthy. No, not when you're sick. You know, normally. Yeah. Because doctors should be to maintain health. Yes, that's the doctors that that's the reason why doctors exists to keep you from getting sick, not to treat diseases. You know, that's the thing. You have to change this paradigm, because it's important. I'm curious, another big part of your work is around rituals. And how do the ritual yes, that you live your life by how does that feed into your work? Because it's important to connect your brain in your mind and your subconscious and conscience to all of your organs because there's a part of yourself that if you're not connected to it's controlling all of your movement, your heart is moving without your knowledge. Your lungs are moving without your knowledge yours Sleeping half a day. So everything is working without your knowledge. So you have to be connected to yourself in some degree, which is really important because the good thing is happening, but the bad things are happening too. And if you're not connected, the anxiety can come up, the bowel issues can come up and Sonia can come up. Acid reflux can come up, pain can come up, and you have to be connected to yourself and the rituals are part of that connection, you can allow yourself to be still and be connected to yourself to connect it to your body to understand everything is hurting. Everything is okay. Am I feeling okay? Am I anxious? Am I with anger? Am I tired? am I sleepy, because normally we just hear the body when the body is reaching out in high function like pain is really high sleep is really high tiredness is really high. And as a doctor, I will tell you to listen three hours earlier for the body not to respond in such an aggressive way. So the symptoms are not so hard on yourself. And if you're connected to your body, you can listen to the symptoms a bit earlier, and you don't push yourself too hard, which is really important for managing health. So yeah, have rituals always been a part of your life from a health perspective, or how did you? Yeah, how did they become part of your practice?

I think as as a as well, I do. Yeah, I do. I go to psychotherapist, since I'm 12 years old, because I asked for my mother because I'm always really, really integrated because I was sick all the time. So I think it was like that it was really helpful for me to be sick at a young age and in terms of the self development as a person, which is really important to me. And I do psychoanalysis for 20 years. So it's really important. And the analysis of our self and our body and our minds and the importance of our body and mind is really important. And rituals are a really important part of it. Because if you're an anxious person, I have autoimmune, I have two autoimmune diseases, actually, I have actually Matos and I have a bowel disease since I was 1819. And for me, too, it is really important because rituals allowed myself to connect with the present moment and with my body and to not push myself and to understand my limits. And to understand that I have to go to bed. And to understand when my hair is falling that I have to look at it. And when my brain starting to miss some words that I'm tired and I need to stop. And when I'm blinking my eyes too much is because I'm tired and little things and rituals make me stop during the day. I've been doing it since I'm 10 because my grandmother always did it to me because I was anxious with the breathing. And she was always keeping me with rituals and keeping me like connected to the moments, which at the time was not rituals were just things that she did that she did. But ritual is just inhabit that you just give it a twist, give it a focus. And when you're I have one of my kids has asthma. And when I'm teaching her as my grandmother was teaching me to breathe when

she is in the middle of asthma attack, it's a ritual because you're telling her how to breathe, breathe in, breathe out, relax your shoulders, when she's connecting to the body, because she's suffering. And then she has to be completely focused to do that to allow her body to relax. And this is really important because a lot of kids don't have connection to the bodies because they're doing all the things from outside. And they don't have to connect with the bodies for the body to respond. And of course, it's terrible to be asthmatic and to do this things, but it's important to understand when you connect with your body, your body actually responds. And this is okay. And this is beautiful, because it's allowed yourself to be in a little bit of control. And it's comforting to understand that your body responds to your your, your connection, and the breathing techniques are really important. And the rituals for me, were at that time, a lot of breathing techniques and with my patients, which a lot of them have cancer and they need breathing techniques because sometimes they get really, really scared and the breathing allows them to focus on the moment and to lower down the cortisol levels and the adrenaline levels and they have a lot of other techniques with hot water in the feet with a lot of different acupoints and acupressure and tapping and a lot of other rituals that allows the body to cool down and to be in a safe place for the fear not to grow or the anxiety or the panic attacks. And actually it works really well because people can manage themselves without taking drugs or without go to the doctor every other day. And this is really important because you live in your body, you have to connect with them and control it and be safe with it. You know, this is really important.

What I'm hearing is the rituals you teach help people with self regulation, you're helping them to regulate themselves and connect with themselves

from, for me rituals are that our connection and regulation, and I am here now. And more than that, if you are not in a stressful area, you're happy and you're healthy, you can use rituals to go far further on and beyond. You can use rituals as a part of your motivation as your focus as an as your dream. What do I want to achieve this week? What do I want to achieve this day? The word of the day? It's a really powerful ritual. When you wake up and you think of the word of the day, what do I want to feel today? What is the most important thing for me to feel today? What do I want for this day, and then you have an intention for the day. And this is really, really important, because then the day counts, and then you don't you don't burn weeks and weeks and weeks, you just make it count one day at a time. And rituals can be that if you're not sick, and you have your perfect you can use rituals to be connected to your purpose, which is important too, which is self regulation to in a way.

What was your word of the day to day?

Oh, my word of the day was please be cool. Because I really struggle in my first day of vacation. Yeah, I struggle a bit. Yeah. Because I have, we are 32 at my clinic at my two clinics. And I'm, I'm the director of them. And normally when I go on vacation, which is my first day, they know that I'm on vacation, which is my phone is a bit heavy in these days. And I wait, I wake up today and I was today are going to be cold. And I've been repeating a mantra until today but actually is it works, you know, because I'm just keeping it keeping it light because I'm on vacation. I have to have another reason. And you have to tell my body. You're on vacation, you're on vacation, don't react relaxed. And today, it's to be cool. Let's see what happens.

So good. So yeah, it's about your mission. What is your if you have to sum your mission or your your mission up in a couple of sentences, what are you here to do? What is your purpose?

I think it's to help people to find and to know their own selves by body and mind. I think that's my mission. Why is it I'd never thought of that that way. Because for me, when I found out

myself, I was so at peace at ease at peaceful it comforting, it was like I belonged and I stopped struggling. And I think that feeling should be allowed to everybody. And as a doctor, I see normally my patients are really struggling and they are struggling because they're there they are hurting and they are scared and it's terrible to live with an alpha immune disease. And it really is difficult. And, and I found my piece in moments of really, really difficult times. And I think if I can do that to other people, and I feel I feel complete I love to I love I love what I do. I was my natural gift. I don't know, I just I love it. And for me to do to be able to do that is just nice. I'm grateful because I learned a lot, you know, every day, it's really humble position, in a way I come to my house and I'm just humbling because they are struggling. And I just I'm just humbled to be a part of the process and to be able to help in a way important world without people struggling would be a very, very different planet. So important.

Yeah, but I think it's the the struggle. You know, I think the struggle I have I always say to my patients even in the darkest hours I always say to them what is it good in this you have to tell me the good in this day? Sometimes they are hating me and if not nothing's good in this and you have to tell me you don't leave this this this this room without telling me when this thing and then that's my my thing I think struggle always in my struggles I have to manage take the good in it because there is always in in young good and bad shadow and light. So just have to find it and go because otherwise it's just suffering. And it's a choice at the end of the day.

I think I really agree with you. I think that duality and contrast this with all of the human. That's what we signed up for. You can't live a human life if everything is only joyful. Everything is only life. Of course and it's impossible to say there's there's a learning there's a lesson in the learning in every struggle. And when you can find the learning it makes it easier I think to live and it makes it easier to let things go. I think it makes it easier for you to move forward in Your power. So I really hear that. And there are many people who are suffering needed needlessly, I think the saying is, is that pain is part of the process, but suffering is a choice. And yeah, there are too many people who are in suffering and in the struggle of suffering. So I think that if your work can support in creating some relief, then that's a very important thing.

Now we try, sometimes they succeed, sometimes we don't proceed, but it's okay. So you given us like rituals for the morning or for our day, I'm really curious for closing out the danielda Your favourite rituals?

Oh, I love closing the day. So depends, but normally depends on the moon and everything but well, in the normal day. Normally, I closed the day in a very cool way. Well, depends on on my day, but normally because I go to bed really early. Because I like to sleep a lot. And my thyroid is mandatory to sleep nine hours, and she's really difficult. My dad has a Umer. And sometimes I close my day with breathing exercises and allowing myself to feel the space between my spine because the spine in my line of work, we carry a lot of stress. And normally I find a way to my spine to relax not to fall, for I don't like to go to bed with my spinal blocks. So Child's Pose, breathing exercises, stretching the neck. And normally thinking about the day. I like to summarise it. I like to just understand not to lose it, like good things from the day, what was the day, it was a good day, it was a good day because of what tell me three things normally, I'd say I said to my daughter, my children, it's I have two daughters, one of 13 years old and eight year old, I always say three things, three things that when we are having dinner, three things that was really good at school today. And I always say my three things. Normally I connect to that things and when I go to bed, I revise them. And she'll fill them in a good way in a gratitude position and help. I'm thankful for this and

this and it even even if it's a bad thing, because he allows and create space for another thing. So always do a process of allowing my brain to wash up the day, keep it the positive and then go to the new day just to clean it not to accumulate. That's my idea of a ritual that normally I say to my patients, when you close the day you close it, you wash it, clean it, keep the good stuff and allow space for another day to come otherwise you will keep accumulating which is not good. So this is a good ritual. If you are in the mood of something more cool. I will take a breathing exercises which is really really good. A simple pranayama like and then the you know this one with the breathing front nostrils one nostril and breathing. Yeah. Switching your finger to the nostril. Yeah, we think it is amazing for breathing. Yeah, because it's it's it will protect balance in your two sides of the brain. It will balance your signers, it will balance your spine, your shoulders, it's really cool. Do it for five minutes, and you'll be perfect to sleep. If you have five minutes, you can do it for one minute to just make it count.

I know that you have the power of rituals, which people can get from.

Yeah, that's my fourth book actual ufone. Wow,

the books are all about

metal. Oh, well, they are about a lot of things. Yeah, of course what Well, one of them is about food actually. The first one is called Healing without trucks. Second is, is eating without guilt. The third is equilibrium, which is really, really beautiful. But it's not even English. That one it will be this year. And this is the last one of our rituals. So they are about medicine.

More about your work, where can they find you?

In my Instagram account? I think it's better because it has all the connections are in my website, which is Temora dash costello.com and has a lot of PDF for free in English for people to have a healthier life with food and supplements and a lot of things cool, amazing. Well, we will put the links to your site and your Instagram into the show notes. And I want to say thank you. Thank you

for joining us. If you think you're joining us

episode then please let us know come and tag us on the gramme and don't forget to share it with somebody that you think may benefit. And in the meantime, you gorgeous, gorgeous human being. Please remember that faith plus action equals miracles.

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