



#624 Recall Healing for Emotional Release, Improved Relationships, and True Life Purpose | Michelle LaMasa-Dawson, PhD

Dr. Wendy Myers

Hello and welcome to the Myers Detox Podcast. I'm Dr. Wendy Myers. On the show, we talk all about heavy metals, chemicals, and the health issues that are caused by these toxins. We talk about bioenergetics, anti-aging, and more advanced topics than you'll hear on other shows. Today, we're gonna be talking about recall healing and how emotional trauma can play such a huge role in your health issues, physical health, mental health, and emotional health as well. We talk about all the different facets of recall healing and doing a family tree, a timeline of different emotional traumas that you have, why you can have years and years of talk therapy and that doesn't really get to the root cause of why you keep repeating the same patterns or have a negative inner voice and keep existing in jobs that you hate, bosses that don't treat you well, relationships that are negative for you or unfulfilling or just not in your highest and best interest.

We talk about the nature of all these things and what you're not changing, what you're choosing, and what you can do to release negative emotions to get to the root cause of them. We talk about the emotion code, which is Dr. Bradley Nelson's work, and how you can use that to release negative emotions and negative patterns from your life so that you can really step into your life purpose. This is a really, really, really good podcast. It is very important for you to tune in because I firmly believe that for

anyone who's looking to achieve whatever in their life, they wanna have great health, they wanna achieve the things that they want to achieve, you have to address emotional trauma. You just do. And doing recall healing work as Dr. Michelle does, you can really make profound changes in your life that you didn't think were possible.

Our guest today, Dr. Michelle LaMasa Dawson, is a distinguished leader in the field of mind-body medicine, serving as the recall healing director for the US and Co-director of Recall Healing International. With a robust academic background, she holds a PhD in Mind-Body Medicine, a Master of Science in Psychology, and a Master of Arts in Religious Studies. Her extensive education underpins her commitment to holistic health and integrated practice. Certified through the Center of Mind-Body Medicine, Michelle's well-versed in therapeutic techniques in neuro-emotional technique, neurolinguistic programming, and human garbage.

With over 20 years of experience guiding individuals on their health journeys, Michelle has become an internationally recognized speaker, sharing insights on the interplay between the mind and body. Her career spans over three decades. You can learn more about her work at soultreetransformations.com. Michelle, thank you so much for coming on the show.

Michelle Dawson

I'm so happy to be here and excited to be with you. Thank you for having me.

Dr. Wendy Myers

I wanted to have you come on. I've been working with you for a little while, and I think your work is fascinating. I'm always working on emotional trauma and trying to get to that next level. You do a specific thing called recall healing. Can you explain what that is and what you're specialized in?

Michelle Dawson

So, recall healing, the way that I describe it is really mind-body medicine. When I was going into my graduate degree, I was like, oh, so excited about recall healing because when somebody has an issue in their body, we say, give it an issue or it will go in your tissues. So when we don't give it an issue, then our body will speak for us,

and that's really what it is about. It's so funny to go to a graduate school where the PhD was in mind-body medicine, and they're like, is there research on this? Is it like this? It is very interesting.

Dr. Wendy Myers

What is recall healing exactly?

Michelle Dawson

Recall healing is a mind-body medicine modality. The premises have many different avenues. We talk about epigenetics, we talk about genealogy, but we also talk about a person's timeline and what has gone on even before they're born in the 18 months that they have before they come into this world, and the whole first year of life. When we look at those in a very specific way, it helps us to drop in and get into what the issues are, what we carry, what programs that we have and that have come about actually to help us. In recall healing, we're bringing in whatever is going on in the body with what has happened in a person's lifetime, their genealogy, and what we call the project purpose, to give us the understanding of the why behind why a person is ill.

Dr. Wendy Myers

I thought it was interesting how when I did my timeline, all of the connections that you can make or the things that I had forgotten about, and how things tend to happen, there's like a cycle. Can you talk about that? Talk about the cycle where things can repeat in your lifetime, and you repeat those same patterns, and apparently, until you evolve past them or you release the trauma or the emotion associated with that.

Michelle Dawson

It is really fascinating because we think that we may be done with something and we have addressed it, and then all of a sudden we have something similar show up, and we're like, what the heck is this about? There's an infinite number of patterns. When there is trauma, when there are things that are especially challenging, anger or hurt or lack or whatever it may be, then that creates an imprint. We look at that. When we

ask people to make a list of the traumas that they've had, and trauma can be anything from dad not working to war, it could be all of these big things or the minor things, mom, not getting along with one of the kids, or the kids being rebellious. So whatever the felt experience is, that is actually what ends up repeating. So we don't see it.

It's very ambiguous. But when we look at a person's timeline, when they left their home to become independent, for instance, and we say, oh, something happened at five and you left when you're 20 years old. Okay, so let's go over to the next line. Let's say 20 plus five. Oh, what happened when you were 25 years old? And you'll find a similar felt experience, not exactly the same thing, but those feelings. So there might be a death in the first round or the first cycle. Maybe there's a death in the second cycle. Or maybe there's the feeling that I could die or like, oh my gosh, I lost my friend, or there was something serious. So it's the feeling that repeats. And once we start to look at that bigger picture, we have the ability to break those cycles so they stop showing up.

Ads 08:06

Now a word from one of our Myers Detox podcast sponsors. Hey, I'm Dr. Wendy Myers and one of the things that I'm obsessed with doing is my nightly skincare routine. It's something I've done since I was a teen and one of the things that I added a few months ago was a Bon Charge red light face mask. I'm doing red light therapy in the evenings. This is something that has totally transformed my skin and I want to tell you a little bit about it. Right now is a great time to get your own mask because Bon Charge is having a holiday sale. You can get 25% off by going to boncharge.com/myersdetox and the 25% off will just be taken off the cart.

The Bon Charge red light face mask uses the power of red light therapy to help to rejuvenate skin so the skin looks younger, firmer, and more radiant. It helps reduce the appearance of aging and fine lines and wrinkles, and all from the comfort of your home. No appointments necessary. You don't have to go anywhere. It's really quick and easy to use. You only need to do it about 10 to 20 minutes a day to see results. It's cordless so you can do it while you're walking around or watching TV or reading or whatever. I don't use it every single day, but about five days a week, I will just put it on.

When I am laying in bed, I have like a little nighttime routine that I do, so it doesn't take any time outta my day. I'm laying on my pimp mat, but before I go to bed and I put the red light mask on, and it's got little holes in it so you can see through it and be on your phone or reading or what have you. That's one of the ways that I wind down at night and take care of my skin. Plus all the Bon Charges products are FSAHSA eligible which can give you tax-free savings up to 40% off. I know that you'll love the Bon Charge red light face mask as much as I do. Go to boncharge.com/myersdetox. There's a really good deal for the holiday season, giving 25% off. That's the biggest discount that they have all year.

If you've been curious about red light therapy and what it can do for your skin, I highly recommend you try it and make it part of your nighttime skincare routine. The sale ends on December 31st, so sign up to get yours or get one as a gift for a family member or a friend at boncharge.com/myersdetox.

Dr. Wendy Myers

I really value the insight that you give on how certain things happen to you, the emotions around that and how they're affecting you. Physical health and organs can be affected by this particular emotion or issue. It's very fascinating. You have over 25 years of experience studying this as well.

Michelle Dawson

It's been amazing and when I look back and think, oh my gosh, in this alone 20 years, it just has gone by and it still is my passion, and so thank you so much, Wendy. It's true. When I started to learn about these tools, I was sitting in a classroom and my mentor was up there teaching and telling these amazing stories and I was like, oh my gosh, I wanted to be gum on his shoe. I wanted to learn everything that I could about recall healing and just by starting to apply the tools that I was learning about for myself personally, it totally transformed my life. And that's why I get so excited about it, because it's not me doing it for somebody else, it's me teaching tools so that that other person can do it for themselves. That's the beauty because it is empowering to do this work for ourself.

Dr. Wendy Myers

Talk about what some of the benefits are. Why would someone want to do this type of work? Because I know that for me, I'm wanting to do it because I wanna step more into my life purpose. I wanna find the relationship that's really my true life partner. I wanna step more into my work and be guided into what things I should be doing to help other people and in my work. I just want to feel good too. He doesn't want to feel better and be happier. Can you talk about some of the many reasons why someone would wanna do this and illness is an obvious one as well.

Michelle Dawson

I tell people because people will tell me, why do I really wanna work on this? That's in the past. One of the really beautiful but powerful images is that, I read one time where it says, if you don't heal the wound, then every person that you meet, you're gonna bleed all over them. So as much as we would like to just brush it under the carpet and keep a stiff upper lip and really step more fully into our purpose, all of these patterns in the background that our parents, our ancestors, all have experienced, they can create blocks.

When you start to do the work, you open up and you give yourself freedom. You definitely have more healing both physically and emotionally. I tell people that sometimes it's hard because your family doesn't give you a high five for setting down boundaries, but all of a sudden they start to see you shift and that you're growing and that they're starting to be more respectful. It's not fun in that process, but it's so freeing and it allows one to step then ultimately into that because for the brain, it's not what we want. It's what we need. So what we want has to match what our body, what our brain, our old survival brain is telling us what we need so that it matches and then you can achieve those kinds of things.

Dr. Wendy Myers

Let's talk about emotional trauma and illness, poor health and health symptom. There's so much research, even conventional medical research around how emotional trauma causes physical health issues and severe physical health issues, cancers and things like that. People just don't make that connection. They're not getting that info at their doctor. It's not part of what they're, they're doing. That's not their job. I don't think people realize how they need to do this type of emotional

release work or this recall healing in order to release health issues that they have and recover from them and also prevent them in the future. Can you talk about that?

Michelle Dawson

Absolutely, and it's so interesting because it really has been common knowledge among all the indigenous populations of the world. And they know that emotion and illness go hand in hand, but in our world, we learned that the mind was separated from the body and there was no connection between what we're feeling and what illness is going on. It's crazy when we see people that are unhealthy, whether it's like extra weight or super sick, or having a hard time walking or whatever it may be, everything is very specific to what we have experienced in our life. And emotional trauma, like I said, could be something really little, seemingly little for somebody else, but for that individual, it's big. It's hard. You're losing sleep or you have feelings over this constantly. So whatever that is, I like to say it's like a pebble in your shoe, whatever the pebble is in your shoe. If you're not at peace about something that creates emotional trauma and a wound on the inside of our body, basically.

That is where when we make the connection, like, wait a minute. Oh, I can't talk about it. I recently had a client that I work with the wife and the husband was having an affair for the most of their marriage. After it came out, his neck started to swell really big, the neck, the throat, the speech, the speech, voice, the talking. He's halted a secret for so long that once it came out, his brain said, oh, I can heal this. So the swelling comes. It kind of depends on what kind of tissue it is. That's the part that can be a little bit tricky, but even just understanding, oh, feeling attacked, feeling devalued, not being able to speak my truth. Then this ginormous nick.

It's crazy, but it works like that for all of us. None of us are immune from this process whether it's something like a little altercation. I'll give an example. A couple weeks ago I went to a workshop and I was super excited about this workshop, the human garage. It's my latest and greatest. I love it so much. So I go up there and one of my friends is meeting me there and in the middle of the workshop she leaves and she's super angry. She'd never tell me why or what. I'm not immune from this process. I might recognize that it's not really about me, but I'm also human and thinking like, did I say something? Did I do something? And so I processed it all day that Sunday,

and by the time I got to the airport, I had a scratchy throat. My nose started going, and so I spent the week detoxing from that emotional issue that I had experienced.

Dr. Wendy Myers

I had a really interesting story. I had a period where my throat felt really tight. I lost my voice, which is not great for someone to talk to for a living. I was like, what is going on? My personal doctor, Dr. Michael Ranking, and I did a Zito EVOX scan, which detects your emotional traumas. And we just revealed that one my great great great-grandmother had a partner that strangled her to death. Even though this was something in the past, this was a generational issue. I was kind of experiencing that, like my throat was really tight and I was not able to speak my truth. It was something around that and I thought it was just so fascinating that something from the past was affecting me today.

Can you talk about transgenerational issues and how those can profoundly affect us? It's important to work with someone like yourself and do this recall healing for traumas we have had in the past, and this is proven in conventional medical research before. Research that's been done around the Holocaust and people that are descendants from now. It's really fascinating, but this is really important work to do 'cause there may be a lot of people working around that think, oh, I had a great life. I don't really feel like I had a lot of bad things happen to me. But you can have issues and health issues from trauma from your relatives from long ago. Can you talk about that?.

Michelle Dawson

It's really fascinating because that's absolutely true, and even what you said about having this great ancestor. I love Evox by the way because it all works together and Evox could give you another layer of understanding and that's the beauty of it. I just love it all. So, and even in that, I would even say, and what was going on in your life in that moment that you couldn't speak and you couldn't talk and you felt a little strangled yourself. And that is the memory. So we have learned that we have a gene for this, and we have a gene for that. But really actually it's just an expression. It's just the imprint.

You're right about all the research and it's fascinating, when I was doing my research for my dissertation, I studied Dr. Yehuda, who is from New York, and she studied the effects of the Holocaust on the future generations. She found that the next generations had more symptoms of PTSD than did their ancestors. And it really showed me like, wow, well that makes sense because if we don't pay more attention, then it could happen again. And then even with mice that were made to be afraid of cherry blossoms. Poor little guys. Then three generations, their offspring were still afraid of cherry blossoms without having that stimulus been introduced. And so that happens for us. A perfect example is actually my grandson, who had a brain tumor. The cerebellum is related to protection and integrity.

His dad was threatened when he was a baby. I'm from California, so I use the metaphor of the earthquake. So it's like we have the earthquake with the epicenter, that's the parent. Then it's felt to the next generations. And that can be based on birth order number, which is the work of Ann Ansel and Schoenberger, and also the name. There's these patterns of three that continue. So children with birth order numbers one, two, and three, they're kind of separate. You're still part of that same family. You see the similarities and things like that. But when you look above, you start to see that there's these patterns. Sometimes it's health issues, sometimes it's relationship issues.

Sometimes there's accidental deaths or a series of different kinds of cancers. And that is all based on the experiences of the ancestors that have gotten imprinted. And then when I either reach a perfect time space intersection in this world, or it is that perfect time space intersection, but for whatever reason, that's never really super clear. Sometimes it's age, sometimes it's year, and then all of a sudden I have this same thing. We say to you, you're never gonna get sick unless you have a conflict. But if you have a conflict and it's not been resolved in the family clan, the brain will use whatever it used in the family clan currently. So hopefully that was clear, but it's kind of convoluted. I completely know that.

Dr. Wendy Myers

I love something that's expressed during our sessions is that when you heal that family conflict, you do it for your whole family. It's so cool. And you do it for your

children as well 'cause you release it. I thought that was just so profound where you can break these family narratives and these negative things that may have happened to your family in the past. You end up releasing everyone. That's absolutely fascinating.

Michelle Dawson

80% is just about awareness because most of the time we think that what we're experiencing is just ours, but it's never just ours. And so when we start to understand, wait, my mom had the same feeling, my grandma had the same feeling, so thank you to my ancestors and I release myself from having to carry it. I release my children and grandchildren and a lot of time when you do the work, it also helps your parents and grandparents and great-grandparents. It's fascinating. So it works up and it works down.

Ads 24:46

Let me ask you something a little bit personal. How do you get yourself out of a bad mood? It can be hard, really, really hard, and it only gets harder the longer that you're in that space. That's why I'm a big fan of today's podcast sponsor Organifi. They made an amazing product called Happy Drops, and they're little gummies that are super tasty and they can help make your bad moods better and your good moods great. I'm sure I'm not telling you anything new when I say the world is really stressed out right now. You can see it everywhere. Stress and mood related visits to the doctor's office are skyrocketing along with various prescriptions to match. And so if you are anything like me, you're looking for a safe, natural approach to rebalancing your happiness and your stress chemicals without worrying about the side effects.

Well, Organifi has given us exactly that. They're called Happy Drops, and they're my favorite new supplement. These yummy little lemon gummies are made with ginger, with gouda cola, and passion flour, all of which are shown to have positive effects on mood and emotional wellbeing. Plus, they have a real powerhouse ingredient, which is saffron. So why is that so cool? The compounds in saffron are shown to help your brain modulate its levels of serotonin. Serotonin's one of your happy chemicals and saffron helps your brain enjoy it longer. Saffron also relaxes you. There's many cultures around the world that drink saffron tea before they go to bed 'cause it helps

relax them and helps 'em go to sleep. Saffron also contains antioxidant properties, which can help you protect your brain from oxidative stress. That's great for detox. Best of all, there aren't any nasty side effects. There aren't any bad ingredients and it's safe to use every single day.

Saffron's traditionally very challenging to find in the supplement world. It's difficult to plant and to farm. It's even harder to harvest, and it's why it's one of the most expensive ingredients on the planet. But now thanks to the super food geniuses at Organifi, we can all enjoy a real dose of real mood lifting organic saffron for less than a dollar a day. I'm excited for you to try them. I think that everyone should. I love their happy drops. Just go to organifi.com/myersdetox and get your happy drops today. When you use my discount code Myers Detox at checkout, you're gonna save an extra 20% off. Again, that's organifi.com/myersdetox.

I want you to go out and try Happy Drops today. Like I said, I love them. I've been taking them on a regular basis to help me to go to sleep at night, to help me kind of relax and get in the mood. You've got nothing to lose but your frown.

Dr. Wendy Myers

That's great. Can you also talk about how recall healing can help uncover what might be hidden in the family narratives and how understanding your personal and your family's story is so central to healing?

Michelle Dawson

Well, we say we're as sick as our secrets are. So when we have a secret or somebody in the family has a secret, it's gonna repeat and it shows up when we least expect it. It happens out of the blue. It's out of our character to do certain things. And then all of a sudden we find ourselves like, oh, I'm pregnant outside of marriage. That was never my plan. But this is because in two generations before somebody got pregnant outside of marriage and they gave that baby up for adoption. And so those are the kinds of things. When it's not in our awareness, it really can return as a destiny. That's what Carl Young had said. So when it's not an awareness, it can return as a destiny.

The more that we do this work and build, we say that we're like Sherlock Holmes, building the puzzle pieces and putting it all together and to understand all that you experienced in your life is also what your ancestors have experienced. So when you start to make the connections, wait a minute, there was this and this, I had a client yesterday that was realizing that her mom was having an affair with her stepfather while she was pregnant with her. And she was thinking like, why do all these men cheat on me? Why am I in this? As an invisible loyalty, this happens. But she's 62 years old. She never made that connection until she started to really look at all the other pieces of her own life to be able to put it together.

Dr. Wendy Myers

A lot of people do that. They feel like they repeat the same pattern, they get in the same types of relationships, or they stay in jobs where they're not treated well by their boss or their coworkers and they just stay and they just feel stuck. Can you talk a little bit about that and kind of what tools or practices that you recommend for someone that feels like they're aware of their trauma but they can't move past it?

Michelle Dawson

We have to do something in order to make a difference. So even if it's just one little step, then taking that one little step, no matter what it looks like, and I pray for the willingness to be willing to take that step because sometimes it's really hard to take that step. The other thing is that we could be stuck because of these old patterns, because of an agreement like that. We come into the world and we're gonna make it better for mom and dad. And so we do everything in our power to make it better for everybody in our life and then we disregard ourselves. So we have to check in.

Do we have secret beliefs that we're not worthy, that we're not allowed, that we came into the world under circumstances that we weren't really supposed to come into. It is really starting to look at some of the beliefs, doing the timeline, doing the family tree, all of a sudden just doing little things, we call them the little letting go exercises. It's like tapping or saying a little affirmation or bringing in awareness or the Hawaiian forgiveness prayer. They're simple tools, but it's not easy work. And so it really does help a person to get unstuck when they can see it and realize, oh my gosh, I have a choice.

For example, I tell this story about the project purpose of mine. My mom was in 13 different foster homes, super traumatized, sexual abuse, the whole thing. So she really spent much of her life wanting to choose death by suicide. When she got pregnant with me, she got pregnant outside of marriage, under terrible circumstances, the whole thing. So for much of my life, I carried that I wasn't supposed to be here, that I was a mistake. Once I started to realize, wait, all of us who are here are here for a reason, and that no matter what the circumstances are, and maybe there's a possibility that I made the choice so that I could reach a higher spiritual plane, or that I could help other people than I could walk, because I look at that now and think, wow, how blessed I am. But it was a lot. And in that moment, she prayed that I'd be a girl because a girl was gonna save her life. And so here I am, born a girl.

In much of my work, I started to help people stay alive. But before that, it was all about making mom happy, making her laugh, making sure mom was okay until I found recall healing and realized, wait. It's not my job to keep mom alive. It's mom's job to keep mom alive. But I really love what has happened and in my character development in this part, and I can help other people by teaching them tools and empowering them. And so those little invisible loyalties that we some once might have been stuck in can change the perspective and then we can choose how we want that to go forward.

Dr. Wendy Myers

You have to choose yourself and not carry what is not yours to carry. And that's something that I definitely repeat to myself all the time. I will not carry what is not mine to carry. And what I'm not changing, I'm choosing. I recently broke up with my boyfriend, a few months ago, and I had to just tell myself, this is not the right person for me. This is not my life partner. Even though it was very good, I just thought, I just want more. There's someone better out there for me and what I'm not changing, I'm choosing. And that really helped me to make the changes and get out of the inertia and this is not the life that I envisioned for myself and what do I need to do to get there?

That's why I started working with you to help me achieve that. Let's talk about self-compassion. People are so good at just beating themselves up and just have this negative inner talk, this negative inner voice. How can doing a recall healing help people move past that and just have more compassion for themselves?

Michelle Dawson

I think a little bit about my faith upbringing, because there would be these Bible messages that actually helped me. But honestly, because I came from a mom who really hated herself. She felt like she was a mistake and just all of that, then I was a mistake. And then there's all this stuff. So it's really hard to get beyond, what kind of value do I have? And especially in my late teens, early twenties, I hated myself. I saw no value in myself. I would look in the mirror and I would call myself a fat pig. I would tell myself how disgusting I was. Then I would expect people to treat me with love and respect. That's kind of interesting, right? I have said it a little bit differently then. I don't want to allow people to treat me like that. I also need to stop treating myself like that. Does it serve me well to beat the hell outta myself?

We are all the hardest on ourselves, and many of us have come with a perfectionism kind of message that we have to be perfect because we were a mistake or we followed a bunch of miscarriages and our parents like had to be perfect in order to have us. It doesn't matter what the circumstances are, but when you have that kind of message and you fall short, because we live in a perfectly imperfect world that it's not going to do us any good to beat the hell out of ourselves. There was a time when, and I was already doing this work probably about 10 years ago. I was walking in my office really beating the hell outta myself and the first thing that came to mind was I was in a college class, in grad school doing my theology degree. And the sister, she was so cute to the little Irish sister, and she said, when you hear from different places, the same message, that's God talking to you, that's the divine.

And so every time you said, yeah, whatever, and it's like a slap in the face. That came to mind. And at the same time, you're made in the image and likeness of God. Then the questions from Byron Katie, who was a woman, very super depressed, felt that she didn't even have the worth to stay in a bed. She was on the floor and she's given these amazing questions to pull her out. Is that true? Is that absolutely true? What

happens when you believe that thought? Where would you be with that thought? That helps to not beat the person up, to really understand that we're learning and if we can change our vernacular, the messages that we say to ourselves from, I have to be perfect to everything is a learning lesson.

It's very different. That gives them the ability to have a little bit more compassion sometimes. I say to people, like, I hear them talking to themselves and like I said, I don't think that you would say that to your worst enemy? And they say, oh no, I said, but you're saying it to yourself. So, it's like a check, does that serve you well? Saying that to yourself, what does that accomplish except for the fact that it makes you feel worse about yourself? So try being gentle and we use EFT, the emotional freedom technique, and we do a little tapping so that we can anchor what we say into our body by just saying, even though I'm feeling kind of frustrated with myself, I love and accept myself.

I forgive myself because I'm always doing the best I can with the resources that I have. And so those are just little things to say to ourselves, but I'm sure when you totally understand about beating the heck out of ourselves, we have been so hard on ourselves. We have the ability to be more compassionate and many things open up even more.

Ads 39:06

Are you taking collagen supplements? Well check this out. Our friends at Organifi have sourced the best collagen on the planet, and you can get it with 20% off savings today too. So, what is collagen? It's the most abundant protein in our body. It's everywhere. It's in your muscles, joints, hair, skin, fingernails, everywhere. It's one of the fundamental building blocks of life. Your body uses collagen constantly to keep itself refreshed and repaired. But as you get older, especially as women that are going into menopause, you can lose 30% of your collagen within the first five years of menopause, and that starts in perimenopause as well. Your body just stops making as much of it and you start losing it, especially as your estrogen levels come down. That's why consuming collagen is such a great idea every single day. It gives your body a fresh supply to keep working at its best.

It's not only good for your hair, skin, and nails, but it helps to support your gut and metabolic health, immune system, cardiovascular strength, and all of your muscles and moving parts too. Collagen is nothing new. It's one of the oldest supplements out there. Collagen supplements have been around for quite a while now. But what makes Organifi so special is it's all about the quality. The non-organic collagen scare 16 me. They're really problematic because they can be full of glyphosate, pesticides and other chemicals that you do not want to be taking on a daily basis. Not all collagens are the same. It can come from many different sources and the source can drastically impact its potency and effectiveness as well.

Some manufacturers just go with the cheapest stuff that they can find and then add fillers and artificial flavors and they still charge you a lot of money for that. Organifi always goes the extra mile to ensure their quality is the best. They blend five collagen types from four different sources, and they taste and test until it's perfect. And then they go even further to test for things like glyphosate residue and other sneaky toxins that can get into the mix. After passing through all of these goalposts, it finally gets the Organifi seal of approval so you can rest assured it's the highest quality and non-toxic. I love that this company is a company that I can trust that their products will be safe and effective exactly as they say they will be.

In the supplement world these days, that kind of honesty and transparency is getting harder to come by. So, if you've never tried collagen, now is a great time to start. And if you're already taking it, now is a great time to switch to a better brand. Upgrade what you're doing right now so you and your entire body is gonna love Organifi Collagen. It is something that I take on a daily basis. It's been a part of my supplement routine for the past five years, since I went into menopause, and so I can't recommend it highly enough. Now let's talk about saving you some cash as well. Here's what you do. Go to organifi.com/myersdetox and put in coupon code Myers detox to get 20% off. Go to organifi.com/myersdetox and don't forget the Myers detox coupon code as well. You'll save an extra 20% off by putting in my special coupon code Myers detox. So, like I said, collagen's one of those things that I take every single day. It's one of the most important parts of my anti-aging protocol, the things I'm doing to fight off the clock. So for me, taking clean collagen is really important. It's hard to find, so I highly, highly recommend Organifi collagen.

Dr. Wendy Myers

It's tough because I think so many people have had this negative inner voice their whole life or that perfectionism is from trauma as well. You need to get to the root cause of it. You need to figure it out. You can do positive affirmations and things like that, but I think you also really have to get to that genesis of why you feel worthless and the whole family narrative and the generational trauma and just nip it in the bud so that you can just release that. It's a lot easier to flip that script than that negative in her voice.

Michelle Dawson

For sure, and you're so right. You literally have to go back and look at all of these things and realize what your project purpose was about, because that message that you have been given is that seed, that root, at least in the beginning of your life. But then who do you line up with? Let's say you line up with somebody that was given up or the black sheep of the family, you're gonna feel some of those same kinds of things. So, understanding, wait, that belonged to them, not to me and literally taking a step back and realizing, wait, I am a divine human being. All of us are. And slowly turning that, but you're right, affirmations. That's why positive psychology doesn't work. I love positive psychology. In theory, it's amazing. But you have to honor what you have been through. You have to go back. You have to see what has happened in the family clan. You have to name it, claim it, so that you can dump it and get to a new place.

Dr. Wendy Myers

A lot of people are doing that in therapy, they think that they are doing this work. I did 10 years of therapy off and on throughout my life. I thought, oh, well I processed that. I've processed my anger towards my parents, or I have been over and over and over this, and then still dealing with the same feelings and same patterns and things like that. Can you talk about how maybe therapy is, I don't wanna say misleading, but maybe misguided or kind of misses the mark a little bit?

Michelle Dawson

I thought I wanted to get a doctorate in psychology. And so when I was doing my master's degree in psychology, I had also been in therapy and knew about therapy and saw a lot of things, but also saw that so many therapists were super wounded and didn't really do any real work on themselves. People would go to therapy for 20, 30 years and nothing really shifted. That was curious to me. And then I learned about bio-psychology and health psychology and I was like, oh, that's super interesting. And at the same time is when my aunt had breast cancer. What ended up happening is the understanding about how this breast cancer was related to my uncle cheating and in her feeling completely separated.

So you talked about something very different. She may never have talked about it or she may have talked about it, but then not realize, wait, you come from this history. This is what happened with your ancestors. You line up with this person, you were named for this other person. All of that comes into play when you can say, okay, wait a minute. In traditional psychotherapy, there's definitely a time and a place. It's a great place to process something and talk about it. But for me, the reason why it doesn't work entirely is because you're not building a picture. You're not seeing that this is connected to this, that's connected to this.

You're not looking for the big picture. You're only looking at this and then even talking about the same old thing, you're talking about the same old thing. It's not resolved well then it is not working. So anything that is not working, it's just gonna be the same thing as still anger. And then I imagine Wendy, as you reflect about some of that anger that you did process, when you look at it from the timeline family tree perspective, you realize, oh, this, that's connected to this anger. Then you have the bigger picture, the root. It lightens the load. Is that true for you?

Dr. Wendy Myers

Yeah 'cause all the emotional trauma work that I've done over the years, I feel lighter and lighter and lighter and feeling like it releases these blocks where you're able to make these transitions in your life or upgrades in your life or opportunities open up to you that were essentially blocked before because you weren't ready to take that in or energetically you just weren't ready for it or whatever. But I like that as opposed to

therapy. When working with you, you're actively releasing negative emotions and I love that you use emotion code, which is Dr. Bradley Nelson's work.

I actually just interviewed him a couple weeks ago. I just love him to death. He has a new book called The Heart Code's coming out. Can you talk a little bit about the emotion code and how you use that to actively help people release stuck emotions?

Michelle Dawson

I love emotion code and what I said is so fun because Dr. Bradley and I got to be in the same documentary, Emotions 2.0. And so it was so fun. He was coming in as I was leaving, so we just crossed paths and so I didn't really know anything about his work. This is like 11 years ago. And then we ended up being at Dr. Lee Cowden. He had a symposium. Dr. Bradley talked in the morning and I was like, oh my gosh, this is so powerful. And then he heard me talk and he was like, oh my gosh. We've had a fun friendship over this. The way that I describe it is that with recall healing, you're recalling events of your wherever throughout your life and the emotion comes, but we don't always remember it.

We're not always aware of where that's coming from. That's where I love the emotion code, because the emotion code comes in and you're looking for the emotion and then the story comes. The first time that I got to do emotion code was in Texas, and he's giving a demonstration and one of the people came up. And of course, when it's your conflict, it's gonna be like right shining in your face, as you know. And so this guy comes up and he and Dr. Bradley starts to work on the heart wall. That kind of feels familiar. The emotion that came up was forlorn. And I was like, if there is an emotion that has described my entire life, it is forlorn. He gave us the ability to clear it for ourselves. We were practicing, we were doing, it ended up being 23 generations on my mom's side. That was about abandonment, feeling forlorn. It was a forlorn feeling.

It was so amazing, Wendy, because I had always had this vision of this tree, but because my mom was given up for adoption, and she always said, we don't have any family. We don't have any roots, we don't have this or that. But then all of a sudden it was like this glass ceiling that was busted open. And then all of the tree branches had this feeling of forlorn. That I was now connected with this family, so I released it. Dr. Bradley actually had to help us to release it because I had stopped at

17 generations, but it ended up being 23. And then that night my son had a bloody nose that was like 45 minutes.

In recall healing, we look at a bloody nose as being a memory of somebody dying of a stroke or an aneurysm. This beautiful story came about that maybe the original abandonment that happened was because somebody had a stroke and they had to give up their baby for adoption. That started this long history and now it's done. I use recall healing. We go in, we build the timeline, the family tree, and then we go deeper with emotion code. I like to teach my clients how to do emotion code. Dr. Bradley wanted everybody to know how to do emotion code, and then that's another modality.

It really is a beautiful marriage. It all works together. But I love that sometimes you can get to places in emotion code that I don't know that I would ever be able to get to 23 generations with recall healing without having that understanding.

Ads 52:40

This episode is brought to you by Chef's Foundry. They've got a fantastic line of cookware called P600. It's totally non-toxic. I think people don't realize that when they're cooking, most people's cookware is adding toxins to their healthy food. People spend so much money on healthy organic food and then cook it in toxic cookware. That includes cast iron, which I do not recommend. It adds way too much iron in a form that we can't absorb. People use aluminum cookware, which is very inexpensive, but it's used in most restaurants, giving us tons of aluminum. People are also using ceramic cookware, which can leach toxins into your food, and not to mention, the non-stick cookware that has many PFAS or PFOS, that is so toxic. It's one of the forever chemicals. So, you really have to pay attention to what you're cooking in.

That's why I recommend the P600 line by Chef's Foundry so that you can have peace of mind when you're cooking and you're not getting any nasty chemicals like lead or cadmium or nickel, or PFAS in your healthy food. You can get a special discount for my listeners by going to bit.ly/myersdetox to get an exclusive discount, just for my listeners. I want you to be thinking about what you're cooking your food in, and I highly recommend the P600 line by Chefs Foundry.

Dr. Wendy Myers

The emotion code is so simple. It's a very simple concept where you have a chart and there's 60 emotions on it. They're all negative emotions. There's one that's overjoyed and so I thought, what overjoyed? But it's out of balance.

Michelle Dawson

Yeah, but it's out of balance. When you're a kid and you're gonna go to an amusement park and you can't sleep because you're so excited.

Dr. Wendy Myers

Yes and it's interesting how you can do muscle testing or pendulum testing or whatever you want to use, and you can learn to do that technique, and then figure out what emotion it is that is harbored, that's stuck essentially and release it. And it's very, very simple. You just take a magnet over your head and just release it. You do a certain number of swipes as they call them, I don't know what the term is but yeah, you just do three or maybe 10, depending on what your muscle testing says that you need and you just release that emotion and it's so, so simple. It's amazing.

Michelle Dawson

It is. It is so amazing. It's so beautiful. When I taught my kids how to do it, they liked it. It's surprising and amazing because it works with animals too. I can't tell you how many times I've cleared emotions on my neighborhood animals. They call me the pet whisper in the neighborhood because they're like, Hey, our dog is doing this and can do that on my cat.

Dr. Wendy Myers

My cat cannot be alone.

Michelle Dawson

Oh no

Dr. Wendy Myers

I need to do that on my cat.

Michelle Dawson

It's true, Wendy. You totally have to do that on your cat. I have so many stories about that and it's just really fascinating.

Dr. Wendy Myers

Like I said, I've really, really enjoyed working with you and I have a lot of pretty, very sophisticated bioenergetic software and I can do scans on myself and certainly do that a lot to release emotional trauma and to detect emotional trauma or negative emotions. But there's something different about when you're working with someone like yourself and doing recall healing and really doing a painting a very detailed picture and timeline of your family tree and all the different traumas that you've been through, and just kind of picking through that one by one. It has a much richer fabric to it, if you will, where you're really honing in on things that you need to work on.

Michelle Dawson

That is so beautiful. I love and appreciate that very much and that you're willing to go there and it's true. The alternative is to stay in pain and to continue to do the same kinds of things. When people say like, well, that was in the past. Well, we have to revisit it just for a minute and give some breath to it to honor like how we were wounded and most of the time our parents aren't trying to hurt us. It's just they're doing the best they can. Changing it around just a little bit helps to have more compassion towards oneself and towards our family, especially just being able to see you still have to work through the anger. It doesn't mean that there's no anger or hurt there, but then it allows us to see another side. And that's what I also love about it.

Dr. Wendy Myers

If someone listening feels like their story is too messy or it's too late to heal, or they just feel like they're so far gone, what would you want them to hear right now?

Michelle Dawson

I would say that it's never too late and it can be overwhelming. So just breathe and just honor taking one little step and start to maybe even pick out what is one trauma that was really hard for you to deal with? And then divide your age in half. See what was there and divide your age in half and see what was there, and then you'll start to build the puzzle pieces for yourself and to be able to know, there really is hope. I never thought that I would be in a happy marriage after 25 years of not really being happily married and having dead ends and not really being able to ever receive real love. And now we just celebrated our fifth anniversary and I told my husband, oh my gosh, like five years happily married. What? This is a miracle. I feel like part of my story is to give people hope that there can be something different, even after really hard parts of your life and painful things.

Dr. Wendy Myers

Can you give us some client stories, like some things that are just really inspiring?

Michelle Dawson

There are so many things, like I had a young lady who had a brain injury. She had been kicked in the face by a horse and then she slipped a mickey at school. So it was like being in line at 15 and then again at 21. So that's a pattern of three. It's crazy. It just shows up that way. So we started to work together. We did all kinds of work, and she lined up with an aunt that was mentally ill. She lined up with this aunt that never got married. People were worried about her, all of that. So she got married a couple years ago. She just had a baby. She's happily married.

It's very fun to see children. My grandson had a brain tumor. We found this story 10 years ago, and the doctors said, oh, you know, there's a remnant that will never go away. If anything, it will grow, but you know what we know. We went to work and started to do that. And then this last June, he got a clean bill. The surgeon came out and he said, Adam, you totally surprised me. I'm releasing you and I'm retiring. So, it is really amazing that way.

And then healing of different kinds of cancers, really hundreds of different kinds of cancers. Sometimes things go away right away, especially things that are simpler, like colds and flus and understanding about different aspects of our being, whatever

it's affected, the more serious it is. It can be a little bit more challenging, it might take a little bit longer, but just having awareness allows for that to start to unfold and something to be just totally different and showing up.

Dr. Wendy Myers

Can you talk more about cancer? One of my very good friends who works with cancer patients says that the number one cause is emotional trauma. That's certainly the premise of German new medicine, Dr. Hamer's work. Can you talk a little bit about that? I mentioned doing this type of work can prevent illness like cancer, specifically because you're releasing these things that can then manifest in cancers in various organs.

Michelle Dawson

It's very true. We say that everything, illness, disease, behaviors, and even accidents, those kinds of things are rooted first in that emotional trauma feeling, stuck feeling, whatever it may be and that leads the way. We are seeing a huge amount of cancers that are coming out. But, if you think about that, trauma leads the way. The body keeps score, the body remembers. There's all kinds of books out there, very scientific based books that show the longer you are in that sympathetic overdrive, the more that your brain is going to have to take over to help you with that conflict.

In German new medicine, recall healing total biology, we say that cancer is not a malfunction, but rather a turbo function. And if you think about it, okay, during that time, my brain needs to help me to get through this situation. Then after I'm done with the situation, oh then I can go into repair. So like with Dr. Haller, whose son was tragically killed, but first spent three months slowly dying of his wounds. Dr. Haller was spinning in his mind, how can I help him? I'm a doctor and he's my son. So as a man that wants to give life to his son, his brain says, oh, how does a man give life? Through his testicles.

So then after his son passed, six months later, he had testicular cancer. That's why Dr. Hammerer said, wait a minute, the conflict is over. But there was stuff going on during that conflict that then the body had to shift gears and build back up that tissue that had been affected in the conflict itself. So every conflict, whatever

happens or whatever diagnoses that a person might have, you wanna look and see, wait, what is this? What's the body's reason for this particular thing? What was I experiencing in the last six months to a year that the brain said, you need this? And so again, it's not what we want, it's what we need.

If we convince our brain that, oh, I understand I was going through something super big, thank you to my body for what you have done, then the brain says, oh, she understands we can let this go. You don't have to be sick forever. You don't have to die for that.

Ads 1:04:43

For anyone listening who really wants to detox their body, go to heavymetalsquiz.com. I created a quiz for you. It only takes a couple of seconds and it's based on some lifestyle questions. You can get your toxicity score and get a free video series that answers all of your frequently asked questions about how to detox your body. Check it out at heavymetalsquiz.com

Dr. Wendy Myers

Yeah, and that's why it's so important if you have cancer or a loved one or you have an illness, a serious illness or not so serious, you really want to be doing this type of work to resolve those conflicts and you can ultimately resolve the health issue without physical interventions. I think that people always think of a physical health issue as having a physical solution. I need a supplement, I need medication, I need treatment, I need surgery, or what have you. And this just isn't the case. This is not the case at all. No matter what your health status, you want to be doing adding emotional trauma work, recall healing, or using bioenergetics and I'm using all these things to resolve all these things so that you can have your best health that you deserve and feel the best emotionally as well, and stepping into your true life purpose and your calling, whatever that would may be. This is just incredibly important work to do.

Michelle Dawson

I encourage everyone to take that step to be courageous. Sometimes we don't even matter that much to ourselves, but our children matter and we don't want our children to go through what we have gone through. So even if that is your motivation, you really have power in being able to help your children and grandchildren.

Dr. Wendy Myers

Can you tell us about your work? You have courses, you have books. Can you tell us a little bit about some of your resources that you have for people?

Michelle Dawson

I have several workshops on my website that are from an intro to the first basic levels. We're getting ready to start an institute in January that's gonna be completely online, with the exception of two workshops. I have a workshop coming up in a couple weeks in Georgia, Mind-body Skills Workshop. You learn some tools and even some muscle testing. , I teach that. And then in November I have a relationship workshop and that will be offered online and then ultimately recorded. I have a book that just came out, let me find it here.

I was a part of a book called Together We Rise, and it's just about 19 of us that wrote about our stories. I wrote about my five last names. So we'll just leave it at that. I'll have another book coming out, probably early next year. That's just mine. My website, Soul Tree Transformations, has a lot of information. You can contact me that way. I do personal sessions as you know. I can be supportive however I can help. I'm happy to do that.

Dr. Wendy Myers

Okay, great. Go to [Soul Tree Transformations](#) to get more info and to work with Dr. Michelle, directly one-on-one. That's what I'm doing. I have an appointment about once a month and really look forward to it. I've been very impressed with what I'm learning and the transformations I'm having. I just feel like my life just keeps getting better and better and better. And it's all of these tools that I'm learning and people that I'm meeting like yourself. Every day I pray to meet people or get the tools or the

software or whatever I need to get where I'm going. And to teach you guys also what you can use to elevate your life as well.

I test all these things out first. I'm really thankful that I met you and highly recommend for all you listeners out there to work with Dr. Michelle, if you're looking for the same journey to improve your life. Dr. Michelle, thanks so much for coming on the show.

Michelle Dawson

Thank you so much for having me, and it's definitely a pleasure to know you and what you're doing. I just honor you. It's really wonderful. Thank you.

Dr. Wendy Myers

Thank you. Everyone, thanks so much for tuning in to the Myers Detox Podcast, where, like I said, I'm trying to bring experts from around the world to help you, educate you, elevate your knowledge base and make those distinctions, so that you can make better choices in your life, better choices for your health, better choices for your family as well. Thanks for spending your valuable time here with me. I'll see you guys next week.

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