Breast Implant Illness, Corrupt Food Systems & Healing From Within | Andi Lew | Ep. 50 Transcript

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Podcast Introduction and Guest Welcome

We have to really talk about being proactive rather than reactive. Obviously, prevention is cure, but early detection is not prevention. There is something called itrogenesis.

Itrogenosis is the leading cause of death in the modern world. What is it? So, itogenesis is actually… Meet Andy Lu, an Australian wellness pioneer with over 30 years of experience and many bestselling books to her name.

A renowned TV presenter, certified wellness coach, and host of the Well To Do podcast, Andy brings her expertise from Beverly Hills to our show. Get ready for transformative insights from one of Australia's leading voices in holistic health.

Would you say that education is probably one the biggest components of making people healthy? I think yes, because we got so excited about what modern medicine could do that we forgot about breast implants are indeed the inflammatory driver which create a cytokine storm.

So it really can't be called BII anymore. It needs to have a new name. In today's world, you're getting very young women. They're giving these breast implants.

What's your message to these teens? I'm about to get emotional. I've never seen an unattractive person that smiles. it's just impossible. That's our responsibility to be healthy and to better communication and self-talk.

what is like one fad that you just see that people have to watch out for? Oh, gosh. The biggest lie and fat is calories. What do you think is the true issue with America being so sick?

I guess. Welcome to another episode of a Healthy Point of View podcast. This is your host, Sam Tahata. As you know, we bring experts in health, wellness and beauty from all over the world to talk about what's going on in today's world.

Today we have a Australian transplant here in the U. S. She comes all the way from California here to South Florida to talk to us about the different things in health and wellness and what we're doing to make a change here and maybe even globally.

Today we have Andy Liu. Andy, how are you? I'm so happy to meet you in the flesh, been following you on the Gram. On the gram. We often talk on a Sunday, I always say it's Sundays with Sam.

Now I think of you, on that day, but you're such a pro and I am so impressed with everything that you do. I've also been teaching health and wellness for decades, so you found me, we found each other.

Yeah. And yeah, just gonna share a lot of wisdom today. For decades, right? You just said it for, and that's plural. How could do I look for 72? I said, if you're 72, we're going to have a whole different podcast.

Wellness Philosophy and Proactive Health

I'm 52. So I mean, let's just, I love to throw that out there. A lot of people are like, but you know, you must have done stuff. I'm a hundred percent organic and I am so proud of it right now.

So you look amazing for 52. That was just making you, I wanted you to give me a compliment. Yeah. And I think I could give you more if you want. Thank you.

You look fantastic too. The thing is we were talking before off camera about people who really walk their talk. I think it's important to own your age.

It's just, I'm not about ageism at all. And I've known for becoming ageless. Agelessness is this eternal you, mind, body, spirit, being free in the mind and allowing epigenetics to create.

This is it. That's true, that's very true. And listen, being part of it for two decades, you've had to see three decades. Three decades there you go. A lot more than me, there ya go, You've seen a lot of change, right?

So I wanna talk a little bit about the changes that you see from back home in Australia versus where we're at today. Yeah, look, what I've seen, because the wellness revolution is in full swing right now.

But it kind of always was when I started back in Australia, I had a wellness practice, was working in, Australia's very first health retreat called Camp Eden when i was 19, fresh out of school.

And then after that we saw others come spring up everywhere and they didn't have you know, the real stuff, that the meat and potatoes which was, and pardon the pun if anybody is a vegan, but they didn't have, you, know the fundamental which, was really freeing your mind and having the emotional component that comes with doing X, Y and Z activity when it comes to wellness, because the two really are interconnected.

So a lot of retreats or wellness businesses have now opened up and they've forgotten about the connection of the mind body spirit. They're just talking about do this one thing, do X, Y and Z therapy or this new gadget or new pill which is still a natural one but it's still another pill.

And in the end we end up practicing allopathy or the medical model naturally because allopathy is mechanism. it's mechanistic in its approach. It's not holistic in it approach the way wellness is.

So we're still practicing medicine, but naturally because you're not acknowledging that everything is connected. And this is in Australia. And now here too.

So in Australia, let me ask you this. In Australia how are people when it comes to health and wellness? Over here in the United States it's become a huge movement.

From the food you eat to where you're working out, the different exercises, there's a lot of fad stuff. How is it in Australian? Do people actually welcome the health of wellness.

Yeah, well to be fair and to your point, to sort of complete what I was saying, it needs to multifactorial. It's never just one thing, right? So that's the first thing.

Then it need to proactive rather than reactive. And in Australia, we're not too dissimilar to America in that You know, we do eat a lot of artificial X, Y and Z.

There are a lots of fillers in our foods. We still have myths and misconceptions around certain healing modalities like chiropractic, which is natural, scientific and extremely effective in allowing the body to heal itself.

I won an award in 2009 by the Australian Chiropractors Association for my dedication to the profession in public education and helping people to understand what it really is.

And so, yeah, the only thing that I think is different in Australia is that we do have, well, it's not that great everywhere, but we have sort of cleaner water, cleaner air, you know, clean our beaches and things like that.

I've seen a lot of pollution and corruption go on here. Yeah, especially in the more populated areas, like the cities. But there's just a little more people here and now we are a new government administration that are very health focused.

So I'm excited. How is the medical system in Australia versus like here in the United States? Like our medical systems here is broken, as you already know.

Yeah, 100%. And I mean, what's going on in Australian is that we do have a Medicare system where the government allows you to have free access to, you know, a lot of health care.

but they are actually sort of limiting and knuckling down on certain things and treatments and operations that are ticked off on that list. But for the most part, we have a much better healthcare system in terms of accessing the health.

Australia vs. U.S. Health Systems

What about their approach? Are they focused on prevention or is it just dealing with sick people? whether it comes to America or Australia, I think it's really still helping the public understand that obviously prevention is cure, but early detection is not prevention.

Right. Right? So we have to really talk about being proactive rather than reactive. That's a very, I like that. You know, because I just recently did a podcast with the founder, Pre Nuvo, where they do the full body MRI scans.

Oh, yeah. And their biggest thing is early detection. But early detections, not prevention. So now it's like you got me thinking you get prevention, early, detection and then reactive medicine.

Which I think they're all important in a straightened way, you know, traditional medicine, the more of like, if you cut your arm or something like that, obviously you need to go to a surgeon to the ER.

Yeah, where would we be without the best drugs and surgery and doctors, for things like However, I must say that there is something called iatrogenesis.

So you would actually love my book Connected, A Paradigm Shift in How We View Health, because iitrogenosis is the leading cause of death in the modern world.

And then people say, what is that? And I said, well, how come you don't know? Because it's the Leading Cause of Death in The Modern World. And so, ITROGENESIS is actually hospital and medical error.

And, so it's the right drugs at the wrong time, or the Wrong Drugs at The Right Time, Or just humanistic error that happens in hospitals. Now, my point to telling you that story is that if we land up in the hands of the best doctor, the Best Drug, The Best Hospital, we're still at a chance of having itrogenesis.

So that has to give you enough motivation to be proactive. And just never be at the hospital. You should never need it. Right? So this is like what I get people excited about.

This is my area of expertise, understanding how the body works to heal and giving it the right environment to do that. but then more so understanding what it is that the system has created and how we can take back control of our own health by understanding how the body works to heal and we how can give the right environment to do that, because we are designed to heel and I know that sounds like a catchphrase.

But once you get into the real nitty gritty with chiropractors call it the chio-practic philosophy, but it's not even philosophy. It's just anatomy, really, if you think about it.

When you understand what the bodies designed do, as you said, with that paper cut, let's say, you have a paper do we need to do a massage? Do we to put acupuncture in to make those cells bond and bind and create, you know, the skin to come back together?

No. The body's innate intelligence knows how to it on its own. But where's the signal coming from? Well, from your immune system would be the initial signal.

And what's running the immune That's a good question. Why blood cells? The nervous system is the master controller of every system in the body. The immune system, the endocrine system.

the reproductive system the muscular system then the the nervous systems the conductor of the orchestra. Right. And so what's running? the Nervous system which is in our innate the brain.

It's central nervous. Well, it's the nerve system Is the Brain the spinal cord and the nerves that branch off that. And so that entire system is the nervous system.

But what is running the Nervous System? Our innate intelligence is The Universal Intelligence. That's frequency. You would love this because you know I'm quite spiritual lately.

And I'm not really anchoring on any one religion, because I was born Jewish, but now I've been praying to Jesus even, you know. And, I have been to Agape with Michael Beckwith Spiritual Centre.

I loved that church. You know, and I am interested in Buddhism, in all the religions. But what I do know is that there is something greater than us. Some people call it God.

It can be an acronym, Grant Organised Design, if you don't want to call that God, But there's something great than the universal intelligence that runs our innate intelligence.

I agree with that. We get this connection going. Do you believe that there's UFOs out there? You know everything is possible. Everything. Do you ever watch the shows?

No, I don't. I like to attract my, um, this world is what we need to focus on right now. There's a lot of external stuff and world and everything. And I know in context, you want me to kind of acknowledge that maybe there's something else that we don' know.

But you know, we, don''t know and so we kindof guess, and I think the point is to just have faith, right? To have a faith that were not here alone. that there are lots of other things, people, perhaps beings, whatever, but we need to work in unity is my point.

When we do that and take care of our body and understand the synchronicity that occurs by being kind to ourself and that energy and ripple effect onto the rest of the world and potentially universe, that's the most important thing.

Because we keep seeing ourselves as separate and we're not. And I'll give you an example. when women live together, they start to synchronise their menstrual cycles, yeah?

Did you know that? I've heard about that, yes. It actually happens here in this office. All the women in the leadership, They have their menstrual cycle around the same time.

Exactly, because how we heal and how are we designed to live is to be the thing, to synchronise. Unity, right. Yeah, unity, exactly. And another example is when you've seen a school of fish or a flock of birds or swimming or flying in formation.

Iatrogenesis and the Case for Prevention

the birds for example will be flying in one direction and then you'll see them in this perfect triangular formation all of a sudden change direction does the one bird in front go hey mate in like 400 meters we're all going to turn left no There's an innate intelligence guided by universal intelligence that allows us to wanna all synchronize and be together and know that we all need to turn left together.

And it's in such harmony and choreography, it is stunning to watch. It's a beautiful thing to what, right? Interesting. If you don't believe that, there was also a study, I've written about it in my book.

Which book? Connected, a paradigm shift in how we view health. That's my favorite book, and it also an audible. These 200 grandfather clocks were in a room, and they were all ticking at different times, but within 24 hours, they started synchronizing.

Really? Yeah. Oh, wow. There's evidence everywhere about this subject. So, Andy, how long have you been here in the United States? Nearly three years.

Three years? Yes. Okay. So in your professional experience, I mean, you're a public speaker, your on TV, and you are very intertwined into the health and wellness here in the United States.

I see you moving around at the events and everything else. What do you think is the true issue with America being so sick? There has been, and this is what I love about the Maha movement, Make America Healthy Again, is that I've been following RFK Junior's work in Australia since before we even had Maja.

I mean, he's been at it for a while. That's right. So, you know, when I had my practice or our practice, there was It's a company. Well, they're still here.

The company called Children's Health Defense. And so, you know, with his work as being an attorney and defending people who've been injured or, it's just important.

Right. I guess, what's exciting now is to watch the changes that are being made and the radical transparency that's needed and bringing down corruption.

Will you say that corruption is the main reason why America is so sick? You know, and again, it's never one thing, but we have to look at who's benefiting from why they're getting sick and then work back from there.

Right. It's kind of like a disempowerment thing that's accidentally happened. That before you know it, it's like an unhealthy relationship. Before you it you've felt dis-empowered, perhaps your ability to think for yourself has been taken away because somebody else is making the decisions for you.

And perhaps you haven't been armed or inspired to have information, if that makes sense. So you become this like kept woman. Right. And then I use this analogy because it is a relationship.

Everything is in relationship and then how you do anything is how do you everything. So before you know it, you step back and you go, hang on a second.

I've been disempowered in this whole relationship, I haven't read labels, You know, if you think about you've got in science cause and effect, you don't study cause, effect and side effect.

But why are there side effects? You that's not science. And then we dismiss the side-effect and it's written very, very small. So why is it written small?

And so these are the things that are important to question. Would you say that education is probably one of the biggest components of making people healthy?

I think, yes, because we got so excited about what modern medicine could do, that we forgot about the power of our body to be able to heal itself and what our First Nations people have been trying to teach us for centuries, like forever.

And I also feel like a lot of the truth is hidden through government. When we talk about what's happening right now, and what the government has put in front of us, the food pyramid, what you should do and shouldn't do in regards to exercising and physical activity, The the correct information hasn't been fed to us.

So when you're talking about education, I think that would be a Very important part for people to take those steps I mean my years in the fire department working in different areas and you know You're in areas like low-income

areas where people don't get access to some of the education that people with money do I see you see the tremendous difference I say Yeah.

And maybe there are more manageable people or society in that way. Maybe because the country is so populated, you know, that's their only way of thinking.

But what I see now is unity coming because RFK Junior did that by giving up his position and joining somebody else, another candidate. That takes a lot to do that and call it what it is but what I see is it's a massive display of showing what Unity looks like.

I'm willing to say goodbye to this because I want to join you because i'm going to hashtag whatever it takes and that was my mantra when I got on a plane with my son in two suitcases when i left my whole life behind to continue to educate Americans about health and wellness, which started, you know, You talk about education.

I mean, I've written 10 books and I'm like, why do I keep doing it? And it's every time I birth one, and like I am never doing this again. And then I get an idea for another one.

That's amazing. But when we educate, as you say, we empower and when the person's empowered, then they feel like they can take back control of their health, that they're not a victim of the genetic predisposition.

So let's talk about some of the books that you have here. And this is one of your most recent ones here, Treasured Chest. So, and this specific about X-Plant, right?

I could tell you from when I was a teen, you know, the Pamela Anderson days, and everyone's going to LA, you now, Beverly Hills to get these breast implants.

Breast Implant Illness and Explant Recovery

And then fast forward many years later, now you're starting to hear how people are getting sick from these. Very sick. You know. Breast implants and their bodies are rejecting it and they're trying to have autoimmune issues and all kinds of other issues.

So what motivated you to actually put this book together? Yeah, look, address the elephant in the room. Why on earth wouldn't wellness expert have implants in first place?

So I had them and I removed them. I have them, and it was basically because of a trauma response. Something that happened to me, I actually felt like putting a device on my chest and this won't make sense to anyone else.

So don't try and let it make since to you. Having said that, a lot of readers were like, i resonate with this. i had trauma too and now i realize why i did it.

What kind of trauma? Well, I won't go there. It's heavy. Is it mental trauma? No, something else. Okay. But the book addresses it if you want to take the time to sort of understand that psychology.

The main point is that I had something over my heart. And women have been bound down with a device over their heart, whether the device is on top of their head or under the pectoral muscle, that muscle being traumatized and stretched to put the devices underneath.

This is, you know, a sub muscular type of a surgery and it's real trauma on the top trauma. And then when it is there you don't get to really acknowledge the real you because this is another you, so to be fair to myself, it actually empowered me in some way, shape or form for a very short time, but it was a fake empowerment.

And then when I started getting, and I forgot that it there and started to getting sick and my diagnosing doctor said to me one day, can I consult you?

She was friend that we were both sort of co-managing clients and patients while I had the clinic and she also had her own integrative medical clinic. She's a medical doctor too with the area of expertise in breast implant illness and MCAS, mast cell activation syndrome.

And she said, you've got it. And I was like, no, I don't because then I had to address the deep reason as to why I did this to myself in the first place and I wasn't ready for it and guess what?

No one's ever ready. But you have to do it so I kinesiology chiropractic, NET chiropractic, psychology, and I also did some hypnotherapy. And I cried rivers, Sam, for about a year and a half to two years.

One day, because I had a PTSD diagnosis, my psychologist said to me, this was many years ago, listen to you," sounding all positive psychology, saying this, that and the other.

And I said, yeah. But then I went home and I was like, well, why do I still feel suicidal? Why do we still fell depressed and anxious? why is my hair still falling out?

I have I got loss of libido, dry eyes, you know, all these laundry lists of symptoms, inflammation, And then I was like, oh, I kind of do have pain in this left side.

Oh, wow. So I went to six surgeons in an MRI and they all said you're fine. And there was no rupture or anything detected. They weren't leaking or. I had a fold, which became a weak point.

There was a ruptured. But medicine isn't a perfect science. My surgeon woke me up from the explant and said, Wow, you were right. You're better than an M. R. I.

and you've taught me a lot today. go back and check all my patients because the rupture was exactly where you were pinpointing it to be, right on the left side.

This is the importance of understanding your body as the individual. Like it doesn't matter what anybody else says because what ends up happening is people start labeling you as crazy, you know?

So this is what the women are saying. BII isn't an official diagnosis, breast implant illness still, and it makes it difficult for a lawsuit to happen against the product manufacturer or the original implanting surgeon themselves.

And my surgeon did say he is astounded at women's intuition because a lot of these BII sufferers, and there are millions of them hiding in online groups, in subculture kind of support groups helping one another because they aren't believed and they are told you're crazy, you know, it's all in your head and you are just an emotional woman going through menopause and everything.

But then hey, they get them out and it is either an entire gel bleed or a rupture. You know, the FDA have even announced that silicon isn't inert. Think about that.

So what happens is the body understands that this is a foreign body within the bodies and it's toxic. And it starts to wall it off. It starts create this surrounding…

Well, it is rejecting the foreign bodies. Yeah. A capsule, a scar tissue. to separate it from going into the rest of the body. But guess what? That is a part of body, that is the system.

So the ex-plant surgery isn't just a removal of breast implants, it's also a much deeper, longer scar and you've got to peel away the outside. It's a lot of scar tissue?

Yeah, like an egg shell. So this is called a complete capsulectomy or an on block surgery. Total capsulectomy means that you're taking away the majority of the scar tissue.

And then that needs to be also sent off to the labs, third party labs to, be tested for squamous cell carcinoma and

anaplastic large cell lymphoma, which are the new two types of new cancers.

They're finding more things every day. As a surgeon, I went to as a professor. And after this, it inspired him to get more data, more research. He was like, yes, breast implants are indeed the inflammatory driver, which create a cytokine storm, an inflammatory response.

So it really can't be called BII anymore. It needs to have a new name because it's an entire systemic response where the body starts to shut down because as you say, It's the foreign body within the and it is wanting to protect it.

And the way in which the works to heal, and this is the bit that I find exciting, is that the body wants to heal through expulsion. Anything toxic we know.

If we have rotten food at a restaurant, we vomit it or it comes out the other end. When we other kinds of illnesses, viruses, whatever, or we want to sneeze it out, cough it into tiny particles in the ear.

We can come out through another orifice like eyes, conjunctivitis, ears. You know, through the pores of the skin, it's another orophous, rashes. And what do we do with being taught, no, put cortisone cream in and push it back down, you know?

And so instead, How is the body working to heal? Well, in this case, the toxic thing can't come out. So it starts to create what's called contracture, where it malforms.

That's the only time. So it's trying to like encapsulate these toxins in this foreign body. It wants to push it out, but where's it going to go? Andy, what's kind of crazy, when I'm thinking about, you know, listening to all this, it is like in today's world you're getting very young women doing it.

And they're teens, they are getting these breast implants. What's your message to these teens? You are so beautiful just the way you are, the why God designed you, The way your smile lights up the world.

I'm about to get emotional. It's like, what's the most beautiful part about us all is our heart. And I've never seen an unattractive person that smiles.

it's just impossible. You show me someone that's unattraction while they're smiling. What lights them up? And so anyone that tells you anything else, It's just not true, it's not just true.

Do you think the hard part for most people is the world that we live in with the TV shows and the Kim Kardashians of the World? You know I've never watched an episode of that but I can see the impact that it has had.

Craziness. Now I invite you all to create. When you're not creating you are consuming. So notice how I cut you off there because I don't even care what they're doing.

Because if you're watching what they're doing, you are consuming their narrative and how they want you to live. But have you considered what you were here to do in this short time on earth?

The average person lives to the average age of 82, 86, let's say. That's 86 summers. How old are you now? How many summers have got left? Very different if live in Florida every day is summer.

What are going to you do with that time? And how is your quality of life? How are you impacting the world? What legacy are leaving? And what are creating?

You know, we're creators. We're the ultimate creators? Yeah. I can see that. But at the same time, I feel like there's a lot of people that just don't care to be creators, you know?

That's because nobody said to them, that dream that you had, Sam, is doable. And that's what makes us sick, too,

because we are not living our divine purpose.

Yeah. And I say that from a different place. I'm the youngest out of four, right? And looking at my two brothers and my sister, great people, hard workers, but they're just not creators.

Same two parents. We grew up together. They may be a procreator. So everything is a creation process. how did that traffic signal get there or how anybody designed that architectural, like whatever, you don't have to be creative in the sense of being an artist, but we are creating every day with our thoughts and we need to continue to allow that creative thought process.

Yeah, I think there's definitely different levels of that for sure. Because, you know, there's a part of me that I've always wanted to see more out of them, out my siblings, where they have certain opportunities.

And two of the, they work for the company, Lickle Vita, and they've been with it since the start. I always said it's like, I'm hiring all these people, paying them really good salaries.

And I'm just like, why haven't they, you know, gone up the chain?

Self-Worth, Beauty, and Young Women

They just, they don't care. They're content where they're at. When I ran a practice, the best thing to do is to find out what's the highest value of that person.

What's highest on their values? Somebody might be education, somebody else might social, emotional, family. You find what it is that's high. And you can usually find it by looking at the person's bank statements.

what you spend the most money on is what is highest in your values. But when you see what makes them tick and you act accordingly or you reward them accordingly, what's highest on their values is when they'll be inspired to move.

Look at that bank account. You'll find all the prime TV and Netflix. What are you doing with your time and money? And I'll tell you who you really are.

But like, I'm a wellness coach. So it's a very holistic view of who we are, what is our greater purpose or our divine purpose? and what are we doing to make sure that that happens?

A lot of the time people just tell me, oh, was told I was to this or to that and it was not possible. What if I told you that it is? That's when that person becomes alive or alight.

So as a wellness coach, right? Now you're here in the United States for the past three years. What type of individuals are the ones that you work with?

I've worked with top ears, nose and throat surgeons, for example, and then just people who have been nurses that wanted to change their profession because they've been uninspired of being in the sick system and they want to work right back from the beginning.

I love the story of there were dead fish running down this river and the man was at the bottom of the river collecting the fish and somebody walked past and he was saying, You know, what are you doing?

And he's like, I'm collecting these dead fish and pulling them out of the river. Why don't you get down and help me instead of like standing there questioning me?

He said, because if you walk up the top of The Hill, you can see why the fish are dying in the first place. So, the people that I attract are people who are usually already in a health and wellness profession.

However, I have attracted people who weren't and were so inspired by what I do that they decided that They needed to work health and wellness within their business within there family because it's what makes them feel more Well, that's a become a part of their lifestyle, right?

Yes And even this surgeon, you know, he wanted to have cooking lessons with me and it was when I used to run a cooking school for people with food intolerances and things like that.

And I said to him, You know what? You only get one day a week. Let me find you a fit food fast company or whatever and we'll get it delivered. He goes, No, He was really offended.

he said, I'm signing up for another six weeks because since I've been working with you and working I've never felt more well in my life. There is some science to that, just like grounding and earthing can occur and the red blood cells do disperse when we connect like electrical charged beings that we are to the earth.

That also happens when playing with plants and nature. that good energy to put into the food. Well, the plant has a nervous system. Oh, yeah, they're alive.

Yeah, exactly. So what what gives us life is eating things that are alive and touching things. That are a lot. And so I always say if you can kill it or grow it, you should eat it getting right back to nature.

You know, so so there's something that you talk about about having energetic hygiene. Yeah, why do you call it energetic hygiene? What does that mean to you?

Because I can't remember being directly quoted as those two words. Um, I don't know. Yes. I saw that on one of the questions we were preparing and I was like, wonder what he might mean.

Energy. Yeah. Look, your thoughts become things. And I could be, we all do this. We think about something and then the phone rings or what you think, about you bring about, you know, and what do you seek you shall find.

So try and explain those things. You can't, but it is energy. And it, again, is something greater than us that we need to trust. Do you meditate? You know that's the one thing that I need to work on more.

Because I feel like I've created my own kind of meditative world, if you like, because the only time I'm really meditating is not when I am sitting still.

I m doing it with this sort of gentle movement because I grew up as a dancer, so I love moving my body gently. It was indicative of how I even birthed and how ex-planted.

Creativity, Purpose, and Personal Values

I was constantly moving my body in this primal state. And I also trained Brazilian Jiu Jitsu for two years and started competing. Oh, that's pretty cool.

Yeah. And it's that constant flow that movement that the body has, it gets you in like a meditative zone. Swimmers can talk about that as well as their breath moves into this constant meditation, you know, this state.

It's a state of being where I think I've developed my own meditation because I'm not just sitting there still or lying down, but I do meditate in those moments of gentle movement.

Will you say that's when you have the ability to allow your mind to reset during that state? Yes, you know, obviously med meditation, You know you put yourself into the Delta state Yeah, no, they've got the beta and Delta and you're the difference because your is freer But it needs to move to what brings you freedom, what bring you joy, What brings your peace.

So others might call it prayer. You know, so rather than and because I'm not a fan of labels, again, when we label

something, we become it. But then that can be good as well, because the way I like to parent, for example, or train someone you're so good, you are so clever, so strong, instead of like you weak thing, what are you doing?

And so we know in even Hidden Messages in Water, that book by the Japanese writer Imoto, that when you study the water on a molecular, like cellular, you can look at it through a microscope.

And when that water has been labelled like with the word love, it looks very different, Like a crystallised. Yeah, looks like a snowflake or a kaleidoscope type pattern.

Whereas when we've labled that glass water jar that says hate, and I don't even like to say the world, It looks oil that's spilt on the road. So we are water.

We are able to be affected by language. And this is really important to consider when we're using intentional language or we look at NLP, neuro-linguistic programming.

What are we creating with our language, with out words? Do you talk to your food or to you plants or anything? I've been doing sometimes and I thought, am I just crazy or you know, what's going on?

And it's okay to be a bit different. But sometimes if there's an internal dialogue that I'm having, I have been lately just expressing it out. Do you ever do that?

I do do in the shower. Yeah, it was in bathroom. I hung up from the phone, put it away and then walked to the bathroom and sat down and said to myself, well that was weird.

And then it went, that's really weird And then I was like, why did I just say that twice? It was, like I said it to the person that was saying, you know, but I think it's important too.

have dialogue, instead of internalizing it, let it out. We don't journal enough. we don' interpret our dreams enough, the subconscious. I started off in my radio career before I turned into a television host.

i was hired as a radio presenter in Australia for four years. And one of the first jobs they gave me was interpreting dreams, because I had done that ever since I was little.

What was that like? What were you doing when you interpret people would call in and tell me their dream and we would interpret it together and it was just profound.

Really? Yeah. It was amazing. But you would learn things from the dream? 100% dreams have symbols in them. Some dreams are very prophetic as well. Do you think the dreams that the person's having is actually happening somewhere else in the universe?

Yes. And I sometimes think that dream is our reality and this is all a dream. Oh gosh. My mind sometimes goes in that direction. Because the thing is, it's like nothing is out of touch.

It can happen. This is like when I was talking about the UFOs. I believe there's potentially life elsewhere. We just don't know. There's so many times I've dreamt somebody's pregnant or something, and then the next day I'll get a phone call from that friend, I have something to tell you.

And I'd be like, yeah, you're pregnant. They're like how did you know? Well I dreamted it. So, you know, it's not just me that's psychic. I think we all have the ability to tap in to our innate intelligence or our psychic wisdom.

And get certain downloads. Downloads, all of it. We've got symbols, like when people pass on and they see a double rainbow and it, It's all that. Yeah.

That's amazing. But on that, like, you know, relationships and, connection, when we focus on, that we develop better relationships with ourself first and foremost, which can create better relationship with others.

That's our responsibility to be healthy and to have better communication and self-talk so that then we can have a ripple effect and create that with us.

And so I wrote a book called Hashtag Insta Lovers when the first dating apps started coming out. Yeah. And I knew that you were interested a little bit in the dating world.

So I wanted to say, like, at the time that it came out, it was when we were just getting bombarded with all the Dating Apps and there was no kind of book or rules about it.

I was like I'm going to write one. Researched for four years before I wrote it and I did kind to the people that I'd matched up with. The guys would say are you really writing a book?

Is this really just research? And i'd be like uh-huh this is the truth. Can we go on a date so I can be in Honey, you're already in the book. I've been screenshotting every conversation.

Of course, some of those conversations are in there with like little cowboy emojis to hide their identity. But what I found was that what people said they wanted and what they truly wanted were two different things.

You know, it was during the time of hookup culture. you know, and there's still a little bit of that going on and it's okay if that's what you want to explore at that time of your life.

But are you safe? You know? Is it respectful? Those are the important conversations that we need to have as well. Would you say it is important to love yourself first before you even bother loving someone else?

Exactly. And this is the point, like, very perceptive of you. Everything comes down to self-worth, self love. Right. How you treat your body, what you put in your a body.

What you call your buddy, how you allow others to treat you a buddy. This is just and how we do that is understanding the greater connection. It's not just us.

Daily Wellness Habits and Epigenetics

You know, it's our intergenerational DNA. Something else that's running us So what are the top three things that you do for mind, body, spirit? Like I want to know about a day in your life.

Like when you wake up in the morning, what other things are you doing to address mind body and spirit. I usually interpret or analyze my dream if I've had one.

Do you remember most of your dreams? Not always. If I wake up in a hurry, I don't. But if I have a dream, i'll figure it out. Okay. Yeah. Then I always drink room temperature, like perfect water if i can.

It has to be either in the glass bottle. I know we've got this one going on here, which is something I need to deep dive into. But yeah, it's a shame that this country and most countries don't have good quality water anymore.

It's been contaminated with parasites, fluoride, like all kinds of stuff. But we need to hydrate before we do anything. So many people reach for their phone and caffeine.

You need to the light. So let's talk about hormones and why we age because that's my area of expertise. You don't need to take hormone replacement or bioidentical hormones straight away or always because you can actually prolong that from happening if you're allowing your body to produce you know its own melatonin instead of taking melatone and gummies etc.

if you allow your eyes to adjust to the sunlight in the morning after we get that huge surge of cortisol, which is considered a bad hormone release. But in this case, it's good because it gets you out of bed.

This is again, how does your body work? It's doing this for a reason. What do you think about those blue light blocking glasses? Look, if you have a job and you to be online at certain periods of the night, by all means, absolutely get that stuff.

These are the things where we have to adapt in the modern world. It's adapt or die. You know, I feel my most well when I'm actually having to work on a 5G radiation phone.

When my feet are plugged into the sand. you know, while I'm doing that, if I am going to have to get the radiation then I need to also be plugged in because after a while you won't feel well.

But also then cast your eyes on somewhere further, then come back to it, do a cat stretch, come to back it or put it here and look at your posture. So yeah, first thing in the morning, adjust your eye, drink room temperature quality water.

I interpret my dreams but you might want to say what you're grateful for. Then my biggest thing about epigenetics is chiropractic. literally taking the pressure off the brain stem, the signal, you know the nervous system and allowing the communication from brain to body to work at its optimum because we're getting new cells every second of every day.

But the cells that we are creating through the signals of the nerve may not be functioning optimally now with that regeneration that's possible. We get told that have to degenerate.

Yes, we're slowly degenerating. You can't stop that. But the rate of degeneration. You can control it, you can manage it. Do you do any type of diagnostic testing with your clients?

Sometimes, and I usually work with their health practitioner of choice because I'm not a doctor, so we work together as a team. But the last time I did an in-body scan for whatever that was, the person that read my results was like, whoa, your got muscle mass like a CrossFit person and you're 52, what's going on there?

I have done weights consistently for a couple of decades. You work out every day? Yeah, and if not every day, then every second day. And it's very important to do that from the age of 30 onwards, some kind of resistance training, because it can prevent osteoporosis, there's no doubt about that.

But these are important things to to consistently. At the time that I thought, oh, this isn't going to make a difference because I only spent 20 minutes here today.

You look back decades later and you're like, wow, I'm actually more toned than the average 52 year old. And more tone than my mom was and her mom. So this is epigenetics.

But you walk the life also, you know, by eating healthy, exercising and all of these things. You'll never see me supporting one of those junk food outlets.

you will never seen me in there. If somebody says go and use the restroom there or can you get me, so I just won't even walk in. You don't want that energy to even penetrate your body.

I know what you're about. Andy, so so one of the things that I'm heavily involved with me personally have heavily evolved in is bringing health and wellness, education and even a lot of services modalities.

to a lot of these communities that have never had access to it. A lot black and brown communities. What is something that you see that needs to change and for this to be more beneficial and effective to these underprivileged communities?

I'd love to learn more and see how I can contribute. I'm actually a brown person. My grandparents are from North Africa. but it's just so foreign to me because my mind is so pure that I don't think we're brown or black or we were just people.

But I know that America has been so good at causing divide. And I that that's infiltrated in certain areas, whether you're allowed to have education and things like that, which makes me so sad and mad.

Um, but you know, what are your thoughts about how that can happen, Sam? That's your area. Well, You know, obviously I'm following like RFK and a lot of the stuff that's happening in the Maha movement.

And a lotta the things like, you know when people are on some of these government assisted programs, and you see the type of foods that are allowed to be purchased with these food stamps and different cards, I don't think it's fair that they're allowing people to purchase things that're really bad for them.

It's almost like the food companies are in on it. You know, I don't know the exact answer, but when you look at it, it's just like, doesn't make sense, right?

It's like why wouldn't this money go to something that's going to actually be healthy for these individuals, not stuff that is going make them sick, that then puts them through this vicious cycle that just never stops.

What I see is a little bit of righteousness going on. Why aren't we asking more questions on what that person is gonna tell you that it is making them feel more well and serving them with that?

Right. So as a certified wellness coach, that's my area. You tell me what's going to make you feel more well rather than me tell you what I think you need to do.

So in looking at our First Nations, again, let's go back to what i really think is going make a difference in the way the health continues to go. We know that we need bodily autonomy.

It's our body, our choice. we know what works for one may not work for another and that is important with this new government that there are no more mandates.

So I think that's the first thing because there's no one size fits all formula, right? You know, or approached. That's not how health is practiced. No, it's just, and I'm doing it has to be personalized to the individual.

We all have a different makeup. I'll help his practice Bill Gates hands. What does that mean? But yes. And so that important, but here's, the thing it starts at birth.

And even during pregnancy, the mother isn't encouraged to have what's called a Lotus birth. A Lotus Birth is where you don't cut the cord straight away.

You allow that pulsed, you know, stem cell cord, blood and nutrition to continue pulsing through from mother to baby. So you wrap it in a muslin. you know, cord just yet.

You allow the mother and baby to decide when they feel like detaching. And that's not up to a doctor or anyone. It's up mom and bub. That's that new connection.

Why is it that they cut it right away? They just want to get the job done, right? But there's also a lack of education. And again, it's that supremacy of like, this is how we do it, but if you think about how birth always was, nobody came in there with scissors and did it.

It's a natural thing. We're the only living things that go to an actual hospital to give birth. Everything else just does that in nature. I mean, you see a dog that gives birth and they'll just eat the amniotic sac and all that, they'll just eat it off of the puppy.

Natural, innate, right. Innate. So then what happens after that is they get separated. Sometimes if there's intervention or, you know, and this is also damaging for the milk supply, the hormones, all these different things.

It makes the woman go into postnatal depression mode. the baby starts to shut down. I see a lot of what's called

emotionally unavailable babies when they've been control cried.

Birth, Parenting, and Early Development

And so this is the biggest thing that needs to change right now is that helping parents to understand that There should be no controlled cried or cry it out practices.

I can't even get those words out of my mouth. It just feels so barbaric to put a child in another room, close the door and say, from seven till seven, this is my time now.

What? Now the baby's brain, a human brain is in three parts, mammalian, reptilian, and, uh, the rational part of the brain. And those three parts of a human brain aren't fully integrated.

They don't become one brain until about the age of five or seven, which is why there's that saying, you show me the boy until he is seven and then I'll show you the man.

That's when neurological development is really happening. If you're allowing a baby to go into this heightened cortisol state, crying for you, and not understanding why its basic needs aren't met, even if it's just a hug, You know, what a naughty baby from wanting to hug you, you know what I'm saying?

And hey, if there were mutual benefits in the hug, which there are, and I'll tell you what they are. Heartbeats, breathing and body temperature. That's when both parties fall asleep, when their heartbeates start to synchronise, Which is why when adults are spooning, they fall to sleep together at the same time when they're heart beats and breathing is synchronised.

It's so beautiful and it's healthy. So I think The way in which we come into this world says a lot about who we are. And then we're forced with the vitamin K and then were separated and we cut the cord and were in these bright rooms and the we have potential breastfeeding issues, attachment issues sleep issues on and on in this drug merry-go-round.

How did you end up giving birth to your son? I had a natural birth. I have a beautiful birthing experience. It was going to be a water birth, I tried and I was like, get me out of here.

And I don't know, and it was in a primal state. And I used chiropractic before, during, after. There's a Webster technique that you can do that allows, if the body wants it to, to turn the baby so it's in a position that it wants to come out.

Those sorts of things can help. I had used a TENS machine for part of the time, but I have a very empowered birth and a midwife that was working until her late 80s.

And she kept saying, this is the last birth I'm ever gonna do. You know, and she'd be the kind of person where, You know, Jan Ireland, bless her. She said, you know there were these obstetricians that she would sometimes work with, even though we had my child in, a birthing centre.

Sometimes she will get called in also as the midwife to do the obstetrition kind of a birth as well, just to be there. But they'd come in and say, hey, she's not pushing the baby out yet, we've got to get a move on.

And they'd walk out. As they walk, she said she'd knock over the tray and all the sterilized equipment would fall. It would buy her time for them to have to go and clean that up again.

Then whilst all of the people were gone, and she would say to the mum, right, We've gotta do this. Are you ready now? Push with me because there's just too much intervention these days with birth.

To be fair, it's because They do want to save a possible, you know, death or litigation, but it's just gone to an extreme now where our natural birthright to birth naturally has kind of been taken away.

It's a form of control as well too. Andy, you know with everything that's happening right now with health and wellness, we were talking earlier about how like it's expanding so quickly and just random people are getting into the health of wellness space just to capitalize on it.

What is like one fad that you just see that that just like happening out there that people have to watch out for? Oh gosh. Or any fad, you know, that you've seen in your time being, I mean, three decades, right?

Yeah. That you seen some of these fads with food and exercise and all kinds of stuff that pop up. You have to warn some these listeners that are out there right now.

I think the biggest lie and fadd is calories, honestly. Like counting calories. I mean, I know that it works with dietetics, if you're in like a hospital and there's a situation.

But at the end of the day, it's not our calories, It's the type of calories. There's macronutrition, which is, you know, large, the fats, carbohydrates and proteins.

And there is micronutrition for those who are just still understanding and this is basic information, but those are the vitamins and minerals. The vitamins in minerals, micro meaning small, those We need to feel well and satiate our brain on a nutritional level.

It's not the quantity and it's the type of calories. So we need a combination of micro and macro nutrition and eat whole foods, not a whole donut. But the whole food, the way God designed for us to eat that food because that works in concert with each other.

It's the away we're designed to it that whole Food. But when we start separating it and processing it, and putting it through a process, because processed food.

I'm a lover of language being an author. The derivative of processed Food is process. it's been through process to take sugar, for example. What process has it been through?

What does it start out as? You tell me what sugar started out. It depends where the sugar is coming from. Let's say cane sugar. There you go. So smart man.

The cane-sugar, right? I remember my mom, we would be in far North Queensland in Australia. She would see the Sugar Cane fields in Townsville and we'd jump out of the car and she'd be so happy she was born in Israel and it reminded her of perhaps there.

And she would grab a piece of sugar cane and chew on it and then she will be satiated and happy. Did she eat the whole sugarcane field? Was it addictive?

No. And I'll tell you why. That sugar cane, the real whole food source, has what else in it?

Food Fads, Sugar, and Closing Advice

Water. Yes, you're a smart man, have you written my books? No, I've had sugar cane. There you go, it has a lot of water. You go back to the Dominican Republic and they actually put it through the little manual machine to get the cane juice.

So real food has water, what's the percentage of the water? Plants have about 80% water so too is the earth and so to is us, we are all 80 percent water wow, look at that connection right there.

This is, yeah, this is big idea stuff. This will help you again to feel connected. It has water. So the first thing in the process of stripping that food of its micronutrition is removing the water, making it more concentrated and making more addictive.

Then they go and bleach it. You're literally bleaching it, you're turning it from brown to white. And then you taking away the fiber, all of the micronutrition.

Exactly. So your body now doesn't even have to break it down, so it's hitting your system a lot. It's not food. Sugar is no longer food, I look at that white powdery stuff and I go, You are not a food you are a chemical.

So we have to kind of go, so you asked me, what's the big lie? I walk into like one of those fuel stations or whatever, and I just see all the packaged things lying.

And I go ha ha, you're not gonna get me. You're like lying to me with all your marketing. I'm scared to just grab a bottle of water when I got in there.

In plastic that's been sitting there for how long? Exactly. Yeah. and the heat, especially here in Florida. Isn't that something? So, all right, Andy, as we wrap up here, if there's somebody listening to the podcast today and they resonate with your message, what is one thing that you can really leave them with?

Oh, think about the one thing that resonated with you the most. And let's expand on that, because whatever excites you is the thing you're supposed to move towards first.

Because a lot of people listen to what I have to share and they go, oh no, I can't do all of that. Now I've got to change my pillow, now I got go see a chiropractor, and I gotta go read this, just pick one things at a time.

One step at a time. I was never this person straight away when I first started digesting wellness concepts. And I also resisted, I resist getting off the contraceptive pill, which is a whole other subject.

That's a big subject, huge subject when they gave the OCP a go, before they brought it out, was privy to witnessing some American medical journals, the AMA, some old ones.

This person that had hold of it, The peer is sent to each other, we're going to release this OCP. You can't do that, they said. It's going cause a whole lot of hormonal issues, They said in the following journal.

And then they retorted back and said, oh, that's okay. We already have another drug for that. The HRT. So when they designed the OTP, the also designed HRP to be released 20 years later.

They already knew they would need a hormone replacement therapy drug. But when you're listening to all of this in your inner life, let's say, and you like, I can't give up this or do that, just say one thing at a time, you know?

And then it'll be a snowball effect. I love it. Andy, what's the next big thing for you? I'm moving into the space of creating a documentary based on my last book.

And I just feel this compelling calling and mission to continue to serve through the, conduit for many other subjects of the impossible beauty standards and the control of who's really in control.

That's one of that favourite subjects and chapter titles in my book, Treasured Chest. Look at who is really control and take back. you know, your personal power.

And so moving into the documentary space, living in Beverly thrills, it just became inevitable. I'm working with fantastic producers and the like, and hopefully you'll get to devour my information, not just on audible and reading books, but like in a film soon.

Amazing, amazing. Where can people find you? Um, yeah, you can, I'm spending my most time on Instagram. So andy.graham, please slide into my DMS. I'll never ghost you.

Ghosting is boo sheet. And we're going to include all those links down here for people to be able to just click away and be to follow you and everything.

For sure. Andy, this was amazing. So I appreciate you coming on the podcast, sharing this powerful information. And we'll be seeing each other at all these events and all this other great stuff.

We're going to be doing lots of stuff this is just the beginning. That's the thing. It's all about collaboration as well, too, you know, and elevating.

Help each for greater good. Andy. Appreciate it. Thank you, Sam. Guys, remember who's in control. it's you. You have to take control of your health. Powerful, she said it correct.

Make sure you tap in, follow her, subscribe to the podcast here if you haven't done so, make sure share, like, do all that fun stuff, and we'll see you for the next one.