

Welcome to Mastermind Groups

Presented by Dr. Daniel M. Williams, MD, PA

Founder, MindshiftCare.com

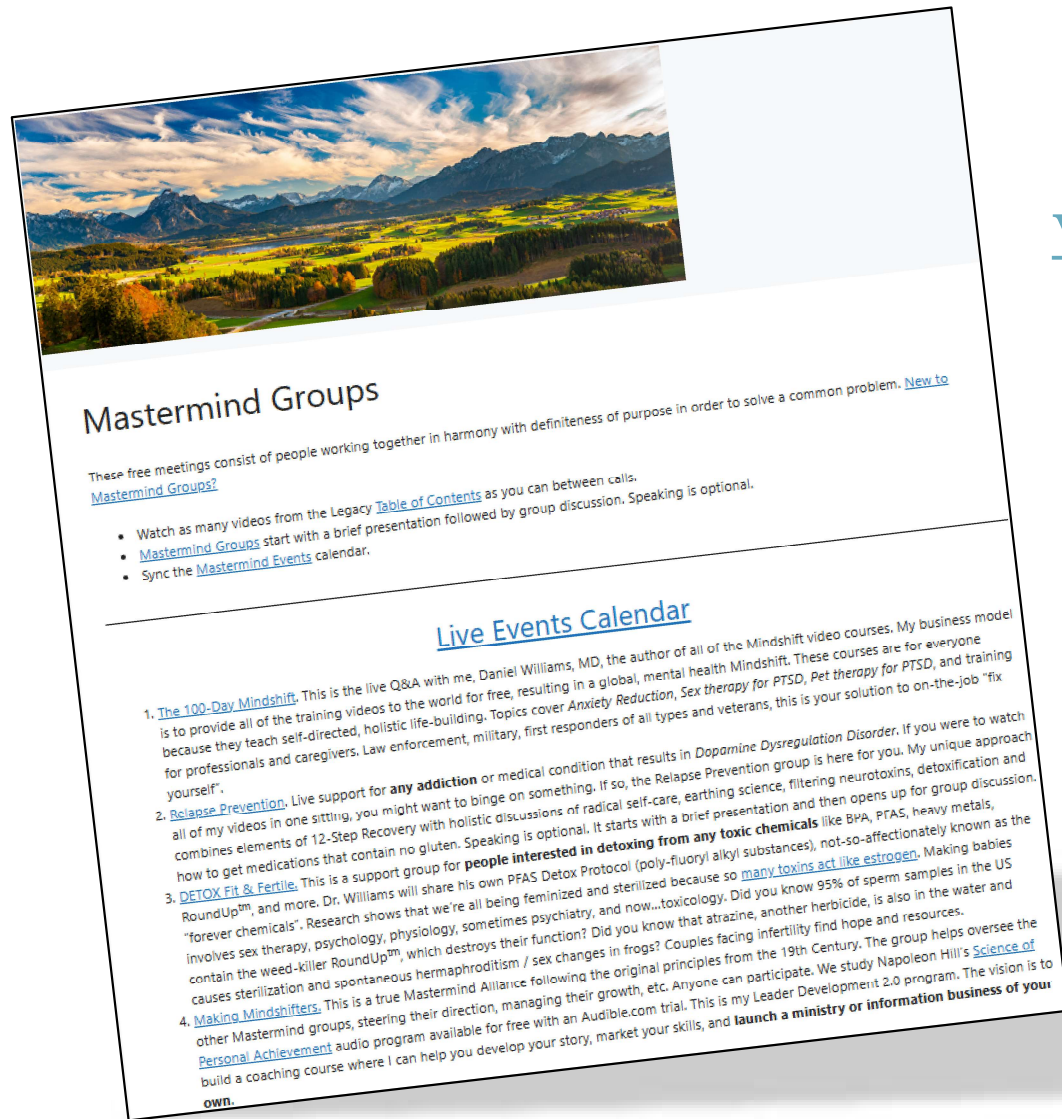


MINDSHIFT CARE

An Independent Voice for Behavioral Health

Live support for free:

virtual Intensive Outpatient Program



Mastermind Groups

These free meetings consist of people working together in harmony with definiteness of purpose in order to solve a common problem. [New to Mastermind Groups?](#)

- Watch as many videos from the Legacy [Table of Contents](#) as you can between calls.
- [Mastermind Groups](#) start with a brief presentation followed by group discussion. Speaking is optional.
- Sync the [Mastermind Events](#) calendar.

Live Events Calendar

1. [The 100-Day Mindshift](#). This is the live Q&A with me, Daniel Williams, MD, the author of all of the Mindshift video courses. My business model is to provide all of the training videos to the world for free, resulting in a global, mental health Mindshift. These courses are for everyone because they teach self-directed, holistic life-building. Topics cover *Anxiety Reduction*, *Sex therapy for PTSD*, *Pet therapy for PTSD*, and training for professionals and caregivers. Law enforcement, military, first responders of all types and veterans, this is your solution to on-the-job "fix yourself".
2. [Relapse Prevention](#). Live support for **any addiction** or medical condition that results in *Dopamine Dysregulation Disorder*. If you were to watch all of my videos in one sitting, you might want to binge on something. If so, the Relapse Prevention group is here for you. My unique approach combines elements of 12-Step Recovery with holistic discussions of radical self-care, earthing science, filtering neurotoxins, detoxification and how to get medications that contain no gluten. Speaking is optional. It starts with a brief presentation and then opens up for group discussion.
3. [DETOX Fit & Fertile](#). This is a support group for **people interested in detoxing from any toxic chemicals** like BPA, PFAS, heavy metals, "forever chemicals", and more. Dr. Williams will share his own PFAS Detox Protocol (poly-fluoryl alkyl substances), not-so-affectionately known as the RoundUp™, and more. Research shows that we're all being feminized and sterilized because so [many toxins act like estrogen](#). Making babies involves sex therapy, psychology, physiology, sometimes psychiatry, and now...toxicology. Did you know that atrazine, another herbicide, is also in the water and causes sterilization and spontaneous hermaphroditism / sex changes in frogs? Couples facing infertility find hope and resources.
4. [Making Mindshifters](#). This is a true Mastermind Alliance following the original principles from the 19th Century. The group helps oversee the other Mastermind groups, steering their direction, managing their growth, etc. Anyone can participate. We study Napoleon Hill's [Science of Personal Achievement](#) audio program available for free with an Audible.com trial. This is my Leader Development 2.0 program. The vision is to build a coaching course where I can help you develop your story, market your skills, and **launch a ministry or information business of your own**.



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Welcome to Mastermind Groups

- Introduction
- Ground rules
- Brief presentation
- Group discussion, speaking is optional

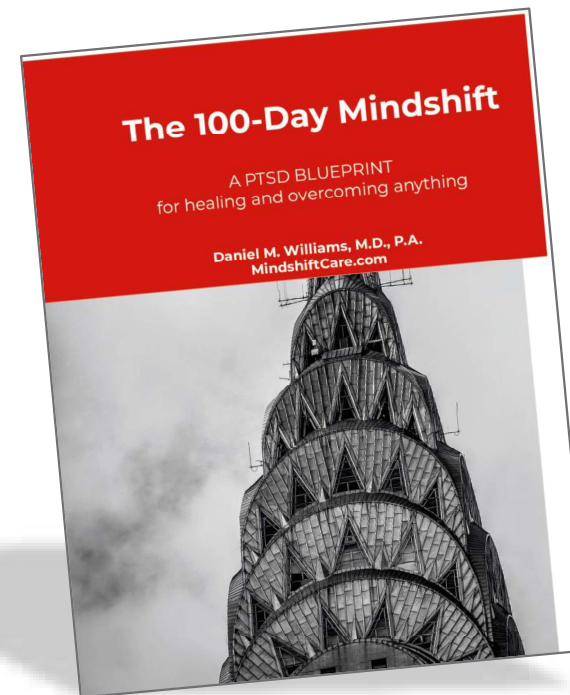


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100-Day Mindshift

- Live Q&A with the author.
- Journal your physical, mental, spiritual and emotional journey for 100 days.
- Discuss any previous [book](#) or [video](#) course.



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Detox Fit & Fertile

- Neurotoxins kill brain cells and cause infertility.
- PFAS comes out of body during ionic foot bath.
- Goal: When do I get tested?



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Relapse Prevention

- For all addictions and, medical causes of Dopamine Dysregulation Disorder
- Learn [*The Big Five*](#) for relapse prevention.

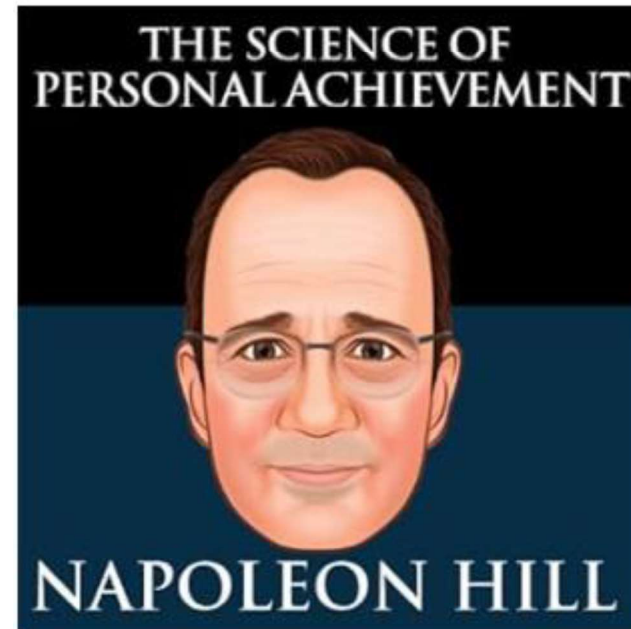


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Making Mindshifters

1. Complete the Definite Major Purpose [worksheet](#).
2. Listen and take notes to Napoleon Hill's audio program, [The Science of Personal Achievement](#).



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A Free, Virtual IOP Experience

- Relapse Prevention
- Anxiety Reduction
- Pet Therapy for PTSD
- Sex Therapy for PTSD
- Psychotherapy for PTSD

Core Curriculum: How to Mindshift

Mindshifting is the simultaneous changing of neural networks and harmonic emotional frequencies at will. This course intuitively guides you to forcefully recreate physical, mental, spiritual, and emotional balance. Benefits include improved mental perseverance, problem-solving skills, and grace under fire.

Mindshift; noun, verb. Definition:

- 1) To therapeutically change the active firing of neural networks, mental intention, and harmonic frequencies simultaneously.
- 2) To upgrade knowledge rapidly. For example, scheduling a date night to watch [ground-breaking mental health documentaries](#) so your family can grow together. (If your significant other won't cooperate, see if they're interested in [Pet Therapy](#) or [Sex Therapy](#) videos. You're welcome.)
- 3) Advanced problem solving.
- 4) Urban Dictionary 11/4/2011 "A shift in your mindset caused by creating something out of a fine balance between insights and innovation, leading to a MindShift. A MindShifter is one who professes such change." (I guess I'm a Mindshifter, then. Are you? Do you want to become a Mindshifter with me?)

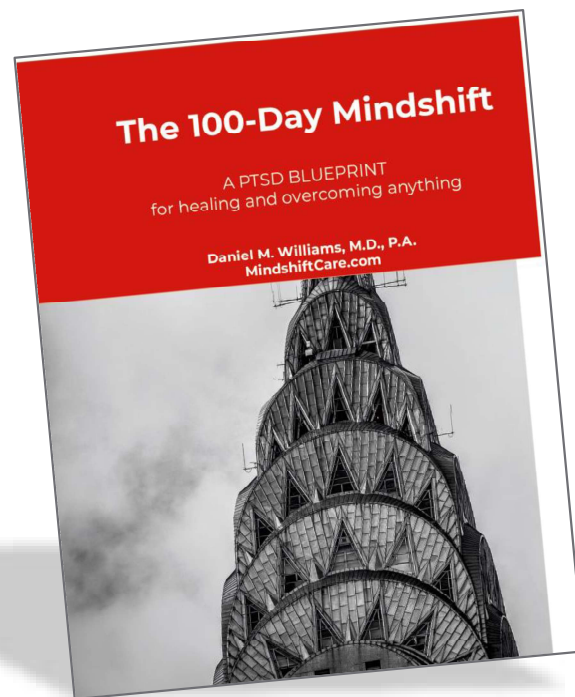


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The 100-Day Mindshift is a [healing guide](#) as a journal while you study our video programs at your own pace.

- Watch [free videos](#) in any order
- Join a [live discussion](#) with the author



GLUTEN FREE PSYCHIATRY
PODCAST



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Virtual Intensive Outpatient

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Texas- Mexico Border 2022

