

ADDICTION

SUMMIT



Yogic Science for Addictive Behavior

Guest: Mutka Khalsa

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Dr. Paul: Welcome to another episode of the Addiction Summit. I am Dr. Paul, your host. It is my pleasure for this episode to introduce to you Mutka Khalsa. She is a Ph.D. doctor, the director of Super Health. She is the author of a couple of very important books on addiction that we will talk about and a whole program that we are going to get into that I think you are going to find extremely helpful if you are anywhere on the spectrum of addiction, or you just want to learn more and be enlightened. So, welcome to our show and welcome to the program today.

Mutka Khalsa: Thank you.

Dr. Paul: I think before we got started, you were saying you have been working in the field of addiction for about 30 years?

Mutka: That's' right.

Dr. Paul: That's as long as I have been working as a physician. I am a pediatrician and an addiction specialist. Perhaps you could start off by just sharing your personal journey that led to this point in your life.

Mutka: All right. Okay, to tell you the truth, I don't really know how I got so involved with addiction medicine. But I was studying yoga, basically Kundalini yoga and was studying with a teacher, Yogi Bhajan. And he came from India back in the late 1960s. And it was very accidental or organic how it happened.

But he attracted a lot of people who were seeking a spiritual essence of life back in the 1960s. And they were using a lot of hallucinogens at the time. And a lot of these people were attracted to him when he came because they were just seeking a way to some spiritual quest. And they discovered that through the yoga, they were feeling better. They were feeling a high naturally.

And one of the first things he said was drugs are a drag. He never advocated the use of at least non-pharmaceutical recreational drugs. He never supported that and always said that drugs are a drag. And basically that was really the start of Super Health, where he started to do experiments and really learned from these people who were coming to him about how exactly the Kundalini, meditation and diet were helping people to detoxify and to actually change their life.

And so that was very innocently how it all began. And from there I just took it and also very just innocently just started offering these kinds of services to people with problems.

Dr. Paul: That it is wonderful. I am pretty naive about yoga. And you mentioned the term Kundalini yoga, which I have not heard of before. Can you explain to our viewers what yoga and what Kundalini yoga is?

Mutka: Sure. Well actually the definition of yoga is union, union of your individual awareness or consciousness with that merger into the universe, universal, where you are not only thinking of yourself as an individual, but thinking of universal, the greater good for all. So that is actually the technical definition. It is union.

Kundalini yoga is the yoga of awareness. And I know today yoga is very, very popular. To be very honest with you, when I started many years, people didn't know what we were talking about. I had one government official say, "I know yoga. I had it for breakfast this morning." He didn't know what I was talking about. He thought it was yogurt.

But today it is different. Today, at least, we have heard about yoga. So how Kundalini yoga is a bit different, it is the yoga of awareness. It is an integration physical, mental and spiritual. The goal is to elevate and exalt our consciousness so that we can function on a greater level of awareness or service.

Dr. Paul: My story involved I came from Africa right after high school. I was very isolated from my support system. And I turned to cigarettes, to alcohol. I could have used some awareness back then.

And it took a while for me to figure it all out. I know your center, Super Health, deals a lot with addiction. I wonder if you could help our viewers just sort of sum up what do you consider an addiction?

Mutka: An addiction is really anything that you cannot stop on command. It is an addiction. And that could either be to an external substance--drugs, alcohol, cigarettes--or it could be to a behavior, even just a negative mindset, lying boasting, jealousy, resentment, negative outlook. And we kind of get fixed into that. So really, it is anything that we cannot stop on command could be termed an addiction.

Dr. Paul: Yeah. I think that is important to conceptualize. I know people. You probably know people who, for example, gossip. And they are just negative, talk about somebody else that is really of none of their concern, really, if they were working on themselves. And it almost feels like they can't go on without doing that. That would be something, by your definition, right, that would be an addiction.

Mutka: Sure, Yeah. It is behavioral as well. And, of course, some habits are very, very positive. And, of course, you want to keep those. Many of these habits are destructive and they turn into an addiction where it becomes very difficult to break, unless and until you become aware of it. And then you can actually start making some changes.

Dr. Paul: Super. So you mentioned that becoming aware of it. What do you suggest as the process of becoming aware?

Mutka: The process is just through something like Kundalini yoga. It works with the energy within our body. You know, each one of us has energy. It is what we do with energy that either gets us into trouble or elevates us. It is what we do with it.

And so, as we go through, let's say, a kula, or a particular set of exercises, it works from the lower centers of consciousness to your head, to your brain. More oxygen goes to your brain. You are able to think clearer, be more aware, pay more attention. So it is very precise. It is very exact. It is not haphazard. It works with the energy within your own body to elevate that so that you are feeding your brain with that oxygen.

And with that, there comes even that aha moment, where oh, I understand. I get it. Things start falling into place. And the technology is what helps us to build on that.

Dr. Paul: Okay. I know I was watching one of the videos on the Super Health site. And one of the young ladies had an incredible story of being from the sex trade, I think. What a horrendous background she came from. You could see she was in the healing and giving back. It was just amazing. But she talked about the technology. And that is a term that I don't quite know what you mean. Can you elaborate a little bit?

Mutka: Sure. You know, technology is basically a set of teachings. It could be a yoga set, a particular order of yoga postures, incorporating the breath, incorporating also a mantra. So there is a particular set of words that you are uttering mentally to yourself while doing the exercise to keep the mental focus as well. It is more than only just the physical. It is mental, as well. So, it is synchronized together.

And then also a technology would be a meditation. That is what really, I think, is the strongest point of what we offer. We all have these theories about addiction and they are all accurate. We come from the medical world. We come from the recovery sector. And we have an intellectual understanding of the nature of addiction.

But unless you actually do something besides talking about it, do something to actually recalibrate the programming of our brain, that computer chip. It's set in a particular behavior, a particular mindset, particular attitude. It's like a default. It always goes there as a default. But what the practice of, let's say, a particular meditation will do is it has the ability to recalibrate that, to repattern that into a new set of thinking, of acting, of behaving. That is the thing that gives it so much hope.

Dr. Paul: Yeah. One of my other speakers on the summit was talking about the pathways in the brain that cause dopamine to be released by our repetitive addictive behaviors. Think of them as a rut that just gets deeper and deeper and that pathway becomes so ingrained that you have to do something, as you are mentioning, to sort of get out of that pathway.

I know that you are the author of books that I think specifically address this topic. Perhaps you could tell us a little bit about those books. I am a practical person. So, I am going to get your books for sure. Meditation is not something that I was naturally or still am not naturally good at. So I need some real handholding.

Mutka: Right. Well, you know, to tell you the truth, nobody is really good at it in the beginning. And the thing is, sometimes people think, well what am I supposed to do? Think of nothing? It is very hard to think of nothing. Of course it is hard. It is impossible.

The mind has the ability to think of 1000 thoughts with every blink of the eye. That means up, there is a blink, that is another 1000 thoughts. There is another 1000. That is how active the mind is. It is all over the place, all over the place. It is just 1000 thoughts and it runs us ragged. We are exhausted just because our minds are so active.

So what the purpose of meditation actually is, is just kind of stow it, stow it for a moment, even with a simple mantra like "inhale sat." Sat is truth. Nam is name, or identity. So when you say sat nam, you are actually acknowledging the true identity of that person, which is true. They are there. So something simple like "inhaling sat, exhaling nam."

Now, if you are doing that, let's say I asked you to do that, just breathe deeply for 1 minute, you might be able to do it pretty good for like maybe the first 15 seconds, first 20 seconds. You're really committed to it. You're very enthusiastic. And then all of a sudden, you are off in some detour. And you don't even realize that you are. And then you remember that, "Oh, I am supposed to do this sat nam" and bring it back.

It's a process. It's a training. It's a training of the mind. And so as the mind begins to get good at it, eventually you practice enough you get good at things. You get good at it. But the benefit is that in the quietness [inaudible], it awakens your own intuition. And that's where your own answers lie in the fullness of your own self. So we believe that you have your own questions and you also have your own answers. Who knows you better than you?

Dr. Paul: Very good.

Mutka: Our job is just to help people get into that place where they actually know what to do and then also have the inner strength to actually do it and to trust it.

Dr. Paul: So, if you were going to help me today, right now, do a 15 second sat nam...

Mutka: Let me just guide you then. Right? So what we could do is we are just going to--and I will guide you--is just to do a few 5 second complete inhale, 5

second hold and then 5 second exhale. So all right, do for a few times to do that round. All right?

Dr. Paul: Okay.

Mutka: So just sit straight with your spine straight and close your eyes. And now inhale through the nose. Inhale deeply, deep, deep, deep and hold. Lock the breath, hold it, hold it. And now very slowly exhale, exhale, exhale. Completely exhale all the breath out. Inhale deeply, deep, deep, deep and now hold the breath. Hold it. And very slowly exhale, exhale, exhale, exhale.

One more time. Inhale deeply, deep. Powerful inhale as much as you can and hold it. Lock the breath. Lock it. And now very slowly exhale the breath. Exhale and relax.

Dr. Paul: That was the best breathing I have done in forever. Folks, you should try this. It is one those healing things, they say why don't you breathe? I'm always one of those shallow breathers, mind spinning.

Mutka: You know, it is so simple. Sometimes it is so simple, we think there has to be more to it. And it is very natural if you find yourself dizzy or even lightheaded, because more oxygen is coming into your brain than we are used to. We are used to breathing very shallowly.

Dr. Paul: Yeah. For sure. That is me in a nutshell. So one of your books, I think, is *Meditation for Addictive Behavior*.

Mutka: Yes. So what it does, it has 12 meditations, something like this being one of them, very simple. When I wrote it, my first consideration was safety. But you could put this book in anyone's hands and walk out of the room. They wouldn't feel intimidated. It is not over their head. It is very, very simple, but yet impactful. Twelve meditations for breathing, 12 nutritional tips and 12 inspirational spiritual quotes to elevate the spirit, the effervescence of life.

Dr. Paul: Wonderful. Fantastic. Do you happen to have the book? I would love to see what the cover looks like. When I order a book, I want to make sure I get the right one.

Mutka: Yeah. It is on our website.

Dr. Paul: Fantastic. *Meditations for Addictive Behavior*.

Mutka: *Meditations for Addictive Behavior*, and then it says "The Super Health Way for Recovery to Self Discovery."

Dr. Paul: Wonderful. Why do you think it is so hard for us to resolve difficulties, especially if they are addiction?

Mutka: Because we live in an addictive society, a global society that is always looking for the easy way out. And I think the root cause, the root, is just stress. We're all operating and trying to function at such an accelerated fast pace, unlike anything that we have ever seen on this planet before.

Dr. Paul: Yep.

Mutka: And that taxes the nervous system. I mean, things are so available at the tip of our fingertips. We can Google anything. So in that regard, we are superior, light years ahead of where we have ever been. At the same time, the price that we are paying is that it weakens us. This fast pace is so stressful in terms of weakening, of disability. And what that translates into, when our nervous system is weakened, it is difficult to meet the challenges of everyday life successfully.

We need inner determination and grit and strength, that we cannot fall apart every time something happens that doesn't go our way or there is a challenge or pressure in life. We need to be able to withstand the pressure of everyday living. And so that is why something like the nervous system, the glandular systems, all these systems are so important. Unfortunately, they get broken down and weakened, not only from the obvious drugs and alcohol and cigarettes, but also even from junk food.

Dr. Paul: Yep.

Mutka: It disables us. It weakens us. Fortunately, there is a way to rebuild that. And that is what we are talking about.

Dr. Paul: That is fantastic. In my book, *The Addiction Spectrum*, I talk about 6 or 7 key factors and the X factor is stress, just exactly what you are talking about. And I don't think people appreciate all of the various things in our modern society that are stressful. So I have this little gadget here. It is a little screen that gives me little warnings. And I am drawn to it. It is like, "Oh, it is just my wife." It is those alerts you get on social media.

I'm driving to work and I'm listening to the news. And it's not good. And I am feeling my stress level go off. I wonder if you might, while we are on the stress topic, just touch on your key things people can do that would help them reduce stress in their lives.

Mutka: Okay. Also, I must add, and we will talk a little bit more about this, is nutrition is really important as well.

Dr. Paul: Yes.

Mutka: Food is very, very important in this formula.

Dr. Paul: That is my number 1 in the book. Yeah.

Mutka: And the simplest one is water. Actually water is something that helps us to deal with our emotions so that we could act effectively and not react emotionally. There's a way that we could support ourselves. We could help ourselves.

So a simple thing to do, and I definitely advocate in the morning, because this is how we start our day, this is like on good footing. So you start your day. What you could do is drink a glass of warm water and squeeze like half a lemon or lime. This helps alkaline the system. And slowly drink that and begin your day with that. It helps to irrigate the system as well and eliminate, you know detox.

I would suggest doing some stretches, extending the leg, keeping the leg straight, grabbing the furthest part of the leg that you can, whether it is your ankle, your calf, your knee. Even if you just look in that direction, it is good.

Dr. Paul: That is about all I can do at this point.

Mutka: It is absolutely fine. I think more than anything is just the consistency and the commitment to it. It is not how far down you go or how long you hold it, but that you are committed to do it, because that is how good habits get set.

And so you just stretch yourself out. You could sit straight like this in a chair, inhale and then exhale, keeping the elbows straight and just relaxing your spine. This helps release a lot of tension in the lower back area, which is where we hold a lot of our stress and tension in our lower back. So inhale and then exhale, keeping the elbows straight. And then one can do a bit of neck rolls like this.

So you work out some of your kinks from the sleep. And then just sit, even just to begin with. If you don't have this book, you just inhale like I demonstrated to you. Inhale a full 5 seconds, hold 5 seconds, exhale 5 seconds. Do that for 3 minutes. If 3 minutes is too long, do it for 1 minute. Whatever you feel, the individual feels they can commit to.

And if they could do this consistently for 40 days, what you are doing is you are starting new habits. And that is a commitment that we have the opportunity to make to ourselves. It has nothing to do with anyone else. Can I do this? Can I commit to something? That's what develops deep roots. So that when the wind comes, the storms of life hit, we are able to sway in the breeze rather than just break and have a nervous breakdown. Drinking water is also very, very good.

Dr. Paul: So what you are telling us, I think I really get it. But I want to make sure. So, when I wake up in the morning, I drink a tall glass of warm water with some lemon in it. I do some stretches. It looks like it would take just take a couple of minutes, 2 to 3 to 4 minutes. And I spend 2 to 5 minutes deep breathing as you demonstrated with me. That takes about 10 minutes. And I have set my day on a whole different spiritual level, it feels.

Mutka: That's right. And this is really the first sign of self love.

Dr. Paul: Oh, that is beautiful. You know, when you are addicted, folks, I have been there. There is this emptiness, this hopelessness, this angst. And I used to try to fill it with alcohol, in my case was the biggest thing I used. And I felt more and more empty as time went on. It did not do it. It was a false promise. Like you get a momentary little buzz, maybe, but then you feel worse.

Mutka: Exactly. So, it is a very, very small investment. But it is an investment by you, for you, within your own self. Like I said, this is the first sign of self love. And can I commit to that? It is a very short period of time. But can I commit to that and can I prioritize this every day, with no games.

Because I will tell you what is going to happen before it even happens. One of those days, you will make a 40 day commitment and one of those days you will be exhausted, ready to fall asleep at night and then you will remember, "Oh dear, I forgot to do my meditation." What are you going to do? You have a choice.

And the mind will play. The mind will say, "All right, you get up and you do it because I committed to myself I am going to do it." Or, your mind will play and it will say, "Well I am so tired, you have been very good. You are so perfect. Give yourself a little. You will do it twice tomorrow. It's fine. And this is not a business arrangement. This is not a business deal. This is what are you going to do when you are confronted with yourself?"

Dr. Paul: Wow. So because we are human and we will sometimes get stressed out and forget our morning routine, it is still okay to do it later in the day.

Mutka: Of course it is. It is good, though, to set a certain time so you develop that consistency. Like I mentioned, the time is best early in the morning, because that it is going to set that tone for the day. If you would like to do in the evening before sleep, that is also a wonderful time to do it. It will help the sleep be very restful and calm and peaceful. You could do it that time as well.

But definitely at least in the morning, even if you have to get up 10 minutes before, because this is my commitment to myself. So there are no excuses, "Well, I have to rush." I am getting up early to account for that time, to be with me.

Dr. Paul: Yeah.

Mutka: So take time to connect with what I call your source. You know, we don't talk about religion. That is very, very personal. But spirit, yes. Spiritual is simply the spirit, the vivaciousness, the connection between you and the One who has created you, your source of life.

Can you not spare 5 minutes, 10 minutes every day, just to connect and reconnect to the One who gives this breath of life very faithfully, very dedicatedly? This is not a right. It is a privilege. We don't know the next breath will be there for us. None of us do. Can we not have an attitude of gratitude, an attitude of grace, to at least give a few moments as we begin our day in gratitude and connection to the One who gives us the rest of the day?

Dr. Paul: Yeah. This is just beautiful. I imagine you have some sort of practice like this that you implement into your life every day still.

Mutka: Yes, of course.

Dr. Paul: So I would invite our viewers, make a 40 day commitment and join Mutka and I. I am going to start and I am going to try and create an online community where people can connect. And we are going to embark on this journey, right here, right now. There is no better time than today.

And my hunch is, and I would be interested in your experience, because you train trainers. Your center has a retreat, I believe, and you train people once a year and then, of course, other ways of supporting people. But I would be interested in your experience that when people just implement this, what kind of results are they seeing?

Because if I am an addict out there, I am probably thinking, well that is not going to save me from my heroin, or my meth or my alcoholism. But I have a

sneaking suspicion when you start tapping into your true inner self and your spirit, things happen. What has been your experience with this?

Well, you know, it is life changing. It is life changing because all of a sudden your priorities are different. You know, you may live exactly the same way the rest of the 23 and half hours of the rest of the day, but there is some part of your life that begins to add color to your life and more of a fulfillment filling that emptiness that you say is very great in addictive behavior. And you start to reconnect, rekindle that gracious, manifold attitude of life.

And then with that, one no longer wants to really hurt themselves. Nobody wants to hurt themselves. They just don't know any better. My belief in this field for a long time, people are extremely sensitive. They are very sensitive souls. They just sometimes feel so overwhelmed. They don't know what to do about it.

And so they just kind of like throw up their hands and, you know, who cares? I care, you care, we all care. Each person is a precious human being that has the right and the opportunity to be happy and to live in peace.

Dr. Paul: Amen. Yes. So the yoga approach here is helping people break these harmful habits, right?

Mutka: It is helping in the way of first of all acknowledging the fact, to be very honest with you, that it is not their fault. It is not their fault. It never was and it never shall be.

Dr. Paul: Shame is such a huge piece of addiction. I was so ashamed of my inability to stop drinking when I was in that world that I had to hide it. Right?

Mutka: Exactly. So, you know that is the first thing. And to tell you the truth, a lot of this imprinting gets set in very early childhood.

You know, we believe from 3 years, you could potentially have this addictive personality. By 7 years, 11 years, it doesn't take very, very long to start figuring out, you know, this is my reality. This is the way things are, whether it is their home environment or their world, just their world around them. By 11 years, they are pretty much set, this is the way it is. And nothing I could do can change it.

And so they come to a conclusion like where is my place in the world? Where is my place in the home? Where is my place in the family? And a lot of times they come to a conclusion. Like I said, it is not really their fault. They may grow up. And this is for all of us, because none of us have a perfect situation.

You know, there is some anger there. They are angry about something. We are fearful about something. We are mistrusting. Maybe we put our trust in a situation or person that was not worthy. Or whatever.

But what we have the opportunity to do is really to rewrite again--it is all about the brain--to rewrite that and to give ourselves the opportunity through specific practices that enable to come to terms, like you shame and guilt and blame. It is emotional pain, whatever the emotional pain of that emptiness is. And they are all sisters. They are all related. Could you separate fear from anger from insecurity? They are related.

And so once you begin to fill that and do, let's say, a particular practice, our outlook begins to change...Our patterning of the brain begins to change. We have more of a hope that people believe in us. They are not judging us. They are accepting us for who we are. And that gives people so much hope that it is okay. It is all okay and we all have the opportunity and the right to be happy.

Dr. Paul: Yes. You are outlining what sounds like very simple--you have got to do them--but very simple approaches that will heal a multitude of--I don't want to use the word sins. But, you know, as we grow up we just sort of absorb and misuse all this information we are getting about ourselves and eventually turn for relief and it is not working. Right? We are really in trouble.

Traditional medicine, some of the 12-step programs, talk about addiction as a disease. My background at this point is as a doctor and addiction specialist. I treat opiate addicts and work hard to get them off completely free. But it is a disease model. I wonder what you think about that.

Mutka: You know disease, dis-ease, not at ease. Well now we are back to the stress. We are back to stress. You know I don't believe that once an addict, always an addict, forever and always. And we have to keep talking about it. And I caught this disease.

You know, whether that is true or not true, you are still back to the same place. There is something I can do about it. Now, I am going to do something about it. You know, we can hypothesize, we can talk about it. And we are great at talking about it. We get really, really good about talking about it.

Even people who are using, I mean they have 2 or 3 Ph.D.s in talking. There's no way you are going to compete with someone on that level. You are never going to win. But to sit with the fickleness of our mind and the fidgetiness of our body and just to sit there and do it and go through it, even though our

minds are all over the place. And our bodies can't stop moving. And just to still and do that, that is noble.

Dr. Paul: Yeah. In your program, you have education and training programs, do you not?

Mutka: We do. I come from a background of running, actually, a facility, a residential facility that became a specialized hospital back in the days when yogic science wasn't even as popular as it is today. But today we are primarily concentrating on training people who are on the front line, like nurses or yoga teachers or therapists, or even people that just want to improve the quality of their own life and gain greater insight into basically polishing up who they are. You know, we don't have to be using anything. We just want an opportunity to enhance my own self.

Dr. Paul: Sure. Could you share maybe some exercises? I know anxiety is a huge piece for most people struggling with addictions. How do you address that?

Mutka: Anxiety, yes. Again, you know, that is energy. You know, it is what we do with the energy. And being anxious and panic attacks, again they are all linked with anger, with fear.

What happens is that energy gets stuck at the naval point. The naval point is very important, because it is the location of the umbilical cord. It is the center of your being. Seventy-two thousand nerve endings are centered at the naval point.

Dr. Paul: No way.

Mutka: Yeah. The naval point is extremely important. If any of your listeners know anything about karate, you know that chi energy, the chi power is the center of your being. And so the naval is very, very important.

However, like I said that naval energy is related to anxious or that heat energy. Heat is fire. It could burn down your house or cook your dinner. It is what you do with it. It could either serve you or it could burn down your house.

So, a simple exercise to do. Now this is a little bit different than the first one I showed you. But you are going to pull the naval in as you are utter the vibration "har." The tip of the tongue is going to slide right in back of the teeth. It almost sounds like a d sound. So you are going to pull the naval in as you utter "har, har, har." Exactly. You pull that in.

Dr. Paul: Like you are doing a sit-up kind of pull, where you tighten your abdominal muscles.

Mutka: Exactly. Pull it in. Just even visualize that going back toward your spine. What you are doing is you are unlocking this clogged up energy that we don't want to burn down our house. Right? It is basically what we are doing.

"Har" means "God." Right? So the tongue goes in back of the teeth. Your hands are like this. And you are going to push it out in front and then bring it back into fists. Then you are going to push it out on the side and bring it back. So it is going to look like this. Your eyes are closed. "Har, Har, Har." You push it out and bring it into a fist. Push it out.

And it is all at the heart level. The heart is the center of love or the center of fear. So look, we are unlocking this any kind of blockage energy at the naval that may be related to that fire energy, anxious, panicky, fearful, anger, all of that energy at the naval. The heart, any kind of fear, we are transmuting that into love at the heart level. That is why you keep your arms at the heart level. Okay?

So we are doing many, many, many things. Even in 3 minutes, I guarantee you will feel completely different.

Dr. Paul: Interesting.

Mutka: "Har, Har, Har, Har, Har, Har." And also, as you're pushing it away, mentally push away anything that is feeding that anxiousness, that panic, that picture, that problem, whatever it is mentally. So it is not only physically, mentally push it away. Push it away. In 3 minutes your cheeks should get red. It will feel completely different.

Dr. Paul: Remind me again, what is the meaning of "Har?"

Mutka: God.

Dr. Paul: Would it work to say God, God? Or is it better to say "Har?"

Mutka: That brings up a whole other topic.

Dr. Paul: I would have to go there, right?

Mutka: That brings in a whole other thing with mantra, chanting and nod, sound healing. Simple. The simple definition is the tip of the tongue and top of

the palate have a very special relationship. And this helps trigger the hypothalamus, the frontal lobe. This is what re-patterns that computer chip.

Dr. Paul: So, it is important to be able to have that word that gets the tongue to the roof of the mouth?

Mutka: That is right, exactly.

Dr. Paul: Okay, good to have that clarification.

Mutka: That's what makes it so effective. That is what makes it a science. This is not just, I am saying a nice word, like, "Oh yea, I feel good. I feel wonderful." It's not. This is an exact science. And the thing is, it works if you understand how it works or not.

Dr. Paul: That is the beauty of this, folks. We just have to try it. So many of my patients struggle with anxiety, just incapacitating. Right? Those panic attacks, where some people actually are vomiting. Their heart rate is just racing. And here is a practical, simple to do, just do it. Right? I mean, if you don't try it, you can't say that looks like whatever. You have to try this. Is this in one of your books?

Mutka: It is in one of my books. And it is also very much part of what we do in the training. The training, we have 2 beautiful manuals with all of this technology. And we have opportunity to actually practice this. So the very experience is a hands on experience of how it really works. As well as the food and being served the food and juices and therapeutic juice blends and formulas. Everything is exact, so that those facilitate the change in the human being to absolve the self.

Dr. Paul: We were going to get back to food. So I think we ought to touch on it. It is so key to healing. And it is the number 1 thing I bring out throughout my book, *The Addiction Spectrum*. But I would be really interested in your take on what we should and shouldn't do with regards to food.

Mutka: Okay. So water is your best friend. You should be drinking about 2 liters at least a day. Adding a lemon or a lime to it is excellent to help alkaline the system. Many times the system becomes too acidic and disease gets attracted to a more acidic system.

And I would say if a person is just beginning nutritional awareness, I would say to incorporate good things rather than start taking away. So, I would say drinking more water. Fruits and vegetables, organic if possible, are great. They are foods that give life.

Also, chewing your food--50% of digestions occurs in the mouth. Many times when we are eating, we drink liquids. And so what happens is, it discourages that full chewing principle. You don't have teeth in your stomach. And so you are losing 50% of that. And a lot of times our elimination and digestion gets kind of affected because we are not chewing properly.

Dr. Paul: Yeah. One of my other guests said chew 30 times per bite. I am like a snake. I just sort of inhale it. And it has been really hard for me to try to slow down and chew.

Mutka: Well, here is something interesting. Chew your juice. You are like, how do you do that, chew your juice? Have it go around your teeth and your mouth.

Dr. Paul: So we have got some water.

Mutka: Yes. Here we go.

Dr. Paul: I can swish it around a little bit.

Mutka: Exactly. Yes. So, it is also what we eat and how eat. So I would say fruits and vegetables, whole grains. I would try to stay a bit from the fried foods and heavily micro-waved and processed foods. This has usually a lot of sugar. And then we're dealing with the response of sugar and how that affects us and sugar blues and all that.

So pay attention even to the labels of what you are purchasing. What is in it? You want high fiber content, low carbohydrate, low sugar content. This is all really, really going to impact how you feel. So, I would say all these fried foods, processed foods, try to have fresh rather than canned. Try to have organic.

And I think also just an attitude, again, bringing grace into your life. Before you actually sit, just within your own self, just feel blessed that you have this food in the first place. And may it nourish your body and give you life.

We need food to live, to continue. And then I would also think about what time, you know how close to bedtime are you eating? And are you eating heavy before bed? That is going to affect your sleep. People are fighting with insomnia and they don't know why or how it is related. Many times, the first question I ask is what time are you having dinner and what are you eating for dinner?

So all these things are going to impact how a person feels. And I am vegetarian. So I don't eat meat, fish, or eggs. And so, that is up to the

individual. But again, it's just whatever you are eating, try to chew your food. Sit down, not walk when you are eating. But let this food do what it is supposed to do. And it is supposed to nourish your body and give you life.

Dr. Paul: Absolutely.

Mutka: And just have an attitude of grace in your life. Pay attention to the contents of what you are eating and the time of day or evening. You want to have your bigger meals more at lunch, I would say, than later on in the day or before bed.

Dr. Paul: Right. Since you said you were a vegetarian, could you share with our viewers your technique for getting enough protein? I know there is always that question, "Do I get a good enough variety of protein?"

Mutka: Protein, I think is a myth. I think we think we need more than we actually do. You know, for women, you need maybe between 45 and 60 mg a day, depending upon how much you exercise and work out. Of course, men need a little bit more than that.

But a great content is almonds. You could soak almonds. In fact, that is in my book, too. Before bed, you could put a small handful of almonds in water and let them soak overnight. In the morning, their peel will come right off. In a perfect world, it is best not to have the peel. It helps wrinkle your skin. So it just pops right off. Almonds are a great source of protein, and certainly tofu. Any of the nuts, walnuts are excellent, Brazil nuts, macadamias, some soy products, tofu. You really don't need as much as this myth is that we see.

Dr. Paul: And beans and lentils, probably.

Mutka: Beans and lentils are really good.

Dr. Paul: So seeds, nuts, whole grains, beans, lentils, these are your sources of protein and you can absolutely get the full complement that you need.

Mutka: Definitely.

Dr. Paul: Yep, for sure. Before we part ways, because you just have an essence of connectedness, that I would like you to try to maybe share your mission and your vision for what you hope people can find and bring into their lives.

Mutka: You know, I do believe that it is the birthright of all people to be happy. We create our own misfortune just because we fight with our own self.

We fight with our ego. We have it all figured out, and that does not necessarily go that way. So we set ourselves up for misery and unhappiness. Just to slow down and appreciate.

What my greater vision is, is I would like to change public opinion. It may sound simplistic, but meditate rather than medicate. Not to say that medication does not have its place. Of course, it does. We know that and we appreciate that. I also think it's a balance. I don't think it is the first thing that we do as soon as a person comes to our office with an ailment is write them a prescription and send them on their way. I think we could do more than that. I think we could do better.

I think if we had the time to sit with a person and ask them. Okay, you're coming here because of insomnia or fatigue or stress, depression, whatever it is. Ask them those significant questions. What are your sleep patterns? What are your eating habits? What do you eat? When are you eating? What is happening? You know, those significant questions. And we have the liberty to have that time for people, to be with them.

And then to try at least a simple breath, a simple meditation or a simple diet or something. And give that a chance first and foremost. Then, of course, if that does not work, then you have the opportunity write a script and to do what we have to do. So, like I said, it may sound very simplistic, but to really change public opinion about let's meditate rather than just medicate first and foremost and send people on their way. I think we could do better than that.

And I do think there is a place of integration of physical and mental and spiritual. In the public sector and health care, I think that there is no need to be shy about our spirit and to be able to uplift ourselves and that of another, to bring hope to another person and to be selfless about that. So, I think being healthy, being happy and being whole, being holistic physically, mentally and spiritually, to uplift the self and exalt the self.

Dr. Paul: That is beautiful. Mentally, physically, spiritually. Let's meditate, not medicate. I love it. Doctors who might be watching, I am one. We were taught to label and treat. So we are quick and good at it. You know, you have anxiety. Here is your prescription. You have ADD/ADHD, you have depression, you have addiction, you have opiate addiction. We have got medication, pharmaceutical solutions we call them.

But they tend to be Band-Aids. And they are not addressing that inner spirit that you are talking about. Meditation, this session here and the tools that you bring through your books and through Super Health really can get those

of us, I am speaking for myself, for sure, who are not well versed in meditation, we need to have a starting point. And so I really thank you for bringing that to us.

Perhaps let our viewers know how they can find the information to start on their journey of meditation.

Mutka: Yes. Well, please feel free to visit our website. It is super-health.net. My personal email, which you are invited to contact me, is super-health12@gmail.com.

The next 8-day course is in March, March 23-30, 2019. It is a wonderful, wonderful opportunity. People come from all over the world, because it is that unique and specialized, to actually go through these teachings and practice it. And not just know about the food, but eat the food, drink the special juices. And have the opportunity to have this retreat, be with fellow colleagues and friends and learn through experience.

Dr. Paul: Lovely, lovely, lovely. Any parting words for our audience?

Mutka: Contact me at any time. We are available. This is why we are here. So we would love to have you reach out. Contact us if you are interested. We have training in other places besides in New Mexico once a year, shorter training, weekend, day long. We are available for lectures. Just contact me. And my philosophy is we try to go where we are invited. Any place that we are invited, we try to make it there.

So with that, let us just feel so blessed and so grateful for who we are and the opportunities that come to us and to have these wonderful friends and colleagues throughout the world and that we work on ourselves together.

Dr. Paul: Fantastic. Thank you, Dr. Mutka Khalsa. This has been a very special and important time. And for our viewers, you now have the resources. Tap into this and we will see you at the next episode.