Avoid Surgery by Fixing the Root Cause Transcript

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Introduction and Norma's Influence

My name is Michaela Cradditt. I am a certified natural health practitioner here at the Nutritional Healing Center. So I said in the email, what was your point?

Like the moment that you realized you want to go into nutrition, like what's going on in your head at that time? I think there was a couple. Um, I always think back to your patient Norma that I got really close to and I think she kind of gave me that boost after being your assistant for a couple years that taught me I really can do this and as comfortable as I was with being her assistant as much as i liked it and i could have done it forever I felt like I saw her success story and I knew like there are so many other people out there that could benefit from more practitioners.

And so, yeah, she kind of gave me that boost. What was her successful story? Well, you helped her a lot after her pancreatic cancer diagnosis. I think a of her successes also came from her livelihood.

She was very healthy overall until that diagnosis and so I she only got better because of how good her lifestyle was growing up and throughout her whole life.

And so I think that's so important for people. But I mean, at my preschool graduation, I wrote down that I wanted to be a doctor when I grew up. Obviously didn't know this kind of doctor, but I knew that.

I want it to help people forever. Nice. So, so as a recap for Norma. Yeah. She had one tumor in her pancreas and five in a liver. I put on, it took a few weeks, but I got her to eat only two foods.

One was raw red meat and raw liver.

Norma's Cancer Recovery Story

And within a couple, three months her cancer market went down from over 10,000 all the way down to below 200. Then one tumor was gone, the others were getting smaller.

That does not happen. No. And luckily she didn't have parasites and all that kind of stuff. It was just diet. She spent 30 years eating a vegetarian diet and her A1C was a little bit too high.

5.7 or something. I was like, well that's it. That's the only thing. So she started getting better. But then she got the infamous shot. and that everything started to reverse.

But it was really exciting to see her get better. It was an amazing success. And she did that for her reasons. I don't think she probably would have changed what she had done, honestly.

She did it for own reasons and she taught me a lot. Yeah, and then my own health issues, too. I mean, I was 20 when I started having my issues and so I thought if I'm that young and I've had a pretty healthy life, how many other people are out there that are struggling and are that I knew I needed to be in this business.

Yeah. Okay. When it comes to supplements, my favorites personally have a lot to do with binders. Cellcore has to my favorite, but everyone has good products.

Binders for me are really exciting and helpful because I attribute not having many parasites myself to you. I took botanofuge when I was 10 and I really don't struggle with full moons or any parasitic symptoms, but I struggle like air pollution and chemicals often.

So binders are my favorite personally.

Personal Health Issues and Career Motivation

When it comes to clients, I mean, everything is, everyone's different. There's really no one size fits all. Um, a huge fan of starting with ATP or mitochondrial energy supplements first because it gives people improvements very quickly and then they can kind of go from there when it comes to detoxing and symptoms.

My favorite success would probably be, I've helped a couple people actually avoid surgeries, so avoiding gallbladder removal. I helped at least three people with that.

But then also, sinus surgery seems to be a big one right now. There are plenty of people that I have seen, and I'll say five, but I don't want to say plenty, that have ENTs, tons of specialists, And basically their answer is you need sinus surgery and we can't guarantee that it will help with your symptoms, but that's our option.

Favorite Supplements and Detox Support

And so they kind of come to us as what seems to be a last resort and that is a lot of pressure. But then as we get at the root reason of why their sinuses got so inflamed in the first place, they start trending with less congestion, less drainage.

They can breathe better. I think people also underestimate, you know, saunas, lymphatic drainage, so putting all the right tools together and helping people avoid surgery is really like rewarding for me.

My favorite people to work with are probably Anyone that's like willing to do the work, I can tell you what to but you actually have to implement it. And so I'm happy to research and answer all your questions but then it's time for you to go home and do what I tell to you do and I feel like sometimes people want you just do it for them and if I could I probably wouldn't.

Helping Clients Avoid Surgery

be here. So I think it's just you got to be ready for it. And then I mean, I'm I love hormone stuff. I came here for my own reproductive issues. so I I really good at listening to people with that struggle and then getting them on the right track too.

Yeah, it was not really about age or gender or profession or not to me and really not I shouldn't be right. It has nothing to do with I have 20 year olds that are sicker than 70 year old and while that's not okay and I am helping them it is just it doesn't matter your age your weight really anything.

It's all exposures and things like that. So you see people locally and out of state, like on Zoom or whatever. I do. Yeah, some people prefer Zoom. Some people just like to talk over the phone.

And I see as far as Australia and the UK. Do you get a lot of people off medications? I have. But they have to work with their medical doctor to do that?

Exactly.

Working With Motivated Clients

recommend just doing it cold turkey by any means, but I'm usually working hand-in-hand with their PCP, their MD, whoever recommended that prescription in the first place.

Yeah. What are the differences and similarities you've seen between what we do here versus what you learned in school? I mean, really, detoxing. Getting at unlucky exposures and things that are stuck in your body rather than

just loading it up with herbs and vitamins to get through your day is a different mindset.

Zoom Consults and Medication Changes

I see a lot of people that are just in my school that they'll say, I have all of these supplements, 50 to 100 supplements in their house, and they don't know how to use them or why they're not feeling better or different.

And it's in, my opinion, because they are not detoxing. You can take all the vitamins, but if you're absorbing them, it is not going to do anything. I think that's a very different mindset when it comes to naturopathic school.

And you can use up those supplements.

Detoxing vs. Supplement Overload

I've helped a lot of people that get to then use them up when the timing is right and when they can absorb them. But it's usually not that you need all of those right in the beginning.

You know, you've got to get at the root cause and then add back in and replenish.