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*Dr.* **KIM D'ERAMO**  
**MINDBODY MEDICINE**

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MMM: Hi everyone and welcome to another episode of the Mighty Married Mums, women's holiday success series, Avoiding Holiday Havoc. We have the distinct pleasure today of talking today to Dr. Kim D'Eramo - <http://drkimderamo.com/> - Let me just tell you a little bit about her very briefly. During medical school, Dr. D'Eramo developed a chronic illness, which doctors told her would be life-long. She struggled with it over a year and after seeing multiple doctors was told she would need to limit activity and be on medications indefinitely. She decided to find ways to activate her body's ability to heal itself and within about ten days was symptom-free with normal lab results. Ten days and no medications.

Over the past decade she has developed the mind body tools, which she now teaches internationally to doctors, medical students and the general public that immediately reverse symptoms and activate the body's healing capacity. Her bestselling book, The Mind Body Toolkit, which I've definitely got, it's awesome, explains the basis for how the prolonged stress state, fight or flight response generates toxicity and imbalance in all areas of the body and how reversing this stress state restores our natural state of well-being.

She has researched for decades the pathways through which the body heals itself, she has formulated it into multiple tools that can be used anywhere to re-pattern the brain sending messages to the body and restore ideal health, physically, emotionally and mentally, which is exactly what we need for the holidays.

Kim: Amen!

MMM: Thank you so much for being here. I've heard that story about your travels when you had that illness and that you turned it around in ten days. I've heard that, I don't know, ten times and every time it really strikes me deep in my heart as a nurse. You and I probably crossed paths in the Boston hospitals a few times and it's just wonderful. It's just a wonderful story.

Kim: I want to speak to it a little, because a lot of people are like, "Oh my gosh. Ten days," and even with using the tools I teach, they'll be like, "Why isn't it happening faster?" It took me like a year and a half to really get to that ten days. I fought it and fought it and fought my body and fought the symptoms and tried to heal myself and tried

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everything along the path of, "I should be doing better, mind over matter. I'm manifesting this and making myself wrong, making the illness wrong," and it was like after getting this diagnosis and being told, "Here are the medications, this is what you need." There's sometimes that relief of finally someone has a reason, an answer why I'm so sick.

When they gave me the solution I was like, "This is not my solution. This is like worse than the illness to have to curtail my lifestyle. I can't run anymore, I've got to take all these medications. I've got to restrict my eating." It was like, "This just doesn't feel right." That's really when that ignition happened of me saying, "I'm not fighting my body anymore. What's right about this that I'm not getting?" The harmony that I was able to instill and percolate in and reside in is what allowed my body to heal so quickly.

MMM: It's that acceptance.

Kim: It's so powerful!

MMM: I've often heard that suffering comes as a result of resisting.

Kim: Pain and illness and auto immune fatigue and burnout is ... Especially when we talk about like the holidays and what we're going through in the holidays and we want to have joy and share the holidays with people we love, but there can be a lot of attachment to how we think it should go, how we want to show up. I've got to get everybody's gifts and be on time and look the right way. What we are attached to creating creates the resistance that blocks joy, so we don't even enjoy when we see these people. It's like, "All right, check the box, I got that party done, check the box, I got those gifts done. Let me just get through this," and then there's really no joy.

That's what keeps us from healing. Our body cannot heal, so no matter what I tried, supplements, yoga, I tried everything. Acupuncture, reiki, and medications, but nothing I tried could really make that difference, because your body can't heal when you're in the stressed state. Through the holidays if you're like, "I'm just going to make it through this holiday and then I'm done," but you just added five pounds, you aged your body. It's one more missed opportunity to share love, so you can't expand into joy or health or any of these gifts when you're stressed. It requires us to relax in order to heal. It requires us to relax in order to experience joy. That's what the holidays are really meant to be about.

MMM: Yeah and I think it's so hard for us to do that, right? Because there's so many extra things that you want to get done and extra people to spend time with and so it's like, "I don't have time to relax. I don't have time to slow down."

Kim: Our expectations can prevent us from healing, can prevent us from enjoying and can prevent us from being fully alive. Especially around the holidays, we have so many expectations of how it's supposed to be, what I'm supposed to do. Even this point of, "I have to do this. I have to go to that party. I have to get this one a gift." We live like a victim to everyone else and everything else, but we don't realize we're making it up.

MMM: I'm going to push back. That's true. I do have a mother-in-law that needs a gift and she's very hard to buy for. I do have sons who now have girlfriends, do I have to buy that? Those things are very real to me. I don't feel like I'm making that up.

Kim: What you want to do is, if you want to choose it, choose it. I choose to buy my bratty daughter-in-law, we don't even get along or if it's someone ... For you, I'm sure you guys love each other very much, but sometimes there's people on our list and we're like, "Oh this person's not even going to like what I get them, but I have to do it." If you shift it to, "I choose this, I choose to take this responsibility and do this thing, because I feel good about it. I want to have that gift for them; I want to not have them complain that I didn't show up," or whatever it might be. Choose it, but get behind your choice to do it instead of being a victim as if you didn't have the choice, because that changes everything in your body.

MMM: Yeah, yeah. It comes back to instead of I have to, I get to!

Kim: Yeah. I get to do this. All this work and cook for twenty people who will not be grateful enough and serve it. You do absolutely have a choice. You have a choice, you're going to feed your kids or let them be hungry and not eat, but really you don't want to make that choice, but when you realize you're making it for you, not for them, that's when it registers in your body in a different way like, "Okay, I choose to take care of all these things, because it's what I want to do."

MMM: Yeah, yeah. What are some things that our viewers and listeners can do right away to start integrating that mind body connection so that they reduce stress and they feel great?

Kim: You want to experience your life right here, in your body. By starting ... I'll bring you through a little tool to connect you with your body, connecting you in your body, like what's actually happening in here? It's a really powerful way of disconnecting from everything going on around you. It seems like, "Oh, we finally just have enough time for this," or, "This person won't shut up," or, "If this thing happens, then I'll be okay." It's a total illusion, because the way we feel in and of ourselves is just energy we're carrying in our body. It can be triggered when someone complains about, "Why did you come late to my party?" Or, "Oh, you did that again this year," or snippy family things that can come up.

If we're triggered by them, it's because we're holding energy in our body that we haven't let go of. If we release it ... Maybe you've got a little bit of a grumpy relative, can be as grumpy as they need to be and you're okay. It's like, "I'm not even carrying that. It's fine, that's who they are, it doesn't have to do with me." As long as we carry that energy, it's totally going to trigger us left and right.

I want to just bring you through what I call the instant elevation, where it just instantly elevates you to a higher level of vitality, energy, joy and peace. Just let your eyes closed and bring your awareness into your body. You live in this body. Everything out there you can just brush away like you're erasing a chalkboard, blow away the chalk. It isn't here right now and you could just let it go for this moment.

Now just breathe this way and the first thing that can happen with this is we feel all of our tension, fear, stress, anger. We feel all of it and that's okay. You actually just want to allow yourself to feel what you're feeling, instead of projecting it or running from it or racing and reacting. Just let yourself feel it, even if it's only for three breaths. What this does is it moves the energy in your body, that stagnant energy that has you feel sluggish and fatigued and irritable and moody and that creates shifts in your hormones that it's not adding to your health. Let yourself just feel it and breathe fully into it.

As you breathe, you allow the energy to move. The first piece of instant elevation is A, which is awareness. We've just hold our awareness out from people we've got to take care of or future things we're worried about or past regrets and into the present. Your body only lives in the present, that's where your power is. Just practicing this awareness tool is enough. We're taking a couple of minutes to do it now, but you can do while you're cooking food, while you're picking your kids up, you can do it while you're in line at the grocery store.

Bring your awareness into your body just that little check in. "Body, what's happening in here? How am I feeling?" At this point you can just ask yourself, "What's the deepest feeling that I'm aware of in my body?" You don't have to answer it, because most of us have no clue how to name our emotions. You are just asking the question from a space of curiosity. "What am I really feeling in my body right now?" Just breathe three breaths to be present. Let it go.

Then continue on with what you're doing, but you're doing it in a more engaged way, because you are present here with yourself. Then you can just slowly open your eyes. Then you'll notice things you didn't notice before. It will feel different. You'll feel different and you carry on your life very differently when you're aware and present as opposed to like frantic and escaping.

MMM: Do you do this several times a day? Once a day?

Kim: If you set your alarm ... There's like three steps to this. If they go to drkimd.com, there's videos that go out where I bring you through the whole thing, but I have people set their alarm three times a day, because awareness isn't something ... I was just with my friends last week in Boston, really good friends of mine from college and one of them is a lawyer and he was asking me about what I do and how I help people heal? "How have you been able to do that?" I said, "Well, let me just give you an example of it instead of teaching you, let me just have you experience it." We're sitting at the bar, we're having a drink and I had him get in his body. He was like, "Wow. I don't live in my body."

MMM: I bet he doesn't.

Kim: "That was really hard and then there's so much going on in here and I don't live in my body." The first time you do it, you're like, "What do I feel? I don't know, I don't feel anything." You practice. If you set your alarm three times to do the instant elevation, you practice it three times a day.

The point isn't just those practice sessions, it's that practicing it allows you to be in your body all day, all the time. "I'm right here, so if I'm communicating with my child, I'm here, I feel her." You'll be amazed at what you feel at the receptivity you have, especially with your kids when you're present in your body versus when you've got this agenda or that thing or we're going here and there. It's been incredible. it's very powerful as a first key to teach people. You'll see the effect it has on your kids when you practice being present in your body.

MMM: Interesting. Very interesting.

Kim: Sometimes people will tell me my kid doesn't have an anxiety disorder anymore, my kid doesn't need medication. My kid doesn't have a behavioral problem with me anymore. They shift and they change, because you've changed.

MMM: That is so true, because once the child is no longer feeling they need to battle for your attention anymore, then all of that other garbage, all the baggage that the kid had of not feeling important and significant, one of those human needs, right? Feeling belonging and loved, all of that stuff just disappears.

Kim: It's the same thing with your body. Those symptoms aren't your belligerent kids screaming, it's your body getting your attention, like, "I need you. There's something here for you. It's not meaningless." To connect and be present with your body as opposed to trying to create your business or trying to run around and get people to get where they need to get. There's more value that comes from being present to yourself, from your body opening, from your kids responding than there is in all the things you're trying so hard to work at.

MMM: It's like really ignoring something very basic. I think as a nurse, I learned Maslow's hierarchy of needs ... I don't know if that's familiar. I'm sure it's familiar to you Dr. Kim D, but to other people. There's like a triangle and at the base of the triangle is air and water and survival and a roof over your head and the higher you climb, the tip of it is self-actualization, like I'm finally the PhD in whatever that I've always wanted to be or something, but there's a lot in between. What I'm hearing you say is that what that process, that awareness, that elevation process does, is it brings you down to that air and water place, air and breathing sort of a place.

Kim: If you're not receiving what you need at the most basic level, your body's going to be flaring up screaming at you, your kids are going to be flaring up screaming at you. Everything is out of alignment. Then you run around and scramble around trying to put the pieces in place and it's like ... It's never enough to make everyone happy. Really what's required is to come in here and center here. Then there's an effortless giving, an effortless contribution that comes through you. Not that you work for and do. It comes through you and contributes to your kids. It comes through you and contributes in your work. It comes through you and contributes cellularly to let your body receive what it needs to stay healthy. It's so simple.

I had a private session with someone today ... I do all my sessions on Skype, so super fun for me and it's really great to connect with so many people all over the world. She said, "If this is so simple, then how come I have to work so hard at it? How come there are all these tools?" It's so simple, because our natural state ... She said, "If my natural state is love and ease, why do I have to work so hard at it?" It's because we're so disconnected from our natural state of ease, vitality.

In ten days my body healed this crazy autoimmune illness. That sounds crazy. It's like, "Whoa!" That's because our natural state is harmony. When we enter that natural state it can happen like that. People are seeing all the time scientifically, people can heal that quickly, from virtually every illness we've ever known. Cancer, MS. We can decrease all that inflammation and create cellular change, but the reason it can happen so quickly is because it is our natural state. Because we've been living so disconnected from our nature of the harmony, of ease, of flowing with, "Yeah, that brings me joy, I'm gonna choose that," and then we're in the state of like, "Oh, I wish I could do what brings me joy, but I have to do all this other stuff instead." We act like we're a victim to life, we experience it as if we're a victim and our body interprets that and we literally, cellularly become that victim.

MMM: One of the things that you talk about a lot too is how our thoughts can affect our bodies. I'd love to have you just talk a little bit about that here.

Kim: Yeah. Everything we believe, it changes the way we perceive everything. If I'm seeing you guys smiling at me and we're here I'm like, "I love myself fully and I'm a gift to the world," then the way I receive you is in that same frequency. I'm like, "Wow, they're really appreciating me and they're receiving this," and that's awesome.

If I have this belief like, "I'm really not good enough, I need to be more ... " Fill in the blank with the delusions we come up with, right? Like "I'm not really lovable." Then I'd see you guys sitting here, smiling at me, but I'd be like, "They don't really love me, they're so fake. They don't really care about this. I have to try harder, I have to do better. Am I entertaining them enough?" My experience would be totally different.

Same thing that's happening, but my perception would be completely different. It's 100% based on what I believe, how I feel about myself, how I see the world. A lot of that comes from what I bought into from my upbringing. What I bought into from my own experiences. We can get these instant downloads from our parents or religion or society that we don't even see ourselves embracing. Prior to the age of six, the brain's like such a sponge that we don't consciously put things in and evaluate them like, "Wait, my dad just told me I don't deserve any more toys, he's just upset, because I got six toys yesterday and now we're in a rush." No, the five year old mind doesn't rationalize that. My dad told me I don't deserve any more toys. I don't deserve any more toys. It's an instant download.

Nothing like you can blame the parents. It's going to happen, but to raise your kids to see, you're amazing, you're beautiful, you're valuable and have them grow into that will have them embrace that and receive the world through that awareness. It's a chemical, physiologic effect in our body. It changes our brainwave firing. It changes the chemistry that we're in, so they'll have more restriction, powerlessness. "I can't have what I need, I don't deserve." It can really run all the experiences of everything that we do. As a mom, professionally, as a lover, as a friend. Where it's like, "Oh, I'm so obliged, I have so many obligations. Everyone wants a piece of me." Or experience it totally differently. It's all based on, "What are my thoughts? What are my beliefs about myself and about the world?"

MMM: Yeah it really does color, I think, a Freudian name ... That's projection, right? Like, "She doesn't really like me, she's really laughing at me. Oh yeah, she's all that and a bag of chips out there in Colorado, while I'm sitting here in Massachusetts." That's me. That's me projecting onto you, but it's coloring my relationship with you, it's coloring how I'm feeling, down or up or whatever. I can definitely see where our thoughts absolutely impact our cellular self.

Kim: Yeah. ...can suppress us too.

MMM: Yes.

Kim: I used to feel like that same thing you're saying like, "I wasn't gonna be received so easily from people being light and fluffy. Let me be really serious and like professional and so I'd work really hard and do this thing and maybe explain things more scientifically," and it was like life was work, work was work. Then allowing myself to just say, "People are going to judge me, like what the hell is she talking about? You have no clue about what my hardships are because look at ... She's got all this," and not really being able to see the depth of who I am and what I've embraced in my own challenges, so I wouldn't let myself be so light and I wouldn't let myself have that much joy. It was like, "That's too much joy. I won't be taken seriously." Obviously, that's a signal to my body. Pipe

it down and it's also ... It doesn't serve anyone. Like Marion Williamson says, I think it's a quote from Nelson Mandela that, "We don't serve anybody by keeping ourselves small, so that they won't be intimidated by us and that, really, shining your light, even though you're going to be judged, even though you're gonna be ... Like people aren't gonna like you. Shining your light is the greatest contribution."

MMM: I love that. Let me ask you how do we take some of these ideas and then share them with our kids? There are plenty of parents that I've talked to as the parenting expert on this little panel here. There are plenty of people I've talked to where they say, "Oh, my kid it just so negative all the time," and they could be talking about a six year old or they could be talking about a sixteen year old. How can we help our kids make that mental shift?

Kim: The most important thing to remember and I've seen this again and again and again is that they are a reflection of you. Your kids are a reflection of you. They actually don't need these tools. It sounds totally crazy because there are a lot of kids that I've assisted with severe, severe anxiety. We'll do a little tapping and they're like, "You saved my life. It changed everything," but the vast majority of what I've seen the kids resolve very quickly when the parents come into alignment within themselves. If you're frustrated with your kid, you use this to resolve that frustration you're feeling of how you're receiving and perceiving your child, because they are responding and reacting to the energy you're in and it's actually what they're doing is right.

When I made my illness right, like, "What is right about this? I'm not getting that, my body is totally flared up." I was in a fight. I was like, "Gotta make this, gotta have this, be better, gotta go." Your kids are right, that they should push back against some of the energies we're in of this is how you should behave and this is what you should do and you should listen to your teacher. The kids are like, "No, I know more, I know better. That what's right for me is what I'm ready to honor," but they don't say it in those words, right? They might say it in very crass words and be like, "Screw you," to reject the things that aren't a fit for them.

A lot of teachers, they're not in their own alignment. They're not in their own, "Here I am, totally present to myself and ready to assist you." That's not what's happening. It isn't what's wrong with the kids so much as what's right with them that we can actually step into and acknowledge and allow a shift. Allow a major shift in how we're being, how we're seeing them and how we're being with ourselves that creates the biggest, just like instant impact.

MMM: That's so powerful. I'm a woman. Marriage is my thing and I often will say that to couples or the person that comes to me, they're like, "Well, my husband is never gonna come and get coaching."

MMM: You do some shifting on the inside, you'll be amazed at the ripple effect.

Kim: 100% of the struggle you have is a reflection of you. Not make yourself wrong, because that's what I did for the couple of years being sick. I made myself wrong for why I was sick and not resolving it? Don't make yourself wrong for it, but acknowledge, "This is a reflection of me." Not that he's acting this way, but that I'm frustrated with it, that I'm angry with it. That I feel unloved when he does this thing so that you can actually come into a resolution within yourself. Whether your husband is left or right, you feel loved. You're okay.

That alignment invites people into a more loving relationship with you like they want to contribute to you. They want to be around you, they want to open themselves up to you and it happens automatically. It's like serving as

that instant download of that therapy that you're receiving instead of like, "I have to bring my husband because he needs this therapy." You can get it, you can embody it. Literally, it's a transmission that goes to everyone around you.

MMM: Exactly.

MMM: I hate to add that our time is up, but please tell, because your videos are amazing, your tools are incredible and I know our viewers and listeners want to find out more.

Kim: When people purchase the book and on my site they can purchase it for just seven dollars. It's on Amazon, if you want the physical book, but the e-book. They get invited into my Facebook group. It's a private community and I share tons in there and I assist people all the time. I love doing it and everyone learns and grows and expands together. They can go to drkimd.com and just subscribe there and receive lots of great videos and, like I said, the instant elevation they'll get. Then if they would like to purchase the book on the site, it's The Mind Body Toolkit, they're invited into my group community on Facebook for even more.

MMM: Thank you, Kim so much. This has been very ... Always just so wonderful. Your energy just comes through! Thank you for being so beautiful from the inside out and talking with us today.

Kim: Many blessings for what you're doing and for this whole event. For women connecting together for the purpose of expanding into joy around the holidays, because we really are such a source of love and joy in the world and love and joy for our families and those around us.

MMM: Women make the world go round, you know.

MMM: Thank you so much, thank you viewers and listeners. Happy holidays! Hope you have a great holiday season.

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