

Sanity, Soap, and Healing

A Morning Firestarter with Dr. Frank Nagy



by Dr. Jeffrey E. Hansen, Ph.D.

This morning, over strong coffee and stronger convictions, I found myself deep in one of those wide-ranging, soul-level conversations with my good friend and colleague Dr. Frank Nagy, retired Army Colonel, combat physician, and one of the most integrative thinkers I've ever had the pleasure of knowing. Frank is that rare kind of generalist who isn't content to skim the surface. He's been



trained in pediatrics, obstetrics, and geriatrics, served in war zones, and has walked with both the very old and the very young through pain, healing, and recovery.

He's also the best integrative medicine doctor I know. Dr. Frank Nagy doesn't chase symptoms, he chases meaning. He listens. He connects dots. And as we often do, we got to chewing on some of the

deeper questions that modern medicine still refuses to ask.

The Man Who Cleaned Up Medicine and Got Buried for It

Our discussion turned to a forgotten pioneer in medicine, a man whose name should be as widely known as Hippocrates or Pasteur but remains frustratingly obscure: Dr. Ignaz Semmelweis.



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In 1847, Dr. Semmelweis was working in a maternity ward in Vienna, where nearly 40 percent of women were dying after childbirth. They called it childbed fever, and it was an epidemic. What haunted Semmelweis was that these deaths were happening more often in the clinic run by doctors and medical students than in the one staffed by midwives.

He traced the issue to a single, horrifying fact: doctors were going from performing autopsies straight into delivering babies without washing their hands.

Semmelweis instituted a radical idea: handwashing with a chlorinated lime solution. The results were immediate and dramatic. The death rate dropped from nearly 20 percent to around 1 percent.



But instead of being honored, he was vilified.

Why? Because his discovery threatened the pride and power of the medical establishment. Admitting he was right would mean acknowledging that physicians themselves were the cause of so much suffering and death. The egos were too big. The systems too entrenched. The science too new. And the man too blunt.

Semmelweis was ultimately dismissed from his post in Vienna. He fled to Hungary, where his methods were accepted and death rates again dropped. But the rejection haunted him. He died institutionalized, broken in body and spirit, ironically from sepsis, the very infection he had spent his life trying to prevent.

Medicine's Memory Is Short But Truth Lingers

The legacy of Semmelweis is a mirror to our times. He saw the truth. He spoke the truth. He paid the price. And eventually, others picked up where he left off—Dr. Joseph Lister, for example, who expanded antiseptic techniques in surgery, finally received the credit Semmelweis never lived to see.

But the deeper story is about institutional arrogance, and what happens when a healer says, “We’ve got it wrong.”

Today's Infection Isn't in the Body, It's in the System

Dr. Frank Nagy and I couldn't help but draw the parallels. Because we're still here. Still fighting the same disease. Still seeing doctors ignore the root causes of suffering. Still watching the system medicate symptoms instead of confronting truth.



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So let me say it plainly.

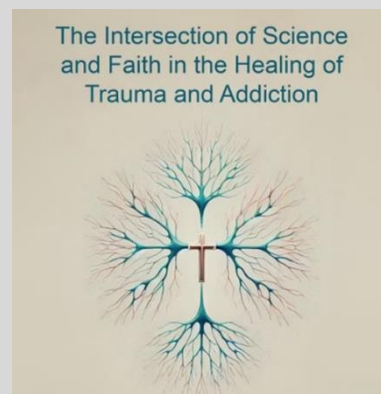
We are watching a generation of children be over-medicalized, over-labeled, and over-drugged. Psychiatry, hijacked by Big Pharma and shallow diagnostics, is still refusing to ask why. Instead of understanding trauma, pain, and human story, we are dulling the soul with pills, diagnosing every form of despair as disorder, and calling it care.

We are witnessing pharmaceutical and surgical interventions in gender-questioning children, not because we fully understand what's going on, but because it's expedient, profitable, and ideologically reinforced. It's easier to change the body than it is to ask what pain the child is carrying.

This is the new childbed fever. And we are the new Semmelweis.

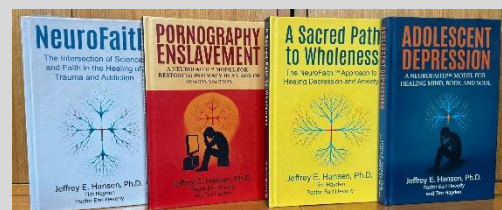
What Drives Me Forward

This story, of institutional arrogance, ignored suffering, and dismissed truth—is not just history. It's the same battle we face today. These conversations—like the one I had this morning with a close colleague, remind me why I do what I do. Why I continue to speak out. Why I take the hits. Why I push back. Because we have a duty to wash our hands, not just of physical germs, but because of the ideologies, incentives, and intellectual laziness that now infect our systems of care. We are treating symptoms and ignoring infections. We are prescribing pills while ignoring pain. We are altering bodies while ignoring brokenness. And it's costing lives, health, and souls.



This is exactly why I created the NeuroFaith™ model. It isn't about quick fixes or shallow interventions. It's a deeply integrative, faith-informed, neuroscience-grounded approach to healing that takes time and honors the whole person, body, brain, and soul. NeuroFaith™ insists on truth over trend, transformation over temporary relief. It draws from four foundational pillars: polyvagal-informed therapy, HeartMath® and neurocardiology, Internal Family Systems (IFS), and spirituality rooted in Christian faith. These are not just theoretical ideas—they are living tools that help people move from dysregulation to connection, from fragmentation to wholeness.

At Holdfast and AnchorPoint, we will continue to build on this foundation. We are committed to going deep, listening well, and healing with integrity. The time for shallow care is over. The time for real, embodied, faith-driven transformation is now. We take inspiration from those who





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refused to compromise, Dr. Ignaz Semmelweis, who stood for truth in the face of rejection, and my friend and colleague Dr. Frank Nagy, who continues to walk that same courageous path today. Their legacy calls each of us to rise above convenience, to reject shortcuts, and to hold fast to what is good, true, and healing. That is why I share this with you. To encourage all of us to stay the course, never settle for the easy fix, and live out the calling to heal with wisdom and conviction.