

Healing Emotional Traumas with EVOX Technology

Nathan Crane interviewing
Liliana Partida



Nathan Crane

Hello everybody, I'm Nathan Crane. I'm your host for the Global Cancer Symposium 2.0, very honored that you're joining us here for another great interview at the Cancer Center for Healing in Irvine, California. Today, we are joined by Liliana Partida, who is a clinical nutritionist here at the Cancer Center for Healing. And you have incredible specialty in helping cancer patients dive into the emotional healing aspect of their lives. And so first, thank you for joining us, and I'm really excited to get into this topic with you because what I've been hearing and learning more and more about this technology that you use to help identify traumatic experiences in people's lives sounds really fascinating and incredibly helpful for anybody dealing with cancer.

Liliana Partida

Yeah, well, you know, as a nutritionist, I have a wide scope because it's very emotional, anything that you put into your mouth has gotta have a component of why am I eating these foods? And so with, especially with cancer patients, they're very confused about their diet which it really actually makes them very fearful about what they should do. And so I love dealing with them with their emotions because really it is the foundation of what the nutrition and even their whole program is gonna be all about. Most patients have not dealt with the emotional aspect because it's not something that traditional medicine really puts their focus and attention on. And so what we have discovered is it is the foundation.

And so one of the tools I use is called EVOX, it's from a company called ZYTO, and it's a bio-communications device with biofeedback technology to it. So it's beautiful because very, very quickly, I am able to ascertain what cellular memories are blocked in what organ systems, and through that, you know, even though I tell them it's not really talk therapy in regards to like a psychotherapist 'cause I'm not trained as that, but I am trained in biofeedback technology. And so what it is, it's a voice activated so they have a headset on, and I just ask them very simple

questions. And then what happens, it creates what we call a perception index. And so it'll be a little chart, and it'll have 12 different little pie kind of triangles in there, and so depending on what is it that we're talking about it will show me on a perception index of how their body has experienced that topic that we're on.

So for example, even with diet and their fear behind what I should eat, right? It's like, okay there's an underlying root even just in their sense of self-worth, you know am I really just able to accomplish this? And so it's so important to look at everybody as an individual person. And so with the emotional aspect, one of the beautiful things about it is that your body never lies. So it's like I've trust machines so, so much now and the first time when I started using it you know, I kind of was doing kinesiology just to kind of just double check myself.

And as I continued I said, my goodness, this machine is amazing, and everybody who does it says, "I can't believe just in that one sentence, you told me all that you told me about my childhood." And I say, "Well, I'm not making anything up, all I'm doing is interpreting what the machine does." So what this perception index, like, let's just say for example, it shows an inflammatory response emotionally, let's just say somewhere in the liver, okay?

And so when we look at that, it's going to be a conflict. So all emotions are conflicts, and I'll say to them, "Okay, well, what I'm seeing here is this an emotion that's showing up in the liver and it's anger, which means," and I tell patients anger is actually an action hormone, okay? Something has got to change. And so that something that has to change isn't necessarily that what is making you angry, it's my perception of what I think it is based on experience that I had that's triggering a response.

So if I can get to the, you know, kind of like, okay let's look at this, you know, anger is not bad, it's an action hormone. But if I stay in it without change, then I'm mad at myself. And when we're mad at ourselves then what happens is the body starts to express itself potentially in a disease.

Nathan Crane

We have sympathetic response which is turned on more often, right? We're inhibiting the

immune system from doing its job of eliminating cancer cells, and long-term of that over years and decades, we end up with all kinds of chronic diseases.

Liliana Partida

Exactly, and that sympathetic dominance that flight or fright, cancer patients are in that a lot because they're in fear. So high levels of cortisol which will increase the inflammatory response. And so when we identify these emotions and we talk about it, and I really kinda get them to understand, okay, how do we deal with anger? Because all of us are gonna get angry hundreds of times in our lives, okay, millions of times. But it's how do we show up for it? And just say, "Okay, obviously, you know, I'm being triggered, I've lost my emotional intelligence, there's no reason for me to continue on in this conversation."

How do I back away without being passive aggressive? You know, and I just tell patients, look at that person straight in the face and say, "It's obvious we're not gonna get anything resolved right now, so let's just talk about it tomorrow." And why tomorrow? Because tomorrow we've cleared all of those cortisol, all the epinephrin out of our system, we've had that rest and digest back to parasympathetic phase, hopefully they had a good night's sleep. But when they wake up in the morning, I say, okay, ask yourself, how do you feel? And how do you feel about that incident? You could just say, "I'm mad as heck still," right?

But they don't necessarily wanna do what they wanted to do yesterday. They might wanted to spank their child, they might wanted to tell their husband they want a divorce. And so what I ask them to do is say, okay, now you still feel that charge, but underneath that charge, what is the emotion? Now the emotion might be self-worth, you know, whatever that conversation was made me feel that I'm not good enough. And so, again, it was triggered by an event that happened in the past, so, you know, kind of like Nick Tacan says, you know he says well, how do we look at it? We can say, "My beloved, I'm in pain right now, can you help me?" Right, 'cause think about it. When you're a baby, you cry, and when you cry, someone comes to your aid. This is a cry of hunger, this is a cry of a wet diaper.

But as adults what begins to happen is now we have a voice and instead of crying where you would have sympathy for any child that would be crying, instead it sounds like complaining. And then that complaining triggers the other person saying, "Well I don't have love either, and you're

disrespectful to me." So what happens is that people start pulling away from each other rather than really being able to be vulnerable. And with cancer patients, you have to create a healing home, you have to allow vulnerability to take place where the patient really is able to talk about their feelings without having conflict that that other person thinks it's their fault, right? And so I'm really big on creating a healing home along with the family, bring the whole family in, how can we show up for each other, right?

Because if not, then what happens is that the patient ends up holding a lot in, and everybody starts filling inept. They don't know how to help you so they start retracting and that's not what we want because we need connectedness. I mean, love is the most healing medicine you could possibly have, right? And, you know, I was reading a book yesterday, they were just saying, you know in often times when medicals doctors when they think there's no hope, they don't pay attention to you anymore, right?

And then all of a sudden you're isolated, and in the hospital, and so forth, and so you don't have that tenderness, you don't have, you know, that companionship of just I'm here for you no matter what. And so with the EVOX, we're very, very, really very quickly able to identify what emotions are in what organ system. Now I use a lot of German medicine, you know, Hammer work, right? And so it's beautiful because he had an incident he was a doctor, a medical doctor in Germany, and his son, his young son, he's like 18 years old, had an accident and he was killed, okay? It was such a shock to the system that months later, I don't know if it was months later, but it was in one year, he developed testicular cancer.

So he started saying, "Wow, you know, I'm gonna start researching trauma patients and cancer and what event happened that triggered this sympathetic response that stayed there because obviously you can't do anything about something like that." So you're in stress for a long period of time and you don't have that rest and recover. And so he started doing a lot of research and started realizing that there was a definite correlation to a traumatic event that later caused a disease. And so it's a beautiful, "Recall Healing" it's a wonderful book, everybody should have that.

Nathan Crane

What's the name of the book?

Liliana Partida

It's called "Recall Healing."

Nathan Crane

"Recall Healing" and we now know those can even be tracked through neuropeptides.

Liliana Partida

Oh absolutely, yeah. And that's how he did a lot of his test was through a brain imaging scanning, you know, in regards to talking about these emotional events and so forth. So I love German medicine. So again, what I look at is I say, okay, the disease, you know, say it's breast cancer, okay? So then you're looking at unrest in the nest. It's the inability to help some child or somebody that you love, a parent thinks of that.

Nathan Crane

Speaking of that, you just reminded me. So I did an incredible interview with Dr. Keesha Ewers, who's part of the symposium, go watch that interview, it's extraordinary. She told me, this is one of the first time she shared this depth of her story to an audience. Because of how personal it is, and it's truly like, it's heartbreaking and heart opening at the same time. So she, you know, was sexually abused as a child. And so she dealt with that her whole life and noticed it was interrupting her own relationships and how she was emotionally involved with people. And then she found out later, so she was dealing with healing those emotions and so forth and doing a lot of work there. And then she found out later, as she was older, as her children were grown up, that her own son was sexually abused by one of the babysitters that she had babysit them. And so she took it, I mean, just , you know, and so she took that in as so much anger.

Liliana Partida

The inability to be able to help protect my child.

Nathan Crane

Right, and so she blamed herself so, so aggressively, right? And you have to hear her tell the story it's incredible, but the short end of it is within months after that, the trauma of her taking on the

blame and the anger and the guilt and all of that, within a few months, she had breast cancer. And then she healed it herself using, you know, natural healing therapies, and emotional healing and all these things, and now she's cancer free. So it's just speaking to the testament of not only this gentleman's work and the great work that you do, but the power of understanding when we hold on and harbor these negative emotions, they absolutely can manifest in the body as cancer or other diseases.

Liliana Partida

Right, and you know what I love about her too 'cause actually she's a good friend of mine is that she's not afraid to breach death, the idea of death of patients. And so it's good, because that is probably the most fearful thing is all of a sudden we realize our mortality, we realize the vulnerability of it. But then also too, is that healing isn't just getting over cancer, it's healing the soul, having that connection between I'm not separate from my soul, from God. And so again a lot of patients will say to me, "Cancer has been the best thing that has ever happened to me because I've reconnected back with my spirituality, with my family, I was just burning the candle at both ends," again in that high cortisol lockdown, and they look at it as a gift.

And I love to hear that because I look at everything in life as a spiritual experience. Why did this happen? And what do I need to learn behind it? Even if it's the most terrible thing, is how can I take that information and let it be my springboard into my purpose.

Nathan Crane

Your teacher.

Liliana Partida

Right, absolutely. And so that's what I tried to get patients to do. If they can walk in sad and crying, they walk out laughing and smiling, you know. And it's contagious because we all wanna feel good. So the EVOX is beautiful because very, very quickly I can identify emotion.

Nathan Crane

So you're identifying emotions with this bio-energetic device, is that right?

Liliana Partida

Correct, yeah.

Nathan Crane

And the emotions and the trauma and where they're stored, I mean, you gave one kind of practical tool for people obviously, if you find yourself in an argument or a disagreement, you know, I get in disagreements with my wife from time to time, right? We all get in disagreements, arguments. One of the things I do is what you just mentioned as well, is in the past, I would just keep hammering until I tried to get my point across, which never helps, never works, makes the situation worse. So quicker and quicker and sooner and sooner over the years, I'm like, "Oh, I need to just stop, let it go, back off," and then in a few minutes, we're fine. Whereas before it might take hours or days, it's literally minutes and we're fine, and we're talking, we both let that go actually, not just me anymore, we both do it, and guess what?

Two minutes later we're having a friendly conversation. Not about that thing anymore. It's like, let it go. So those are like some practical tools in the moment and you have to catch yourself doing it, and you have to practice it, but what about getting to the deeper, I mean that doesn't really get to the underlying cause.

Liliana Partida

So there's another aspect of this, so there's actually a treatment phase. So again, to what you just said is this if we can all just let go of the need to have to be right, that's a huge thing, I don't need to have to be right, someone doesn't need to be wrong. And so with the EVOX beautifully, it not only is it biofeedback giving me information, but it also has a component where we actually do the treatment. So I kinda call it emotional acupuncture to some degree because it's trying to move the stuck pattern in that frequency.

So along with the headset, we'll select a specific musical tonality that will serve as the vibrational frequency and they have their hand on what we call a cradle, it's like a big old mouse, right? And it sends frequency electrical hertz and so the dermal part of the skin will pick it up and bring it through their whole body. And then again, with the headset, we have the frequency of the music, we have the frequency of the actual vibration going through the body. And so then I had them

speaking again, and I can see when it unsticks itself. So for example, if I have something that every time they speak, it's an anger, and it's an anger, and it's an anger, then I know that's a transgenerational wound. So really it starts from the time you were in conception, what was the mother's emotions? I say happy mama, happy baby, right?

Nathan Crane

I mean we know that through Bruce Lipton's work in epigenetics, and all of that good work that absolutely what you're saying is it's so true. I mean, trauma can happen. Most trauma actually happens and you don't even know it happened because you were a very young child or even in the womb, as you said.

Liliana Partida

Absolutely, and so, you know, oftentimes, and I really noticed this with people who have phobias, and they'll say, "Oh, I'm just so definitely deathly scared of flying in an airplane." I said, "Oh my gosh, what created this post-traumatic stress for you?" "Nothing, my mother's afraid," or her mother was afraid, and then I find out, down the line, there was an incident. So on a cellular memory, what happens, and it's a survival thing, it's a primal survival that the body will literally code that in regards of this is danger beware. And so you can be genetically coded for response based on a behavior for survivability purposes. So this may be not your story. So I can see, and I can tell a patient, this is not your story, but you're holding onto it and you have the beautiful capacity to release it not only for yourself, but for your generations to come and your children.

Nathan Crane

How do you get your patients to release these?

Liliana Partida

Well, so basically, when you're doing the biofeedback's aspect where they're doing the musical therapy, and then they're doing the vibrational frequency, so I record the next voice mapping, and so if it has moved from let's just say the liver stuck pattern, and now it's moving into, let's say the heart area, the cardiovascular system.

Nathan Crane

Are they saying something?

Liliana Partida

Yeah so they're speaking. So I'm asking them questions about-

Nathan Crane

You're asking them questions as they're doing this and these are their responses.

Liliana Partida

Yeah, and each time they ask me a question I will create a perception index because the computer will generate that. So every time they speak, I take opportunity to record their voice so then I give them a whole map on everything that they feel. They may have an issue of topic specific. I would say the most common one is what emotions compromise my immune system that I got cancer, okay? So then I say, "Okay, well, let's look at that because what we really wanna do is look at it in regards to it's part of the causal in regards to how I responded to this." It's not that it's not gonna come up again, but then I might step back and say, "You know what? That's not worth that response because it compromised my immune system and created this."

Nathan Crane

So basically what's happening is you're guiding the patients to discover more awareness about themselves, about whatever that blocked emotion is, that traumatic emotion. So just the awareness alone is starting to help the process of unravel and release it. And then you have the frequencies, both through the body, through the ears, to the brain, and you're guiding them to release these emotions more and more as you're doing this process, is that's what's happening?

Liliana Partida

Exactly, and then how I know that a client is finished, patient is they have what's called a release pattern. And so we'll show on the computer a release pattern. That means that their body is not resisting the session that day at all, okay? So it's beautiful when I tell patients, it's not necessarily

that you have to have it every time you come, it's not that it doesn't work, but then there's another component, there's another little tenical that's associated to it that we need to get to. So again, I don't want them to get stuck on, "Oh I've got to have a releasing pattern or it didn't work" because the session is gonna work no matter what.

Nathan Crane

What kind of experiences have you seen with the results from the patients.

Liliana Partida

Oh my God, tremendous experience. You know what's really interesting, Nathan is a lot of patients will say to me is, "Liliana, what you did in those treatments, I feel is how I really beat cancer." And they'll say to me the thing, you know-

Nathan Crane

These are people who've overcome cancer, your patients?

Liliana Partida

Yes, yes definitely. And they'll say, "I've got a reoccurrence and the only thing I didn't do, 'cause I did everything, was the emotional work, and I'm here to do emotional work." And so, again, it's beautiful, and I hear this so much all the time it's just a, you know, what I love most, one of the things that I loved most was this emotional work because it really made me recognize that I had so much more control than I ever thought possible, and that the brain is so malleable. It's just like, okay, if we can think of a positive hypnotic suggestion, why not? The brain doesn't ask permission for you to think it just blah blah's all the day.

I say, it's kinda like one of those Morse codes and before you know it, it's sending all these signals you're like, "Wait," you know. And so as I just say, you know, you gotta be a hall monitor, and when that critical voice comes in you have to look it like a bully. This is a bully on my program and I'm a mama bear and I'm gonna take care of that child within me, okay? The subconscious mind that's been, you know, created all these belief systems from birth to seven or eight years old, because those are what's gonna trigger you your whole life. You know, like Bruce Lipton, the changing the

mindset in regards of your belief systems can change your biology and epigenetics and I'm a firm believer on that. So I think that for our many, many patients with or without cancer, 'cause it's not just for someone who has compromised immune system, but everybody finds an incredible amount of benefit from it. And even skeptics.

Nathan Crane

Yeah, it sounds like a beautiful process.

Liliana Partida

'Cause men are the most skeptical. They're like, "My wife may be coming in," and they're like, you know, wow. And they cry, and there's emotion, and it's beautiful. So if we can allow for vulnerability to take place, then healing can take place.

Nathan Crane

Well, for true, we have to allow that vulnerability, we have to get to those stuck emotions, we have to get to those traumas and release them otherwise we're never gonna fully heal or awaken to our highest potential, right? I mean, I've been teaching a very simple concept I ask people this question all the time, been talking about this for over a decade. And I say, if right now in your life, if every single thought you had, every thought you had manifested in your life physically, the moment you had the thought you'd be really mindful about your thoughts, right? You'd be really, really mindful.

You'd be a Zen monk. You would have total control of your mind, you wouldn't have a single negative thought. I mean, everybody would be masters by the time they're five, six, seven years old 'cause we would teach our children how to do it. And you know, you don't wanna think about, "Oh my God, an airplane could hit me today" and then an airplane hits you, right? Or, you know, "Oh my God this virus is gonna kill me" and then you die, right? Like you would be so mindful of every thought you had. Well, we may not have that in our current reality but it is absolutely true, right?

That the more you have these repetitive thoughts, these fears, anxieties, doubts, worries, concerns, things that are not real, they're not true. They may feel real, but they're not real, they're made up of

the past, or the future, the worry, you know, or the grief, or the resentment or whatever it might be from the past and the fear of the future, and continuously living in these thoughts do ultimately manifest in our lives in one way or another. It just takes longer. So we still have to be very, very mindful.

As you said, the mama bear on the playground I love that metaphor because we have to be like the guards of our minds. We have to be so mindful about what we allow ourselves to think, what information we allow, it's why I don't watch the news no more than once a week, just to check in once in a while. 'Cause if you watch the news every day you're just loading your mind with fear and unfortunately garbage, you know, stuff that is designed to make you feel anxious, to down regulate your immune system, to kick on the sympathetic nervous response, right? So it's like we have to be the best guards of our minds that we possibly can.

Liliana Partida

Oh absolutely, one of the things that I tell my patients is check in with yourself. Every couple of hours, just check in and say, "How do I feel? I'm feeling a little anxious right now, or I'm feeling a little depressed." Well, look at it and say, "What value does this emotion have? Is it making me feel better? No, it's actually making me feel fearful right now." And I say, "Okay, get out of the future and get into the present moment and say to yourself, 'Do I have empirical knowledge that what I'm thinking is true.'" And out of the time, you're gonna say no, right?

And so I say, "Okay, well to get out of the future because that's where fear lives, and get into the present moment because in the present moment, you can find joy in anything. You can have a mindset of gratitude regardless. So all of a sudden your whole chemistry is gonna start changing." And we know disease is all about imbalances metabolically, and inflammation. So emotions when we aren't able to resolve them in their conflict, it's inflammation. And it goes to organ specifics according to the emotional component that's associated with that organ.

So I tell my patients it's really important to get out of the future and be in the present moment because the future is scary, right? It's like, I don't know what happens over there, and stay in intuition. I intuitively know that there's sunshine behind those clouds even though it's been raining and cloudy for days, right?

Nathan Crane

Or use the power of your vision, the power of your imagination to visualize a positive future, which is what I do every day. You know, it's like visualizing how healthy you wanna be, the energy you wanna have, the experiences you wanna have. And that alone, you know, without attachment, it's not like I have to do that it's just, oh, you start to feel better. You're grateful for everything in the present moment, but you can utilize the future for creating good things in your life. But if it's the worry of the future and the concern and the fears you're talking about, it's just gonna create anxiety.

Liliana Partida

It's gonna just basically draw it right to you, magnify it, you got your attention on it. And a lot of patients will wonder, you know, how many sessions are critical in order to really resolve some of these issues? And I tell patients no less than three, but five is important so we can do transgenerational healing.

Nathan Crane

Five session, that's really about it?

Liliana Partida

Yes, I mean, five is the minimum that I like to do because then we work on releasing the stagnation of mother, and I actually am able to say who you patterned after emotionally on a DNA, RNA replication as far as emotions. So we do mother, we do father, we do, if they're married, husband in association, because they had the different belief systems that they came in to had to harmonize so that they could have a fruitful relationship. And then we do self. So after I kind of say, "Okay, here you are this boat. But you've got all these buoys on you that's dragging you and not really allowing you to go through life.

Maybe if you didn't have these beliefs about, or even accommodations that you had to do with other people." So I say, "Let's take all the buoys off and then we can see how you're tracking. Ah, it's moving to the right hand side. Okay, now we can start working on you." And then at the end we do, what's called topic specific. And that's again, what I would say, patients wanna know what emotions compromise my immune system that I ended here. So all patients will do at least five

sessions. I've got patients that are on 10, 15 sessions because they just love it. They'll come in and say, "Oh my gosh, I had the worst weekend this weekend. I've just been, I can't calm down, I haven't been able to sleep well." And then they do a session they're like, "Oh my gosh, that was so helpful for me." So it's really great.

Nathan Crane

Beautiful, yeah it's amazing the work you're doing and it's amazing as you know, I continue to learn about more of the healing technologies that are here at the center. And I just wanna thank you. Thank you for your time,

Liliana Partida

Thank you for having me.

Nathan Crane

And thanks for sharing with us. And EVOX, it's called EVOX.

Liliana Partida

EVOX, it's awesome.

Nathan Crane

Beautiful, well, thank you all for tuning in here to the Global Cancer Symposium. Make sure to share this with your friends, family, colleagues, anybody who needs to hear this information. Also, if you wanna learn more about EVOX or working with Liliana and the doctors here at the Cancer Center for Healing, go to cancercenterforhealing.com. Again, I'm Nathan Crane. I wish you all ultimate health and happiness, take care.