

Title: Podcast: "Experiencing the Immanuel Lifestyle: Turning Toxic Stress into Joy"

August 25, 2025

Greetings all,

Just a quick note to let you know about a recent podcast with Every Day Royalty (Keri Kitchen). We discuss sympathetic and parasympathetic activation, how to recognize bad stress, how to shift from bad stress to good stress, and the Immanuel Approach lifestyle.

apple: <https://podcasts.apple.com/us/podcast/the-every-day-royalty-podcast/id1488822994>

spotify: <https://open.spotify.com/show/30ZVyC17nxu8H511JHtYDX>

Youtube: <https://youtu.be/5PxjsWadhAo>

Blessings,

Dr. Lehman/Karl

Want to support the Lehman's Immanuel Approach work? Click here for more information:
<https://www.immanuelapproach.com/supporting-lehmans-immanuel-approach-work/>