

JOIN THE SELF-CARE REVOLUTION

MODULE ONE: THOUGHTS & FOOD AS MEDICINE

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Mikell Parsons, DC, Roy Heilbron, MD, and Jim Healthy.

2014

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First Printing: 2014

ISBN: 978-1-304-50492-0

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The Self-Care Revolution™ Topics

Module 1: Your Thoughts And Food As Medicine

Module 2: Heart And Breath Matters

Module 3: Transmute And Release Trauma

Module 4: Unleash Your Brain Power

Module 5: Earthing, Electro-Sanitizing, And Growing Your Own Garden

Module 6: Power Of Relationships (Self, Others & Money)

Module 7: Exercise As Medicine

Module 8: Empowerment

Module 9: Power Of Community

Module 10: Be Fabulous At Any Age

Module 11: Power Of Gratitude

Module 12: Celebrate Life And Pay It Forward!

WELCOME TO THE SELF-CARE REVOLUTION™!

MODULE ONE of TWELVE: THOUGHTS AND FOOD AS MEDICINE

Thoughts and Food as Medicine: it all starts with us. We can share our opinions with others, but ultimately each of us chooses our thoughts and our food. Our choices do have a ripple effect on others in our homes, with our friends, in our workplaces, in our schools, in our places of worship, and in our healthcare institutions.

Is there a culture that really supports us as individuals to make healthy choices readily available? Now that is food for thought!

Listen to this module's experts and join with the Self-Care Revolution to strengthen the network that is weaving the support for all who care to improve health and wellness as individuals, families, in our communities and as part of the global community in stewardship of the earth and one another.

What Is The Self-Care Revolution™?

Launched in January 2013, the Self-Care Revolution is the gift to humanity from the Santa Fe Soul Health and Healing Center and its Founder, Dr. Robyn Benson, DOM. Her caring and passionate heart and commitment arises from travel throughout 70 countries and over twenty-two years of practice and extensive trainings. These experiences have given her an overview, an expansive network and an effective creative approach in dealing with the healthcare crisis in America.

The mission of the Self-Care Revolution™ and our Self-Care Coaches™ (true mentors and guides) is to change the face of healthcare through the fundamentally different approach where "It All Starts with You".

The Self-Care Revolution™ evolved in response to a modern world epidemic where diseases such as diabetes, Alzheimer's, obesity, cancer, fatigue, pain, stress, anxiety, and depression are running rampant. Many people have given up on our current disease-management model of healthcare and are seeking alternative, holistic, and more effective means to facilitate healing.

The vision of the Self-Care Revolution™ is to save millions of lives by transforming the way people look at healthcare. The goal is to teach people that "it all starts with you and within you" and that self-care is the solution to the healthcare crisis we are

facing. Basically, almost each and every one of us has the power and ability to heal ourselves through informed choices and a healthy lifestyle.

It is our mission to touch one million lives with the purpose of creating a world of people committed to their Self-Care, thus contributing to healthier communities and, in turn, to a healthier planet.

Why Is Self-Care So Effective?

The Self-Care Revolution™ brings world-renowned experts in traditional medicine, alternative healing, integrative medicine, personal growth, spirituality, new cutting-edge technology, and the expertise of the Self-Care Coaches to support the subscribers in all areas of optimal health and “Self-Care.”

The Self-Care Revolution™ is a one-of-a-kind educational and empowering interview series with world-renowned leaders who have agreed to hold nothing back and to give you their best transformational work that will move you toward abundant health and happiness NOW.

We are empowering individuals with the necessary skills, knowledge and practical tools to radically change the course of their health and life.

We have interviewed over 100 top experts and continue to add to the interview series each and every module.

The Self-Care Revolution™ movement creates awareness of reversing and preventing disease, and finding the cure from within. Our priorities are:

- Revolutionizing our members' awareness of whole-body wellness—mind, body and spirit—and supporting them as they take action based on the education and resources we provide.
- Educating our members on self healing, enriching their lives and empowering them to effect change in themselves and their environment. Providing our members with the resources and support to effectively live a healthier, happier, sustainably vibrant life enabling them to actualize their own dreams.

Why Should Self-Care Be Important To You?

Did you know that 40% of all bankruptcies in this country are due to unmanageable healthcare costs due to an unforeseen health crisis? How will you prevent this from happening to you or your family?

It's vitally important that you take the time to ask yourself these questions:

- What are you willing to commit to today to ensure your healthy future?
- What Self-Care strategies will you implement each day that will promote your best daily energy and vitality (food, thoughts, exercise)?
- What is the impact you want to make in the world with your optimal, radiant and sustainable health through your commitment to body-mind-spirit Self-Care?

By purchasing this Module (and investing in the other eleven Modules of this series) you have taken an important step toward Self-Care. We invite you take the next step and become a valued member (for free) of the Self-Care Revolution™, a weekly, educational and empowering tele-seminar and so much more.

Don't take this journey alone; invite your friends and family, too.

For more information on any of the membership levels and upcoming events visit:
www.JoinTheSelfCareRevolution.com

This is an exciting opportunity to create powerful changes for yourself and collective wellness worldwide. This revolution is raising awareness to a new level of understanding of what is “The True Health Care”.

Join us in this call to action to create a world that works for everyone with health and vitality.

**With love from Robyn, Kevin and your Self-Care Revolution team,
The Best Gift you can give another is a healthy you!**

Testimonials:

“The Self-Care Revolution™ is brilliant as it speaks to the only solution for the health care crisis we are in. *Take responsibility for your health.*”

Norm Shealy, MD, PhD

“The Self-Care Revolution™ is on the cutting edge of Americans and our global community taking Responsibility for their Health, Wealth and State of Happiness.”

Steve Rose (Health and Wealth Advocate)

“The Self-Care Revolution™ is truly phenomenal, and is a revolution and a movement whose time has come. I can't think of a better cause that we each need to awaken to daily in order to do our great work in the world. All I can say is the speakers have been outstanding.”

Vince Hughs (Entrepreneur)

“Self-Care is the True Health Care. That says it all! Thank you for taking me on this fabulous journey with you and your incredible speakers. I am a changed woman from the inside out.”

Helen Stucky (Historian, Founder of Wellness Weavers)

“Nothing like Rockin' my Self-Care this year. I feel and look better, and my career and prosperity is better than ever. The tools I have learned are priceless. My Self-Care Lifestyle is here to stay. Watch out world!”

Hillary S. (Hautepreneur, Designer)

Pay It Forward:

A big part of the Self-Care Revolution™ is the "*Pay it Forward*" message, so much so that we dedicated one full month to it, with seven speakers. Why not pass this book forward to someone else after you are complete with it, so that Self Care, the True Health Care message, will awaken in every single person on this planet. And ahhhhh, imagine how much more peace, true joy and connection that will bring into our lives.

WITH LOVE FROM YOUR SELF-CARE REVOLUTION SUPPORT TEAM!

About Santa Fe Soul Health & Healing Center:

Santa Fe Soul Health & Healing Center for holistic and preventative healthcare is the vision of founder and director Robyn Benson, Doctor of Oriental Medicine. We welcome you into this beautiful space to meet our highly experienced health care professionals where you will learn about the benefits of many services such as Acupuncture, Biofeedback, Chiropractic, Therapeutic Massage and IV Therapies, as well as our innovative leading-edge energy technologies.

Santa Fe Soul was built from the ground up in 2004 as a consciously created sacred space for health and healing with the purpose of offering you the best health care. Our community of practitioners will work together with you to compliment any medical treatment you may be undergoing. For more information, feel free to visit us online:

www.SantaFeSoul.com

JOURNAL

THOUGHTS AND FOOD AS MEDICINE

Kick off module one of the Self-Care Revolution™ with a commitment to improve your health through nutrition. How? Increase a plant-based whole food diet while feeding your life and your thoughts with all that is positive, proactive and supportive.

*Each day take just 20 minutes each morning and evening to write about what **‘Thoughts and Food as Medicine’** means to you. See what you can incorporate or learn. You may use this template as your journal or find a journal or notebook that you feel drawn to using. In the module our focus will be on **‘Heart and Breath Matters’***

Let us know how you are doing. *We are here to support you!*

Questions:

What are your thoughts about Food as Medicine?

How are your thoughts impacting your day-to-day life?

To continue the journal, become a free Self-Care Revolution™ member at JoinTheSelfCareRevolution.com

MARCIA WIEDER

DreamUniversity.com | CEO/Founder Of Dream University,

Author, Columnist, And Speaker

DREAMING YOUR BEST YEAR EVER:

LEARN THE 4 STEPS TO GETTING PAID WELL FOR DOING WHAT YOU LOVE

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Robyn: Hello everyone, Happy New Year to all of you. Here we are, January 1st, 2013. This is Robyn Benson, I'm a Doctor of Oriental Medicine and I want to welcome you to the Self-Care Revolution. We are so excited to be starting this 12-module process with each of you and we are so excited to introduce you to our first speaker, in just a few minutes, Marcia Wieder. I just want to take an opportunity to introduce my co-host, Kevin Snow. Kevin, would you like to say a few words?

Kevin: Hi. It's so great to be here. It's so great to be here with you, Marcia. I'm also a life coach and working out of Santa Fe Soul Health and Healing Center, and I'm just grateful to be on this call and learn about self-care.

Robyn: Alright, so just to give everybody an idea, we have gathered an amazing community already. We're going to have, again as I mentioned, there's going to be 12 modules where we're going to focus on a different topic. Like January, here we are. This whole module is about Thoughts and Food as Medicine. So, you'll be hearing 60, 70, maybe more, expert speakers throughout this year. And everyone will have this unique opportunity to get to know 25 Self-Care Coaches from Santa Fe Soul Health and Healing Center, which is the main sponsor of this 12-module series. And also, we're going to be sharing many of our what we call self-care advocates and self-care revolutionaries. These are people who have radically changed their lives, whether they've had cancer or an autoimmune disease, through self-care. So, we're really excited to share many of these people with you and to hear their amazing stories.

So now, I'd love to introduce you to our first speaker, Marcia Wieder. And I can't think of a better person to start off our 12-year series. I was thinking about this a couple of months ago, "Who would be a great opening speaker?" And because she is about dreaming, she is about how we dream, our passions, our juicy lives in what we want to co-create/create in everyday life, she's a great person to start off our series.

2 | Marcia Wieder

So, Marcia is the CEO/Founder of Dream University and is leading a Dream Movement as we speak. She's been coaching, training and speaking for 20 years. Her inspiring message has touched audiences from 50 to 5000 at companies like AT&T and American Express. She's the author of 14 books and a thought leader on vision. She has appeared on Oprah often and the Today Show.

So whether teaching at the Stanford Business School, speaking to executives in China, or at Girl Scout Camp, her riveting style impacts audiences worldwide. She is the personal Dream Coach to Jack Canfield, stars in 'Beyond the Secret' with Bob Proctor, and is a member of the Transformational Leadership Council with Lynne Twist and Marianne Williamson. She's also the past president of the National Association of Women Business Owners and she assisted former US Presidents Ronald Reagan, Jimmy Carter, and George Bush Sr.

Oh, my goodness. Welcome, Marcia. How are you doing today?

Marcia: Hi, Robyn. I have to tell you, you said we were going to be doing this the next '12 years' and I thought, "Oh, my God!" I know you meant 12 months. But I thought, "Oh, you know what? We could listen to this message for the next 12 years and not run out of world-class experts and things that we need to learn." But I know it's just 12 months.

Robyn: So, here we are at 2013. How do you feel?

Marcia: I feel really excited. I feel really inspired. I feel like we've come through hell and high water. It's been a challenging time leading up to this. But I feel like it's a great time for us all to be focusing on our vision for the next year and kind of forget resolutions of what you want to let go of and get rid of, instead, let's focus on your dreams and how you want your life to be. So, I'm turned on and excited about it. I spent New Year's as I always spend New Year's, really listing out my own personal and professional dreams. And then I forget about it for a year and then I go back and I read it and I'm always amazed at how many things got accomplished.

Robyn: So, tell us about your big dreams for 2013.

Marcia: Well, let's see. We're focused on helping a million dreams come true. We've launched something called Million Dreams Campaign. I'm excited about that. I'm in development on a television show, so one will help the other. I'm writing a new book. But mostly my life's work continues to be about helping people clarify what they do and don't want, give them practical tools to believe in themselves, and hopefully help

them design what I like to think are brilliant shortcuts so that they can accomplish more faster. So on one hand, I'll be doing more of what I've been doing, but on the other hand I'll be doing it differently.

And the big, big thing we're working on right now is we're putting on this huge event called the Wealthy Visionary Conference and we'll be talking later to your folks about how they can get a bonus ticket to attend that. But I'm excited about bringing together big dreamers, visionaries, creative people, who are committed like you are, to making the world a better place. And whether that's the world around our dining room table, around the board table, or around the world, I'm just really committed to giving people the tools and resources to be able to accomplish what's important to them.

Robyn: That's great. So, tell us a little bit about your next book.

Marcia: Oh, you know what, it's an interesting thing. I've written a lot of them and I've been stuck for the last couple of years, going back and forth between the personal and the professional. As a keynote speaker, more of a business book gets me back on stages. But as somebody who feels called to serve a mission and a purpose, which is about really waking people up and having them have the courage to pursue their dreams, it's probably more of a personal growth or self-help book. And I just finally got this vision about how to span both worlds. So, the book is really about using vision to transform your business life in the world.

And I just have a lot of deeper content that's been coming through me over the last couple of years, so I'm excited and challenged. It's not easy to sit down and write a book. And I think it's one of the reasons why it's the most often established dreams. People declare it as a dream that they don't pursue, because it really does take time away from your left brain and operations and organization, to sit down and really be courageous and creative and tapped in. So I'm excited about it though, I finally feel like I know the book that I want to write and that's the book that I'm starting to write.

Robyn: That's exciting. So, you've been teaching and writing for 30 years. I'm just really curious, what is this story? How did you first get into this whole idea of dreaming and bringing this into businesses and bringing it to everyone's day-to-day life?

Marcia: Oh, boy, let's see, how do I bridge the story? I could go way, way back. The year that I was born, my older sister who was five at the time lost her hearing and actually went deaf. And the story around the house was she must be jealous of the new baby so she's not listening. And as I grew up, my father had pretty much

banished faith and God from our home. It's ironic, because I became Susie Hope. I became all about believing in yourself. I became the person who was considered the thought leader on going for your dreams. I didn't grow up in a household that was like that.

Then also, as I did grow up and started my own marketing and media agency, I noticed that I was successful, but I wasn't really happy. And I asked myself the question, "How did I really want my life to be?" And the answer was, "Completely different than how it actually was." And that became the beginning of writing my first book, 'Making Your Dreams Come True'. And you know, in the face of a lot of people telling me that I would starve, that I couldn't make a living helping people achieve their dreams, I'm happy they were wrong. I've actually grown a multi-million dollar business. But more than that, I feel very on purpose with my mission and my calling.

A lot of it really got clarified for me in doing volunteer work for the Make-A-Wish Foundation. And here it is 30 years later and I'm on the board for Make-A-Wish. I'm planning a fundraiser for them for later this month. So, I guess a few things converged. One is I saw that a lot of people weren't happy. Two was I had a belief that we could be involved in creating or co-creating our life, personally and professionally, so we could have more of what we wanted. I believe that it is our birthright to create and live a life of joy, love, and abundance. And most of us are so mired in reality and so busy living from our clocks and calendars that we don't even know what our dreams are, much less how to accomplish them. So one of the things that we're doing at Dream University is we're helping to redefine dreaming. So instead of a, 'Maybe someday' or 'After the kids graduate' or 'When I retire' or 'If I ever have extra time and money', instead we're about, 'What is important to you and what are you willing to do about it to make it happen?'

And then there was one more big turning point, because you asked about companies, that when I first went into see a Fortune 100 company, the executive said to me, "Dreaming? Why should I care about that?" And I said, "Well, what do you care about?" And he kind of sarcastically said, "Tennis." And I said, "Okay, I'm going with it. Tell me about tennis?" And he just got all psyched up, he's like, "I love the game. I love to win." And I said, "Well, if we could get that level of passion out of your employees, would that be a useful thing?" And he was like, "Yeah." So I renamed my book, like I put a big X across the front of it and crossed my face from the front of 'Making Your Dreams Come True' and I wrote 'passion'. I'm looking in this guy's eyes and he's like, "And productivity." And 'Passion and Productivity', he bought it like a dozen times over the next few years because we could absolutely show and measure

that happy people made happy employees and happy employees produce better results.

So the opportunity for me is, as a speaker and a coach and a consultant and an author, was to work with entrepreneurs and business people and executives to show them how to create an environment that encouraged people to bring their passion to work, as opposed to leaving what they were doing to find their passion somewhere else.

So I guess if I would sum that whole story up for you, I would say, Robyn, that it was, I felt like it was determined early on that I was somebody who was going to believe in things that were not necessarily proven or known, or even things that could be seen and touched. Things like love and compassion and then shadow work and the dark side of leadership, this whole slew of stuff.

But growing up in a family that didn't believe, the main thing I think I'm here on the planet to do is to help people believe in themselves and believe in their dreams. And then because I did come from a corporate and business background, I was able to articulate it in a way that was credible. So passion and productivity got me in the door, but once I was there, I was teaching people about visionary thinking versus problem solving. I was teaching companies about creativity and innovation. And I was absolutely and will always be teaching people how to make their dreams come true, because that's who I am.

Robyn: That's so great. Tell us a little bit about Dream University.

Marcia: Dream University is really such a great name, isn't it?

Robyn: I love it. I'm signing up, for life.

Marcia: Yes. And I want to put a note. They go to the home page, there's three free video series in there to help people make more money with their dreams and clarify what they want. So, just go to DreamUniversity.com, opt in and there's lots of free stuff and content there. But what sets us apart is we really focus on the inner and the outer. Who are you? What is your purpose, your mission, your calling in life? And then how do you live in integrity with your heart and soul, so you can bring your gift out to the world in a way where you can touch, inspire, impact, and hopefully be paid well for doing what you love.

So we look at the left and right brain, too. It's whole-brain thinking. We want to train and inspire people to be visionary and creative, but also practical and strategic. So we

put on all kinds of live events. Our next big, big conference is called the Wealthy Visionary Conference. And we've got hundreds of people coming from all over the world. Because what we see is that sometimes people have vision and they have no money, or they have money but they have no vision. And we really want to open people up to being more creative. And you'll be at the conference, so people can actually come and meet you there as well.

Robyn: Absolutely. I can't wait.

Marcia: It's so exciting, the caliber of the speakers that we have. Peter Diamandis, who created the X PRIZE, talk about a visionary. Here's a guy who dreamt up a competition to give away \$10 million to the first non-government agency that could put a man into space, and he didn't have the money when he did it. And Brendon Burchard, our dear friend, will also be there. So we have a lot of New York Times Best Sellers.

Robyn: Michael Gelb is going to be there.

Marcia: Who is?

Robyn: Michael Gelb?

Marcia: Michael Gelb. Exactly, my dear, dear friend, our dear friend, Michael.

Robyn: Our dear friend.

Marcia: I love it. You know, Michael Gelb is just so brilliant in teaching people how to dream big and how to be more creative. He wrote 'How to Think Like Leonardo da Vinci', how to 'Innovate Like Edison', which he wrote with a relative of Thomas Edison. It's so amazing. So, the Wealthy Visionary is a great example of what we do. So it's the inner and the outer. So we'll look at the mindset, what does it take to have a mindset to be wealthy and what are the skills we need in order to be more of a visionary? And then, what are the resources available that can help you accomplish more?

So at Dream U, we do online courses, we do live events, I take people into small mastermind groups where we meet a couple of times through the year in a small group. And then, sometimes people will hire me for one day one-on-one in depth because they want to clarify who they are before they really spell out their brand. Or they know what their brand is and they want me to poke a little bit to make sure that the level of depth that is really important to them, is really coming through their

messaging. So it's quite extraordinary and that's it. [DreamUniversity.com](https://www.DreamUniversity.com), you can read about us and learn more and watch videos and download all kinds of free stuff.

Robyn: Kevin, do you have a couple of questions? I know you do.

Kevin: Absolutely.

Marcia: Kevin, I love your voice.

Kevin: Thank you.

Marcia: You know, one of the things I want to say is that in order to master manifestation, I believe you have to master the skill of enrollment where you share your vision in a way that inspires other people to join you, to hire you, even invest in you, where the obstacle called 'not enough money' can disappear, because you're inspiring people to invest in you or at least buy your products and services. And we know that a deeper, more resonant voice is more trustworthy. And trust, people liking you and trusting you are the first step in getting them to say yes to anything. So, as soon as I heard your voice, before we even started the interview, I'm like, "Oh, I like him."

Robyn: We love him here. He's amazing.

Kevin: Yes. People say they like my laugh as well.

Marcia: Yeah. I love it. What would you like to ask?

Kevin: For our listeners, this is the beginning of a new year and this is all incredibly inspiring and I'm sure that there are people out there asking how can they start? Start doing this self-care? How can they become a revolutionary in that way?

Marcia: And you'd like me to comment on what I think?

Kevin: Yes, thank you. Maybe you start with how did you start? How did you begin this process?

Marcia: Well, you know, in school, we learn the ABCs. At Dream University, we teach the CBAs. C, get clear about what you really do want and don't want, and for many people that's the hardest step, and I'll come back to that. B, believe in yourself and your dreams, demonstrate that you're more committed to your dreams than to any doubt, fear or reality by A, taking action. So, it's not enough to click your heels

together and say, "I do believe. I do believe." You have to do something about it. This first step about getting clear about what we want, there are two points I would make about that that I think are both things that people can use immediately. For many of us, in order to focus on our dream, our dream of self-care, my dream of self-care happens to be called 'I dream of living a spa life'.

Kevin: Right.

Marcia: Yeah. And a spa life is spending more time in nature, getting massages and facials, getting reflexology, going away, weekly getting to a day spa or at least, weekly getting a massage, monthly trying to at least do a day at a spa, and seasonally, doing a longer extended time at a spa. And those of you that are listening and going, "Well, I don't have the money to do that," that's a limiting belief because you can trade. I've traded speaking at spas for full-blown luxury cruises and spa time in exchange for speaking. And if you're sitting here going, "Well, that's fine for you, Marcia. You speak about how to make dreams come true." Well, if you know how to play poker or you know how to dance, you can often go onto a cruise and trade services, and you too can be living a spa or a cruise life.

But let me get back to the point, and that is, that for most of us, to pursue our dreams and the quality of life that we want, we need to practice saying two really important words. And those words are: no more. What are you doing that's sucking the life out of you? What are you doing that you're complaining about? What are you doing that's out of integrity with your heart and soul? That if you were truly to say 'no more' to it and quit doing it or do less of it, you could say, "Now what? I'm clearing out the clutter. I'm getting rid of something that's no longer true. Now what is possible? Now what's important to me? Now what do I want to schedule into my life that I'll get done faster and with greater ease, because it's something that I love or something that's important to me?"

So first of all, I think we need to clear the clutter and make more space in our lives for what matters to us most. Secondly, I often advise going on a passion quest, taking a period of time, it can be a weekend, a month, and a year. You don't have to put the rest of your life on hold to do it. When I was on a passion quest for three years, I still had to work. I still had to pay my mortgage, but I was going through life with my antenna up, really paying attention to what mattered to me and what moved me, and I followed that, and that really informed me. Between those two things of saying, 'no more' to what was done, and 'now what?' by going on a passion quest to really discover who I am now and what I love and what matters to me. That's what I think can really put us on that higher road of living the life of our dreams and the life that

we really want.

So, I think that that's probably a good place to start. And then the CBAs, get clear, believe, and take action. You know another gift that we can throw out to your people, three eBooks that I've created that are designed to help you get clear, believe, take action. If they go to DreamUniversity.com/gift, those three free eBooks are there. It will help you get greater clarity on what you want, and believe in yourself and then design some shortcuts to make things happen.

Kevin: That's awesome. That's very exciting. The other thing is people that would be in your life that are dream-killers. People that step in and say, "You can't do that," "We didn't do that," that kind of a thing, do you have any advice on how we can deal with that?

Marcia: Yeah. If you have not dealt with your own doubt and you meet another doubter on the road, I think their doubt magnifies yours. But if you've dealt with your own doubt and you meet another doubter on the road, by contrast it becomes the opportunity for you to deepen your commitment and your conviction to your own dream.

So I think we know, most of us are aware, that our attitudes and beliefs are never neutral. We're pretty in tune with the fact that they either hold us back or move us forward, but we often forget that we can choose what we believe. So the question is, can you believe in your dream, not because there are promises, guarantees, or assurances, but simply because it matters to you? And then demonstrate that you are serious and that you really do believe in your dream enough that you'll put a stake in the ground and take action on it. So there will always be the dream-killers, stompers, and stealers. The question is what are you going to do with that information? When I teach a Girl Scout Camp, they have this funny phrase. They call it the 'California blow off'. And the phrase is, "Thank you for sharing." So we would all see better, we can all benefit that when somebody tells us why our dream is a bad idea, then simply say, "Thank you for sharing." And then demonstrate that you're serious about the dream by taking action.

Kevin: That's great. And then invite them to the revolution.

Marcia: Exactly. Get on board, little doggies.

Kevin: Right.

Robyn: Marcia, I remember hearing an interview with you and Chip Conley for the Conscious Business Summit.

Marcia: Yes.

Robyn: And I remember you saying that you will live an average of 7 to 10 years longer by living your dreams and your passions. Can you speak to that a little bit?

Marcia: Yes. My colleague told me that. I personally was told that by Dr. Mehmet Oz, and there's a medical term that he was using, even though I've been told that the medical term doesn't exactly sum it up but it gets close enough. And the medical term is 'apoptosis', just like it sounds, apoptosis. It's kind of cell death, it's the death of your cells. And he was saying that when your brain believes you've outgrown your usefulness, which can happen at any age, the brain sends a message to the body that it's no longer needed and people start to mentally and physically self-destruct. So we see this most often when people get laid off or retire, experience emptiness, or when we stop dreaming. And he explained to me that it's been medically proven that people with passion and dreams not only live 7 to 10 years longer, but have a better quality of life. Obviously, it's like you have a reason to get out of bed in the morning. You're happier, you're more intentional, you're focused, you're looking forward to the day and therefore, you're looking forward to your life.

Robyn: Great. Wow. So how do you practice self-care on a day-to-day basis? What's your message to all the listeners today? Because you have a huge life, you travel a lot, you're speaking, and you've got your university. What's your formula for self-care?

Marcia: Yes. There's definitely a lot going on. I would say it comes down to simple practices for me. So anytime we want to change a bad behavior or develop a new skill, personal practice is kind of like you catch yourself in the act doing it, shine the light on it, put on the proverbial pause button and try something else. So, those of us that have run amuck doubter voices or critic voices that put us down, if I can catch myself putting myself down, put on the pause button, say something kind about myself, I do start to develop a new set of muscles.

So I started this morning practice of asking myself, before I get out of bed, what would really make me happy today? And then I really do my best to do it. It might be a cup of coffee with a girlfriend, it might be lunch with somebody, it might be a phone call, and it might be a little extra time to meditate or play with my dogs. It could be something very simple and something very specific.

But it's such an important question, because one of the things that started happening to me in second half of life was I didn't know what would make me happy. I can go to my favorites, flowers make me happy, and shopping makes me happy, and quality time with family and friends makes me happy. But I really started to mine for what's underneath that. What will really make me happy? And that's why I'm on the board for the Make-A-Wish Foundation. And last week one of the wish kids, Claire, a gal I love, 15-year old. She's like, "Oh, my God! I got invited to give a TEDx talk. Can I come over? Will you coach me?" And I love that my life was spacious enough where I could have her come over two days later and get her to throw away her PowerPoint. And this is a young girl, cystic fibrosis; she's had dozens of operations. She started a foundation called Claire's Foundation. I think it's called Claire's Place, that's about helping kids with cystic fibrosis, and their families really thrive, not just survive. She's an extraordinary human being.

So when I asked what would make me happy today, or at the end of the day looking back on what did make me happy, that got extra points. That was so meaningful and so fulfilling. But the truth of it is, I'm sitting at my desk and I'm looking out the window and I live in Beverly Hills. The sky is blue, it's 72 degrees. There are flowers and blossoms on the trees. And I feel incredibly humbled by the beauty and incredibly blessed that it's right there in front of me. So, the daily practice of appreciation and gratitude. I meditate just about every day. I journal almost every morning with God or a spirit, however that is for you. But, M for Marcia, G for God, I get dialogs so I'm getting my spiritual guidance, which is really nurturing and necessary for me. But for me, it's mostly practices.

Nothing toxic in my mouth, nothing toxic out of my mouth, that's a good one that I've adopted recently. And to really make my time with people, whether it's by phone or the blessing of doing an interview like this and reaching a lot of people, or with a client, or a family member, to really have it count and have it be quality time. My grandma, Fritzzy used to say, "Nothing ages you faster than stinkin' thinkin'." And on her deathbed she's like, "Promise me you'll visit Fiji." And I still haven't gone. So there's the big stuff, there's the long-term stuff, and then there's the daily practices I think that, for me, that's what really self-care really translates to.

Kevin: You mentioned earlier visionary thinking and how important that is. And just a few words on how someone who doesn't feel that they're a visionary could start that process.

Marcia: Oh, I'm glad you asked. So for me, a visionary is simply somebody that has a dream, hopefully a big dream or a vision, that's important to them. Your vision might

be about quality time with your family and friends, or getting healthy and physically fit, obviously that's what this is all about as well. But for me, a visionary has a vision. They articulate it with clarity, so people get it and really understand what the heck they're talking about. They speak about it with passion. So they get other people interested and excited. That's how Robyn got me to say 'yes' to participating, you were so passionate, so visionary about it. And also a true visionary has mastered that skill that I mentioned earlier, of being able to talk to anyone, anytime, anyplace, about their dream in a way that inspires them to join them. So, the ability to speak with clarity and passion and make requests and invitations, so that we're not doing it alone. And what visionaries tend not to do is they tend not to obsess about strategy. Strategy is an important point. We have to know where we are in order to design the strategy for where we want to go. But the question is, "What has being realistic cost you?" If you're overly realistic, it can cost you passion and dreams, it can cost you years of your life.

So the difference between a dream and a fantasy, like winning the lottery, is that in a dream we can do something about it. In winning the lottery, there's nothing we can do to make it happen. So it's a little bit of a paradox because if you never go to strategy, the dream remains a fantasy. However, if you go to strategy too soon, you'll often wind up compromising the dream down to what you realistically think is possible, or based on how much money you have in your checkbook or your budget. So looking in your checkbook is not the ideal place to look to decide whether or not you believe in your dream. Don't look at the stock market, don't look out there. The place to look, to decide whether or not you believe in your dream or your vision or your great idea or your service or products, the place to look is in your own heart.

And the question is, "Can you believe in something because it matters to you enough so that you'll actually take action and do something about it," as we talked about earlier. It's not enough to be thinking about it. It's not enough to be talking about it. It's not even enough to be dreaming about it. You actually need to do something about it, to prove that you're serious about making it a reality.

Kevin: And is it critically important to have support in that process as well?

Marcia: Well, I think the number one way to experience ease and shortcuts on any dream, is to build your dream team. And that comes back to your ability to enroll, which is different than selling. I'm always enrolling people, painting a picture of what's possible. I'm always enrolling people and believing in their dream. It's not necessarily selling them on another product, program or service. But your dream team can help you accomplish faster. So your ability to make specific requests and

make it easy for people to say yes, and having the courage to ask them why if they say no, is the way that you can accomplish your dream faster. As a visionary and Robyn, you asked me how do I get so much done, when I get an idea, the first thing I'm looking at is who I can enroll to help me accomplish it. That's how I'm able to have so many balls in the air at one time, is it's not just all on me. But it's also, like Jim Collins talks about in 'Good to Great' and all his other wonderful books, it's finding the right person and the right feet going the right direction.

An important part, I'll just say the four steps that I use in the enrollment process.

Number one, we've already talked about. You have to establish rapport. If people don't like you and trust you, they're not going any further. And a deeper, more resonant voice is more trustworthy, it just is.

Number two; you want to build value by asking good questions. So you can really, together, assess, is this opportunity the right opportunity for this person based on what they need and want and what they're passionate about?

Step number three, we can overcome any objections or obstacles. And by the way, the objection called 'It costs too much money' or 'it's too expensive' usually means you haven't built enough value. So when there are objections, you can establish more rapport, build more value, people are more likely to say yes.

And then step number four is about securing an agreement. What next step are we going to take together? Are you going to send an Email? Are you going to join me? Are you going to write a check? What are we going to do together? And I think this concept of agreement is really important because in order to achieve big dreams, we need to be willing to take risks. And in order to take risks, we have to trust ourselves. And the thing that will erode or deepen self-trust has everything to do with how we make and keep our agreements with others and ourselves.

Coaching has become a multi-billion dollar industry because we're a thousand times more likely to do something when we tell somebody else that we're going to do it. So having an accountability buddy or a dream coach or a life coach who will supportively hold you accountable are an important part of the dream team as well. So, people who can help you get things done more are the people who can also support you to do the things that you want to do. Nothing activates that voice of the doubter more than saying you're going to do something and not doing it, or saying you're going to do something and doing something else. So, I think it comes back to an integrity conversation, that as we become more trustworthy to ourselves, we

become more trustworthy to others, which will make it easier for people to say yes and to be part of our dream team or make us more trustworthy so that they'd be willing to make a phone call and help make that shortcut a reality.

Robyn: I love what you're sharing right now, Marcia. When I think about the Self-Care Revolution and the dream team that has come together in just a short period of time, it's incredible. From the Self-Care Coaches that we have here and every single person that I've asked to be a speaker, to be a part of it, everyone has said yes. Because I think that people really believe that self-care is the solution, that it is the true health care, and the solution to a lot of what we're saying. It's pretty alarming when you think about one out of three children are now being diagnosed with diabetes, one out of two or three people with cancer. And so, people really know that we need to come together, in our families, in our own personal choices day-to-day, in our schools, in our communities. That through self-care, it's just going to change the whole, when we think about the face of medicine and health. The possibilities with people choosing self-care can completely, not just transform your life, but all the people around you.

Marcia: I just love that. I was thinking also, at a certain level, it's not safe to send our children to school, to the movies, to the mall. We just had a shooting in the mall. And people are saying to me, "Well, why are you talking about dreaming? Isn't this the time to be realistic?" And I'm like, "No, no, no." This is the critical time for us to get in touch with what matters to us, for us to really take care of ourselves, to give ourselves what we need so that we do have more to bring to our children, to our loved ones, and to the world. And I'm so excited about what you've created here with the Self-Care Revolution, because it's critical. It's not optional. It's not a luxury item. This is something that really is essential, and the time for it is now.

Robyn: Great. So, you mentioned that you have an event coming up and you also have some gifts. People can go to your website for this. Is there another event that you want to share with us?

Marcia: Oh, we put together a pretty crazy outrageous offer for your folks.

Robyn: Thank you.

Marcia: Because we love presents, right? So, the URL that we put together, and give me one second, I'm just trying to open it. It's DreamUniversity.com/care. We made that very easy.

Robyn: I like that.

Marcia: Yay. So I'm just typing it in myself, because my computer is, like, hiccups and it was up there. It's going to be easier for me to talk about it if I get it in front of myself. So, we put together a really outrageous offer for your folks. So, I have a home study course called *Turn Dreams to Dollars* and it's 14 videos and 14 mp3s and it's really designed to support people in focusing in on any dream that they have and how to monetize it. It's a home-study course and it was shot live at one of my live workshops. And normally, people pay thousands of dollars to come to my live events. So what I wanted to do for your folks was to say, "Okay, if you are really ready to take the next step, and you purchase the home-study course, we've put together an absolute killer deal."

So we've been talking about the Wealthy Visionary Conference. A ticket to that live five-day event in Los Angeles is almost \$2000. Well, for anybody that signs up today, for the 'Turn Dreams to Dollars' program, I'm going to throw in a bonus pass to the live event with me—and 15 world-class speakers. They'll be able to scroll down and learn more about it. Actually, they can go to WealthyVisionary.com and see the whole lineup of the speakers. But not only that, I threw in a couple of other extraordinary bonuses. Mp3s and eBooks to help you shift your relationship with time, shift your relationship with money, and help you overcome any failure or sabotaging patterns. And then I added one more really valuable gift, and that's a one-on-one dream coaching session with one of our master coaches that you can redeem any time before, during, and after. So the value of the entire package is over \$3500. And for a short period of time, this really is that 'Act Now'; your people can get it for \$295. So, you're not going to see this offer for long, and you're not going to see it any place else.

So that means that you're actually getting the ticket to the five-day live event with me. I'll help you clarify your vision, teach you how to speak powerfully about it. There'll be structured networking opportunities for you to meet with the other 15 world-class speakers, as well as hundreds of entrepreneurs, coaches, and consultants, business people who have big dreams. We have people coming who are also looking for a new dream. And as you said, Michael Gelb is speaking. I've got five speakers who are wealth experts like Loral Langemeier, Brendon Burchard, Margaret Lynch, David Neagle, who are all speaking about the money side. Then I've got all these world-class speakers on the vision side, like Peter Diamandis and Michael Gelb and Cynthia Kersey who's building schools in Africa, just this world-class lineup. And then a whole other slew of people who are experts in helping you find sponsors, how to create a global brand on a limited budget. We've got a publisher there who's looking for authors.

So if you want to see the whole lineup, you can go to WealthyVisionary.com. But if

you buy the ticket there, it's going to be almost \$2000. So, what I encourage you to do is simply go to DreamUniversity.com/care and act today and take advantage of this outrageous offer. You'll get the 14 videos immediately. The 'Turn Dreams to Dollars' home-study course will help you get ready for the upcoming conference.

So, I hope you won't hesitate. I hope you'll demonstrate that you're more committed to your dream than to any doubt, fear or reality, and you'll join me and an extraordinary group of people. Those that hear and go, "Oh, I'm not wealthy and I'm not a visionary," if you have a dream and you're passionate about it, and there's something that you want to bring into the world, this is an opportunity for you to learn how to have the mindset of being a wealthy visionary, to have the practice and presence of being able to articulate your vision with clarity and passion so people get it. And also, to join us as we all embody this mindset for generous and creative collaboration.

This is not going to be a big pitch-fest. Some of our speakers will have special offers, but many of them won't. I'm going to be emceeing the event, in addition to teaching, because I want to make sure that the integrity of the event is solid and that it truly is a transformational experience. So, I hope you'll come. And one more time, DreamUniversity.com/care for \$295, you can get a \$3500 package. And even if you can't make it, you could either resell or gift the live event pass to somebody else. There's a great New Year's gift for somebody that you love and care about.

Kevin: That's awesome.

Robyn: Thank you so much. That is super generous. And I know that we have a lot of coaches here that are going to be there. Kevin, you're going with me.

Kevin: Absolutely.

Marcia: Yeah. This is going to be an amazing event.

Robyn: Not to be missed.

Kevin: Great.

Marcia: If you go to, let me see, I'll show you. If you just go back to the Dream University site where we said people could opt in for the free video up top. You'll see the first box on the left, says Wealthy Visionary Conference. And if you click on that, it does take you to the page that has all the speakers. And if you just scroll down, you'll see, as I said, Brendon Burchard number one New York Times Best Seller, Mary

Morrissey who was PBS featured *Field of Dreams*, Sally Hogshead who taught me what I need. The one thing I needed to change in order to go from being a \$15000 keynote speaker to being a \$25000 keynote speaker, Eli Davidson who's the reinvention expert for CNN. We just have this extraordinary lineup. And it's not a lot of the speakers, the usual suspects. I really tried to bring together a really fresh and creative lineup. And it's just going to be extraordinary. And especially with that kind of structured networking, because part of self-care we talked about is building your dream team so you accomplish more, faster. And if you're the most successful person in your circle, you want to come to an event like this to up-level your gain. And if you're the least successful person in your circle and you're really committed to playing at a higher level and making 2013 a very different kind of year for yourself, please don't miss out. This is going to be the biggest thing that we have ever put on at Dream University.

Robyn: Can you give that URL one more time?

Marcia: Yeah, DreamUniversity.com/care and you're not going to find that offer any place else. It's like less than a tenth of the value of the program. We didn't just take all the numbers and crank them way up. We have people who have bought tickets for the Wealthy Visionary at \$2000. So this really is something very, very special. I thought to myself, "Okay, it's the new year. If there's ever a time that we're going to put a stake in the ground for our dreams and for what really matters to us, this is it." And I thought, what is the most irresistible offer that I could give you? And the biggest thing that we're doing, by far, is the Wealthy Visionary Conference. And what I like about the *Turn Dreams to Dollars* home-study 14 modules, 14 videos, 14 mp3s, a workbook, ongoing help and support, is that you can start using it right now. And what I love about the bonus of the one-on-one with the dream coach session, you can use it any time before, during, or after the conference. You've got that chit and that's going to be a coach getting on the phone with you one-on-one, really working with you to expand your vision or to look to see where you're stuck and help you break through. So I'm thrilled, it's DreamUniversity.com/care, I hope that you'll all take advantage of it and I look forward to meeting you live at the conference.

You guys, I went on a little long on that. What else would you like to ask me? I'm still available if you want to continue.

Kevin: I'm wondering. This might be the time, Robyn, to mention the Join The Self-Care Revolution live event that will be in June.

Robyn: Oh, gosh. We'd love for you to come to Santa Fe, Marcia. Yes, we're having a

three-day event. We're inviting many of our speakers, a lot of our Self-Care Revolutionaries. It's an opportunity to meet and work with a lot of the self-care coaches here, we have a big plan. James Twyman, he's one of our speakers, is going to be here. Of course, Michael Gelb who lives in Santa Fe. And we're dreaming it, Marcia, right now, as we speak, we are dreaming this incredible three-day event. And I know that we're going to learn a lot from being at your event, too. I just can't wait to be there. Inside, I'm like, "I cannot wait to be part of that event and the amazing speakers that you've gathered." It's such a testament of who you are. You live it, you walk it, you breath your message.

And I just want to mention to all the listeners that Marcia spoke two months ago in California and what a cast of speakers. Brendon Burchard, of course, Darrell Hardy spoke and also Richard Bach. And then Marcia, when you got up, you just rocked that stage; you had everybody's attention. I just remember, you shared a big story. When I think about self-care and how we deal with difficult times. And you shared a story and your transformation through a very difficult time. And looking so great, how you got through that very difficult time and feeling better than ever, as you were on stage sharing that story. Could you talk a little bit about how you move through challenging times?

Marcia: Yeah. I've trained a lot of speakers over the years. I've trained coaches, 1200 of them, so the dream coachwork is being taught in prisons and in battered women shelters and companies and schools. And I've worked with thousands of speakers, which I'm really, really proud of. And one of the things I say to them is, "Don't tell a story while you're still bleeding from it," which means, I can tell you the story now. What I mean by that is we've all lived through hell and high water and difficult times. And this is a nightmare story. And while I was still bleeding and suffering from it, it wasn't really right to tell it because it really forced my audience to have to take care of me, and that's not really the audience's role. Sure, they can empathize and they can care and they can relate to, but it's an interesting thing.

But the story, the short version if you will, was I bought a house, a very expensive house in northern California. And it turned out that the previous owners had built a false floor to cover up that the house had actually split eight inches on the foundation. And by the time I found it out, I was basically told that the house had to come down, and my life savings was in it, it was my dream home, and the nightmare went on for four years. I was living in half the house thinking any day it was going to settle, that there'd be a lawsuit and would settle, and it just kept going on and on and on. And I went into depression. I went into early menopause. I gained 30+ pounds. I learned that it's hard to dream when you're in survival mode. It was the worst thing that I've

ever lived through. And I let it go on and on and on to the point where it consumed my heart, soul, my body, and my mind. It was toxic in my relationships. I had a deep, dark secret I did not want the world to know that America's dream coach was living a nightmare. I was out of integrity with myself. It went on and on and on.

And finally, one day, I said no more. Every single thing that I teach is something that I've lived through myself. And I said no more am I going to be living like a victim. And I insisted that the lawyer get me in front of the judge. And the judge looked at me and he said, "Well, the law doesn't always protect the innocent." And I went, "What does that mean?" And he said, "Your land is worth more than your home." I'm like, "What does that mean?" He said, "If I were you, I'd get on with my life. I would not spend any more money." I spent hundreds of thousands of dollars and it never settled. And finally, I looked at the lawyer and I said, "You're fired." And I went out that day to find a new home. And everyone in my life said to me, you can't buy a new house until you sell what I was now referring to as the dump. And of course, I'm going to sell, I'm going to disclose everything, I'm going to sell it as a teardown. And that's when I came up with the phrase called "the myth of prerequisites". That A does not have to happen before B, especially if you're really living as a visionary.

Well, I went out and I found this beautiful home and it was out of my budget. And I thought, not only can I not afford this beautiful new home, even though I could see, I had the vision of it being my beautiful new dream palace. It was this Mediterranean villa, it's what I would have built on the lot, had I settled on the old house. I would have built a beautiful new Mediterranean villa. So not only was it out of my price range, but I was still paying mortgage on the dump. And finally, I came home and I talked to the man in my life at the time, my partner, and I said to him, "I need to go for this." And he's like, "You can't possibly be serious. You're going to be spread too thin." And I looked him in the eyes and I remember thinking and at some point saying that I teach people don't look in your checkbook for evidence of whether or not your dream is a good idea. I stand for, "Can you believe in something because it matters to you? And then put everything that you have on the line to go for it." And I looked to him and it was like my come to Jesus moment, because I said, "If I don't go for this, it's over for me. I'm a hypocrite. I can't teach, speak, coach, write about this topic anymore, which I've been doing for 30 years, because I'm a hypocrite."

And before he had a chance to talk me out of it, I basically kind of grabbed him by the shirt and we made this leap of faith. Well, a month later, we're camped out on the floor, on an air mattress, a bottle of Veuve Clicquot champagne, celebrating our new home. Meanwhile, all my furniture is still back in the dump. And I fall asleep that night in this new dream palace, this beautiful, beautiful home. And I wake up in the

morning, there are no drapes, the light comes right into my eyes and I jump up and I said to him, "I know who's going to buy the dump." He's like, "What are you talking about?" And I said, "Let's call the builder of this beautiful home that I now own and have him meet me out at the lot where the house is falling down."

He meets me out there. I have the enrollment conversation of my life, and I said to him, "Can't you imagine? Look at this beautiful view. There's the bridge, there's the hills." And I'm showing him the kitchen window. "Can't you imagine this beautiful home put up here?" And he said, "I can." And he said, I'll tell you what. I'll give you," the numbers are obscene, so I won't even tell you. He gave me so much money for the lot. No, you know what, I will tell you, because it makes the story. He said, "I'm going to give you a million dollars for this lot." I'm like, "You're freaking kidding me." He goes, "No, no, no. I'm going to give you a million dollars for the lot." It's about what I paid for the house. He says, "Because I'll put a million-dollar house on this lot, and I'll sell it for three." And I just got down on my knees and worshiped the ground he walked on. I'm like, "God bless you. God bless your children."

But the big lesson that I learned is this: that when we're able to take that leap of faith, where we believe enough, where we can take that first step, new resources show up. New perspective shows up. People relate to you differently, because you're relating differently to the situation. So had I not bought the other house, he would not have shown up as a resource. And that changed me. That experience changed me more than almost anything else that I can think of. There was no evidence that it was a good idea. If I looked in my checkbook, it was evidence that it was a bad idea. But as a visionary, I looked to my heart. I put a stake in the ground. I took a step to demonstrate that I believed in the dream. And then life lined up to support me. Now people said to me, "Well Marcia, it's nice it had a happy ending. It could have gone very differently." And I said, "You know what? I was already at the bottom. I was already living in my," forgive me, I've said this word three times in this call, but "I was already living in my own private hell." So at that point, there was only up.

My prayer is that people don't get to that level of suffering and despair. That instead, we course-correct along the way, which is why I think the Self-Care Revolution and the kind of work that I'm doing as well, is so important. When we can have the courage to say how do I want my life to be and what am I willing to do about it? When we can develop the skill and the capacity to say 'no more' and 'no, thank you' to what's no longer true, and really put our lives in right relationship, then that's a game-changer. And life really does follow that suit. And in my work, what I know is that we often have to be willing to take that first step. Because with that step, you're no longer just thinking about it, you're actually in action, and that's where everything

else changes.

So, there you go. You got to hear about my nightmare story. But you know what? That changed me more than anything in life because I developed a new level of confidence and courage that I didn't have before, and a much, much deeper level of faith. More than anything, I found a new level of faith that's beyond just believing something or even just thinking that something's possible. But really demonstrating that I believe in it, that I'm going to have the faith in what I can't see or necessarily touch. But in my taking the step forward, that's where providence can often line up behind us.

Robyn: Wow! Thank you so much, Marcia. Kevin, one last question?

Kevin: Well, I'm just incredibly inspired myself to be the visionary that I am. And this call has been incredible. I just wanted to wish everybody a Happy 2013, which is not only a new year, but a new era. And I'll just put it back to Marcia for any final thoughts.

Marcia: I would say it's never been a better or more important time to go for your dreams. And if you're on the fence, get off the fence because it's really about taking action. So of course, I want to encourage you to spend \$295 to get a \$3000+ package, but more importantly, invest in your dreams. I mean, invest in "your" dream. And if you're in need of a new dream, carve a little time out, go on a passion quest. Discover who you are and what it is that matters to you. If you have a dream that you've been talking about for a long time, either do it or dump it. Remember, nothing activates that doubt faster than saying you're going to do something and not doing it. And if you're ready to really take that step, put a stake in the ground to make your dream a reality, to be in a room full of extraordinary people who are also committed to making their dreams come true.

Please go to DreamUniversity.com/care and sign up right away because this offer is not going to be around for very long. We put it up today specially for this call, and I want to encourage you to jump on it, take full advantage of it. Start your new year off right. And when you come to the Wealthy Visionary Conference, please come find me. Get a big heart hug and know that by attending this, you're putting me and Robyn and Kevin on your dream team, to support you ongoingly in creating the life of your dreams.

So from my heart to yours, I want to say God bless you and I wish you great success. And to Robyn and Kevin, thank you so much for being visionary and really calling forth not just the self-care day, but a self-care year, and the creation of the Self-Care

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Revolution so that on the other side of this and throughout the process, we're making higher, better choices for ourselves, for our loved ones and for the world. I'm so honored that you invited me to be your first speaker and to kick this off and what a powerful way to kick off the New Year.

Robyn: Thank you so much, Marcia. You kicked it off for the next 12 years; you remember that, right?

We're going to keep this going forever. And imagine the lives that are going to be saved and the diseases that are going to be reversed and prevention. Oh my goodness, thank you for rallying behind this huge revolution. We're so excited. I just want to say to all the listeners, we love you. We wish you all the most amazing year. We're excited to have you be part of this 12-month Self-Care series. Wow, we have so many surprises. You just stay tuned, and again join us with Marcia at her event. We're going to be there. We'd love to see each and every one of you there. Our love to you, and please join us next week. We're going to be interviewing Bob Doyle and also Lynn Rose. Blessings.

Kevin: Join us on the JoinTheSelfCareRevolution.com. Check in there, that's where all the information will be, and again, a spectacular year.

Robyn: JoinTheSelfCareRevolution.com

[End of interview]

BOB DOYLE

WealthBeyondReason.com | Author, Speaker, Teacher,
Featured In *The Secret* Movie

MINDSET AND THE LAW OF ATTRACTION

[These statements have not been evaluated by the Food and Drug Administration. The information on this audiocast is not intended to diagnose, treat, cure, or prevent any disease.]

Robyn: Hello everyone. I am so excited to introduce you to our second week of the Self-Care Revolution. My name is Robyn Benson, and I am here with Kevin Snow. We are co-facilitators in the Self-Care Revolution, and wow, what a journey this has been. We have put our hearts and souls into this co-creation over many, many weeks, along with the 25 self-care coaches that are a part of Santa Fe Health and Healing center. We are going to be inviting you to come along with us every week as we introduce you to 60, what we call, experts, in the field of self-care and in bringing in their own voice to the Self-Care Revolution. We also have a live event that we are planning for June 21, 22, and 23, and we'd love to have you all here. This is our free month. Everything we're offering, our journal, our assessment, all the amazing bonus gifts from many of our speakers and self-care coaches, you can see that when you opt in to jointheselfcarerevolution.com. And when you come to our thank you page, you could be there for hours; there are so many generous gifts.

So today, we are really excited. We've been waiting for this moment to share Bob Doyle with you. And I'm just... Gosh, where do I begin? I've been fortunate to have met Bob a couple months ago, and I was just so blown away by his presence, his story, his care for people, and his big message in the world. And anyway, Bob, thanks for being here. Bob is the CEO of Boundless Living. He's also the author of a #1 Best-Selling Book, *Follow Your Passion; Find Your Power*. Since 2002, Bob has been teaching principles of living life by design, utilizing the principles of the law of attraction. His Wealth Beyond Reason Program has long been recognized as one of the most complete and useful on-line curriculums in the law of attraction and has gained the attention of the producers of the film and book, *The Secret*, which many of you know, in which Bob was one of the featured teachers.

He's also a champion for creative self-expression, and his work focuses on reconnecting people to their sense of passion and purpose and helping you to create a vision that inspires you into maps of action, working in concert with the natural laws of physics to realize a life of true abundance and joy. And I've also realized that you,

Bob, are an amazing musician and composer, and wow, so, so much more. So, anyway, I want to welcome you to our wonderful community that has come together today. Thank you for being here.

Bob: Wow! Thanks for asking me to be a part of this. Since Lynn and I met you, and this whole Self-Care Revolution idea just lit us up so completely, because it is just so obvious how overdue something like this is in our world. And to be a part of it is really a great honor.

Robyn: Thank you, thank you. We love your presence. So, gosh, we have so many questions. Where do we begin? Do we begin with *The Secret*? How about *The Secret*? But tell me, I'm just so curious. I certainly saw that movie more than once, and I really appreciated it all, so tell me about your story, your steps, and how they found out about you, and how your life has been changed since being part of *The Secret*.

Bob: Well, sure. My work with the law of attraction began about 11 years ago. When I say, my work, I mean my own personal work. Like, as soon as I was learning stuff, I was turning it around and trying to teach it. And so, I kind of went on my own personal journey, which was fueled by a lot of job dissatisfaction, career dissatisfaction. I was just trying to find something to do with my life where I could feel creatively self-expressed where I was enjoying it. You know, that kind of thing. I went from radio to computers to some network marketing, all just trying to find this stuff, and nothing I was doing was working, and I just wasn't finding joy anywhere. And I certainly wasn't creating any kind of abundance or anything like that. That's what kind of got me as a long time, sort of, skeptical, analytical type of thinker and I'm the son of a schoolteacher and all of that. The whole idea of, you know, something like a law of attraction was outside my comfort zone, but yet there was something that was really calling me to it. I was really fascinated with it, but as long as it stayed in the new age category, there was just a piece of me that didn't fully embrace it. Like I wasn't going to be able to see results with it because it just seemed too woo woo or whatever. I wanted to believe it, and I could get it on some intellectual level.

Anyway, to cut the story down, I finally found some science stuff around it, and that really was important to me. Kind of learning more about quantum physics, and more specifically, the power of our thoughts and beliefs and the impact those things have on every aspect of our lives. In my case, it was mostly around money and finance and being able to get out of debt and stuff. I identified some very deep beliefs that I had about money that I'd grown up with being, you know, where we always just kind of struggled, there was always debt, and it was a single family situation, so you know, I had a lot of quote, unquote, truth around money, and even though I was verbalizing,

“I want more,” and I had aspirations for more or whatever, my belief system was really running the show. When I got the science of that, it was a huge “Ah ha” moment for me, and I realized it was probably a place that a lot of people were missing. And I was very passionate about utilizing what I was learning about creating a life by design and visualization. All these things that you hear about when you get into a conversation around the law of attraction. But I needed that science piece to bridge the gap for me so that I could use these tools and techniques to see actual results. As soon as I was able to do that was when I began folding it back into what became the Wealth Beyond Reason Program, which is the curriculum in the law of attraction I’ve been teaching now for 11 years and it has grown and expanded and evolved many different ways over that time.

I’d been doing that; that had been out there for around 3 years, I guess, and that’s when Rhonda Burns started putting *The Secret* together, and she started looking on line for people who were teaching this stuff. Clearly, she was looking for different voices, you know, there are all sorts of different types of teachers represented there from all different philosophies and backgrounds and so on. So, I think, my sort of just mainstream, you know, science but not mindboggling science, scientific approach to it, just helped to make it accessible for a lot of people who are like me, just consider themselves just normal, every-day people, not necessarily over-spiritual or over-religious or over-anything, really, just kind of, hey this sounds good, but I’d like to see it work. I think that voice was something that she wanted in there, so I think that’s how that happened. From a tactical standpoint, she just found me in that work. From the law of attraction standpoint, I think the way we actually came together was our messages, our purpose, our mission, was so much the same, which was to get these principles into as many willing minds as possible, and so we were very much in resonance with our goal and our mission, so it would make sense that our projects from the law of attraction point of view that our two projects would find one another and help create something even bigger which, of course it did.

Robyn: Wow! So that was probably a big launch for you too, wouldn’t you say?

Bob: It was. It was obviously a major deal for everybody involved in *The Secret*, you know, the business itself of selling Wealth Beyond Reason was going really well, but, obviously, after *The Secret*, everything, my life changed in a huge way.

Robyn: So great. So, when I think of the law of attraction, and also when I think about living life by design, in terms of... Just talk about the relationship between that and self-care in your life.

Bob: Well, I think it's huge because a lot of people will learn about the law of attraction, for example, and they immediately go to money or something like that. I'm going to attract a car, I'm going to attract a house, or you know, even a relationship, whatever they feel is going to solve their problems. And that's what tends to happen and it actually causes people to have very mixed results with anything they try with the law of attraction when they go about it that way. But one of the things they do overlook, unless they're dealing with a serious health issue that is at the forefront, like money is for other people, we tend to neglect ourselves and not think about ourselves and taking care of every aspect of who we are because... And we forget that if we don't do that, then all the stuff we attract isn't going to be nearly as enjoyable. If you don't feel good, you don't have the energy, you don't have the exuberance, you're not happy, if you're not in balance, then all the stuff in the world could show up for you, but you're not going to enjoy it. You're not going to get that sense of fulfillment and purpose and all of that that you think you're going to get when you get all the stuff. So, taking care of yourself and your own well being on all levels should be on top of everybody's list. And also, as you do that, you'll find that manifesting, you know that term, manifesting, having things show up for you that you want is a lot easier because you're vibrations cleaner, you feel better, you're just in a much better space. You're sending a nice, clean, healthy energy out to the universe, communicating in that way, whereas if you're sick, or tired, or whatever, you know, not well, you're sending that out too. And the universe always is matching whatever you're putting out there, so people have really got to understand that taking care of themselves is absolutely of primary importance if they want any kind of abundance, prosperity, happiness, or real love in their life. They have to start with themselves.

I think it all works together and that's one of the reasons that when I start teaching people the law of attraction, it's not about how to go get the million dollars, it's about creating a full picture of your life that includes everything. Not every item that you own or attract necessarily, but an overall feeling, and part of that is how do you want to feel? What do you want to be able to accomplish during the course of your days? How do you want to feel doing that? So, clearly, wellness is, should be, a big part of everybody's vision, but unfortunately, it's not always.

Robyn: Wow! You're speaking our language, you know, what we live and breathe and share in our practices every single day. And the sense of urgency in today's world, where we are seeing more stress than ever before, the food, the water, the air quality has changed more in the last 10, 15, 20 years than in the last several thousand. This idea of self-care is even more important now than ever, especially if we want to

live our life on purpose. So, thanks for your incredible clarity around that. And I know that my dear friend, Kevin, here has got a question for you that he's dying to ask.

Kevin: I love your Wealth Beyond Reason Program. You really emphasize in this program vibration and resonance. And you mentioned this already a few times, this idea of vibration and resonance. I really resonate with that message of yours, and I'd just like you to elaborate a little more on that.

Bob: Well, we're always... We live in an energetic universe. Absolutely, everything in the universe is energy. We hear that more and more now, so it's not like new information anymore. What we still don't necessarily think about it at that quantum level, like what's really going on. We're energetic beings. That means every single aspect of us is energy, the physicality of us, our skin, our bones, or blood, all of that stuff. Also, our belief systems and thoughts and everything that makes up us. And we're all connected. And so, one of the things we know about energy is that it vibrates, you know, on various frequencies. So that everything that exists in the universe is vibrating at some sort of frequency. And when you... So this term resonance is kind of like, it sort of explains the relationship among, let's say two clusters of energy. I use this example. We, like you said, you resonate with those ideas. Some people resonate with a piece of music they hear, or some other idea, but it's an actual... You can feel it. It's very subtle, but resonance is something that you can actually feel. And if two things are in vibrational resonance, they tend to attract; whereas, on the other hand, if they're in dissonance, the vibrations do not resonate, they tend to repel. They tend to push away.

So if we... Anything that's a part of our lives, whether we like it or not, is there only because we're in vibrational resonance with it on some level. Otherwise, it could not be there. If you look at... One of the problems I have with this definition of the law of attraction about like attracts like, there are so many examples that makes it very confusing for people. Magnets, clearly the opposites attract. And if that's the information that's put in, the energy of magnets, say these two vibrations of this energy comes together on these conditions, it's not that it's like energy; in fact, it's opposite. If you were to try to put the two same poles, if you will, of magnets together, you're going to feel that dissonance; you're going to feel that pushing away. And just like in our lives, if we are saying out loud that we want prosperity or we want a million dollars, but our belief systems, which is very powerful energy we've been cultivating our entire lives, is one that we... money is hard to come by, rich people are evil, or something like that, that's the louder message that we're sending to the universe of prosperity, prolongs prosperity and abundance cannot co-exist with

belief systems like that. Just from an energetic standpoint, it's all... You can break it down to an invisible level. It's literally like trying to put two ends of a magnet together. These two things, your belief system around money and prosperity, cannot energetically occur. So, our work with the law of attraction, if you want to call it that or play with it, is about moving into vibrational resonance with what it is that we truly want. First of all, the first step of that is getting clear on what that is.

Kevin: Excellent. And, that clarity then, how does getting that clarity then relate to what we would call radiant and sustainable health?

Bob: So, once you have an idea of who you want to be and you have that clarity of what your life is about, what your passionate about, and you create this vision for yourself, obviously, you want to work in there that you feel great and you live a long, healthy life, and all of that is part of what you're cultivating inside this vision. We are an amazing reality creation machine. We have everything we need in terms of our imagination, our ability to visualize, our emotional system, and the fact that we're energy, and constantly sending out this signal. So when we get clarity on our lives and how we want to feel, we can then send and get into that feeling and really powerfully visualize that. We shift our energy now and we attract, in a number of ways, we actually attract that health that could be or that physical state of being, it could be that it just happens, that you remain healthy. You could attract the resources you need to sustain that health. For example, let's say that there are people on this call who may have just made a really strong decision that they really wanted to pull themselves together in their health, or they really got serious about that, and then all of a sudden, they start hearing about the Self-Care Revolution. Because now they're in resonance with that type of information, it's going to appear on their radar and it's going to... They will literally have attracted that, not because they sat around and said, "I want something... I want someone to do a Self-Care Revolution." But they were clear that they wanted to get their physical well being in order, and then this shows up. Or, you learn about a different way of eating, or a new exercise program where you just get inspired to do different things. The universe conspires with you when your vision is clear, and in anything. So self-care certainly falls into that category of everything.

Robyn: Thank you so much for touching upon this, Bob, because a lot of people have been asking why we do the 12-month series. In fact, when we interviewed Marcia last week, I mistakenly said 12 years. It is a way of life, self-care is a way of life, and that's the mindset that we don't want people to... People don't just get a disease. You don't just wake up and you get cancer. It's a process involving choices we made and what we're attracting in our life, and all of that. This month, our whole scene is thoughts

and food as medicine. And as you know, a lot of people struggle with eating disorders, food issues, weight issues, and now we're one out of three people are dealing with obesity. So, how do you work with people with this issue in terms of thoughts and mindset in the law of attraction?

Bob: There are all sorts of reasons that people end up in that way, so it's really about finding out what, to the extent that we can, finding out what was the cause of the behavior and finding out what then to being out of whack, physically, whether it's they've got an illness or they've let themselves gain too much weight, or whatever it is, there's something going on most likely at an emotional level that is causing that behavior. Certainly, also at the emotional level causing, basically you're sending out a communication to the rest of the universe saying, "I am this," and you're sustained in that. So the first step is to, even if you can't dig down and get to the psychological reason of here's how I let myself get this way, you can start doing some work on, well what is it you'd rather have your life be. And when you start exploring stuff like that, it generally triggers a lot of emotion because if they're thinking about something or are trying to create something in their lives or visualize something that they haven't had but they've been yearning for, can bring up some emotion, some fear, some worry, or some sadness that it hasn't happened. Through those things, through that exploration, you can start to figure out where your areas of resistance are. The resistance is, from the law of attraction standpoint, any sort of energy that is not in resonance with what you want. For example, the limiting belief systems are a form of resistance. Again, I'm talking very, at a scientific level, energetically think about... Resistance is pushing what it is that you say what you want away because it's not in vibrational alignment with it. So, you have to get these people who are sick into some sort of vibrational alignment with health. And a lot of that is going to start with what they want, what they want their health to be like. But then they have to start working through the resistance because belief systems and things like that can make you sick. It's all energy and carrying around a lot of negative emotions can create this trap. I'm certainly preaching to the choir here, but it's how disease manifests itself or is cultivated through things like stress and things like that. Basically it is bad thinking. It's carrying around a lot of bad thoughts and beliefs and so on.

So, that's why I'm a huge believer in various types of resistance releasing techniques, like EFT and things of that nature to get into basically readjusting your energy system so that the charge of these belief systems no longer has to affect what is true for you in your every-day reality. The more that we can work on people's limiting beliefs or negative emotions or maybe traumatic experiences from their childhood or wherever they came from, that creates a much better ground for physically for sustained

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health. So it's really getting down to what's going on on the inside that is that energetic cause for the problem, if you will, and let's see if we can deal with it at that level and see what happens on the outside.

Robyn: Great.

Kevin: I'm looking at the title of your program, Wealth Beyond Reason, and I'd like you to touch a little on the word "wealth" and how you define that word, "wealth". And then, the idea of "beyond reason".

Robyn: And that we're dedicated a whole month to that whole idea of our relationship to self, others, and money. So stay tuned, that's going to be in month, month 7, I believe.

Bob: So, the first thing we do in the program is define wealth. And obviously, take it out of the conversation of just money. Obviously from when I started the program way back when, from just say, hey let's get attention, you say something like Wealth Beyond Reason people are thinking money and all of that stuff, so it gets their attention, but wealth really is the ability to, as we define it and we do it in various ways throughout the program depending on what we're talking about, let's just really simplify it, to be able to do what you want when you want it. That could mean that you have a lot of money and you can afford to travel or do whatever you want, but it also means you have the health to be able to do it. You have the people in your lives to support you in doing that. So it's really talking about all areas of your life that aside from just monetary wealth to bring you that feeling of wealth that I have enough or that I have more than enough. Just life is good. So wealth is defining that for yourself. What will make you feel wealthy? The money is a piece of that, but what else.

If you're not happy, if you're not in a relationship, or if you're not healthy, they're not going to feel wealthy, so getting that clear. It's all that most important thing is creating a vision for yourself and being and having what you truly want. Not what you think you should want based on what society says. That's, again, the biggest piece that people gloss over, and it's the most important piece. Beyond reason came from it truly is unreasonable how much wealth, however you define it, you can attract when you truly get how the law of attraction is at work and how to work with it so you're not fighting it all the time. But also beyond reason means you have to suspend reason a little bit. What's interesting is that when you understand the science of the law of attraction, it all just makes sense again. There's the period of when you first hear about it that it sounds, you know, too "out there" or too good to be true. You would have to suspend some amount of reason just to listen to the conversation to allow

yourself to learn about it. So, you kind of have to be a little unreasonable, quote, unquote, to even really pursue this whole thing because it's just not what we're taught at all. We just are not taught about our creative ability to the extent that we have them. Again, once you really do understand the science of it all, it becomes very reasonable again; in fact, it could be no other way.

Robyn: So are you living this, Bob? Wealth Beyond Reason?

Bob: I am. I've been living it for 11 years. It's really interesting because, and I want people to totally understand this, there's not a person I know who is in this industry who has an understanding of all this other stuff, who doesn't face their humanity all the time. Because really, life is this wondrous ride, and it has the ups and downs. People think that the law of attraction is about being happy all the time and never having a negative thought. It is not. Negative thoughts are there for a reason. We are able to feel the range of emotions that we do for a reason. It's not just to be blissed out all the time. It's through the contrast that problems get solved, things get created, and life becomes rich. But understanding how it all works...

I'll tell you the greatest thing about understanding this is the personal responsibility for what's going on in your life. Rather than pointing out there and blaming everything or blaming other people, understanding how the law of attraction works, you may not always know immediately how you attracted something, a situation that isn't pleasant or whatever, but you can be sure once you really understand it that you did somehow fall into vibrational resonance with this thing occurring, otherwise, it couldn't have occurred. It becomes interesting when you take responsibility for things like that because it's empowering because now you can be intentional about changing that by taking a look at what showed up, what kind of resistance might be going on, what kind of belief system allowed this, how did I get into vibrational resonance with this, and what do I need to do to shift out of that. That can happen, like when you get sick, it's like how did this occur? Am I not sleeping enough or am I not taking care of myself enough? Am I not finding enough joy in my life every day? Am I working too hard? Whatever it is, things you can look at and then correct.

You can live a wonderfully miraculous life from anybody from the outside looking in. It will feel very real to you like, I got problems sometimes, but these things "bad" things happen. It's how you navigate them, what you do with those things, how much you dwell on them. You learn the lessons and you move on. That's a lot different than for a lot of people who don't understand how it all works and they think something "bad" happens and they just get stuck in it, they dwell on it, they suffer over it, sometimes for years or the rest of their lives, not realizing that they could

consciously change their thoughts and change their experience in the moment.

Robyn: Absolutely. So Bob, you mentioned sleep, a little bit here. Talk about, you're sharing a really important bonus with everybody, and people have access to this forever, but tell us about your 60 minute sleep MP3. I think you call it MP3.

Bob: Yeah, just so people would know it's an audio. So, it's called Invitation to Sleep. The reason I call it that is because I think that... There's a ton of sleep products out there, audios and things, all using all different types of technologies, and if you have a sleeping problem, you've probably tried them. Sleeping is huge, I mean that's where we restore. You have to sleep. When people get... Sometimes they lose sleep for a few nights and they panic, "I've got to sleep; I've got to sleep; I've got to sleep." And that's just the worst conditions. You can't sleep when you're doing that. Even the language around the words in this particular meditation are inviting you to sleep, giving you permission to fall asleep, not like demanding, like, "You will fall asleep. I will count down from 10 and you will be fast asleep." That never worked for me. Any of those things because I keep hearing, 10, 9, 8, am I falling asleep yet? I need to fall asleep... I really created that for people who are more like me who... so there's technology behind it, like the binaural beats technology to look to, to get the brainwaves into a state which is more along the lines to sleep and relaxation in general, but then the words and visualization that you use are just real subtle. They're not... It's not the typical stuff you hear and the same with the music. It is also designed to not be lyrical or carry a tune or anything like that so that your brain doesn't get engaged in trying to follow the music. It's all there to just support this sort of state of sleeping. It really, originally when I did it, it was 7 minutes long. I did 60 minutes, honestly, because the music part of it, for me, was so relaxing, I just liked it, so I did it for myself. And then I realized that it would probably help a lot of other people too because 7 minutes isn't a very long time to fall asleep, but when I put it out there for beta testing, it was working for people. So I decided to do the full 60 minute one for people. You load it up on your phone or whatever and have it with you. At the very least, it's extremely relaxing. If you're just... Don't put any pressure on yourself to make it a habit and have to work for you. It's enjoyable as just a meditation to relaxation anyway. When you let yourself off the hook from it having to put you to sleep, it's a lot easier to fall asleep.

Robyn: I love that, the power of words. Talk about the power of words and thoughts, but the invitation to sleep. I can't wait to listen tonight.

Bob: Let me know what you think.

Robyn: I will definitely let you know and I'll have to share this with a lot of my patients because it's quite the epidemic out there. One out of 2 or 3 people are struggling with sleep for many reasons.

Bob: And that's the thing. People don't really understand all the reasons, and I know that you guys do. There's so many things that people would never even think about that are causing disruption in their sleeping patterns, so instead they're buying a pillow or taking a drug when the cause is something that's completely unrelated to that.

Robyn: Bob, you speak so well about everything is energy and we're living so disconnected from the earth. With all this electromagnetic pollution, we are literally plugged in. I truly believe that this is really impacting people's health, and that part of self-care is we really need to disconnect. We need to turn off everything around us when we sleep at night and listen to your invitation to sleep.

Bob: Turn everything off except for that.

Robyn: Exactly.

Bob: I'm so present to that because after talking with you, Robyn, and really being awakened to the impact... I am surrounded by technology all day long. Multiple screens, multiple devices, just I'm being bombarded, and talking with you was a real awakening because it is. Most people just don't think about what that's doing or the impact that it's having, and I guess not many traditional doctors know about that stuff either, so people come in with all kinds of stuff going on, and having no idea that if they would unplug more often or go outside, or that kind of stuff you talk about, it could be so life changing and not such a medical emergency.

Robyn: Right. It's truly one of the most important pathways to living well in today's world, that disconnection to the technology, it is really making people.... People don't even realize it's the cause of their vertigo; it's the cause of their headaches; it's the cause of their mania, you whatever. At Santa Fe Soul, part of the Self-Care Revolution, part of our message is, we're just living and breathing. What is the solution? How can we help people correct, self-correct, from what's causing dis-ease in the body. So, we're going to have this live event, and as you may know, we certainly want you to come, Bob. It's June 21-23, and we're going to share a lot of, some of great technology, what I call benevolent, kind of feminine technology, the "in" technology, that will really help people to reconnect to the earth frequencies even though we don't live in that world, hardly. We just get a lot of great speakers

that are going to be here. We're waiting for Lynn to come out with her debut, her beautiful Self-Care Revolution song. And we've got so much in store for you. When you do make that journey to Santa Fe, to the Santa Fe Soul Health and Healing Center, where we have the 25 self-care coaches.

Bob: I cannot wait. It will be awesome. I will not want to leave. I can already feel it. I already feel the self-care happening.

Kevin: Bob, I just wanted to cycle back to the beginning of this interview, where you said you were the son of a teacher. And I really respect your ability to teach and you're really down-to-earth way that you communicate these very difficult messages. I wonder if you can just touch on being the son of a teacher and a life-changing or "Ah Ha" moment that brought you to this place.

Bob: Wow! That's a great question. Being the son of a teacher and a dreamer... It's interesting. I've been doing a lot of introspective work the past few months as I'm going through all sorts of different transitions in my own life. One of the things I realized was, and this may not seem like an answer to your question, but I promise, it all comes around. The way I've been approaching the law of attraction for so many years has been very intellectual, very in my head, the very defiance piece, and really explaining it to people in a way that they could understand without a lot of "airy fairy" stuff or whatever.

But somewhere in there, I had come to realize that I kind of lost connection with my heart. Like I talk about following your passion and all that other stuff, which is definitely a heart-based conversation, but just in terms of my own life and my own experience and what am I doing to take care of myself, that disconnect from heart, have become aware that it's there and I really am committed to reintegrating heart into all the stuff that I'm teaching, by going back to the Wealth Beyond Reason and doing stuff to add that piece in there. I say all that stuff because our lives are shaped so powerfully when we're young. My parents were divorced when I was like 5 or 6. I actually went through years thinking that it had no impact on me. I learned otherwise as I got much older that, in fact, it did. I really went inside because we all sort of just went to our own corners after that happened, I was in my room a lot, my mother was doing her thing, my sister was doing her thing, and there wasn't a lot of connection. There was just a lot of "me" time to figure all of this stuff out. So that's where this dreamer piece came. I always just wanted more. I just wanted to be happier. I wanted to feel loved or I wanted to feel abundance, or whatever, things I wasn't feeling then.

So that was always going on in the back of my head, but my mother was a teacher and

never “fell for anything”. Just real analytical, very skeptical about everything. If it was the least bit out of the ordinary conversation, it was basically, that’s ridiculous; that’s not true, that kind of stuff. So I learned that kind of thinking, and I embraced it. It’s got to be logical; it’s got to make sense and all that, so I guess then you don’t have to be wrong about stuff, whatever was going on in my little mind then. But what happened over the course of years was I learned to be very logical about stuff and communicate the way I communicate. It serves me, there’s no question it serves me in my ability to communicate ideas, but there was a lot that was lost in that too. But what happened, eventually, was the dreamer part of me couldn’t, or wasn’t getting... The thinker part of me wasn’t getting the results I wanted in my life. This was when I was at 30 or 35 when all the conversation around the study of the law of attraction began for me. It just began to where all the logic and intelligence wasn’t doing it. I had to honor another part of me and that was the heart part, or the dreams and the visions that I had. And they were just bursting to come out. It finally did come out in the, what showed up was the exploration of the law of attraction principles and stuff. So my “Ah Ha” moment was, to answer your question in a very long way, hey, this analytical, intellectual approach is not working, I must think outside the box. I must at least be willing to explore concepts that normally I would’ve shaken my head at, or pooh-poohed, or just not even wasted my time with. There’s something bigger, and I’ve got to look at it. As it turned out, once I got to that science piece, then it was the perfect marriage. The dreamer in me was satisfied, and the intellectual in me as satisfied, so that was a huge “Ah Ha” moment.

Robyn: Wow! I want to ask the dreamer/teacher part of you this question. Especially with all these tools that you have, these really, really great methods to share with people. There are a lot of people who are suffering with depression, as you know, and also feeling that they have not found their purpose. What’s one of your... How would you... How do you help people? What would be your advice if you had two or three people, like I had this morning, that came in and they’re just feeling depressed, it’s January; it’s a new year, they still haven’t quite recovered from 2012. How would you answer that question, or how do you guide people that are dealing with depression?

Bob: We have to shift their emotional state somehow, so we need to get them dreaming again, or envisioning. We need to let them play. They need to play. And that’s something that obviously Lynn and I are very passionate about. Huge on our plate for this year is facilitating play retreats and letting people tap back into what it is to play and to realize that play is not about goofing off. I mean it can be, but we’re talking about freeing up, letting you experience a part of yourself that is natural and needs to be there. People need to play, and if they don’t, then we see the impact. They

can get sick, they can actually have a ton less energy, they get depressed because they think life is all just work and paying the bills and getting stuff done. Somehow we've learned that play is not a responsible way to spend your time or you get 5 weeks of play a year or whatever it is. It's just a completely whacked system.

One of the things, you mentioned the ukulele, was huge for me because I was not playing enough, just playing in life. And I was a musician, as you mentioned, but I wasn't really taking my music very seriously, and it just wasn't... It was nice; it was fun, but I wasn't sharing it because I was too self-conscious of what if it didn't sound right. The ukulele changed all that for me, so it became an avenue of play that allowed me to express that musical part of me without all the judgment around it. Basically, what I'm telling people is to find ways to play, but also, through that, create visions that are inspiring. Get out of the muck that is your day-to-day, if that's how you feel about it, or worrying about the past, and dare to create a vision for yourself. It could be a brief writing exercise where you just write about your perfect day. It's going to feel very weird at first and you may feel that there are better ways to spend your time can come up. But there's really not any better way to spend your time than to create a future that you are excited about living into and attracting. As you build that future out on paper or on a video, or however you want to do it, on a vision board or whatever it is, you're going to feel your mood shifting, and that is also indicative of your energy changing. And it's changing the conversation that you're having with the rest of the universe, and basically you're inviting a whole new set of situations and circumstances to come into your experience. These are experiences that could not possibly happen to you if you didn't do these types of things because you're sending out what you're sending out, and if you don't change that, you'll going to get more of the same, always. Again, creating a vision that inspires you, one that has the abundance that you want, the relationships that you want, the health that you want; all of that, and build play into that and find time to play, all these things will begin to shift to you energetically, emotionally, and your experience of reality will be different.

Robyn: Sounds great. That sounds like some self-care bliss to me! I know we just have a few minutes left with you, Bob.

Kevin: So I think that I just want to be in great gratitude for sharing this time with you. Your willingness, your courage to play, your willingness to bring out your dreamer, it's inspiring to me. It's very inspiring to me, and I know it's inspiring to our listeners as well.

Robyn: Absolutely.

Kevin: Do you have any closing remarks? Do you have anything that you'd like to share about other products that you offer?

Bob: It's kind of two different questions. The Wealth Beyond Reason Program is sort of my flagship thing. If you really want to get the law of attraction and really be able to understand and put it to use and want support from community and all that stuff, we've got all of that in there. It's a very tremendously complete course, and it's just not like anything else out there. But what... in terms of what I like to leave people with is, first of all, just really getting that what I'm saying is true. It really... This is real stuff and you really can create the life that you want but you really do have to do these things like allow yourself to create that vision and understand where your areas of resistance are and recognize when they come up and do something about them. Because you can't move forward, you can't change your experience, until you get rid of the stuff that is holding you in the experience that you're having. One of the biggest ways to bring all that stuff up and recognize what needs to come out, in terms of resistance or belief system, is to start creating that vision that is bigger than anything that you've ever done before. Because that's when all the voices come up in your head telling you why you shouldn't do it or you shouldn't have, and you take notes of all that stuff. "Oh, that's an interesting thought."

Robyn: We know exactly what you're talking about.

Bob: As you identify those things and then you use any of the relief techniques that are in the book or the Wealth Beyond Reason program, or you find somewhere else to start dealing with that stuff, you'll find you can dream bigger, it's more fun, it's more playful, you really feel lit up. And you are, you are literally sending out completely different energy to the universe and opening the gates for a completely different experience. You can't change your energy at a fundamental level like that and not have your experience of reality change. It will. So it's just about giving yourself that permission and setting the intention to regularly commit to redesigning your life. You've spent however many years solidifying your reality with relief systems, everything that's in place, years. This is something that doesn't necessarily change in a day or a week because, you know, you started meditating.

You're talking about changing powerful energetic systems that have been running in your life and your family's lives for generations. But you can do it. But you have to be consistent and persistent. The only reason, the only way you're going to be that and do that is that the vision really has to light you up. It has to be, "Oh, I have to do this; I can't not have this." Because when you get it to that point, then you'll do whatever it takes. So just keep dreaming; keep creating that vision until you hit the one that is so

unbelievably inspiring that no one and nothing can stop you.

Robyn: That sounds great. I just love how we started our first week of the Self-Care Revolution with Marcia and all of her huge dreaming methods . And then going and assuring this day, first with Lynn and now with you, and just WOW! You have touched on every, I think, emotional center in our bodies, Bob. I mean, really, wow! Thank you so much for sharing your deep wisdom and through your course of living your life and unraveling to be the messenger that you are.

Bob: Thank you.

Robyn: We'd like to continue this journey with you, the self-care journey and revolution is a forever process, so again, thank you for being, you know, starting this whole, being part of this genesis, this new energy to spark in this whole year-long process. There's so much more to come as we continue each month.

Kevin: I am excited to be a lot less reasonable in this coming year.

Bob: Awesome.

Robyn: I'm going to hold you accountable to that.

Kevin: And play a lot more. I'm very excited! Thank you, Bob.

Robyn: It's a great message.

Bob: It's been my pleasure.

Robyn: Thank you. Thank you, again, for being with us, and we are just so glad to share you with our wonderful community that's with us today, and through this whole month and beyond.

Kevin: So, don't forget to go to jointheselfcarerevolution.com to find more inspiring talks, such as this, and to listen to Marcia's talk from last week.

Robyn: Every week we have amazing, amazing speakers, and we have people just like you who have transformed their lives through self-care. We're here to share amazing people with you. And thanks again for caring about your self-care. And thank you for realizing that we're living the solution through self-care, together.

Robyn: Thank you so much Bob.

Bob: Okay Robyn. We'll see you guys later.

Robyn: Keep in touch. Lots of love.

Kevin: Take care.

Bob: Bye.

[End of Interview]

LYNN ROSE

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LIVING YOUR PASSION

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Robyn: Hello everyone. We want to welcome you to week two of the Self-Care Revolution. This is day eight, we are so excited. We are going to be hearing today from Lynn Rose and Bob Doyle. I'd like to introduce myself first, I'm Robyn Benson and I've been practicing as a Doctor of Oriental Medicine for the past 21 years and I'm here with my co-host.

Kevin: Kevin Snow, I'm an intuitive coach and I'm just happy to be here talking to Lynn and Bob.

Robyn: This has been an amazing journey, the Self-Care Revolution journey, it's quite a story and I'll hope to share that when it's my turn to speak in a couple of weeks. Just to give you an overview for any of you who were not on the phone call with Marsha Wieder last week or if you've not seen some of our material, the Self-Care Revolution is a yearlong, twelve month, self-care series where each month we focus on a particular topic. This month is all about thoughts and food as medicine. We really are so excited about our speakers for this month. We are having Lynn Rose and Bob Doyle, both people who are experts when it comes to mindset and living your passion, and boy, we've got a really exciting two hours right here for you.

I want to introduce our first speaker who's Lynn Rose, and she is not only a transformational speaker, but she is a singer and TV host, having spoken or performed for hundreds of thousands of people around the world. Including sharing the stage with Maria Carey, and Sheryl Crowe, Jay Leno and more, and multiple appearances on TV and film. She is the go to trainer for experts on her WOW process for speaking fearlessly, authentically, and powerful, called the Wow Factor, which is an acronym for WithOut Walls.

She's worked with billion-dollar CEO's, celebrities, and professionals, to those just starting out transforming their speaking and for even greater success. Through her Wow process, she has you trusting the power of who you are speaking from your heart and making amazing impact with your message. I was so lucky to meet Lynn a

couple of months ago. Not only did I hear her perform, but also to hear her speak about her passion and her work in the world. I was really touched by you Lynn and by your spirit and your enthusiasm. You have this sparkle about that I thought "I can't wait to meet this woman". We had a really nice connection when I met you and I'm just so grateful for your connection to the Self-Care Revolution, how you immediately wanted to be a part of it and said "yes" right away. We also want to thank you, Kevin and I and all the self-care coaches at Santa Fe Soul Health and Healing Center who are a big part of this whole twelve month vision. Just thank you for being here with us today.

Lynn: Thank you so much Robyn. I just feeling getting up and celebrating "its happening!" I remember that you had that vision and you were sharing. It's a powerful vision and what you're about and what you bring to the table and your expertise and how you've been able heal people across the board with all the various resources and knowledge that you have, and knowing that you are doing this, I just thought was so brilliant and to even be a part of helping craft it and helping just be a part of, I'm just honored. So thank you.

Robyn: Well, I'm so fortunate to know you and I'd love for you to share with all the people that have gathered today a little about your background, and how you got into this work that you do. Just to share a little about your story.

Lynn: Sure, I will share knowing that this is coming from a self-care perspective. We all, as kids, we start just for the most part, come out of the womb just full of life, wanting to learn, things just fascinate us, we get excited, we love to sing and dance and fully express, we don't hold back. And then things can happen along the way in our childhood or even as adults that then start, if we are not careful or we don't get mindful or have ways to help guide us, then we start shutting down or shutting parts of ourselves down.

That certainly is my story and why I'm so passionate about what I do, in that I came out of the womb, just loving to sing and perform and I just wanted everybody to be happy. I even in first grade went around the neighborhood putting up signs that said "Helpful Hints" (I don't even know what they were), but it was just part of who I was. I unfortunately went through some tough times as a kid, from being abducted by my father, he was an alcoholic and eventually he even died, and just a series of events that happened and I just shut down from the inside and numbed out.

I was functional, but who I really was shut away and shut down way inside. Just look at the pretty picture on the outside or try to make it work as well as I can on the

outside. Then as an adult a series of things happened that then my childhood and stuff as an adult caught up and I got completely shut down. Now here I was at least out there in the entertainment industry, but then came off a Broadway show and a number of things that happened, and I just got shut and I had to leave the entertainment industry for a year and a half and I had to be a waitress. I sucked as a waitress, by the way. And I had to really heal myself from the inside out and start learning about how to connect to myself, connect to my craft, connect to life, and connect to others in a whole new way. In a way that I really allowed the walls to dissolve, allow who I really was to step out, and start being really fully expressed. And by fully, I mean not just with passion or with energy but really from who I am.

That's why I'm so passionate about the work that I do. It's always as process, there's always more and more layers to catch or dissolve or release. But I'm just very passionate that people don't let whatever has happened in the past or circumstance, or approaches and attitudes, whatever that is; stand in one's way of experiencing all of who they are, experiencing their life full out and experiencing what's possible. Because I'm a walking miracle around that way because I literally couldn't get sound out, I was so terrified in every way and I found my way through it and now I go and sing to thousands at a time and I'll turn around a crowd that's absolutely dead and asleep and get them alive and on their feet and going crazy. When I do the work with WOW, which we'll talk about perhaps, I know how to get beyond those walls and help people dissolve them and then to see those transformations that happen in just such a laser amount of time because once those walls are dissolved the feel of someone's essence comes forward, to feel them speaking with power and command and owning who they are and having self-worth, it's just makes everything worth it. That's me in a nut shell and my passion.

Robyn: Wow. Thanks so much for sharing about your earlier childhood; I didn't know that about you. Our third month is going to be dedicated to transmuting and transforming trauma. We all realize that when we don't move through that...not only do we have to recognize it but to move through it; it really can affect us in terms of our health. That word transmute - You've been able to move something very negative and very painful into something very positive and now you giving that gift that you've able transform through a very difficult earlier event. It sounds like you're also learning that there is a layer effect. How are you sustaining. This is my next question. How are you sustaining this level of self-care as you as you keep working through these layers of expressing who you are in the world and your career and your music?

Lynn: Yeah, I think it's important; it's like building a muscle. Once you build up a muscle then you keep on exercising that muscle. But one other thing I wanted to just

reference within self-care and related to the trauma if you will, and also, if we're not addressing and healing and dealing with the trauma and now allowing ourselves to move through and beyond it, it will also show up in other ways that are a hazard to our self-care. For me that showed up before I shut down and then it just culminated in me shutting down. But I was doing cocaine, I was doing drugs, and I also was bulimic, before that I'd been anorexic. And all that is related to trying to shove down feelings or trying to control one's environment from a place of where you feel you don't have any control. That of course is not good for your self care, either of those or any of those.

And of course now there is no way I'd ever do cocaine again, there is no way I'd ever do the behavior of bulimia or anorexia, in fact I look at that and say "Who was that person?" It really is possible to heal to such an extent that those aspects of you that were trying hold you back or shut you down are just unrecognizable. It really came from continuing to keep my focus on where I wanted to be and I was able to touch I guess that core of who I am, that essence, and then to keep remembering and to keep honoring that. Sometimes I get too busy, sometimes I get stressed, and we're all human. There are times when I don't feel as connected to my core and I can feel what a difference that makes. I do my best to keep the muscle exercised because I work on my mindset.

I love hearing of new techniques, latest techniques and even practicing the ones I know work for me. I know the power of positive focus, the power of my mindset. I don't have to surrender to being tired if let's say there is something that I need to take on. I don't have to say that because I'm a certain age that means that I'm going to get old and decrepit now. If anything I ascribe to the belief, and I've ingrained this belief in me, that as I age I get better and better. I look better, I'm stronger, I'm healthier, and I'm even more radiant. And I feel to some degree that's been what's been showing up in my life. I look at the number of my age and I say "That's not me." I think all of that just comes down to daily practicing and continuing to learn and grow that positive mindset. That doesn't mean shutting out dealing with other things that we need to deal with, but it means really being responsible for how we view ourselves, view others, view life, and move through it.

Kevin: One area in your mental, emotional, physical and spiritual, do you have advice on one specific thing that you do on a daily basis?

Lynn: Gotcha, well I do meditate. There are times that I miss out on meditation, but I've even now come across actually by one of our clients, she has this thing called three by threes. They are three minute meditations that you do three times a day, and

even to just do one of them, taking the moment, that time, that breath to get connected, to get aligned, to get clear. It makes such a huge difference, and I know it does for me. I've not been doing this recently, but another thing I do is to journal. Journal just helps me to allow out those thoughts that are kind of just circulating that if not dealt with could act like weeds. But when I journal I get to get them out, I get to see even more clearly, it's a form of meditation in a way. Another thing for me is to just get outside, just to connect with nature. Even if I'm not outside, I have a beautiful view of the water and these palm trees where I am, and I'll just sometimes stop, take a moment and feel myself connecting to the trees and the water and feel them, until such time as I feel them speaking back to me. It kind of lets me get reminded again of what's real in life and what really matters and to breath 'til things comes out. It's a powerful aspect of being mindful of when stuff comes up not going down into the rabbit hole with it, but instead, catching it and shifting it to what you do want to focus on. Giving yourself even a little breath and space in order to get realigned, then patch back in to what you're focused on. I hope that makes sense.

Kevin: Absolutely, I love that. We've just finished our journal that we have posted on our website that we have posted on our website at jointheselfcarerevolution.com and it's one of our free gifts, one of the things that we are offering to our people and we want you to participate in this journal as well and tell us what you think.

Lynn: Oh great, I'd love to, love to!

Kevin: It's an interactive process. Feeding off of that, let's move into passion and purpose and how you create that in your life. You've shared some of that already and how our listeners can do that as well.

Lynn: So say that again, just so I'm clear on what you want me to share.

Kevin: Feeding off of the idea of the daily practices that you do, and then once you do those practices and that creates a foundation of self-care, then enacting the passion and purpose in our life so that we can use that as the fuel to move forward.

Lynn: Oh, well that's another thing about really being able to be still enough to hear your inner voice, that inner voice guides our purpose and our passion. When I was a kid, there was just no doubt what I was passionate about and up to and wanted to do was to be singing and performing and writing and making sure everybody's happy. It was just my purpose and my passion as a kid. It got lost because it got numbed out and got cluttered up in life stuff along the way, but I was able to clear out the weeds enough to really allow my passion back out.

Lynn: Now interesting, as I transitioned into this personal growth industry that I've been a part of now since 1998...always as a kid and a young adult loving the personal growth industry, I was reading every possible book and lapping it up. But then starting in 1998 and then my own radio show happened, and from there: becoming a speaking and releasing programs. I did reach a point where I was putting my singing way on the back burner and only doing the speaking and workshops and working with people, that type of thing, which I love, but an essential part of me, which was my music, I had stuck to the side and almost doing my best to keep it as two separate entities. Almost like not wanting people to know that I sang or they won't take me seriously. It was me shutting down part of my purpose and what I'm so passionate about that feeds my soul.

Well I then got clear on that and also now I'm much more attuned to listening to my inner voice. I can tell when I'm not honoring that side of me, or I'm needing to feed that part of me, I can feel, inside, I can feel a little bit of that shut down or bit stiff, or I can feel some walls coming up. What that is is me needing to take the time to honor the pure expression of singing. The putting myself out there in that way as well. And so now I really do that. I let myself go back to singing at these big corporate events; and just between you, me, and the fencepost, I don't even care what they pay me, and they pay me very well, but I'll go out and do it for who knows what, but just to be able to be out there doing the craft that I love and at the level that I love doing it. There's that practice that gets me tuned in everyday, but part of that tuning in is listening to what do I need to honor. What part of me needs to be expressed that I've been shoving to the side. I need to honor that along with whatever else it is I'm doing. Does that make sense?

Kevin: Absolutely.

Robyn: You radiate. When I see you performing Lynn, you can just see that you are coming from your heart space, you're so aligned with your truth, and it's your expression. A lot of people have not really found that passion or they are afraid of really unleashing that aspect of self. Since you work with clients day to day, what has been your best way? To me that is the ultimate self-care, when you... Part of the Self-Care Revolution is helping people not only to realize optimal health but how do we sustain it? How do we sustain that? It has a lot to do with our joy and our mindset and making the choices day to day that keep us on that path.

Lynn: That's right. Well again, I look at WOW as an acronym of WithOut Walls, and that's the key. And for me, the key to life, to everything, is connection. That's the way I articulate it. Because that connection, if we have barriers to our connection, those

walls that we let up, or stuffing parts of ourselves away or getting caught up in the shoulds or judgments that act as walls, then that's keeping us from connecting fully. Whether that's to our message, to our inner voice, to spirit, to life, all of that. To sustain it, I think it's really keeping an active awareness so that you have a practice, because we think "OK, I think I've got it now" but it's life. Just assuredly an hour later or a day later or a week later something's going to come up and you're going to be caught up in your stuff. So you've got to have a practice that keeps you reminded of staying aligned, of letting those walls of judgment or negative thoughts, or the stuff that will come up if we're not careful...the default human stuff. Having that active practice.

For me meditation or journaling, I like guided meditations. I even have one that I've done for my people that's been phenomenal...I think we're even giving away here and that's another one too, because it reminds you of who you see yourself being at playing at your highest level. Who's that person that you envision yourself becoming and what will you have created in life as a result and really tunes you into that feeling so that you now live your day from that place. From that knowing yourself, from that place. If we're not careful our past stuff can pull us down too. So creating it from the future, not the past, creating it from the now, not the past. The active practice of meditation, journaling and just letting yourself, through being compassionate and unconditionally loving yourself while you do it too, don't whip yourself when you catch the negative thoughts that comes up or a limiting belief or a negative behavior, just catch it and then correct it. Take that breath and that space. That practice, which is what's so awesome about what you're doing here with the Self-Care Revolution, is that you're giving people so many tools and resources and they can from there; build what their active practice is. I know I'm looking forward to that even just in the world of specific health things that I'll be checking out with what you have. That to me is what will do it, sustain it.

Kevin: Absolutely. Because we're using food as medicine this month as well, do you have any advice in your personal life how you see food interacting with your vitality, your life and how that can propel you forward?

Lynn: Absolutely. I know my cells dance. I can actually feel them dancing when I've had something healthy versus when I've had something that's got gluten in it or maybe not so good, I can feel the heaviness. When we really allow ourselves to tune into ourselves, we can feel it. I have these drops made from plankton, and when I mix it in with a protein shake and flaxseed oil and all the goodies, I swear, my cells are dancing. And it makes such a difference. It's a different type of energy versus if I have let myself have something deep fried. Gosh, I'll admit it, I love sweet potato fries, and

when you're travelling and someone has them, you might want a fry or two and I think it's good in moderation we can enjoy some of the not as great stuff. But I just know the difference, I can feel the difference. I'm sure you guys are crusaders for sharing about that.

Robyn: Absolutely, there's much to be said about our bad mood food nation.

Lynn: Exactly!

Robyn: Without a doubt, I mean, oh my gosh, when I see my children on sugar I just know the days that I'm off track, how that affects my moods, my thoughts, just being aligned and so we just wanted to start off the year with thoughts and food as medicine, because when we get what's happening in terms of our health situation it's really 70 to 80 percent of the problem. 80%! We think about 1 out of 3 children are being diagnosed with diabetes, and even the epidemic with cancer and other diseases. We're not being hush hush about this. This is the big reason for the purpose of the Self-Care Revolution is so many of these health issues are preventable, most all of them are. We can work on this food issues, but then it comes down to thoughts too. In my twenty one years, I've treated a ton of people with food issues, with food addiction. And what's below that is the trauma and the emotional.

Lynn: It is. It's stuffing down feelings. That's what I was doing when I was bulimic. When I was anorexic, not eating anything, it was a different way of control in stuffing down feelings. I just figured, I'll have nothing, and I can control my environment that way. But the bulimia was just stuff down a bunch of food just trying to stuff down feelings. And even now, if I catch myself, and I happen to be in a munchy mode, that's something I'm trying to avoid feeling or some stress or anxiety that's going on. Sometimes, I'll catch it and be "Ok wait, do I really need to eat that? What's going on?" And I just literally take a moment and have a conversation with myself and just get quiet. When I let myself catch it and get quiet and then instead tune in to, like remember something that I'm grateful for and catch the moment and shift by remembering something your grateful for. I go through just a list of why I'm grateful for my life or who I am, and connecting back into the source of life, and then all of a sudden there's not as much need to stuff away the stress.

Robyn: Can I just ask, I'm really curious about the defining moment or time, whether you were 13 or 18 or was there a mentor that entered your life. When did you let go of that bulimia aspect of yourself that was running your life and the drugs too, like Lynn becoming herself? What was that shift? When was that?

Lynn: To be frank, it was hitting rock bottom. Actually before I got shut down, right before I got shut down, I realized, "What am I doing with these drugs?" I was in New York, high up on a high rise, and I took the little vial of cocaine and I leaned out over the 64th floor on the ledge and put that vial there and swore "as God as my witness, I'll never do this again". The next day, we then were on tour, and the next day in Baltimore, which is my home town, and on the harbor there, and I was sitting at the harbor, and so feeling the water and the sun and feeling so alive because I wasn't numbing out with the cocaine. I remember thinking, this is awesome and I'm going to start turning my life around, although I was still being bulimic. Then we got news, and it was our Broadway tour, and I just now realized that I was going to turn my life around, and then we got news that they had suddenly ended the show even though we were supposed to run for another year. Other things had been happening too, emotional stuff. That's when I just shut down and came back to L.A. I couldn't believe how could that happen, and I just said, ok, let me cocoon here. I went to OA, Overeaters Anonymous and initially, I went three times a day so that my crutch, instead of it being food, my crutch was the support that I'd get. So I knew that eat responsibly, don't over eat, or bulimically until the next meeting, and then the next meeting. It was that support that I turned to and what actually got me through until such time that I could go once a day or three times a week or once a week. To where it got to the point that I didn't know who that person was anymore and that's not me and it was really me going through that process OA has you do which is a self-examination process. I'm sure you are giving tools like that here in the Self-Care Revolution of what ways you let yourself heal those aspects of your past. Get underneath all the stuff, get present to it, release it, forgive yourself, and forgive others. Really just doing the inner work and turning to support so that might be a healthy crutch as opposed to the unhealthy crutch of just turning to food and stuffing it down.

Robyn: Thank you so much for sharing your self-care transformation. And you know this is a big part of what we do, we have our 25 self-care coaches...we've all had our journey to do the work that we do to help people to transform their lives and to choose self-care. So now you are into your WOW and launching other people, so do you want to share a little bit about what I get to be a part of next weekend. The audience might want to know about that too.

Lynn: I also feel like almost every part of my past has been lead. I didn't have a big business plan of my life. I knew I wanted to do all sorts of different things, but this is one of those things that I hadn't necessarily planned, it chose me. People would see me on stage and they'd say "How can I do what you do? How can I have that same

confidence or energy or passion?" that they were seeing. I just didn't really listen for about two years, and finally enough people were asking me. So I asked myself what worked for me, I came from utterly shut down and consumed with negative thoughts to now having this complete freedom and passion and power on stage. What do I know worked for me and what do I feel could work for people, and hoped it would work, and created the WOW Factor. At first it was a one day, now it's a two and a half days, because it's so immersive and so much. And sure enough, it just was complete breakthroughs for people from the very first time I did it over seven years ago.

Now I've been leading them for a while and lead some of our top industry leaders even because they know, like Tiger Woods knows, in trying to make his best craft, even if you're playing at the top of your game, you always want to hone your craft, you always want, what's that next level you can emerge and evolve to and grow into. So to be able to work with leaders that I respect or look up to or read about and know that they are now experiencing this work is just so fulfilling, but also to work with people that have never had an experience or who are like how I used to be and are completely shut down or consumed with worth issues, and then seeing in the process of this two and a half days, I know that for real transformation, it needs to be experiential.

It's one thing to get information and that's very helpful, but you need to put that into action. You need to have an experience that's takes you through something so you tap into what that feeling is or you get to click into that and know it, and that's what happens within WOW. It's these series of processes and becomes this whole organic experience if you will, so that by the end of two and a half days someone might come in all stiff and shut and insecure, but at the end of two days they are speaking with power and command and they found this new freedom. It's so awesome and so amazing. It ends up transforming relationships because of how they connect. Skyrocketing their results with clients, if they go speak for any reason, if they're speakers for their business, and the results they get from sales. All the different ways it impacts and it all comes from the whole philosophy dissolving those walls and barriers to our connection. That's the WOW factor weekend that I'm doing with you and that you'll be a part of.

Robyn: I'm so excited and I can't wait to share with my community here, that's for sure.

Kevin: You mean this revolution is going to get bigger than it already is? Wow!

Robyn: It's going to be a spark to a flame with you influence for sure.

Kevin: You mentioned experiential and we'll use that to lead into...We're doing a live event in June. Self-Care Revolution is hosting a live event in Santa Fe over the solstice June 21, 22, and 23. We hope you can come Lynn.

Lynn: I'd love to be there and if I do maybe you'll let me sing!

Robyn: Oh yeah, you bet. We've got so many amazing people who are confirming by the day, so it's going to be a big event. We're really going to talk about community; we're going to be connecting with a lot of other centers in Santa Fe. So I've talked to a couple of people from BODY and from a gym in town and they all just want to be a part of it, so it's going to be fun.

Kevin: Our cells are going to be dancing!

Robyn: Our cells are going to be dancing, the ultimate self-care weekend. We're calling it the Self-Care Bliss weekend.

Lynn: I love it. Plus, I can't wait to get there and experience your center. It's all just spectacular. So count me in.

Robyn: We've got some surprises for you when that day happens. We have a special package, we have seven or eight of the practitioners have something special planned for you when that day arrives.

Lynn: Oh, I love it, I can't wait!

Kevin: Self-care coaches will descend upon you!

Robyn: To give back what you give so freely.

Lynn: That feels so good. It's going to be the ultimate self-care, just to get over there and experience what you have.

Kevin: It really is and it leads into one of the self-care coaches, which is that in this journey of self-care we do need support and you have mentioned that. It's important to rely on the support of others and certainly all of the coaches in this program have been through difficult situations. I truly believe you can't sit with somebody in their process without having gone through it yourself. So back to your process and the fact that you have emerged from it. What would be your big dream for 2013?

Lynn: Well, obviously I want to continue being a support and working with others to

help them get their dream and mission launched. That's so fulfilling to see, and Bob and I, Bob and I are in partnership with Bob who is coming up in the next hour, and that's even working with Robyn with clients that we work on all aspects of getting their vision out there. That's different from the WOW Factor. That's another way that I get to work with people. Bob and I are so excited because we have amazing people we get to work with like Robyn with these incredible visions, so it's very fulfilling. So my own personal vision and mission is around honoring that music side of me. I want to continue what I'm doing with others, but also honoring myself, which is part of self-care, and I have I want my music out there in a way inspires and activates people to give back and one of the ways I see is my song I wrote called "Everybody Tweets". There's a site called everybodytweets.com where you can see the old version of the song in video up there. I want to do an updated version of that video and update the site where the site becomes a hub where people go where they can see what they put out there on social media and help get the word out where there's need. Like someone looking for their adoptive parent or a bone marrow match, or you know whatever it might be and we put our collective voices together, there is so much good we could do. This song that I have is like a very viral type of song and I'm going to get a team together and really get song and video powerfully launched and use that, like honey to the bees, to draw them to this site, and let that be a hub where we can all come together and put our voice out there in social media for good. Use these messages out there to help others.

Kevin: Awesome. We want to support you in that as well. We'll get that message out.

Lynn: Thank you for that, beautiful.

Kevin: All right. So you mentioned essence earlier, and just to really expound on how this essence, and we have touched upon this several different ways so far today. The other part of that might be, and I've heard you say that some of the more, the heavier, the more addictive behaviors that we have, are related to control. So possibly, maybe we could encourage people to be a little more out of control?

Lynn: Yes, yes, yes! In fact there's a song I'll be writing, but it's around an expression that my mom would always say. She'd say, "Be willing to dance in the unknown." What that means is letting yourself be comfortable with the uncertainty. In fact Tony Robbins has, I can't quite remember an expression -- the level of confidence comes from the level at which you can be comfortable with uncertainty. I think that's profound because I've found that to be true. We can control how things will come out to some degree, by how we manage our thoughts, our feelings and our behaviors. We stand firm and anchored into let's say that vision of ourselves and how we flow

through our moments, but who knows what circumstances arise. Who knows, something even grander than we envisioned might show up, and to get so worried or so concerned about every little how and know how it will be ahead of time, will hold you back or will cause stress or will even stop you from taking the steps or actions you need to take. Whereas instead, when you just allow the uncertainty, be willing to dance in it, it's magical what can happen, because I just don't know how it's going to turn out. I don't know how this is even going to happen, but I just know that feeling of me living on purpose, me following my passion, I know that feeling of what it is that I ideally want to create and I'm just moving forward with that feeling. So that it let's go of the limiting parts of control, what we can be in control of is our choice how we live and how we feel.

Robyn: I have to share this great acronym when you were talking about control. Control is a Constantly Orchestrating Nothing Through the Restriction Of Love! Have you ever heard that?

Lynn: WOAH!

Robyn: Woohoo, isn't that amazing?

Lynn: That is awesome!

Robyn: I tell you, just by unleashing control, I mean letting go of control, how much that does for self-care and allowing your true passion and you know that tingling, purposeful, loving sensation to really live in your body.

Lynn: Yes, that's fantastic, I'm feeling that!

Robyn: You are such a dear to join us, and be such a big presence in the Self-Care Revolution, Lynn. I just thank you so much for your guidance and I just know we'll be on this journey for a long time. And I just want to let you all know that to find out more about Lynn you can check out her many websites, but LynnRose.com and wowyouraudiences.com. And we just want to let you know, just a continuation of this series, for next week, we're going to be bringing in, and you might like to know about this too Lynn, a woman named Cherie Calbom, who has written 21 books on juicing. So she's going to have a big message for us about the power of food to really heal our bodies, she wrote a book on juicing for cancer. And then another big part of this revolution, what you have just shared, your self-care story, is so powerful for all of us to learn from. But we're bringing in people who we're calling self-care advocates, self-care revolutionaries, people who are really choosing a life of self-care. So we're

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bringing in Ken Jacques, a friend of mine from Canada, who was diagnosed with rheumatoid arthritis, and just his journey. So we want to share with all of you people who are living this decision of living a healthier, more optimal life through self-care. And Lynn, you've just been so gracious with the truth and just sharing, wow, your amazing wow journey, that's the wow. How to really not hide, this is how we heal, by being honest about what we've been through so that we can live the lives that we care to live.

Lynn: Yes, that's so true.

Kevin: Well talk about gratitude, I am extreme in gratitude to be on this call, and my cells are definitely dancing now.

Lynn: And in the unknown no less, woohoo! Here's to dancing in the unknown!

Robyn: You're in for a treat when you come Lynn, because is quite amazing, not only is he a spiritual counselor, but he also, you know about the Chakra system, but he can tell clients and people about what's going on in their lives just by looking at their toes. He's quite extraordinary.

Lynn: Love that.

Kevin: So we'll have you come in for a toe reading.

Lynn: Oh, that's great, oh I will. I can't wait, I can't wait to meet you in person and to experience your center in person, and I so appreciate the mission that you are on. We need this so much, now more than ever. Like Bob and I were saying in our video about Self-Care Revolution, we so believe in the mission that you are on, and so grateful to be a part of it. So thank you for having me here, and if I may...oh go ahead?

Kevin: I believed in it even more after I saw your guys' video, I was very impressed, and I was like "Wow, I'm believing this even more now!"

Robyn: Well I look forward to seeing you very, very soon. You take great care.

Lynn: May I please let people know when they go to LynnRose.com, and if they click on the "Get your free gifts" button, that's where they can get the free "My Defining Moment Visioning Process". And that's kind of what I referred to earlier when we were talking. So I definitely want them to know that free with my compliments.

Robyn: We'll have that free gift on the thank you page.

Lynn: Oh you will? Good.

Robyn: Absolutely, for everybody, and do you want to just share, you also have a product that you'd like to let everybody to know about?

Lynn: Sure, I wanted to make available, it's normally \$497, but we can make it available for just \$97, so that way there is no barrier to entry. But it's an experience of the WOW work, "WOW Your Speaking WOW Your Life" program, so you're going to get a number of the distinctions, a couple of the processes, you're even going to get a behind the scenes right out of the WOW Factor Workshop, about an hour and a half of that. You'll see some actual coaching in process, there's audio, DVD's, it's just this huge package, and again normally \$497 but it's only \$97. It's a must have especially if you want anything like what we've been talking about in this hour, and you can get that at ThePowerToWow.com.

Kevin: Awesome. So that will be on our welcome page as you log in...

Lynn: Oh, great.

Robyn: Yes, we'll have that available for people to access that.

Lynn: Oh, awesome, so you make it simple for them.

Kevin: Yes, definitely. So that website is JoinTheSelfCareRevolution.com, anybody listening out there that hasn't already opted in during this free month that we're offering. Go to JoinTheSelfCareRevolution.com and come inside and be revolutionaries with us.

Robyn: Thanks again... take care...

Lynn: And actually, spread the word, tell everyone to spread the word, JoinTheSelfCareRevolution.com and together we can truly turn this into a Self-Care Revolution. I'm so excited, so thank you so much you guys.

Kevin: Thank you, Lynn

Robyn: Take care, bye-bye.

Lynn: Thank you, you too, bye-bye.

[End of Interview]

CHERIE CALBOM

JuiceLadyCherie.com | TV Chef, Best-Selling Author, And Celebrity Nutritionist

JUICING FOR WEIGHT LOSS, DETOXIFICATION AND HEALING

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Robyn: Hello everyone. I want to welcome you to the 15th day of the Self-Care Revolution. We are in month one where our theme is Food and Thoughts as Medicine. We're so excited to be joined today by Cherie Calbom. Today, I'm going to be cohosting with Jenna Proctor. Her business is called 'From the Daughter's Kitchen'. I'm so excited to have Jenna here. She is one of the Self-Care Coaches here at Santa Fe Soul. She does all kinds of cool things. You want to just say a few things about your business?

Jenna: Hello everyone. My name is Jenna Proctor. I'm the owner and chef of From the Daughter's Kitchen. My business is a wonderful contribution to everybody's self-care through health. I prepare food on a daily basis for those who need it as well as catered events. I do nutrition consultations, meal planning, and personal shopping all based around local and sustainable ingredients.

Robyn: Thank you so much. It's so fun to do this together. So just to give you all an idea of the Self-Care Revolution, this is going to be a 12-month series. We have topics each month. We have an incredible lineup of expert speakers that we're so excited to share with you. Then also, our 25 Self-Care Coaches here at Santa Fe Soul that are here to support you. We would love for you to all go back to your thank you page where you can engage with your self-care journal. There's also an assessment form there. So we want to be engaged with you on a regular basis.

Also, be sure to see our Facebook page at the Self-Care Revolution. That's Self-Care Revolution. That's where we are. For the website, you can always go back to JoinTheSelfCareRevolution.com to find out all about what we have in store for you. Just remember to put this on your calendar, for all the people that become members, we are having our live event in Santa Fe June 20th, 21st, and 22nd. And we're excited to say that our speaker today, Ms. Cherie, also known as the Juice Lady, is going to be here for that event. We also have Lynn Rose and Bob Doyle who spoke last week. We

have so much in store for that weekend.

Again, thank you so much for being here, Cherie. We are psyched to ask you lots of juicy questions about your juicing life for all these years. I can't believe it, you are the author of 21 books. Let me just share a little bit more about you. Cherie is a leading authority on juicing for health and detoxification. Known as The Juice Lady, TV chef, best-selling author, and celebrity nutritionist, Cherie has helped in pioneering the green juice movement. A graduate of Bastyr University with a Master of Science degree in whole foods nutrition, Cherie is author of twenty-one books including 'The Juice Lady's Turbo Diet', 'Juicing, Fasting, and Detoxing for Life', 'The Juice Lady's Living Foods Revolution', 'The Complete Cancer Cleanse', 'Juicing for Life', and 'The Juice Lady's Big Book of Juices and Green Smoothies'. Cherie has helped thousands of people restore their health through her juicing programs.

Thank you so much for being here, Cherie. How are you today?

Cherie: I'm doing great. It's a lovely day in Santa Fe and I just drank my juice.

Robyn: Alright! I bet our listeners would like to hear about how you got into this whole profession, how juicing became your big theme of life. Tell us how you got into this.

Cherie: Well years ago, I had developed chronic fatigue syndrome and fibromyalgia. It was a really bad case; nobody knew what to do for me. I was so tired and sick I could not work. I had to quit my job and move back home with my father and stepmother. I was really desperate; because I would sleep 12 hours a day and wake up tired and feel horrible. I felt like I had the flu all of the time, swollen glands and just fogged in and the whole thing, all the symptoms that go with those conditions.

I thought, "I'm young, I'm single, I'm young - this can't be happening to me." I had to go searching for help. I thought, "If something got me here, something's got to get me out of this rut, this health rut I'm in." Nobody had any answers so I just went to health food stores and started reading some books and got an old, old book by Norman Walker where there weren't any recipes but there were numbers. Like one to twenty-something of, you combine a beet and a carrot and celery or whatever.

I said, "Okay, I'm going to do this. I'm going to get a juicer and design my own program and my own recipes and see what can happen." I went on a five-day vegetable juice fast. I thought, "I'm just going to jump into this and go for it." On day five, my body expelled a tumor about the size of a golf ball, with blood vessels

attached. Later, I have read about glutathione, other nutrients, cutting off the blood supply to tumors. Back then, I knew nothing except that I was flabbergasted and I thought, “Wow. Maybe that was what was making me sick and I’ll get better.” But I didn’t. I got worse.

I was detoxing. Nobody told me or wrote about that. That for all the toxins in our body that are stored up that make us sick, they’ve got to come out. I didn’t feel my best some days. There were some days I felt better and other days I felt worse. That bumpy road of up and down went on for almost three months. But one morning, I woke up and thought, “Wow. Somebody gave me a new body in the middle of the night.” I felt like a brand new person. I had been juicing and doing more, though, than just juicing after that five-day juice fast. I kept juicing quite a few glasses of vegetable juice a day. Then adding in salads and steamed vegetables and whole foods, things like that. I ate a perfect diet. I didn’t cheat with one bite. And it paid off.

Robyn: How old were you when this happened?

Cherie: I was in my 20’s, when I got sick.

Robyn: What juices did you start out with? I’m just curious.

Cherie: Well I juiced about all the vegetables that I could find, from cucumber, carrots, celery, green leaves of anything like romaine, Swiss chard, collards, kale, spinach, parsley. I put in some lemon. I used ginger. I put in some garlic from time to time. But I didn’t juice fruit. Fruit is not a good idea. It’s too much sugar. Except for lemons and limes, cranberries if they’re unsweetened, and you can find them fresh are okay. I really am a believer that we need lots of vegetables. We don’t need a lot of fruit juice and all that sugar.

Robyn: So even blackberries and blueberries, that’s not something you recommend very often?

Cherie: Well, if people don’t have a sugar metabolism problem, then you can go with berries. They are low-sugar fruit. Or green apple. That’s a low-sugar fruit. I have a sugar metabolism problem. I am prone to hypoglycemia if I don’t control my diet. So it’s not a good food for me and for diabetics, not a good idea. But for everybody else that’s okay with sugars and you don’t have a yeast problem and you don’t have cancer, then yes, you can add in the lower sugar fruit. Even pear is a lower sugar fruit. So you can sweeten and flavor your juices. You’ll see in my Big Book of Juices and Green Smoothies, I use more fruit in there than I do in many of my other books. It’s a

book to reach broad masses of people that have maybe never juiced before. They have finicky eaters in their house or they themselves are finicky and need to sweeten and they don't have a sugar metabolism problem. So I explain that and I have plenty of recipes without the other fruit, other than lemon and lime, which is very, very low on sugar and very alkaline.

Jenna: What do you think about adding carrots to your juicing?

Cherie: I add carrots, two or three, and dilute it with cucumber. Cucumber has a lot of water in it. And greens and celery and lemon and ginger. That was my morning blend today. Of course, that brings the sugar way down, from the carrots. I don't put in a lot of carrots. Just a straight glass of carrot juice is way too much sugar for me and for many people. Carrot-apple, which is one that a lot of people like, but wow, that's a heavy hit of sugar. So I always like to put extra things in there. Even if you don't have problems with sugars. Get some greens in there, get some cucumbers, some celery and just bring that sugar level down. Dilute it down. It's a much, much healthier drink. You can add some apple or berries or pear, and it's going to taste fabulous. The lemon just really sparks things up. I like to add lemon to most of my drinks, lemon or lime. It's all delicious.

Robyn: Your main topic today, here we are talking about juicing for weight loss, detoxing, and healing. One of the things you say is that it's possible to lose up to ten pounds in ten days. Can you share with all the listeners today how we can do that? Especially the ones that might have the extra 10, 20, 30 pounds.

Cherie: Yes. And a pound a day is more realistic for people that have a lot of weight to lose. I would say 30 pounds and over would be in that category of losing a pound a day. People that have less weight to lose are probably not going to lose that much on any program. But this is the healthiest weight loss program I know of in the whole world where you'll start feeling better and looking better, not just losing the weight.

Why does it work? There are several reasons. First off, the American diet is very geared to foods that turn acidic in our body. Not how they taste in our mouth or what they do in a test tube in a laboratory, but their final breakdown of metabolism, the final ash. Those foods are the ones we eat most of the time in America. The muscle meats, dairy, grains, sweets, coffee, black tea, alcohol, sports drinks. Energy drinks are very acidic. Energy bars would fall in that category. So there we have the American diet, from meat and potatoes, pastas, sandwiches, burgers, and fries; on and on it goes. It's all acidic. They found that the average American, the number one vegetable they eat is the French fry. I go, "Yikes!" The number two is ketchup that

they put on the French fries. That's loaded with sugar. I'm just going, "Oh no."

Number three is the poor little wilted iceberg lettuce leaf on a burger. Those are the American vegetables. I nearly fell off my chair when I read that. So we need help in America.

Your audience, Robyn, is in a different category, I just know. That's probably not their daily veggie intake. But for a lot of people it is. For most people though, even geared toward health, even people that want to be in the Self-Care Revolution and they want to do the best they can, find it very hard, they tell me, to get in all the servings of vegetables they need per day. It's just hard. You can do that so easily with a big glass of juice. A 12-ounce glass of juice, you've reached two servings of vegetables with that; and if you have two or three more, you're there.

I think a lot of mornings, like today when I made my juice, and here it's sitting on the counter for my husband and I, would have been in a big bowl. These giant beautiful chard leaves that are going to alkalize my body and the carrots, the cucumber, the whole big organic cucumber and ginger and lemon and all that is very alkaline. I'm thinking I wouldn't eat a big two-inch chunk of ginger root today. I wouldn't eat all of this Swiss chard. I know I wouldn't eat all these carrots. I would not eat a whole cucumber. I just know. If I made salads or steamed vegetables, I wouldn't eat all of this. And I do that, too.

So anyway, back to the alkalinity and the acidity. We've got a very acidic American diet typically. Even people that are trying to go for health still typically tend to lean toward acidic foods. What does that do regarding weight gain and the ability to lose weight? Our bodies are geared to saving our lives, not keeping us slim and trim. That's not their goal. So these acids that form in the final metabolism are very destructive or hurtful, harmful to our delicate tissues and organs. So the body is going to store them in the safest place: fat cells. It will hang on to those fat cells and not let them go. It will even make more fat cells if it needs more storage tanks for all those acids. It's going to say, "No way am I letting this go, very much of this, until you start alkalizing your body."

You would start pouring in those beautiful big glasses, those gorgeous glasses of juice. And your body says, "Okay. Wow. All this buffer, this wonderful alkaline buffer coming in. Okay, I can let go now of the fat cells, it won't be dangerous. All of the minerals in here are going to buffer this acid and neutralize it and bring a better pH balance." That's when people contact me and say, "Wow. My weight is just like falling off. It's so easy."

The same goes with toxins. Toxins are just the same as acids. Toxins are acidic. Your body is going to store them up in fat cells in just the same scenario that I just commented on. It's going to hold on to them until we start detoxifying. We drink a big glass of juice. Not only is it alkaline, it's rich with antioxidants. Those will bind to toxins and carry them out of the body so that they don't harm our tissues, our cells. Then weight loss, again, becomes an easy matter.

And then you top that off with biophotons, which are in raw foods, in our juices. They are the light rays of energy that the plants absorb from the sun. If we even steam lightly our vegetables, we're going to lose a lot of photons. If they're cooked, really cooked, they're gone. If they're processed, they're gone. The juices, they're not gone. We start drinking a big glass of juice and we're going to get an abundance of photons, biophotons. Those are energizers. They energize our bodies. They feed the mitochondria. The mitochondria produce ATP and that's our energy fuel. We need that. That's when again, I hear from people, "Wow. I've got the energy to go work out. So it's the end of the day from work and I'm not dragging home like I used to. I'm not feeling like I need to go fall on the couch and lie there until I fall into bed." So workout becomes easier, people are able to do more. They have more energy. They even feel like maybe parking a little further away, walking a few more steps, and taking the steps instead of the elevator. And on and on it goes.

We start building more muscle and we start shaping up and we look slimmer and trimmer and healthier and glowing. This is the program. This is why people often lose a pound a day, and especially people that have retained a lot of water as well as fat. The water starts being let go of very rapidly, because we're getting a lot of natural diuretics. The cucumber, lemon, lime, parsley, and cranberries are natural diuretics. Lemon is a natural diuretic. I utilize a lot of those natural diuretics in my juices. Asparagus stems, the stuff we throw away so much, save it. It's a natural diuretic. Juice up those harder stems that you would normally throw away. You'll see that water weight coming off. Maybe retained water from different foods, party foods, or event foods that had a lot of salt in it, or eating out a lot. You get these natural diuretics and off goes the water weight.

Robyn: Wow. Sounds great. Do you tend to add any type of protein to your juices?

Cherie: Oh I have, yes. I often do, especially in my green smoothies. Some of the juice blends I'm talking about, I'll pour a juice in a blender or my Vitamix is what I use and add an avocado. At that point, I'll add a tablespoon of protein powder and a drop of iodine for my thyroid. I may put in some extra greens or some barley greens, powder, things like that, to my green smoothies.

Jenna: How about some mushrooms and cacao and stuff like that?

Cherie: Yes. I've got recipes for cacao in my Big Book of Juices and Green Smoothies. You can do a cacao smoothie. You can add any of those things into your smoothies and just get a whole lot more nutrition in there.

Jenna: What kind of juicer do you use?

Cherie: Well, I've been using the Juice Master Pro; it's a centrifugal juicer. I use it most days because it's so fast. I love something fast and easy to clean, because I'm so busy. This one is fast, it juices in a minute and it cleans in a minute. I also have an Omega 8005, which is slower. It's easy to clean. I clean it in about the same amount of time. It takes a little longer to make the juice because you have to cut things in small pieces. It doesn't have a big, wide opening. It's a little slower in the produce going through it, because it presses it.

So there are several schools of thought out there about what type of juicer you should have. Of course, the pulled/pressed one, the one that presses and takes longer and they all have smaller openings, do preserve more of the nutrients than the centrifugal type that tend to come with the big, wide mouth. My take on it is the best juicer on earth is the one you'll use every day. If you lose a few extra nutrients, you still gained a whole bunch if that's the one that you'll use each day. So if it's going to sit under your counter because you say, "Oh, you know, I don't have those extra minutes. I don't have that extra time," then get a centrifugal juicer and just add a few extra pieces of produce in there. That's how I got well with it.

Robyn: I know you travel a lot. In fact, we are so thrilled we were able to get you here today in a big, big launch week. I know you were just in Seattle. You were just in Dubai. How do you keep the self-care lifestyle going on the road?

Cherie: It is not as easy on the road, I have to tell you. We all know that, who travel. You just do your best. I can't travel with a juicer, there is just no way. I can barely make it with my laptop and get through with the two-bag requirement. So I just do my best when I travel and try to order the best things I can find and to get lots of salads and vegetables. When I get home, I juice, juice, juice and try to get rid of whatever I've accumulated in my body from the trip.

Robyn: Radiation?

Cherie: Yes, the radiation, scary. Go for a pat down at the airport. I do, every time.

Robyn: Absolutely. I'm with you. And Zeaxanthin? Do you know a little bit about that? It's a fish oil that's also very effective for radiation.

Cherie: Yes.

Robyn: It's something else you can be consuming while you're having your juice.

Cherie: Yes and that you could travel with.

Jenna: How about a Magic Bullet? I keep hearing, "I've got a Magic Bullet." Do you ever travel with one of those or use that when you're just going to need a quick meal?

Cherie: Yes. You could do a quick smoothie in the Magic Bullet. I haven't traveled with one. Just getting the produce, even often times, to get up to my room is a challenge with the kind of quick trips I do and not having a car. But people could, you could travel with that. It's not going to give you the clear juice, but you can do a smoothie. You could do the softer vegetables in that.

Jenna: Something that I find challenging with my business is explaining to people on a budget how important it is to choose organic and really clean produce. What are your thoughts on choosing organics when you're on a restrictive financial budget?

Cherie: I still say it is so worth it to choose organics, especially those on the dirty dozen list. That's the Environmental Working Group list, www.ewg.org. They tell you the worst offenders and those we should just never purchase other than organic. A lot of times, we don't think about what we're saving at the back end of, "What if we get sick? What is that going to cost us?" If we preserve our health, we're not going to be going to the drugstore for all that over-the-counter medication, cough, colds, flu stuff, sore throat, sleep meds, constipation meds, on and on it goes. You walk into the drugstore and it's staggering now to see these rows and rows of over-the-counter medications for things that could be prevented by choosing clean and whole foods and juicing, in addition to that.

So I always say calculate that. Because if you're on a limited budget but you get sick, you're still going to run out and buy some stuff like that or run to the doctor. What do copays cost you? Probably a lot more what you even have to pay for a copay than what you'll be paying for organic. One thing too, it depends on if you live in a small town or a larger area. If you have a lot of organic produce, it often isn't that much more money than the conventional produce. It just depends, though, on the items you're buying. Then in the summer at the farmer's markets, you can get really good

deals on organic produce.

Robyn: So would you agree with Dr. Hyman and Dr. Mercola and some of the other experts on just the way in which we've become a disease management society that the food really is about 70-80% of the issue when it comes to diseases? What I read recently, there are 30,000 known diseases right now. How much do you think food plays a role in that scenario?

Cherie: That's so staggering. I'm with the doctors, definitely; at least 80%; it may be more than that. Because when I talk with people that have problems, diseases, ill health, and I look at their diet, they report to me what they've been eating, I think, "No wonder. No wonder you are sick." I'd go to the grocery stores and look in people's baskets and think, "Oh wow. No wonder our society is sick." Our nation is sick, overall.

Robyn: Absolutely. So for the past 21 years, Jenna said I never introduced myself at the beginning of this call, but my name is Robyn Benson. I've been practicing as a Doctor of Oriental medicine. In my 21 years, to be a Chinese doctor, a huge part of my daily practice with my patients is educating people on nutrition. They're coming in with back pain. They're coming in with abdominal pain. We see so many people with gastric upset, epidemic proportions right now of diabetes. You'd be surprised. I find that again, that's such a big part of turning people around. Even people again, with pain, people coming in with headaches. Just by finding out what their food allergies are, how quickly people can reverse chronic issues that they've had for years. As you know, with gluten, how much that can affect people. They can go 40 years suffering and then, "Boom!" they finally get to the root of the problem.

I just think it's great that you've been such a pioneer in getting this knowledge out to people about the power of the photons, all the nutrients that are in juicing. So now after 21 books, what's next? What do you see next for yourself?

Cherie: Well, what I'm doing currently is juice retreats, juice and raw foods retreats, right in the Santa Fe area. So we have one coming up March 17 through 23 and one in June right after your huge event, our June retreat begins. We've found that these retreats have been so helpful for people to spend a week and learn first-hand what eating right can do for them and how fabulous they can feel at the end of the week, how much weight they can lose, and how much better they feel.

You just nailed it, from all sorts of pain we've seen disappear in like a week. It's just amazing, when you give your body the right tools for healing, it is going to do the

amazing work it was designed to do, which is to heal itself. I have seen all sorts of pains disappear, from headaches, plantar fasciitis, back pain, neck pain, foot pain, you name it. We're moving on into more hands-on work with our retreats and helping people to learn a new lifestyle.

Robyn: I just want to mention again, our live event is the 21st, 22nd and 23rd June and you're week retreat, which is only a half an hour from Santa Fe starts on that Sunday. Is that correct? For a whole week?

Cherie: That is. We're hoping that there'll be people who will come for the entire event. For your weekend retreat where I'll be, and then just head on over to Pecos where we're having our full week of raw foods. We're going to start the week with Sunday night raw food dinner and all day Monday and then three days of juice feasting on vegetable juices and wheatgrass juice. Then end the week with more gourmet raw foods and it's a wonderful time of learning, too, with three classes a day and lots of free time and beautiful fresh air and gorgeous surroundings. We're hoping that there'll be some people who will do it all that week.

Jenna: Cherie, we here at Santa Fe Soul, me being one of the Self-Care Coaches, we're very excited about your event that you're going to do with us here on February 2nd. Can you kind of explain a little bit what people can look forward to on that day? That they should all sign up for that because it's a great opportunity they don't want to miss.

Cherie: It's going to be a wonderful opportunity of learning and tasting. We're going to have some juices to taste. We're going to have a wonderful, delicious, healthy lunch and lots of information from the seminars I'm going to be, or sessions I should call them, the sessions that I'm doing that day. I'm going to be talking first about juicing and its benefits for our health, detoxification and the great importance of that in staying healthy, and how important it is for organs like our liver, and relating that to our cars. We would never think of not changing the oil filter or the air filter in our car. Yet we just keep going year after year and never consider the most important filter system in our body, which is our liver. We'll be talking about the liver, the colon, gall bladder, kidneys, our skin, our lymphatic system, the various channels of elimination and subordinate channels that support elimination in our body, and how we go about that. How do we cleanse them? What's really effective for that?

I'm also going to be talking about fats and oils. It's one of the things I've specialized in and which oils and fats to choose. I'm talking also about carbohydrates and how those affect our health, the big carb conundrum, I call it. That's going to take us through a

day of juicing and looking at nutrition and health. I think you'll have lots of surprises on information that you'll get that day. So I do encourage you to come and taste the juices. Maybe I'll make a smoothie for you, too, a green smoothie. Enjoy our wonderful lunch and all the information you'll get that day.

Jenna: So that day, Cherie, the class of \$150, but if you're listening to this call, we're actually offering a really nice discounted price. The class is from 9-5 and you get a really wonderful healthy lunch included. If you're on this call, you can call in right now to Santa Fe Soul and reserve your spot for only \$99. It's a great discount for all the benefits you get. You can call Santa Fe Soul; the phone number is 505-474-8555. We're ready to book your spot.

Robyn: Go to get signed up. There are definitely a few spaces left.

Cherie, another question we have here. What is your overall, other than juicing, what is your daily formula, your routine for self-care? Maybe how you'd want to extend that to our listeners. How do you think people should establish a routine of self-care in day-to-day life?

Cherie: Well in addition to, I always recommend one to three glasses of juice, lean more toward the three vegetable juice glasses if you can, I say eat only whole foods. Avoid the packaged things, avoid the junk food, the fast food, and eat whole organic food. Then secondly, drink lots of water. Don't forget your water. At least eight 8-ounce glasses of water a day. And purified water. That is so important. Check out different recipes. Don't just get stuck in a rut with the same old thing, because it's variety in our life also, variety in our diet, that really feeds our body and gives us the nutrients that our bodies need. So try some new things that you haven't tried before.

Be very aware of food allergies. For example, dairy. There are quite a few people that don't tolerate dairy well and yet they think they're doing something good for themselves. I've heard people say a lot, "But I eat just plain yogurt", but maybe that yogurt isn't right for you. Maybe you are dairy-sensitive. I am and so I don't eat dairy, don't eat yogurt, I don't drink kefir. Maybe you're sensitive to grains. There are a lot of people who are and yet they think they're doing themselves a great favor by choosing whole wheat bread. Yet they're reacting to that. So find out. Do an elimination diet or get a test and find out what you might be allergic to and keep those things out of your diet completely.

Then on top of that, my husband's a psychotherapist and we talk about this a lot, the importance of our thoughts and being positive and appreciative living from day to

day. That affects our health so much, as well, what we tell ourselves, what we say, what we think. So that is a part of what we digest, as well, going into our bodies. The negative emotions can create as bad an environment of acidity and toxicity as what we eat.

Robyn: Thank you so much for mentioning this whole idea of the thoughts and acidity, because it's very true. I'm so aligned with you. This is Robyn speaking. Our acidic thoughts really can, even people with the most perfect diet, they're juicing, they're doing all the great things, but they're living in fear or negativity. We're really big on helping people at Santa Fe Soul release traumas. We have a whole month; March is dedicated to transmuting and releasing trauma. So that thought piece is really key. So I'm glad, I'm really happy that you're touching upon that, because that's what this whole month is. Instead of just dedicating it to food, we wanted to put thoughts right there. When we neutralize or alkalize our thoughts and what we're ingesting, wow. That equals sustainable health. That's a big part of the Self-Care Revolution. It's not just achieving good health, but how do we sustain it?

In this time of great change, we've mentioned, where we're exposed to 70,000-80,000 toxins at any given time, this is the solution. You're living the solution. I just want to say thank you again, for your great work in the world and getting all these books out there and being live with us. We can't wait to have you at Santa Fe Soul. We're telling everybody, so it's filling up fast.

Cherie: Well I'm so excited to be there and part of that wonderful day in February. February is the month that we give hearts and we send our love to so many people that we care about deeply. How about ourselves? This is, I think, a day, beginning the February month of love, I call it, where we can really love ourselves and do something important to take care of ourselves. So often, the people who are the greatest caregivers, they just give and give and give until they fall apart and they're flat out with something, an ailment or a disease. Because they forget to take care of themselves.

The other day, when I was coming back from a flight, they say it on every flight. Put your mask on first if it falls down. Don't try to help somebody else first. That's what we need to think about. If we don't care for ourselves, we'll have nothing to give to anybody else. But if we care for ourselves well, we're going to have extra energy, extra vibrancy, extra time where we can take care of those people we love in our lives.

Robyn: Wow. How great that we get to open up February with you. But also, for all of you that are listening, this is our free month. Starting in February, this is an

opportunity for everyone to upgrade. February's all about Breath and Heart Matters. So we have Stig Severinsen from Denmark who's going to be one of our expert speakers the first Tuesday. He's the world record holder in holding his breath underwater for 22 minutes. He's going to talk about the heart and breath connection, so you're really in for a treat with him. Then we also have our own Roy Heilbron who's a cardiologist, he's a holistic cardiologist. He'll also be speaking, so one of our Self-Care Coaches. Also in the month of February, we have Kristen Kurtz who will be joined by Sheva Carr. They're both basically experts in the field of HeartMath. Cherie, you probably know about HeartMath. How we can live our life more aligned, more coherent, and how that affects our day-to-day life, too.

I just want to reflect what I'm saying about coherence and resonance. How you talk about your juicing and the color of your vegetables. It's like you have such a melodic way about how you describe what you do and how you juice that's just so beautiful. It makes me want to go make a juice right after this, which will shock everybody here because I don't do it enough.

Jenna: Cherie, this is Jenna again. I just wanted to see if you could touch on your thoughts about reaching the younger generation. So many parents, I hear them over and over saying that their kids have a hard time eating fruits and vegetables because they don't like the color, the taste. How can you kind of give some of those parents out there and the younger generation some tips on just to not necessarily look at the color but to think about how great it is once you actually get it into your body?

Cherie: Thank you so much for asking me that, because I get comments, questions, and emails from mostly moms all the time about that. How do they get their children or the young people in their family to have more vegetables? A lot of children, their taste buds are almost wrecked from all this fast food. They're so used to all the sugar and the salt and the additives in those kinds of taste that when it comes to a vegetable, it doesn't look like their Chicken McNuggets or whatever they've been used to eating. But juice is something that kids like. I've had very few kids not want juice. Maybe the color of the juice isn't their favorite color. Maybe you put it in an opaque glass so they can't see the color.

But years ago, when I did a juicing show, we went to an after school care center where there were 40 little kids and juiced up a whole bunch of vegetables with some apple and I did spinach and carrot and celery and apple. There were a lot of parents there that day, curious I think as to what would happen. I said, "Who wants to try some juice?" Nobody was brave enough at first to raise their hand. Finally, one little boy said, "Okay, I'll try some." And he liked it and asked for more. Then they all wanted it.

They all loved it. If we can just get them to try, it's important to make it taste good. So that's where you really do have to use some apple and/or pear. Maybe a little bit of lemon to freshen it up. Apple and lemon make lemonade. If you make it taste like a lemonade base and then you add in your greens, they may never even know they're there. Hopefully, they're going to start drinking that.

But it just breaks my heart because so much we're hearing so much about ADD, ADHD, autism, Asperger's, all of these conditions. I've had a number of people tell me that they turned these conditions around by starting their children on juicing and getting them on a whole foods diet, getting the sugars out of their diet, getting the additives in the colors, the dyes and all of that additive stuff that affects the neurological system and the artificial sweeteners are particularly horrible for the neurological system, getting all of that out of the diet and the juicing and their health is turning around.

When I was in Dubai, actually it was Abu Dhabi where I did a wonderful presentation for Her Royal Highness brought me over and there were many sheikhas and 22 ambassadors' wives that evening all very interested in juicing. One of the ladies that was related, or a good friend I think of Her Highness, came up to me afterward and said she was in America not long ago and bought a juicer for her grandson who had autism. He was in a special school. They had gotten him on the juicing for many months. One day, his mother was approached by the head of the school and said you're going to need to send your son to normal school. He's changed. He doesn't belong here anymore. That was the most amazing story I've heard about an autistic child, turning around and becoming normal.

But I've been hearing more and more about different children in ADD and ADHD and how their whole health is turning around with the dietary changes.

Jenna: That's great. I have two more questions for you on the same topic. How long do your juices stay fresh for? For that single parent who is really trying to get their child to drink juices and they're always on the go. If they were to make a juice in the evening before they go to bed, will it be fresh and still very nutrient-filled for the next morning?

Cherie: I have a lot of parents who do juice the night before. I have some parents who have to juice on the weekends because they just can't find the time and they freeze it. So I've had a number of moms tell me that they juice on a Saturday and make individual containers of juice and store that in the freezer. They freeze it and thaw it out in individual servings for their child or for the whole family. Others have

to make it the night before because they work and their schedule is just too busy. It will last. That's how I got well. When I had chronic fatigue syndrome, I did not have enough energy to juice except early afternoon. So I would make enough for the next morning and the rest of the day and store it in the refrigerator in a covered container.

Certainly, you get more when you drink it right away. You get more nutrients. But you're still getting about the healthiest thing on earth that I can think of for you to drink, even when it's stored. Even when you've kept it closer to 24 hours, you're still going to get nutrients if you keep it away from heat, away from air, away from light. So storing it in the refrigerator is perfect. If you can fill it up closer to the top where there isn't a lot of air in your jar, your container, that's better yet. Because air will destroy some of the nutrients. But I always say I'm a practical nutritionist. Get the job done however you can. Just do your best.

Jenna: And how do you clean your vegetables before you juice them?

Cherie: Well, you can get different washes for vegetables from grocery stores, health food stores, or you can put some hydrogen peroxide in the water and clean it with a vegetable brush. Rinse it off. Those are ways to get rid of stuff that's lingering on the surface of your veggies. Do you know another way? Do you offer people any other advice?

Jenna: I also do sometimes a little bit of baking soda or apple cider vinegar. I have found they work really well for cleaning the vegetables.

Cherie: Those are good tips. Yes. And much less expensive than buying a special wash.

Jenna: Yes. Definitely.

Robyn: Cherie, gosh, I want to read every single book you have here. Tell me a little bit about sleep as a big issue, a huge issue. In fact, one out of three Americans have sleep issues at this time. Tell me about your book 'Sleep Away the Pounds'.

Cherie: Well it is about sleep and weight loss. Sleep is a huge issue. It's becoming bigger and bigger all the time. I just know it's related to our stress levels and our diet. So there are lots of things you can do to begin to improve your sleep. Interestingly enough, when I was writing *Sleep Away the Pounds* I had to walk in those moccasins for a while. I went through the worst insomnia I've ever had in my life, down to where I was only sleeping one hour a night some nights and I thought, "Oh. This is

Robyn: This was when you had your chronic fatigue syndrome?

Cherie: No. This is later; this was when I thought I was normal. Then when I had a very fast-paced life and I was writing that book, I had a lot of other very stressful things going and I ended up with horrible insomnia. So I did find a test through Neurogistics.com. You can go on the website, it's easy to find, it's: Neurogistics.com. I took their self-quiz test and thought, “Wow, I think my brain chemistry's out of balance.” I ordered the urinalysis test, took that, realized from that test I was way out of balance with all the stress that had been in my life. High achievers and people with very fast-paced schedules tend to fall into that category where your excitatory neurotransmitters get out of whack and they rise. Your calming neurotransmitters like serotonin and dopamine get down low, mine were in the basement, I call it. My GABA, which is to bring down the excitatories, shot up about 5,000 points too high. So that was scary to me to see that.

So I got on the amino acid program tailored for my needs, started choosing more calming things like celery and romaine. I have a sweet dreams night cap cocktail and some other cocktails for sleep that are rich in magnesium and calcium which are also very important for our sleep. Anyway, within about three weeks I started sleeping soundly and deeply. Every once in a while, I do get out of whack and I have to go back on the amino acid program for a while. It just happens to people that are on the go a lot and have a lot of stress in their lives. So you can do that if sleep is an issue.

Also, I found anything sweet can really throw people I counsel off balance with their sleep. If your sleep is off balance, sweets may need to go. Alcohol can throw you off as well. Coffee and black tea, high caffeinated things may throw you off. You may be deficient in calcium. Calcium helps you fall asleep at night. Magnesium helps you stay asleep. So I found it's very important to have a good balance of that and other minerals in my diet. On top of all of that, it is so important for all of us that are high achievers, or maybe you don't think of yourself as a high achiever but you're still doing something just before you go to bed, you're either on the internet, you're answering emails, you're doing paperwork, you're maybe doing stressful things. It's so important for all of us to remember to shut all of that down about an hour. I'm so bad at that, I would work up until the very second I fell into bed, if I could. But I'm realizing that I just can't.

It's important to shut this stuff down and give your mind a break and a chance to calm down, and your whole body a chance to calm down. Maybe even put on a tape

where you listen to something that's going to calm you and entrain your brain. My husband is a HeartMath provider. He's big on brain entrainment and de-stressing. So that's a lesson that I have to remind myself of over and over and over again; and I think many people do. We have more things to do than hours in a day. Some of it's just going to have to wait, because it's so important to sleep and to sleep deeply.

Robyn: So the next thing, right along there with sleep, how about we talk about 'The Wrinkle Cleanse'? I'm in that 40-age-group where we really do discuss these issues at breakfast, lunch, or dinner, it doesn't really matter. So what's your formula for helping with wrinkles?

Cherie: Feeding the cells, cleansing them. I heard of a study, it was not published, by a professor that had chicken cells that she had kept alive for a long time, way past the life of the chicken. And kept them supple and young-looking by cleansing and feeding them really Sperry Nutrition. She went on vacation one time and left some students in charge who didn't do the job right and came back and her long-standing experiment looked wrecked. The cells had turned hardened and of course, we know the hardening of the cells is what causes wrinkles and causes people not to look young like they did.

She was about to throw out her experiment and decided maybe she would try one more time to revive them. So she decided that she would cleanse them every hour and feed them extra nutrition and just see if she could revive them and she did. She said she got them back to the exterior not looking hard and dried up and like they were dying. They looked supple and young again.

So cleansing, detoxification, juicing, taking breaks where we go on a seven-day liver cleanse or we go on a seven-day colon cleanse, or maybe we do the month-long total body internal cleanse where you hit all the systems. Great thing to do at least once a year, maybe twice a year. That really does help us, right down to the cellular level. Of course, travel is so hard on our skin. I go on a plane and I'm thinking, "Oh no," because they're very hard. So when we get home and back from our travel, extra water. I put apple cider vinegar in water, alkalize my body, drink extra juice, then have to do a cleanse, wash all that stuff out. Start over again.

Robyn: Start over again. Everybody on this call, you're so generous with your bonuses, a *Juice Off the Pounds* e-booklet, correct?

Cherie: Yes.

Robyn: Also *Juice Off the Pounds* workbook. Thank you so much. I'm wondering in closing here that you could just share the number one, based on this, you've been living, breathing this message for many, many years. What is your number one statement of self-care that you would like to leave with all the listeners here?

Cherie: Nothing tastes as great as good health. We are so tempted in this society, and I'm tempted too. You usually go to a family party or we go out to dinner with friends. We all have our favorite things from the past whether it's childhood or when we were younger and we could get away with a whole lot more. It is so hard sometimes to say, "I choose health and I choose life, rather than this momentary pleasure of a few minutes of enjoyment and then I'm going to feel crummy and it's just going to mess up my whole system." Sometimes we get in that rut of choosing that way too many times and spiral down into disease. Nothing tastes as great as good health. I leave you with that. Hope you choose wise every day, every meal.

Robyn: Thank you so much for spending this hour with all of us. We're so grateful. Again, if you would like to be part of Cherie's live day experience at Santa Fe Soul on February 2nd, please give us a call at 505-474-8555. Cherie, we look forward to being with you, can't wait.

Cherie: I look forward to it, too, and to seeing everybody who's coming. It will be a wonderful day.

Robyn: Thank you so much. For everyone, to find out more about our next steps and our next few speakers, www.JoinTheSelfCareRevolution.com and in one hour from now, we're going to be hearing from a self-care revolutionary and self-care champion who has completely shifted his life with a diagnosis of rheumatoid arthritis, his name is Ken Jaques, so please stay tuned. All of you have a fantastic day.

[End of Interview]

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AWAKEN THE HEALER WITHIN: A MESSAGE OF HOPE – INSPIRATION FOR EMOTIONAL AND PHYSICAL HEALING

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Robyn: Hello everyone, this is Robyn Benson and I want to welcome you to day 15 of the Self-Care Revolution. If this is your first time with us, the Self-Care Revolution is a 12-month series where we have monthly themes, this month being about thoughts and Buddhist medicine. Next month join us for Heart and Breath matters. It's also an opportunity for us to invite 60-70 guest speakers throughout the year to be with us to talk on various topics.

Also, it will be a time for each of you to engage with our 25 Self-Care coaches at Santa Fe Soul, simply go to SantaFeSoul.com. To find out more about the offerings for the series go to JoinTheSelfCareRevolution.com.

I've been practicing as a doctor of oriental medicine for the past 21 years and it's been an amazing experience. When I think about what's most important in terms of care and health, it's this whole issue around self-care. This is a time of incredible change, where we're experiencing epidemics from all kinds of diseases, from heart disease to diabetes. Collectively, when I think about all my colleagues from all areas of the world, we think this is a critical time that we practice self-care strategies now, more than ever before.

Today I'll be co-hosting with Kevin Snow.

Kevin: Hi. I'm an intuitive counselor and a self-care coach at Santa Fe Soul. I'm excited to hear Ken's story of his healing journey.

Robyn: So far we've had four expert speakers, the most recent being Cherie Calbom, and author of 21 books on juicing. She was inspiring and truly amazing. Today is our first time to introduce another Self-Care Revolutionary champion. Ken Jaques is here

to share his story of how he was diagnosed with what is called an autoimmune disease and how he has chosen self-care.

I want to give you a little background about how we met. Several months ago we were doing a course online together with a couple amazing people and we discovered one day that we shared the same birthday. We've been great friends ever since and even prior to connecting over our same birthday's is that he's a blogger and a writer. I was reading what he said because he obviously cares very much to see how we can reform and revise healthcare.

So I was impressed with all he's had to say about what he considers to be the solution, as well as hearing his personal story. Here we are today with Ken Jaques, where we'll hear him outline his ideas about disease and true healing. Today he's going to present his beliefs about what leads people to discomfort and dis-ease as well as his thoughts on how we can awaken the healer inside each of us, in order to put our bodies back into balance and in the position to heal itself.

Ken believes that we have a better idea of what makes us unwell than we realize, and he also believes that the answers to living a better life, now, are inside each of us. Healing is an inside job, a journey and the journey is the destination. Welcome, Ken, and thank you for being with us today.

Ken: Thank you Robyn, that was a very nice introduction.

Robyn: I think everyone is anticipating your story. Let's hear a little about your background.

Ken: In 2008, I was the old, just like you and me...everything great. I was a golfer, hockey player, baseball player and curler. I woke up one morning and couldn't go to the bathroom. My feet were incredibly sore and putting just one foot down was painful and you've had that, where you limp so badly because your foot is sore. Just imagine if it were both feet.

I went to the doctor and we went through the rigmarole, and I looked at the rheumatologist and she says you have RA (Rheumatoid Arthritis). It goes throughout the body. I would have it everyday, sometimes in both feet, sometimes both elbows. She said, "Here's a drug cocktail, chemotherapy drugs, you go on that and hopefully we'll be able to get things under control."

Then I went to a naturopath and we tried to work through things there, but the pain became so intense I couldn't do it anymore. I took the heavy-duty chemo drugs and things returned to nearly normal and then my hair started to fall out. My rheumatologist said I was the first person to ever lose their hair. I'm sorry. That didn't resonate with me. So let's fast forward to a little while later when I met another intuitive healer, a vibrational energy healer. In one session I had tailbone pain go away that I had had for years and it's never come back.

That was weird to me but made me think about what was going on, because if something like that can be done with our thoughts, and I'd been living my life this way, then there is much more to be done with thoughts. That's about the time I started my healing journey and I've learned so much along the way.

Kevin: Let's play off thoughts. Share with us a little about how you have worked with your thoughts and how that has tapped you into the passion you talk about and how that is critical to your journey.

Ken: It's interesting...when I was going through some of the early healing I was introduced to a naturopath, who has MS (Multiple Sclerosis). We've talked a lot about finding the root cause of illness and disease and we got to the point where we were actually laughing because in today's medical system we don't have that discussion. We talk about: here's what it is, here's all we know and here are the drugs that will make you better. And hopefully they help you improve.

Nobody takes the time to look at the root causes. MS and Rheumatoid Arthritis are both autoimmune diseases and Terry and I started talking a lot, and there's a book by Dr. Gabor Matte, "When the Body Says No". I read the chapter in the book about Rheumatoid Arthritis and the link between many people that have RA, who also have experienced one or both parents leaving, either physically or emotionally at a very young age.

When you experience a disease like this, it seems like you've spent your entire life thinking "I have to do this by myself because nobody is going to help me." You often find yourself with abandonment type thoughts and ideas like "I'm supposed to be sick and don't deserve any better than this." These thoughts build up in our heads and my theory, which I believe very strongly, is if we're emotionally beating ourselves up for so long, eventually the body says "Okay, let me help you. If you're going to beat yourself up emotionally than let me turn that into something physical."

So I've talked to a lot of people about that and some say that's "out there and woo-woo," but I can't get past the fact that this has happened with so many people I know. If you ask someone with RA what their story is, you just might hear some of the same history I have.

Kevin: I have to definitely agree on that.

Ken: These thoughts that we have, we don't even know that we have them. Nobody consciously walks around saying "oh no, I'm unlovable." Everybody realizes that that's a crazy thought, yet subconsciously it's in our programming. So I believe those thoughts have a far bigger impact on making us unwell. And other stresses can impact us as well, like if you're in a job that's sucking the life out of you or you're in a relationship that's killing you. If these thoughts are persistent and go on for a long period of time, my belief is they start to have a dramatic effect on what is going to show up with our physical bodies.

Kevin: That leads into what you talk about, regarding living a better life, now, regardless of your diagnosis. Can you share a little more about that?

Ken: Sure. It's funny; I love the word balance. It's something I've been drawn to for a long time. I look at life very much like a swimming pool. You all know that when you have a swimming pool, you're out in the backyard and it looks beautiful, so you don't think anything of it. Then you wake up one morning and it's green. That didn't get green overnight, you've been adding crap to it all along, but with a swimming pool if you clean the filters, shock the pool and bring things back into balance, it's fine again.

I think it's similar with the human body. My belief is that one of the first things you want to do is improve your diet. I've worked a lot on shifting to a healthier diet. I juice and do smoothies a lot. But there are so many people that have a perfect diet, smoothies and the whole nine yards, yet they still get sick. To me the point about balance is, yes you have to have a better diet. Yes, you need to do as much exercise as you can. You also need to improve your sleep habits as best you can.

If you get so anal about those things and you're driving yourself crazy to the point where you freak out when... "Oh, I didn't have my banana today." Or "Oh-oh, I had a chicken wing." Those thoughts are going the other way and even with all the good you're doing, you start to take things out of balance.

I'd like to highlight a couple of things. Somebody told me this phrase a long time ago, they said, "The answers are all inside of you." It's like, okay that's good, so who's

going to open me up and point the flashlight to tell me what the answers are? I've learned how to ask myself questions and then give myself answers. The point for the listeners/readers is that these are the answers that are the best for me. Each of you have this ability, and you'd be surprised at how easy I think this is, because it just came to me. Some things may work better for others, but I'll go to the computer, ask myself a question, and then start writing. I don't question it. Any thought that comes to mind, I write it down.

I might go for two minutes or five minutes, but I don't question anything. I just keep writing. I look back and I say "Oh my gosh, there it is. That's the answer. That's exactly what I was looking for." So again, this is one of those things where, if you'd have told me to do this I would think you sound a little nuts; but the more I do it the more I find the answers really do come right out to me.

So I meditate regularly, journal regularly and play. Playing or having something you like to do, so that you're not always an all work and no play kind of guy. Being part of a community is a very big thing for me, and getting involved and not allowing yourself to get into any kind of lonely states. The balance of all these things together are the things I've found that work for me.

When I've shared these ideas with people, you can see the "Oh yeah, that makes sense" thought go off in their head.

Robyn: Tell us a little more about your background. How old were you when you were diagnosed with rheumatoid arthritis?

Ken: It was 2008, so I was 48.

Robyn: To go a little deeper with you and with your thought process. When you think back along your history, what could have contributed, besides your thoughts, to this whole diagnosis?

Ken: I was one of those people where my parents separated when I was young. There were four boys and I was one that went into the mother mode. I think that was far more of a contributor than I ever realized. What mothers tend to do is to look after other people first. They always put their kids first, as well as other family members. They don't often take time to take care of themselves because they're so busy being givers that they forget to put themselves first.

At a very young age, 12 years old, I was put into a mother role. The showing of emotions and things like that isn't something I ever learned. Then somewhere around 2006 I didn't know what I was going to do with my life. I had been part of a successful IT company. We had done well financially and things were going well, but I was literally sitting in the basement saying, "This is crazy; if I don't figure out what I'm going to do I'll end up sick." Of course, I wish I'd never said that but it was one of those crazy thoughts I had when I wasn't moving forward. I was stuck in a rut, so to speak. I felt that I wasn't doing anything with my life. So at 46, that's not where I would recommend anyone to be, whether you're financially stable or not. If you feel that you're not doing anything with your life, than you're starting to get a bit out of balance. That was a big contributor for me.

Robyn: The previous speaker, Cherie, the juice lady, was talking about an alkaline diet. American food is very acidic in nature, which causes the body to break down. She also related the idea of "acidic thoughts" and how that equally degrades the landscape of health in our body. It's interesting you brought that up, in that you had that big responsibility at such a young age, and then you go into a field that you don't really love.

As I understand it, you're still going through that transition of letting go of the IT world and bringing in your true passion. Tell me a little about this transition and how you've weathered it, putting one foot in front of the other to keep moving towards your next step, when this has been your comfort zone and financial stability.

Ken: I've had people suggest to me to never use the phrase, "the hardest thing," and things like that, because you're starting to put out the thought that it's very hard. The irony of this is that the IT business was one of the most beautiful businesses that we had. You would go to work everyday and do your best job, and business would show up. We were very good at what we did. People knew who we were, and they found our company and business just kept coming in which made things very easy.

What happened is that by about 2003 or 2004, that business became very difficult; customers started looking for the cheapest price; even if you were the best at what you did, they wanted the cheapest price. So we've been in a fairly long, downward spiral of a commodity-based type of business. It's become harder and harder and nothing is coming easy. I've been pushing back, saying we were good before and we can be good again.

It's been a slippery slope. So, we're at the point now where some of the IT business isn't coming in as easily and effectively. I'm at the point of saying "You have so much

passion around this, and are helping people to heal. It's time for you to step out and figure out what this is, and turn it into something that you can use to bring abundance into your life in whatever form that it takes on."

People want to hear this message. There's so much, as you said, dis-ease and discomfort. I think people can be made aware that there are far more contributors that they actually can control and take care of, and I think that people just want to hear this message. I really believe we can turn the number of cases of disease and discomfort around. It's very much a journey and a transformation. I'm in the middle of it and loving it! I never would have met you, Robyn, if I hadn't started this transformation.

The people that I have met along the way have truly been an inspiration to me to keep going and to get out there and make a difference. I'll let you know when I have it all solved; I'm still in the middle of it.

Robyn: It's the journey of life.

Ken: There's one quick point I want to jump in on. When I get talking to people and we talk about thinking positive thoughts versus thinking negative thoughts, and I hope people will take this away, we are so trained now to improve our lives by thinking positive thoughts that sometimes we suppress the emotions that we have. So, you're driving down the street, this guy cuts you off and almost puts you into the curb. So you try to be positive and think, "Oh, he must just be having a bad day." No, scream and do whatever you need to do to express those feelings. Then, let it go, and realize that there's no sense in letting it affect you anymore. To me, those suppressed emotions, is one of the biggest things that can lead us to not being well. It's important that we feel and speak our truth.

Everybody else says we're supposed to be happy, we're supposed to think positive thoughts, so we will...and I cry "B.S.!" You're supposed to let that thought happen and then make your best choice. It's a subtle difference, but for me it's been huge, because I'm always afraid of saying what's on my mind because somebody might not like me or they might think I'm crazy if I put a woo-woo thought out there. It's like...really, really?

Kevin: That's excellent. I do think that's such an important message and with this idea, you're giving people permission to express their emotions...and maybe even especially men to express their emotions in a healthier way. I can hear that in what

you're saying. Can you expand on that further by sharing some exercises that you might do?

Ken: I have this thing in the back of my mind by giving myself a set of principles and the one principle that I scream to myself is, speak your authentic truth. Every one of those words is so important.

Speak– don't suppress regardless of what the thought is, do speak it.

Your – is so important because so many of us will stand out there saying I bet he's thinking this, and I'm going to agree with everyone because I don't want to be the dissenting voice.

Authentic– simply being true to yourself.

Truth – simply is what it is.

There's a great quote: "If you're never unauthentic you don't have to remember what you said."

There are so many sayings, like "The truth will set you free," etc. To me, we get caught up. What's wrong with saying to someone "I've never actually had that question and I don't even know what my thoughts are." The first thought that comes to mind is? And you let it go, and who cares if you end up changing your thought two minutes down the road because you got a bit more information?

Many people will say I don't know, or they'll just start talking because they've heard somebody else say something, and they haven't even established what their own truth is. It is funny that you mention the men part. I have met a lot of women on this journey that are going through transformation from that perspective, but men have been much slower. Men might think "Oh yeah, no, that sounds crazy. I'm not going down that path. I can't share my thoughts with people." It's time for men to start stepping into their truth, just as much as women are.

Kevin: I totally agree. It's a message that needs to get out there from a self-care standpoint as well.

Robyn: Where do you think you'd be right now if you hadn't chosen self-care, if you kept going down the path of taking all the drugs, etc?

Ken: That's an excellent question, Robyn, because I think that's what a lot of people do. If you think about it, at first, I'm a very active guy...and then, I can't do anything. My friends are different. I go on the drugs so I can't have a beer. There are so many things that are different about me; I've become a totally different person. So with the drugs I start getting better and now I can do everything.

I choose to stay off, I don't have a beer with them but I can do anything I want. If I hadn't known any better and hadn't chosen self-care, physically I would have looked good but what I wouldn't have realized is how much the medication was beating my body up on the inside. In so many ways I've used the phrase "I'm blessed to have been diagnosed." I'm even more blessed that my hair fell out, because if it hadn't, I never would've asked another question and would have continued down that path.

I wouldn't be on any journey. I wouldn't be doing anything to figure things out. I still would have the same issues going on in my life and yet I would have been masking the problem and thinking "This is great, I can do everything, I don't have to worry about anything." There were two really good wakeup calls for me. I wouldn't be having this discussion. I'd probably be golfing and on the financial side of things, who knows?

I don't know if that answers your questions or not. The things that I have learned about myself have given me the ability to look at others and ask a simple question to get them thinking about what's going on inside themselves. I can sometimes actually hear in people's conversation, in their words, I can almost hear their thoughts from a perspective of feeling their energy shift. I can identify the guy or gal whose job is killing this guy or gal.

I've just learned so much along the way and I love helping people move forward and improve their health, their life and anything I can do to help with that. I'm blessed to be there. By the way, if you can help me figure out where the financial side on that is, it would be great. Anyway, I'm sending out the message of abundance to the world.

Kevin: Excellent. Awesome! I liked your comment earlier about the fact that your body communicates with you and you shared a little of that. Can you help people tune in to that?

Ken: I don't really know your audience, but one of the things for me was to start understanding the concept of the chakras. I won't preach, but generally speaking, if you think of the rainbow we have the seven chakras– red, orange, yellow, green, blue,

indigo, and violet— going from the root chakra to the crown. If anybody doesn't understand that, I would suggest looking it up, otherwise I'll take all day on this call.

A lot of people will get issues in their high shoulders or in their throat. Maybe they always have a cough or a tickle, which is associated with the throat chakra. Whenever somebody does that around me, I look at them and ask what they're hiding, what do they want to tell me that they're not going to tell me or is there something that you're just not going to tell the world.

There's a lot of scientific evidence behind this regarding our thoughts and feelings and how they are linked to these diseases, or illnesses. are linked to thoughts and feelings. For example, if you're starting to get a headache in the area of your eyes, than what's going on? What are you not seeing? There's something that's trying to give you a message. You're missing it and you're getting a headache.

Often times, that could be something about a job that's stressing you out. Your body is talking to you and giving you a headache. If you stop and listen than you can start to understand then why you may be getting a headache? You might ask yourself "What's going on right now that's giving me a headache?" The body communicates that. It will give you a sore throat, or even heartache. If you have a broken heart, you could be in a relationship that you're starting to have trouble with and it could show up in chest pain. So, in a way, it is literally a broken heart.

There are so many things that your body can tell you. If you stop and listen, you can actually feel the sensations. Those are obvious, headache, throat, etc. Your body is trying to give you a message. If you stop and listen and look at what that is, what the root cause of your dis-ease is, you can already start to deal with the issues. It may never manifest into anything bigger, but if you don't pay attention, and you keep those thoughts going for several years then you'll be starting to manifest other things.

Kevin: That's great. I think that's a great example of the mind/body/spirit connection. Needless to say, addressing these different facets of ourselves is an important part of self care.

Ken: Absolutely. I choose to believe with the reading I've done, and come to understand is that what we see in the physical is the last place it shows up. The first place it shows up is in our thoughts and our beliefs and at that point if we can recognize it than we have a lot more ability to deal with it. It's a whisper then; our body whispers to us and says, "I'm trying to tell you something."

Robyn: Time to course correct.

Ken: Exactly. If you listen to the whisper you can do the correction, but all of a sudden it can become a scream. You better start to listen to it then, or else there's more on the way.

Kevin: Do you have any suggestions on things you have found useful in the realm of spiritual practice?

Ken: There are a few things that I do from that perspective. I, myself, have become a very spiritual man but there are some people that haven't quite started that journey. The message still applies, whether you've gone down that spiritual path or not.

I will do a gratitude list. I may choose to write it but usually go through it in my head just before I got to bed. What am I grateful for? What are the things that came up today that I'm so grateful for? Obviously, things like family will be there quite regularly. Small acts of kindness can make a difference in your life... maybe you held the door open for somebody or maybe somebody held the door open for you. Again, there is scientific evidence behind this, but who cares, it makes you feel better. You start thinking about the good things that are going on in your life, you're not stuck in that spot of "Oh, I had a crappy day. I can't believe this happened at work and so on. So a gratitude list is a huge one that I do daily.

I also like to do a forgiveness list. There are all kinds of thoughts on forgiveness. You may not forgive the sin but you can forgive the sinner. You may not be able to totally let that thought go, but you can choose to decide whether that thought is going to stay with you, so in effect, your outlook on that person, for the rest of your life.

I do some form of meditation. This is something that sometimes intimidates people. I meditate standing in the kitchen where I'm doing the dishes and I literally say "Okay, I'm picking up the knife, washing the knife, okay, yes there's an extra spot," and I'm so conscious about what it is I'm doing that I'm in the present. To me, when anybody asks me about meditation, for me, I say it is whatever you can do to get yourself into the present moment. You aren't living in the past or the future, but just in the moment. That, to me, really helps.

What that does for the body is that it allows the body to come back into balance. Again, there's more and more evidence documenting that this is something that helps the body return to a position of healing, which is what it wants to do. You're not in flight or fight, like thinking "Oh my gosh, what am I going to do tomorrow?" and

you're going a hundred miles an hour. It's just a chance to pause, which has a massive impact on the body, supporting it to come back to a position of being able to heal.

Kevin: I totally agree with that because I'm into meditation, myself, and the way you explained it is excellent. You're just making this a simple process to make it less intimidating for people. One of the things I read in one of your blogs is that you advocate being the captain of your healthcare team, or as I would say self-care team. Can you share a little about how you created this team and who's on the team?

Ken: There's a funny story. Go back to the day I knew I was sick and walked into my doctor's office. I had already been down the path to try and work things out with my naturopath. I looked at my rheumatologist and said, "Does diet have any impact on this?" She looked me straight in the eyes and said, "No." At the time, that's what I was told. Now, I'm personal friends with people that were diagnosed with MS and no longer have it, after changing their diet. I've seen a speaker diagnosed with diabetes, who changed his diet to raw, wild grains, etc. and the disease is totally gone.

Robyn: How deep have you gone in that exploration? I know you've made radical changes in your diet, but have you gone that extreme? Have you really looked at that for you?

Ken: I have. I know a lot about some of the foods but sometimes if I'm talking to somebody about this, my wife looks at me and says things like "You're having a beer, aren't you going against what you preach?" Then I would reply "No, the point is, I preach balance." But I do have a juice and make sure there's a healthy serving of vegetables in virtually every meal, but if I go have chicken wings and beer with the guys, I'm not coming home and saying I'm going to be sorry tomorrow. To me, that's the big part. I've seen so many people heal themselves by the choices of foods and this is something I just said to someone the other day. I looked at that person and said, I am not going to argue with you, but the one great thing you did, that you may not even realize, is that's the day you chose to take care of yourself. That thought of "I'm taking care of myself, is quickly translated into you're only doing it with food, but the point is that you made a choice, right then and there, to change how you looked at yourself and you were moving forward.

That's the story of the healthy side in changing things that you're eating. I always tell people to start with diet. The other side of it, and you've heard our colleague Lisa Rankin talk about people in California who are way ahead of us, with perfect diet, juicing and smoothies and they have all the probiotics and this and that, yet they

walk in and they're sick. What's going on? To me there was a lot more to it and that's where the thoughts really started to come into play.

Bad relationships, bad job, there are so many possible things that are weighing in. I am much better with my food but more than anything I refuse to beat myself up. I've been doing that for 30 years, so I don't need to do it anymore for eating chicken wings and beer. I'm over it.

Robyn: Have you gone the extra step to identify with any of your team that you do have gluten intolerance or are allergic to dairy? Have you really found that out?

Ken: That's a good question, and the answer is no.

Robyn: When I think about my 21 years of practice, one of the number one things that I do right away is make sure to do a blood test. We can do a simple prick test, in-house. We send it out and it's great information. If someone is highly allergic to dairy or wheat, it will show it. It might show up as an allergy to cucumbers, but usually it's not just one offending food. I think it's a great thing for people to at least know. They can do whatever they want with the information. However, it may be creating havoc in the body. It's incredible what I've seen, especially with children.

Almost every child that comes in with a rash, eczema, headaches, abdominal distention, I do a food test and sure enough there's something very obvious. That's something you might want to consider. Again, if it's right there, it's hard to ignore that. The other thing to consider from a medical standpoint is that with a lot of different types of arthritis, there is the possibility of parasites and other microbes, or yeast and fungal overgrowth. I'm curious in your journey, if you have worked with anybody in that realm with those specialties.

Ken: The answer is no. It's funny and I am going to share a couple stories. I remember saying to someone about a week ago, that they should think about eliminating some of the things in their diet and so they should go and be tested for food allergies, etc. So here I am preaching it to people because I think that might be a wakeup call for them and really, I should go do that myself.

Here's another story relating to what you just talked about, regarding the different causes and associations with arthritis. I went to see an intuitive at one point. I didn't know what I was doing. I walked in and she looked at me and said, "Why am I getting "Monaco?" What happened in Monaco? You were bitten by a parasite, and it's okay... it's in remission. Does that sound familiar?" What I'm saying is that whether that's

crazy or not, there's a message in it. There are a lot of different things that can cause our bodies to go into inflammatory states. I never went any further with that one because she almost encouraged me not to; but it was interesting what she said. Often, the current healthcare system won't even look at those kinds of things. They'll say "Here's what you have; here's your diagnosis and the box you fit in. Here's how we treat it. They aren't going after the root cause.

My belief and passion in this journey is that, at least we need to ask and be aware that there is so much more to know about illness. There are so many other people that have different types of practices. There might be something there and the answer could be staring us right in the face. However, we might go straight to the physician saying, "Here are your drugs. Take those and you'll be as fine as you're going to be."

Robyn: That's what is so exciting about our self-care coaches and practitioners here at Santa Fe Soul. We have 25 with 40+ different services. When I think about this particular issue, it brings to mind that we have a woman who does live blood cell analysis, where she takes a bit of your blood and can see if there's yeast, heavy metals or high levels of mercury. You can see these things, as well as microbes in the blood.

She also does a form of biofeedback called the "Skio", which is quite illuminating. So when I'm having difficulty helping a client, it's great when you have people to refer to. We also have two medical doctors that are very integrative in their approach. One is a pain specialist and the other is a cardiologist. So it's been helpful to refer to these other practitioners so we can help people get to the root of their symptoms. The symptoms are showing us that there's something out of balance and the body wants homeostasis. It's always trying to find balance.

It's important to identify what that is, whether it's a parasite, yeast, etc. So you look at the cellular level of what's happening and then also, we have all kinds of practitioners that are working with the body/mind/spirit aspect of it, as well.

Ken: Your group has always fascinated me from that perspective alone. You're helping me understand more about it, from that whole concept of, maybe we can't know everything, but let's take advantage of what we *can* do. Wouldn't it be awesome if there were centers like yours all over the place, that were using some of those tests early on to start to figure out things that are truly affecting the physical part, and then at the same time, let's start to understand what's affecting the emotional and spiritual side of things. That's awesome! I need to get down there and visit you.

Robyn: We welcome you to come and visit.

Ken: It's an entirely new way to look at things. I love what you're doing. It's this type of thing that is the solution to healing the healthcare system. I think I remember the question... the whole captain and commander thing, a lot of people know a lot about the physical body, but they don't know what's going on at the mental/emotional/spiritual level. Those are also areas where you want to take charge.

You all are giving your clients the ability to go through the tests and figure out a lot of the things, at a lot of different levels, than are normally provided. Normally in the healthcare system you have 3 to 6 minutes with a doctor and they won't go down the path of ordering all the tests and then you just take their advice. You could say, "Hold on doctor I have another question. What about diet? Hold on doctor... what about allergies? What about parasites?" That's the point of being the captain and the commander. You don't know more than they do about the actual physical body, but you do know that there are other things you can ask them to try in order to get a sense of what's going on.

Kevin: That leads into the big question. Tell us more about your big dream for yourself and for humanity.

Ken: I don't know which blogs you've read, but for the longest time I've been standing up and saying, "Let's help eradicate dis-ease! That sounds so much like what we hear about fighting cancer. But all you're really doing is raising awareness.

I'm so sympathetic because I have many friends with cancer and the whole bit, and it's terrible. But let's stop fighting it and instead start raising awareness. I think we can raise awareness of other approaches to healing. We're bringing new ideas into people's thoughts and I believe that somewhere down the road we're going to say "Oh yeah, remember when we used to do that...we know better now."

Robyn: It's like playing with mercury right?

Ken: Yes. I don't use the phrase eradicate dis-ease anymore, but I will use the phrase like "awaken the healer within." I see community. My big dream is roughly the same, but there's a community where we all support each other. We help each other by saying things like "Have you seen what they're doing with parasites and the link between parasites and arthritis? By the way, let's do something together; let's build something better together. Being part of something like that and just bringing this awareness to the world is my dream. The side effect will be that we do eradicate dis-ease.

Maybe it would be a side effect that says, “Have you notice we used to say one in nine women get breast cancer.” And now we say it’s one in six and we’re on the right path. Or “Have you noticed there’s a lot less people with arthritis or lupus?” ... Or something like that? We start to raise attention to the positives of living a better life, learning to pay attention to our bodies, of learning to live in the moment, of learning to relax and not always be in fight or flight mode. Then we’ll start seeing a massive difference. I want us to end up telling this to whoever wants to listen.

Robyn: You have some very strong lines that could be part of our theme song for the Self-Care Revolution.

Ken: I love your song.

Robyn: We are so grateful to Harold Payne. That’s just the beginning of a song that he’s writing for the Self-Care Revolution. We’re grateful to Harold and many others. It’s incredible how contagious this has been, because people so relate to this mission. They relate to where we’re going with all of this. To hear you share your story today is so helpful for all of us. It helps us just to put one foot in front of the other.

We can get a diagnosis any day. Right now cancer is still common in the 30 age group, so how can we, as you say, be aware and be active, living the solution through self-care, and how can we get this message out further.

Ken, you have been so wonderful and generous with your sharing today. I know we’ll stay connected. I want to have us close with you telling people about your messenger summit. Tell the listeners how we can support you in getting this bigger message out more to the world.

Ken: Thank you for asking. There’s a program called “Are You A Messenger?” If you go to AreYouAMessenger.com, it will show a list of speakers in order and I’m only about halfway finished. This was me madly pulling together a video, a fireside chat where I stand up and talk about us knowing what’s making us sick. Now, we have a better idea of how to make ourselves well. Here is some inspiration for you to do so.

It’s less than 10 minutes and I would love it if the listeners would take the time to listen, give a vote or comment, if it resonates with you. I believe this will help someone you’re close to. They may just be starting down this path and they can help to heal themselves. So I’d love to have people sharing the video and getting votes. There are 100 people signed up to be in the program and 10 will be selected to create a

movie. I'd love to see my mug behind a camera and being able to tell my story in order to help people as much as I can.

Robyn: Thank you so much. I watched the video, it was great!

Ken: I think I have a few things to learn about making a video, it was put together quickly, but I'm learning a lot about the technology along the way.

Robyn: Your book is coming out as well.

Ken: There's a book in there, and you'll be the first to know.

Robyn: Thank you.

Kevin: Ken I'm grateful to be on this call with you. I'm very inspired by your story and to go back to something you said earlier, I am very grateful that you're willing to speak your authentic truth. I'm sure our listeners and readers are just as grateful. Thank you.

Ken: Thank you.

Robyn: Take care, and have a good rest of your day. We're here to support you, and thank you again for sharing your message with all of us.

[End of interview]

MICHAEL D. MCKENZIE

MD, FAAP

LEE MCKENZIE

RN, MSN, MA

CHILDREN AND DIABETES

[These statements have not been evaluated by the Food and Drug Administration. The information on this audiocast is not intended to diagnose, treat, cure, or prevent any disease.]

Michael: Hi, it's Michael and Lee McKenzie.

Robyn: Hi Michael, hi Lee.

Lee: Hi.

Robyn: Hello, everyone, we're so excited to have you here with us today. We know that we've got quite a few visitors. This is day 22 of the Self-Care Revolution. My name is Robyn Benson and I've been practicing as a Doctor of Oriental Medicine for the past 21 years. Today, I have two people sharing this stage with me, with Michael and Lee McKenzie. Kevin?

Kevin: Kevin Snow, a Self-Care Coach and intuitive counselor.

Harmony: I'm Harmony West. I'm also a Self-Care Coach and I'm an early childhood educator. I help families raise healthy children, and I help children become healthy adults.

Robyn: Thank you so much for being here. Harmony is quite well known in the Santa Fe community, and we're just so grateful to have you here to be part of this call. Just to give many of you that are new to this, if this is your first call with us, the Self-Care Revolution is a 12-month self-care series, and this first month, we're focusing on Thoughts and Food as Medicine. For many of you, I know, are parents listening today, that we decided in this month, we really wanted to bring in a couple of experts who have literally 30+ years of joined experience working with families day to day, working with children. So I am very, very excited to introduce to you Dr. Michael McKenzie and Lee McKenzie.

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Dr. Michael McKenzie's a board-certified pediatrician and Lee is a pediatric nurse and developmental psychologist. Together, they combine their many years of knowledge and experience to help moms, dads, and children live in a more satisfying family life. They've been married since 1983. Michael and Lee make their home in Sherborn, Massachusetts and share the pleasure of their three grown children, a fantastic son-in-law and a gorgeous new granddaughter. How exciting! Well thank you for being here with us today.

Michael: Thank you.

Lee: Thank you for having us. We're very excited about your mission to promote self-care to as many people who will tune in and then have their friends tune in.

Robyn: Thank you. Gosh, we share this vision, so many of us do. You know honestly, for people who really are, again, new to the Self-Care Revolution, our true vision-mission is to help save millions of lives by helping people educate themselves in simple self-care strategies that they can do day to day, which can not only prevent disease but also reverse them. Anyway, we're so excited to have you here with us today. So we want to start with the question, I think we decided that the most important question we want to hear from you is how did you get into, Dr. McKenzie, becoming a pediatrician and then Lee, I'd love to hear your story, too.

Lee: Excellent.

Michael: Thank you, Robyn and Kevin and Harmony. It's great to meet you online. Hopefully, we will be having more to do with each other as time goes on.

Kevin: Excellent.

Robyn: Yes. This is just the beginning.

Michael: For the audience, I probably sound like I have a bit of an accent. I'm originally from New Zealand. I grew up, went to medical school in New Zealand, I had wanted to be a physician from about the age of 11. Managed to make that work, went to medical school. My desire was always to work with children. I had an epiphany in my 2nd year of medical school in a behavioral science class taught by an amazing American professor, that the best time to work with children and to optimize their development was in the early years, namely infant and early childhood. If I had stayed in New Zealand, I would have been a family practitioner, not a pediatrician, because the New Zealand system is that family physicians have

most of the contact with families, and pediatricians are hospital-based specialists.

But I had the advantage of coming to, originally, Canada. In Canada, I heard a pediatrician by the name of T. Berry Brazelton speak. I was fortunate enough to be able to come to Boston to do a fellowship with him in early child development, zero to three. Great training that Lee and I actually shared, she did the same thing, as she will tell you. Then I worked with him part-time teaching for five years around the country, teaching parents and audiences about young children and child development. I also went into primary care pediatrics, which is what I've been doing since 1985. Over the years, I also was lucky enough to do a Master of Science at the Harvard School of Public Health in Maternal Child Health, which had given me a population approach to health care.

This is going to sound weird, but I basically spent the last 20-some years looking in the wrong place in order to give the best that I can to families. And that wrong place was the western illness care system that we have. But the reason I chose it was because it gave me access to families. The upside is that I've had the opportunity to develop systems and ways of talking with families about how they can better look after their children and not have to need the illness care system. The current changes that we're seeing, both politically, economically, and just the complete overwhelm that our illness care system is in, is giving Lee and I the impetus to take this out of traditional insurance-based medical care and into a broader noninsurance-based community, which is one of the reasons why we're so excited to be working with you.

So that's my story. It starts the passion for children and that arena and getting them off to the right start, is a long constant theme. It's now coming to fruition.

Robyn: Yay.

Lee: My story is, I started my university experiences in nursing school. One of the courses that I took clinically was pediatric nursing. I thought it was fun, it was great working with children and parents. But I didn't think I had a gift for it. It just seemed like it was easy and fun and fulfilling, until I had an evaluation from my professor who gave me the highest clinical rating that they gave at the school. She said, "You have a gift for this." It was the first time that I realized that something that you have a calling for can just be fun, it doesn't have to feel like work. So I took that to heart and really pursued pediatrics as my focus in nursing. I did a pediatric nurse practitioner course to really understand the nuances of physical medicine and preventive medicine, which our program at the University of Alabama really focused on.

Through the years, taught nursing at several different universities, one of which was the University of British Columbia in British Columbia, Canada, which is where Michael and I first crossed paths. When we met, it was a true meeting of the minds. We both realized that we had a passion for looking at young children and young families as a way to start life and help people build a foundation. We also realized how much we loved working together and really spurring each other on with ideas and ways of going about our work world.

As Michael said, we eventually came to Boston for him to do a fellowship with T. Berry Brazelton. I was invited as the first nurse to do a fellowship one year later, so Michael and I overlapped by a year. But that training in the zero to three-age range really gave us a wonderful, unfolding understanding of babies and what they have to offer and how, if you work with young families, you can really set the stage for what will feel like a rich life for families and a connected life. That's really what we've tried to do with our work. Now, 30 years later, we're still loving what we're doing. We run a pediatric medical practice, but I think a very different one. We focus a lot on behavioral and developmental pediatrics in addition to the physical medicine illness care. But we also work with families a lot around wellness and how you can be better every single day and really try to buffer against the challenges and the stress events of life.

Robyn: Wow.

Harmony: This is Harmony. So I, like you, also have children that are in my 30's and I'm an early childhood educator. I'm interested in hearing what you have to say about what has changed in the last 30 years? I know that's a huge question.

Lee: What a great question, Harmony, because so many things have changed.

Michael: When we had children back in the early 80's, late 70's, especially when we were in training doing child development with T. Berry Brazelton, there was a lot of discussion about flashcards and early childhood. It was the era when...

Lee: The Better Baby Institute started.

Michael: ...the Better Baby Institute, the Head Start was showing that it could improve some of the school performances for disadvantaged children. I remember at the time thinking that a whole lot of stuff that was coming out in the middle class was because they didn't want those people to catch up.

Lee: It was very controversial back in the early 80's when we were in training.

Michael: But now, when I look back and we thought that it was complicated then, it is just unbelievable complicated now, to be a parent, to do this in a sane, simple way. Personally, I think, the way I put it, I've been practicing the same area of the western suburbs of Boston probably since 1985. I often talk with families about the fact that the box describing normal over that 30 years has gotten smaller and smaller and smaller so that more and more children, if they're not fitting inside the normal box, have to be called something. You get all of the three-letter acronyms. You get all of that sort of stuff from the education and the illness care system that we live in. But I also think that young parents are just bedeviled by too much unfiltered information leading to overwhelming anxiety, and it's debilitating them in their attempts to be parents.

Lee: Yes, I think one of the things, Harmony you'll probably remember back in the mid-80's, there was a lot of excitement with Berry Brazelton, he was seen as the new Spock. So we got a front-row seat to a changing way of looking at children, that newborns had much more of a capable communication than we had ever thought before. Bonding and attachment theory was absolutely taking off. I mean Attachment theory wasn't brand new in the 80's, but it really hit home with people. The building of relationships was key. It was a time when there was a lot of discussion about working mothers. So the balance of work/family life and the notion of supermoms was in vogue back in the mid-80's. What we were seeing was families struggling to make it all work and a real diligence, I think, to create very good daycares and support women in working. But again, it was fairly controversial back then.

Skip 30 years later, having two-parent homes is not the norm nowadays, it was back then. Dual working parents in a two-parent home or single parents working is now the norm. It wasn't so much back then. We're entering new territory. But there was, I think, a lot more flexibility allowed parents in the way that they parented. Nowadays, we're seeing much more rigid recommendations and Internet blogs really tailoring discussions to, "You must do it this way, or else."

As Robyn said, we have a new grandbaby who is going to be five months old tomorrow, so great age. But our daughter and son-in-law call us all the time to help them filter all of the information they see on the Internet. One of the things that our daughter says every time she reads a new blog and she tries to make herself educated is, "Oh this one says you have to do X this way and that one says you have to do X that way. What's right?" So we spend a lot of our time both with our own child who's got a child and with the families in our medical practice saying, "There's a lot of ways to be

a parent. There's flexibility, the boundaries aren't so tight, listen to your gut. Watch your child, read the cues." I think we've, in many ways, gotten away from really connecting with each other in families and figuring out who each other is and what each other's way of being in the world is. We spend almost all of our time trying to help people anchor back to that notion.

Robyn: So, yes, lots of changes in the last 30 years. Can you talk a little bit about the increase in autism, allergies, asthma, and diabetes, just to name a few? What's your whole impression about that and how people can prevent that from happening with their children?

Michael: I think this is that whole spectrum of things. There's actually, I don't know how big a community, but a fairly sizable community of nutritionists and some medical practitioners, especially in the DAN world, Defeat Autism Now doctors, that there is actually a continuity between allergies and asthma and ADD, Asperger's, autism, all of the A's as it turns out. I personally, I don't have science for this, but my personal belief is that the only thing that has increased at the same rate and the same inexorable way as the rate of those diagnoses in children has been two things, the ever increasing processing of our food. Actually, three things, the processing of our food—the decline in quality of our food, and the increasing role of chemicals in our environment—in everything from sunscreen to shampoo to food additives. All of the chemicals that are allowed to be used in the production of human food that nobody knows about. It just that....

Lee: And let me just throw in your fourth favorite one, is increased stress.

Michael: Right. And I think that those four things, I don't think anybody understands exactly why we're seeing so much increase in autism. There's some very, very interesting work coming out looking at epigenetics and the effect of pregnancy, the role of the transmission of altered gene sequencing, gene switching that is actually able to come down. They've shown that there's some epigenetic phenomena demonstrated, that there's actually some contribution from the father, from the sperm, which is a very new idea, because it was always thought that it must be the mother's because of their intrauterine environment. But I don't think we have a handle on it except that we are doing more of all of these things and none of them are helping us, because we are moving further and further away from what really roots us to this planet and this universe, which is the earth, the food, and a simple way of life.

Robyn: Exactly.

Harmony: And as part of the Self-Care Revolution, we're really focusing this month on food as medicine. What would you tell our parents they should really be feeding their children so their children will be really strong?

Michael: It's such a critical thing. One of the questions we get through is, the framework that we have, one of the four pillars is nutrition. I start in everyday practice, we obviously recommend breastfeeding if people can. Although, I'll be honest and say we don't get hung up on it. It's a means of nutrition, it's optimal, but there are lots of reasons why it doesn't work.

Lee: For some people.

Michael: ...for some people, so that we've got infant formula. But where it really begins is when we're starting to begin to introduce solid food and teaching children how to eat well through these early years. We start with basic premise of fruits, vegetables. More and more parents, interestingly enough, are preparing their own, which makes sense because it's so simple, then moving away from even being tempted by so-called organic brand baby food. They're making their own. But fruits, vegetables, lean protein, and this is exactly what I say to my families, if you could have zero processed carbohydrates in their diet, that would be ideal. That's not realistic for most people, but to make the point that the more they can stay away from it, the better off they're going to be.

There are two main reasons for it. I think that processed carbs are disastrous in terms of metabolism. But most equally important, and we even begin in infancy when they're introducing solid food, the American, basically western tradition of the first food to offer babies is rice cereal. We assiduously stay away from that and recommend that they not do that, because we want to do everything we can to avoid building a taste profile for these young children that is oriented around the processed carbs.

Robyn: That's true. They just start their life being addicted to carbs.

Michael: Right. And we all know...

Lee: That's the fast-acting carbs. You know vegetables and fruits are carbs, but they're good carbs. We start babies with sweet potatoes.

Michael: And I'm just so offended by what the food companies are allowed to get away with, this hopping on "made from whole grains." I just despair that it takes so

much effort to have well-intentioned, well-educated parents realize that once it's got ground up and spat out in a funny shape, it's no longer whole. That it has been manipulated and the more finely it's ground, the worse it is for us. So we do our best to start with this conversation in infancy and then often to toddlerhood, school age, etc., etc.

I cover children from birth to 22. What I spend a lot of time with teenagers, all these college kids, is number one, encouraging them to talk to their parents to learn how to cook, because that's the only way they're going to eat well, and two, realize how important it is, even at that age to begin to be mindful of what it is they're putting into their bodies, because it matters. We've known for some time, but it really matters. That's a prime time for them, when they're in college. They're beginning to think about getting out and how they can begin to look after themselves.

Lee: But the other thing in terms of feeding the body and feeding the soul. Food is such a, for us, soulful experience. One of our favorite things to do is to cook and eat good food. We try to pass on that sense to people of food is a ritual. It's nutritive, but it's also culturally rooted and to enjoy the experience of good food and create something in your lives that is around the ritual of connection, which food is.

So we spend time talking to families about meals, eating together. So many people lead such rushed lives; they're eating dinner in the car. That is not a substitute for sitting down together and enjoying each other, enjoying the food. Essentially, what we used to think of as breaking bread together and enjoying each other. We try to get nutrition in from both a nutrition standpoint but also a cultural standpoint. It should be fun, eating should be fun, it shouldn't be a chore, and it shouldn't be another to-do on our checklist.

Robyn: Exactly. I so appreciate you sharing your integrative approach for how you work with children and families; I think that's so important. The big question we have, because I've had quite a few people write in and ask the question about vaccines.

Charged question. I'm a mother of two children, 11-year-old and a 13-year-old. From the very beginning, we had a pediatrician who was very western-minded and then we also have a very integrative doctor who treats children. We've had them all along. Quite frankly, at this stage of their lives, we rarely need to go and visit. But I'm just curious what your feeling is about vaccines for children.

Michael: I have shifted quite a lot, well more than quite a lot, in the last five to seven

years. As a western-trained physician, I was very much trained that this was gospel, that all children should be immunized, that parents who didn't do that were somehow not complete people and all of that sort of stuff. And I've shifted. My basic thought about most of the early vaccines is that I have concerns about what additives that are in them more than I do about the ability of the product to actually stimulate the immune system in order to achieve the effect we're after. But I'm picky about which ones.

I've been around long enough in my own practicing career to see a huge shift in a particular disease caused by the bacteria *Haemophilus Influenzae B*, the so-called HIB, which is one of the vaccines. In 1988 50,000 children were diagnosed with either Meningitis, Epiglottitis, or periorbital cellulitis, truly life-threatening infections. After a decade of that vaccine being given to children starting at two months, that number a decade later, was less than 50, reported in the United States. So it's hard for me not to believe that there are certain advantages.

The primary round of childhood vaccines are designed to protect children against diseases which we either do not have treatments for, such as tetanus; or diseases that can cause significant mischief, like Meningitis. My biggest concern after going to some very interesting nutritional conferences and learning more and more about this is some of the additives. We no longer have mercury in any of them, except certain products of the flu vaccine, and we'll get to that in a minute.

But the other one is aluminum, which is in the tetanus vaccines and in the Hepatitis B. I'm impressed from the research that aluminum is a problem. I think it may well be a trigger for some children who react to vaccines and then go down the autism road. I suspect that it's actually the aluminum, because it's a heavy metal. It's not designed to be injected. The good news is that bodies, the vast majority of bodies, can actually clear the aluminum given enough time. What I personally do is I stretch out those vaccines much longer than I used to. If parents don't want to immunize, I have no problem with that. If parents want to change the schedule, I have no problem with that.

I do think that the universal recommendation for a flu vaccine is a public health nightmare. I just don't think the research; the statistics are there for that to be the recommendation. If people want to protect themselves against the flu, they should optimize their vitamin D levels. It's going to be equally or more effective. I will not give boys this new HPV vaccine. In the last couple of months, I've come around to actually not willingly giving it to girls until I sit down and talk about some of the reported side effects. This is not the forum to go into it, but I think that the HPV

vaccine, the whole premise of it, is very different than public health, because the girls and boys only get HPV one way. It's not some stranger on a train that's going to breathe on you. There are other ways for young people to learn through self-care to look after themselves in such a way that they do not have to be in the position of potentially having serious and even fatal side effects from that particular vaccine.

Robyn: When you said self-care, for my patients, when they ask me my opinion, I certainly share how I feel about vaccines and how I dealt with this issue with my young children, but part of it's just becoming informed. I recommend to all my patients, get online. Talk to your doctors; find out what is best for you. Do be informed when it comes to these vaccines. I'm with you with the vaccines for the young girls; I've seen the effects of what's happened to them.

Michael: For your audience, there's a very good video that we've got called 'The Greater Good'. I think that it is one of the most balanced looks at vaccines, and particularly the HPV vaccine. I just recommend that to anybody. You can get it online; it's called *The Greater Good*. I think it's well done, I think it presents the pro and the con sides in a balanced, thoughtful, calm way. So I would highly recommend that for people.

The other thing I can tell you, the premise in this country is that the only way that we're going to stamp out these diseases or keep them at bay is that we have to maintain 80%, 90%, 95% immunization rates. That's been the story that we tell all our young people in training, that's just gospel. It turns out that in New Zealand, where I'm from, vaccines are voluntary. About 60% of the population do it. The interesting thing is that the number that is claimed in the United States to be necessary for protection is 80% or 85%. In New Zealand, it is a lot lower. I have two brothers who are physicians in New Zealand and they don't see any more of these diseases than I do. So this country, our decision-makers, policy-makers, are not willing to look outside our basic belief systems. But I just want people to hear that, that here are other ways to go.

Robyn: There are. There's homeopathy, there are lots of other ways. Then this whole idea of keeping your child healthy day to day, especially with this issue around food, it really, really matters. Of course, what we see, certainly in Chinese medicine, we talk about our biggest business, I'm sure for you too, is from Halloween to the next six months. When we're indoors more, that's a factor. But also, all the sugar around the holidays, too. We're seeing a ton of people right now, as you are, since you're in the Boston area. We're lucky to get you on this phone, as of last week, you were hard to reach.

Lee: That's true.

Michael: That was true. Last week, we set all sorts of unfortunate records, I'm afraid. This week is a little saner. So hopefully, we're through the worst of it.

Lee: But you mentioned the food and adequate nutrition as a way to keep people healthy. The other thing that we really focus a lot with our families on, in terms of this very question of how do you prevent disease, is adequate sleep. We're not very good in this country about putting sleep up on the pedestal that it should be on. It is a restorative process that we all need; yet it's one that we will allow for deficits and not make a big deal about it. So we spend a lot of time telling people, "No, you need sleep, and it needs to be good quality sleep. It doesn't need to be right after you've spent an hour on your computer, or with your cellphone next to your head so, God forbid, you might miss a text at 2am." Common problem with adolescents, they're up all night texting.

Robyn: I've got one. We have a rule in our household.

Harmony: So how much sleep should children get?

Michael: It's very much dependent on age. Basically, a quick snapshot, newborns, the first month or so of life, somewhere between 18 and 22 hours a day.

Lee: So before you go on with that, think about that and we deal with this with new parents all the time, 18 to 22 hours a day, if moms are breastfeeding, or even if they're not and moms and dads are bottle-feeding, that does not leave a lot of time for feeding, burping, cooing to the baby, staring longingly into their eyes, but what is important that we tell parents is new babies cannot stay awake more than 30 minutes of good quality awake time, and they need to sleep. Sleep in the newborn is so long in a 24-hour period because it has health properties. It's restorative and it's also an important facet of promoting development. It's not a waste of time.

Michael: By a year, we're down to 14 to 15 hours. By age five, we're down to maybe 12 hours. By 10/11, maybe as low as 10 hours or 8 to 9. Then as we go through adolescence, there's a kick up. Adolescents actually need, from a physiological standpoint, about 9 hours a night. You should see the faces of my patients and their parents when I say that.

Lee: They're all sleep-deprived.

Michael: They say, "This is not realistic." But we try to encourage adolescents to get

at least 8, because when they start running sleep debt, one of the best quotes I heard at a conference of sleep was that sleep debt is in a very fundamental way exactly like economic debt, it has to be repaid. When children, adolescents especially, are on sleep debt, and I suspect, I'd like to think that Santa Fe's a little saner than up here in the northeast, but the teenage....

Robyn: Are you laughing at that?

Harmony: We are, we sure are.

Michael: I think the demands on our adolescents are just overwhelming. Thank God for the energy of youth that they survive this.

Harmony: It's true. How many adults do you even know that get 9 hours of sleep a night? To think that teenagers need 9 hours is just shocking, because you know no one's getting that.

Michael: Once you get into early adulthood, 20's, 8 is ideal. Some people can get by with 7. One of the beautiful things that I'm waiting for now that I'm approaching is 60 is that I should be able to get by with less sleep, but that doesn't seem to be working. Theoretically, as we age, we need less and less REM sleep. There's a whole series of changes when you look at the amount of REM sleep. REM is dream sleep. In infants, it's 50%. By the time you get to the sixth or seventh decade, it's down to 20%. So there are some physiologic changes that go across the lifespan.

But basically, from a point of view of most families, anybody on the call, you would not be wrong to at least start out with the premise that anybody you know is not getting enough sleep. As opposed to assuming that people are getting enough sleep. The consequences to physical, mental, emotional, social well being are just horrendous. For the audience perhaps, and you all know this, the easiest way to recognize how disastrous sleep deprivation is, is to remember the last time you stayed up 'til three in the morning to do a project and you had to be up at seven to go somewhere, or you've pulled an all-nighter. You will be dragging your butt around; you'll have stomach, this emptiness, and feeling like you've been beaten with wooden sticks. That gets fixed by sleep the next night. What's less well appreciated is the subtle impact of consistently getting six-hour sleep instead of seven, or instead of eight. You don't feel that bad the next day, so it doesn't sort show up, but cumulatively, you're going to wind up in the same place. A lot to do with the ability of the body's immune system to work, your emotional systems, the housekeeping that has to go on.

So that's why we spend all of our time, pretty much, one we know that feeding is locked down in the first couple of weeks with newborns, the rest of the time up until certainly four months when we're seeing them and often up to about a year, a lot of our time is on educating parents about sleep physiology. What to look for, how do you know your child's tired? How do you facilitate them in the world so they learn to be good sleepers? The role of parents in this is we spend a lot of time; we're going to be taking this into a broader community, we hope, and teaching parents how to read their children, how to read nonverbal cues. How to actually read the life of the body in their babies long before there's anything resembling verbal communication.

Harmony: Is it possible that you could tell our parents one or two ways that they could notice if their children are sleep deprived? What would they be seeing, other than cranky kids?

Lee: That's a major facet. If children wake up cranky, yawning, just not happy to greet the day, they probably have not had enough sleep. We should not wake up tired. We should wake up rested and that is the same for children.

Michael: Cranky, difficulties in school, for the school-aged child. It might play out in social relationships with their peers. They're more prickly. A lot of the things that could look like ADD and all of those things are going to be certainly made worse by sleep deprivation and may in fact, be caused by sleep deprivation. Increased illness, decreased performance in sports, decreased physical load, saying they're tired, basically children should not be saying they're tired. I'd like to think that in this work that we're joining you in, doing self-care, when we are at our best, yes we need to be renewed each night with sleep and eat well, but we should not be going through life feeling like we're tired. That's especially true for children. There's something wrong when children are telling us they're tired.

Robyn: This is a perfect place to talk about electromagnetic pollution. When I met you a couple of times, we talked about this in depth. But I'd love to share with our community that's listening here today what your thoughts are about electromagnetic pollution. This is a big issue that Harmony and I speak about regularly. We educate our parents and I certainly educate all my patients about how to, what I call, electro-sanitize your life on a regular basis. But let's hear your thoughts about it.

Michael: I couldn't agree with you more. We'll be upfront and say it's not an area that we've dealt into personally and looked into the research. But the lived experience of our own son when he was doing videogames, the reports that I hear from families, the critical role. As many of you know, a big shift in I was going to say public health,

it's not quite, but a big thing that we're seeing these days is concussion. This whole treatment protocol coming out of the devastating effects of repeated concussion in the NFL, it's reaching down into high schools. We're seeing this, especially in the football season in the small practice that I have, three or four new concussions a week. One of the things that those kids have to give up as part of the rehab to not overtax their brains while they're repairing is everything electronic. The difficulty they have with that, basically the responses from them, from their parents, the observation of their parents, is that this withdrawal is no different than an addiction to anything else, which is a huge problem.

A friend of ours recently had surgery; an adult friend recently had neurosurgery done. He's recovering well, but the hardest thing, he found, as he started to go back to work, is looking at a computer screen. That drains him and knocks him off faster than anything else, which I thought was a fascinating confirmation of something that we take so for granted. Teenagers don't watch TV on a TV anymore, they watch it on a smaller and smaller screen, they're wired in all the time. I swear that when the subsequent generations look at photographs of our time, what they're going to see is head bowed, chest forward, neck pain, but a hand up looking at a screen. So my/our work is to try, we try really hard to raise these questions, to talk about it where, not that anybody listens unfortunately, we recommend no TV at least before the age of two.

We have a friend, who is a behavioral optometrist, and he would say, from his perspective the development of the eyes and binocular vision, that they shouldn't be looking at screens before the age of eight.

Harmony: I love, as an early childhood person, I absolutely adore hearing you say that, because I notice some of the children, even in my preschool, are on computers and some of them have their own iPads.

Lee: We see two-year-olds in our office that can navigate the photos on their parents' iPhones. We can barely do that, but then we're not plugged in generation. It's almost sad that they're so skilled at electronic media, yet we have people who when they enter our office have forgotten that it's polite to look up and speak to a person eye to eye. So aside from the mind pollution and literally, electromagnetic wave pollution from the electronic devices, there's that whole category of forgetting to communicate the way our species was meant to communicate. That is talking to each other, listening to the tone of voice, not texting. We refuse to conduct texting conversations with our kids, even when they say it's easier. You lose so much of the essence of communication by looking at other people, by hearing their voice, by being together.

A few years ago, we were in Maui and it was our first time there and it's gorgeous, just like everybody says, it is gorgeous. We're in this restaurant and it was sunset, overlooking the water, absolutely gorgeous. We unfortunately didn't have a table by the window, but as luck would have it, it gave us a great observation point. There was a family of four, mom, dad, two kids, sitting at one of the tables by the window, all four of them on cellphones. It broke our heart, we just said, "How can you give up this magnificent opportunity to be a part of this beautiful place by spending time on a cellphone?" You could be in a cave. It's so enigmatic of our culture right now that we have a wired in culture but we have forgotten the essence of human contact and human communication.

Michael: The line that I use, I try to come up with fifty lines that my families will remember. The one around this for teens and preteens and parents is, "Human beings were designed to listen and talk, we were not designed to read and type." Get people off the electronic platforms. I will not do email communications with my patients around anything beyond an appointment or something. But nothing of substance, because it's too important to talk to people, to make that connection. I still admire Ma Bell for being able to transmit a lot through those phone wires, so that you know how somebody's feeling on the other end of the phone. We do home visits on all newborns, I'm the only pediatrician in the area to do this. And the reason that we keep it up is because my take when I'm talking to those families another time and they're talking about anything really, their kitchen, their food, [and] their struggles....

Lee: Their child's behavior.

Michael: Their child's behavior. Or if I'm talking to them on the phone, for me there's a different visceral sense of who they are by having been in their home. That's about that connection. We'd never get that if we had not been in that space, and that transmutes the relationship.

Harmony: So it sounds like you're really trying to empower your patients; and I hope that they're taking some of this wisdom that you're offering them. We really believe that thoughts are medicine. We'd like to hear, do you talk to your parents about that at all and how do you do that with them?

Lee: We don't use those words, per se, but we have that conversation, that theme is there. One of the things that we try to get across to, not only parents of brand new babies, although it's a wonderful opportunity, but all parents who we are working with, is children are a wonder. It's amazing what little children are about, what they

can do, what they bring to the world and learning who they are in the world, learning who we are as parents in the world, because doing parenting tasks is not the same thing as building a parent identity. We spend a lot of time talking about essentially the wonder of it all and how exciting it is to watch this growth and development unfold.

The other thing that we talk a lot to couples about is building their couple relationship, whether they're married or not, whether they're single parents with other relationships. Because in the end when your children grow up and leave home, you better be happy with the relationship you've built over the years or you're going to be yet another statistic. So we do spend a lot of time with the whole idea of what do each member of the family bring to the world? What is each person's gift? And if you spend time thinking about each other in that way, that is the food of health; it's the thought of health. It's the optimism that really gets people through some pretty tough situations. If you can just keep grounded and focused on the fact that each one of us is a gift and discovering what that gift is both within ourselves and within others with whom we come in contact, it's a much more positive spin on being in the world with others.

Michael: The other way that we, again, not the direct statement the way Robyn and her team have lined up January for, Thoughts and Food as Medicine, but we do from the early days talk to parents about the emotional lives of children. How they are wired to receive emotional signals. A lot of the work with parents is to make them aware of how they show up in their relationships with their children.

Harmony: But you know Dr. McKenzie, I think a lot of parents feel like they spend a lot of time with their children. But it's not necessarily quality time that they're spending, because they're busy doing all of the things that they do. And I suggest to a lot of my parents when they come home from work and the children are coming home from school, that the first thing they do is to sit with each other for 15 minutes before they jump in to all they're doing for the day, for the night.

Michael: Better than, "Have you started your homework yet?"

Harmony: Exactly. Actually, it's that relationship that you were talking about and actually wanting to interact with your children.

Lee: Right.

Michael: One of the ways that we're heading with our future lives here, the next

chapter for us, is on really helping parents learn how to do that. It's our experience and our observation that many, many parents, I would dare to say a majority of parents, really don't know how to interact with, especially young children. They're (inaudible). If they're doing anything, it's very mechanical. It's about, "Are they in the right classes?" or "Are they getting to the doctor?" Are they all of these sorts of things, as opposed to knowing the emotional and inner lives of children and teaching them how to learn about that and how, in turn, to respond to that, to promote their children's lives. For most parents, going especially the first time, their only experience of being a parent was actually being a child, being parented. And we would submit that that no more grants you the ability and the knowledge and the skill to be a parent than being a student in school gives you the skill and the authority to be a teacher. They are very, very different things.

As Robyn said earlier, and you've all been saying, knowledge is power. The more information that is, around personal connections, around this human thing that we do, the more likely it is that we wouldn't have to suggest to the parents of an eight-year-old or a ten-year-old or a twelve-year-old that you just sit down because they would do it. Because when we start very, very young, we're building that practice. Like any other habit or practice, the longer we do it, the better it works, the more successful it is.

Robyn: I think it's so great. I know you both are writing books, and we want to hear about those. Also, I think it'd be so great if you considered speaking at medical schools. I mean this issue is so important, everything that we're talking about now, about how we can humanize medicine and bring it back into this integrative approach. I just think it's incredible that you actually have the time that you take the time. What do they say? The average visit is seven minutes? Pushing it.

Lee: Not in our office.

Robyn: Not in your office.

Michael: My well child checks are 30 minutes.

Robyn: Wow. That's awesome. It'd be so great, seriously, for people who are graduating from pediatrics that they get to hear your 30 years of experience and your viewpoints that are so essential to really shaping our children. We have so many questions; let me tell you, they're endless. We're probably going to stretch it another five minutes, if that's okay, over the hour. Is that okay?

Lee: Yeah, did you get a sense we can talk, and love to talk about this?

Robyn: Okay. So, do you guys know Dr. Ludwig MD and all of his...?

Michael: Yes, the David Ludwig on the west coast.

Robyn: Right. He shares so much about sugar. By the way, he states that the generation of children that are being born right now, there is that possibility that they will not outlive their parents.

Michael: Correct.

Lee: That's right.

Robyn: And you're saying you agree with that?

Lee: Yes.

Michael: Yes.

Robyn: You know what? I would say so, too. I treat quite a few children. We're living and having young children. This is why the Self-Care Revolution is here to stay. And why me, after, for me, being in practice for 21 years and many of our 25 self-care practitioners and coaches, this is why we care so much about getting this message out, that people have the choices that you make every single day, as you say, with your fork, with your thoughts. When we know that that can completely shape tomorrow, the next five years, the next ten years, that's why we are here and why we're going to continue on with the rest of this year with 11 different themes. But it always comes back to food and thoughts as being essential. So share again what you think about Dr. Ludwig's statement and your practice.

Michael: Well I think the video that I saw of him was just spellbinding. It took the understanding of some of the physiology of the metabolism in the body of sugar. Just was an eloquent call to action from an endocrinologist, from somebody deep in the heart of western medicine, for making the change. For us, it confirmed a lot of what we knew from working with weight loss, with a nutrition company that we've worked with. Basically, the statement from what he said was that, "This may be the first generation to not outlive its parents," should be followed by "unless we do something different."

Robyn: Exactly.

Michael: We already talked about two pillars of our framework for creating healthy families, that's nutrition, sleep. The other one is getting outside and exercise, which is self-evident. The last one is managing stress. Helping families, especially with children, learn how to recognize emotions, own them, and learn to manage those. If people can do those four things that are simple but not easy, that will take care of, those basic things; will take care of 70% - 80% of chronic adult illness. The problem is that we have to start now and we have to be willing to wait the 50 years to see that point proved. The biggest reason that Dr. Ludwig makes his point is it's basically all about nutrition, primarily. It's about obesity and overweight. That's what's going to do in this generation. Adolescents who, as I like to say, graduate from adolescence, namely get to the age of 18 obese have half the chance of living to age 50 than an 18-year-old who is not obese. I have to tell your audience I'm stunned at how little impact that statement has on so many people. They basically go, "Okay."

Robyn: What's going to change that? I agree. How do we really help people care to make those choices daily? That the compound effect of the little choices, this is the result. This is the end result.

Lee: You know what? One person at a time. We, for years, had taught weight management with a low glycemic impact-eating program and really tried to help people make different choices. We started off teaching groups and the dropout from commitment was so disappointing to us. We kept thinking, "No, you can make a huge difference in your health," and saw a few people here and there who were willing to make changes. But there are so many who say, "It's just easier to eat the foods I'm eating." We all know what those are, heavy percentage of fast foods.

Well fast foods, because of the way they are processed in the body and the lack of nutrients, really contribute to a chronic inflammatory state of health. That's what asthma, allergies, etc., etc., etc. is all about. We are creating, in essence, disease by our lifestyle. One person at a time, we will talk about we can make that change, but if you start either early or inches at a time, it doesn't have to be a whole fail/change in your lifestyle. Nobody can do that. But little changes make a difference. For example, one is: get off soda. Doesn't matter if it's diet soda, cut that out of your diet. That's the first thing. Then you just start making incremental changes. We're in a rowboat, adrift just like everybody else trying to tackle this problem, because it is a huge cultural problem. We lead a fast-paced life, and we want fast-paced, fast-acting carb foods.

Michael: That's why, Robyn, when you met with us and talked about, used your words, the Self-Care Revolution, it took us microseconds to say yes, because I think that this sort of community, being a part of this with you, turning our patients on to

it, being able to do that. This sort of community is bit by bit by bit going to build the right story. Once it gets going, it will reach a point where it is no longer the weirdoes and the health-nuts, but it's going to be mainstream. What are you, stupid, not eating properly? Are you stupid not getting the right sleep? We have to just work at it, step by step by step.

Lee: We know the story of how childbirth education in the early 70's made a big shift with the Lamaze movement. So in the early 70's, when I was in nursing school, Michael was in medical school, childbirth classes were not mainstream at all. In fact, they were fairly rare and grassroots movements were what changed the childbirth education climate in our country. Nowadays, it's unusual, for us at least, to have someone who didn't go to childbirth education classes. It is so commonplace. That was a grassroots movement that said we will not accept medicalizing this natural process of childbirth we want to take back control. We want the experience to be different, and it is different. That's what's got to happen with our obesity epidemic, the state of disease in our country; the overwhelming stress families are under. Grassroots movements like the one you guys are starting, to change people's sensibilities and give them back control over their bodies and their life.

Robyn: Absolutely. I just want to say thank you both so much for taking the time to be here with us, to be part of the Self-Care Revolution in a big way, like you have been and will continue to. I know our conversations will continue. Dr. Lee and Dr. McKenzie. You're probably called Dr. Lee all the time, aren't you? Anyway, we just really appreciate your dedication to your field.

I just want to thank my co-host, Harmony West, who has been an incredible friend of mine for 20 years. Before I had children, she was my go-to person. She is amazing, what she does in terms of stress teaching, certainly stress management, how she works with kids, how she teaches parents how to communicate with your children. She's also, for three years, my daughter's been in a program learning self-esteem.

Lee: Excellent.

Michael: Alright. Yes.

Robyn: I'm so grateful. For any of you in the community that's listening, Harmony is here. You can definitely visit our website, which is www.SantaFeSoul.com. Also, please stay tuned with us, with the Self-Care Revolution, which is JoinTheSelfCareRevolution.com. We have 11 more months of incredible experts just like Lee and Michael. Everyone has said yes, because they really get it, that this is the

solution to so many of the problems that we are facing today. Self-care in all of its definitions. Why the word revolution? It's because it's a time for us to have a fundamental change in mindset about how we think about health.

Just know that we are having a live event. All of our members will be welcome to come to our live event, which is June 21st, 22nd and 23rd, which is included in the membership as everyone knows. This is our full free month. Our speakers will continue to be free for 24 hours after calls. We just want you to know that we have so much planned for that event. We have invited Lee and Dr. Michael to be with us. We hope you can come. We have so much planned for a fabulous three days. We're calling it the Self-Care Bliss Revolution Weekend.

Lee: Count us in.

Robyn: We would love for you to be here and just share what you shared with us all today and have more time, because this is very active and aware. Actually, those are two big words of the Self-Care Revolution. Be aware, be active. Santa Fe Soul community is that in many ways. We'd love for you to be part of that event. Any other closing remarks?

Kevin: Just next week, we're having a videoconference. So we're going to have all the Self-Care Coaches, or a selection of Self-Care Coaches, myself and Harmony will be there as well answering questions live on a video feed. That will be next Tuesday in the evening. That will be after our next hour.

Robyn: We are going to be featuring Dr. Roy Heilbron who will be speaking about the whole diabetes issue that we're seeing along with Jim Healthy. Please be online for that. It's going to be incredible. He's actually written a book about how you can actually reverse diabetes in 30 days. That's next week at 1:00 Mountain Standard Time, followed by Dr. Mikell Parsons, also a friend of yours, I believe. She is a chiropractor whose focus is all about detoxification. It's going to be a solid hour, learning about the importance of everyday detox to stay healthy, to stay vibrant, to stay well and how about a little bit of joy, too, in today's world. So I think we are good, any final closing statements from you, Dr. McKenzie?

Michael: Just a big, big thank you for inviting us and letting us be a part of your community and to contribute. It just is such an honor.

Lee: With this reception, Robyn, that you guys have given us, it continues every day to inspire us to want to stay in the frontlines of this work. So thank you.

Robyn: Thank you. Thank you so much. Have a great day. Thank you for the work that you're doing in the world. You're contributing so much to our children and families.

Michael: Likewise, thank you.

Lee: Bye-bye.

Robyn: Bye-bye.

[End of Interview]

NICOLE WHITE

CHC, AADP, Restorative Yoga, Nia & Meditation Instructor, Kinesiologist, Artist

SECRETS AND HONESTY ABOUT FOOD: AN EATING DISORDER JOURNEY

[These statements have not been evaluated by the Food and Drug Administration. The information on this audiocast is not intended to diagnose, treat, cure, or prevent any disease.]

Robyn: Hello everyone and thank you for being with us on day 22 of the Self-Care Revolution. Thank you for joining us in our theme song that you just heard. We don't even have a title for it, but the wonderful musician, his name is Harold Payne. He's just in the beginning stages of this theme song for the Self-Care Revolution. We just love starting every talk with it. We've actually chimed in the background, in case you didn't notice, Kevin's got quite a great voice.

I am Robyn Benson; I'm a Doctor of Oriental Medicine and also the founder of Santa Fe Soul Health and Healing Center. I love the Self-Care Revolution. We are all about helping everyone understand that the true health care is self-care.

So, I'm joined today, with my co-host, Kevin Snow.

Kevin: Intuitive Counselor and Self-Care Coach and fellow revolutionary. I'm excited to be here today. I was enlisted in the revolution by our host, Robyn Benson. I love her contagious message of this idea of the new health care being self-care. We are in the first month, January, which is entitled "Thoughts and Food as Medicine." This is a 12-month series that every week we are talking to two different expert speakers. There are 25 Self-Care Coaches that for the first 100 members are available for a 30-minute free consultation. I am one of those Self-Care Coaches. Our guest today is Nicole White.

Robyn: We are so excited. I've got a lot to share about our speaker today. Because not only is she an expert speaker on our topic this month, she's also one of our Self-Care Coaches at Santa Fe Soul. We are just so delighted to have her here. Let me tell you, she doesn't have one offering; she has maybe 25 to offer all of you. She also fits into another theme as part of our Self-Care Revolution. It's something we call, the "self-care champion." She has an amazing story to share with you today. Our self-care champions are people, very often with a serious disease that have completely

revolutionized their lives by choosing self-care. We heard from another self-care champion last week, Ken Jaques, who was diagnosed with rheumatoid arthritis. Just hearing about his journey and how he has completely transformed his life since he was first diagnosed, was inspiring.

Nicole, thank you so much for being here. I just want to tell you a bit more about Nicole and all her offerings. Nicole is a certified holistic health counselor. She also teaches restorative yoga and meditation. She's a Nia instructor as well as a kinesiologist. She's also an artist. She's very passionate about teaching people about positive lifestyle additions, healthful, organic, yummy foods, and the power of nurturing movement and self-love.

So today, Nicole is going to speak with us about this topic: "Secrets and Honesty about Food, An Eating Disorder Journey." Thank you, Nicole, for being here today with us.

Nicole: Thank you Robyn for creating this beautiful baby and birthing it.

Robyn: Has it been fun? Oh my god, we are just beginning. As Kevin mentioned, this is a 12-month series, this is just our beginning month. And we have so much in store for you in the next 11 months. We hope you all become members. To find out about that, certainly check out website, www.JoinTheSelfCareRevolution.com. Next month is all about "Heart and Breath Matters." So now, Kevin is going to start us off with the first question.

Kevin: I have actually personally worked with Nicole, so I can vouch for her expertise in this field. I'm very grateful to have her join us today on this call. What I'd like to start with, Nicole is the story of your journey. Start from the beginning. We've got hours. Just take us through the whole process.

Nicole: We really don't have enough time for that. But in a nutshell, I grew up in a very chaotic household. My father was an alcoholic and my mother had OCD (Obsessive Compulsive Disorder.) I love my parents, don't get me wrong. We've got a really good relationship now, but we didn't have it then. I also grew up in the Los Angeles area and felt that if you weren't this model-type of beauty or brains and amazing talent, you really just weren't worth much. I got that message really early on, so I was a very shy, quiet girl, and food was my friend.

At eight years old, my mother put me on my first diet, and I wasn't overweight. I was about two or three pounds over the normal standard weight. My mother, who was on and off diets, mostly on diets all of her life, decided to put me on a diet. That's actually

when my eating troubles started. She even said to me once, “You didn’t really start binge eating until after your first couple of meetings at the diet center.” So that started my relationship with food. I remember being in this room where I was the youngest one there. Most of those people were in their 30’s and 40’s...and here I was eight years old. I started to question whether toothpaste had calories. My brain started questioning everything I did and it became overwhelm at some point, which I think a lot of people get to thinking “Forget it. I’m just going to use this.”

I felt very lonely as a kid even though I was in a household of five. My brothers had each other and my parents had their dynamic. I just felt alone and lonely. The food and writing and art seemed to be the only thing that I could relate to.

I observed my mother on her diets. My mother was beautiful, but she never thought so. Again, what we grow up around, we often become. It took a long time for me to be able to see myself as a pretty girl. There were just those ingrained messages I got from early on. I think a lot of it, was from the area in which I grew up, as well as what was happening in my own home. I think the example of my mother being so beautiful and her not thinking so affected me.

Robyn: So can you tell me more about your journey and how you ended up being a health care coach and teacher in many ways and how that relates to the idea of food as medicine? Can you share that journey, and your personal steps to getting to where you are today?

Nicole: Absolutely. I grew up with terrible nutrition. Unfortunately, fast food wasn’t breastfed. The whole gamut was unhealthful. It was sugar in the morning and it was sugar in the afternoon. I had major mood swings, and a lot of depression. I just couldn’t understand it. When I got into college, I started having various body pains and particularly I started having really bad wrist pains. One of my teachers actually pushed me to go to an acupuncturist. He had really terrible bedside manner, but he was the first person to actually talk to me about how food was affecting me. He wrote down this list of what I should avoid. I looked at it and I was eating just about everything on there.

One of the first things he had me get off of, was any kind of sugary soda drinks, as well as drinks with synthetic sweeteners. When I got off the soda and the aspartame, the pains went away. I mean they went away completely. A few days later, I tested it again, I drank a soda, and in a few seconds the pains were back. It was really phenomenal. So that started me recognizing food as medicine, and it just kept continuing. So what I did is I knocked out a few things, but nothing else was

addressed. There was still the excessive quantity of food. I just found healthier options for the things that this person, so to say, took away.

I think it was in the '90s I discovered organics. I was on and off vegetarian, on and off vegan. When I really switched to organic foods, 40 pounds just came off. At that time, I went, for the most part, vegetarian and all organic and got rid of all the packaged and the processed foods. Literally, 40 pounds just fell off of me.

Robyn: How long was this period?

Nicole: That period, I believe it was in '97 when I really turned to organics. I had been playing with it before, but actually, the biggest component was getting rid of sugar, because the more I consumed sugar, the more I was (there's a term for it) a vegetarian junkie. You're a vegetarian or vegan, but all you do is eat sweets and breads and junk food. So it wasn't until I started bringing in greens and certain grains and getting rid of the sugar that my moods changed, everything stabilized. I got off of caffeine. It was really wonderful.

On the other hand, it was isolating, in some ways. I felt like I couldn't go to parties because if I see it, it taunts me and it tempts me, like an alcoholic. You don't put a drink in front of a recovering alcoholic; you don't offer a heroin addict just a little bit of heroin. They stay away from it completely. But with the food, you have to eat. So you have to keep staying motivated enough and keeping the good foods around you enough. So if I go to parties, I bring my own food. I also usually bring my own water.

Robyn: Wow. Good for you. That's part of your self-empowerment, right?

Nicole: Absolutely.

Robyn: I think that one of the most important pathways is be your own best health care advocate, whatever that means. In this case for you, that's the step you needed to take.

Nicole: Absolutely. It's really helpful to always have a backup. That's what I learned over the years. What really got me in trouble every time was, seeing a piece of whatever I might want, call it sugar, and know what it's going to do to me, but if I don't have something with me to back me up, it's like I can't hear anybody else in the room. All I hear is this piece of candy, this piece of junk food talking to me, luring me in, saying "Come here. I taste really good. I'm going to knock you off track."

Kevin: What would be some of the emotional patterns that prompt that sort of behavior? Are you aware of underlying emotions?

Nicole: Isolation, in the sense of feeling like other people just don't understand. Why can't I just be normal; have a piece of this, or have a piece of that. Why can't I just go to a party and eat whatever is there and then afterwards get back on the food plan that I know works for me? It was before I started working with my own coach and having the support tools, knowing, "Okay, I can leave that party" and know that I can email or call my coach or my friend or my accountability partner and say "There's a piece of cake in the corner and it's calling to me and I can't hear what anybody else is saying because it's only that piece of cake that's talking to me." It's that addictive. It's really that addictive.

People usually take alcoholics and drug addicts seriously, but when it comes to food, there are so many mixed messages. We're being told to eat healthy food and yet so many billboards advertise junk food and everywhere you go, it's fast food that's available. Healthier food is more expensive, and it's less available. Usually, after 8 or 9 o'clock, there is not a place to go to get an organic anything.

Robyn: So one of the questions that we got before the call was this. Do you think that you can ever really recover from a food disorder, from an eating disorder? Do you ever really recover?

Nicole: With the proper support, yes; with the proper support and working at it every day, by making it a priority you can recover. I've had to make food and healthy foods my passion. I've had to turn around and start teaching other people. Because I am then their accountability partner and they're mine. I have to step up to the plate because I'm asking them to. So it all comes back to having the right support. Just like a drug addict or an alcoholic, they're going to always have their support system. And that either means not going to a place where these things are or bringing a buddy along. Then, it gets easier.

At first, it seems so overwhelming, which is why a lot of people won't even begin those changes. Here is this big, huge goal. Maybe it's to lose 50 pounds, maybe it's to lose 100, and maybe it's to get off of sugar. And everywhere they go, there seems to be something coming up against them. There is a reminder: "Oh, I taste good. I taste really good. Don't you want to just numb out and lose the uncomfortable sensation?" Instead of thinking "You know what? That's not going to serve me." Drinking more water helps, and learning how to cook was huge too. Learning how to really empower myself in the kitchen is a key point, as well as learning where all of the places are

where I can eat. Where can I get good food? ...and always having a backup. So I usually always have food and water with me. That way, I don't wind up hungry and making a bad decision.

Robyn: Thanks for sharing that. That's a really important solution that you have found. I think that for many of our listeners, too, this is such and still continues to be a huge issue. Eating disorders are rather rampant in males, females, even in our young children. We're seeing very young kids with obesity issues. It's addictive. We just spoke with Dr. Michael McKenzie, a pediatrician. He felt that most all of the childhood diseases are related to carbohydrates and sugar.

Nicole: Absolutely. The junk food companies make so much money that they're then able to put it into the schools. So if a child is offered an apple or an orange or a carrot or grapes, they have that choice. Then they're going to pick the one that tastes best to them. But if they have a vending machine full of candy and soda, that's what they have to pick from. It's also peer pressure; it's all happening in our schools. There are some schools that are really taking it a step up. There's a movement called "Two Angry Moms" who are changing food in cafeterias and getting the vending machines out of the school or just changing them to the health-full snacks. Those are also available.

Kevin: I'm sure our listeners are struggling with this as well. We did mention this in the last call, about getting rid of soda and candy. What would be one of your number one recommendations to families with children?

Nicole: Monkey see, monkey do. You drink sodas, you chew gum, you have junk food in the house; the kids want it. You start eating healthier. You get rid of the sodas. That's the first step, the home. You can't always control the outside environment when they go to parties or when they go to school. But if that stuff just isn't in the home, it helps. Kids want variety. They want to be heard. Take them to a natural grocery store, let them pick out the vegetables, let them pick out the fruits that they like, and find ways to make fun drinks out of real fruit.

It really comes down to what you have in your kitchen and what you eat yourself and what the children see you eat. That is a big influence. Put your mask on before you put your child's mask on. If there are eating disorders within the house, parents really need to look at what they're doing to influence their children, because they are the biggest influence. It's not so much what you say, but what you do.

Robyn: Your title, “Secrets and Honesty about Food,” I want you to cover that a little bit more in depth.

Nicole: Anyone with an eating disorder has a whole lot of secrets. You know, I would leave places and not eat in front of people. The moment I left a restaurant or a party, I’d go and binge. Sometimes I would not go to parties or not go to social gatherings because I’d eaten so much I didn’t feel well. Bulimia was just really huge in my life. I almost died. What was I going to do the next day? Go tell my mom or my friend, “Hey, I’m 17; I almost died last night because the stuff wouldn’t come up.”

Robyn: How old were you?

Nicole: I was 17. I’d already moved out of the house.

Robyn: How long were you bulimic?

Nicole: On and off for a while. Probably the first time was maybe when I was 14 or 15; then there was a bout of it again about five years ago. Fortunately for me, it makes me so sick to do something like that, that it wasn’t a consistent practice. But there were definitely times where I tried to manipulate the process to where it wasn’t so painful to get it up. I would get pains in my neck. Sometimes I would pull my back out of whack just from the sheer force. It’s a disgusting thing to do.

Robyn: As we hear Nicole speaking, this brings up a lot for me, because when I was in high school, my sister, who was a lot younger than me, was bulimic...pretty seriously bulimic. My best friend was also bulimic. I have such a visceral feeling of what that must have been like for them. When I was in college, I remember six women, we’d all go out and binge, me included. After that, they’d line up in the restroom stalls. That was not my path, but I definitely became an overeater and had some serious issues with food for many years. I was also a runner. I’ve never been horribly overweight, but you don’t have to be overweight to have an eating disorder.

Nicole: Oh, gosh. My mother’s anorexic. It’s the opposite with her, and she was never bulimic. But I remember just the crazy different things that she would do when I was a kid. And again, the surroundings that we’re in influence us. Would I have had all these eating disorders had my mom not been so very open about what she was doing?

So yeah, there’s a lot of secrecy. More so, it’s shame and it’s isolation. So things like isolation, shame, pain and abuse are what lead most of us into looking for a comfort

that we can control, or we think we can control... actually, it's all controlling us. Bulimia is probably one of the worst things somebody can do. You're better off being overweight; it really messes up in the digestive system.

Robyn: Nicole, somebody's on the phone right now, I believe, several people maybe, that have an eating disorder or are bulimic. What would be your words of wisdom? What would you suggest, in terms of the next steps to take to really help them move into self-care? How could they move into more of a recovery mode like you are in right now?

Nicole: Get honest. Get support. Even though we're all very unique, there is no abuse, there is no situation that anyone has been through that somebody else hasn't experienced some level. What we're taught usually very young is don't put your dirty laundry out. If you've got a problem, you deal with it. And so the number one thing is to get support and get those secrets out. Find someone to talk to. A counselor, or if you can afford a coach, a coach can be amazing. That's what really helped to take me to the next level...having that accountability partner, somebody who is on your side. And there are hotlines; there are so many different ways.

But for whatever reason, there is the isolation and this message that we have to keep it in, keep it to ourselves, just buck up...and that's where food comes in. We're trying to fill up an empty spot in us. We're trying to stuff down the fear. We're trying to stuff down the sensations of being scared beyond our wits and not knowing what to do. And it stops us from having the life that we can all have. All of the dreams that we dream, we can have them. But the food addiction and the isolation, it creates self-sabotage. So support, we need support. And for people to know that everything that they have been through, somebody has been through in some form or another. With the Internet right at our fingers, we could search anything that ails us, anything that haunts us. We can find other people's stories.

What really helped me was hearing other people's stories about the crazy circumstances that they grew up in, the terrible things that happened to them. Then the turning point was when they got honest and they finally got help. They need to step up and say, "This is what happened. This is what's going on. I need help." They need to surrender.

Robyn: I think those issues around support and community are huge. I'm a big, big fan of Overeaters Anonymous. I feel that working a program is really critical. In fact, when I was going through my issues, especially in college, someone told me about a group that could really help me. Actually, when I moved to Santa Fe, I finally thought,

“You know what? My case was not that extreme.” It was in the mid-range, where a lot of us live. We’re not fully addicted; we just have problems. I went for a couple of years to a program and it really helped me. I think that having kids and finding more of my life purpose helped me to heal in a deep, deep way. It was so different from when food became my love. My understanding of life changed too. I’ve just got so much now that it’s just not that way anymore. So I think we can all be in it at different levels of an eating disorder.

I would like to mention that you are going to be teaching a class for, I believe, 13 weeks?

Nicole: Yes, it’s going to be 13 weeks.

Robyn: Could you share the details with us? This is also a great opportunity locally, and hopefully you’ll get this online soon, what Nicole is going to be offering in this 13-week program is invaluable.

Nicole: It’s called “Women, Health, and Joy” and it’s all about community. We can go online or we can go in a bookstore. I think self-care is the biggest section in the bookstore. We can find anything we need online, in a bookstore, or have somebody else tell us. But what we usually don’t get from that is somebody hearing our stories, somebody listening to what our needs are, and creating something sustainable.

So often with the diets, we open up the book, “Bam!” you’ve got to throw everything out of your cupboards. You’re just doing lemon juice and cayenne pepper for ten weeks and then, “Here go be normal.” So what this is, is a slower approach, which most people think “Nah, I want to lose the weight quickly.” But we’ve all been on diets where we lost it quickly and then put it on even quicker.

“Women, Health, and Joy” is all about bringing people together, taking the steps slowly, and introducing what is healthy for us so that we can slowly start to shift how we feel. It’s like, “Oh, I’m feeling better. Is that the water? Is that because I’ve added more greens?” It’s important to be doing it in a way that we do not feel deprived. Diets and fasting often feel like deprivation. Somebody who is a compulsive dieter or compulsive overeater, they’re going to get to a point where they think, “This is enough. I’ve had enough. I have to go on a diet. This has to change.” They make their resolve. They buy a book or they join something, and then they go on the diet. A lot of diets are you do or you don’t; you’re either on the diet or you’re off the diet. Sometimes one little “slip-up” is going to put them in a downward spiral for days,

weeks, months or years... as opposed to these little stepping-stones. Let's just add in things that are healthy.

So I like to say, if you're putting chocolate on top of your collard greens in order to start getting a taste for collard greens, do it. At least you're getting in something that's healthy. So instead of just a purity of junk food, see if you can bring in some healthy elements to where you're not doing this depravation/binge yoyo teeter-totter. And it's so important to bring in the community. So, I'm also going to be teaching women how to eat to actually lose pain and inflammation because most of the diseases and disorders come from what we are eating. A lot of doctors are really wonderful, but some of the just say, "Here, take this pill. Here take this pill," and are not addressing the underlying issue. So I have healed my own energy issues, my own pain inflammation issues by learning what foods work with my body and what foods don't.

I'll be teaching people, bringing in food every week, and showing them how they can make something really delicious very quickly. I'll be teaching people how to always have those snacks on hand, as well as how to actually coach each other... how to stop, how to listen and how to be listened to. Most of us don't have anyone to listen to us. We're all just talking over each other. So this is going to be a real nurturing circle of women.

Robyn: You know what would be great. On Tuesday night, we are going to be having our first live Q&A with eight of the Self-Care Coaches from Santa Fe Soul. Please join us. That's going to be at 6 o'clock Mountain Standard Time. We definitely will have Kevin and Nicole will also be there. I will be there as well, and also Harmony West will attend. She was our co-host with Dr. McKenzie. We will also have there a hypnotherapist named Rick Bastine. We've got an amazing group that's going to be joining together with the theme of thoughts and food as medicine to review the whole month. We're going to be available, live, to answer your questions. So we're very excited about that. If you cannot be live with us, do email us at info@JoinTheSelfCareRevolution.com because we will answer your questions and there will be a replay available afterwards. It will be a 90-minute event. We're super excited about it. We have so much to share with you.

Nicole: The "Women, Health, and Joy" group actually starts tomorrow, Wednesday night at 5:30. If you're in Santa Fe, it's located at Santa Fe Soul in the sun room. And the first session that I'm opening up will be free. If you're in Santa Fe and you're available, give me a call. I'll save you a spot. You can come and experience what the

program is going to be about. I'll go through what we're going to do in each class and how it builds upon each other and how life-changing it really is.

Kevin: And I can tell you what a difference having an accountability partner makes, as Nicole mentioned. I currently have this big bunch of kale in my refrigerator. I believe that Nicole is going to help me come up with a simple way to prepare that.

Nicole: Absolutely. Boil it in water, a little sea salt. Yum!

Kevin: Nicole, we've mostly been talking about the physical issues. Could you touch on a little bit about the spiritual aspect of this discussion?

Nicole: Absolutely. Food has energy and what we eat really affects us. If we're eating greens and fruits and vegetables, they're nourished by the sun. That energy comes into our bodies. If you've ever started your day off, and this would be a great experiment, with some kale or collard greens, or just a pure fruit, really notice how you feel. Notice your energy. Then the next day, cook something up or eat something from a package. Really start to weigh what the difference is. This absolutely makes a difference in your spiritual life. If you're into meditation, notice the difference between eating something very heavy and processed and its effect on that. Then, eat something from nature and try to meditate. I think it was Alicia Silverstone who has this book called "The Kind Diet." It's about eating fruits and vegetables and grains, it's really about the idea that what we take in, we are. So if we take in aggression, we're more aggressive. If we take in what the sun has to offer and what the earth has to offer with all the minerals and nutrients, that goes directly into our bloodstream and we feel better.

There's a connection between mood and food. It has to do with how our food is made, how it is processed. If you are standing in your kitchen, chopping up carrots and you're singing to it and you're in a happy mood and you're loving it, you're bringing in happy, delicious food. Dr. Emoto demonstrated that with his study of water. If you talk to your food, I know it sounds silly, but it will then talk to you and it will nourish you. Talking and being with your light source, your God source, your divine whatever you call it, and bringing that into your food makes a difference. I know certain people that bless their food. That can help too. If you're stuck in a place where you've got nothing but junk, junk, and junk to choose from, choose the healthiest of all the junk. Take a moment, stop, be grateful that you have this food and bless it and bring love into it. Just know that it's going to assimilate the best that it can in your body.

Robyn: You certainly embody this message beautifully. My goodness! The best is from the sun and the earth and really, we are again, what we eat and what we digest. I would love for you to talk about that digestion process and how so many of us are influenced by our bad mood food nation world that we're living in. How can we digest our food better?

Nicole: We can start by actually just eating when we're eating. Most of us are on the go all the time. I have a client now and I told her this, "Enjoy everything you eat...every bite." She did this double take. Actually, it was like a triple, quadruple-take, because it came out of this diet depravation mentality. I asked her to switch it and to stop and to actually eat and chew and look and taste your food. For the most part, we're also probably going to eat less when we eat this way.

So a lot of people eat while they're watching television or driving, or working. What happens in the body is a kind of multi-tasking. So the body is like, "Yeah, I'm getting food." The body may feel it's getting full, but the mind has not actually concentrated on the food. So the mind is hungry, whereas the body has had plenty of food. So we have kept eating even though physically, we're full. If we're actually sitting down with our food, paying attention to it, no TV, no computer, no email, no phone, no other things going on, we are going to eat less. There's going to come a point where it's like, "Okay. I've focused on that long enough. My attention is short. I need to go focus on something else." But if we're eating while we're doing other activities, we're going to eat more. The more we eat, the harder it is on the digestive system, and the harder it is on the liver.

So digestion is extremely important. We have to be slowing down, chewing our food, looking at our food, and actually tasting our food. I said to a client "Just try to enjoy every bit of everything you eat." She replied, "You know, I don't even like the taste of half the things I'm eating. I just get to a point where I'm hungry or I'm bored or I'm angry and I'm just eating. And when I stopped and actually wasn't doing anything else but eating, I realized I don't even like the taste of these junky chips." She could tell that she was actually putting junk into her body by paying attention to what it was that she was eating. She actually started looking for different things to eat that were healthier. When she stopped and didn't have all of these other things coming in, people, cars, TV, and she focused on the food; she said "You know that really just doesn't taste good."

Kevin: Yeah, I have experienced that as well. I've done a mindfulness exercise before that was a meditation exercise. I decided to do this mindfulness eating exercise in a fast food restaurant.

Robyn: That's great. How'd it go?

Kevin: Wow. What a difference. Fast food, when you slow it down, is not nearly as enjoyable. And in fact, it was somewhat traumatic. One of the things I've worked on eliminating, is eating while watching television. I've tried, somewhat successfully, to create an eating environment that doesn't involve computer or television. I just notice that I eat less because I wanted to go and watch television. I know that's part of my childhood experience.

One of the things, one of the gifts that I think Nicole brings, is humor. I'd like you to share a little about that.

Nicole: We could just try laughing back and forth.

Kevin: Just laughing?

Nicole: Just laughing. Just laugh at it. Humor is so important. So that's part of the program that I'm calling "Women, Health, and Joy." If everything is so serious, if we're so meticulous about what we eat and what we don't eat, that can also causes illness. We've seen people live into their hundreds. The biggest thing about that is that they don't carry this worry and they don't carry this stress. Stress is a huge killer; it's a huge killer of our emotions, and of what we need out of life. Stress makes us actually make more of the wrong choices than if we were to let it go. This too shall pass. I can do what I can do, but what is number one on the priority list? Let me get to that big rock before I try to get everything else going on, and fit it all into one day.

So humor comes in where you just have to laugh at yourself sometimes. There was this one time I was walking out of my apartment. I was actually really stressed and I was really thick into my thoughts. I realized I wasn't in my body. I really realized this when I hit the bottom of the stairs. I just kind of came to, recognized I wasn't really hurt, and I started laughing. It just took everything away. So now I have a laughing friend. Literally, we call each other up, just make silly jokes, and we laugh. It's actually Kevin; Kevin is my laughing buddy. I feel better after five minutes of laughing with him.

Robyn: I love it. I just need to be around you guys more often, right?...especially when I'm in my serious mode.

Nicole: So having somebody in your life that brings you joy. My cat brings me joy. People's pets bring them joy.

Robyn: My children bring me endless joy, mostly. They make me laugh. They bring me into the moment.

Nicole: Yes.

Robyn: Right now, I just want to say that part of self-care has to do with this humor theme. And we are also bringing that to you throughout these 12 months. We actually have a humor expert every single month. We cannot wait to share them with you. There are going to be surprises. We've got some comedians; we have some well-known happiness experts all coming your way. A lot of people say, "Why are you doing 12 full months for the Self-Care Revolution?" As you're hearing from Nicole, and when we think of all these different health issues out there, it doesn't happen overnight. We know, as you are going through your self-care journey, as you're thinking about the three main things that you need to work on in terms of your health, that it takes time to make changes. So that's why you are going to have the Self-Care Coach support throughout these 12 months as well as the amazing experts.

We are just so wowed by who we've already brought on in this first month. Again, bringing you real live people like yourself, who've completely transformed their lives by making a self-care choice. Sometimes it just takes one. Very often, this is a time of lifestyle medicine, a time of functional medicine. We are one whole being. We are not just somebody who has cancer of the breast. It's usually a systemic issue. So self-care is about those decisions that we're making every single day. Nicole, I'm so glad you're going to be teaching this class here in Santa Fe.

Nicole: It's all about support and sustained support. Anyone can just decide, "Okay, today I'm going to the gym," or, "Today I'm eating well," but to keep that momentum going, you need support and accountability. You need to become accountable to someone and then have someone become accountable to you. It's about getting the right support. Sometimes within our family or our friends or our business, we may think that we have a lot of people around us, but are they actually supporting us? There's this fine line between people who are just kind of skating by and people that can offer real support.

Most people have really good hearts, but if they see somebody excelling and they feel they're not, instead of saying, "You go! You're doing awesome," it can turn around to, "Why can't I do that?" Most people have really good intentions but jealousy can come into the picture. Sometimes those people will sabotage the people who are doing really well because they themselves don't have the support that they need in order to start climbing up to their optimal health.

Robyn: Very good point.

Nicole: Also, it really helps to have someone to look up to. That's where a lot of that feeling of isolation can come in. There are the secrets and the dishonesty, and sometimes you feel better than somebody else, like you have more than somebody else. You might think "I can do better than them." A lot of times, where you really get in trouble is feeling that you have less than the other person. With either of those feelings, you are off balance. So if you have more than someone, ask yourself what you can give to that person to help bring them to the level that you want in your life? It is also important to having the appropriate support because not all support systems may be a fit for you.

It's really a fine line of finding people who are actually taking care of themselves and have worked through their own stuff to know what they're doing and what they're projecting onto others. So you need this person you're looking up to, to be in the spirit of "Come on, I'll lift you up," as opposed to, "Nah, let's stay down here together. That's kind of fun. Not really, but at least I've got somebody with me, so I'm not alone in this place."

Kevin: That might be a good segue way into talking about the women that are attending your workshop and how they interact with their partners or husbands? Do they leave them out of the discussion and then hope that they'll support them later?

Nicole: We'll go into that more. The things that we expect from our partners are often the things that we're not giving to ourselves all the time. Other people are other people. We can't change them, but you can be an influence. So if a mom starts bringing home good food and making a lot of options, and I'll be showing how to do that, then the child is going to start seeing that. They may not do it on day 1. You don't come home and think "Alright. I've changed my eating habits. Here, you get kale instead of the usual stuff you're eating." It's a slow, steady process. It's really learning to nurture and support ourselves so that we can be a pillar of strength. Then other people, when they see people thriving, I mean, with their eyes open they might ask "What are you doing?" When we preach about it, people often think "Just go away. Stop talking to me." But if we're actually living it, then when the people are ready they'll ask "What did you do? I want that," then they're willing to make those changes.

Also, if somebody comes home saying "Oh, my gosh. I just went to this great seminar. You have to start eating kale and you have to stop doing this and you have to and you have to," people are going to tune out and they're going to do the opposite; they're

going to rebel. But if this person comes home and they're just really cool and mellow and chill and happy and they just go about their day. Then maybe mom comes home and it isn't like, "Put your socks away!" Maybe she comes home and you're expecting her to say, "Put your socks away," and she doesn't. Then the kid is like, "Hmm? Why am I not in trouble? I'm used to being in trouble. Now I'm not in trouble anymore?" And if a kid doesn't think that they're in trouble all the time, they're going to stop doing all the things that get them in trouble...because it's a pattern. It's a habit. It's a need for a certain kind of attention. We want attention, whether it's good or bad. We want attention.

So their partners absolutely will benefit, but not if these women come home and start being like, "You're doing this." I have a client now who, actually for the first time, isn't going for the fast food anymore. It's been about a month. I think it's the first time in a long time she's starting to cook at home. Her husband says to her, "Wow! This is really delicious." So she didn't try to change him. She just started cooking better for herself and now he's happier. He's saying things like "This is the best thing I've ever tasted!"

Kevin: That's a big part of the revolution.

Nicole: Yes. So her intent wasn't to change him at all. But he's like, "Wow. This is great. I'd love if you would do this more."

Kevin: When you talked earlier, I don't think you said relapse, but there was a period of difficulty that you hit. I think you said that was in '97 or something. What was your strategy? What was your self-care strategy during that?

Nicole: First, it seemed I had to spiral down enough to become desperate. I think I got up to about 215-220. I was in a size 18 pushing a size 20. I didn't have any mirrors in the house except for the one little mirror that is only shoulders up in the bathroom. I was a hoarder, I was a pack-rat. I was stuck in a situation where I had very little money. I had very few friends. I didn't have anyone that I would consider a good friend to call up and just really chat about what was going on. So I hit this isolation point.

And then I was out in downtown and I saw a street person. I really have a lot of empathy for street people. I believe that the abuse on a cellular level, which most of them have been through is just something we can't even imagine. But what I saw was my opportunity to make a choice. What saddened me was the amount of isolation I had, where there's millions of people. The realization I had is that there is nothing

any of us have gone through that somebody else hasn't gone through. Again, it's that secret feeling that until I get thin; I can't be part of society. Until I get thin and beautiful, I can't have that dream job that I want. Until I'm thin, people won't respect me. So stopping what was just sabotaging me to continue to pour on the weight and awaken to the fact that I need help. I need support. So then I started seeking out that support and found that I wasn't alone. I am not the only person with these kinds of issues. I am not the only person in the world who grew up with a terrible childhood.

Robyn: So you've certainly shared some of what you're doing today in terms of food, but what's an average day in life for you in terms of how you wake up and what's your self-care strategy? When you've made this decision, what do you do daily to keep this momentum going and choosing Nicole? Like I'm taking care of Nicole today?

Nicole: The switch is to start focusing on the solution instead of continuing to put energy into the problem. So when I wake up, the alarm goes off, I immediately smile and I start thinking about what would an optimal day look like? What do I desire? What do I want? Then I get up and I drink a whole bunch of water, which flushes the system. I'll put on music and I'll dance, if it's a little too cold to go outside walking. So I move. I start thinking about the things I want. I start thinking about the things I love. I tell my kitty how much I love her and I'm so grateful to see her. I get up and just start moving.

Robyn: That's great.

The thing that everybody has of course, that has opted in as part of the Self-Care Revolution as a member right now, is a self-care journal. We have loved the response that we've gotten from several of you who are really enjoying being part of writing in your journal when you wake up in the morning. We've had some questions for you in the journal but this is also your unique journey. The journal questions are just to get you thinking. The mindset here, again, is food and thoughts as medicine. We're also talking about the mindset that is changing and growing every single day.

So as Nicole just talked about her morning strategy, how she clicks in to her day, how she wants to live a self-care day, we really encourage you to keep using this journal. For those of you who have not seen it, it's right there when you go into the thank you page. You certainly can go back to www.JoinTheSelfCareRevolution.com, but we have all kinds of resources, lots of bonuses from our speakers. We have just about five more minutes. We have a couple more questions that came in earlier. Could you ask another question, Kevin?

Kevin: There's a question that came in that's attached to this...your best day. I just wondered what your plans might be. You have an opportunity here to share with our guests, to speak your truth, and to share your future plans.

Nicole: Great. My dream, my vision, is to create supportive communities. Group classes, one-on-one, and to inspire people to live the life that they want. What we first do is we work on what your goals are. We break it down into digestible pieces to where it becomes do-able. Just like going through a school program. So what I desire, what I'm working on, what my passion is, what my drive is, what gets me going every morning, is to create the community I wanted when I was a little girl so that everybody has an opportunity to be supported. That we just wipe out that feeling of isolation and help everyone to get what they need, to be listened to, to get heard, and to teach people how to help each other.

So if you have a friend, learn how to be that accountability partner as opposed to always talking over each other and giving advice. How do we stop, listen, ask the right questions, make it to where people feel heard, understood, and loved and supported.

Kevin: And that ties into our earlier discussion where we were talking about technology creating separation and possible isolation. The message was to talk and to listen. I think that is what you just said. That's what we're doing here and we encourage all of you to do the same. We're again, having a live video stream next Tuesday. We're going to be available to talk and listen. We really want you to tune into that. Nicole, could you give us a statement or a phrase that you might put on a billboard for our listeners?

Nicole: My phrase? It would be "May we all have the community we deserve in order to have the lives that we desire."

Kevin: That's excellent. I do think that's one of the things that we are encouraging you as part of the Self-Care Revolution, to take advantage of this community. Take advantage of listening to the stories of the experts and the coaches; really take advantage of the inspiration that is a very important part of this revolution. The support piece that Nicole brings to this is so important, because we all know that we've been inspired at one time and then lost that inspiration because of the movement of the world or the speed of life, as they say. Take a break from the speed of life and join us in this revolution for 12 months. Really see the benefit that I certainly have seen, and know that Robyn and Nicole have seen.

Robyn: Oh my goodness. This has been exciting. Santa Fe Soul is almost eight years old and this has been the most exciting project. Every single person has participated. Really, again, the 12 months think about, as you continue on this journey with us, of the major changes we are going to go through like we already have. We're only in month one. But imagine where you're going to be in month 12. We are going to be rocking your world and our own as we again are visited by expert speakers and hearing from people like Nicole who has shared her perspective.

Thank you, Nicole for being so vulnerable and for sharing your experiences. Every one of us here, and you included, all have a story. We are not alone at all. So we want to go into this whole year together with you. Again, there is a live event in June that we're super excited about, on June 21st, 22nd, and 23rd. We're inviting many of our speakers who are ready and have made their plans to come to Santa Fe to speak, to share, as well as our Self-Care Coaches. We have a lot planned. So anyway, thanks for your time today. Again, thank you Nicole for sharing all that you have and all that you will continue to share with our community.

Nicole: One last bit is to keep inspiration in front of you, stay close to the people who inspire you. Print out their picture, cut it out, keep it in your wallet, and look at it. So if you don't have any support with you, or you just feel that this person's a bummer, you can bring it in front of you. Bring the people who are out there who inspire you, and keep them in your vision. Think of them first thing in the morning. What would they do? How would they react to this?

I would also love to offer the first ten people who call, a free hour session with me and we can go over how to create the life that you want. I can be reached at 505-428-9129. Again, the first ten people to call, I would love to schedule you for an hour session.

Robyn: Wow! You are so generous! Thank you. For the ten people, Nicole, can you give that number out, one more time?

Nicole: Sure. It's 505- 428-9129.

Kevin: You can also find Nicole on the Santa Fe Soul website, which is www.SantaFeSoul.com and as a Self-Care Coach on the Self-Care Revolution website, which is: www.JoinTheSelfCareRevolution.com.

Robyn: Remember, February 1st, when people choose to become members, the first 100 people that continue on this journey with us get a free half an hour with the Self-Care Coach of your choice. So many of you just met Harmony West, an amazing

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childhood educator, who can work on self-esteem for your children. She also teaches women's circles. She's just an extraordinary woman. So each week, you're going to meet our Self-Care Coaches. Then there's Kevin Snow here who has been co-hosting with me from the beginning who is an extraordinary Intuitive Counselor.

Wow...more wowing! Again, thank you for being with us today. We love you. Choose Self-Care, knowing it's the true health care.

Kevin: Have a great self-care day. Blessings!

Nicole: Blessings!

[End of Interview]

MIKELL PARSONS

DetoxDoneRight.com | DC, CCN, DACBN, BACNB

DETOX YOUR WAY TO VIBRANT HEALTH

[These statements have not been evaluated by the Food and Drug Administration. The information on this audiocast is not intended to diagnose, treat, cure, or prevent any disease.]

Robyn: Hello and welcome to day 29 of the Self-Care Revolution. This is a big day. We're so excited to have our third speaker of the day. We're just still vibrating from our very first talk that we had with Jim Healthy and Dr. Roy Heilbron who spoke very candidly about the issue of diabetes. It was an amazing talk and you all have that to listen to in your members' area. We just want to tell you, this has been an amazing 29 days of the revolution. We're getting people calling in all the time, and people are leaving us messages. People are so excited to be part of this revolution knowing that self-care is the solution to so much of what we see in terms of health issues out there in the world.

So my name is Robyn Benson and I am a Doctor of Oriental Medicine. I'm so honored to be here with two people co-hosting here with me. I have ...

Angelique: My name is Dr. Angelique Hart, I'm a holistic MD and I'm a faith specialist, but I practice mostly holistic medicine, doing detox which is extremely important and which is what we're going to talk about today, and hormone balancing.

Kevin: And I'm Kevin Snow, I'm just excited to be here. I'm an Intuitive Counselor and a Self-Care Coach. I can't wait to hear what Mikell has to say.

Robyn: Great. We're excited about your talk, Mikell. In fact, we've had people calling from Denver, people calling from California. This is a huge topic, detoxification. So with us today, we have Dr. Mikell Parsons, a doctor of Chiropractic, a Certified Clinical Nutritionist and a Diplomat of the American Clinical Board of Nutrition and Neurology. Formerly, she was the Assistant Professor of Clinical Sciences at the University of Bridgeport College of Chiropractic and Naturopathic Medicine in Bridgeport, Connecticut where she taught women's health, obstetrics, gynecology, geriatrics and EENT. But today, she is going to be talking about detoxing your way to vibrant health. So welcome, Dr. Mikell Parsons, thank you for being here with us today.

Mikell: Thank you so much. This is such an exciting time to just say, “Yes, I’m going to reclaim my health,” and step up and really feel that vibrant energy that for many of us gets smushed, because our body is out of balance.

Robyn: Absolutely. Just so the listeners know, I’ve actually met Dr. Mikell Parsons a couple of times now, and I asked her to be one of the speakers because she really walks her talk. She is a beautiful woman who has so much passion for her work. This is in all the areas in which she practices but this is her favorite topic. She’s going to be sharing her program with us today. Anyway, why don’t we just start by asking the question how did you get into your profession? How did you get mostly focused on this issue at this time in your practice?

Mikell: I’ll start with my journey in health care. I actually had a severe water skiing accident when I was 16. At that time, my whole world revolved around becoming a dancer. That kind of took me out of the game for a long time. It was through my mother saying, “You need to go seek care. You can’t stand up straight. No one can touch your right thigh, something’s wrong,” that I chose to go to a chiropractor. I was blown away that the body could heal without surgery and being injected with shots, because I was terrified of needles. That opened up my mind to, “Wow, there are other things out there.”

Now my focus on detox wasn’t something that I chose. I had two miscarriages, one fairly quickly after the other. After that second miscarriage, my health was just tanked. It threw me into full-blown menopause and I had no transition at all. My energy was nonexistent. I had horrendous brain fog. You could be talking to me and I could see your lips moving, I could hear you, but I couldn’t repeat back what you said. I was in a lot of pain and I was exhausted. There wasn’t enough sleep that I could get that would make me feel refreshed, and that’s not my nature. Robyn, you’ve seen me. I just love life. I go, go, go! So it was to the point where I was going to have to either close down my office and quit practicing, or figure out what was going on.

As I was going through this, my weight continued to climb as if I were still pregnant. Being a former dancer, and now being in a size 10 and knowing I came from an obese family, I was terrified that I had lost my joy, I’d lost my energy and I’d lost two babies. At this point I was in a “Lose, lose, lose,” phase. I was just in a really icky place. As I started talking to my other friends who are healthcare practitioners and seeking out information, they would all say, “Hey, you’re doing the right thing. Good luck! It’ll all work out.” But my weight was still climbing and my energy was getting worse. So I was in a position where I had to figure it out for myself. I looked at the science and reverse-engineered a solution. I had to ask myself “What drives those pathways?

What's the one thing that could hit all different levels of my health? Hormones, bowel function, you name it." And it was all pointing towards the issue of toxicity.

For me, in my personal journey, I discovered that not only did I have a rusty, dusty, cranky personal detox factory, but I also had sky-high levels of mercury and lead and arsenic. So as I started to figure myself out, when the brain fog cleared, I woke up and thought, "Oh my gosh. There are so many people out there that want that vibrancy, that want to reclaim their health, but they're not being strategic in doing it the way the body demands." So I ended up creating a program that could do the job. I wanted to get the word out. I wanted to let people know that if you're not waking up perky, alert, ready to go, and you're not sailing through your day with energy to spare, and your weight is not at the healthy weight for you, and your body's just not working right, then that's got to be a wakeup call that something's out of line, something's out of balance. The good news is, there is an answer. You don't have to stay in that stuck, dark, isolated, hopeless place. My mom lived in that space and I grew up around that. Man, I decided that if I was going down, I was going to go down fighting.

That's why I'm so passionate about explaining to people that we are living in a toxic world, and that's not going to change. But what we need to focus on is how we can treat our body so that it works in that toxic world. So this turned into not only a life-saving device for me, but now it really is a mission for me to help as many people around the world as I can, because toxicity is a worldwide issue.

Robyn: It sure is.

Angelique: It's a huge issue. A lot of times, people ask, "How did I get to be so toxic? Why am I becoming suddenly symptomatic? What happened?"

Mikell: Yeah, I get that a lot. Or they'll say, "I eat well. I should be fine." Well, if we didn't live in an industrialized society, we might be able to get away with eating good, clean food. Even that's more challenging now. When we look at the studies, we're finding evidence of our industrialized civilization in the umbilical cords of babies who haven't even been born yet. That is to say, they're finding that even babies in utero are contaminated with things like plasticizers and Styrofoam. How did that happen? How did these new, precious beings get exposed to these toxins before they're even out of the womb? Well, part of it is due to what we're putting on our body, what we're breathing in. If our detox factories can't keep up with the load, the body starts to store them.

We would like to think that, especially when a woman is pregnant, carrying this precious new being inside her, that the placenta protects from all. But it doesn't, because our bodies were not designed to deal with these kinds of toxins. So, depending upon what that exposure is, like a styrene or a plasticizer, from just one exposure it might take up to 30 years for your body to get rid of that one exposure. So add to that the fact that we don't get exposed to things just once, it's often multiple times every day. For example, we often drink cups of hot coffee in Styrofoam cups. That heat releases the toxins. I grew up cheering for the team on the sidelines of the football field, while drinking hot chocolate in those plastic little cups. We reheat things, or we take home our leftover food that is hot in a plastic to-go box. Our exposures are so normal to us now; they're not even on our radar. They're just a part of who we are as a society. We're giving kids these squishy plastic water bottles because they're playing soccer and we know they need water. We want to keep them hydrated. It could be a hot day and we've stored them in the garage and then we stick them in the freezer. Every time that plastic changes, it releases stuff into that water.

So how our body maneuvers through this is based upon how well our personal detox factory is working. That's a very individualized thing. My detox factory is in a very different place now, which is why my weight is down, my energy's up and I'm rocking it. Versus someone that I just saw yesterday whose detox factories are just not running right. She is really suffering from a lot of the similar symptoms that I did, especially the inability to lose weight and that terrible brain fog.

Robyn: How would the average person know how well their detox factory is or is not working? Because a lot of people will come into your office and say, "I'm feeling fine." Often they don't realize it. How do you bring that to their attention? How do you help them realize that this needs to be a day-to-day practice?

Mikell: That's a great question, because I've never yet had a person walk in and say, "My detox factories aren't working. Can you help me with that?" What they do come in and say is, "I can't sleep," or, "I've got these horrendous headaches," or, "I'm 28 years old and I've got acne." They come in with a variety of symptoms and some other symptoms that are very common, that are a red flag. A slam dunk flag is if you're eating well and you do moderate exercise and you're still not losing weight, or you're gaining weight, and it's not in muscle, that's a slam dunk that there's a detoxification issue. If you get canker sores, if you feel stiff, especially in the mornings when you get up, you're stiff and you're sore, that's another indication. Irregular heartbeat is a flag that your detox factories might be sluggish. Or symptoms like stomach pain, poor memory, fatigue as I've mentioned, that's very, very common. Some people get that

chronic clearing their throat cough thing. Those are some very common things that I see.

So when someone walks in and they're symptomatic and they're just not feeling right, one of the things that I now screen for is toxicity. If you're swollen, like if your feet swell by the end of the day, or you're one of those people that are really sensitive and you take a supplement or a prescription or over-the-counter medication and you react to it, that's all classic signs of the detox factory not working well. Or if you avoid the perfume counter in the department stores because you get headaches, your detox factory is not working well. So there are a lot of indications, asthma, diabetes (there's another link there), that might get you thinking, "Okay, I'm out of balance." When we want to get better, it's not always about, "Well, let's just clean up the diet." There are a lot of other things that have to be addressed when those factory pieces are rusty, dusty, and not working well.

Angelique: Are there any specific tests that need to be done at that point, that you do usually for these patients to see what exactly is going on?

Mikell: In my private practice, one of the first things that I do with almost everyone who is new is something called body impedance analysis. That's just a quick test that we can do here where we place sensors on the hand and the foot and we run an imperceptible current up one side down the body and down the other. Through that, we can extrapolate some information about hydration, how much water is inside of the cells versus outside. If we need to dig deeper, we can do heavy metal testing through doing a provoked urine test. There are a lot of other technical tests that we can run as a private patient. But that is harder, because not everyone has that access to a healthcare provider and not all healthcare providers are trained in that.

So what I have done is I've created a quiz in my program. This is one of the first things that you get in my "Detox Done Right" program where you take this quiz and it helps to get clarity on what kind of detoxifier you are. Are you a detox rock star so you really just need some TLC love, with those detox pathways? Or were you like me?... a detox emergency where your body is so out of balance, your body is so nutrient-deprived that you're the one that has more of the extreme symptoms of swelling, edema, and especially that brain fog. So we're able to stratify what kind of detoxifier you are right now. Then we can be more strategic as you go through the program and determine how aggressive you can be. So private practice is a little bit different versus the things that we can do in a coaching type of format. But that quiz is priceless.

Because I'm sure, many of us, as we've gone through our journey as healthcare providers, we've had people come in and they do something that's detoxifying and they crash and burn and they feel horrible. To me that's a sign that either they were too aggressive and pushing their pathways too much, or they were missing a piece of the detox process. I really coach all of my clients and patients that if you don't feel well; we need to take a step back and figure out why. I do not believe that you need to feel like crap when you're detoxing. I think if you feel bad, that's a sign that you need to make a change. I know that there are a lot of people that wear that as a badge of honor. "Yeah, I did this program and man, it was really hard, and the food sucked, and I felt like crap. Yeah! But I did it!" I look at that as, "Oh my gosh. You've just put more stress on an already stressed system." How does that serve the body in its wisdom? Those symptoms are messages that you should back off a bit, stop, or do something differently.

So I look at it from a different perspective now that I've been one of those who have gone through the fire, so to speak, and have come out the other side. Being strategic in what you do and how you do it as you go through the process is very, very important to me, because I want people to feel good. When you already feel bad, man, we just want to feel better. Then, once we feel good, we want to hang on to that.

Robyn: Dr. Parsons, I'm sure Dr. Hart here and I certainly see patients all the time. Where do you start with the people that come in with Lyme disease or come in with a very serious issue going on? So they might be emaciated and they can barely eat. I know you might do your BIA, you might order blood work, but where do you start with someone that really needs nutrition desperately, and they're very toxic? What is your process in working with a patient like this, as you call it, a detox emergency?

Mikell: If they're working with me privately and they are a detox emergency, especially if there is an intestinal component, any kind of autoimmune challenge, or they've got severe leaky gut, or Candida overgrowth, then we've got to really nurture and build up that gut, that intestinal lining. Our intestines are our first line of defense against toxins and foods, because that's our direct contact from the outside world, inside our body.

So in situations like that—and that's one of the other components of my program—we have quizzes to help someone determine if there's a problem in their digestive system? Is there a problem in my intestinal system as far as inflammation, bugs in the gut? Those things have to be dealt with first before we really delve into the whole detoxification issue. If you don't have a good, healthy gut and you jump into a detox, you could actually make that gut lining worse. One of the things that a lot of people

don't realize is that the gut lining is one cell thick. It regenerates every three to five days. So if that intestinal lining is weakened, it is being challenged. And if there's an autoimmune component, and I can guarantee you there is, then we need to build that system up first. I'm all about building people up, as I'm sure everyone on this call is. We want to build you up so you can move forward.

With detox, you really have to know, when is the right time to add some strategic things in? When do you need to wait and allow the body to heal? So we address those things in the very beginning. In fact, you start getting information as soon as you sign up about what's happening with digestion, and what's happening with your gut. What kind of a detoxifier are you? So you can go through this program with wisdom and come out on the other side in a healthier place. So with those really complicated patients, I often encourage them to post about what is going on, at a private Facebook community that I formed for people in my program. They might post "This is going on," and there are times when I'll say, "You need to work with your healthcare provider on these issues while we support you through this program." I am really conscientious about tapping into people, like yourself, that say, "Hey, this piece needs to be addressed," when it's beyond the scope of what this program is designed to do. Ultimately, we've got to really get the intestinal system working well. With my neurology background, if there's a leaky gut, if there's an imbalance intestinally, there's a strong correlation that you've got a leaky blood-brain barrier.

One of the things that the body does in its wisdom is try to package up a toxin, such as a plasticizer that makes our lotions feel nice and creamy when we get them on our skin. If the body can't package that up in pee, poop, or sweat it out, or breathe it out, it's going to get stored somewhere in the body. If you've got a leaky brain, you don't want that stuff getting up into the brain, that's not good. Also, if that gut is not in a good place, we really have to do some work there.

Angelique: How long do you usually take to get the gut up and ready? What exactly are you doing? Are you using supplements? Do the patients go on a specific diet? Do you do specific measurements to follow along or do you go by the interface that you use? The questionnaires? Do you go by the questionnaires to see if they're making progress?

Mikell: If it's someone in my private practice, I address it differently, because I can, because I'm their doctor. In the program, we're relying on those quizzes then giving feedback as to, "Wow, this is something that you need." Digestive enzyme support or gall bladder support or whatever that digestive issue is. I really encourage people to work on that.

The other cool thing is I designed this program to be a 28-day program. But for people who, in the beginning might discover, “Uh oh, this quiz tells me I might have a bug in the gut,” or, “This quiz shows I’m not digesting my protein well,” then they have access to everything, all the class material. They can download them immediately and just store them. But they also have access to the membership site for three months. I know that someone getting into the program might realize, “Oh crud, I need to fix this piece. But I signed up for this 28-day program, oh my gosh, what do I do?” No worries. Because they have a lifetime access to my private Facebook group, and as they continue their journey, they can still get that support that they need.

Now in my private practice, I’m testing their poop and we’re really getting strategic and, “Okay, what is going on?” Is there a leaky gut issue? Because of my chiropractic applied kinesiology background, I do a lot of things in office. But I love to do testing, too, because then there’s no mystery. We know for sure you’ve got Klebsiella or we know for sure you’ve got a parasite. Whatever that issue is, we can bring it up and know for sure.

But as they go through the program, that’s why I’ve put those quizzes in place. Because that might be the first time someone realizes, “Oh my gosh, this bloating isn’t normal. Tooting throughout the day, gassing out my family, that’s not normal.” Well, no, it’s not. That’s not how the body’s supposed to be. So I really try to support people. People always have the option of coming in and becoming a private patient, if that’s something that they want. But for people who live out of my community who have amazing people like you guys, they can tap directly back into you. So I try to give as much support as possible, but knowing what the limitations are in an online program. That’s why I’ve set specific milestones so they’re able to determine “Am I on track? Am I good? Do I need to slow down? Do I need to stop? Do I need to pause? Do I need to go touch base with someone?” That’s really, really important to me.

Robyn: So if somebody’s interested in buying your “Detox Done Right” kit, where do they go to reach you, Dr. Mikell?

Mikell: What they could do is go to www.DetoxDoneRight.com/selfcare.

Robyn: When is your next program going to be offered?

Mikell: The cool thing with how I’ve set it up is you can join today, you can join whenever. So it’s not like we all start together and we all start at the same time. The other thing that I do is at the end of the month, each month I get on a live call and answer any questions. That is available to anyone who’s ever been in the program. So

let's say six months down the road something pops up and you have a question, you'll be notified when that next call is happening, and you'll be able to answer your question. I see this as lifetime access, and lifetime access to other community members. There's a tremendous amount of support built in. It's really just kind of taking on a life of its own.

Mikell: Robyn, you have really inspired me and I really want to support you in your mission. Oh my gosh, I'm so excited about what you're doing. You are rocking it.

Robyn: Thank you.

Mikell: I just can't imagine taking on something this big. But you've really actually inspired me to step up.

Robyn: You know what? Thank God I have 28 Self-Care Coaches. So there are many of us that are in this together. We're taking care of each other as we try to revolutionize healthcare, along with you.

Kevin: Absolutely.

Robyn: This piece is so important, we have to detox. Somebody who's writing in right now would like to know the fee. What is the cost of your "Detox Done Right" program?

Mikell: The detox is not, "I'm just going to do it once a year." You're actually detoxing right now as you're listening to this call. Every cell in our body has to detox. Now, we can be more strategic and give our detox factory the tools it needs, or we can just ignore it and pretend it doesn't exist and go on our merry way and feel like crap. But because I'm so excited about what Robyn and the whole gang is doing, when you go to the "Detox Done Right" site, you will see a special offer. So you can get my whole program, lifetime access to the Facebook group, really, lifetime once a month Q&A call if you're wanting to tap into that, in addition to all the handouts, and the materials. You'll get audio calls once a week for four weeks. We're going to do a special price for you guys for \$147.

Angeliq: That's awesome. I'm so excited.

Robyn: Thank you. What a great gift. Anybody who mentions the Self-Care Revolution will get that great discount today.

Mikell: So when you go to that www.DetoxDoneRight.com/selfcare, that's the page that you'll want to be on. You'll see, you'll be able to look at how we broke out the classes. Once again, you could do detox the right way or you can do it a way that doesn't serve your body in the way that you're hoping for.

Kevin: We'll put a link to that on our website, which if anybody has forgotten, is www.JoinTheSelfCareRevolution.com.

Robyn: What's great about your talk, Dr. Parsons, is that this is going to be available, this is our free month. We've had nine amazing speakers. It's going to be available for quite some time. If that's okay, we'll keep this offer going with you.

Mikell: Absolutely. I'm a woman on a mission. I'm so on a mission!

Robyn: Yes we are!

Mikell: I do not want anyone to go through the suffering that I went through. If I could help lift someone up and accelerate their learning curve and decrease the need to research and try to figure it out, that's really what this program is all about.

Angelique: There's a lot of different ways to get toxins out of someone's body. What are the key points, if I may ask, of your program of removing toxins?

Mikell: One of the things that is often missing in detoxification programs that I see online and what patients come in and tell me they've tried, is the protein piece. If you are not getting protein, it doesn't matter if you're actually doing a detox program or if it's just an everyday thing, we need to be eating protein. Now the source of that protein, we can talk about at another time. Whether you're a vegan, vegetarian or you're eating animal sources of protein, the body has to have amino acids to get the second part of detoxification running. So we would like to think that detox is just a one-step thing, but it is a multiple-step sequence that is nutrient-driven. There's a reason why we have to eat food multiple times a day. As a species, we were not designed to eat one whopping' meal and call it quits. Our blood sugar goes all over the place when we don't eat a balanced, and with enough frequency.

So when people say, "I want to juice because I want to get healthy," the next question I ask is, "Okay, there's a lot of good benefits of juicing and there's a lot of things that may not be good if you're really wanting to support your detox factory, which, remember, is working every day whether you are cognizant of it or not." When people pull out entire food groups of real food that causes an imbalance. I am not

talking about what I call faux food, and I define faux food as things that have been tinkered with and are put in a box, a bag, or a can. For example, a potato is very different than a can of Pringles potato chips. Pringles is not a source of potatoes that is a faux food. Now, I know a lot of people like juicing and there's a lot of amazing benefits from juicing, provided you're still ingesting the pulp. You've got to have the pulp. But when you're only juicing, or you're just doing water, or you're following the Master Cleanse type of a cleanse, which if I could eradicate that from the planet, I would.

Angelique: Tell us why.

Mikell: I will. When we look at the biochemistry, we can understand what has to happen to get my detox factory running in phase one, in phase two, and get you out of the danger zone, which is an intermediary phase. That second phase, you've got to have amino acids. Amino acids come from protein breakdown, which means you first have to eat the protein, then you have to digest it, then you have to have a gut that's able to absorb it and assimilate it and utilize it. So if you don't have those three things in place, you're already behind in your detox factory's equipment that is needed. So when people turn to juicing, I hear all the time that, "I felt better." I agree, you probably did. For one, it's probably one of the few times you've actually focused on eating vegetables. If there's one food group people have an aversion to, it's veggies. My best friend, J.J. Virgin, used to say I had a faux veggie diet because I hated veggies. Fortunately, I have learned to love them. I know how to cook them now. I love them now, but 10 years ago, you weren't going to get me to eat anything green. Forget it.

So you've got to have those tools. Things that are truly nutrient-laden in vegetables, just a little bit of fruit, because I don't think we have a sugar deficiency here in the US; we have more of a vegetable deficiency. So I lean more towards the veggies, and there are ways that we can jazz them up when we're juicing. But we need that protein component to balance blood sugar. A common thing that trips people up with juicing is, "Okay. I'm going to juice kale and spinach and throw in some celery," but it doesn't taste like they want it taste, so then they throw in the apple and a banana and maybe some carrots and some beets. All of those things are good, but when you don't keep the pulp in and you don't balance it with protein, what happens is you get this insulin spike and a blood sugar spike. So it's like you've taken your pancreas out and did a smack down on it. You've smacked it around. You're making your body have to work harder at dealing with this spike of blood sugar and we need that fiber and protein to do a slow release and spread it out, versus, "Bam!" getting right into the bloodstream.

Juicing is fine, as long as you're really doing a vegetable juice. As soon as you start adding fruit, it doesn't count as a vegetable juice. So you've got to throw in that protein and that's the one big thing that a lot of people miss. Now with the Master Cleanse, I researched this because I thought, "Where did this come from?" Because just in looking at what that is and for those of you who aren't aware of it, a Master Cleanse is very popular and all over the internet, Beyoncé lost weight on it. But I don't turn to Beyoncé to be my resource for nutrition. I would turn to her to learn how to sing. Loved her in *Dream Girls*, but she's not my go-to person for health. When you look at the Master Cleanse, they're using honey and cayenne pepper, and if you really want to go for it, you do a whole bunch of salt and you're really just kind of forcing your body to cleanse.

Angelique: They do a half-cup of maple syrup, right?

Robyn: Half a cup of maple syrup or more.

Mikell: Yes, maple syrup. It's this slam on the blood sugar insulin balance. No protein at all. No fiber. But people say, "But I feel good on it." Well why is that? Why is there juicing with no protein or no fibers or pulling that fiber out or they're doing the Master Cleanse? Why do people feel better? Part of it is because they pulled out the crap from their diet. They're not eating what they perceive as naughty foods. And they pulled out foods that they're probably allergic to. So they do start to feel better, and they are getting vitamins that many people are not used to getting because they don't necessarily eat veggies. Some people don't eat fruit either.

When they add these things in, they can lose weight on those programs, which is very common. What I see in the office, because I look at this stuff - what I see is they might lose total weight, but they're actually losing muscle mass. It looks like they've lost weight on the scale, so emotionally we feel better because that number dropped down. But when they start to add their foods back in, what happens over time? Their weight starts to come back on and over time, they start to feel sluggish and tired and all of those symptoms come back. What that means is that didn't fix the lie. Why they were feeling that way. In fact, it messes up the way the body processes and utilizes those calories during the day.

Let's check out what happens when the body doesn't get enough protein. Protein is a nonnegotiable thing. The Greek translation of the word protein is "of prime importance." So when we don't get enough protein, and it doesn't matter what the source is, and when we're under stress (and who isn't under stress these days,) the body is going to take protein from somewhere. One of the first places it starts to

decrease the protein, is in the gut lining, and it also starts to break down muscle. The body is going to take what it needs from wherever it can get it. When you start to break down muscle and you start to break down your gut lining, you're doing metabolic damage. So that's why a lot of people will do some crazy program, lose the weight, go off, and the weight comes right back on. It's because they've broken down muscle and when they get back into their routine, their body is building that muscle back up. They're not getting into fat burning.

Now for a lot of people are going to say, "What the heck?" especially those who have done the Master Cleanse before. But I have a way in the office to look at muscle mass, body fat, and hydration. I ran people through my own little clinical trial, because I really wanted to see. I always think, "Show me the proof. I don't want to hear a testimonial, show me the proof." What I see consistently with those types of programs where there is not an emphasis placed on protein, they're breaking down muscle. That's scary. It's like you're eating yourself. You're a cannibal. Eeeww! Who wants that? That doesn't sound good. That's icky!

Kevin: I did the Master Cleanse and I definitely did not lose weight. I know that I felt really, really bad for a while and then I felt a little bit better. But I'm sure that it was because I was not eating what I was eating prior to that. You mentioned here in this bio that I'm reading, a little bit about hormones and the linkage between that. I wonder if you could share.

Mikell: Check this out. So we are all humans, and as humans, whether you're male or female, we are making hormones. We are supposed to make these hormones. We know when we're out of balance we don't feel well because of that. But for every hormone we make, it has to be detoxified. So as this hormone is created, it goes to the receptor, it does its job, it's shuttled now to, typically, the liver and the liver has to now take this hormone and turn it into something that we can pee or poop out.

So if you're missing the pieces to allow that to happen, and let's say you're female and your cardiovascular risks are high and you've been put on a statin drug. So now your detox factories were probably sluggish to begin with, because you were having cardiovascular problems and then they gave you a medication that you're now taking and now that has to be detoxified. Now your doctor recommends hormone replacement therapy because your hormones are getting too low and you're not feeling good. What happens from a detox standpoint is when you don't have all the right pieces, that hormone, let's say it's estrogen, when it enters into the factory, it goes through step one typically okay for most people. It has to get over to step two.

Most of us have a sluggish step two. So there's this phase, this intermediary step, which as I have named, the danger zone, that this hormone has to get into as it's going through this metamorphous change. If it gets stuck in that danger zone, that partially converted molecule, it's not to the point where you can pee or poop it out, it's stuck in this space, and is actually more toxic and more harmful than the original form of estrogen. So when we can't get that new, danger zone, intermediate out of the body, it has a direct link to cancer, specifically breast cancer. Holy moly, oh my gosh. How many women do you know that are personal friends, who have had a direct encounter or a close call with breast cancer? It used to be one in eight. It's up, depending on who you're talking to, one in seven women, maybe one of your friends.

Part of what we need to look at is, are they able, do they have the tools, to get these hormones all the way through that detox factory? If you're on that statin drug, that statin depletes your body of CoQ10. That's one of the molecules that have to run that intermediate danger zone in your detox factory. So if you're already taking a medication that just sucks up that CoQ10, you're so screwed. That's why so many of you have heard from your healthcare practitioners, "If you're on statins, you've got to take that CoQ10." They're looking at it from the muscle weakness standpoint. But now we need to add on this piece of, "Oh my gosh. I've got to have that to get my hormones through this factory phase so I can get rid of it and reduce my risk." Makes sense?

Angelique: Yes. I'd like to add, actually, a little bit to that. The toxins have a direct effect on hormone production as well. I'm talking about specifically the adrenal. So not only do you have a problem with the liver not detoxifying the estrogen, you get stuck with estrones, and you're not able to have the adrenals to really work as they should. They're not going to get enough progesterone to balance the amount of estrogen, so you're going to get all these women with estrogen dominance, that's really what the problem is.

Mikell: Absolutely, you're so spot on. I've crashed my adrenals twice so I fully get the whole adrenal piece. One of the fastest ways to help an adrenally-exhausted person who's also going to have altered detoxification; when the body gets out of balance, there seems to be a component, it may not be the main thing, but there's a component of the body's inability to package up these things. But the adrenal recovery is a protein-based thing as well. If we don't get that protein in, it's not just about getting protein to run your detox factories. The whole body needs protein. We're constantly repairing, rebuilding, regenerating. For a woman who is having her menstrual cycle, you are shedding two-thirds of the lining of your uterus, hopefully

regularly once a month. You've got to re-grow that lining. Where does that come from? Protein. Got to have the protein.

One of the things that we can see under a microscope, if we're looking to see that someone has cancer, is a misshapen cell because the protein pieces that are called microtubules are not able to hold the cell out into its shape, which should be like a circle or a balloon. We start to see changes in the DNA of how the protein is made. Protein is so underestimated. There's this fear of, "Oh I can't have protein, it's bad, we're getting too much." That is not what I'm seeing in my office. When I do body composition analysis and I'm looking at how much protein they're eating, there are many times that I'm saying, "Honey, the amount of protein you're eating is enough for a hamster. You need to bump it up." That will then help to give their bodies the tools it needs.

It's not just about protein. You still have to eat your veggies. If there's a way that I could get around the whole veggie thing, I will let you know. Because once again, veggies are not my favorite thing, although as I mentioned, I've learned to love and appreciate them. I've learned how to make them taste good. That's the other thing in my program. I've provided recipes and a shopping list. You name it; I've put it in there. Especially for those brain-dead people who, like me, had such brain fog, I couldn't think my way through to problem-solve anything. We really have tried to give everything that you need, and if we don't have something, we get it. We create it. We make sure. We really want to make it easy.

Angelique: So if I understand, you really work the gut, make sure that that's highly functional. Then you work with nutrition; make sure there's a protein with each meal. Are there other things that you add to the program that are actively removing toxins?

Mikell: Absolutely. So here's another thing that a lot of people don't realize. I think we've lost, as a society, the reason we eat food. It's really turned into this social thing, and it has to taste good. I get that. I want my food tasting good, too. But the real reason why we eat food and need to digest and break it down is because we need it to run our body. So when we are looking at what we need to do, we have to get enough of the B vitamins, we have to get enough of the minerals, so in the detox process, these nutrients that we're supposed to be replenishing every day, some of these nutrients get locked into this molecule that has been created so we can't pee, poop, sweat, or breathe it out.

So it's almost like they get attached and they're parachuting out of the body. We lose these nutrients every day because we're peeing and pooping and sweating and

breathing them out. We've got to replace them. We have to put them back in the factory. It's like gassing up your car. We don't gas up our tank once when we drive the car off the new car lot and think that's all we're going to need to do. We're constantly putting oil and gas and all the other things that we need to be putting into our car. The same thing is with the body. Now we could be strategic about it, or we can fuel the body with food and your body's like, "Eh. You're giving me crap. I'm going to run like crap." What comes in must come out. It could be good things, with good information for your cells, or that information can tell your body, "Eh. I'm not getting the stuff I need to make energy so you're going to fall asleep in the afternoon," because you haven't given the body what it needs. You have to replenish those things.

So there are certain nutrients that we do need to supplement. The reality is, it's not just about shifting your food and increasing your water. We have to replace in those strategic nutrients such as alpha lipoic acid as one. Glutamine is another one. Those are things that we've got to continually replenish so our factory can work efficiently every day, the way it was designed to. The worst thing that we can do is skip a meal. I hear all the time, "Well I'm not hungry in the morning." That's a sign that your physiology, your body, is so out of balance that your body got tired of saying, "I'm hungry," in the morning and you're excuse is "I'm too busy," "I overslept," or, "I want to lose weight so I'm going to skip this meal." That's one of the worst things you can do, is skipping not only a meal, but particularly, breakfast. Your body has worked hard overnight. There are all kinds of stuff that goes on at night and now your body needs to be refueled.

Kevin: That leads into the question that I've asked most of our speakers, which is, what would be the main piece of advice? So I'm a listener, and I'm hearing about self-care and I know that okay, I've tried to do this. What is the main thing that you can recommend to me and the other listeners as the one thing that I could do every day to maintain my self-care, in your particular case, my detoxification.

Robyn: How can you keep your detox factory going? Kevin, is that the question?

Kevin: That's the question. I may have a little bit of a leaky brain going on.

Robyn: Yes.

Mikell: Did you have your proteins?

Kevin: Right.

Robyn: He did not. That was the issue.

Mikell: I think for the majority of people that I see in my private practice, the one thing that I see across the board that most people aren't doing as well as they could is making sure they're getting enough protein every meal, which means at least three meals a day. For women, we're looking at maybe four ounces of protein per meal. For guys, it's six to eight. Guys need more, you're more protein. You're more muscle, or you should be. If you're not, then that's an issue. Guys are supposed to be leaner. Women, we need a little more body fat. But we all need protein.

Don't skip meals. So if you're one of those that wake up and you're not hungry in the morning, eat a little something. That's a sign of boo-boo metabolism. As you start to heal, when you wake up in the morning and within that first hour of waking, you're hungry, then celebrate. That's an amazing sign that you are fixing and healing your body. Food first. Supplements second. We have to supplement. I know that's more than one.

Kevin: That's great.

Mikell: But I've always been an overachiever.

Robyn: I can see why you are an expert in the detox field. You really describe a pretty complicated process. You almost make it kind of melodic. Have you noticed the key to all her words? Oh my god. Rusty, crusty, dusty to perky, alert. I like that. I think a lot of us need to go from rusty, dusty to perky, alert. To summarize, the main point you're making is proteins. Try not to miss meals. Food first then supplement and water. Anything else you want to add that you would just say, for the people who have such busy lives they're not going to do a major detox program right now, these are the most important steps.

Mikell: I would say accept the fact that you will need to supplement. It's really a challenge to eat perfect all the time, organic all the time. Because of the environment that we live in, this is something that we just need to be more aware of. So accept the fact that supplements are going to be a part of your daily healthcare routine. Maybe at another time in the future, we can do a call on one of the most strategic supplements just for overall health and wellness, but the foundation, know that the body needs vitamins, minerals, carbohydrates, proteins and fats for a reason. It's the type and the quality that's going to make your body run as fast and efficiently as it can. When the body runs right, we feel right. Beause... you're doing it right.

Robyn: Another question that's coming in has to do with detoxification and weight loss. Specifically, she's writing here that "I know that fat has about 200 more toxins in it than regular tissue. How do you go about weight loss in a way that you can detoxify the body?" We know there's no separation, but how do you do it in a way that you can get rid of the toxins and lose the weight in a safe way?

Angelique: And not get sick in the process.

Robyn: Yes. And sustain the weight loss. How do you sustain it? But keeping up the detox principles.

Mikell: Here's the bottom line. I was not in a good place with my weight. At 5'10", couldn't button my pants and had to shoot a TV commercial the next day and I had a meltdown. I was eating right and doing all the right things. So I clearly fell into the category of weight loss resistance. Here's what I've observed, because I've really looked at this in depth for many years now. Until you get your detox factory working better, it doesn't have to be perfect, but there's like this invisible line. As you start to give your detox factory the nutrients that it needs, when it's able to run more efficiently, the weight will start to come off. If that detox factory component is not addressed, those are the people that go from weight loss program to weight loss program, from calorie counting to all the crazy point systems, you name it. They do all the right things. They might lose a pound or two then they plateau. You've got to address the detox component.

What I see in my practice is I might have to have someone detoxing, going through my system, and for some they're doing that and just that, sweating and exercise is a component, but we're more strategic about what specific kind. But there's this invisible line that when the body starts to catch up and is able to start to haul more toxins out of that storage container which is our body fat, then the weight will start to come off. The only way that I'm aware of that you can force it out is through something like the HCG program when it's done correctly and safely. I have a version of that in my private practice. But if you don't address the toxicity as you're going through that, you're not going to stabilize, because your body needs that storage container. Your body's being smart; it's protecting your brain from these horrible toxins. Until you give your body the tools it needs to supply the nutrients to run the factory, fat burning takes energy.

The body prioritizes things. It's not going to take energy to get you into fat burning when you're exhausted and you're toxic. It says, "Nope. We're going to take what nutrients you're giving me and we're going to try to get this factory continuing to run."

Not going to let you lose weight because where are we going to put the stuff? You don't want that stuff going up into the brain." So from a weight loss standpoint, it's frustrating. When we're ready to lose weight, we want to do it now. But sometimes, we've got to clean up the mess and kind of sweep out the sawdust in our body, get it out, give the body the tools. Be really strategic. For me, my detox pathways are sluggish. I will always need detox support. I know that. I've tested them genetically. I know.

Robyn: Your main supplements are lipoic acid. Actually, Angelique and I are nodding a lot here as we're listening to you. We absolutely agree with what you're sharing. So lipoic acid and N-acetyl cysteine, is that something that you...

Mikell: All of those. That's the thing, too. It's not just one molecule. It's a lot of different things. So N-acetyl cysteine and alpha lipoic acid, the B vitamins, dextrin, we need magnesium, CoQ10, glycine, cysteine, you name it. There's a lot of stuff. That's why in my program, I've been very strategic about what we're doing. What foods contain those things? What supplements do we need to take to go through the process? What do we need to do to maintain? What I do want to say, if you're one of those people that are stuck in a body that you no longer recognize, and that body is holding you back and you feel hopeless and frustrated, be realistic. You're not going to like this, but just doing a 28-day cleanse is not necessarily going to fix everything. You might need to stay on a detox program for longer than that. I had to. But now, I'm down to a healthy body weight, back into my clothes, loving life.

Robyn: Looking fabulous, I'll say.

Mikell: Several years ago, I was not like that. I was not that person. It's a journey. So I want people to be realistic, especially when it's wrapped around weight. That's a very tenderhearted, very personal, deep thing. I get it.

Robyn: What do you do with the mindset piece? This first month is Thoughts and Food as Medicine. How do you really help in your 28-day detox program with the thought part? A lot of people are just so addicted to their foods and their sugar and they just can't even give themselves 72 hours without it, even to feel good. They just can't. What's your advice on the mind part of this, the thoughts?

Mikell: Well I'll tell you one of my personal things that I had to do to get through. Remember, I had no brain, I had toxic brain. I had to start visualizing, in my mind, a healthy, functioning detox factory. I would wake up in the morning and think, "Okay, my detox factory's going to work better." Once I was able to identify that it was jacked

up, I started to set the intention that my body was going to get back into balance. I would visualize “What would it feel like to have that good energy? What would it feel like?” When you set the intention that you want this thing addressed or fixed, the universe puts the right people in your path to help you along the way. It gives you the tools you need, when you need them. So visualizing and really getting to feeling it. I have a lot of gut problems, too, for a lot of reasons. I had an undiagnosed wheat issue for years and years. And so I’ve done a lot of intestinal damage. Go figure. I still have to do a lot of work with visioning with my intestines. They’re still not 100%, I’m still on that journey.

It’s important to know that this is a journey. I’ve got some people who start my program and the only thing they do is listen to the call, they’ll take the quizzes, but the only lifestyle change that they could make, because it’s all they could handle, is just to drink more water. Then the next time they’re ready to go through it, they might add another piece. So with detox, it’s not an all or nothing thing. It’s a very personalized journey. A lot of people get overwhelmed when they’re looking at programs. They think “Oh my gosh. I have to do it all or I’m not going to get any benefit.” That’s not how this is set up. I have people in the program who are other healthcare providers, nutritionists. I’ve got people in the program who had no idea what detox was. So we’ve got the full spectrum of people with different backgrounds all bringing the intent of, “I’m going to get my factory working better.”

So the first step is identifying, “Yeah, I’m out of balance and this is a piece.” The second is visualizing, what would it feel like to have that fixed? Then that just starts that whole forward momentum. Then setting goals, you’ve got to set a goal. If you are going to start a program, I don’t care what program it is, if you don’t have a goal of the outcome that you want to aim for, you’re not going to get the benefit of the program. Think of goals and goal setting at your GPS. You wouldn’t get in your car and say I want to go to Colorado and not look at a map. You might get way off course. So goals, and setting that intention of, “In this program right now, I’m going to try to not skip any meals. I’m going to reduce my McDonald’s consumption by one meal.” If that’s all you do. You’re going to get benefit from that. That’s going to benefit you.

Then picturing, if you can’t picture yourself healthy, then I want to encourage you to work with someone to help you through that. If you can’t picture getting there, you’re not going to get there. You’re just going to be wandering in that abyss. It’s time to get out.

Kevin: That's a good segue way to tonight. We're having a live stream with 10 of our Self-Care Coaches. Mikell won't be there for that, but we will be there, all experts in our own right.

Robyn: We're going to have to share some of your inspiration. There was a lot, wow.

Kevin: Absolutely, incredible. This will be live at 6:00 pm tonight. It'll be available, as well, as this talk is, available for your consumption.

Robyn: We're having a big celebration. We're having a live event in Santa Fe the 21st, 22nd and 23rd of June, the Self-Care Bliss Weekend. A lot of our expert speakers are going to be here. We have some musicians. It's growing by the day. But if there's any way we can have you here with your brilliant mind to just share such an important topic, detoxification is absolutely critical. It's just how we get diagnosed with anything. Something has gone wrong for many years. This is not just a one-time event. You just don't wake up and, "Oh my god, I have cancer." It takes 10 or 15 years to get diagnosed with just about most things. So even to get the common cold, there are some toxic issues going on.

Thank you so much for sharing you, sharing your passion in health and this special message around detoxification. Are there any final words of wisdom you'd like to share with our audience? Again, this is going to be available for some time to come. So any one last thing you want to say to all these people who have joined us today and will continue to hear your message?

Mikell: Yes. Let me just give you the link again, it's www.DetoxDoneRight.com/selfcare. I just want you to think about this. We are living in an ever-increasing toxic world. How you feel in your skin, that's a big component in how well you detox. What are you doing to allow your body the opportunity to do its job in this toxic world?

Robyn: Beautiful, and one more thing, your bonus, I forgot to ask. There are so many questions here. We've only gone through half of them. We definitely need to interview you again. On 'Discover How to Feel Sexy From the Inside Out'.

Mikell: Yes. Oh my gosh. You guys, this bonus is so much flipping fun. This is a video that I shot. As a female, when I was overweight, no energy, brain fog, the last thing I was feeling was sensual or sexy. It really starts from the inside out. So this video is my gift to you. Watch it, enjoy it. I've had kids watch it and crack up because I just speak the truth. We talk about critical pooping angles and colors and odors. How

do you know if you're digesting your protein? It's like a crash course done with a sense of humor. So I really encourage you to grab that bonus and watch it and learn from it and implement.

Robyn: And share it with your children.

Mikell: Yes.

Robyn: Thank you so much. We appreciate you. Thanks for sharing you.

Mikell: Thank you so much for having me, everyone. I so enjoyed this.

Robyn: Lots of love. We hope to have you all join us tonight. Actually, just in about 1 hour and 45 minutes where you get to meet 10 of the Self-Care Coaches who are here to help you along this journey of self-care.

Angelique: Alright.

Mikell: Thank you.

Angelique: Thank you.

Robyn: Bye.

Kevin: Thank you.

Mikell: Bye.

[End of Interview]

ROY HEILBRON

MD, Cardiologist, Co-Originator & Researcher Of
The South Beach Diet, Holistic Expert, Author

JIM HEALTHY

JimHealthy.com | Co-author of *The 30-Day Diabetes Cure*

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Robyn: Hello everyone, and welcome to day 29 of the Self-Care Revolution™. We are so excited for this big day. We have two guest speakers with us right now, Jim Healthy and Dr. Roy Heilbron.

For many of you who have not been with us before, the Self-Care Revolution™ is a 12-month series and this first month is all about Thoughts and Food as Medicine. We've been excited to have already shared nine experts with you and starting February 1st, we'll speak with experts regarding "Breath and Heart Matters." The first speaker of February will be Stig Severinsen, an amazing guy who holds the world record for holding his breath under water.

Again, we're glad to have you with us. I'm also joined by...

Kevin: Kevin Snow, Intuitive Counselor and Self-Care Coach. I'm grateful to be part of this call today.

Shereen: Hi, I'm Shereen Noon, an Access Consciousness Bars Facilitator, around people's bars, as well as a Self-Care Coach with the Self-Care Revolution™.

Robyn: We are excited to say that this is the first live Q&A with the Self-Care coaches. We have 10 of us that will be available to share not only our whole experience about the power of thoughts and food as medicine, but also to answer your questions. We already have many that have been written to us that we'll answer. We'll have 90 minutes with you to share again everything that we have in terms of our individual expertise and to share our personal stories.

Many people are upgrading, so know that this will be part of your upgrade package to go along with us for the next 11 months. We'll also have a time when you can meet with two or three accountability coaches. In other words, once a month you will meet with two or three of us, so when you think about what your self-care goals are we'll help you individually to make the shift that you are so excited to work on this year.

There's so much more that we'll be sharing, especially tonight, to help you know what it means to continue on as an upgraded member and part of the Self-Care Revolution™. With that said, here we are with our speakers today.

I want to introduce you to Dr. Roy Heilbron, who is one of the original National Institute of Health (NIH) researchers for the TACT (Trial to Assess Chelation Therapy Study.) He's an awarding-winning board-certified cardiologist (2009), board-certified in internal medicine (1993), board-certified in nuclear cardiology (1998), a Diplomat in Cardiovascular Disease of the American Board of Internal Medicine, a Diplomat of the American Board of Holistic Medicine, and a certified chelation therapist.

Dr. Heilbron is also a co-developer and researcher of the South Beach Diet, in collaboration with Arthur Agatston MD. He also is the winner of numerous awards and citations, including the Genentech Research Award and the Paul Furlong Clinical Medicine Award.

When Jim joins us we will introduce him then. Let me say how glad we are to have you here with us to speak on this important topic of diabetes.

Roy: Thanks Robyn.

Robyn: I thought we could start with a big question. First, how did you get into your field of medicine? I know you've made big shifts and there has been a huge awakening as a medical doctor. If you could share with our community today, we'd like to hear your story.

Roy: I trained at Mount Sinai in traditional cardiology and actually my wife began in pain medicine, and she started doing some alternative and holistic type therapies and I started seeing the improvements she had in her patients. That got me interested. I attended a chelation meeting, which is where I met Dr. Lamas, and that's actually where we started the beginning of the Trial to Assess Chelation Therapy.

It was a 12-year trial. We did a pilot study first and then the big trial, which took 12 years to prove that chelation works. Recently, they have shown reduced heart attacks, reduced strokes, reduced deaths, reduced need for surgeries and reduced hospitalizations. These are basically all five end points that we were looking for that improved with chelation. Since then I added chelation to my practice and have added all different types of holistic treatments.

Robyn: Dr. Heilbron, people may not know what chelation is, can you explain what that is?

Roy: Yes, chelation is an intravenous therapy that basically removes toxins from the body.

Robyn: There are various ways to chelate is that correct?

Roy: Yes, it depends on the type of toxins you might have. There are different oral chelations, as well as different IV chelations that are available.

Shereen: So do the majority of people that normally get chelation get it intravenously? And what's in it?

Roy: What we studied in the trial was an IV mixture of 10 different substances, mostly vitamins, minerals and then EDTA (the active part that pulls toxins from the body).

That's a bag that goes in over a period of three hours.

Shereen: What types of toxins is it removing out of the body and how do they get removed?

Roy: Lead is the most common toxin, also mercury, cadmium, arsenic, mostly the heavy metals, are pulled out by the EDTA.

Shereen: Do only certain people have heavy metals in their bodies?

Roy: Actually, almost everyone we've seen that has plaque, heart disease, and diabetes has heavy metal toxins, so it's almost 100%. We're only measuring 20 toxins. When the American Red Cross does a more in-depth analysis they usually find, on average, 200 toxins in every person they check across the U.S.

Shereen: Is there a healthy level, like you can have a certain amount of heavy metals and not get sick?

Roy: The FDA likes to set limits as to how much lead exposure you can have and how much mercury exposure and then, depending on those exposures they set cutoffs. The truth is that no amount of toxin helps you, any toxin you have is hurting you so you want to be as toxin-free as possible.

Shereen: Does chelation therapy remove more than heavy metals?

Roy: Yes, it can also remove different types of plastics that can mimic hormones in the body that disrupt all kinds of things.

Shereen: Like from plastic water bottles?

Roy: Yes. Plastic bottles, usually from the time the water is bottled to the time you get it months pass and the plastic releases into the water an estrogen-like substance, which might be part of the reason why we're seeing so much breast cancer and uterine cancer. These plastics mimic estrogen in the body, so if you have too much estrogen and not enough progesterone, that's how you grow these kind of cancers.

Shereen: So what kinds of water bottles are actually safe?

Roy: You definitely want glass water bottles; they're the best kind.

Shereen: That's good to know.

Robyn: I know that detoxing your way to vibrant health is what our next speaker, Dr. Michal Parsons, is talking about, but today we're going to focus on diabetes because we have hundreds of people listening that really want to know about diabetes. We know it's an epidemic and becoming more of an epidemic among our children. Can you talk a little about the book you have with you and what your thoughts are about it?

Roy: Diabetes is the biggest epidemic, and the number one health problem facing the U.S. and the world. Over 30% of the world population has diabetes or pre-diabetes at this time.

Robyn: A third of the whole world?

Roy: If you look at the magnitude of this, it's enormous. The sad part of it is that it's really a self-care error. People develop diabetes because of the choices they make and we've been able to prove and show that by adjusting your choices you're able to cure your diabetes. You don't have to have it.

Most people keep eating whatever they want, take medication and think they'll be ok, but they aren't. Seventy-five percent of diabetics will have a heart attack during their lifetime and the diabetic complication rate over 10 years is actually 100%.

First of all, even if you're on the medications and your sugar is relatively well controlled, you can still have the complications and that's the biggest error I see in treatment. They think "Oh, I have my blood sugar controlled," but they don't realize they're still going to have serious trouble.

Secondly, the medicines will never cure your diabetes. You take the medicine to control the sugar but it doesn't get rid of the problem.

What we've been able to show in the 30 day diabetes cure is that by simply adjusting the food choices you're making, exercise regularly, stimulate the brain, practice yoga etc., you're able to completely reverse diabetes, and that's been exciting for us. Cure doesn't happen that often.

Robyn: When I read this title, *Diabetes Cured in 30 Days Guaranteed*, that's a mighty statement by both of you. I need to let the listeners know that Jim Healthy, the co-author of this book, must have had an emergency because he was expected to be here with us. Tell us more about that, because that's quite a claim.

Roy: Basically, in the first part of the book we talk about the types of diabetes. There's type I and type II. Type I is usually in children where you don't produce any insulin and type II is mostly adults, where you do produce some insulin, but not enough. There's also actually type I.5 which is one where you produce some insulin but it's resisted by the cells, and additionally, there's a type III, which is associated with Alzheimer's disease. So Alzheimer's is now being classified as type III diabetes.

Kevin: That's an amazing statement to me, that that has come to the forefront. Intuitively, that makes total sense that it would be a result.

Shereen: So, having it for a long time, then it turns into Alzheimer's?

Roy: Yes. Basically, the sugar de-regulation in the brain, which is so sensitive to sugar, shifts and plaque starts to form. There are what is called amyloid tangles and these are distinctive for Alzheimer's that has developed from the sugar de-regulation.

Robyn: Another big myth is that if you're thin you aren't going to get diabetes. A lot of healthy looking people are running around with this predisposition or are type II diabetic. I've also heard type III diabetes is related to electromagnetic pollution, which we'll dive into later, during the Self-Care Revolution™, to educate people on the adverse effects of electromagnetic pollution.

That is pollution related to your cell phones, indoor pollution, Wi-Fi and all of the above. That also is something that's affecting our blood sugar levels and is another reason why there's so much diabetes among our children.

Roy: Definitely, any toxins or stress on the body can also be a factor in diabetes. The less stress you put on the body the better it is able to function, in general. So electromagnetic pollution is one of the things we look for, as well as environmental toxins and poor diet. We always talk about diet and I learned a lot doing the research for the *South Beach Diet* back in 95'.

Really, if you think of what happens when you eat, sugars are absorbed into your blood, so that food raises your blood sugar and then your body has to compensate by releasing insulin to get that sugar into the cell. That's how it works. There's a limit to how much it can clear. Your pancreas can only put out so much insulin. So, depending on the foods you're eating, a strain is put on the pancreas.

When a person eats a meal or a food that's high in sugar that strain causes the pancreas to just eventually give out. The other possibility is that the pancreas produces so much insulin that the cells no longer even reacts to the insulin. That's called insulin resistance and can lead to type II diabetes. In this case there's enough insulin but the cells just resist it.

When you start looking at food nowadays, there's sugar in everything; every processed packaged food has sugar. High fructose corn syrup is even more toxic than sugar because your body processes it differently. So you get the spike in sugar but your brain doesn't process it, so you get hungry right away.

Robyn: I know this is a rare moment for all of us to be speaking to a cardiologist about sugar issues, because it's not the average cardiologist that would be speaking about sugar issues. So there's no separation is there, in terms of health?

Roy: No. The number one cause of death in diabetics is heart disease. 75% percent of diabetics will die of heart disease. They're on this road and no matter what you do medically, even though traditional medicine will provide you with this, that and the other pill, it doesn't alter that 75%. So, what can you do? The main key is to avoid foods that spike your blood sugar. That will help to maintain fairly normal sugar levels.

We've had two big studies; one was a government study and had over 3000 patients. It showed that almost 100% of the people that could follow the program were able to eliminate their diabetes. That's the first time this disease has been shown to be fully reversed.

Shereen: And you have five steps to cure yourself?

Roy: Yes, for the main points we look at:

1. Detoxification, because if you're still toxic it's like driving with the hand brake on.
2. Balancing your hormones
3. Diet
4. Exercise
5. Stress

Shereen: If people completely start with cutting out sugar, how does that affect diabetes, if all they do is that one step?

Roy: That's going to be a major step. Basically, you'll eat vegetables, salads and eggs as the main proteins. With these foods your sugar gradually comes up and goes down versus sugary foods that will spike your sugar and spike it right back down.

Shereen: Does that include fruit sugars?

Roy: If you eat the fruit, like the whole fruit the way nature has made it, that's okay. Like if you ate an orange or if you ate a banana or pear that's fine, because there's enough fiber in there to slow the absorption of the sugar in the fruit. However, if you squeeze an orange and just get the juice that won't be good because that's going to spike your blood sugar.

Shereen: That's pure sugar. Should people start off by not eating fruits and bring fruits in later on?

Roy: Yes, in phase one we recommend no sugar at all, for at least the first 10 days. One of the worst things are sodas, even diet sodas are terrible. There is so much sugar in a regular Coca Cola it's crazy, like 8 tablespoons in one Coke™.

Shereen: I've seen so many parents give their kids Coke™; knowing sugar isn't good for them. I guess they feel it's easier because if they get what they want, then they're quiet.

Roy: It's even worse for kids because their brains are much more sensitive to sugar.

Kevin: This is an unusual message from an MD. If I went to my doctor and said I believe food is causing some of my problems, what is the likelihood that I'd get a supportive response?

Roy: Unfortunately, it's rare. We talk about that too. In medical school, doctors get very little education in nutrition, your first year you learn how everything works. The second year you learn how everything breaks. The third year you're in the hospital doing rotations through the various areas of medicine. That's how it works.

There are no nutrition classes ever, so we just never got it. There's no exercise or physiology class ever. It's a black hole that's missing. We were taught diseases and the drug and the surgery that fixes the disease; we're never taught anything regarding diet, exercise, etc. People think doctors are against it, but that's not it. It's actually just a blank because there's nothing there. If there's something you know nothing about and someone asks you, it's easier to say that it doesn't work, just because you don't know.

Kevin: That makes sense; hence, our revolution. That's why we're here. We're attempting to do something to fill in that black hole. Our website is JoinTheSelfCareRevolution.com, in case people need to check in to see where to go for this information and these talks.

Robyn: One of your five steps is hormonal balance. Can you speak to that a little bit more? I know your work very well, so maybe if you could speak to cortisol, sex hormones and how all that comes into play, as well as how sugar affects our hormones.

Roy: Usually, as toxins accumulate they start to affect hormones. Hormones are what regulate our health, sort of where the rubber meets the road. First, most doctors never check hormones, even gynecologists and endocrinologists whose job is hormones, which is always a little surprising to me.

The way I look at hormones is that there's sort of a king and queen hormone. Cortisol and thyroid are the king and queen. They are the most important. If those are out of balance you'll be sick and that sickness will manifest as either heart disease or cancer.

Robyn: And those are number one and number two and I hear that cancer is moving towards number one.

Roy: Correct. If you look at how you're going to die, it's usually related to one of those two, and that's like 95% of everybody. If you can address those, like I said, you're in better shape. Cortisol is the stress hormone. Too much or too little and you'll be sick. Cortisol regulates blood sugar. Too little is what most diabetics manifest. It's more of an adrenal dysfunction than a pancreatic function.

Next is thyroid. Most people check a basic thyroid panel but never look at the free T₃, which is the active part of thyroid. Most doctors check TSH but it's the free T₃ that should actually, always get checked.

Robyn: What does that show? If that's not working, that affects your metabolism and level of comfort in your own body. Can you talk more about the T₃?

Roy: Free T₃ is the hormone that regulates the metabolism of every cell. So how well and how fast every cell works in the body is based on free T₃, so it's by far the most important hormone we have. A simple way to see where your thyroid is; is if you check your temperature. It should be around 98.6 degrees. Most people are lower because most people are somewhat low thyroid.

Shereen: Can a normal person just go to the doctor and say I want you to check my free T₃?

Roy: Yes.

Shereen: And the doctor will say yes?

Roy: The problem is that they might not know how to interpret it. Most doctors don't work with the free T₃.

Shereen: Is there a way to find doctors that are more aware? I know I go to my doctor and I say I'm taking vitamins and he might say "Good for you, you can do that but you'll pee it all out anyway, but if you want to throw your money away you can." It makes me think, "Ok, I guess I need a new doctor."

Roy: I wanted to mention something... we have Skype conferences now so people can call in and do either phone consults or Skype consults. It's worked out very well where we can mail out the kits to do the testing or if they need blood tests we can also order those.

Shereen: Where do they go for that?

Roy: They can call us.

Robyn: You also have an offer today don't you? We'll talk about that at the end.

We are excited to let you know that Jim Healthy just entered the room. We mentioned there was some weather. Let me introduce him.

Jim is the Founder of JimHealthy.com, an online coaching service that inspires, educates, and motivates people on how they can reverse various medical conditions simply by upgrading their diet and lifestyle, and by awakening and realizing their deeper aspirations for a more satisfying and rewarding life. Jim is also the creator of Jim Healthy Publications and the co-author of "The 30-Day Diabetes Cure," a bestselling book that has sold more than 250,000 copies. This book shows people with type II diabetes how to improve and reverse their condition by making smarter choices in how they eat, think and live. Jim has been a cutting-edge health writer, reporter and researcher for more than 40 years and has helped get the news out about the biggest natural health and healing breakthroughs of our time.

Welcome Jim, we're so glad you're here with us.

Jim: Thank you so much it's a great honor to be here with you.

Robyn: We've been talking with Dr. Heilbron about your book and all about the research and what you've been doing around diabetes. Could you step in and share your background a little bit and how you got into this field of diabetes, especially?

Jim: About five years ago I actually didn't know anything about diabetes. I won't go too in-depth, but I was stricken with arthritis after having shoulder and back surgery in 2004. In 2007, I had a vasectomy, which basically flared up my osteoarthritis

throughout my whole body. I was in a walker and my situation was bad. I had put on weight, and my blood sugar and cholesterol were elevated. So, basically, it doesn't take very long for inactivity to spiral you down.

My wife and I went to Mexico because it was winter after my surgery and it was about three months of arduous rehab to get myself off the walker and back into the gym. You have to know that up to that point I had been extremely fit and healthy. It was during that process of my rehabilitation when a light went off and I realized that this is what I wanted to do with the rest of my life.

Prior to that, I had been a very successful author, writer and copywriter in natural health and alternative medicine fields, but I was working for other people and telling their stories, not feeling comfortable telling my own story. Again as I said, a light went off and I realized that this is what I wanted to do with the rest of my life. I wanted to teach people what I had actually learned in those three months.

My prognosis wasn't good, but with will, education and inspiration, I was able to turn my health around. I told my wife I would be known as Jim Healthy and she rolled her eyes. She said, "I don't have to be Mrs. Healthy do I?" Everybody in the business that I told that this would be my new identity, rolled their eyes and thought I was kidding. It was really who I felt I was and who I wanted to be in the deepest part of me.

Robyn: It was your passion.

Jim: Yes, and I felt like, how much of our identities have been forced on us anyway, like the names we've been given, or the culture we've had to assimilate to, etc. It was a huge opening for me, because it really loosened a lot of energy and all of my writing for 40 years had been about helping people upgrade their diet, lifestyle, thinking and attitude so that they could not be dependent on drugs in the medical establishment.

I had gained a lot of information over those 40 years of doing research and writing and I really wanted to put it into play. My focus has been on lifestyle-driven medical conditions such as diabetes. When I saw the numbers after I published my 30-day plan on arthritis, called "Arthritis Interrupted", when I saw the numbers, I just about fell out of my chair.

Then when I saw what the prognosis was for people with type II diabetes, it's terrible, and when I looked at the causes, which are basically poor diet and lifestyle, but primarily ignorance, I started getting into it and seeing that you could actually

reverse it. We call it a cure, but I've had a lot of robust debates with doctors about whether it is or isn't a cure, or it's just managing it.

The thing is, I feel that if you're off medication, you're asymptomatic, your blood sugar is under control and you're feeling better than when you were on medication, we can quibble about whether that's a cure or a reversal. The bottom line is that your life goes in a completely different direction.

I pulled a lot of research together, started looking at foods, supplements and lifestyle activities that could lower insulin and blood sugar. I didn't create this, Dr. Bernstein and many others have done the research. This goes all the way back to the late 1800s, but I think much of that information had been forgotten and squelched because, let's face it, type II diabetes is a \$400 billion dollar a year industry. There's more money being made treating diabetes than curing it.

In this country we spend \$175 billion dollars on type II diabetes alone. Then you have to take into account all the co-morbidities with type II diabetes, such as the 75% of type II diabetics that present with either heart attack or stroke from heart disease as the result of the tremendous inflammation that blood sugar and insulin cause throughout the body.

These are the years when people have worked so hard early on in life and then get to these 'golden years' when they're supposed to be enjoying their life, but it's not a pleasant last 15-20 years, because what a lot of diabetics are seeing is their bodies disintegrating, they're losing their vision and limbs, the use of their kidneys, etc.

So, I've made it my cause and we've done great, selling 300,000 copies of our book now and it's still going strong. You have to know that to get on the New York Times bestseller list you only have to sell 30 – 40,000 copies to hit number one, but because we're sold online and not through bookstores, because I don't want to be part of that distribution network, we're completely under the radar.

With that said, "The 30-Day Diabetes Cure" has been very successful. Roy and I are now just about to launch "The 30-Day Blood Pressure Cure" and if you think type II diabetes is prevalent in this country, know that almost 60% of the country has abnormal blood pressure. When you are over 50, it's 50% of the population that has hypertension. 65% of the people with hypertension don't have it under control and this is even when they're on multiple medications.

Don't get me started about medications, because there are 60 different drugs for hypertension, 10 different classes and most are pretty ineffective and have some very nasty side effects.

Robyn: Let me pause here for a moment to say that we are bringing Jim and Dr. Heilbron back in February because as you can tell, heart disease and diabetes are very important topics, today. Everybody is affected by these two big health issues, so know they will be back for a second interview. You are providing so much information, thank you so much.

Jim: Don't get me started.

Robyn: We are just getting started. Jim, continue where you left off.

Shereen: I have a quick question. Are you finding that people, because the numbers are so high and you've had these books out for a while, are saying "Ok I just want to pop some pills and get better, or get through my life without having to change anything." Are you finding that more and more people are actually opening up to being ready to make these changes?

Jim: What we're finding is that the vast majority of people with type II diabetes don't have a clue that they have an alternative. So, when they get a diagnosis from the doctor, even though the official protocol is that someone with a diagnosis of type II diabetes should go on a six-week regimen of diet and lifestyle modification, this rarely, if ever, happens. Roy can support that.

Almost always you get a statin drug, an anti-hypertensive drug and you're walking out of the office with three to five drugs and the doctor never says a word about options like "You don't have to be on these drugs if you just change your diet and lifestyle." There are several unsavory reasons for that. One is that the doctors are not compensated for education, so insurance companies won't pay a doctor if a doctor sits with a patient and gives them a regimen of diet and lifestyle interventions.

The other thing is that most doctors really, through medical school aren't taught that. It's a dangerous position for a physician to be in because if you put a patient on a diet and lifestyle regimen and they go out and have a car accident, then the patient gets a sharp Personal Injury attorney and sues that doctor for being out of protocol and out of the guidelines.

We have a campaign right now called “One Million Ex-diabetics”. Our goal in 2013 is to create one million ex-diabetics globally and one of the ways we’re doing this is that we’re just about to publish a book called “Diabetes Heroes”, which has profiles of 15 people that have been through “The 30-Day Diabetes Cure” and have amazing stories. They are people off their drugs, losing weight and feeling better than they ever have.

I’m giving this book away to anybody that wants it around the world, anybody that wants to send the book as well, because I think everybody knows at least three people with type II diabetes. It’s that prevalent. You can get a copy of “Diabetes Heroes”, download it yourself and send it to anyone you know with diabetes. So first, we want to get the message out that you do have an alternative and don’t have to be stuck with drugs and the horrible complications of type II diabetes for the rest of your life.

Shereen: Is that at your website?

Jim: You can go to JimHealthy.com and you can go to IMLX.com to get the book.

Robyn: I can say that many of our Self-Care Revolution™ members are completely on board, and we’ll have more heroes to add to your book because we already know that so many people are making choices everyday, in terms of the sugar issue, because it is the foundation of inflammation in the body.

I would love it if we could focus on this epidemic among children. Could speak to that? Also, I just read that the American Diabetes Association now has another whole section, because never before have they had to focus on children like they do now.

Jim: One out of three children in this country that are born after the year 2000, one out of three will have diabetes and this will be the first generation in the history of humanity to have a shorter lifespan than their parents, because of type II diabetes. It’s a horrible problem we’re seeing and Roy can corroborate this. We’re seeing hypertension, plaque build-up and heart disease in children as young as 10, 11 and 12 years old, all because of sugar and refined carbohydrates in the diets.

Shereen: In schools are they still feeding them this food?

Jim: There is a movement to upgrade school lunches, but if you go to most cafeterias what you’re seeing is carbs, carbs, carbs! And in hard times what happens when food budgets get pinched and prices go up, families stretch the budget by preparing carbohydrate foods like Mac & Cheese, pasta, and sandwiches. All of these refined carbohydrates hit the bloodstream just like table sugar.

We're working on another book now called "Five Dollar Super Meals" and what we've done is created an algorithm of four factors.

These are:

- Price per serving
- Nutrient density per serving
- Carbon footprint
- Food prep

Basically, from that we've isolated and identified 50 of what we call "frugal super foods". These are the foods that you can put together and serve your family a super nutrient-dense meal in 20 minutes or less for about the same price as you could eat at McDonald's or a fast food restaurant. That book will be out this fall.

Robyn: Everyone should know that this recording is available to all of you forever, so share it with your loved ones. Also, many of you have seen the 20-minute video we've had available that came out from Jim and Roy about a month ago. Share that as well. Everyone needs to hear this information.

Much of the Self-Care Revolution™ has to do with knowing that this is happening among our children and with our families and how can we be aware and be active in a big way to make these shifts. I have an 11 and 13-year old and they grow up with me as their mom and my husband and we're conscious eaters. But most kids don't care.

Jim: The pressure is tremendous. From the time a kid is able to watch television, they're bombarded with 1500 ads per day for mostly junk food like sodas, candy, breakfast cereals, etc. These foods then are endorsed by sports athletes and celebrities. For example, Beyonce just signed a \$50 million dollar contract with Pepsi. There are famous basketball players that are speaking for Gatorade, McDonald's, etc. so the pressure is enormous, because these are the "cool" foods. These are what everyone else is eating and if you eat broccoli or salmon then you're very "uncool".

Unfortunately, the consequences are not immediate, they're long-term. The other thing is that obesity and being overweight is so prevalent, it's almost becoming the new norm now. When I was a kid, there were very few overweight kids in our class and they were unusual. Now it's just the opposite. To have someone that's thin, a basic normal weight and BMI, that's unusual. The average kid is overweight or obese.

Roy: There's also this whole ADD phenomenon. So they go in to the doctor and he prescribes Adderall or other amphetamines. So all these kids are on amphetamines, and that's besides the diet. Those sugar spikes for a kid, just rattles their brains.

Jim: And there's the caffeine, the monster or energy drinks that kids are getting, what's happening is that there's just no conscientious regulation of advertising to kids.

Robyn: So what is the solution to these 5-hour Energy Drinks™, besides what we're all trying to do?

Jim: Those are actually being regulated now because there have been some health-related issues with those. I like what Michael Bloomberg in New York has been doing. I don't think it will prove to be effective but when you look at the things he's initiated like anti-smoking, cutting down large size soft drink servings, posting calorie content at fast-food restaurants, that's something.

What I think we could and should be doing is what we did when smoking became uncool. There was a public education campaign where it just was uncool to smoke, so what we need is something similar to where it's uncool to eat these kinds of foods because they're unhealthy. It's tough to find a solution because these carbohydrate crops, the four major grain crops, are subsidized to the tune of over \$20 billion dollars a year in this country.

Organic vegetable growers get nothing, not one penny in subsidies, so it's a tough life. It's not a level playing field by any means. And then you have the advertising. There's no regulation on advertising. Then you have where the kids are at home basically fending for themselves, because the nature of the economy is such that the parents are working, so they aren't there.

The roots are very deep. You're talking about changing the whole structure of the culture and I don't think you'll be able to do that. This is symptomatic of what basically needs to be fixed with our culture.

Shereen: That's why it has to be a Self-Care Revolution™. No matter what's going on or what the forces are that are pushing all this stuff on us, we're still individuals. We can still wake up and be more aware and conscious. We can still learn, absorb information and go out and find it. Also, we have to make changes for ourselves, take care of ourselves and practice self-care. Then share that with the people around us to make sure they know even if it's not popular to make your kids eat salad, we have the

right to take care of our family, to build healthy bodies instead of needing drugs as we age. We're supposed to be enjoying our lives.

This really is about self-care and we all have the power to practice it. When we hear these things it's important to share it with our friends and family, to put it out there and talk about it with the people you hang out with. You could say, "I listened to this Self-Care Revolution™ thing, and learned so much. It's important for us to do this, not just to change ourselves, but to share the information with everyone else as well, but we do have to start with ourselves and give good examples.

Jim: Personal health is the most revolutionary act that a person can undertake. They're trying to take away our access to the media where our access to information is being regulated. They can take away our access to energy and regulate food, energy, housing and all the essentials of life. Through my perspective that's what I see happening in society, globally, is the domination of corporations to take over and control the essentials of life.

This is not a new concept. They've been doing this for a long time, but what's scary is that actually, we're closest now to the corporations succeeding. When people say that corporations have a vote, that they're people, and then they can't be regulated, actually ever since FDR there's been a watering down of regulations for monopolies. Corporations have been getting fewer, stronger and larger, so if you don't have your health you don't have a chance.

The other thing that you're saying, I totally agree with.. Years ago, they did a study that showed that obesity was contagious; that when you hung out with overweight and obese people you had a much higher propensity to be that way yourself. Years later, they did a study that showed just the opposite is true, that when somebody climbs out of that crab bucket successfully and stands up to say 'I'm not smoking anymore. I'm going to clean up my diet and start working out again. I don't like the way I feel about myself. Something is wrong, and my life's not working,' that has a major affect on others. When they see that, that's also contagious. That's why we're publishing "Diabetes Heroes."

Robyn: That's a big part of the Self-Care Revolution™ too. It's the whole idea of community, about having a community of practitioners that really care to work with you and your specific health concerns, and how we're working as a community at Santa Fe Soul. We're encouraging these shifts individually, locally and globally. I know it's happening and I really appreciate you, Jim and Dr. Roy, and what you are both doing to get this information out in the world in a big way.

We happened to interview Dr. Michael McKenzie and his wife, Lea McKenzie last week. They are so onboard with all of this. They've been working in pediatrics for at least 30 years and when we asked them to be speakers they both said it took less than two seconds to say yes. They know this is a solution. We have to go within and start making these big choices.

We can have joy everyday and feel good everyday; it's those choices we're making day-to-day. As they say, "What are the choices you're making with your fork?"

Kevin: It's cool to be healthy.

Jim: The coolest thing right now, among adolescents and pre-adolescents, especially in males, is these WWE hunky bodybuilder wrestlers. It's a shaky thing. The kids have a distorted view of what health is, so now we're seeing a lot of high school kids doing steroids that have weird diets and are working out like maniacs to get these bodies. There isn't a real understanding of what true health is and I don't know how we get that fact to the younger generation.

It has to begin with the parents. The parents have to have an interpersonal revolution within themselves.

Sheree: The hardest part is taking responsibility. Yeah, I have all these ideas and I think other people should do this and that, or it's so and so's fault but everyday committing to being responsible for myself, that's the trick. I'm going to commit to this first in myself and get myself handled and then everything else is effortless because you're just in the flow of things.

Robyn: Do we have to have a diagnosis first? Do we have to reach our bottom? That's what we're hoping to do through this...be aware, be active in this Self-Care Revolution™ so that we don't have to get there.

Roy: I think the first thing you want to realize is that you can be healthier than you are. Whatever level of health you are now, there's a whole other three or four levels up that you can work on attaining. I'll be 52 this year. We're out playing tennis and doing all sorts of things and then we go out to the course and see these 90-year-old guys still out there playing golf. It's good to be reminded of what is attainable and that you can always attain higher levels of functioning than what you are right now. Maybe you start on a treadmill and you can do only 10 minutes, but then you can build up to 20 or 30 minutes.

Jim: That was really the reason I committed to being Jim Healthy. As corny as it sounds, we have so many stereotypes of disease, but we have no prototypes of health. I created Jim Healthy to be a prototype of health. I'll be 65 in March and I workout a couple hours a day. I love exercising. The body was made to move and workout. Somebody said if you could put exercise in a bottle it would be the best selling medicine on earth. I feel terrific and when I don't exercise I don't feel so good.

Shereen: It's about being a role model. By changing your name, you made a commitment. You didn't care if it seemed corny to others.

Jim: I want to be a prototype but I don't want to be the only one. My hero when I was growing up was Jack Lalanne. I thought he was fabulous. I followed his career until he died at 96 years of age. He was magnificent. I want to be that but I also want to inspire other people to be that in their circle and network.

Kevin: What's the one thing you do everyday, including exercise, that you can inspire everyone to do?

Jim: I don't eat sugar or carbs. I'm not strict, I'll have a dessert occasionally, but I don't really have a sweet tooth. I gave up bread and when I did that felt really good. My diet is pretty much a paleo diet, so I'm probably a pariah. I eat animal products because I think they're healthy. We evolved on that kind of diet, but I think the easiest thing someone can do is to give up sodas. The next thing is...

Robyn: Especially diet sodas.

Jim: Yes, diet sodas and even fruit juice. They do more than affect blood sugar they affect brain function. If you could limit your consumption of sodas, fruit juices, diet sodas, diet drinks, baked goods, breads and sweets that would have a profound affect. You don't have to go cold turkey but limiting those things will have an amazing and positive affect on how you feel.

These are all highly inflammatory foods that can exacerbate any health condition, whether it's cancer, arthritis or whatever. We need to limit inflammation.

Shereen: Can you suggest one exercise everyone could do everyday?

Jim: Walk. The easiest thing someone can do for the greatest health return is to walk 30 minutes a day. Take the time. Get up early and go out in the morning when it's quiet and peaceful and claim that as your time. If you don't want to be meditative, then listen to an audio book while you walk. Because I do that, I can go through 30-35

books a year and I could never do that before just reading. But now, when I workout, walk or drive I'm always listening to different books. It will have a tremendous affect on your IQ; your ability to converse with people and it helps your interest and passion in life.

Expose yourself to new ideas. We've never had so much access to amazing intellectual ideas before. My motto with my business is "keep getting better." As long as you're alive, keep growing and getting better.

Robyn: That's great. What are your daily self-care activities, Dr. Heilbron?

Roy: I like the gadgets. We have eWalk, which is a device that's basically a treadmill where you breathe 100% oxygen. I warm up, it's 3 minutes at usually two and a half miles an hour, and so it's a brisk walk on 100% oxygen. Then you switch to high altitude oxygen for a minute, which opens up your capillaries and then you switch to 100% oxygen again. That flushes toxins, is anti-inflammatory to your cells and activates your stem cells.

You always hear people say you only use 20% of your brain, that's because your brain needs more oxygen because it's so metabolically active. If you can over-oxygenate your body, your brain is the biggest beneficiary.

Shereen: Do you have to go somewhere to get on the eWalk machine?

Roy: I own it. When a lot of people want to start a program but they think they don't have time, I tell them to step out their front door and run as fast as they can. Then I tell them when they get tired to stop and walk back. Most people can't even run three minutes. If you put them on the treadmill at full speed they can't even go five minutes. That would be maybe five minutes out, ten minutes back, so fifteen minutes total, at least to get started. The biggest benefit is from zero to something and that's where it starts.

Robyn: A big question that's been asked from one of our listeners is this. Do you think it's possible to live to 120-125 in today's toxic world?

Jim: Thanks for asking, but I think you should ask the doctor. I'm not actually interested in that.

Robyn: Do you think it's possible if you do all the right things? Meaning, if you did all the right things based on this issue of sugar. Is it possible?

Roy: Realize that with today's technology, and it's evolving every year, a lot of things are possible. In the next 5-10 years we're going to be able to grow every organ except the brain. So any organ you need will be able to be grown and replaced. That's one side. The other side is that stem cells are our original cells and at one point every one of us was one cell. All of these other cells came from one cell. If you think about it, from any one cell you could re-grow or repair any damage, just like a lizard can lose its tail and then re-grow it. That technology exists on earth at this time; it's just a matter of accessing it. That's one side. The other side is like what Jim is saying, philosophically, why are we even here in the big picture? We're here to learn something and usually once you get that then you're here to help everyone else understand that thing you learned.

Jim: My interest isn't so much living to be 100 or 120, but is to living everyday 120%. I almost died twice. I was in the back of an ambulance and my heart was beating 265 beats a minute for 20 minutes. I was checking out.

I've had a couple of near death experiences, and I know we don't have this in the forefront of our consciousness, but I know that no moment is given to us. We can be taken out tomorrow by any number of things, so I'm far more interested in living every moment every day and every hour to the absolute fullest that I possibly can. I don't care so much about the quantity of my life as the quality of it.

Robyn: I'm with you.

Shereen: Is there a spiritual side to diabetes, like is there a way of looking at it that supports the physical parts of it?

Roy: I always talk about the head, the fifth thing. There's the part where diabetics have lost the sweetness of life and that either on a conscious or subconscious level they aren't able to really appreciate what's around them, which is sweetness. Sugar manifests physically in the body but on a certain level, it's the ability to absorb love and to feel gratitude.

There's usually a block. Some people stay with us and we have a program where they can do that for several weeks. After a couple weeks, you start to see them incorporating some of the principles of the "30 days" and we talk about all of these points. There are points that people have no trouble changing. They'll exercise and even change their diet. Of course we're controlling those things, putting them on the treadmill everyday and giving them their food...and they're okay with that. Then

they'll hit blocks over certain things where they simply aren't able to take that extra step. This often happens with people that have diabetes.

Jim: My co-author on *Diabetes Heroes* is a guy named David Spiro. He's a nurse and has written a book called "Diabetes Sweet Deception." His premise is that type II diabetes is linked to a sense of powerlessness. If you're not effective in your life, then why bother? If there's no higher goal or deeper aspiration, if there's no opportunity for you to make anything beyond the minimum wage or to go beyond, then why bother?

What a lot of people with type II diabetes are doing is sitting in front of the TV, stuffing their minds with junky ideas and entertainment while they stuff their bodies with junky foods that medicate away this sense of powerlessness and depression. We also know that depression and type II diabetes are intimately linked. Type II diabetes I believe, first and foremost, is a cultural phenomenon.

Shereen: So is it about a hopelessness and sadness about life?

Jim: Yes, it's a sense of powerlessness.

Robyn: That's a great question Shereen. On that note, I want to thank you both for being with us today.

Jim: Thank you so much.

Roy: Thank you.

Robyn: I think to really get this message out; we should be called Kevin Self-Care, Shereen Self-Care and Robyn Self-Care.

Roy: However you feel you should do that. If you want to be Suzie Sunshine go out there and shine in the world.

Robyn: I'm ready. I love your passion and I know what's going on in this room is huge. We're ready to make a difference.

Jim: Thanks for what you're doing in putting this message out in a much bigger way.

Robyn: Thank you all for being with us today.

[End of Interview]

