



Christiane Northrup

Jessica Ortner: Welcome to the Tapping World Summit 2020. This is your host, Jessica Ortner. By listening to this interview, you agree to the terms located at TheTappingSolution.com/disclaimer. We hope this interview helps you become a healthier and a happier you.

I'm going to start by quoting my guest. "Your intuitive understanding of your body is as important as a doctor's assessment. Anyone who has dealt with a health challenge is often bombarded with opinions and options, and/or a lot of uncertainty and unanswered questions. It can feel overwhelming trying to navigate your own healing journey, but your body is constantly trying to communicate with you through your intuition."

So how do you begin to understand and communicate with your body and discover what it really needs to heal? That is what you're going to learn today. To show us the way, we are speaking to my dear friend Dr. Christiane Northrup from DrNorthrup.com. Dr. Northrup is a board-certified OB/GYN physician, and a New York Times Best-Selling Author of *Women's Bodies*, *Women's Wisdom*, *The Wisdom of Menopause*, and *Goddesses Never Age*. Her latest book is called *Dodging Energy Vampires*.

So after spending 30 years on the front lines of women's health, she is now devoting her life to teaching women, and men, everything that can go right with their bodies and how to make this their daily reality. I love speaking with her, welcome Dr. Northrup.

Dr. Christiane Northrup: Always a pleasure, Jessica, always a pleasure.

Jessica: We always have fun! This is a big topic and you often talk about how the body communicates to us and how our physical pain is a form of that communication. What do you mean by that?

Dr. Northrup: What I mean is that the soul, actually, comes to us through our bodies. It comes through hunches that we have, through dreams, through intuition, and oftentimes if we don't pay attention we get hit with a bigger hammer. But there is another aspect that I want people to know, and that is of course the work of Eckhart Tolle, who talks about the "pain body". The pain body is actually created by the unfelt, un-



fully-processed emotions of fear, dread, anger, overwhelm that started usually in childhood when we are overwhelmed by the pain bodies of our parents, or by our culture, our heritage... In other words, we inherit the pain bodies of our ancestors, and it is our job, it's our job, to be present with these and to transform them. I believe that that's one of the things the soul asks us to do.

Now, what does modern medicine do? It would lead you to believe that every symptom is simply a deficiency of a drug, so you lose all the magic. Then there's the other thing, which is that what we focus on expands. So what are we taught? We live in an insane culture! If you watch television, regular television, network television, I think 80% to 90% is supported by the pharmaceutical industry. The ads actually create a post-hypnotic suggestion that you will get this, you will get that, it's only a matter of time. Then there are the cultural portals, and the work of Dr. Mario Martinez, who I adore, points out that it is our culture that tells us what to expect, and so the degree to which we remain healthy depends on the degree to which we can get our power out of the outside, the doctors, the drugs, your mother-in-law, whoever it is, and back, as Caroline Myss says, behind our eyes.

So that starts with you saying, "I'm going to work with this, with this symptom. This symptom did not come out of nowhere and land on me, this symptom did not happen because I suddenly turned 30, or 40, or 50, and I've read that you have to get your first colonoscopy by 50, or your first mammogram, and it's all downhill after menopause." In other words, you need to own what's going on with you and then you need to step out of the portal. "This is happening because of my age; this is happening because at this time my cholesterol is too high...." In other words, we're always hypnotized into this cause-and-effect thing. There is room for that, of course, but it shouldn't be 99.9% of the conversation.

Your power is understanding that your body is fueled by your spirit, by a part of you that you can't see, you can't touch, but it's always in communication with you. And very, very often, it comes through the pain body. Our job is to just be present and not feed the pain body. I love how Eckhart says, "The pain body is a semi-autonomous being, and it kind of lives on its own, and it keeps itself alive by needing to feed." There's a reason why we have so many vampire TV shows right now. It needs to feed regularly. What does it feed on? Negativity! It feeds on negativity, fear, anger.

So one of the things that I love about tapping is, tapping acknowledges all the pain, right from the get-go. Then invariably, tapping starts to bring in the messages of the spirit and it ends on a much higher note, a higher vibration: hope, joy, humor, often



humor, laughter. Those have very high vibrations, those emotions, those energies are incapable of feeding a pain body. So one of the first things you have to do is you've got to step outside of the notion that you are your pain body. It's not you, it's something that you've created, or you inherited, and you have the power to dissolve it by first noticing what it is. It's not you, you see?

Jessica: Do you have either a personal story or a client story of how this shows up? The way that looking at our emotions and looking at the messages of our body can create a transformation?

Dr. Northrup: Oh man, there's so many in everyday life, but I'll give you a current one. One of my good friends woke up every morning, every morning, every morning, with anxiety. I know this is a big issue. Anxiety always means that the pain body is in the driver's seat; always! So he began to notice what thought he had before the anxiety would come. The first thing you have to do is, you have to separate yourself from the anxiety, which he did. "The anxiety isn't me, what is the anxiety about?" The anxiety was invariably about: "If this continues," and in his case some sore muscles that led to difficulty with doing his regular work, "If this continues, I will be in a wheelchair. I can't continue living like this. This is not getting any better." He'd find that the anxiety was moving way out into the future, where there's no power whatsoever.

The more anxiety, the more anxiety... it's like a lint roller. You know, there's plenty of lint, and then there's more and more on the roller. When he began to realize, "Oh, oh..." My friend, Julie Ryan, who is a medical intuitive, has a wonderful, wonderful way of stopping that train, the anxiety train. It's this: you take a thought, whatever it is, "I'll be in a wheelchair in a year," whatever, or, "I'm going to be alone the rest of my life." "This chronic pain will never go away, I've just been given a diagnosis that's completely incurable, I only have six months," whatever it is. Or, "I'm 35, I haven't met the man of my dreams, I'll never have children," whatever it is. You say to yourself, "Is this thought going to kill me in the next two minutes?" It's a thought, but, "Is it going to kill you in the next two minutes? Is it real?"

If it's going to kill you in the next two minutes – a car is going to hit me, jump out of the way! That's a legitimate thought. But a "I'm going to be in a wheelchair in six months," is not. That's what she calls fake news, that's fake news.

Then you realize it's just what your mind and your ego is doing. It's what it always does. It catastrophizes, it awfulizes, and let me say as a board-certified medical



doctor, the entire medical system is based on this. My friend Pauline calls it, “it’s not a medical care system, it’s a medical *scare* system.” We’re always taught... What are we in now? So we’re taught, “Oh, you’d better get your shots for this, for that, the other thing.” We’re not taught that in the vast majority of people the immune system will protect you. We’re not taught that the vast majority of people who are bitten by a tick will not get Lyme Disease. We don’t study that part. I want to fan the flames of that part of us. That’s our innate intelligence, that is our inner wisdom, that is our spirit, that is divine love.

It is far more powerful than we ever give it credit for. So my friend with the anxiety began to notice that his whole life he’s been enslaved to his body. If I don’t do this, I won’t get strong enough, this muscle will deteriorate. He was a major athlete and all of that. He said, “I’ve been a slave to my body my entire life. This is ridiculous! This is ridiculous!” Because there’s no power there. The power is in the present moment, really.

Jessica: I’m curious, when we are catching ourselves thinking about the future and worrying about our health and what might happen, what are those thoughts and beliefs doing to our body in the current moment?

Dr. Northrup: What a great question! Here’s what they’re doing. Let me give you the science of what they are doing. They’re beating the poor adrenals into producing more cortisol, more epinephrine, which then in turn causes blood pressure to go up, heartbeat to get higher, and/or irregular, and ultimately they are producing insulin levels and blood sugar that is too high, they’re wreaking havoc with steroid hormones, (estrogen, progesterone, testosterone,) and they’re sending those sex steroids down a path of creating more stress hormones called cuticle estrogens. This is what menopause is about with many, many women because midlife is a turning point. Men too, by the way, but women just happen to have this period that begins to get irregular and then stops.

But what happens under this condition of awfulizing, catastrophizing, having anxiety, worrying about the future, worrying about your health, have you had your this, have you had your that? You are constantly removing yourself from yourself, making yourself an object to be observed, and worrying about the worst-case scenario. Here’s a current one that’s amusing to me, and that is, after re-assessing all the women’s health initiative data, the powers that be have decided that every woman better start taking estrogen within ten years after menopause, menopause being the last menstrual period, because that’s her window. And if she doesn’t start taking estrogen in that ten year window, she’s at greatly increased risk for



Alzheimer's disease and decrepitude and all the rest of it.

This is one of those things where you look at the statistics, and that may be true for some women, certainly not true for all women, but the dialogue is, "Oh my god, oh my god, oh my god, I just heard this information, I'm now 57. I didn't start that stuff when I was 47 when I had my last period. That's it for me, I'm going to start having Alzheimer's." Then what happens is you get busy and you forget where your car keys are, or you forget where you put your cell phone, and then you say to yourself, "Oh my god, I'm getting Alzheimer's, I'm starting to forget. I can't remember this person's name..." And then that's more stress hormones, more unstable blood sugar, more lack of cardiac coherence. It's the beginning of chronic degenerative disease, which begins with your thoughts, because it is your thoughts and beliefs that drive your behavior!

So what do you do then? "Oh god, this feels horrible, I'm going to have to have a beer, I'm going to have a couple glasses of wine or chocolate cake." That's how it works.

Jessica: Right, yes. So I'm seeing here that the pattern we have to be very careful about avoiding or breaking if we're already in that pattern, is looking into the future and creating the worst case scenario and this worry, so that we can come back to the present moment and be present with our body to figure out what our body really needs. So with that in mind, I would love to do some tapping focused on the anxiety we feel about the future.

Dr. Northrup: I would love it. Everyone could use that. *Everybody* can use that.

Jessica: Yes, wonderful, so I'll be guiding everyone through the tapping. Dr. Northrup, if you can repeat after me, that would be great. Let's just start. Let's get ready by taking a nice, deep breath in, and exhale. And think about your future. Do you notice yourself having this pattern of worrying, of thinking, "Well, I'm experiencing this pain now, what's going to happen in the future? Are things going to get worse?" Notice all of that worry, and give it a number from zero to ten, ten being very intense, zero feeling calm. Also notice where you feel it in your body, because we don't think thoughts and just have them live in our head. We experience them with our body. When you worry about the future, is it a tightness in your stomach or pressure in your chest? Do you feel your jaw being tight? Notice how it shows up and also measure that on a zero to ten scale.

We're going to start tapping on the side of the hand. Simply repeat after me.



Side of Hand Even though I have been struggling with my health
And now the future scares me
I honor how hard this has been
And I'm open to a new way

Even though I've really been struggling
And it feels like a lonely journey
I honor how hard this has been
And I give my body permission to relax

Even though I've been through a lot
And I'm scared of what's to come
I accept how I feel
And I give my body permission to relax

Eyebrow I have been struggling
Side of Eye It's been a long journey
Under Eye It's been a lonely journey
Under Nose It's been a confusing journey
Under Mouth I've been feeling stuck
Collarbone All of this pain
Under arm All of this discomfort
Top of Head Things are tough

EB I honor how hard this has been
SE I honor how brave I've had to be
UE And I begin to notice this pattern
UN I notice the worry
UM What if things get worse?
CB What if things get worse?
UA What if I can't get better?
TH All of these unanswered questions

EB Has left me believing the worst
SE And I'm losing my power
UE By worrying about the future
UN I acknowledge this pattern
UM I acknowledge how hard this has been
CB And I'm open to a new way of thinking



UA	Because right now and right here
TH	I am okay
EB	Right now and right here
SE	I am making progress
UE	Right now and right here
UN	I am safe
UM	I am safe
CB	And I give my body permission to relax
UA	Relaxing more and more
TH	It's safe to let go
EB	It's safe to stop thinking
SE	And just to be with my body
UE	I notice my breath
UN	I fill my lungs with precious air
UM	And I exhale what I no longer need
CB	I'm further along than I realize
UA	I am so proud of myself
TH	This is just the beginning

Take a nice, deep breath in, and exhale. Just notice how you feel, notice your body, if it feels lighter, more open. Notice the worry that you had before. Notice how that number has shifted. Sometimes when we tap, we get ideas or inspiration. That is our intuition speaking to us, so if anything came up while we were tapping, take note of it. Really take it in. What did you think about that, Dr. Northrup?

Dr. Northrup: I loved it, and I'll tell you why. You literally went through... it was like composting all of your stuff and then coming out of it is this rich, fertile soil. What that tapping script does, and did, is it literally takes those thoughts, it honors them, because they're very common, everyone has them. Then by acknowledging them, because every feeling just wants to be felt. That's all it is, it just wants to be acknowledged. So the spirit part of you says, "Nice job, you're here, thank you, I hear you." But it's like having a two-year-old running your life. "I hear that you have a need, and I'll get you some water in a minute, but you're not going to run my life."

So then you come around to the present moment where all your power is. It's very interesting, in this culture we have the idea that worry buys us something. I heard that the writer Stephen King says his fear keeps the plane in the air when he's



flying! There's this idea that if we worry enough, due diligence, kvetch enough, it will somehow buy us something. Now, this could be true in other arenas. The absolutely opposite is true in the physical body. I think that's what I want people to know. Worrying and looking for illness... I remember as a resident I was told that my job was to be up all night, smoking out problems before they happened. I never will forget how that made me feel. It's like, "No, you're not allowed to sleep, you're not allowed to eat. Your job is to prevent anything bad from happening to these 30, 40 women who are in the hospital, on the ward tonight. That's your job."

I remembered thinking, "That is an impossibility, because it makes me into their higher power and it takes them out of their own inner authority, where the power lies." Now what would be the perfect balance, where you have all of the support of the medical system, which is very good at monitoring, and at the same time, you're empowering people through this kind of tapping of script to be in touch with their own ability to develop lower blood pressure, cardiac coherence, parasympathetic rest and restored tone, as opposed to "fight, flight, or freeze." Because that's what the thoughts of the future and anxiety, they're ironing in fight, flight, or freeze, none of which is a state that one should be in overly long. It's a fantastic state to be in if you have one of those thoughts that "Yes, this is going to kill me in the next two minutes, jump out of the way now!" That's what that biochemistry is for, to save your life. But it's going to kill you if you live there and you're always listening to fake news.

Jessica: Yeah, I have never, ever looked back and thought, "I am so happy I worried so much about that. It was totally worth it!" Not ever, even if something went wrong, I've never been like, "Oh, that worry, that really helped."

Dr. Northrup: Yeah, oh, thank God I did that.

Jessica: Exactly, yeah, it's important to catch ourselves because, you're right, we hold on to the worry because we think at some level it will make us smarter, or more determined, and that's not the case. You can still care deeply, and you can still search for answers and you can still talk to doctors and research, but if you're doing it from a place of fear and a place of power, it's a completely different result. You'll also be making different decisions. That actually brings me to my next question, because you often talk about listening to your intuition, and for many, we're not taught about intuition. When you're a child, no one tells you about your intuition. For many, it can feel like a new concept.

So when you're trying to tell someone, if you are struggling with your health, it's



time to listen to your intuition. What does that mean?

Dr. Northrup: Well, it's interesting, John Holland, the wonderful psychic medium, was doing a workshop recently and he said, "Intuition is the compass of the soul." It's where you know something with no data, and it is our first language. Collette Baron Reid says, "We call it the sixth sense; it's actually our first sense," and children have it. Children will say, "I don't like Uncle John; I don't like this person." And what they're saying is the energy of the person... something is off. If we listened to how our children feel about something, and taught them to pay attention to how their body feels instead of telling them, "Oh no, you don't have any imaginary friends and Uncle John loves you, everything's fine," it undermines this first language, this soul language that we're born with. And our entire culture undermines that soul voice, our entire culture.

But what's really exciting, and what's happening now, is people are waking up to knowing that we can no longer trust the institutions that we've been taught to trust, right? The medical profession, the banking system, our political system. You can't really trust the things that you've been told... the educational system, "Pay \$250,000 for this college education and we will assure that you'll get a good job." You can't assure that anymore!

Jessica: Yeah, it's all giving up your power.

Dr. Northrup: It's all giving away the power, and we've been taught to give away our power. Now, I don't think the sky is falling. I think what's happening is people are waking up to their intuition, to their true consciousness. I see it happening all over the place, and that's a wonderful thing, but it comes to you... Here's what I used to do when I did surgery, particularly, by the way, tubal ligations, so that a woman would no longer become pregnant. I would say to her, "Listen, if you find that you've changed your mind. If you get this intuitive hit that you don't want to do this, that there's another soul that needs to come through your body, you let me know. And if I'm wheeling you into the operating room, I will stop, and I'll even drive you home." Because I would want women to know they could stop this parade.

I used to have recurrent dreams of marrying my high school boyfriend. I would be at the altar, and I would turn around and say to the assembled group, "I have changed my mind, but let's all have a party anyway." I would have that recurrent dream, and I had a family member who married somebody, who knew she was marrying the wrong person, but she continued along because her mother had already sent out the invitations. Now, the reason I'm telling you these things... a wedding is a



sacrament. It's a cultural portal, and when the ball gets rolling... or scheduling surgery, the ball gets rolling, or scheduling chemo, or any of those things, is a big cultural deal.

I want people to know that if they change their mind, if they have a bad feeling about this... How many stories did we hear about 9/11 where people had a ticket for that day and then something happened, where they just didn't get on the plane? Or someone whose alarm clock didn't go off, so they weren't in the building on that day? This is how intuition plays out. Now, I'm not saying that therefore those who were killed weren't listening to their intuition. There are bigger mysteries at play always, always, always.

So the way to do this, the way to navigate this, is to remain curious, but I want to empower everybody to stop the train of whatever it is. Stop the train! If you have a bad feeling about a medical treatment, about a drug you're on, about anything of that nature, then stop the train and become curious, and say, "This doesn't feel so good for me right now. Let me gather more information, let me see what this is about, and I'll get back to you." Now, you don't want to work with anybody, with any medical professional, who doesn't honor that. That has to be honored, because what happens now is we've put the doctor in the place of the parent. Actually, at this point, especially if you're in California, the doctor no longer matters. It's going to be the state that matters. We're moving toward that. That's a Pluto transit.

But anyway, our own authority has got to be honored, and we need to learn how to honor it and not think that someone outside ourselves knows better. A very good person... investment, by the way, works the same way. When I met with a new accountant, he said to me, "How comfortable are you with the tax code? My clients are anywhere from one, ultra conservative, to ten, where their toenails are right over the edge of the cliff. Where are you comfortable?" I said, "Seven".

Actually, you do the tapping thing, we could come up with, "Where are you comfortable? Do you trust yourself? On a number from one to ten, where is your self-trust that you will be able to have the agency to do what you need to do for your health? Where are you comfortable?" Some people absolutely need a doctor to tell them what to do. I was working with a guy who was very worried about his father. So let's talk about family members for a minute, because one of the worst things you can do, by the way, if a family member is sick, is worry about them. It's like sending them an envelope with old skull bones and ashes in it. It's not helpful. It's really not helpful.



But anyway, he said, his father was on chemo, and he was very worried about his father and the effects of the chemo. I said to him, “Does your father like his doctor?” He said, “My father thinks his doctor walks on water.” I said, “There you go. It doesn’t matter what the chemo is doing to your father. What matters is his trust in what he’s doing and his trust in the treatment is a ten. And you cannot help him by coming along and undermining his trust in the treatment, even if, and this is hard to say and hard to hear, even if you know that the treatment is killing him.” Because you can’t create in someone else’s life. We’re taught that we can – you can’t!

Jessica: Part of navigating this journey and, as you said, stopping the parade, stopping that momentum if it feels wrong, is the ability to say no, or the ability to say, “Let me get back to you. I’m going to check with another doctor. This doctor doesn’t really feel good, so let me find another one.” So many of us, and this is something I have struggled with, we’re people pleasers. So when you have someone in front of you who is an authority, and you don’t want to hurt their feelings, you don’t want to question them in case they get offended, so then you end up going towards something that doesn’t feel right to you in order to protect someone else’s feelings.

As ridiculous as that sounds, it happens all the time. So I think a big part of this, and something we can tap on, is the ability to listen to our intuition and say, “No, I want to go to another doctor, I want to try something different,” but to advocate for ourselves.

Dr. Northrup: Then what you would need, Jessica, is you would need a tapping script around the guilt that you will feel when you say yes to yourself, and no to someone else.

Jessica: Yes, yes. That’s why oftentimes when we do the tapping, we have to do the tapping before and after. I have had many clients where they have known they have to have a difficult conversation. They tap before the conversation, but then after the conversation they also tap on the response, because we can’t control someone else’s response, and when we begin to advocate for ourselves, whether it’s with our doctor or within our own family, if people around us are not used to that, they do have a reaction, right?

Dr. Northrup: Oh, they won’t like it, which is why in Cheryl’s book, *The Art of Extreme Self-Care*, she’s got a whole chapter that’s “let me disappoint you.” There’s no way that you are ever going to remain healthy and happy, and have sovereignty over your life and inner authority, if you can’t deal with disappointing somebody, because your yes to yourself will invariably disappoint someone else, invariably. I mean, I’m even



watching it with my daughter. She's now at a wonderful time in her career, which means that she has to travel sometimes and leave her two little girls at home with their dad. She always feels bad about it, because when she was a little girl and I left for speaking engagements and so on, she had such severe abandonment issues that I couldn't call home and talk to her. She'd just lose it.

But she's working through all of that, and not stopping her career so that she can protect the feelings of her little girls, who by the way do not have the abandonment stuff that she had at all, at all. It's like, fine. But what she's doing is she's cleaning up an inherited pain body, as it were, so it will not land on her children.

Jessica: Right. I think that we can even break this down even more to telling other people when you need to rest and take care of yourself.

Dr. Northrup: Oh my goodness, that is so huge. I will never forget... I was at a workshop, and they were introducing nonviolent communication. We had cards with a list of needs, and with a list of emotions. We had the emotion cards, we had a need card. I saw that there was, on the needs card, the need for rest. I will never forget it, I thought, "Oh my god, that's a legitimate need?" Because my training was, as it is for many, many first responders, by the way, and in many businesses, that your worth is determined by how little rest you need. So we laud, and almost build statues, to those people who only need three hours of sleep a night. They exist, and I am not one of them. So when I realized how little rest I had had in my life, and being up all night delivering babies and all that, I began to make rest a priority. I began to enjoy the guilt that came up when I would wake up in the morning and I didn't have anything planned, and I would go back to sleep.

I turned it around to the point, for a while there, for a number of years, if I would sleep till 11 in the morning, which I sometimes did after travel, I would congratulate myself. I would run around and almost have a ritual celebration of having allowed myself that much rest. I don't need that anymore, but I did. So what I would say to people is, when you identify a need that you have never allowed yourself to meet, and if you've been in a family who've made it their business to make sure that you never meet that need, because you're there to meet the needs of the family, then when you notice it and you begin fulfilling the need, despite the guilt which will be there, begin to celebrate the fact that you noticed and that you got a need met. Because at the end of the day you're the only person who can meet that need. We desperately want someone else to see what we need.

I remember being on call sometimes for 72 hours straight, and one shift of nurses



after the next would come on. They would say to each other, “Have you had your break yet?” No one came up to me and said, “Have you had your break yet?” Ever! I desperately wanted someone to come up and say, “Have you had your break yet? Could I help you out here? It would be really good if you went and put your feet up.” It never happened. I had to do it for myself.

Jessica: Yes, and for a lot of people it never happens, right? We don’t live in a culture, like you said, where we’re looking at rest as a good thing. Often we look at it as a weakness, unfortunately, and what our body needs to heal is that rest. It’s for us to stand up for our body and to listen to what it needs and to take action. In the workbook, I’m going to break it down and we’re going to do a lot of different tapping scripts and different aspects that we’ve talked about today, but what I think would be great to tap on now is to begin to communicate with our body and to make a promise that we’re going to listen and we’re going to speak for our body, that we want to defend our body.

Dr. Northrup: I love that, and then your body will relax because finally someone is taking care of it. You’re being the mother you never had.

Jessica: Yes, exactly! So let’s start by taking a nice, deep breath in, and maybe throughout this conversation, certain emotions began to arise. Maybe you heard us having a conversation and there was a part of you that was thinking, “Oh, well it’s easy for them to say!” Notice that part of you that’s just resistant, even if you’re annoyed at us. Notice what feelings come up when you think about taking time to rest and speaking up for yourself. Notice that resistance, and on a zero to ten scale, with ten being the most intense, note that resistance.

We’re going to start by tapping on the side of the hand, and simply repeat after me.

Side of Hand Even though I’ve been struggling
And it’s been a lonely journey
I love and accept myself

Even though it seems easier for everyone else
I was stuck with a bad body
And I struggle to speak up for myself
I honor how hard this has been
And I’m open to making it easier

Even though this has been a big challenge for me



And making a change feels overwhelming
I honor how hard this has been
And I'm open to more ease

EBrow My body has been struggling
Side of Eye And I'm struggling to take care of my body
Under Eye Because I feel all of these emotions
Under Nose Frustration
Under Mouth Anxiety
Collarbone Disappointment
Under arm It feels unfair
Top of Head It seems easier for everyone else

EB And I'm on this lonely journey
SE Fighting against my body
UE Stuck in these circumstances
UN I acknowledge how hard this has been
UM And I'm open to a new way
CB And that starts right now, and right here
UA By listening to my body
TH And speaking to my body

EB Hello body
SE I know you've been struggling
UE And I've been mad at you
UN I've been criticizing you
UM And I know it's hard to feel better
CB When someone's constantly criticizing you
UA It's hard to feel good
TH When someone is constantly ignoring you

EB It's hard to feel empowered
SE When someone is constantly pointing out your flaws
UE I'm so sorry, body
UN I'm so sorry, body
UM Under these hard circumstances
CB You've been doing pretty well
UA I'm ready to make it easier on you
TH By listening to you



EB By having patience with you
SE By having compassion
UE I'm ready to make it easier on you
UN By noticing what you need
UM And putting your needs first
CB And part of me is nervous
UA Because I haven't been good at this
TH But I'm willing to practice

EB I'm willing to try
SE I'm willing to speak up
UE Because you deserve it
UN I promise to be kinder to you
UM I promise to listen to you
CB I promise to have patience
UA We are working together
TH I love you, body

Take a nice, deep breath in. Then just notice how you feel. Notice if that number has shifted. Think about standing up for your body, saying no to someone else, taking more time for yourself. How does that feel?

Dr. Northrup: You know, it feels so good, and I have to laugh because you have a little child now. Would you ever treat him the way you have sometimes treated your body? Never, never.

Jessica: Never, and you know, when he's feeling sick, I notice that's when he's really snuggly. That's when he needs my love the most, he needs to be in my arms. And we're the same way, we need our love and our compassion the most when we're struggling. We don't need to earn our happiness, our own love. It's something that we inherently have, and that we need to give ourselves, especially in those moments when we're struggling.

Dr. Northrup: That's right, yeah, you've got to be a good parent to that little kid inside. Which comes through your body. What do you notice a lot about, what do we say about little kids? We say, "They're tired, he's tired, he needs a nap." That's what we say. Do we say that to ourselves? No, what we say to ourselves is, "You stupid fool, you ought to be able to..." whatever, right?

Jessica: Yes, and I found with advocating for myself, it's really hard until it isn't. What I



mean by that is, it is hard at first, for everyone. If you have lived your whole life putting your body aside and ignoring yourself, it is challenging, and you do need support with tapping. And you need to practice. At first it's awkward. I would say no to someone, and Chris, I would speak for like 30 minutes about all of the reasons why I can't show up. And I realized no, I just can tell them, "I'm sorry, I can't make it."

Dr. Northrup: That's it, no excuse needed, none. You are so right on that, yeah.

Jessica: Yes, it takes practice. I say that because it's normal and it's okay that it's a little uncomfortable in the beginning as we learn how to navigate this for ourselves.

Dr. Northrup: That's right, and especially when it comes to the body, because what do we have now? We have a system where you have all these authority figures calling you up now. "Have you had your...?" whatever it is. It's like our bodies are put into position of a naughty child. I remember having people come to my office, one woman who was in great health, she was 82, she thought I was going to yell at her because she hadn't come in for the last 20 years. I said, "You've been healthy, right?" She goes, "Yes," and I said, "Congratulations!" It's like we believe, or we're taught to believe, that the body cannot be well without constant monitoring, and it's not true.

In the studies of healthy centenarians that Dr. Martinez has done – we're talking healthy people who are over 100 – you say to them, "When's the last time you saw a doctor?" And they say, "I don't know, my doctors are all dead." What I want people to know, as a physician, I want them to know that each of us has the ability to remain healthy and well. We really, really do. You don't need constant monitoring. What I realize, with the tapping scripts, it's always tapping into someone's innate intelligence at the end, if you're really doing it. If you're really staying with the messages, which are of course coming out of the fascia, which is a secondary nervous system that maintains all the beliefs and so on. They live in the body, physically. It's like flossing your teeth, it's like flossing the emotional body.

Jessica: Definitely. I know that when we're struggling with a physical ailment it can feel very isolating. You can feel lonely and even speaking with doctors, it feels confusing. Sometimes we do have to take a proactive approach to our health and to our wellness, but what are your thoughts around how to make that easier, or how to know what the next step is for us? I know we've answered that in a sense with this tapping, but I think it's important to bring up again, what do you want people to remember as they navigate their own healing journey?



Dr. Northrup: Okay, first thing to know, the doctor, nurse practitioner, whatever, is working for you, for you. They don't have control authority over you, so don't give it to them. My favorite patients have always been the ones that take responsibility for their health, have called me when they need something, otherwise, "Fine, we'll see ya!" So do not think you owe them anything, you don't. When you go in, does the place feel healing? Does the person feel like a healer? Most people who go into medical care want to be healers. It's increasingly almost impossible to maintain that as the system breaks down to breakthrough, but they want to be healers.

And take someone with you, especially if you're the kind of person who wants to please. You talked about people pleasing earlier, and many, many people want to please authority figures. So you want to please the doctor. This comes up a lot if you take your parents into the doctor, because that generation really wants to please the doctor, and so they'll often not even tell the doctor what's been going on. "So I want to appear that I'm doing well..." No, you're here because you need help. So feel the atmosphere, is this a healing place?

I went with a friend to the Massachusetts General Hospital, one of the renowned institutions in the world. And when the doctor came in, the guy made no eye contact, he just looked at the chart, the whole thing. I said to my friend, "We're not coming back here. I don't care if this guy won a Nobel Prize, this is the worst energy I have been around as a doctor in years. We're not going to come back here." So take someone with you, trust your gut, because ultimately, I don't care how educated you are or how many PhDs, you've got to have a good feeling. When people say, "I have a good feeling about this choice, I have a good feeling."

Remember also that your good feeling about a drug regimen, a nutritional regimen, may be totally different from the feeling that your spouse or a family member has about that. It might not be working for you, and I don't know if... my sense would be that the people drawn to tapping are more open to broader ways of looking at health than someone who just goes and does what the doctor tells them, and gets the prescription filled, gets the vaccines recommended, and, "Oh, we're good to go for a year." Okay, it's like my patient who said to me, "My breasts are being taken care of at the Lehi Clinic." I thought, "Really? Because mine are being taken care of on my chest."

So anyway, you literally trust your gut when you go in. Do you like the way you're treated? Do you like the way the thing feels? Do you have a good feeling about it? If you don't, if there is a shred of doubt, then give yourself a break. Delay, just like



when someone asks you to do something and you have to say no to them, you just say, “Let me think about it for a minute. Let me get back to you.” That’s the first thing, stop the train right there. And as you have gotten better at it, and I’ve certainly gotten better at it, then you’ll get better and better at just stopping the train. “Hmm, I don’t know...”

Then I’ll often come home, by the way, and I’ll use a series of oracles, of pendulums, I might call a friend, all of that, because the intuition often has no language. Let’s be clear, it has no language. One of the things about tapping that’s interesting is that toward the end of a script, you’ll often have a language that you didn’t have at the beginning, right? Like you said, emotions will come up, feelings will come up, memories will come up, and you’ll go, “Oh, I get what that was about.” So give yourself time to allow this language. When I say, “Listen to your body,” it’s such a great concept. But it’s not so easy when even the whole practice of medicine is to get a frickin’ diagnosis.

If you all knew how the diagnostic codes work, or causes of death, it’s not what you think. It’s not straightforward. It’s not cut and dried, so don’t put so much faith in a lab test, in a diagnosis, it won’t help you.

Jessica: Yes. Well, this has been wonderful and I know that a lot of people need to hear this and to feel more empowered, so again I’m going to put more tapping within the workbook. Dr. Northrup, this has been incredible and really important. Thank you so much for being with us.

Dr. Northrup: Thank you, it’s my pleasure.