



Heal The Root of any Issue – In minutes.

Tom McCarthy interviewing Dr. Alex Loyd, PhD, ND



Tom McCarthy

I'm so excited to have our next guest on. I've been looking forward to this interview for several days, Alex. Our next guest is Dr. Alexander Loyd and I was actually introduced to him by a mutual friend, someone we both know and love, and she told me check out his work because it's really, really powerful. And so I did, I bought the book, "The Healing Code." I'd like to show it, but I buy my books on Kindle now. So it's on my Kindle, I guess I don't have anything to hold out, but I devoured that book and absolutely loved it and began using the healing code process. And I've done so many things over the past 30 years. I know lots of different methodologies.

This was really unique. And I love the explanations that all of you are gonna be able to hear from Dr. Alex, as we get going just a minute about the impact of stress on the immune system, why we get sick memories and the impact they have on us, old memories that consciously we may have even forgotten, but there's still sometimes dragging us down a little bit. The healing code works with really not eliminating because you can maybe still remember them, but the impact they have can go away and you've got the power to heal yourself by using these healing codes.

So I am just so thrilled that Dr. Alex is a luminary in the energy healing world. He's been on ABC, NBC, CBS, Fox, PBS, I don't know if there's any other networks out there, but if there are, you'll probably be on some time, oprah.com, "USA Today Time," "People Magazine." So many people have used the healing codes to heal themselves, to heal themselves, not to have to go to somebody else, but to heal themselves. And so I am just so happy and fortunate that we got Dr. Alexander Loyd to be on our global energy healing summit. Dr. Alex, thank you so much for being with us today.



Dr. Alex Loyd, PhD, ND

Tom, I've been looking forward to this for a long time and the best part was meeting you and us becoming friends. So that was way good for me. And I've been excited about sharing with you today. So thank you for having me.

Tom McCarthy

You bet. And we're on our first meeting, which was on Zoom, cause we can't travel, but one of the things that stood out and you just even saw it in the way that he honored me with what you just said is this is a guy filled with a tremendous amount of love. And so that's one of the reasons I know why you do this work, tell us how you started or how you discovered because you're a psychologist you're in practice. You're also a naturopath doctor. So you've got a double two doctorate degrees, but how did you come up with the healing codes? How did that even happen? How did you discover those?

Dr. Alex Loyd, PhD, ND

Yeah, it's interesting you bring that up, Tom. I'm not sure, I've done quite a few interviews and I'm not sure if any other interviewer has ever really asked me that. But I believe that discovering what true love really is what I needed the most in my life, and didn't know it. And then an event happened that I thought at the time, this is the worst thing that's ever happened to me. My life is I know it is over and I'll never recover. But it was that event that took me to the place that I so desperately needed. And I didn't even know it and excuse me, let me get a drink. And it was about my wife.

Like most people we met fell in love, I thought, man, I've got to get her to say, I do as fast as possible because she'll change her mind because she was way out of my league then and now. But we got married thinking we'll have a house, three kids, a golden retriever, a picket all that stuff. And we also Tom thought that we were more prepared for marriage than anybody we knew. We did marriage counseling voluntarily that we had paid for, on our dates, we would each read the same book not on our date, but while we were away from each other, we would underline things and mark things and then our date, we would talk about the things from the book that impacted us and how so anyway, by the time we got married, we thought we have done this better than anyone's ever done it. And we're gonna be so happy and less than a year and a half, we were both absolutely miserable.



The precipitating event finally was on a Sunday night, we'd been married about a year and a half. My wife hope said, "Alex, I need to talk to you." And now she had said that a thousand times, but I immediately knew that something's different. I said, okay, sure. And she couldn't look me in the eye. She was all fidgety. She couldn't stand stale. And then her chin started quivering. When you're fighting tears, when her chin started quivering, that was like, oh, okay, what is happening here? And she said, "Alex," this is a direct quote, "I cannot stand to live with you another day. I need you to leave the house now." I made... Tom, I grew up in a family, we weren't Italian, but you would have thought we were Italian the way we argued and yelled and been hugged each other after it was over and all that sort of thing. And I couldn't think of anything to say except, okay. And so I packed my bag and left.

Tom McCarthy

You must've been heartbroken.

Dr. Alex Loyd, PhD, ND

Oh. I stayed up all night long in my parents' backyard, cursing, crying, everything in between. And I was hoping some lightning bolt would happen, some miracles and it really didn't. But what did happen right at the end of that evening, after Hope kicked me out and I was outside in my parents' backyard all night is I heard a voice in my head and I knew it was in my head, Tom, I'm not talking some mystical voice that you could have heard or other people could have heard. I knew it was in my head. And the voice said, "Alex, not only do you not love Hope, you don't even know what love is."

Tom McCarthy

Wow.

Dr. Alex Loyd, PhD, ND

And Tom, I've gotta be honest, man it pissed me off. I mean, at that time I was employed working with teenagers and their families to keep them together and the teenagers on the right track, away from drugs and all that kind of stuff. And the parents and kids getting closer. I mean, I was the love of guy.



Tom McCarthy

Yeah, you knew love.

Dr. Alex Loyd, PhD, ND

I was the love guy and now some voice is saying I don't even know what love is. I mean, it really... And the first thing I thought was I told her every day, I love her. Sometimes five times a day or six. I mean, how can it be? But as the days and weeks went on, I could not get that voice out of my head. I couldn't forget it. And really just to sort of see if it would make it go away. I started researching love and talking to people much older and wiser than me reading ancient manuscripts, reading the latest science and research and all that sort of thing. And to make a long story short, about six weeks after Hope kicked me out of the house, I came to believe that that voice had been right. And maybe this was the reason for all of this, because now what I believe is that love real love is all in, nothing held back, no plan B, no safety net for ever no matter what.

Tom McCarthy

Wow.

Dr. Alex Loyd, PhD, ND

And that did not at all been my view of love. My view of love is that Hope and I love each other and so we're getting married and there's certain things that she's expected to do and to not do, there's certain things I'm expected to do and to not do. And so, as long as we both do what we're supposed to do, then yeah, everything will be great. And we'll have the three kids and the golden retriever and all that. But if you've been married, if you're watching this and you've been married, you know it usually doesn't happen that way. And somebody at some point does something that the other one says, ah, that's not on my list and that's not okay.

I studied under a world renowned psychologist and he would put it this way; he would say, when two people get married or commit their life to each other as a significant other or whatever, they each push an invisible grocery cart down the aisle, but nobody can see it. It's invisible.



And both of them push that down. And in about six weeks, I'm sorry, in about six months after getting married or making a commitment, it starts to become visible, and it starts leaking out and it starts stinking. And that's when most people say, "Oh, oh, I didn't sign up for this." And they either divorce, that's 50% or 40% more decide we're going to stay together even though we're not happy and less than 10% actually end up happy longterm. So anyway, Hope and I had a recommitment ceremony for our... well, let me back up just a second. So the time came, the voice said, you don't know what love is, finally after six weeks I agree. And so at the end of that, I got down on my knees, I made it as much as I could like a little ceremony or something. And I talked to God or talk to love or talk. And I said, okay, I will never be able to do it right, but as best as I can, I will really love Hope, for the rest of my life, no matter what.

Tom McCarthy

Wow, powerful.

Dr. Alex Loyd, PhD, ND

And Tom, when I did that, I felt a heaviness leave me. And you got to remember I was committing to do that at a time when hope wanted to divorce me. In fact, we were separated and Hope was telling her friends, "I'm happier than I've ever been in my life because I'm away from him." So anyway...

Tom McCarthy

Powerful though because... I've heard you talk about unconditional love so many times, like what you just said is so powerful. She's telling people I'm happier than I've ever been, and you're committing to her to love her not all conditions that she, I love her if she does this, I love her she lets me back in the house at 4:00 PM today. You just said, "I'm just gonna love her no matter what." That is so rare I think on this planet, Alex, what you're talking about,

Dr. Alex Loyd, PhD, ND

Well, I've never done it before, except for maybe my mom and dad, things like that. But anyway, so she wants to divorce me and I'll make this quick. Finally, she agrees to go on a date with me with lots and lots of conditions.



You do not come in the house. You don't touch me. It's in public. One hour only, you don't ask to meet again. And she told me later, the only reason she had that meeting was to for closure. So she could tell her friends, "Okay, I gave him one last chance. Now I'm out of here and whatever." So I knocked on the door and this is after this transformation in me to real love. So I knock on the door, she opens the door and Tom, she did a double take. She opened the door, looked at me, looked away, and then look back in my eyes.

I mean, it was weird. I mean, if somebody had been watching it, they would have thought that was kind of weird. What was she doing? She would tell me later that the first time she looked in my eyes, she knew that I was not the same man, even though she wouldn't tell me then because she was afraid it wasn't real. So anyway, at that point, once she saw that, she literally could not resist me and everyone can see, it's not because of my great looks. And we got, had a recommitment ceremony, we'd been married 35 years in like a week ago. But the point was real love is so rare and it is so powerful that it is almost impossible to resist.

And with my clients over the years after I discovered that and some tools to heal the junk inside you and start living in real love, not what I call business deal or fake love. The same things have happened with them and their spouse or significant other wants to hate them. And did hate them. But when they start living this way, they can't, it's overpowering. And then it kind of infects the other person with real love. And now you really got something going because then it affects the children. And now you've got people all around saying, I don't know what she's got, but I need some of it. And it's not an act it's completely real.

Tom McCarthy

I love what you're saying. And what an amazing start to this interview, because love is energy. It's the most powerful energy anywhere. And you did change. You were not the same person when you showed up, whether it was her looking in your eyes or her just feeling the vibration coming off you, it was a different Alex showing up and congratulations, 35 years of marriage.



Dr. Alex Loyd, PhD, ND

It was and I'd been all about me until then. I was the youngest of three children sprawled out of my mind. And I was all about me and I was all about money. And after we got back together and recommitted and had this new view of the purpose, really the purpose of life, it changed everything. It absolutely changed everything for her and me. And we decided, Hey, we don't care if we ever make a lot of money anymore, we want to help people who are hurting period. Like we were and search for 12 years and couldn't find anything that really helped. We want to find and help as many of those folks as we can. And so that's what we've been doing ever since .

Tom McCarthy

You certainly have done that amazing bestselling books and all the different things you're doing, you've helped so many people. A tough experience back then, probably you said it was like getting hit by a brick on the side of the head, nothing you expected, but what came out of it was something really beautiful. So thank you so much for bringing that to fruition. And I know you see that in so many of the people that come to you, they're in a struggle they think it's the end of the world. What I've come to find in my life and the people I work with, it usually is a gift. If they use it correctly, if they can identify it as a gift, there's something in there that is gonna come out of it. Most people though see themselves as victims, right? They've got these old memories that are running, these old patterns. Can you talk a little bit about memories and patterns, even from childhood, how so many people are still running lots of patterns that weren't even theirs in the first place. They came from their parents and how that impacts people through most of their life. And then later on, we'll talk about how to heal some of those memories, because that's really a big part of your work.

Dr. Alex Loyd, PhD, ND

Right. The latest studies that I've seen and they're very recent law all in the last five years, some of the, a couple of the best ones were in scientific American, which is very highly regarded .



What they are finding now, and very few people know this, but what they're finding now is that roughly 50% of what you think is true about your life from your memories is not true.

Tom McCarthy

I believe that, yeah.

Dr. Alex Loyd, PhD, ND

I mean, it's unbelievable. It's incredible. I tell people that, and they don't even know how to respond. They just look at me kind of with their mouth open. Well, what does that mean? It means that the activities that you're doing every day may be based on faulty information, and if you had the truth, you would be doing something different or doing it in a different way or something like that. One of the biggest issues, well, let me start here. For about 100 years, Western Medicine has said, when it diagnoses you with an illness or disease, so picture that time, you're feeling bad, you go into the hospital, they run tests about a week later, they call you back in when the tests come back in and you're in the doctor's office and you're on pins and needles, man. And he looks at his shoes. First of all, when he looks at his shoes, you know it's bad news, right? He looks at his shoes and he says, "Tom, I'm sorry to tell you you have blank." Cancer, diabetes, ALS, whatever.

And then when you recover from that, you're very likely to ask this question; how did I get this? I mean, I've got a brother, he's fine. I've got a twin, he's fine. I grew up with six other people, they ate what I ate, they had the same parents, they're all healthy as a horse. How come this is happening to me? And by far, the number one answer for the last 100 years in Western Medicine is three words: we don't know. So Southwestern University Medical School and Medical Center in Dallas, Texas is doing a research study to try to find that. If somebody gets cancer, where did it come from? If somebody gets Parkinson's, how come they got it and another person didn't? Where does the illness and disease come from? And after several years they finished the study and it's like, yes, we found it. Finally after 100 years of Western Medicine, we found it. And so Dr. Eric Nestler, who's a medical doctor from Harvard who was head of the department at Southwestern, had an interview, Sorry about my dog, he'll be quiet in a minute. But anyway, Dr. Eric Nestler is in an interview with the Dallas Morning News, talking about the results of the study.



And he says he says for most treatments of illness and disease in Western Medicine, our treatments are little more than band-aid addressing an illness or diseases symptoms, but not its source. And then he goes on. Once we figure out how to fix what we found here, it will change healthcare everywhere, all over the world for every person. And he says, what we found is that all illness and disease comes from a thing that we are calling cellular memories. Well, if you're listening to this, just delete the word cellular.

It's your memories. If you've got a memory with anger in it, if you've got a memory with low self worth in it, if you've got a memory with Tom can do it, but I can't, if you've got a memory with people aren't gonna like me, when I get it... whatever it is, that memory, and this was a big misconception. we used to think that unless you're consciously thinking about that memory, it just sort of sits in the corner and behaves itself. Today we know nothing could be further from the truth, whether you're thinking about that memory or not, it is sending a fear-based signal to the hypothalamus in your brain when that signal is received by the hypothalamus, it flips on the stress switch. And it's not flipping the stress switch based on your physical circumstances. It's based on your internal circumstances. And that's the misconception, Tom, the huge misconception is almost everyone who's come to us over the last 20 years. And that's clients in 50 states, 174 countries. I've trained over a thousand practitioners to work with all those people.

But I guarantee you 99.9% of them, when they come to us, they believe their problem is number one pain, either physical or emotional or relational and their current circumstances. Those two things. Well guess what, everybody, the latest greatest research says, it's not either one of those. It's coming from a totally different place. And if you don't fix the place it's coming from, then you're just gonna be symptom managing or coping the rest of your life. So to me, that is one of the huge things that has been uncovered in the last decade or so, is that what you think is true about yourself and your life, very well may not be, and it's almost guaranteed your problem is not what you think it is.

Tom McCarthy

Yeah. That is amazing. Thank you for sharing that with us. That is so powerful. So most people have just learned something they didn't know before. Memories, old memories, are what cause most illnesses. What causes the stress is old memories, not even ones that you're consciously aware of.



That is so cool. And the beautiful thing is that's what you help people work with is all memories where you take the charge out of old memories. Now, as you mentioned, everybody's caught up with the above the surface symptom, trying to fix the symptom. Did this work, I did this as a symptom, did it go away? Taking these memories and working with them sometimes a little bit of time. What I do love about your methodology though, is you can feel results pretty doggone quickly, which is really, really cool. So what do we do with these memories? Do we just have to erase them all or what's the strategy of working with memories so that we can live happier, healthier, more loving lives, Alex?

Dr. Alex Loyd, PhD, ND

Yeah, that's a great question. And let's start here. The problem in any memory that is causing a problem is a lie or untruth. If not 99%, that's 100. The problem in any memory that's causing a problem is a lie or an untruth. Now remember what Southwestern found is that any illness and disease you can have is coming from a memory. So take the next step. It's coming from a lie and an untrue. Then it's coming from one of two places. Well, now probably three. Number one, is inherited. And we inherit memories from our ancestry. And Tom, I was teaching this 25 years ago and my colleagues, some of them were having a little bit of a good spot with me on that because they said there is no evidence to back this up whatsoever.

That memories and especially trauma memories are passed down from generation to generation. Well then brand new research comes out for the first time double-blind university studies saying that it absolutely does. It's passed down in the sperm. And then other universities do the same research independently confirm it. And then just about a year and a half ago, brand new research came out, reported at the university of Tel Aviv where it's also passed down in the RNA to future generations. I mean, we're talking, it could be four or five generations and the title of the article that was so cool because the title of the article said you can literally send messages to future generations.

Tom McCarthy

Yes, and I'll just stop you here for one second really quick. 'Cause listen to what he's saying everybody, like part of it can be oh, yeah, I inherited this from my ancestors, which I absolutely 100% believe is true.



I remember reading a book called "It Didn't Start With You." Like some of the things we're acting on, we inherited, we're running our grandparents patterns that made them sick and now it's making us sick. But I also want everyone watching this to think about something else too, and why it's so important to listen to what Dr. Alex is saying. We've passed those same memories on if you have children to your children.

Now, the great thing is when we work with those memories and negate them in ourselves, a lot of times, energetically, not only do we stop it from being passed on by procreation, but just even energetically just like when Alex changed what was inside him, his wife noticed a different version, an upgraded version, and she was healed as well as him being healed. And so we're responsible for our kids. I've got two kids I passed the memories on to, I want him to, that's why your work was so cool too. It's like, not only am I healing myself, but I can heal my future generations too. So I just wanted to stop and say that really quick. So I know we're only on the first one, but so powerful.

Dr. Alex Loyd, PhD, ND

Yeah, it's a great point. I mean, what do you want for your grandkids? Do you want them to deal with your junk or do you want them to be free from it? And yeah, so that's the first one. The second one is in utero and the first six or eight years of life. We have five brain states, delta, theta, alpha, beta, gamma. That's it, five brain states. The first in utero to about six right years of life is the only time in our entire life that we live in delta, theta, brainwave state.

Why is that important? Because if you're in Delta theta brainwave state, you do not have the ability to logic. So if a dad in the backyard playing football with his son, who's five years old, and the son kicks the ball and it goes the wrong way or something and the dad... picture this, the dad laughs, comes and picks his son up in his arms and hugs him and swings him around. Everything is positive, right?

Tom McCarthy

Yeah.



Dr. Alex Loyd, PhD, ND

But then the dad says in a joking way, "Son, you're never gonna be a good football player, kicking it like that." And they both laughed. But wait a minute, his son is five years old. He's in delta, theta brainwave state. So what's the result of that situation? The result is now Jr. has a hard drive programming truth that he is never going to be good at football. Now, does that make it impossible for him to be good? No, but it just made it harder because every time football comes up or he's out there throwing or kicking, his brain is going to pull up that memory, it's gonna send a signal down his arm if he's throwing and it's going to cause him to tighten just a little bit enough to mess that throw up.

If he's kicking that is gonna go down his leg to his foot and it's gonna override his conscious intention and he's gonna kick it just a little differently than he would have before dad ever said that. And I call those Popsicle memories. I had a lady in New York who had 180 IQ and kept sabotaging her career. And it was coming from a memory when she was five years old. When her mom gave her sister a Popsicle at lunch, but wouldn't give her a Popsicle. And she said, "Honey, your sister's already had a good lunch." When you have a good lunch, you can have a Popsicle too. Well, what did the mom do wrong? Nothing. The whole deal is that she was in delta theta brainwave state. Well, that memory in my client's own words, direct quote, and she was about 38 at this time, she said that is the memory that ruined my life. Well Tom, the mom didn't do anything wrong. And I promise you this too, any psychologist, psychiatrist, social worker, counselor, life coach, who looked at that memory at age five, would say, well, that's sure not the problem.

Tom McCarthy

Exactly.

Dr. Alex Loyd, PhD, ND

But it was. It not only was the problem, it's what ruined her life. Because in every situation, oh, I'm sorry, here's what I got programmed in. So this'll help. If my mom gives my sister a Popsicle but won't give me one, it must mean my mom loves my sister more than me, that's the big one. If my mom loves my sister more than me, there must be something wrong with me. I must be defective.



And the third one is something's wrong with me, then when I get out here in the world, I'm gonna fail because I'm defective. And if anyone ever says they love me, they'll be lying. Because if anyone ever should have loved me, it should have been mom and she did. So that programming played over and over and over into every situation of her life for more than 30 years. We healed that memory. And in 24 hours, she was completely 180. Got the huge promotion, became the mover and shaker all over the world in financial markets, et cetera. And then the third one, sorry, I'm taking so long, is trauma memories. Your house burns down.

But the problem with trauma memories is that if you've got a whole bunch of number one and number two, meaning inherited memories and Popsicle memories, then what happens is filtered through that. So your interpretation of what's happening right now in your life can be unbelievably skewed to the negative if it's being filtered through memories passed down that have lies and errors and negativity in them and Popsicle memories that have lies and errors and negativity in them, then you're gonna tend to make a negative interpretation of what the situation is that's happening right now in your life. So you have to fix all three of those and talking will not fix them.

Tom McCarthy

The typical type of psycho analysts and just talking about it, doesn't fix it. You gotta go down into the root cause. And what I love that you do, you go down into the energy of the memory. You work on the... not getting into the details of talking through how it happened, how you felt it is nice, but the energy of the memory is really what's causing all these symptoms in you and potentially causing even disease.

Dr. Alex Loyd, PhD, ND

That's right.

Tom McCarthy

Yeah, go ahead.



Dr. Alex Loyd, PhD, ND

Your brain nervous system, mind, heart, however you want to think about that, it basically says there's two things. There's two different forces. Something that's love-based or something that's fear-based. When it picks up love-based it flips the success switch in the brain and releases, oxytocin, endorphins, peptides. You automatically start having positive thoughts, positive emotions, et cetera. If it picks up something fear based, it activates fight or flight suppresses your immune system. And here we go with the vicious cycle.

Tom McCarthy

Yeah. You've got a couple... you actually have so many different things that you teach. I've seen lots of your videos and you've got a membership that's really amazing. The two things that I want you to kind of maybe talk about, not go in detail, how to use them, but talk about how they impact memories would be the healing codes and then also trilogy, which has the healing code embedded in it.

But what are these mechanisms doing with the energy of a memory? How are they helping people to heal? And also before you even talk about that, People now are probably thinking, oh my God, I've got millions of memories, I'm screwed. There's no hope. No, there is hope. That's why we've got Dr. Alex here. You don't have to negate the negative charge of every little memory in your life to live in love and health and happiness. You just have to get started. You have to get started on whatever's popping up. Like what popped up for Alex when Hope kicked him out of the house was what he needed to work on right then. But you've probably worked on many, many more things since then. I know I have, I'm going to work on something today, but tomorrow something new is gonna pop up.

So life brings you the things to work on. The challenges most people just don't have the tools to work on them and that's why I'm just so excited to let you know about what Alex is doing because "The Healing Code, " and then "Trilogy," they do work on these memories and I've used them. They work, they really do. They're very, very powerful, but what are they doing? When someone does the healing code or someone uses trilogy what's happening with them in their memories, Alex?



Dr. Alex Loyd, PhD, ND

Yeah. It's really kind of fascinating if you've ever taken like a glass of water, just tap water. Maybe you did this when you were a kid and you got all the food coloring things over here that were your mom's that she used for cooking, and you put one drop of blue in it. And it's so beautiful as it spreads and everything, but then you put a drop of red in it and now it's not blue anymore, it's purple. Well that's energy and that's energy changing energy. And eighth grade physics, I can't really draw it here, but eighth grade physics is that everything that exists has a wavelength, a color and a frequency. I mean, rocks, my shirt, carpet, everything.

A specific wavelength color and frequency, and that's represented as a wave. And I'm sure most of you have seen that in science class or physics class or whatever. Well, let's say you got a wave that represents anger inside you and all of us do. And it's resonating from particular memories that when we remember that memory, there was anger involved in that situation. Well how do you change a frequency that is a negative frequency that's causing a problem like anger? Well, back to seventh grade physics, you hit it with a different wave. And when those waves collide, it creates a new wave that's no longer negative. Well, what does that mean it's no longer negative? It means now when you remember that memory, you don't feel that anger anymore. It's been neutralized.

Tom McCarthy

Or, what you said though, now when you remember it, and this was something that I learned from you, it doesn't mean like it's amnesia. You remember it, but it's a different wavelength, a different energy, which is so powerful.

Dr. Alex Loyd, PhD, ND

Yeah, it is. And what you have to understand is the memories are made of energy. They've cut out every part of the brain trying to see, okay, exactly where are these memories? And even cutting out every part of the brain, the memories were still there.



And that's when they started calling them cellular memories and realize that they're in cells all over the body. And one of the big areas that helped them figure that out was organ transplants. People would have a heart transplant, and all of a sudden they got a craving every day for Kentucky fried chicken. And they were a vegan before. And every day they wanna sing and they've never sang. And I mean, there's hundreds of these documented cases, but what it led us to is that the memories aren't just in the brain, they're, I mean, they didn't have a brain transplant, they had a heart transplant, and that's not just happened with heart transplants but other organs as well.

So the memories themselves are made of energy. And so the way you change energy is with other energy. And so the healing codes, which were kind of my first primary intervention in order to eliminate stress, negative emotions, negative thoughts, things like that. The healing codes was first and it puts energy that's coming out of the body all the time, back into the body in four very specific, what I call healing centers. And when the energy goes back into those centers, the mind and body use it for healing. And that's really it, it's that simple. It's just that as far as I can tell, no one had discovered those exact four centers before, or had to get the energy back into them.

Tom McCarthy

It takes a few minutes to do this process. It's not like 30 minutes yeah, or an hour and six minutes, you can take a memory that's been causing you stress and potentially even disease, or could cause disease and really negate that energy. And it's amazing I know you validated, like the success rates are extremely high. What are they?

Dr. Alex Loyd, PhD, ND

Yeah, when we started, I was gonna do a double blind studies 'cause that was my scientific background. So I inquired here in Nashville at Vanderbilt Hospital and a couple of others and it was funny Tom cause, oh yeah, that sounds like something we'd be interested in. The costs will be about one to \$3 million and it'll take about three years. Okay, thanks a lot. But fortunately since then there have been five independent university double-blind randomized controlled studies on the healing codes that were printed in peer reviewed journals, which is another one of the things you want.



And what they found is that the healing codes don't just work, they work dramatically for 11 different issues they've tested so far. Psychological stress, substance abuse, skin cancer, single parents stressors, anxiety, depression, pain, migraines, hypertension, body image, mother-daughter relationships, and lifestyle improvements.

Tom McCarthy

And that's just what they've tested it. I'm sure it works so much more, but that's validated. That's amazing. That is so cool.

Dr. Alex Loyd, PhD, ND

Yeah. And then the medical test indicated that about 87% of the time and six minutes, the stress, emotional anxiety, all of that will come down at least 50% in six minutes. And then trilogies is my lightest one. And the testing on trilogies is 98% in five minutes. So some people like one better than the other, they both work. But I would try them both see if one of them feels better to you.

Tom McCarthy

How do they find your work, Alex? Where can they go?

Dr. Alex Loyd, PhD, ND

My main website is dralexanderloyd.com. Loyd is with one L though, not two, all the two L Lloyds are crooks. So don't go there.

Tom McCarthy

I'm gonna show it up now, . D, R, and then Alexander Loyd with one L.

Dr. Alex Loyd, PhD, ND

.com.



Tom McCarthy

Okay, perfect.

Dr. Alex Loyd, PhD, ND

Yeah, and you'll find all kinds of stuff there. Freebies and videos, testimonials, the research studies are all there, everything you would ever want to know.

Tom McCarthy

Yeah, I would highly recommend that everybody check this out, not just for you, but for all those people you love. And remember what we talked about memories without saying memories are the source of so much discontent and unhappiness and stress and illness. And he's got a methodology where you can really negate the stress impact. You can change the energy of those memories, not just in you. That's obviously the first great benefit, but you show up differently and even your lineage will now, as those memories are negated, feel differently.

Not have to deal with those in the same way. So I absolutely love what you've talked to us about. I love the way he started out too. Talk to us about unconditional love for just a minute, because how can someone, I think I know what you're gonna say, but I want you to say it. Unconditionally loving like the rest of my life. And then most people remember that for like a minute and then they get hung up on something else. You've got a great little strategy about timing increments. And I think, you know what I'm saying, but how can we focus on being unconditionally loving? What's your strategy on that?

Dr. Alex Loyd, PhD, ND

Yeah, first of all, and this is really important. You may not be in a place right now where you can do unconditional love. If you have too much negativity, too much anger, too much stress too much, you got to dump some of that first.

Tom McCarthy

The healing codes.



Dr. Alex Loyd, PhD, ND

So typically if someone comes to us that way, it might take them 2, 3, 4 weeks to bring their negativity down so that they can start to choose what I call real love. But if you're too negative, it's almost like your unconscious mind won't let you go there. And so if you ever feel like, Hey, I want to live that way. I want to treat other people that way, but I just can't seem to do it. It's because you got too much junk that needs to be taken out in the trash. And we've figured out how to do that. But even, even when you get to that point, I used to tell my clients, "Okay, yeah. So just live an unconditional love." And they would look at me sort of like, "Okay, you think I haven't tried that or something?" I mean, but then we changed it. And I think it's been much better. The next 30 minutes, focus on the next 30 minutes. Can I do it for 30 minutes? And I'll confess everybody, sometimes I have to say one minute, no joke.

But once you get a lot of the stuff cleaned out in your unconscious subconscious generationally, those Popsicle memories, the memories that have errors in them citing because this happened, you're not a good person anymore, you can't succeed anymore. Once that's taken care of, and you can do it probably in about 2, 3, 4 weeks, then you can choose to live there. And I'll just promise you this, if you've not ever lived there, you will absolutely be blown away beyond anything you can imagine. And you will think, I am never going back. I mean, I would not give this up for anything because the love that you're sharing, like the love I was sharing for Hope, is also love I felt inside me. So it's not just that you'll automatically without even trying be treating people differently, be working differently, be thinking differently, it's you're experiencing real love, joy, peace internally by and large irregardless of your circumstances. And let me tell you very few people that I've ever seen, ever get there. They may say they're there, but typically behind the scenes, they're really not, but you can get there. And that's what we do.

Tom McCarthy

And that in itself is so healing. When you feel that love your healing energy and so many of these memories inside of you. And I think the important thing is for people to understand, you're not talking about like I love you saying, I love. It's unconditional love. And it might not always be the fairytale. Like here's was the fairy tale.



This story, it was like the Jerry Maguire, he pops in and then you complete me and Alex knocked on the door and she's like, oh my God, that might be everybody's experience. It's not about like, okay, I'm showing up with unconditional love, she better, or he better, or they better just respond to me. They may respond to you in a way that is helping you stay in unconditional love without you getting any external feedback.

Dr. Alex Loyd, PhD, ND

Yeah, that's right. But also, Tom, if you show up that way, I mean, Hey, I'm showing up with unconditional love. So everybody else better treat me accordingly. You know what? You're not showing up with unconditional love.

Tom McCarthy

That's not unconditional love.

Dr. Alex Loyd, PhD, ND

No, that's not it.

Tom McCarthy

Yeah, that's a great call out there too. Hey one final thought. What's the last thing you kind of want people thinking about and actually before you give the final thought, just repeat what you said, you defined at the very beginning. And I thought it was so powerful and I didn't get a chance to write it down. I'll re watch this, but what is unconditional love? And you were talking about in your relationship with Hope, it started with your all in all the time, but just repeat that again.

Dr. Alex Loyd, PhD, ND

Well, I came to the conclusion and still today, real love is all in, nothing held back, no plan B, no safety net for ever, no matter what.



Tom McCarthy

So almost totally being vulnerable to just, I'm all in, whatever happens is going to happen, but I'm here.

Dr. Alex Loyd, PhD, ND

It is. But that doesn't always mean you're gonna stay with that person because that might not be what's best.

Tom McCarthy

But you're always gonna love them.

Dr. Alex Loyd, PhD, ND

Yeah, but you're always going to love them Now that doesn't mean that doesn't mean you're going to be intimate physically with them, especially if they're married to somebody else, like I thought Hope was gonna be committed to do that, but I would keep loving her no matter what, no matter where she is. The real secret to that Tom, is if I don't do that, it'll eat me up inside. If I continue to love her, it will heal me inside and will have a positive effect on her too.

Tom McCarthy

Yeah, because if you're not loving her, you've created a stressful memory that you're holding. So even people who have ended relationships and gone through divorces, if they adopt this philosophy, now they get to heal that wound inside. It's such a beautiful thought, I love that.

Dr. Alex Loyd, PhD, ND

Got to clean up the junk and start loving again. You and your family there with theirs, but you're gonna love them anyway.



Tom McCarthy

I wish the whole world could see this. I know we're going to have lots of people see this interview, but I wish the whole world could see it. So just final thoughts, give them one thing to think about, or one or two things to think about just to take away from our conversation.

Dr. Alex Loyd, PhD, ND

Yeah. And this is kind of what I've gleaned from 35 years of doing this as far as the average person that comes in to see me, who's hurting and in pain. Number one, it is not your fault. And I don't care who you are, what you've done, I don't care if you're a serial killer, it's not your fault. And it would take us some time, but I could explain that, it's not your fault. Number two, you can still get to where you want to get, your best possible life from wherever you are now.

Tom McCarthy

Wow.

Dr. Alex Loyd, PhD, ND

And I've seen it thousands of times. People, no, no way, no way I'll ever get, and six months later, they're thanking us. So that's number two. Number three, the solution is not trying harder. It's not. It's fixing the problem. If you have water leaking all over the floor, do you grab towels and start cleaning up the water? Or do you go fix the leak? You go fix the leak.

Tom McCarthy

Because you can't try harder than that memory. That memory is 24/7, right? It's memories that need to be healed. When the memories heal, you heal, physical problems can even heal.

Dr. Alex Loyd, PhD, ND

It's almost exactly like a computer virus on your computer.



Tom McCarthy

Yeah, I love it. Hey, thank you so much. I love you, you are just so much a source of love for so many people, and we really appreciate you being part of our global energy healing summit, Alex. Love to you and your family. Blessings, you are a gift to the world. So thank you so much for being here.

Dr. Alex Loyd, PhD, ND

Oh, Tom, you are such a huge guy and so successful. I was so honored to be asked. So thank you for having me and I love you too, man. I can't wait to when we can get together in person hopefully before too long.

Tom McCarthy

That's going to be a lot of fun. Okay, thanks so much, Alex. Have a great day, everybody.

Dr. Alex Loyd, PhD, ND

You too. Thanks everyone.