

Caspar ([00:00:00](#)):

What makes a great doctor board certifications or maybe specialties or curiosity and commitment to personalized care. Our guest today is one of the few doctors dedicated to expanding her toolkit and offering all available treatment options to our patients. This is the story of Bioenergetic Medicine with Doc Dr. Ashley Salomon, Dr. Salomon. So good to see you again. You're one of my favorite doctors and people out there, and I just saw you last week, so thank you for coming back. And it's great to see your face so quickly, or, you know when I saw you in LA the other week, you were just coming back from a Dr. Joe Dispenza event, and you are, you are, I think, still high off of it, <laugh> not getting sleep, you said. How are you feeling now, a week or two outside of that event?

Dr. Ashley Salomon ([00:00:49](#)):

You know, that's a great question. I'm actually feeling even better, I think because I, to be honest, didn't have that much time to sleep there. <Laugh>, we were doing so much meditation. My favorite was this 4:00 AM pineal gland meditation. I had just the most incredible experience, one of the best I've had in meditation, and I've been meditating almost 20 years now. But I will say I kind of had that, I was running on empty when you saw me. Mm-Hmm. <Affirmative>, and then I kind of crashed a little bit. I had to keep up with my clinic and patients and work. And now I'm just in this great steady state where I am. I am motivated to make sure I'm not just doing like a short meditation, but a really solid, at least an hour meditation a day. Sometimes I fit it in when my kids are asleep. But it's really been good for me. I, I think I tend to have a nervous system as a sensitive person that can get a little off kilter fast, you know? And I can get into a state of having to do things and thinking too much and not being in my body. So I will say just the hour loss of meditation that David doing right now has just been incredible. I feel just very embodied. I feel like I can regulate my nervous system faster.

Caspar ([00:02:01](#)):

Yeah. Me and you are the same in that sensitive type and always in our heads and racing. And that's why things like meditation and doing it right and going to these events like Dr. Dispenza is so many others out there are so essential. And I, I, I know we have been in that spot. We've recorded, we we still gotta finalize it, by the way, our sensitive podcast series.

Dr. Ashley Salomon ([00:02:21](#)):

Let's do it. <Laugh>. <laugh>. Let's do it. Casper,

Caspar ([00:02:24](#)):

So much about being sensitive isn't just ruminating your head and overthinking things or even being, I would say introverted. It's picking up on the very subtle energy of things and

Dr. Ashley Salomon ([00:02:36](#)):

Absolutely.

Caspar ([00:02:37](#)):

Right. And, and that brings us to, you know, the, the story. This is all about bioenergetics, and I believe energy medicine is the future. You believe that I know as well. But I want to kind of like set the framework because so many people are like, what is energy medicine and what is bioenergetic medicine? What is it to you?

Dr. Ashley Salomon ([00:02:57](#)):

Great question. Question. I'm going to keep this concise because obviously it's a topic that we could talk about for hours and hours. Yes. Let's start with bioenergetic medicine. I think the idea is that we have a biofield. We know this, we've measured it, we've measured energy centers in the body, which have been also called chakras. And we've measured meridians in the body. So we know that our, there are, that our body responds to certain frequency, certain frequencies resonate with certain tissues in the body, certain organs in the body, even certain bugs in the body, which is one thing that's wonderful about a lot of the new machines, many of which are from Germany mm-hmm. <Affirmative> out that can actually say, Hey, there's a frequency of a parasite in your body, or there's, or frequency that's not quite matched with who you should be, or your tissue's not quite resonating at an eye optimal frequency compared to healthy tissues.

Dr. Ashley Salomon ([00:03:50](#)):

So we do know from science as well now that there, our body resonates with frequency, but I think on top of that, we're, we're figuring out how we can tune into the bioenergetic field. And that's with energy medicine. Yeah. And it, it's interesting. I, I feel like the term energy medicine just keeps broadening with time. Like, I feel like the, the meditations I'm doing every day, and I sensed this a long time ago when I first started meditating, I was having all these mystical experiences that I didn't know what was going on. But what I realize now, it's because our bodies, when we are in more resonance, they really tap into the energetic fields all around us that we can't see, right? Mm-Hmm. <Affirmative>. So our, our bodies are so interesting in that way, and there's a lot more space in our body that is just space.

Dr. Ashley Salomon ([00:04:43](#)):

Mm-Hmm. <Affirmative> than actual physical form. So I, and I think that's all beautiful because I think more and more is gonna get unraveled with the levels of healing we can have from just understanding this. And then I, I would also say, so I, I've mentioned machines as part of energy medicine, that there are machines that can tap into frequency and balanced frequency. And there are many ways that that can happen with pen, post electromagnetic field, with other magnetic fields with photon, because our bodies do release bio photons. So there are all those, those ways that we can use energy medicine and then we can use our own bodies because we can do meditation, we can tap into our own energy centers, we can tap into our own being and where we, we are in this giant magnificent <laugh> universe that we're in. And meditation's probably one of the best ways to feel into that. And then there's actual energy medicine where people can be kind of pure conduits for directing frequency in signal into other people. So that's where I think most people know reiki. But there's so many different kinds of energy medicine. There's sacred geometry, there's healing, touch, acupuncture, acupuncture's been around, they document what, for over 4,000 years, but it's been even longer.

Caspar ([00:05:57](#)):

Yeah. It's one of those things, when you say energy medicine, people are like, oh, you mean acupuncture? It's like that. That's a facet, right? That's a little effect, right? That's like saying sports and being like, oh, you mean baseball? It's like, it's one, yes, it's one many others, many, many others. And again, everything is energy. So it's all energy and it's all medicine, like lights around. You can be me. Sunlight is a form of energy, medicines, frequency and, and vibration. So some of, so much of what we see out there is truly energy medicine. And we are at our core energetic and spiritual beings. And I know that's a big thing for you. You like to go beyond the physical body and understanding what's going on with your patients and really address that emotional, the trauma, the purpose things, which is your,

which are the spiritual. How do you incorporate that to, I, I don't know about your population of patients, but the population overall don't see that as medicine. So do you get that, that you get patients that are just totally open to it? Or do you have to process, you know them and educate them as to this type of medicine that you are doing?

Dr. Ashley Salomon ([00:07:04](#)):

Yeah, I think patients who stay with me for years would say this. It's a journey. Yes. So we start with a more physical, they come in because very common, a gut complaint, or they have no energy, or they're, they're, they just don't feel like they used to when they were younger. They come, they wake up in the morning, they're like, who am I? What, what am I, what is this? And I say, well, you know, the good news is that our bodies can, I don't even like to say age. They can transform healthfully. We can get to a state of balance. So I will kind of feel into the physical first. 'cause There often are issues going on. I think we've talked about this. I, you know, with gut issues, there are, our gut immune systems just aren't what they used to be. We don't live in small villages anymore where ba their babies eating dirt all the time.

Dr. Ashley Salomon ([00:07:51](#)):

We don't have this vast microbiome or internal ecosystem that's as strong necessarily to handle what gets bo We get bombarded by it every day in the food we eat. From toxins to para parasites are really common now. They weren't, I don't, I, I think, and we've had parasites forever, but I think that quantity and how many I'm seeing now is a lot. And so the point being, there's a lot we can treat and people can see that they're getting a little bit better. And just doing that kind of self-work of, of saying, I wanna take care of my body. And as you know, with a more holistic, integrative, biological, functional approach, however we wanna call it more al alternative medicine, it's a process. You can't just take a pill and fix it. It's, it's a process. Like I tell people, we have to detox the gut too.

Dr. Ashley Salomon ([00:08:38](#)):

We have to tune into what's, how the gut is feeling emotionally. A lot of emotions are stored there. We have to, he, there's so many layers of healing and nutrition and lifestyle to get it better. And then I think sometimes once we're at that point where people are starting to feel better, then they're starting to interestingly say, you know, I'm noticing too, my nervous system isn't, is out of balance. It's you know, I'm having these emo you know, the emotions I have. And then often I can weave into, well, some of this, yeah, we sure we can take care of on the more material level with there's wonderful supplements. Now there's, there's wonderful molecules out there, like n a d and there are peptides. There's, there's all kinds of things that we can do to support it. But if we're not dealing with some of the underlying emotional, some of it's trauma, some of it's honestly lineage ancestral, right?

Dr. Ashley Salomon ([00:09:28](#)):

I'm, I'm noticing with my children when I do energy medicine on the midnight, when they're best times is when they're falling asleep. So they're not moving. <Laugh>, I've been getting these, these messages of their core emotions that I, that I can tell. Some of them are from the family, some are part of who they are. And unfortunately there, you know, there's positive ones too. But the ones that are we able consider more negative, I don't wanna necessarily use that term, but, and, and that, that's like maybe some of their life work and how, how do we, how do we work through that? So I, I'm able to kind of slowly work this all in step by step. I eventually say, Hey, why don't we do a little bit biofield balancing a little energy medicine. And the interesting thing is, once I get patients into that, they seem to really wanna come back very regularly for that.

Dr. Ashley Salomon ([00:10:12](#)):

And then sometimes start spacing out their alternative medicine visits and lab tests and all that, which is, which is quite lovely. But the, the core emotions are, I've been really thinking about this a lot lately, how powerful they are. At the last day of the dispen of retreat, I just, just really settled into a few of mine that I think two of them are definitely in my lineage. And then one of them is definitely like, just part of me. But I've had it for a long time. And it, not that it's bad, but just acknowledging it, I have felt a lot of freedom and moving on, but I, I, you know, and ones I see on people often are not being worthy, not being good enough, guilt, feeling alone. And I think when we tap into this sometimes too, we can tap into our addictive tendencies.

Dr. Ashley Salomon ([00:10:57](#)):

Like, like the cell phone here, <laugh> mm-hmm. <Affirmative>, you know, like every time we reach for something, is it 'cause I feel this deep level of being alone, or do I feel this deep level of, of not feeling good enough, so I have to keep doing something. I mean, I think we all feel this in some way. And that again, that's why I love energy medicine. 'cause When you feel, when your nervous system rebalances, I, I would say this too, like a lot of energy medicine is rebalancing the autonomic nervous system. And I know the work you and your dad do, so much of it is balancing the autonomic nervous system, which is the unconscious nervous system. Then you kind of al al almost automatically your body says to itself, wait a minute, should I pick up my phone right now? Or am I okay just being with me? You know, how, how am I really feeling inside?

Caspar ([00:11:42](#)):

Yeah, it's really interesting that with all these tools you have, of course there's still the responsibility on the, the patient themselves. A person to take the actions, even when you're given these wonderful energy medicine tools and all sorts of integrative tools to take the actions to get yourself in the best possible state of health. What I found, because you are right, we have so many things that are addictive around us, especially technology. And when we're in a state where we don't have the vitality, the awareness and, and the kind of I would say vibrance within our energy to resist. That's when we fall. It's like when I'm really tired, right? I eat worse for number one <laugh>, right? I go for, I crave like, you know, worse food when I usually eat quite clean and I find myself just checking the phone more. It's suddenly that that addiction like kind of gets me a little bit more. Do you feel that living a healthier life and, you know, meditating, doing all these thi things, rewiring the brain allows us to gain more freedom from these things that were absolutely created, like the cell phone to be addictive?

Dr. Ashley Salomon ([00:12:52](#)):

Absolutely. Because, you know, even though we're talking energy medicine here, we are in material physical bodies. And I think treating, treating them kindly and wisely is super important. For instance, a case in point, I, I started, there's this adaptogenic blend of herbs I find. I, my second child is 21 months, so, and I have a five and a half year old, so I'm pretty tired between that and work. Although honestly, I actually don't feel it. And I forget, of course, some of it is the meditation exercise I eat well. But I'll be honest, I have good supplements I take, and there'll be, sometimes I'll be a day or two, I'll be like, why am I crashing in the afternoon? And then I want kind of, and once I feel that crash, I wanna go into the spiral. For me, it's not so much a grabbing the phone or, or eating, but it's more my emotional addictions.

Dr. Ashley Salomon ([00:13:39](#)):

Mm-Hmm. <Affirmative>, you know, going into like a all poor beer or whatever state mm-hmm. <Affirmative>. And then I'm like, oh, I didn't take my supplements. So I, I will say we, we do live in this fast-paced world, and I have all these tools that help. But I do think taking that, that there are things I take that really support my body that, and maybe I wouldn't need them if I weren't living in the world I'm living in, but they really support my body. I feel like they're protecting me from toxins. They're giving me stress support. They're supporting my adrenal. So I, I do think that there's definitely a place for taking physical.

Caspar ([00:14:13](#)):

So let's get into that a little bit because mm-hmm. <Affirmative> the idea, you know, supplements, I think when, when they came about many, many years ago or two, supplement something that you are missing something, you could supplement it and it would be more of a, a short term thing until you regain your health and are able to either eat well or take yourself outta an environment that was draining you of something. But supplements have become this thing that a lot of people feel we absolutely need every single day for the rest of our lives. I'm, I'm kind of torn on it, and my father's always kind of been the kind of person, it's more about what you take out of the body, not put into the body that helps you. Mm-Hmm. Mm-Hmm. <Affirmative>. And I know some people, you know, the Dave Asprey's of the world take hundreds a day, hundreds <laugh>.

Dr. Ashley Salomon ([00:14:55](#)):

Right? People can pause

Caspar ([00:14:57](#)):

A lot, so it's too much. And then, and then it's, you know, and I argue with people like, aren't you healthy? Don't you take like 50 supplements? It's like, I don't, I try to get to the core ones. I understand my body intuitively and do testing and everything else mm-hmm. <Affirmative> to see what's going on. And I don't usually take, you know, something forever. There are a few I do daily. Sure. But how do you feel about that? How do you feel, let's say this, because in a disease state, I believe you need supplementation. You've already gotten yourself out. Yeah. You're so depleted. Your body can't even make some things. You need it. But if you are relatively healthy, do you think everyone should be taking supplements?

Dr. Ashley Salomon ([00:15:34](#)):

That's a great question. I, I would say the answer is relative. I think <laugh>, it depends on,

Caspar ([00:15:42](#)):

I was trying to trick you. That is the correct answer. Okay. Let's move on.

Dr. Ashley Salomon ([00:15:47](#)):

Yeah. That's a great question. I, and I've been grappling with this myself, I'll say. So personally, I, I take less than I used to. And then sometimes though, what I'll do is I'll stop my, my kind of regular daily support. If I wanna do a, like a cleanse of the gut, you know, I definitely picked up stuff doing medical volunteering, Guatemala. Mm-Hmm. And sometimes I'll, when I test myself, the signal comes back and it could be consistent. Mm-Hmm. So like, oh, I better clear out my gut. So you do a protocol, do some colonics, do some ozone IVs, whatever it is to kind of clear my system. Yep. But and, but then I go back to, I was taking before for support after that, but I, I try not to, I, I'm definitely taking less than I used to.

Yeah. And I do think some of that is the amount of meditation I'm doing and just more body awareness and frankly, testing.

Dr. Ashley Salomon ([00:16:36](#)):

You and I both do bio resident testing and there's all these ways to test the body. Then you're like, oh, that's the priority problem. So you can kind of focus in. But you know, to be more direct about it, I, I do think we live in a world where we are bomb by bombarded by more stuff. So I, I think if you are going to take supplements, I think the ones that I find most people need some, and it varies what each person needs, but some kind of detoxification support. Yes. A little bit of gut support. And then our soil is just depleted of stuff. So, so, you know, so there are certain nutrients we're not getting, and we can't eat as much seafood as we used to because the ocean, the fish is so contaminated. So sometimes people need various omega supports. It just, it depends a little bit.

Dr. Ashley Salomon ([00:17:17](#)):

But I, I think they can be very supportive right now if, if they're targeted correctly. And people can definitely feel better on them, but they can also become a crutch. You can say, I'm taking my supplements, I'm doing all these perfect things, but I'm not doing my emotional work. I'm not doing some deeper work. How am I living my life day-to-day? I mean, I know so many people who are really, really considered successful on paper, but they don't feel good inside. Yes. Because they're potentially focusing on just the material. And that would even just be also the supplements. Although again, I'm, I, I love supplements, but I think there's definitely a place like, gosh, the last couple years, you know, not sleeping at night when my baby was up and you know, in, or if my daughter brought Avir a cold home and she's sick and he's sick up all night.

Dr. Ashley Salomon ([00:18:03](#)):

Oh. And again, of course I'm giving them plenty of good supplements while they're sick, which actually is really helped 'em, I think stay off antibiotics, which has been great. But you know, then getting up in the morning, having to go to work all day, that's not normal necessarily to go 24 hours without sleep. And so, I mean, those are cases where I may not be in a disease state, but I feel like some of that stuff has kept my organs from crashing later. So I would say, you know, I, I don't wanna force them on everyone, but I think there's so many great products out there now, and I don't think we're getting all the nutrients we need in soil, nor the antioxidants. So I think it can be incredibly supportive.

Caspar ([00:18:36](#)):

Yeah. I, I think this is sort of, you know, where the whole debate goes even into food. Like, we all need some food and everything the quantity is, is somewhat, and what it is is important in some ways. But what's most important is quality. You know? Absolutely. I think, I think we could all use some vitamin D when we're in the winter and not getting, you know, any sun and living indoors more and more. Yes. That's not the question anymore. It's what is the quality of the vitamin D you're taking? Are you going to a corner store and buying the cheapest stuff you can find? Or are you actually paying a little bit for a producer that's actually making a quality one? Right. That's

Dr. Ashley Salomon ([00:19:14](#)):

The thing. Absolutely. If vitamin D is huge, because I can't tell you how many people come in on some random vitamin D I'm like, it's not working. Your body's not absorbing it. Yep. You know, and I actually find often it's, it's the liquid and liposomal forms of D that absorb better. I got patients who, who can't

absorb d from their genetics too. And then you have to add broccoli sprouts and then their level just goes right off. Yeah. Or they're taking a brand that's, I said, well, I don't know what you're taking, but it's not, your level on your blood work is nothing. So it's not absorbing. And then I put them on a better wattage, lo and behold, a month later, their levels are going up. So absolutely. Like the quality, how it absorbs how the body takes it in. Huge. Yeah.

Caspar ([00:19:51](#)):

And, and like even going back to the diet, I read today that the average American, 60% of calories come from ultra processed foods. And you know, we already knew ultra processed results in diabetes, cancer, you know, all these things, obesity but now they're finding the 10 over 10 years research of studying this. It's really impacting our brains. And I, I think this information is pretty well known. And I'm sure people like you and other great doctors are saying, please don't eat that ultra process crap. Right? Right. It's not doing you any favors. But we still, nothing's changed. It's like we have 10 years of data showing this is, it's, it's shown to increase anxiety, depression, cognitive dysfunction, decline, you know, and on top of that, of course, obesity, as I said, metabolic dysfunction, everything else. Do you think we are, we are at this place where we need to kind of rewire our brains?

Caspar ([00:20:46](#)):

I know that's big with like senza and a lot of what you do is rewiring the brain, especially when we have so much information coming in that is contradictory. You know, you could have ultra processed foods that say organic, that say all these healthy things on them. Right. We eat them and we go there. Do do you think it's, it's like a, a something we have to do to rewire society's brain to kind of move past it? 'cause It seems like we're gaining all this information that this is so harmful for us, and yet we're still doing the same thing for convenience, for, I don't know, just the comfort level or our belief system. Like, is it time we need to ch get people to figure out how to rewire the brain so it doesn't go to that anymore because the data is showing us nothing's changing or it's getting worse? Yeah.

Dr. Ashley Salomon ([00:21:30](#)):

That's a really, really great question, I think, and a complex one because what we're talking about too is we're going into the human psyche here. Mm-Hmm. Right. And the co and the state of consciousness. 'cause We can have all this information out about certain things that are toxic, like roundup, like Glypho say, how much more do we need to know how bad it is? Right? Right. Yeah. And, and so and yet somehow I feel like if it's it, all this information can be out there and kind of hover almost in the air mm-hmm. <Affirmative>. But if it doesn't go deep, even, you know, deep into our, our consciousness and, and maybe even deeper into our, our, you know, below the, below the consciousness into the subconscious and into our, into our belief system. Right. But there's something that, because I think we're so overwhelmed with how much we have to deal with every day, whatever's convenient, whatever's easier, it's very hard to let go of that.

Dr. Ashley Salomon ([00:22:25](#)):

I mean, I understand that mm-hmm. <Affirmative>, you know, we're in the world. I have noticed since I, you know, I grew up as a kid in the eighties, this is so much faster paced. So I, I I think your point, and, and then the question is how do we rewire our brains? And the, and the lovely thing is there's so many ways mm-hmm. <Affirmative> I am I found that my, my daughter's not getting into deep delta wave sleep, I think because of, you know, there's been a lot of viruses since mm-hmm. <Affirmative> kids were inside for so long and during the pandemic and now during Covid, and now they're out. And



anyway, I, I found out that, and it's probably because of all the infection she's gone, her, she's not getting into deep delta away sleep. So I'm doing a lot of rewiring of her brain with neurofeedback and magnesium and certain, you know, certain supplements that are testing for her.

Dr. Ashley Salomon ([00:23:15](#)):

And of course, you know, food is, food is huge as well. So I, you know, the good news is there's like, and of course we already talked about meditation, but there's an energy medicine and all these great machines out there now. And innovative medicine, I think, what do you have 95 of these machines? I think over a hundred now. Yeah. Over a hundred. Amazing. So there's so much we can do to rewire nervous systems and body. And, but I think your point is we can have all these, we have a lot of tools to support our bodies in the 21st century. With all we're bombarded by, by toxins, by media, by too much screen time, by five G by the bugs that are getting into our bodies more easily in food and, you know, and, and the Lyme disease rates are growing 'cause we have some more ticks now. All these things. But the point is this, I think what you're saying is you could have all this clear information of what's supportive for a human being and we could all know it, but if it doesn't get deeper into our, our nervous system that, like this, some something that really has to change on a whole cultural level, on a humanity level, it may not change or it may lag for a long time.

Caspar ([00:24:26](#)):

Yeah. It's, it's a, you know, a complex issue with, with so many pieces to it, as you said. And a lot of this is what you are wired with at birth. Right. Or, or through the early ages, I should say. Yeah. You know, most people say by age seven or so, your, your beliefs are kind of in there in the subconscious and then they're reinforced over time or not. And you could break free, but it's very difficult 'cause we, you know, may not even remember something is there. And, and this idea may be of eating a certain way when you're young and just saying, okay, it was good then. My belief system's good now no matter what the data shows me. Right. And it's even killing me. And I feel bad. That won't change my belief. 'cause It's, you know, in a deep subconscious state

Dr. Ashley Salomon ([00:25:06](#)):

That's interesting. And people it's really hold on to, to food specifically. Yeah. It's, it's, that's a hard one to shift. And it's not that people should be orthorexic, you know, it's, which is just obsessing all the time and on these perfect diets or needing to cleanse all the time. And you can go crazy with being perfect about food too. Absolutely. So it's not about absolutely perfection, but it's an awareness of what our bodies really need and even awareness of what's not right with food anymore. And, and that we're not getting certain minerals and how we can either improve food over time in, in, in agriculture to make that better. And also what we can supplement with. But yeah.

Caspar ([00:25:45](#)):

One, one of the complexities you brought up, you, you mentioned a few times already are, are these 21st century bugs, the pathogens all around us. You mentioned parasites, you mentioned something like Lyme, borella you know, I, I've seen it many times where a patient comes in thinking they don't have any infections and they have multiple co-infections. Mm-Hmm. <affirmative>, do you see it on the norm with your patients that they are suffering from some sort of co-infections and pathogenic infection?

Dr. Ashley Salomon ([00:26:13](#)):



It's very common. I, yeah. You know, I, you know, patients have to, I feel like you have to be ready to understand some of this too. So sometimes I'll start with just some basic immune markers and say, oh, that's low on you. Let's think about what that could be. And in a gut panel to be like, oh look, there's fungi. I can't really tell you how many people catch growing fungus in their gut and overgrowth of yeast. And, and I found one great, you know, I can do energy testing on this too, but if I can catch it on a physical document, sometimes people really Yep. They, they can really tune into that. I, there's this guy who, he's a doctor, he just looks at parasites all day under the microscope and stool. It's his job. So he'll catch things. So we look at what is on your actual test that they saw in your poop <laugh>.

Dr. Ashley Salomon ([00:26:58](#)):

So yeah. And, and then that can really click. And then I'll say, let's just start small by targeting these major more major issues. And then things like Lyme and co-infections that I, I can move people into if, if they're ready. But it's amazing how many people have some immune suppression now in some form or other low, you know, it'll start just like, oh, your white count's low. Or oh, this one marker's low and you know, why are you so inflamed here? And then, you know, we go, go from there. Do you think so common, so common?

Caspar ([00:27:25](#)):

Do you think that's the biggest factor here is that most of us have poor immune function and response and that's what allowing, because a lot of these pathogens, let's be honest, I've been around for a very long time. Right. Whether it's viruses, E B V, all these different viruses, they mutate. But our immune systems have been very good at keeping up to the most part with it. Whereas now it's just prevalent. Right. How many people have infections that we can't keep in check and are becoming real chronic conditions. Whereas in the past, yes, you have these around, you maybe even get an infection of something. Mm-Hmm. But you're able to handle it. Your immune system does what it has to, and you stay healthy. So do you think we, we are in a state, an epidemic really not of infectious diseases, but of lowered immunity.

Dr. Ashley Salomon ([00:28:12](#)):

Absolutely. I, you know, to start more than half of our immune system is in our, our gut. Gut. Yeah. The microbiome has you know, more than a trillion cells. It, it has more, there's more cells that aren't us in our body that are bacteria that are us. Yeah. Which actually is another interesting thing to, is that there's a lot of things living inside us. So, so

Caspar ([00:28:38](#)):

Many fascinating. I think we forget that, right? Yeah. I feel like that's the biggest thing when you're, when you're told you have an infection, you like freak out a little bit. Right? Right. Like, something's in me, like trying to kill. It's like right. There's tons of things in you that are either trying to help you or kill you at all times. You know, trillions of them basically in you. There are more of you, like you said, of them than you actually. And we need to, I think understand that, that that there is a whole civilization within us and we need, we need to cultivate that civilization and not let 'em turn into like anarchists and, you know, criminal kind. 'cause Then you get this really bad situation and your body reacts with inflammation, with chronic disease and everything else.

Dr. Ashley Salomon ([00:29:19](#)):

Yeah. And are mm-hmm.

Caspar ([00:29:20](#)):

<Affirmative>. Yeah. No, I was gonna say, knowing that, and knowing that so many people turn to antibiotics, like how, how do you get people to stop doing that and cultivate their civilization to be more behaved?

Dr. Ashley Salomon ([00:29:34](#)):

<Laugh>? Lovely question, <laugh>. Well, you know, first, I, I often, well, if we start with the gut, because that's where, you know, I think a lot of our weaker immunity is we don't have the variety of healthy bacteria in our, our gut microbiomes that, that we used to living in urban environments. And then just for so many reasons. And all the herbicides, pesticides, there's, there's many reasons for it. But you know, I, I, so first I, I think that's a big part of why our immunity is lower. I do think we have brand new levels of stress that are crazy intense. Just the amount of things we're exposed to the, the amount of, the amount of information and what children see at, at too young an age now. I mean, these are stresses on our body for a lifetime. So there's a lot going on, obviously on so many levels.

Dr. Ashley Salomon ([00:30:23](#)):

And as we both know, anything that affects the autonomic nervous system will, can potentially cause disease or affect health. Okay. But going back to your question directly, I, I like to start with the gut. So generally, because I, I say, look, you've had a lot of antibiotics, let's do some restoration. I can't tell you how people come to me on a me an antibiotic and they've gotten put on a fluoroquinolone too for something. And they're in the middle of it. When they come in to see me, I'm like, okay, well let's just step, well, let's do a gut restoration. Let's just protect your gut from this. Yeah. There's enzymes, there's depending what that person's body resonates with. But there are enzymes, there are antifungals things we can do to protect for the overgrowth. Fungus loves to grow after antibiotics for some people more than others.

Dr. Ashley Salomon ([00:31:11](#)):

But it just loves to grow. When you're killing off the good bacteria, it's like, Ooh, I have an opportunity now. <Laugh> you know, leaky gut, there's all kinds of great leaky gut healers out there, bro. Broth colostrum can be, there's some incredible colostrums out there. Goat and cow cow, even cow colostrum, right? For a lot of people tolerate glutamine. There's, there's lots of things to heal leaky gut. There's for certain people, probiotics are, are, you know, I, I did not realize and understand the value of probiotics until I was in my practice. I think, you know, the, a lot of people get told they have sibo, they can never take a probiotic again, that's just, I, I have to tell you, my patients who I've been able to work up to take a probiotic are the ones that tend to not have more gut gut issues again, which I is interesting 'cause that, that tells me that potentially we really do need that extra support with those extra healthy bact, you know, bacteria that we're not, not getting anymore.

Dr. Ashley Salomon ([00:32:05](#)):

But I, I, so I do a lot to kind of counteract the antibiotics if I can on <laugh>, you know, whatever's grown because of it, whatever's leaking in the gut, whatever's not, not happy. And then, you know, as far as trying to keep people off antibiotic, my goal is just to, to target whatever their weaknesses in their body and, and support it. 'cause It may just be, you know, even someone who has just real liver issues. And that could be from so many reasons, or has really weak adrenals, you know, that can set off a whole hormonal access issue. And then your immune system tanks. So there's so many different reasons for it, but I think we support the organs that are weak. We heal the gut. 'cause Most people need that. Mm-

Hmm. <Affirmative> we get rid of any of the really bad guys in the gut. And then we can look at for other, like, those more stealth issues like viruses, Lyme, all those other things too. Yeah. And then again, the emotional tra and the traumas. You know, some people have traumas that just are, there's, they're so hard to, to overcome that, that that could be really weighing them down too. So

Caspar ([00:33:13](#)):

Yeah, it's a very terrain theory driven approach. As opposed, as opposed to the germ theory where it's just like, go after that. How you gonna do it? You're gonna drop a new bomb of an antibiotic and hope it kills, you know, them, but kills all those good guys too. So I think if you, you know, as European biological medicine talks about, you cleanse the terrain, you create an environment where these pathogens cannot exist mm-hmm. Or persist very well, but the good ones can. And you keep going from there and you see which organ, I mean, you could point at any organ in the body, and I, you know, I'm sure you could show 50 to a hundred things that are in our everyday life impacting it negatively. Right. So it's just, which organ is gonna go on which person first is the question, how do you then restore it and do it?

Caspar ([00:33:56](#)):

But it's true. It's, it's like we are living in a, just a toxic sea. And it's an unfortunate thing. And you know, again, we, we kind of stick to a lot of these physical things like the toxins, which are physical and this, but so much is also as we started in the energetic side. And I wanna bring it back and change it a little bit. I told you we were gonna hit a lot of topics today. <Laugh> great. But, but one of the things I want to go into is something you are certified and skilled and trained in is HeartMath and heart coherence. Mm-Hmm. <Affirmative> and I, I really do think this is an important matter and something so overlooked, of course by conventional medicine, but by most people in general. Can you go into the importance of this idea of heart coherence?

Dr. Ashley Salomon ([00:34:39](#)):

Absolutely. And thank you for bringing that up. It's one of my favorite things to talk about now, <laugh>. So, you know, let's, I would say this to start, you know, it's incredible that when you can tune into your own body and your own system and, and slowly over time reset your own imbalanced nervous system from a stress mode to a more balanced state of being, how much healing you can get just from that. And I was starting to understand that just with the work, the, the, you know, the biofeedback machines I use, the energy machines, the bio resident testing, all of these, the meditations. I do all of this. But then I, I, I did get my heart math practitioner certification and it brought a whole new level of healing for mean last couple years. I, I've been doing heart math in some version every day, along with some other techniques.

Dr. Ashley Salomon ([00:35:34](#)):

And they, what, what the studies have shown is basically that when you focus on your heart and breathe and meditate through your heart and bring up, and you don't have to force it. 'cause Obviously anytime you try to force the wrong emotion or suppress an emotion, you go right into your head with negative thoughts. Mm-Hmm. <Affirmative>. So it's really bit breaking in, you know, something that you really love. Like, obviously it's easy for me, I have two little kids. So <laugh>, you know, I have a, a little scrumptious baby home. It's easy to, but, you know, bringing something in that you love and nearly feeling the resonance of our, the heart, because human beings do have this incredible innate, deep, profound capacity to love mm-hmm. <Affirmative> that we can start shifting our physiology over time.

So once when you start to meditate and, and become calmer in the heart, you create something called improved heart rate variability.

Dr. Ashley Salomon ([00:36:28](#)):

Heart rate variability is just, just measured. It's a, it's mathematical, it's measured within the wave of our, our everyday heartbeat. And there's actually supposed to be some variation in rhythm. And what's really interesting is HeartMath has taken that heart a variability and created something it's a mathematical number, but it's called car heart coherence. Mm-Hmm. <Affirmative>. So it's actually how how resonant your heart really is so that the, the wave pattern, wave pattern form of your heart with its rhythm and beating is, is very smooth. And even just to keep it real simple mm-hmm. <Affirmative> and the more heart coherence and the more not also correlates more heart rate, increased heart rate variability ability has shown to increase resilience, increase longevity, increase feelings of wellness, reduce anxiety, you know, increased levels of D H E A, which is a really important hormone for vitality in both men and women and overall wellbeing.

Dr. Ashley Salomon ([00:37:31](#)):

So there's, you know, there's a lot we can talk about with it. And so I, I love it 'cause it's such a simple technique and there's, there's some different versions of it. But once you get into the state where you start to feel your own heart coherence, and it's cool. 'cause You can get an app and a tool from HeartMath and just measure it and you're like, oh, my heart Co is going up, you start to notice like, am I, oh, I'm not in that state right now. I can put myself in that state and make better decisions from that state in my life and just start to feel better. And I like that too because, you know, we all have go through our thoughts and as I said, we all have these core beliefs and it's easy to go into negative thinking. If we suppress, if we say, oh, this thought's bad and we suppress it too much, we're just gonna think more.

Dr. Ashley Salomon ([00:38:14](#)):

So I think having techniques is <laugh> is a great way to actually start naturally shifting our day-to-day movement or to be able to shift out of a really negative state if we're stuck in it. And what I absolutely loved at Joe Dispenza's retreat is he's taken heart math and heart coherence to another level. I mean, we do know that the heart also ent trains with the brain and then this is talked about in heart math. And so you create more coherence in the brain. He is so focused on brain coherence with heart, with the heart coherence. So creating them at the same time, he has incredible guided meditations for that. And it seems that in that state of like, when you really have this, this oneness of, you know, of coherence between the heart and the brain, it's a state that you can potentially help heal others and heal yourself in

Caspar ([00:39:04](#)):

Mm-Hmm.

Dr. Ashley Salomon ([00:39:04](#)):

<Affirmative>. So that, that's like the, a focus state for a lot of his you know, coherence healing. Right. And it's really interesting.

Caspar ([00:39:13](#)):

I mean, it's, it's true. And we know this very well, so much of what we do is staying in our own heads, right? Yes. And ruminating and letting the the monkey mind go crazy. I swear my monkey mind is just the loudest, you know, and <laugh> and we need to sound. But, but how do you do that? You gotta tap into the heart, which has a stronger electrical voltage. They know and, and really guides so much of our intuition of, you know, you know, following your heart is not just the saying in a sense. Yeah. There is something more to it. There is science, there is, there is medicine to that. So I, I love that idea of staying incoherence and using technology to do it. It's not just woowoo. And that's so much of what the, the unfortunate world word of alternative medicine has gotten into this idea of kind of woowoo, but it also spans so much of what we knew throughout history, ancient civilizations knew.

Caspar ([00:40:07](#)):

Part of that, and something I was super intrigued and always have been, and something you're applying in your practice is this idea of sacred geometry. And I, I really love it because I, you know, if you look at math and geometry, it guides everything. It is the universal languages. They say if you were to try and communicate with an alien form, you'd have to do it through this mathematical geometrical kind of thing. And shapes and all this. And, and sacred geometry is just phenomenal. You find it with ancient egypt and ink and like all over. Can you talk about how you are applying it within a medical space and a clinical space to help patients

Dr. Ashley Salomon ([00:40:47](#)):

Help? Yeah. I'm kind of sneaking it in right now. <Laugh>.

Caspar ([00:40:49](#)):

<Laugh>. You're not telling them it's just there, right? Because again, that's true energy, right? That's what it's, it's it's, but yeah.

Dr. Ashley Salomon ([00:40:59](#)):

Well, yeah. I wanna, you

Caspar ([00:41:00](#)):

Sneak, let's it's tell

Dr. Ashley Salomon ([00:41:03](#)):

Well, you know, I had, I definitely have some symbols up on my walls and Yeah, it's so funny. People come in and they're like, I just feel so good in this office. I'm like, yeah, you know, <laugh>. So there's a lot of energy moving through this office. You know, just like, so over time human beings have been getting downloads on patterns. So there's written reiki. Reiki is the most, I think most people know reiki when they think energy medicine. You know, there's specific symbols you draw and do those were a download to somebody. But it, the idea is because yeah, language is complex, right? Even, you know, in our adult cells, I don't know about you, but it'd be hard for me to learn another, another language at this point. You know, whatever information we're getting from out in space and as we know comes through in a wave, waveform, a frequency form the conversion mathematically, you can convert it into patterns.

Dr. Ashley Salomon ([00:41:56](#)):

So I think that's what people are getting a lot of pattern information, if that makes sense. Mm-Hmm. <affirmative>. So I, so there are, you know, reiki is one example of symbols coming in. Bio geometries is really big too now. And, and then also sacred geometry, which are more objects we would think about like pyramid shape and other shapes. Yeah. And so I, in various meditations and downloads over time, people have started getting information on what these shapes represent. And I had an interesting experience after a tropic breathwork session. Have you ever done that? It's really, I I've never had a more incredible energy med like medicine experience in my body after doing two and a half hours of holotropic breath work. I just thought my entire biofuel reset and I started getting these, this information about symbols. And one interesting part of that was I, I realized that they, they like transcend space and time.

Dr. Ashley Salomon ([00:42:50](#)):

They're just, and, and so that's why I think there's power in these symbols. And it's interesting that more and more people are becoming aware of them or like, oh, that's the flower life. Oh that's, that's, that's the galactic healing symbol. And I still think there's a lot more we're learning about them and a lot more to go from there. But the idea is that with these symbols, you can help kind of help promote the healing process. Just as in the heart, brain coherence can help promote healing to either when someone does, creates that state in themselves or someone else is doing some kind of coherence, energy healing via dispenser or heart math or some other, you know, technique on them. Bringing in certain patterns, even visualizing 'cause thought is also energy, right? Mm-Hmm. <affirmative>. So, you know, bringing in certain patterns for healing in specific areas. I mean, that's how I was trained. And, you know, energy medicine still sounds kind of woo woo at this point, and there's still a lot more to be divulged. But I do think it makes sense that yes, these geometric and some of them not, you know, are more, almost biological looking like the bio geometries, but these patterns do seem to have some real significance in healing.

Caspar ([00:44:05](#)):

Well, that was what I was gonna say. Like, look to nature, look at all these golden circles and ratios. And then even, I know this, I started in finance really like Fibonacci, that that beautiful equation that we use in stock patterns, right? Fibonacci retracement and finding patterns within even stock movement. Like you're trying to find these things and we just call them words, but we don't realize these, these are kind of sacred geometries in our own right. Yeah. These are equations that speak languages you know, beyond all the ones we have put together as a human race. And it transcends into this natural look at a sunflower sea, you know, or the, the flower of the sunflower in that beautiful fractals. And you know, one of the things I want to bring up with you, because I believe here I'm seeing you're the first one of the first practitioners training in California for psilocybin for medical use mm-hmm.

Caspar ([00:44:56](#)):

<Affirmative> mm-hmm. <Affirmative>. That idea of fractals patterns, taking yourself out into something new and, and opening consciousness and hopefully finding therapeutic use in it all. A controversial thing for sure. Mm-Hmm. <Affirmative>, the, the use of these things. But I want to tap into your knowledge of how you see it being played out. Because right now, tons, even big pharmas looking at this ketamine, right. And all different types of, you know, psychotropic drugs that can help with P T S D, all these other things. But as someone who understands not just the, the chemical compositions of things and how they interact with the body, but the deeper energetic and spiritual interactions, you know, tell us a little bit about your thoughts of how you would use something like psilocybin within a integrative ative approach to help someone.

Dr. Ashley Salomon ([00:45:49](#)):

Oh, I love this question. I, and I'll tell you why. I, I, I really think psychedelic medicine has its place. Mm-Hmm. <affirmative>. But like everything, I think it can go a dark path, the wrong path if we don't use it. Right. And again, with consciousness, with high consciousness mm-hmm. <Affirmative>. So I love talking about it. 'cause I do think in, in with, with the right values and ethics and highly conscious use of it, it can be incredibly healing for people. It's just, and not for everybody. Right? So I I, but I love talking about it 'cause it's not just a black and white discussion to start. So, you know, I did do this training. It was combined with theil, which is the Canadian, it's this Canadian nonprofit. And they get exemptions for people with like serious chronic illness, stage four cancer, serious just untreatable depression to do psilocybin.

Dr. Ashley Salomon ([00:46:38](#)):

Mm-Hmm. And they're training practitioners. They're doing it in just a very highly ethical, really valuable way. So at the, they came down here to California for the first time this past November with someone from maps to together to do this training. So I right away, even though it's not legal here, yeah. I right away went to it because I'd really like to be part of the process of moving this forward. And, and I'll tell you, I, it made me think a lot about the ethics, the value. I think a couple things. I think that medicine is so powerful. It's really easy for some to think, oh, the practitioners doing all the work, but truly, it's just like with meditation, it's really the inner person. They're doing their own inner healing work. They're their own healing teacher. So you know, being, just being a real, real container of support if you're doing kind of guided work with someone in suicide.

Dr. Ashley Salomon ([00:47:34](#)):

And it's so interesting 'cause I've had so many patients in California that who've done psychedelics. I've gotten so much information on their experience with doing it with a friend or with a shamanic person. And what went wrong, what didn't, where boundaries were not healthy. So, so a couple things with psychedelics. I think one has to be in the right container with a really trusted guide that is coming again, maybe just in HeartMath, heart coherence, most of it, and tuning into the person. It's not about them, it's about the person doing it and the person doing it is going to be able to work on their own healing. Mm-Hmm. <affirmative>. I, where I do like psychedelics is, I think I, I think they can show people a lot. And again, you can do this with meditation. Like I was a it dispenses retreat.

Dr. Ashley Salomon ([00:48:20](#)):

I, I was next to some people who had epiphanies from, you know, we're meditating so many hours a day, epiphanies they hadn't had in years about things they had to shift in their lives and about long-term emotional stuff. And, but, but you know, what a, a, a session with the right amount of psilocybin and the right, right at atmosphere, the right guide ever, the right set and setting all of that can potentially for someone who just can't get into that state of really tuning into themselves. 'cause They're in so much trauma, in so much fear, or they're so sick, say they have like a really severe stage four cancer and there's so much pain, can be very, very supportive showing them the work they need to do and giving them a lot of, a lot of guidance. I mean, it really opens up the visionary center of the body.

Dr. Ashley Salomon ([00:49:06](#)):

Hmm. I, I've looked at people after psilocybin on one of my machines and it just, it really just without them doing a ton of meditation, not that you shouldn't work on doing daily practices to help yourself just like completely opened up their upper, upper chakras. You know, they're fourth, fifth, six, seven.



Just, and, but the question is then what do you do with that after? Yeah. And I think it's really important that people have proper integration. And sometimes that's with therapy, but honestly, sometimes the kind of machines you and I work with can help them integrate it in their body. Holotropic breath work can help you integrate daily meditation things to really say, okay, this medicine's shown me this, but here's what I need to work on. And sometimes people just need to feel once in their lives that sense of pure unity and oneness and beauty, especially if they're in like, been just told they're gonna die cancer in six months.

Dr. Ashley Salomon ([00:49:54](#)):

And to, to la to latch onto that is a, a remembrance for what they can do with whatever they have left of their lives or maybe their life. They'll live even longer now. 'cause They have a sense of purpose and unity. So there are beautiful things with it. I'm not so, you know, the synthetic form, I've, I've talked to people who've done it with psilocybin at least that they're working on. It's gonna be big, you know, of course a big business. Mm-Hmm. <affirmative>, it comes on fast and then it, it goes away fast. Whereas you know, the pure mushroom version tends to have like a longer delay after where you can potentially do more therapeutic work. So, you know, I, I like natural, I, I'll say this, they, they're probably going to push the more synthetic psilocybin for the medical use.

Dr. Ashley Salomon ([00:50:40](#)):

It still has its purposes. I, I will say though, that mushrooms grow everywhere. I mean, psilocybin is in over 160 kinds of mushrooms. They were here before us they're all over. So I think people will have access, but you know, I do think there's use for that. You know, ketamine is synthetic, but mm-hmm. <Affirmative>, it, it you know, in right, there are people who just cannot get off their antidepressants and they desperately want to, and their bottom brain is so wired from the medication they're on over decades. Yeah. And they, that, you know, I have seen ketamine help certain people get off their medications, but you have to be careful. Me, ketamine can actually be addictive. So there's uses for all and M D M A, the studies of ptsd, T S D are pretty impressive. But I guess my point is there's some credible uses for it, but there's also that concern that this is just a moment in time.

Dr. Ashley Salomon ([00:51:32](#)):

If someone takes something, it may show them something or help them connect to a purpose or oneness or show them something they need to work on. But what do you do after that? Are you getting the right support in what they call integration after? Are you going to do that work or not? You still have to do your work, you know? Absolutely. You still have to do your work <laugh>. So, alright. I mean, we each have to do our own individual emotional and you know, mind body spiritual work, which is a lifetime of work in, in this form.

Caspar ([00:51:57](#)):

Right. It's not a silver bullet. And, you know, hearing you speak brought up two things for me that I've noticed with a lot of therapeutic options that are out there. Mm-Hmm. <affirmative>, number one, it has to be done in the right environment. You know, if, if it's not really, and this even goes to like a lot of medicine in general, isn't done the right environment. I'm sorry. Like a, a hospital brings up a stressful situation like flickering, fluorescent lights, very clinical and dark, like, you know, not a good energy and everything. And yeah, you could manage disease and maybe not die because of it, but it's not fostering a healing experience mm-hmm. <Affirmative>. And you need the right people, of course, in a healing environment in general. But number two, even bigger and this goes with almost every therapy is, is you

have to set an intention with it. Yes. Yes. The intention itself will, is part of it. It's like when you talk to people like the biochar guys or a lot of these therapies that work on frequencies, energies and everything, they're like, you need to ask the patient to set an intention within the field. Yes. That propagates it. You know, if you just go in skeptical, not caring, or your intention is just to get high or, you know, feel really good right away,

Dr. Ashley Salomon ([00:53:03](#)):

Or escape. Escape is a great one.

Caspar ([00:53:05](#)):

<Laugh> or escape is a right. Yeah. Or escape, like, you know, the symptom itself, that, that shouldn't be your intention. Your intention is to, you know, raise your conscious, your body to, into a very healing state so that it could self heal itself. Not to just escape a symptom of pain, which is showing you something. It's a calling sign. Right. So that intention is actually really, really important. And I think whether you're doing it with psilocybin or anything, if anyone's listening and just, you know, I think everyone has to approach their healing journey with a serious intention and purpose. Exactly. I know you're big with that. Also this like idea, purpose driven medicine and everything. How are you incorporating that as well? Because that is kind of the spiritual component. Do you have a purpose to heal? Are you, are you here for a reason and everyone is, but you have to figure that out. How are you incorporating that within your practice?

Dr. Ashley Salomon ([00:53:56](#)):

It's interesting. It's somewhat generational, you know, I I I'd say certain generations, it's a little easier to get that point in that it's not just like you have the symptom, how do we get rid of it? But it's a whole healing journey, <laugh>. Yes. Right. Life is a journey <laugh>. So with its ups and downs and, you know, and here I am and I thought, you know, of course when I was a kid, I thought this was like, I would, I'd be at this age and never change. And now <laugh>, I'm, I'm just continuing to realize there's just more to unturn. There's more to work on with myself. There's more to reveal. And then, you know, having children just also, but my point is like, I, it's hard, you know, some patients are come in and they're, it's lovely when it's like, I have this emotion, I have this physical body.

Dr. Ashley Salomon ([00:54:43](#)):

Things are off. I, I do feel I could use the support with, you know, holistic or holistic medicine to deal with this. And I'm open to that. I'm open to the journey of that work, but that also, I know that these, they're these things in my life, these triggers, these emotions are these things that aren't working out or I don't have real purpose and what am I figuring out with that? And so it's wonderful when people wanna do both. I, you know, I'm hesitant to tell, tell people, oh, well you have to also wanna do this. So I, I'm a little more patient centered in that way. Yeah. So, you know, I, I don't have everybody necessarily doing all their emotional work, but I, it's amazing though when it's, it's nice though when people start talking about, and they do open up to me about, you know, their stresses, their, their emo their emotional journeys, what they're going through, that it's really, once someone opens up with that, I say, ah, okay.

Dr. Ashley Salomon ([00:55:36](#)):

Mm-Hmm. Now we can go into that now. Yeah. Like, well, what are we doing for that? And, and what are, what will help you the most? And of course, you know, with resonance testing, we can test might

what might help them the most, but also people really kind of know what they wanna do too. So it's a great like avenue and a window to, to go in. Like, just by telling a couple patients that I was going to dispenza, they, they bought the progressive intensive retreat online. Oh, nice. You can buy and do it. And then I started, and these are older patients of mine, like much older, never meditated a daily life. I'm like, great. You know, at that. So, so I think yeah, I wish all my patients were, I was, I would, you know, in all honesty, I had them all working on all avenues of that, but I kind of treat the visit with the patient like a journey. Yeah. We start here and maybe in a year we can move into this or maybe sooner, you know? Right.

Caspar ([00:56:27](#)):

Yeah. It's interesting to watch people as they unfold when they go through. We kind of initiated a while back this idea of, you know, purpose-driven medicine and, and writing down before you start the treatment, what is your goal? Right. Right. It down. Right. I love that daily. Like, what do you wanna get out of this? And, and picture it. Like maybe you can't right now, go on a hike, but that's what you want to go travel to, you know, the Swiss Alps and do a beautiful hike. That's what you always wish you could do, but your knees ache. Your, you could barely get outta bed anything you want. And what we saw, some patients just really weren't for it. They're just like, get this outta, I don't, I just wanna feel shut up and put the IV in me. Like, I'm not writing this crap down.

Caspar ([00:57:06](#)):

You know? A lot of the older male, I guess, you know, ones definitely were like, what, are you kidding me? Like, I'm paying you to write down this stuff. So it's funny, but it's, it's even funnier that like four weeks in or eight weeks, whatever, into their treatment, they'd be like, Hey, can you give me that back? I wanna write <laugh>. It's like you started to open up. As you heal, you change, like true healing. And this is, this is the big thing about medicine. I think so many get wrong because so much of medicine, their measure of success is alleviation of symptoms. So it's like if you had pain and you take a pill and you don't have pain, it's like, oh, successful. I did a treatment for you and you are better. Like, yay. The

Dr. Ashley Salomon ([00:57:46](#)):

Westerner approach. Yeah. <laugh>.

Caspar ([00:57:47](#)):

Yeah. Yeah. And, and we are like, oh, you saved my life. I don't have pain anymore. It's like, yeah, stop taking the pill and do you have pain? It's like, yes. You know, you're, you're just sweeping under the rug and, and looking for suppression. Real healing changes people. Right. I've seen that. Yes. Where people come in one way. Yes. A very against the purpose-driven thing. Yes. I'm not writing my goals down. It's like, maybe you should journal. Like are you kidding me? I'm not a young kid. Journaling in a little book and then by the end they're journaling and loving it and telling people they should journal. So I think this idea at first and finding where they are in the journey, maybe in the beginning, they're very hesitant to do something like writing down their purpose, reading something like the Spends or Hawkins and all this stuff Yes. That they may find outside. But as you heal, you open yourself up to new possibilities and different things. And I think that's the beauty of the type of medicine I know you practice, is that it does open you to new possibilities and it shifts you at your core. As you heal your body, you heal your mind, you heal your spirit and you start to change overall. Right.

Dr. Ashley Salomon ([00:58:51](#)):

It's all, it's all, it's beautiful. It's all connected. It's,

Caspar ([00:58:55](#)):

It is all ConnectEd's beautiful. Yeah. And that's why I know that this is the future of medicine mm-hmm. <Affirmative> just from seeing it. And you know that as well. And you know, part of getting people to understand that and shift the paradigm of medicine is getting people to be aware of it. And I know one of the things here that, that you are working on is a book. I know it's untitled. I'm not gonna ask you too much <laugh>, but do you have, do you have the general idea framework Yes. Of what you'd like that book to be about?

Dr. Ashley Salomon ([00:59:23](#)):

Well, the book's written. Oh, it's, it's more, it's, yes, the proposal is going to go out. So the, the a publisher's Right. The proposal's gonna go out. So it's on its way. Okay. but the, i the idea with my book is about wellness and health in the childbearing years. Mm. So there are, you know, a lot of people are, are having kids later now, and they're kind of thinking about it, but they're not sure. And I have so many people, and even just friends or in casual conversation, people say to me, what, what do I do? Mm-Hmm. <affirmative> to get my body into just a healthier me Yes. Before trying to conceive. And some of 'em say, I don't even know if I'm definitely gonna have a kid. You know, it, it's a complex time with having children. I think people are in a thought process of it.

Dr. Ashley Salomon ([01:00:12](#)):

They decide not to for many, many conscious reasons. But a lot of people know their health isn't optimal, but they're, they, so they know that there are things they can do. And you know, a big part of the book is on what we're talking about with the energy medicine, the stress, the Yeah. Kind of doing some, if it's a great time to say we're doing some deeper emotional work on oneself and, you know, it's some ancestral re relational work. I mean, once you have, I mean, my experience having a kid just blew up everything anyway. And then, and then I was like, okay, I'm gonna do more work and try and grow more for them. And yes. But, but I do think there's some lovely work you can do before and it's a great time. 'cause You do have a little bit more time then. And and then of course it covers nutrition and 21st century toxins and healthy detox and supplements that you can take before. And then even through and into if you, you know, if, if, if some were to decide to a child.

Caspar ([01:01:11](#)):

Yeah. as you know, like toxicity is such a big deal, right? Yeah. Mm-hmm. When you're trying to have a child, that idea of you know, bringing in a another biological being, you have to do it in the right environment that's non-toxic. So I'm sure a portion of it has to, you know, you have to get into that idea of detoxification.

Dr. Ashley Salomon ([01:01:28](#)):

Yeah. Mercury, you know, heavy metals. Mercury is an estrogen mimicker. It's, and so many people are high mercury now. It's so that's a, that and that's one that you really can get down. So there are things like that, that are, you can work on. And I try to do it in ways that are not, you know, explain it in ways in the book. They're utterly overwhelming to people. And a lot of the books on gut health as you know, I love talking about gut health, but so there that just clearing up the gut alone can be so helpful. And then the gut-brain connection. So that, and I, again, I I, the stress, stress is such a huge part of, of, of, you

know, there's a lot of complex reasons for fertility issues, but, but stress is huge. So I I cover all of that in the book.

Caspar ([01:02:07](#)):

No, that's, it's an incredibly important topic. I I truly believe one of the greatest threats we face, aside from just general health, meaning so many people being mm-hmm. <Affirmative> so chronically ill that we just can't keep going as species, is this idea of infertility, of, of actually becoming a such a toxic, you know, species that we are unable to procreate. We are unable to give birth. And that is true. As, as we become more and more toxic, you will not be able, you see the birth rates go down and it's harder. It's what now I think in the next 20 years, something 50% of people will need I v F or seek it and doesn't even mean that it will work. Right. We're, we're going towards this trend of it's much harder to conceive a baby and we have whole, you know mm-hmm. Societies that are on the downturn, Japan and others that are losing their population

Dr. Ashley Salomon ([01:02:56](#)):

Massively. Yeah. Yeah.

Caspar ([01:02:59](#)):

And you know, when you were talking about that, it brought up, like, I, I'd seen something like about it today and it's, it's from Dr. Patrick Engel who's a dentist. And he said, treating gum disease prior to the second trimester of pregnancy has been shown to reduce the number of preterm low weight babies by 80%. Stuff like that. You just don't know. Right. <laugh>, oh, there's dental

Dr. Ashley Salomon ([01:03:17](#)):

Health in my book, one tells you that, yeah, there's dental health in my book. Like, your teeth are really important. Massively important. Yeah. And if there's any mercury in the mouth, the studies on mercury with the fetal, get it out of the mouth. There's all the, I mean yes. Dental health, huge. Right. So even just that is a simple, basic thing. Yes. People aren't told. So yeah, exactly. Exactly.

Caspar ([01:03:37](#)):

No, that's, that's, that's amazing. And a, and a great idea for first book. So I can't wait till that comes out. Hopefully sometime soon. Dr. Ash, where else can people learn about you and your amazing work?

Dr. Ashley Salomon ([01:03:50](#)):

My website's an easy place to go. It's Salomon center la.com. Okay. So, yeah,

Caspar ([01:03:56](#)):

Salomon. And that's s a l o m o n, right?

Dr. Ashley Salomon ([01:03:58](#)):

Correct. Yes. That, that's probably easiest. And they have, Instagram is d r Ashley Salomon and d r Ashley Health. And I have Facebook too. Those are probably the easiest places. Yeah.

Caspar ([01:04:11](#)):

Yeah. Dr. Salomon, thank you so much for, for being a guest, a friend of course. And, and someone that I admire and you know, one of, one of the great practitioners that even my father said, it's, it's amazing to see young practitioners too, up and coming, really embracing bioenergetic medicine and kind of being the next generation. 'cause You know, the, the, we have some older ones out there, like my father's and others. Mm-Hmm. <Affirmative>, but you know, you gotta carry that on. You're doing such a great job. So thank you so much for that.

Dr. Ashley Salomon ([01:04:42](#)):

Oh, thank you, Casper. I, I value our friendship so much. Thank you for, and once

Caspar ([01:04:46](#)):

All the

Dr. Ashley Salomon ([01:04:47](#)):

Years, once

Caspar ([01:04:47](#)):

Gets published, Uhhuh <laugh>, you're coming back on. We're gonna talk all about all the details of this because I'm sure people wanna know those nitty gritty's, and of course they'll have to read the book, but I'm gonna have you back on for that one.

Dr. Ashley Salomon ([01:04:59](#)):

We'll go chapter by chapter <laugh>. Thanks Casper. Thanks for

Caspar ([01:05:04](#)):

Everything.

Dr. Ashley Salomon ([01:05:05](#)):

You, so good to see

Caspar ([01:05:05](#)):

You. You too. As you heard here from Dr. Salomon, healing should encompass the physical, emotional, mental, and spiritual aspects of ourselves. Unfortunately, not too many physicians are practicing just yet, but with Dr. Salomon's work and so many others, they're up and coming. This may be the future of medicine and will be the future of medicine in the near term. So until next time, continue writing your own healing story.