



KARYN SHANKS MD

Heart, Hope, Healing

We are Unbroken.

BY KARYN SHANKS MD | AUGUST 17, 2020



My entire philosophy of healing and medicine can be summed up in one word: *Unbroken*.

This is how I approach every single one of my clients (and myself!)—that in spite of our pain, suffering, stuckness, and longing for things to be better, we are inherently unbroken.

Instead, through our pain, suffering, stuckness, and longing for things to be better, we're called to discover what we need to reach a new equilibrium favoring the healing we desire.

The *Unbroken* point of view reminds us that, in spite of how we feel, we're already whole, complete, beautiful, and innately wise, exactly as we are.

But we get confused about who we are because we're told stories that our pain, suffering, stuckness, and longing for things to be better are immutable outcomes of our genetics and life circumstances. That we're sitting ducks needing to be "fixed" or rescued by the "experts."

We need to unlearn these harmful insidious narratives and realize the vast untapped potential we've possessed all along.

We don't need to be fixed, we need to heal. We're not sitting ducks, we're powerful beyond measure.

Have a Beautiful day!

Karyn

p.s. Read more about the science of directable Human Potential—epigenetics, neuroplasticity, core Functional Medicine systems biology, and mind-body-spirit positive psychology—and how to apply it to your own healing life in my book, [Heal: A Nine-Stage Roadmap to Recover Energy, Reverse Chronic Illness, and Claim the Potential of a Vibrant New You.](#)

p.p.s. My online workshop, [Unbroken: Your New Story of Healing](#), launches soon! Stay tuned!

Resources

Karyn Shanks MD. [Unbroken.](#) 2020.

KARYN SHANKS MD

Karyn Shanks, MD, is a physician who lives and practices in Iowa City. Her work is inspired by the science of Functional Medicine, body-mind principles, and wisdom gleaned from the transformational journeys of thousands of clients over her twenty-five-year career. Her work honors each individual and the power of their stories, their inner wisdom, and innate healing potential. She believes that the bones of healing are in what we do for ourselves. She is the author of *Liftoff*, a manual of energy recovery and healing through essential self-care practices.

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