Opening on Listening to the Body

And what I learned about our bodies is that our body's are just trying to help us. It starts with a whisper and it says, hey, this isn't feeling right.

And then it will start a little louder, a lot louder and then my body had to get so loud for me because I was so, so stubborn and not listening to it.

Finally, it just said, there isn' more time. Like you just haven't listened enough. Welcome to This Might Change Your Life. I'm Kim Ressler. This is where small insights spark big shifts and real change.

No noise, no hype, just honest conversations about what actually moves the needle in your health, your mindset, and in you life. Now let's dive in. Hello, everyone, and welcome back.

I'm Kim Ressler. And I am your host of This Might Change Your Life, small steps that spark big shifts in change and real health outcomes, things that are positive.

i am so excited to be with you again. Not only that, I m excited with our guest today, which is a really foundational piece of SNP Neutrogenomics. Why Im excited and just inspired by Neutral Genomics is our COO.

Welcome, Corey Caldwell. Thank you, Kim Rustler. I'm so happy to be here. Yes, yes. So today we decided that you need to get to know behind the scenes of SNP and really how this has all come together.

And so I asked Corey if she would be willing to share her very, very personal health story. She obliged and said that she will share it. What I am hoping that are going to take away from this is hope.

and information and of clear things that are just so, so very powerful. So Cory, thank you so much for offering and saying you would share this. Because I know this is a tough one because not only are you working full time with me now, I mean, God every day that you're still alive, right?

You've had some really big, big things So I had a moment of just like almost feeling like I could burst out into tears. But it was also this just moment when I was just really taken aback to the fact and we'll get there I know today in today's call.

But how it's just almost so unbelievable that we are sitting here together and that, we've known each other for so, so long. And that our story comes together in so many very beautiful places.

But in many ways, you saved my life. So, I'm just really… I mean, to get teary too. Okay. Our listeners, sorry for the tears and for emotions. Hopefully, like Kim said, our story will bring some hope and some inspiration.

Kim Introduces Corey and Their Long Friendship

I know that for all the people who share their stories, how many people out there are suffering who haven't shared their story or who aren't sharing their stores or all of that.

So I'm glad to be here and glad speaking this today with you, Kim. Absolutely. Well, thank you. All right, so let's just start. I mean, I remember, and I guess I would love for you to start with your health story, unless we start the other secret that we have.

The little inside. We can start either one. And understanding how far we do go back. Let's start there, before you share your whole story. Corey, we get to work together professionally now, but we knew each other before we were

moms, before had our health struggles, and before college even.

And I would love the audience to hear how really deep the passion between the two of us goes and how far back it goes for us. So let's let the audiences have a little bit of insight into the history of you and I meeting.

Let's do it, let's so we were actually teenagers and it is also relevant that we are now in our early fifties. So we've known each other for really a long time, but we were teenagers and we met at camp.

What was the name of our camp? Camp. Camp in Awaka. American Youth Foundation. And it was a leadership camp and there's one like girl representative and one boy representative from every state, right?

And you were Missouri and I was Arizona. And I have to say that all of my memories of leadership camp, I literally don't remember very much. I had one very clear recollection of being in that like stadium thing, or not stadium, but like in the place where we like all gathered and, something interesting happened there.

But all I remember is like, I met Kim. Like, Kim is my person. We had so much to talk about. In fact, that we didn't sign up for all of our classes. And so then when the classes came in, they're like, sorry, ladies, you missed it.

There was the one class we remember so well. I don't know what it has to do with leadership, but it was facial massage. So dang, we got really good facial massaged together.

That was so fun. But I remember you were going to be a politician. You were gonna change the world, you had this path, and I was like, yeah, she is. There was no question at all.

That's was my dream, that was your dream. And we had kind of always talked like wouldn't it be amazing if we could work together and all this stuff. Here we are.

All these years later. So it's really quite amazing, I think, if you look at how things unfold. But I the most important thing is our connection. And honestly, Kim, don't know if I've shared this with you specifically.

Maybe I have. For me, that I just have always felt so safe with And I have always felt that I could be myself in my most powerful, but also my vulnerable.

And you really stuck with me during my challenging and vulnerable times. So I just want to thank you for that. Oh, no, I thank YOU. Because I will never forget being at camp.

We have to go back to this for just a minute. Yeah, let's do it. I was this girl from a tiny little town in Missouri. I mean very, very sheltered, and you on the flip side seem so worldly.

One of these days we'll show the photos of us. You looked all sleek and I've got the big 90s curly hair. But I was just like, it was everything we could do to keep talking about how we felt about things and changing the world or making an impact.

We'd get up early and we'd take the walk on the beach. I do remember walking on- Our beach walks. Yeah.

Corey's Childhood Health Crisis and Early Symptoms

Having the conversations. It was almost like camp was designed for us to meet. It was just all about us. Anyway, so it was an amazing two weeks. We kept in touch.

we both went off to college. And we, you know, at different points in times, we you, know at that point, and we didn't even have cell phones, right? Then then we reconnected a little bit later than we connected after marriage and moving around, We both ended up living in California and once upon a time at the same time, And then it hit.

And life changed a lot for you. And I remember there would be times that I finally said to your husband, may I

please have, you know, he finally had responded to a text once.

I, I remembered that. May I have please Corey's mom's phone number? I just want to, understand, she's struggling. No pressure, because one time, it wasn't even possible for you to make a phone call.

And that was a really tough time. I know that. Then I watched as you started to come through all of that, too. Now, we always dreamed, what if we could work together?

But you thought your dreams of making your impact were shattered and gone when literally your health was taken away from you. Yeah. So with that, I am going to turn it to you because somebody out there that's listening, because I know it.

They need to hear the story and they need hear it from you. I was two when everything changed for me. I was born healthy and had no health issues whatsoever.

I was living in Tucson, Arizona with my family and older brother. My mother was pregnant, hugely pregnant my younger brother, who was four and my dad would take us to the local high school where he would run on the track.

And we would play under the bleachers now this was nineteen seventy five so maybe people don't do that anymore let their two year old and four year-old plan the bleacher is why you're running around the tracks on a saturday morning or what not but this is arizona and it was a summer and was hot.

and bleachers are very hot. So we were playing underneath the bleachors in the shade. And there was a pack of coyote, or what I thought was coyoty, I'll tell that in a minute, that approached me and just sort of stood there looking at me.

I'd always felt a deep kinship with dogs and animals. There was the clear leader, it was like a triangle. You know, there is like, a leader in front and I went towards this coyote in the front and I reached out to it and it bit me on my leg.

It was one of those things that in looking back, anybody would know that I could have been dragged into the desert and eaten by this pack. My brother, I think, screamed, cried or whatever out of surprise.

Ambulance came, took me to the hospital. What happens when you get bit by a wild animal, and believe this is still the case today, is that you need to get rabies shots.

And so I was two years old, and what you do with rabies shots is you get a shot inside in your tummy, one every day for 30 days. While I coming to the hospital to get my shots every, they were telling us that they would go up in a helicopter and find the pack and kill them all.

And if they didn't have rabies, they could stop the injections. They did find the pack. they did kill them all. And I was 20 days in. So I had 20 in my little body of having a lot of chemicals and things that my body, They knew at the time that it would likely cause some pretty significant things.

But at same time, when you're bit by a wild animal, you'll 100% die of rabes if it had it. You know, there's that. So, turned out they didn't have rabies, so we stopped.

And from then on, things started changing in my health. I started passing out. As a child, I starting dislocating, full dislocations, mainly of my shoulders.

But I had started having gut problems. Just so many things kept kind of happening. My family was very like, pick yourself up. If your arm is out of place, put it back in and go help the guy next to you.

You You know, just like, if you have arms, then let's not complain that they're falling out, you know kind of thing. And so it was a very, I mean they, they took me to the doctor.

They took the neurologist. Why is she fainting? And no one could really figure out what was going on. So fast forward, life progresses and I've got all these crazy things.

I'm tired all the time. My hands turn white if I am cold, but sometimes they turn blue if i'm hot. Like just the craziest things that I just sort of like, you know, I don't know what to make all of this.

But as I got older and older, these things got worse and worse. And then what happened is I had two children and I have two, children had to children.

And my younger one started developing seizures at the age of five. and for a number of reasons, she was not able to be on seizure medication, which in looking back.

It was really a blessing. But the only way that we were able to stop her seizures was through this very, very intensive medical diet, something that is so extraordinary healing called GAPS diet.

It did eventually heal her epilepsy, but what it required of me was an extraordinary amount of physical effort. This was back in the day when there was no Larabars.

There was not almond milk in this store. And this is a no carb, no rice, not soy, anything diet. So I was literally milking the almonds and all of this.

My arms were hanging out of place. I was not getting sleep. And suddenly a snowball, and I think also the trauma of my daughter's seizures, grand mal seizures are incredibly scary and terrifying and being worried about her.

Everything started to snowball. What started happening was that I just passing out. Passing out all the time. Eventually they said, oh my God, you're an anaphylaxis.

That's what's happening. Because my lips are blue, my blood pressure is bottomed out, and my heart rate is going through the roof. And they just couldn't figure it out.

So the end result, I will say, after many, many years of just Passing out while I'm driving, being at my daughter's school performance, and passing out and the ambulance has to come to the school in front of all the parents and all students to get me.

A near-death experience, which was August 15th of 2015, just terrifying constantly. We finally figured out that I have the primary cause of the nearly dying all of time, something called systemic mastocytosis.

which is related to mass cell disease or mass-cell activation disorder, which people are hearing a lot more about. There were also some sub-diagnoses like postural orthostatic tachycardia syndrome, POTS, people which are unfortunately developing a lots now, it used to be fairly rare.

um, a sleep disorder. We finally figured all these things out, but unfortunately I wasn't going to make it. I mean, that was just, it was, you know, I could tell in my doctor's eyes, there wasn' really a lot of hope.

It was likely that I just was not gonna survive this. But I was fortunate enough to be in Seattle and get in with the head guy who was researching mast cell conditions at University of Washington.

And I credit him with saving my life in that chapter of the story. We found the right medications. I figured out the things that triggered me. The combination of being on those, also, this is relevant to you and I, Kim.

At one point I on $1,000 a month of supplements. to keep all these things kind of stable. I had, you know, seen the top people, the places all here in the Northwest.

We finally got me to be alive. And I couldn't go outside my house because going from inside to outside into my car when it was hot out would cause me pass out, even with being stable, so I was trapped pretty much in my home.

But I'm alive and I am supposed to feel grateful. Can I stop you for just one second? Please, please, always. Yes, definitely. So I will not forget. I remember when your daughter was at that point with the seizures and you explained to me, I just was enamored.

It was so enamor I had not dealt with health issues, which you had. And you honestly don't wear it on your shoulder like a lot of people. I remember you telling me how you've been studying this GAPS diet for like, what, two years?

A year or two? I studied for a full year. A full-year. Okay. And then I remembered, and this is before your health crises. I mean, like really. Yes. This is so amazing and everything.

Then I Remember you Telling me what was happening with your daughter and I was like amazing. So if you are listening, I and you were hearing this, Truly, food is a healer.

Cory, and I just have to go back to this, Cory used food to heal her daughter. A year of studying it, I don't know a lot of people that would really, you are that researcher and you pick, poke, learn and do it and did it even as you started to fall apart.

But it's amazing that you have given your daughter not only life, but now, I mean, she very much understands what she has to do if, and that is a gift for a lifetime, right?

I means, yes, it is extreme, so many people, everything starts with little things a lot of times, and it just keeps progressing.

Healing Her Daughter Through Food

What you've done was amazing. So then, let's talk about now my outsider perspective that I remember. I think we visited, I finally saw you, we've visited something.

This was before you finally, you were moving into the green movement, recycling, healthy eating, because you'd already seen what it had done for your daughter.

You were educating. You are keynote speaking. I mean, like the keynote at big events talking about clean eating. And meanwhile, all the stress and everything coming in your body, it's not just stress.

Corey, I've seen it. The wrong chemical, a toxic chemical in the air, and you will go into cardiac arrest. I've seen it. I have actually seen and you have had to really learn.

So I think a big takeaway for people today is we've got to be in our bodies regardless and be really comfortable with that. And I watched you go through all of that and I don't know, it's just really, really I'm in awe.

That you stood up, that you fought for it, Your daughter is highly successful. She's out of college, she's functioning well, She has got an amazing career.

I mean, how beautiful is that? Yeah, it's really, really amazing, you know, and thank you, Kim. I really appreciate, the kind words and everything. And I also am a very stubborn person and I wasn't listening to my body.

In retrospect, one thing that I have talked a lot about to girls is that things got really bad. Not to blame myself because I was not to blamed for the things that were kind of put in place.

But I spent so many years totally hearing that my body was unhappy, but telling it to shut the… You know what? I'm too busy. I have too much to do. And at this time, and I didn't say it at the beginning, but Cory is a licensed marriage and family therapist.

You were running a business. you were taking care of other people too. Not only that, you were like one of the first providers to bring the mother-baby bonding philosophy.

There's not a philosophy, it's a very specific practice. Right, we brought a method over from Europe, from Hungary and Germany that teaches mamas who are pregnant to communicate with their babies.

I kept myself really busy and part of that is who I am. My why is to solve big problems and to innovate solutions. That is my why and it is so exciting to me to get to do that.

But I also think that a lot of it was a crutch. for me, and again, not to put blame on me. I mean, truly, to ignore what my body was doing, because what what body doing wasn't fun, it wasn' comfortable.

And if I could just power through, maybe it would just function somehow. and I just didn't think that the rules of nature applied to me I truly didn' And what I learned about our bodies is that our body's are just trying to help us.

It starts with a whisper and it says, hey, this isn't feeling right. And then it will start a little louder, a lot louder and then my body had to get so loud for me because I was so, so stubborn and not listening to it.

Finally, it just said, there isn' more time. Like you just haven't listened enough. So yeah, I'm really proud of my body for hanging in there enough so that it could be here today.

And I am so glad that I was fortunate enough to be able to learn about how to heal epilepsy through food. It's a lot of things learned in looking back as we say, you know, hindsight is 2020. Right.

Should we talk about when things changed? Yeah, well, yeah, I think we should flip the script just a little bit now, right? Let's do it. And so I remember I had been on my own health journey, which that's not what this call is about, or this episode, but I knew you were struggling.

Yeah. I did. I reached out to you and I reached to tell you, hey, have you heard of Neutrogenomics? Because I know you are the researcher. and I told you about the technology that we're working with.

And you do, you refer to a lot of things now before SNP and since SNIP and your health.

Diagnoses, Survival, and Living in Crisis

I do want you to share your thoughts coming from that place of doing anything to basically stay alive. First, what did you initially think about nutrigenomics?

So I am, and I'm not proud of my thoughts, but I just took full disclosure in all honesty. Again, I was working with the top brilliant minds in the Northwest here.

And everyone was just like, wow, she's alive, saved her life, everything. And I thought when you called me with this, I was like, that's cute. You know, like yay, she's getting into health, you know?

Like, just like it was just, there's no way. Like whatever this is, it's just… You know, it's just it was a fad. It was just a fan. Yeah. Or it just something.

I mean, I just. it wasn't it. Was just like I'm so happy for you that you're excited about something that's healthy. But like there's no way that that is going to help me.

Like there is just no. And you are so cute and so like stubborn in your own way. You're just, like, no problem. Totally fine. Just like kind of kept coming back with it and you just Cory, I just really need to share with you, like, what I'm seeing.

Like, authentically, truly what, because I really feel this may help you. And I think that this goes back to the trust that I have, you know, of you and really knowing me and knowing that you would never put me in harm's way.

Because even a little door open to the possibility, it would be closed for almost anyone. But I knew you had my best

interest at heart. So I don't remember really what story it was or what happened or was said.

I really wish I did now. Maybe we could go under hypnosis sometime and go back to that conversation. something shifted and I was kind of open. But here's the problem.

Really, it was a stated contract with all my doctors, all of my specialists, my parents, and my husband that I as alive and that was good enough and wasn't going to change anything.

What was happening for me is that- Hold on. At this point, you had stopped your career. Correct. I had nothing. You weren't leaving the house. No, nothing, yes, that's right.

Okay. So your life, it was- I was alive, but I wasn't living. And inside, I felt like I Was dying, like a soul death. I just thought, why did I do this?

Why am I even here? And it made me happy that my family and everything was happy, that Iwas there. But again, my why is pretty big why. At that time, I don't even know thatI was connecting the dots on.

There was something about what you were saying that somehow. And I don't recommend people do this. That's what I want to hear. When did you finally say, okay, I think I need to see what my own genetics say and I needed to what this looks like for me?

When do you think that you were just even open to that? I had a lot of genetic testing. think about in a medical standpoint, you're doing genetic testing to look for very specific disease states and things like that, that is not the same as I think probably, it was probably this concept of just because your genes say X, Y, or Z doesn't mean that's your destiny.

There are things we can actually do and it's with food and nutrients. it's for you and what your body needs. So I think there was probably something around weight.

It's not just looking at my disease genes and like, you know, this and this, and that, that it was something hopeful. There's probably the hope in all of this.

I'm guessing that kind of was like that's interesting. Yeah, I've had my genes tested and you probably were like but have you had this gene tested this?

And I kind probably went back into all my files and was, like no. And you were, well, maybe I mean, But I remember I did the tests. You were like, let's just start with the test.

And then you sent me what would be my nutrition, right? Yeah. And because you had access. Yeah. And I was like, I'm not taking this. No way. I got really scared.

Not and Kim, you were just still like it's there. You could try it. So then I finally took a toothpick. Opened up a capsule, took the toothpicks and I didn't take the tooth pick and put it in my mouth.

a little tiny bit of powder, and I wrapped my wrist and claw, an organic claw that wasn't going to react, I went to bed and went sleep overnight. Because if you're hyper, hyper sensitive, you can see what your skin thinks of something.

So it's a really, for those who are super sensitive it was really cool. I woke up, my skin was a regular color, not red, no hives, nothing. I was like, okay.

So then I started licking the toothpick and then started. Then I just started into doing these things that my dear friend Kim had mentioned. About a weekend from when I actually taking my protocol, I like something feels different.

So now, hold on. So, understanding that she's talking about doing her genetics, getting her results, and getting your own code complex, your customized formula.

I mean, made for her. Okay. I just want to very much clarify because… Clarify what we're talking about. I think so many people go, what does this protocol look like?

Is it 20, is it 30, Is is 40 bottles? No, it's not. So, okay, all right, let's keep going. Yeah, so like a weekend, honestly, things just felt different.

And I'm like, What the heck? Now you have to remember, I was just alive. The baseline was just alive. I had more energy. My mood shifting. Just everything felt a little better.

So I just kept doing it. Now, mind you, I did not tell anyone in my family.

Discovering Nutrigenomics and Early Skepticism

A month in, I knew that this was something that was so necessary for my body. Like, not just a bonus. This was what my bodies needed for this next phase of recovery.

I was alive. But this is going to change my life. And I don't recommend this. remove this statement, you'll let us all know. But I felt so great, I took myself off of some medications that I was told I really probably would never be off.

I just knew I didn't need them anymore. And so let's go to that. Because this is really interesting. On with another health and wellness influencer and I think that's a problem that a lot of us, and we're listening to everybody else instead of listening…

…than us….to our own bodies. And again, you said it. This isn't, hey, take yourself off of medication. You had just been through, I mean, Cory, another thing that is really important for people to understand and why I would resort to calling your husband or your mom, And I, think there was probably about a year, two year period that we didn't talk because you couldn't.

I couldn't, yeah. Can you just give us an idea of how many hospital visits you think there were in maybe one year period of time? There's no way. There is no to know.

I mean, it was all the time. 20? 30? 40? More. More! We're talking that my kids called 911 on so many occasions. Far more. Now, my hospitalizations specifically, there was, you know, far less, but even that.

I mean, I don't even know. There's so many. So many, right. I was living in the ER basically. And then if I back from a hospitalization, it would be weeks and months in bed.

Okay, all right, yeah. Yeah, because I couldn't speak, and I'll explain that there were times where I could speak a sentence with four words. so I can speak with a first word, a second word and a third word.

But by the time I got to the fourth word I would have forgotten what the first was. It was drastic. Yeah, it was so and it, was, so scary it. Was so so it's so terrifying so.

It was bad it Was really bad all right so let's go back now your month your, month in on your own on Your, own customized yes and what were you thinking i mean were.

You thinking were You, thinking this is temporary were, you, think What were what, were? You think no by a month and i was like i Maybe this sounds just too dramatic, but I don't know any like, you know, when you like fall in love and you're just like you just know I just you.

Just know it's like my body was just getting fed something that just needed so badly. It was. It just was so what I needed and so remarkable that nature for that and that scientists can figure out that that's what my body would

need.

It felt so right and good that I knew this was something that was going to change my life, which FYI, you knew for quite some time or you assumed. You had seen so many people be transformed.

So I did. I took myself off a couple of medications that, as we all know about medications, they can really help you, but then they also, their side effects can also be very bad.

So about a month maybe in, I called my parents and my husband in together and I said, you guys, have to tell you something. And they're like, what was happening?

And I told them, and said I've taken myself of X, Y, Z medication. They were like… Why would you do that? And I'm like, I've been keeping a secret. I am taking this one step.

They were as dumbstruck as I was in the beginning. Just like what? Why? I feel so much better. So that was the change that set me on having hope, having possibility, a new life.

I mean, it was my getting to live again, live in my soul, living my passion. And then when you're like, let's join forces. Let's do this together. Why would Kim want me?

I get why she would want maybe my mind or my creativity or like roll up sleeves, like let get anything done. But I was like Kim is like, let's do this.

Let's take, you know, get behind this, bring this to the world. Change the World. And I'm like yeah, but I might faint on meetings and like I may say that I could be somewhere and then I can't be there.

You were just like not a problem. I've known you since we were teenagers. If you can't, and I was just like, I couldn't believe that someone could have so much trust and faith in me and also so, much respect for what I, was going through without judgment.

And so for people who have health challenges, i will say like to have someone in your life who has faith and you for the things that are your strengths.

and can trust you to do whatever you need to manage those challenges, that in itself, Kim, was so healing for me that you trusted me so much that I could still have something to offer the world.

That's a big one. I mean, you were at a position and I remember I said, we got to do this together. I knew you understood the power in it because you saw the magic happen in your own body.

It's not magic, but what else to call it? The body is this amazing, amazing thing and it's meant to heal. You still have to be careful. But I think let's share a couple of the wins because I Besides the fact that you work full time now and something that I believe is fulfilling, right?

That's something was always so important to us when we were younger, how we're going to change the world, but I will never forget. I think it was about a year, year and a half ago and you went to your first outdoor concert in like 10 or 15 years or something like that and I was like, Wow.

And I was like, okay, I'm so concerned. I still know that there's certain things that can trigger.

Custom Protocol, Recovery, and Returning to Life

But you did it. Yeah, but I did. Do you remember what that concert was? Because you and I talked and you were like I am so scared. You're like you're going to do great.

Whatever the concert is, it doesn't matter. It's that I don't take risks because that's why. My body is trusting me

more and more. to continue to heal.

And sometimes these things are just not as fast as we would like them to be. I'm doing more and more. You and I were at an event together recently, so that the listeners can understand.

it is still very difficult for me to be around synthetic fragrances. If I'm stuck in an elevator with someone who has Downy, who did their clothes in Downey or something, I would still be very scared and would need to get out immediately.

I still have to take a lot of precautions with that. So can't get too hot, too cold or whatever. But yeah, Kim, you and I were at this event and together and it was just, it's like, so exciting.

You're like yep, do these events all the time. And I was like but look at us. Look at us here. Here we are. I'm around people. And it was so, yes, it, was very, very exciting.

You know, there's these moments of my story that I am like, this is when everything changed. and you are a part of two of those major changes. you teaching me about what's possible with nutrigenomics.

and how simple it could be. But I was already so overwhelmed in everything. I think if it wasn't simple, there was probably not very much chance that I, because I so was overwhelmed with my health protocol.

Again, a thousand dollars of supplements a month. How many times a day I had to take different things and, you know, so I'm overwhelmed. And you're like, not only do I this will help you, but I will simplify things for you.

And then again, getting to work with you and to bring this to the world is when I got to live again in that way. There you go. I love it. People need to hear.

They need hear how life-changing addressing their own biology is. But not only that, I think so many people are struggling and it's the TikTok influencer, it is the Instagram influencer etc.

So I would love before we close is really what I'd love is what would you say to someone who feels like nothing, nothing has worked for them and honestly it crushes your spirit when you feel, when your trying and you feeling like what happened to that energy, what happen to this, why, why, what would say you to somebody?

What comes to mind is just that if a person feels that they have tried everything, my question would be, have they tried starting with themselves? Have they try listening to their own body first and listening what their body is hungry for or what the body really needs?

because we do, we listen to so many people. We're supposed to have our community. we're suppose to our tribe. Suppose we have elders who share information with us, our physicians and, you know, everyone.

But at the end of the day, Our body knows what it needs. I look out at springtime and there's a little hummingbird right now. Like that humming bird doesn't have to be told what needs to thrive.

The tree that it's on doesn' need to told. It needs access to the things that is needs We have access to something that is so powerful for us, and it's already what our body knows it needs.

So what I would say to somebody who feels that they have tried everything is, number one, just empathizing. I know how overwhelming and hard that it is and probably expensive and tiring and all of that.

But try starting with yourself and starting what you need. And some people can sort of intuitively figure that out. you know, which I also really believe in, but it just, you don't even have to work that hard.

Like looking into your genetics, the guesswork is done for you. So yeah, I would have everyone, that I know and love start there. Okay. And then the last question, is there anything you would want people to understand about this

experience that they might otherwise miss?

Sorry, had to write down a couple. Yeah, no. I'm not sure. What would you imagine I'd say? Well, I mean, in my opinion, it still goes back to, you know, You were made in God's image, okay?

And we were meant to heal. It's just understanding each of us are so unique. I means, Corey, and I are 99% alike. You're 99%, like your husband, believe it or not.

Even though he's a male, or a female, whatever. But we each, individually, inherit these strengths and weaknesses from our parents. Truly starting with our genetics, we are pioneering in what I would like to say, the future of health and wellness for generations to come.

And I do get a little emotional about it. A lot of people will say is it really real? Is it true? Was it this? And is that that? Yeah, it's based on science.

Here's the 600, some odd references. Listen to your body. Give it a try and see what happens for you. Corey, just like you said, you were drastically sensitive.

You started on your wrist. I start slow. Yeah, some people have to do that, right?

Advice on Starting with Your Own Biology

I mean, we don't get sick overnight. We don' heal overnight So I think being open to looking at yourself instead of the tik-tok influencer or the Instagram influencer I Think it has to start with you.

Yeah. I do think that we live in a world where we start With the solution. Hey, have you heard about this new whatever? Huh? Don't have anything around her I can grab but you know this new water bottle that has, you know, UVC that can, and you're like, wait, there's a waterbottle that, so we start with a solution instead of looking at, is this something that our body can really benefit from?

And so, yeah, I think that maybe what's missed in the conversation is just taking a step towards the beginning. And the beginning are your genetics and your genetics unfold to tell your body how to, you know, create your color eyes or my colorized, all of the stuff.

So starting with the earliest part of our story and nourishing that just makes a whole lot of sense. Okay, well, I want to thank you because when I first asked you if we could do this call and if you would share your story, you were a bit apprehensive.

It's very personal, it's a very deep, and I'm blessed. And truly, if your listening to this episode that you have heard the story it is meant and intended to truly inspire hope inside of you.

or what you're looking for. I don't think Neutrogenomics is the end all be all, but it's so very powerful because it is you and it makes you start looking at yourself just a little bit different and actually living and being in your body versus listening to all of the other noise that can become so overwhelming.

So If you liked what you heard today, please make sure to like, follow, subscribe. If there's somebody that you know that needs to hear how Neutrogenomics has played such a role in changing their life, feel free to share this.

And Cory, I can't say thank you enough. It's so much fun that I get to virtually work day in and day out with you and your amazing brain. I feel very blessed.

So thank Thanks, Kim. All right.