

Transforming Trauma through the Microbiome

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There are up to 10 times as many cells of naturally occurring microflora (such as bacteria, viruses, fungi) in and on the human body as there are cells of the body itself! These micro-organisms synthesize vitamins we need, aid in the digestion of foods, secrete hormones and neurotransmitters, support the functioning of our immune system as well as many other pivotal activities. It is also well understood that microflora is “shared” with those we spend the most time with – through genetics, the birthing process, eating together, physical intimacy or simply living in the same residence.

This workshop charts new territory by exploring both 1) the role of microflora in perpetuating trauma patterns within intimate partnerships/family systems as well as 2) the potential for transforming trauma patterns through our microbiome. Through a combination of lecture, demonstration and practice sessions, students will learn a simple, consistently effective strategy for resolving trauma patterns using the microbiome.

Lee Cartwright, M.A., helped clients resolve physical, emotional and spiritual traumas in his Santa Fe practice. His therapeutic strategies were dedicated to reconnecting/reigniting the inherent healing resources of the body/psyche. With over 30 years of teaching experience, Lee’s workshops are informative, entertaining and focused on attendees gaining real-life skills.

Disclaimer:

All of the material in this presentation is provided for information purposes only and should not be construed in any way as medical or psychological advice or instruction. Anyone seeking the diagnosis and/or treatment of a physical and/or emotional condition should seek out an appropriately licensed health care practitioner. Further, we do not guarantee the Transforming Trauma through the Microbiome process outlined in this presentation will work for you or your clients. Finally, we have not heard of any side effects from the process, but we do not guarantee that you or your clients will not experience any side effects.

Introduction

Microbiome

Microbiome refers to the microorganisms that live on and in your body.

It includes bacteria, fungi, archaea, protists and viruses.

It exists in/on any part of your body that connects with the outside world.

The human body has about 30 trillion cells, while there are 39 trillion cells in your microbiome!

Our cells have about 20,00 genes; our microbiome has 20,000 times more!

Each part of your body has its own unique collection of microflora.

Each human being has his/her own distinctive microbiome.

The composition of your microbiome is influenced by your genetics, where you have lived, who you've contacted, the foods you've eaten, the medicines you've taken, the pets you have had, etc.

Your microbiome starts forming in-utero. Almost $\frac{3}{4}$ of a newborn's strains can be directly traced back to the mother.

Your microbiome helps you digest food, produces vitamins and minerals, breaks down toxins, helps control bad microorganisms, guides your immune system and even activates/turns off your genetic coding.

The Earth's microbiome is essential to the functioning of our food chain.

There are bad microorganisms – plague, HIV, tuberculosis, etc. At the same time, there are many more that are essential to our survival!

Our microbiome matters - we need to appreciate it!

Workshop Outline

- A. “I that is We.”
- B. Transforming Trauma through the Microbiome – Strategy.
- C. Transforming Trauma through the Microbiome – Demonstration.
- D. Transforming Trauma through the Microbiome – Practice.

“I that is We”

- 1. “We are in this Together.”
 - a. A human being is not just a soul living in a body.
 - b. What we view as a human being is actually a soul and a microbiome living in a human body.
 - c. When we eat, they eat. When we travel, they travel with us. They are always with us – whatever we are doing. When we die, they devour the body.
 - d. Our lives are thus a shared experience!
- 2. The microbiome and trauma.
 - a. The study that started it all – a 2004 study in Japan that showed that germ-free mice produce twice the amount of adrenal stress hormones than normal mice when adversely stimulated.
 - b. Since then, many studies have verified that when animals are stressed, so are their microbiomes!
 - c. Studies of humans have shown:
 - 1. Intense physical injury traumatizes the microbiome.
 - 2. Early life trauma creates a lasting “injury signature” on the human microbiome.
 - 3. PTSD is associated with distinct changes in the microbiome.
 - 4. Trauma to the microbiome is correlated with increased prefrontal cortex activation when stressed.

5. Depression is correlated with a narrowing of the microbiome.
Transplanting the microbiome of depressed patients into mice leads to the mice acting depressed!
 6. Schizophrenia is also correlated with narrowing of the microbiome.
Transplanting the microbiome of schizophrenic patients into mice leads to schizophrenic brain wave patterns in the mice!
 7. Parkinson's disease has a distinctive microbial signature.
 8. Alzheimer's is associated with a narrowing of the microbiome.
3. Intergenerational trauma.
- a. 2013 Emory University study – when mice were trained to fear the smell of cherry blossoms, the children and grandchildren of the mice showed a fear response when exposed to the smell. If the mice were later desensitized to the smell, subsequent offspring were not afraid of the smell.
 - b. 2013 University of Zurich study – taking mouse pups away from their mothers right after birth led to increased risk-taking behaviors, overeating and antisocial behaviors as the mice grew. When the mice reproduced, their children showed the same behaviors.
 - c. 2018 UCLA study – POWs from the US Civil War passed a quality of the trauma they experienced down to their sons and grandsons resulting in increased death rates from cancer and stroke.
 - d. 2015 New York Mount Sinai Hospital study – children of Holocaust survivors had epigenetic changes in the gene that correlates with the regulation of stress hormones.
4. Intergenerational microbiomes.
- a. 2016 UCLA Berkeley study – our microbiomes have evolved with us as we have evolved from prehistoric ape. Our microbiomes are less diverse than our great ape ancestors, possibly explaining some of the diseases we suffer from.
 - b. Recent studies of humans have shown:
 1. Much of a newborn's microbiome can be traced to the mother.
 2. Close, sustained human relationships shape our microbiome through both physical contact, shared foods, pets and social choices.
 3. Sharing microbiomes between different members of a group is likely part of what helps keep the group cohesive.

4. Sharing microbiomes likely also helps the immune systems of group members to “homogenize.”
- c. Case examples of microbiomes transmitting trauma through the generations
 1. Resolving paternal anger transferred through ocular microbiome.
 2. Resolving intense overeating transferred through colon and small intestine microbiomes.
 3. Resolving free-floating anxiety transferred through colon and ear microbiomes.
 4. Chemotherapy saving someone’s physical life but destroying their love of life. Reviving the microbiome from the chemo revived the person’s spirit.
 5. Resolving maternal grief transferred through the reproductive microbiome.
- d. Resolving Trauma through the Microbiome.
 1. A simple, easy to apply strategy for bringing the microbiome into present time.
 2. Goals – greater congruence, connecting more easily with intrinsic motivation, greater separation from negative family patterns and reducing self-sabotage.

Transforming Trauma through the Microbiome - Strategy

What do you say?

1. Sentence #1 – Divine microbiome of the _____, please ask the core of the Earth about your absorption of your own frequencies of energy.
 - a. Why divine microbiome? Because you want to address the “good guys.” We can have a lot of bad microbes – Herpes, Lyme’s, Giardia, etc. If the word divine doesn’t work for you, use “natural.”
 - b. Why please? Because you are trying to befriend your microbiome, not command it like a servant of yours. Be respectful!

- c. Why core of the Earth? Because according to Bill Gray, the profound healer described in Ruth Montgomery's book Born to Heal (page 48), the core of the Earth is "the source of all information since time began."
- d. Why your own frequencies of energy? Because "every plant, animal and human being has its own individual energy frequency that establishes and maintains life, growth and development." Born to Heal, page 48. When traumatized, our microbiome (just like us) forgets that it is infinitely provided for. It is this fundamental disconnect, this "forgetting," that is the basis for traumatic looping.
- e. The sentence is addressed to the microbiome of:
 1. Colon.
 2. Ears.
 3. Eyes.
 4. Mouth.
 5. Respiratory tract.
 6. Urinary tract.
 7. Reproductive system.
 8. Skin and hair.
 9. _____ microbiome (specific to your life process).

Stomach

Small intestine

Paranasal sinus

Etc.
- f. Repeat the sentence 6-10 times for each aspect of the microbiome.
- g. How will this ever work? Believe it or not, each part of the microbiome recognizes 1) your voice when you speak to it and 2) its name when you say it.
- h. If you are a bodyworker and your client feels safe, you can speak to his/her microbiome through your hands. In the same sense, a parent can speak to the microbiome of his/her prepubescent child and a pet-owner can speak to the microbiome of his/her animal.
- i. If you feel safe, you can also work by yourself with your own microbiome!
- j. Example – "Divine microbiome of the colon, please ask the core of the Earth about your absorption of your own frequencies of energy."

2. Sentence #2 – Divine microbiome of the _____, please metabolize everything we need to learn from _____.

a. Example – “Divine microbiome of the colon, please metabolize everything we need to learn from overwhelming shyness.”

b. The sentence is addressed to the microbiome of:

1. Colon.
2. Ears.
3. Eyes.
4. Mouth.
5. Respiratory tract.
6. Urinary tract.
7. Reproductive system.
8. Skin and hair.
9. _____ microbiome (specific to your life process).

Stomach
Small intestine
Paranasal sinus
Etc.

c. Why metabolize? Because metabolism involves using chemical processes to transform a substance into a ***useable form***.

d. Why we? Because you and your microbiome together are experiencing the patterns (such as overwhelming shyness).

e. Why “everything we need to learn from?” Because you want to take ***all*** of the energy in the pattern and transform it into a resource.

f. If you are doing the process for someone else (as a bodyworker, parent, or pet-owner), substitute the word “you” for “we” in the sentence.

- g. In the blank at the end of the sentence:
 - 1. A specific pattern you want to change.
 - 2. Ideally somatically/emotionally based.
 - 3. Don't try to fix your whole life all at once.
 - 4. You do not need to know the cause(s) of the pattern.
 - 5. Don't try to be positive – be factual!
 - 6. Be specific – use as few words as possible.
- h. Repeat the sentence 6-10 times for each aspect of the microbiome.

How do you guide a client through the process?

- 1. Explain to the client:
 - a. Microbiome refers to the micro-organisms that live on and inside the human body.
 - b. There are more cells of your microbiome than there are cells of your body.
 - c. These micro-organisms help your body digest food, produce vitamins and minerals, breakdown toxins and help your body fight bad bacteria.
 - d. When you go through traumas, your microbiome is often also traumatized.
 - e. There are many scientific studies that show that the microbiome has a significant impact on how we think, feel and act.
 - f. The goals of the process are to 1) free your microbiome of trauma, 2) strengthen the cooperation between you and your microbiome and 3) mobilize its resources to improve the quality of your life.
 - g. It is not necessary to know what specific micro-organisms comprise your microbiome. All you need to do is repeat the 2 scripted sentences.
 - h. If an emotion comes up during the process, the goal is to allow it and to stay with the process. The goal is resolution!
 - i. Taking a break is fine – you can stop the process at any time.
 - j. What he/she might experience during the process:
 - 1. Immediate relief.
 - 2. Integration signs such as sadness, tears, tingling, body temperature changes.
 - 3. Difficulty saying the words.
 - 4. Forgetting which sentence you are repeating.

2. Once the process starts:
 - a. Be present, compassionate and neutral.
 - b. Help the client switch between the different parts of the microbiome as well as the 2 sentences.
 - c. Help the client relate to versus command his/her microbiome.
 - d. Help the client stay with the process versus dive into emotions.
 - e. In the incredibly rare event the client goes into a dissociative reenactment, bring them out of it by helping them focus on current sensory reality.
 - f. At the end of the process, lead the client through two Brain Gym moves to integrate the work:
 - Cross Crawl – walking in place, extending hand toward opposite knee.
 - Self Worth – with hands clasped behind the back, draw a front/back eight with your hips. Do this several times in one direction and then switch to the opposite direction.

What else might you do?

1. Talk to your health professional about whether any of the following research supported options might benefit you.
2. Consider asking your provider about “vaginal seeding” if you will be having a C-section.
3. Only do antibiotics when they are medically indicated.
4. Consider taking a probiotic after taking antibiotics. There are 3 kinds of probiotics – the question is which one(s), if any, are right for you.
 - a. Lactobacillus and Bifidus.
 - b. Bacillus (soil-based micro-organisms).
 - c. Saccharomyces Boulardii (yeast/fungus based).
5. Consider adding a prebiotic to your diet – a fiber that the human body cannot digest which serves as food for your microbiome. Be aware that some fiber products (such as psyllium) tend to slow peristalsis, while others (such as bran) tend to speed peristalsis.

6. Consider the qualities of a psychobiotic diet:
 - a. High fiber, mostly plant-based foods.
 - b. Eat foods free of hormones.
 - c. Eat organic when possible.
 - d. Eliminate processed foods.
 - e. Reduce sugars.
 - f. Eat the protein that is right for you.
 - g. Add a fermented food (kefir, miso, sauerkraut, etc.) to your diet.
7. If you have a reaction (bloating, gas, discomfort) for more than 3 days after trying any new product/food, consider stopping because it might not be right for you.
8. Read a book on the gut/brain/microbiome connection like The Psychobiotic Revolution or 10% Human.

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- Yong, Ed. I Contain Multitudes. HarperCollins Publishers, 2016.
- Web searches for: microbiome and trauma, microbiome and PTSD, microbiome and emotions, intergenerational trauma, sharing microbiomes, etc.

TRANSFORMING TRAUMA THROUGH THE MICROBIOME

Step 1:

Divine microbiome of the _____, please ask
the core of the Earth about your absorption of your own
frequencies of energy.

Colon

Ears

Eyes

Mouth

Respiratory tract

Urinary tract

Reproductive system

Skin and hair

_____ (specific to person)

*** Repeat 6-10 times for each.

TRANSFORMING TRAUMA THROUGH THE MICROBIOME

Step 2:

Divine microbiome of the _____, please
metabolize everything we need to learn from _____.

Colon

Ears

Eyes

Mouth

Respiratory tract

Urinary tract

Reproductive system

Skin and hair

_____ (specific to person)

*** Repeat 6-10 times for each.