



Mitchel M.D.
Integrating Change for Health,
Longevity & Performance

Product You Podcast Transcript

Stress Management with Kimberly Palm

Mitchel: Welcome Kimberly Palm. Kimberly has the unique credentials of being a stress management coach, and she is also a healer and certified meditation instructor. Welcome Kimberly.

Kimberly: Thanks!

Mitchel: I always like to start with the journey and so how did you get into what you are doing right now and share your journey of exploration, how you got into meditation and coaching and stress management.

Kimberly: I will try to make it as small as I can. It is kind of a long story but I will give the long version. I come from kind of a medical family, my mother was a nurse, my father was a medic in World War II, all of my cousins were doctors, some of them are very famous and world renowned doctors. So I come from a big medical oriented family. I was raised with kind of a lot of knowledge about how medicine works. What happened was that I got a marketing degree, I was in sales and marketing for twenty, twenty – five years, and I had a hugely successful career but I totally burnt out, I had adrenal burn out and I started getting sick with mystery illnesses. I started having all these weird health problems happening, one after another.

But to kind of go back a little bit before the mystery illnesses happened. Twenty – two years ago we moved from California to Seattle and I got very depressed because I went from living in a sunny environment to living in a dark, cloudy, rainy environment and not having any friends or family. I got depressed, I started eating, I got overweight, and when I realized what had happened to me I went on a quest to fix myself. I started researching heavily into diet, nutrition, exercise, vitamins, all that type of thing. Then I had issues trying to get pregnant so my husband and I did a lot of research into how to get healthy and heal so that you can get pregnant and all those types of things. Then I had this career, I became a mom, I got total adrenal burn out and I started getting massive allergies, my husband said I was allergic to the world. I was allergic to everything. Adrenal burnout is when you have adrenal insufficiency and you adrenals have to deal with your auto – immune and your immune system as well as your hormone balance, your blood sugar level. So I developed hypoglycemia, allergies and all kinds of mystery pains and aches and just weird things going on, restless legs, syndrome anxiety, panic disorders, just all kinds of things.

It was all because I was overwhelmed in my career, and in my life with becoming a mom and working and being successful in my career. It was just too much. Something had to give. So what happened is I went to doctor after doctor after doctor and none of what we call allopathic MD doctors, could help me. They would either shake their head and say “I do not know what is wrong with you” or “Here is a pill, go take it”. The pill would give me twenty side effects but it would not help my situation or make it better. I started researching how to fix myself and started seeing (03:47) doctors who suggested I do testing for my adrenals and all that. We found out, sure enough, that I had adrenal problems and that was the cause of a good portion of it. The cause of adrenal problems is stress.

I am also actually a medical intuitive, I was born with intuitive abilities, I can see, feel and perceive energies, I am empathic, I can look deep inside of people and see what is going on emotionally with them, what is going on in their life, their body. I am kind of like a psychic x – ray person. But I was unable to do that for myself which was really hard. It turns out it is because people who are psychic and healers are not supposed to because there is a universal law that you are not supposed to know these things about yourself, so you have to go to other people. I started taking all sorts of workshops on healing and studying healing. Finally I had a doctor recommend

meditating, so I started. Once I started this, and all the adrenal support stuff, my adrenals healed, my anxiety went away, I reprogrammed my brain for positive thinking, my panic disorder went away, everything went away, my allergies started going away one by one. Basically, over the past twenty – two years I have totally healed myself.

I took a lot of work, cost me about two hundred thousand dollars and twenty – years, but the knowledge that I learned, I combined it all into become a healer myself. What happened is, one day Good kind of spoke to me and said “Kimberly you dumb head, the reason why you have been going through all these things is because you were not living your purpose. I did not create you to be a marketer, I created you to be a healer. Why do you think I put you in a family of medical professional”? Apparently the reason I had all these challenges in my life was because I was not doing what I was supposed to be doing, and the universe was trying to push me onto a path of what I was to be doing.

I went back to college, I got certified to teach meditation and mindfulness, and I started my business five years ago, teaching meditation and mindfulness, and also doing some health coaching because I had already been giving advice to people for a long time, for free. You know telling them how to eat, what to take, what to do. People would get pneumonia and I would say “Take some (06:22)”. Then a few days later they would call me and say “Oh my gosh! My pneumonia is gone, you are amazing”! I was advising people for free for a long time, so I started doing that. Then one of my meditation students started coming to me because they were stressed out and asking what to do about this and that. Before I knew it I was like “Damn! I need to start coaching people on stress management. It seems like this is a serious problem on the planet right now. everyone is just so stressed out”. We have cell phones, computers attached to our hips all the time, we live in a really stressful time. Plus for women, for the moms out there, you are expected to have it all. You are expected to raise kids, take care of the house, have a business, work at a job.

One hundred years ago on the prairie, moms did not do that, moms were just moms. Women stayed at home, barefoot and pregnant, they sewed, cooked and cleaned, they did not have to think with their brain at all. Now, you put all these pressures on women and then add to it, social media pressure. Women having to look perfect, be skinny, look like supermodels, all the bullying that goes on with young women in schools is just terrible. So there is just so much pressure these

days on women. But also on men too! The entire world is stressed out. I wrote an article called 'Stress the New World Epidemic' for the Insight Bulletin. I am a writer for them, it is a mental and physical health newsletter that comes out of Washington DC. I wrote an article on it and it was in two parts because there was so much information about how the planet has changed over the last couple hundred years as far as stress on people's lives. It just seems to get worse and worse and worse and worse.

What I did not say it, Bruce Lipton, who wrote the 'Biology of Belief', and I am actually an acquaintance with him and several people who know him, inspired me into being on this quest to heal stress on the planet. In his book and in his research he basically stated that ninety – eight percent of illness caused by stress and two percent of illness is inherited through the DNA. Even the American Medical Association buys that because they are saying the same thing. I actually interview doctors daily who say that is a bunch of crud. They say one hundred percent of their patients are stressed out.

In recent times, I started working with doctors this last year in my practice, about sixty percent or more of my clients have been doctors. Then I find research that says fifty percent of doctors in the United States are quitting their jobs with burnout and nurses and health care people. I actually developed a program on preventing burnout, just for doctors. My new mission right now is to help all the doctors in the United States to have peaceful lives.

Mitchel: That is perfect! One thing I want to go back to is when you brought up the meditation aspect of it, can you share a little bit of the philosophy or the science behind meditation and why it works not only for stress management but also improving health in general.

Kimberly: I guess the best way to explain it is when you are walking around during the day, we have what we call 'monkey mind' where we have all these thoughts and things going through your head. Eighty – five percent of people's thoughts are negative, negative thoughts release stress cortisol hormone into the body every time you think a negative thought. Then on top of it, eighty – five percent of your brain controlled by the subconscious tapes that are going on, thing from like when you were a kid and saying you were not good enough or you are not loved and all that kind of stuff. What happens with meditation is it takes you out of that, delta I think it is when you are running around during the day with the monkey mind or something. It does not

brainwash you or open you up for spiritual attack. I have a lot of friends who are Christians who are worried the demons are going to take them over if they go into meditation. Meditation does not do that, in fact Jesus actually meditated daily and it says so in the Bible and meditation is mentioned twenty – nine times.

All meditation is is quieting your mind and body while focusing on something. It could be music, prayer, or your breathing and mindfulness. It could be listening meditation. I love to take people to Hawaii, I take people on guided visual meditations to Hawaii and the Caribbean all the time. People thank me up and down, I get my long letters from people going on and on and on about what that did for them. Basically what it does it is takes your brain out of a state of chaos, and calms your brain down. There are one hundred and eight different types of meditation and I teach about five of them. It has been used for thousands and thousands of years. The Buddha created mindfulness which is just present moment awareness. I teach that in my practice, constantly being in the present moment.

So what it does for people is it takes them out of that chaos of that monkey mind where they are thinking about their to – do list and problems that happened a year ago, and tomorrow. It puts you into a kind of calm and peaceful state where you can just relax your body and mind and think about or focus on something other than all of your problems, worries and the negative chatter that stresses your body out.

Mitchel: Definitely. I think it is such a powerful tool that people often overlook or they think it is too ‘woo woo’. But really there are not a lot of tools required to it, people do not need a special chair or wear special clothes or be in a special room.

Kimberly: No, none of that, it is wherever. I mean I meditate all over the place, my backyard, my couch, my chair. I meditate in the doctor’s office waiting for my children. I have two kids and I have to take them to the doctor sometimes. Sometimes I am sitting in the chair in the doctor’s office meditating or whatever, you can pretty much practice it wherever you go, except when you are driving. You do not want to practice when you are driving or operating heavy machinery. The thing it does is it creates peace and balance and helps balance your emotions. I have had more people lose weight simply by teaching them meditation. Which is why a lot of people are heavy, because they eat from emotions, when their emotions are out of control. When you learn

meditation it helps to balance all your emotions. You create a peace that people long for, a lot of people are out there starving to be peaceful. That is the biggest thing that meditation does. It is not 'woo woo' at all. I guess if you do (13:42) or one of those other types of meditations that are kind of 'woo woo', where you are floating out of your body and around the stars. I do not like that and I would not teach that to anyone or recommend it to anyone.

There are those types of things out there. Hence, why I said there are one hundred and eight types so you have to be careful and choosy with which type you pick. Dr. Wayne Dyer has a CD called 'The I am Meditation' and they use sound healing. There are a lot of people. I think John Goldman is one of the famous people who did the sound healing. But there are all these sound healing CDs you can listen to. You put in a CD and you listen to this music and let your mind go. You do not really think about anything and if you do have thoughts coming, you just keep refocusing on the music. It is very healing to the body. I was able to overcome my mild depression, anxiety and panic disorder by doing it.

Mitchel: Definitely. I think it is important for people to realize that there is no wrong way to do it, no perfect way, it is very individual. I like the way Dyer said get some friends that utilize that as a resource. I prefer this to simple breath meditation. You brought up an interesting point about how cortisol, adrenal stress and all that kind of ties together. As a traditionally trained physician, (15:06) by training, it was not until I started learning about functional medicines couple years ago that the whole concept of adrenal fatigue made sense. Can you just explain that a little bit for someone who might not have any idea about what we are talking about?

Kimberly: Basically your adrenals are these little organs that are called your stress organs and are located at the top of your kidneys. They have cortisol in them. They get depleted every time you have a stressful response to something, something negative happens to you and react to it or over react. Or your mind is thinking negative thoughts and releasing cortisol out of your adrenals and it floods your body and your cells and creates havoc in your body. They call it the flight or fight response, and it was created in our bodies when mankind was first created, for the purpose of running away from a dinosaur or bear. If you are in danger, it gives you that rush of adrenaline you need to move a car or someone or run like heck if someone is coming after you. If you are doing this kind of thing daily, it literally sucks the life out of you, it sucks all of your cortisol out

of you and then you get what is called cortisol insufficiency. The more and more deficient you become, the closer you get to burning out completely.

When you get total adrenal burnout it means your cortisol levels are extremely poor. You can tell this because you will have headaches, problems sleeping, anxiety, allergies, blood sugar issues, a lot of different signs that you have adrenal problems. There is even a simple scratch test you can do. Take the back of your nail and run it along your forearm, and scratch yourself. It should turn red within a few seconds and if it does not, it means your adrenals are insufficient. There are several other things you can do like that. When I work with clients I actually test them for that, I test them energetically. But I also have a quiz. A survey that gives some of the symptoms and they can check off which ones they have and it gives us an idea of whether or not they are insufficient and their cortisol and adrenals.

Things like headaches, sugar cravings, anxiety, hormone imbalance, that is a big sign that your adrenals are having issues (your hormones are out of whack). Especially for men, for women it is natural to fluctuate in your hormone levels. Like right now I am going into menopause so my hormones are fluctuating, and that is normal. But for a man to have fluctuating hormones, that is very bad. When they have low testosterone, and all that, there is a good chance that it is coming from stress and the adrenals.

Mitchel: They are all so closely tied together. I want to go a little into learning about stress. You mentioned your journey and how you kind of figured it all out, but for the average person busy doing kids to soccer, working a job, doing the things that daily living requires, how do they find resources for learning about stress management with their coping techniques? There is just an endless supply of literature out there, where do you start?

Kimberly: Because I spent years studying this I was kind of a little disgusted by the fact that there was not any one website dealing with every single area, stress awareness. What happens is you have to piece a lot of stuff together. I created a program called 'The Peace Stress Management System', and it is the only program in the United States, I do not know about the rest of the world, that actually deals with every type of stress in someone's life. So what I can recommend to people is research basic stress relief. If you Google stress release a lot of things come up, and honestly, unless you go to someone, like me, who has the program like this, it is a

matter of sorting through it, and finding out what resonates with you. Let us say you go to a website, and it tell you to hold your thumb and your forefingers together for five minutes, and that is going to relieve your stress.

A guy commented on my 'Stress 101', I have a stress reduction 101 group on LinkedIn, saying he has this thing where his patients stick their fingers together in this fashion and they do some breathing. I am looking at it thinking, 'You know that is okay for some people, but there are others who may look at that and do not want to do it because it is stupid'. The thing is you really just need to Google stress reduction and look at the different things. There are just so many resources out there. Start of and maybe try a few things.

How I did it was I tried and failed and tried and succeed and just kept going. I would try things and they would work or not and then I would change off. Or in my case, I offer free consultations to anyone on the planet who wants to find out if I can work with them. I have an eight page assessment where I find out what is going on in every area of their life, physical stress, emotional stress, chemical stress, work stress, home stress, travel stress, relationship stress, we look at everything. That is what is unique about what I do, we turn over every rock. Let us say there are thousands of rocks, we turn over every one. There is no stone left unturned, we look at every type of stress in life that people need to deal with.

That ninety – eight percent of illness number that we gave was stress. When you say stress, everyone automatically thinks emotional stress. However, stress comes in the form of lack of nutrition, vitamins, not exercising, oxidated stress, subconscious stress, inherited stress. There are all these different types of stress, work stress, boss stress, financial worries, on and on and on. People do not realize that stress comes in all these different forms. If you do not manage and learn to deal with all of those forms, then you are still going to be stuck with stress. That is what I do with people, take them, whether doctor, mom, athlete, anything like that and we look at everything and help them. What I do sets them up for life too. I do not know about other people in my industry, but in my practice, everything I am teaching are skills they will literally use the rest of their life until they leave the planet. I even give them a stress management tool kit that they will use every day for the rest of their lives. It is very life changing work.

Mitchel: You brought up a very interesting point. What is the distinction between managing stress and limiting stress? I think people sometimes confuse the two.

Kimberly: That is an awesome question. There are actually stressors that you can totally delete, and that is the first thing we work on, the things in your life that we can get rid of right now. Maybe toxic relationships, if you have a friend who is sucking you like a negative energy vampire and you have the guts to break it off with them, I empower and help people to do that. That is one thing, making a list of what we can delete, turning off the news before bed time because it is upsetting and gives you nightmares, that kind of thing. Then there is stress reduce and that is stuff like on the job stress and there are things you can do to manage that. I teach all kinds of work productivity and overload, time management and avoiding plate overload or overwhelmed.

When you learn these skills you can reduce and delete a lot of the stress. Then there are stressors that happen to you that you cannot control. For example, you get hit by a car, and you have pain in your body. What I do is I work with people in pain management, and when you can manage that you can take care of the after effects so it does not turn into an adrenal burnout. I have this chart I developed called the 'Hamster Wheel of Stress' or 'The Chronic Stress Cycle', when you have an accident and you have pain in your body, you get angry and frustration, and that leads to depression and anxiety and then you get illnesses as a result of the negative emotions and you get more anguish and emotional and distress and it keeps going and going until you get off the wheel.

I will take people who have pain in their body, whether it is athletes or just regular people with arthritis and help them get an anti – inflammatory diet or send them to an MD or an (24:31) that knows about natural anti – inflammatory supplements like tumouric and things like that that they can get. Then I teach them how to emotionally deal with the pain using mindfulness which is an awesome reliever and other skills that we teach for dealing with the pain. That will not heal and take away the pain, but it will keep the pain from making you sick and emotionally disturbed and doing all the other nasty stuff that it does to you. That is how stress works, you can either manage the stuff, you can delete it all together, or reduce it. And I do all three.

Mitchel: Can you share a brief success story from a friend or family member or something personal?

Kimberly: I have a pastor I worked with, I work with a lot of church pastors, CEOs, and people in leadership positions because it is very stressful. He came to me with diabetes, high blood pressure, heart issues, overweight, his doctors were going to put him on twenty medications but he said “You what doctor, I am going to go work with Kimberly first and if she cannot help me out I will come back and take your drugs”. I got him on a diet and exercise program, helped him manage his stress, worked on his relationship issues that he was having that were stressing him out, we worked on rewiring his brain for success which is what I do with everyone (I help them reprogram their brain), and health and success. I did all of that, sent him off to a (26:09) to help him monitor his blood sugar and give him some supplements for that, and literally a few days later he called me “Oh my gosh! I am already feeling better! My blood pressure is normal for the first time in a while, my blood sugar is normal”. He kept sending me regular emails then six months down the road I got an email saying it was the best he had felt in his entire life and it was thanks to me.

Mitchel: I am going to put you on the spot here. Can you teach us a simple technique to help with stress whether it is meditation or mindfulness techniques. Can you share something like that?

Kimberly: Everyone who is listening in the audience, I want you to close your eyes, if you have you legs, feet or hands crossed, uncross them, and relax. You are going to imagine that there is a beautiful waterfall of golden light coming down from the sky, pouring out of the heavens or the sky and coming down on the top of your head. As it is coming down on the top of your head, all of your facial muscles and jaws relax. Just imagine this warm beautiful golden water coming down on your shoulders, your neck, relaxing your shoulders and neck further into the chair, down through your arms, to your fingers, all the muscles are relaxing. Imagine all the organs in your chest relaxing, your heart, lungs are relaxing, as this golden light pours down through your chest, see this light coming down through your abdomen, relaxing all the muscles in your tummy, abdomen and torso. Take the light and see it down in your torso and coming through and filing every cell of your body with perfect health. Take it down through your hips, relax your hip muscles into the chair, or onto the bed if you are lying down. Imagine sinking deeper and deeper

into the earth. Send the light down through your legs, relaxing your thigh muscles into the chair, relaxing your calf muscles into the chair. You just feel warm and relaxed throughout your body. Now the light is going down into your feet, relaxing your feet and toes, you might want to wiggle your toes a little and relax them. Take that light and send it down into the earth, bring yourself into the planet and just imagine yourself as a rod of beautiful light, every inch of your body is calm, peaceful and relaxed.

You can use this exercise any time you want, when you are feeling tension or stress in your body or mind. Just sit and imagine this light passing over you and the waterfall of light just passing over you, relaxing all of your muscles. This is what we call progressive relaxation, one of the tools I use. I do a lot of breathing, I have an MP3 I give out for free to people who sign up on my website, it is called breathe your way to relaxation and stress relief, so if anyone in the audience is interested in receiving it it is a fifteen minute breathing trainer to help you do some exercises that you can use at work or home, travelling, anywhere you go. They help you to be calm, focused and more productive, and create peace and relaxation. I give it out for free, all they have to do is go to my website and sign up.

Mitchel: I want to wrap up here. But can you share anything you are working on now like books or projects or anything coming out.

Kimberly: I am going to be doing a seminar very soon for doctors on improving time, profit and freedom. It is basically going to be the three factors that keep you from having time profit and freedom in your business and we are going to be giving out some tips for how to have more time to have fun because a lot of doctors are very stressed out. It is not just for doctors but anyone in the health care industry. I have that coming up in early October. Just contact me if you want to get on my list and find out more. I am going to be doing probably a holiday stress relief free teleseminar every year. I am also going to be doing one on no more worries. I might change the name but I am going to do one how to get rid of worries. I am also writing my book right now on my peace stress management program. When I got it downloaded I was told to take it to the four corners of the earth. I cannot do that physically but I can through book.

Mitchel: What is your website? I see two here

Kimberly: I have one major website and there is a doctor website on there for people in the medical industry. It is healyourmindbody.com. That is for everyone. I have programs for corporate, employee stress management, programs for individuals and then doctors.

Mitchel: is there a way for someone to connect with you on the website?

Kimberly: There is a contact page, they can also email me at Kimberly@healyourmindbody.com.