



## **#543 The Missing Link to Mind-Body Healing** with **Brandy Gillmore**

### **Brandy Gillmore**

I kept asking my doctors, before I would leave, I would literally just beg for a referral. Like if there's some specialist, somebody, just something, please. Finally this medical study comes, they wheel me in my wheelchair to the study and I'm laying there thinking about all the things that I'm going to do. And the doctor, he comes in and he's got this look on his face and he just looks at me and he says, you know, Ms. Gillmore, you actually can't be a part of this study. We don't really expect you're going to heal.

### **Dr. Wendy Myers**

I have a great show for you today. I have Brandy Gillmore talking about how to identify emotional patterns, to help to use those to transmute pain, release pain, and heal your body in ways that you may find really surprising and compelling. Brandy has a brand new book out that she wrote called *Master Your Mind and Energy to Heal Your Body*. She just had a research paper published, and she also uses thermal imaging, where you can see that her techniques work in real time. If you're dealing with complex chronic illness, pain, and you've exhausted a lot of physical healing modalities and you're looking for something else, tune in to this show. It's really good. So our guest today, Brandy Gillmore, you can learn

more about her work at [www.brandygillmore.com](http://www.brandygillmore.com). Brandy, thank you so much for coming on the show.

**Brandy Gillmore**

Wendy, it is so wonderful to connect with you. Thank you for having me.

**Dr. Wendy Myers**

Yes, and I love this topic that we're going to discuss today, which is using the power of your mind to heal your body. So, why don't you tell us your story? What kind of got you into this modality of healing and also that propelled you to write your book as well, that we're going to talk about in a few minutes.

**Brandy Gillmore**

Absolutely. I have to say, this is literally the last thing I ever thought I would be doing. You could have told me I would be an astronaut, and I might have believed that more than what I'm doing today. But basically, I used to do network engineering and operations, and then I had an accident. Technically, too, I had a car accident and a fall accident. And I fell just right, just wrong, however you want to say it, but I literally went from living a full life to being injured, wheelchair, walker, cane, on morphine every day, and a complete mess. And my doctor said that there was no hope for a recovery. There was nothing else they could do.

**Dr Wendy Myers**

I hate that when doctors tell people that. That could be their experience, but there's so much that one can do.

**Brandy Gillmore**

There is. Especially since I've healed myself about over 10 years ago now. My injury was in April of '03, but they basically kept saying there's nothing else they can do. At the time, I was very much into allopathic medicine. There's got to be something else, some other nerve ablation, some other infusion, some other injection, some other surgery, some other something. And they just kept saying, "There's nothing else we can do." I even got into this medical study. When I kept asking my doctors before I would leave, I would literally just beg for a referral. Like, 'Is there some specialist, somebody, just something, please?' Finally, they got me into this medical trial study, and I thought, 'Oh my gosh, this is it.' You hope that something new is going to be discovered. In this medical study, leading up to it, I felt like a kid waiting for Christmas; you count down the days. Finally, this medical study comes, they wheel me in my wheelchair to the study and I'm laying there thinking about all the things that I'm going to do and the doctor comes in. He's got this look on his face and he just looks at me and says, "Ms. Gillmore, you actually can't be a part of the study. We don't really expect you're going to heal." I was crushed, so crushed, but what came from it was actually really profound. It was this: basically, I got to a point where I didn't even want to open my eyes. I was just like, "What's the point?" Then I had this thought or epiphany that came into my mind and said, "Well, what about the placebo? We know that there's a certain % of people in a study who could get results from the placebo." It opened the door to understanding the mind and energy and neuroscience and how it works and how to get results, and it just became a life-changing gift.

**Dr. Wendy Myers**

Yeah, and so tell us about that. What was your next step? So, what is that? I know that you were like, "No, there has to be a way" and we know the placebo effect is if you believe that you're going to get better, you will get better. And so what was the next step for you?

**Brandy Gillmore**

Well, I took a whole bunch of wrong steps. I did everything wrong, and then started learning from it. For example, a lot of people think that the placebo works because of belief. So I was convincing myself to believe that I was already healed, and it wasn't working. I was doing it for years, and it wasn't working. Then I found something called the open-label placebo, which is exactly like it sounds—it's an open label. So both the doctor and the patient know it's a fake pill, and it still works. Clearly, belief is not the answer here; there's gotta be something else. Long story short, I had all these epiphanies along the way because I had been trying the diet and the supplements, and that wasn't working. So then I tried meditation, theta state, binaural beats, phantom phase frequencies, and all of these things. And that wasn't working. I started having all these epiphanies about what I was doing that wasn't working and why it wasn't working. Then I also started to find things that made logical sense. For example, there were anomalies that blew my mind. People with multiple personality disorder can have different ailments when they're in different personalities. There's even a well-known case of a woman who was blind in some personalities but not in others. Everything really started pointing to the mind, and it became this unfoldment of figuring out, okay, how does it work, and how do I just get results? It was this whole journey of understanding.

**Dr. Wendy Myers**

In your book, you talk about emotion-controlled consciousness. Can you explain what that is?

**Brandy Gillmore**

Absolutely. As I started looking at MPD (Multiple Personality Disorder), I started looking at understanding how emotions affect our energy and our body. I really delved into understanding how emotions can influence our energy and health. I got to a point where I said, "okay, I have to create a radical shift in emotions." What I started realizing is that we hear about stress affecting the body and the need to relieve stress. But when I really wanted to implement it and understand how to apply it, it wasn't just as easy as shifting your emotions. I started realizing all of these awarenesses regarding patterns and how it works. The simple way to think about emotion-controlled consciousness or emotion-controlled perception is this: if we've ever been in love before, where we're so in love, all we can see is the good in somebody, right? But if we've ever been so angry or just had an argument, we just keep finding the person or get sucked back into the argument. Our mind automatically keeps going back to the argument. How we feel emotionally shapes our perception. If we're in fear, we see everything that's fearful. If we're in love, we see the best in the person. If we've had an argument or are negative, we see all of that. What I began to realize is that to heal, it wasn't only about repatterning the mind and shifting the emotions, but also about amplifying them to create a shift in our consciousness. So we start seeing, feeling, and perceiving in a different way.

### **Dr. Wendy Myers**

Yeah. And I think it's so important to learn emotional regulation and emotional intelligence and raise the average frequency of our emotions. People are often in fear, survival mode, or lack. We want to raise that average emotional area so we're closer to love, joy, and gratitude, being in that state more than in those higher states than lower ones. This determines our thoughts, which then determine our physical and mental health, etc.

### **Brandy Gillmore**

Absolutely. And so what's beautiful about it is when you shift your mindset. A lot of times, people are trying to think positive, think positive, and it doesn't become automatic. The problem is thinking positive feels like a lot of effort. But if you shift your consciousness where you amplify positive emotions and really radically feel differently, and you really radically reprogram your mind differently, it shifts your consciousness where it becomes easier. It's like when you fall in love with somebody or you have this amazing feeling. You don't purposely say to yourself, "Let me only think positive, loving thoughts, and I'm going to really work on this." It's like your brain does that automatically. For example, somebody who gets engaged and suddenly they're on cloud nine, they feel all these feelings, and they experience that. It's like, okay, well, we can create that and create that shift to start moving the body to a place of healing and also create a radical shift in our mindset.

### **Ads**

So for anyone listening who really wants to detox their body, go to [HeavyMetalsQuiz.com](http://HeavyMetalsQuiz.com). I created a quiz for you that only takes a couple of seconds. Based on some lifestyle questions, you can get your toxicity score and a free video series that answers all of your frequently asked questions about how to detox your body. Check it out: [www.HeavyMetalsQuiz.com](http://www.HeavyMetalsQuiz.com)

### **Dr. Wendy Myers**

Yeah. And so how do we do that? How do we change our consciousness to kind of just click and get into that better or higher emotional state naturally?

### **Brandy Gillmore**

There's some really important insights for this. One is what I call reverse emotional programming, and it's this: a lot of times when someone has a negative emotion, they tend

to either try to get rid of the stress or address the stress, or look at the childhood programming for the stress and where the pattern started, and the trauma and all of that. The problem is that it keeps them in the same consciousness. What happens is that you can get out of that. A simple way to think about it is like this: if I wanted to start speaking French, I wouldn't say to myself, "I'm going to get rid of all the English I've ever spoken in my life," and go and resolve all of that. That still would not get me to speak French. Instead, I would have to program French into my mind. Similarly, people might say, "I have a pattern of feeling unloved, hurt, rejection, or wounding, or self-criticism," and they try to get rid of all the trauma or unloved feelings. They think that by getting rid of the pattern of being unloved or hurt, they'll suddenly feel extremely loved. But instead, we have to program that in. Maybe a simpler way to say it is like this: let's say a woman was hurt by an ex who cheated on her and left. You say to her, "Just get over the emotions, resolve it, let go of the hurt, let go of negativity." That's easy to say, but instead, she starts programming her vision. She starts seeing a relationship and feeling like she could really have one, seeing that it's possible, and feeling like that's really going to happen, seeing it, feeling it, embodying it, and it feels like a reality to her. Then she says, "Okay, I'm going to get rid of the negative, let me heal that old wound." It's much easier to get rid of the negative. The more we can move things forward in a positive way first, it's easier to then move things forward. That's why I call it reverse emotional programming or processing—it's about processing emotions and going to the positive first.

### **Dr. Wendy Myers**

And back to healing. So there's a lot of people listening that are looking for answers for pain or for their physical body. They may have exhausted a lot of physical solutions, like you had. What are some of the biggest roadblocks?

**Brandy Gillmore**

I would say this: it takes a real change. Most people fall short of making a real change. The mind has patterned ways of thinking and feeling. If we take a step back to look at healing itself, what I started to realize when I was looking at people with different illnesses is that we know stress affects the body. Different emotions affect the body differently. If someone is embarrassed, their face turns red. A panic attack can cause panic. Sexual thoughts create a sexual physical response, different for men and women. Different emotions affect the body differently. There's even the widowhood effect, where a senior can lose a spouse and have a much higher rate of death for themselves after that loss. There's the feeling of being so scared that their heart skips a beat, or even being scared to death where their heart stops. Emotions can impact us even to the point of death. Different emotions affect us differently. Just like embarrassment affects us differently than panic or sexual emotion, part of getting results is looking at the specific emotional pattern affecting them. Something different I did was asking, "What is that patterned way of thinking and feeling?" and addressing that. Part of the reason we need to focus on the pattern is that people might focus on trauma, but trauma doesn't typically resolve the pattern. There's usually a pattern connected to trauma. We have to get rid of the patterned ways of thinking and feeling. That's key. Does that make sense?

**Dr. Wendy Myers**

Yeah, for sure. I was just talking to a friend of mine who has trouble sleeping. She tried all these different things—marijuana, sleeping pills, and on and on. But she always talked about fear and survival fear, always worrying and waking up in the middle of the night worrying. I think that's really the issue, that survival fear and the things you're telling yourself. I think that's why you're not sleeping. It wasn't these physical solutions. I helped her make



those connections and address that. But how does someone identify and release these so they can get tangible results with mind-body healing?

### **Brandy Gillmore**

What's tricky is that patterns can show up in subtle ways, major ways, and humorous ways, but it's the same way of thinking and feeling. For example, I've had people who have a pattern of fear of abandonment or fear of rejection that's affecting their health. They may joke around, saying, "Oh, my gosh, I better hurry up and get ready to go, or my husband's going to leave me." They're joking, but that's part of the same patterned way of thinking and feeling. In other instances, they might be really upset, wondering if he will actually leave them. That patterned intensity is at play. Really becoming aware of the patterns at play is key because that's when you create radical results. That's part of what I'm known for in my work. I've been able to take people, even after I healed myself, and show them how to use their mind to release their pain. You can see on medical thermal imaging where the scan turns from red to green as their pain goes away in real time. For example, if someone has neck pain, the thermal imaging shows the neck in red where the heat is from the pain. Using their mind, addressing a specific emotion, you'll see the scan turn from red to green as their pain goes away. I tell them, "Now you see the pattern; these are the patterns you want to change. If you go back into the negative, the problem will come back." So it's about understanding the patterns and creating a real shift.

### **Ads**

Millions of people suffer every year from bone loss and fractures that could have been prevented. As we age, the chances increase. As much as I love talking about detoxing, I want to share another podcast that can help you learn how to naturally improve your bone density. It's called "Happy Bones, Happy Life," hosted by my friend Margie Bissinger. With

over 200 episodes, the show has tons of practical nutrition, exercise, and supplement advice to help you naturally improve your bone density and overcome the challenges of osteoporosis. For the best advice on bone health, for you or your loved ones, just search for "Happy Bones, Happy Life" on whatever podcast platform you're listening to now. Now, back to the show.

### **Dr. Wendy Myers**

Yeah. Tell us about the thermography and thermal imaging you're doing and how you're helping guide people's minds to release their pain. That's so interesting.

### **Brandy Gillmore**

The thermal imaging is amazing. Where that came in is after I healed myself, I thought people would think I'm crazy, that I went from wheelchair, walker, cane, a mess, to healing myself and now I can run, lift weights, and I'm 100% healthy. I wanted to show people it's not just me; we can all get results. People started asking me to speak, so I started speaking and sharing. I would take people from the audience who were experiencing pain and show them how to release it. I thought, "Someone's going to think that's a plant, that it can't really happen." That would have been me, by the way. I was the world's biggest skeptic. I would have thought there's no way. It drove me to figure out how to show it under medical equipment. So what I've done, I've taken people and shown them the exact thing where they have pain in their body, and you can see it on the scan. If you've ever had an infection, sprained ankle, or injury, there's heat coming from it. Any type of infection or ailment in the body can generate increased heat. So we put it under medical thermal imaging, it is the high-tech version of sensing the heat from the body and can pick up on the pain. Showing people how to use their mind, you can literally see the change happen. The great thing is you can see it's not just mind over matter. You actually see physiological changes taking

place. That's one thing that's incredible about it. Another thing is I've taken people, like I just had some of my case studies published in a medical journal. One person had just come from a 10-day meditation retreat. I didn't know that when I worked with him, but after his pain was level six, I helped him use his mind to release it. You could see it on the scan. He said, "I can't believe that actually worked. I just came from a 10-day meditation retreat and a positive seminar before that." The point being is just to emphasize that it really is about identifying the specific emotions—that was key to getting results.

### **Dr. Wendy Myers**

So talk to us about some of the client success stories or people that really stand out in your mind that you've worked with to do this type of work.

### **Brandy Gillmore**

The ones that stand out in my mind, I mean, I've seen the most incredible changes. One example is a woman I worked with who had a tumor in her throat. It was there for about four or five months. She tried everything she could to get rid of it and it wasn't healing because she just did not want to have surgery. Finally, she broke down and scheduled her surgery. She had another pre-op MRI, and it was about five millimeters. You could see the tumor in her throat protruding from her neck. That was on Monday. She had the pre-op MRI, and her surgery was scheduled for Friday. We worked on Thursday for one hour, and afterwards, she couldn't find the tumor. She thought, "Oh, it just moved. This really couldn't work this quick." She showed up for surgery the next day, and they gave her the drugs and all that. She's like, "Can you just double check really quickly? Because I can't find it." They said, "No, I'm sure it's there." She's like, "Well, let me just check." The ENT came and they couldn't find it. They canceled the surgery, saying, "We can't operate on something that's not there. I've never seen anything like this in my 30 years of practice." I like quantifiable data, watching things

that are there and then gone. Those are the types of things I've seen: people go from bedridden to walking, running mini-marathons, traveling. What we are all capable of is truly incredible.

### **Dr. Wendy Myers**

Yes, and I think there's so much to be had as far as healing and pain reduction with looking at releasing emotions and identifying emotional traumas and patterns that you're talking about. There are so many people I've met and worked with who get astounding results by releasing traumas or emotional patterns and different ways of going about things. It's incredible. Certainly, any emotion stuck in your throat are emotions that you have trouble expressing. Anything in the throat affects the thyroid too—emotions you just can't express.

### **Brandy Gillmore**

In her case, she did this video standing outside the hospital, which was really cool. She's in tears outside the hospital. The tumor had just left. What she mentioned is, "Telling a story of suffering, pain, and suffering will affect you." In her case, there were multiple things going on, but it's incredible what we're capable of. Incredible. In my experience, the throat can show up in a variety of different ways as well. What's interesting is that I started looking at my injury very objectively. Some people could have all kinds of traumas, for example, PTSD, and not be sick. I started to look at it objectively and say, "Okay, if stress affects the body and we know that, how is it possible for people to have these severe traumas and not be extremely sick?" You would think it would be black and white—extreme trauma and extreme sickness. Then people who are happy, well, they must be healthy, and you could see that that's not true. What I began to realize is it's a certain combination of emotions. Someone who is happy could also have underlying feelings of guilt for being happy or feel like they're not allowed to. There can be other patterns. It's about combinations. For example, if

someone wants to make a cake, if they have flour, they can't make a cake. But if they have flour and mix it with eggs, butter (or vegan alternatives), and other ingredients, now they have a cake. Different ingredients create different recipes. Similarly, in our mindset, it takes a combination. We can have PTSD and not get sick, but a certain combination of emotions creates an illness. That's why someone with multiple personality disorder can have a personality with no illness at all and another with a certain type of illness. It depends on the combination of emotions. For me, that's been the key to creating those changes.

**Dr. Wendy Myers**

Tell us about your book. You just had a book published. What can we learn from it?

**Brandy Gillmore**

What we can learn from it is a lot. Many people think the energy of the body is just a spiritual notion, but energy was actually discovered back in the 1920s. Alexander Gurwitsch discovered biophotons—our bodies emit particles of light. Technically, I said biophotons but when he first discovered it he called them mitogenetic radiation initially. Basically, what my book is about is the unfoldment of my injury. I talk about my injury, discovering the placebo, the open-label placebo, and more. I walk you through how I figured it out and what I figured out. And energy can influence cellular proliferation. Biophotons can influence cellular proliferation. (growth, repair, and healing). In my book, basically I walk you through what I figured out, how it works and how to implement the process I used to heal myself.

**Dr. Wendy Myers**

What is the name of your book?

**Brandy Gillmore**

Master Your Mind and Energy to Heal Your Body.

**Dr. Wendy Myers**

What were some of your influences when you were healing? What researchers and writers help guide you in your healing?

**Brandy Gillmore**

Great question. Many influences. I geeked out on understanding Alexander Gurwitsch's— I would say that also a lot of studies on post surgical studies. So studies of, on optimism or studies on psychoneuroimmunology. As far as patterns and understanding patterns and how the mind works as far as emotional patterns. Freud's work, so researching repetition, compulsion, reenactments, attachment theory. So understanding how emotional patterns can breed more of the same. I would say that was a huge thing. So there was different pieces at different times. A ton of medical journals. Things like Maxwell Maltz. So he was, basically he worked with the mind as far as the self image. So he had a book, I think it was called Psycho Cybernetics. It's from—I don't know, people say the 1970s or 50s. It was quite a while ago and what I started to realize is understanding that, you know, if a person has been ill for a long period of time then illness can then be part of their self image, They can start to see themselves as somebody who's sick. And so when I mentioned there were multiple different ingredients, It was really understanding, okay, Well, repetition, compulsion, emotions, consciousness, medical journals of multiple personality disorder, Okay, the self image. So it was really about taking all of these pieces and bringing them together that has created the magic that has enabled me to show people how to get these radical results.

Another one– She taught metaphysics. She was Louise Hayes' role model, if you will. Some basic things that she said about health were– If somebody is blind or has an issue with their eyes, then maybe there's something that they don't want to see. And so that way of thinking also helped me to understand a lot of the things that the body was saying. It's really a combination of understanding between science and spirituality. Understanding how it works. I would say the reason that I've been able to get back to back to back results, demonstrate the back to back to back results is because of developing a very grounded and understanding of the components that are needed.

### **Dr. Wendy Myers**

You talked about meditation, that it isn't enough, and just believing or visualizing isn't enough. What do you have to do beyond that to heal their bodies and overcome health challenges?

### **Brandy Gillmore**

You ask a great question! During my injury, a friend asked me to pay my respects to her aunt who was dying from lung cancer. She had been in and out of consciousness for six weeks. I had this epiphany. I remember seeing her, realizing this is probably what I look like every day because I had been spending hours upon hours with meditations and Theta state and guided meditations and all of these things, just trying to stay in a deep relaxation of Theta state or Delta state. I thought, well gosh, if this is healing then why hasn't she healed? It just made me feel like, those moments where you feel like, "God! If she's been doing this for months and she wasn't healing." What do I need to do differently? And so I would say that deep relaxation can be great, and it was a coping mechanism for me. I could get my pain down at times, but it didn't change my life. It didn't heal me. It didn't give

me the ability to run and get up and be pain free and live that way. It wasn't until I really understood the patterning and then created that real change at a deeper level.

### **Dr. Wendy Myers**

What is the key to manifesting these changes in our life? This can be applied to anything, not just healing, correct?

### **Brandy Gillmore**

Yes. There are keys. An easy way to illustrate this, All of the time I see people and a woman wanting to be in a relationship might visualize her perfect partner and who she wants to be with and keep on picturing that and it's not coming to fruition. She's waiting for it or she ends up with things she doesn't want. What we want to remember is that we have to really think about what patterns are. It takes a genuine change. We're using the example: The unfortunate example that a woman with an abusive father can leave him and find the abusive boyfriend, boss, spouse, et cetera, et cetera. That pattern can continue all of the time when people go to create. Visualize to create a change. It's like they're asking the universe for something, or they're trying to sugarcoat things, or trying to create a new vision, but we have to have depth in that. Like, yes, we want to create a new vision. Yes, we want to feel it. Yes, we want to embrace it. And then also, we need to look at what are the underlying patterns. What's real? We need to be real with what's real. And so I always say. It's not about checking out the universe, it's about checking in so we don't want to just pretend like things are fine. And yes, we want to think positive. Yes, we want to program to go beyond thinking positive. We want to program our minds for positivity, but then also genuinely repatterning our mind. We're thinking and feeling in a different way, and we also have a different consciousness.



**Dr. Wendy Myers**

I love it. I want to read your book. It sounds amazing because I work on this every day. It's a practice you have to cultivate. All the things you talked about, and there's key skills involved in that, that just out of your book is just full of that. So I really thank you for coming on the show and highly recommend everyone go get your book. Tell us the name again and where we can get it.

**Brandy Gillmore**

Master Your Mind and Energy to Heal Your Body.

**Dr. Wendy Myers**

Do you have a website or social media handles you want to give people?

**Brandy Gillmore**

Yes, my website is BrandyGillmore.com. Gillmore is with two L's. On the website, you can see me working with someone under thermography on a video, showing the incredible results we're all capable of. It's not just me; we are all amazing. That's what I want everyone to see—how incredible we all really are.

**Dr. Wendy Myers**

Fantastic. Well Brandy, thanks so much for coming on the show, and everyone, thanks so much for joining us for the Myers Detox Podcast. I love doing this show every week and bringing you experts from around the world to help give you those clues to live your best life because you deserve to feel good. And that's really why I do the show. So thanks for tuning in every week. I was thrilled. We were # 37 last week and just really, really thrilled that I've

been doing this for over 10 years, and so many more people are tuning in and getting the help and the answers they're searching for. So thank you so much.

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