Antibiotics and Gut Damage

You know, I think they've so many people have been em used to giving their children or themselves antibiotics for so long that they don't know what it does. First of all, what it does. And then, you know, they don't know that it kills all the good and the bad bacteria both. And then you have no immune system when you're done. And they just kind of follow blindly along with, you know, the pediatrician's antibiotic. I mean, I've seen some kids that were been on antibiotics for six months or a year or so. And now their little gut is just, they're having stomach pain all the time. Anytime they eat or even sometimes between meals, they just don't feel well. And that gut is completely, and they're sick all the time with something else. So it's just, uh it's a common thing to just give them antibiotics. And instead of looking, what's the root cause of the problem, just covering up with antibiotics. Welcome to the Holistic Truth Podcast. I'm Jamie Dorley, CEO of Nutritional Frontiers. And I'm Christine Genovese, creator of the Soul Intelligence Method. We're here to help you break through chronic disease and dysfunction physically, mentally, emotionally, and energetically. With real proven strategies, protocols, and tools you can use in your practice today. Hello, everyone, and welcome to the Illicit Truth, our incredible podcast. I'm so excited today. I'm your host, Jamie Dorley. I'm the CEO. owner and co-founder of Nutritional Frontiers. We're breaking through nutritional boundaries with the lovely and talented, co-host, our chief growth officer, the creator of the Soul Intelligence Method, and award-winning author. I can't believe you actually have time to hang out with me. Welcome back, Christine Genovese. Thank you so much, Jamie. I'm absolutely delighted to be here. you know, Nutritional Frontiers is my home and… It's always fun when we get together with some of our incredible practitioners and I'm really thrilled about our next guest. my God. So am I, you know. I always ask myself, how did I meet Christine?

Right? It was through a referral, Dr. Lisa Coach, a friend of mine and colleague and client of mine. And then I was thinking about Dr. Lisa Kellerman. I'm like, how did I meet her? She may not even know. But I was meeting with Dr. Dan Wagner. And he says, well, who else you working within the area? And we were still a brand new company. And I said, Oh, Dan, we're trying to build the business. Do know anyone? He goes, Oh, you work with Dr. Kellerman. She's one of the top naturopathic doctors. And I went right up there to Butler PA and she's so warm and inviting. And I was so excited to see her facility, which is still there. You know, it's almost 28 years, Christine, she's had this facility. She's not old enough to have a clinic that long. I love it because she started in 1998, which was when my daughter Sydney was born.

So I always remember when she started. It's called Lisa's Natural Path, Herb Shop and Wellness Center. And the coolest thing about Lisa is, first of all, just a very genuine, faith-based person, full of joy. Her and her husband rock. He's built like a rock, this guy. You don't want to mess with him. They always come to our events and support us. I love all the testimonials she gives, but she's a naturopathic doctor, went through the Trinity School of Naturopathic Health. She's also a nutrition counselor.

Podcast Introduction and Guest Welcome

And a very unique thing you may not even know is she's an allergy specialist who does NAIT, which is the doctor's allergy elimination technique, which Dr. Weiner did for years. And that's really a gift because so many people deal with allergies. And I'm so excited to have her on the show. So let's welcome. Dr. Lisa Kellerman, how are doing Lisa? I'm doing great, Jamie. And welcome back Christine from New York. So excited. Thank you. Thank you. Yeah. It's been a whirlwind couple of weeks, you know, to go from our large professional training event to New York city and all the fun book tour stuff that I did. I'm actually glad to be back. I got to be honest. Yeah.

The road is a lot of fun, but also nothing like home sweet home, right? Right. And speaking of at least, I know you're so excited and you're so generous with your experience. Practicing 30 years, it's hard to believe, right? Looking so good. Right. I feel like I'm still 25 years old. I think we all do, baby. I'm not. I just said that to Christine. I said, I feel like I picked up before our kids, right? I know. 25, you're feeling good. You're living great life and then, know, family and business and everything else. We get through the other side and I know you want to share, know, one thing that always was this little disappointing being in the wellness field for so long, over 35 years, that you've

ever been called a health nut?

people called you that? Somebody told me I was born in the wrong era before. I'm like, it's because I've made soap before and I've made some medicinals and I've made some, you know, concoctions and for my family, they… You know, I make a really good cough syrup that's terrible, but I call it the Viking cough syrup because it's terrible, but it works. yeah, my mom always said good medicine don't taste good, right? That's right. That's right. And even my little three year old grandson, he'll hold his nose and take it because he knows that he's going to stop his cough. Well, that's a great place. Let's talk about your grandson because this kid, he's really going for Christine. I think he wants to be. The first child inducted to the Nutritional Frontiers Hall of Fame. She sent me videos and test the models of him all the time. And what a good looking kid. And he's so lucky to have you to really show him a blueprint of what health looks like and where it starts. know, that's something people always ask me, is it safe for my kids? They never say that about Tylenol or antibiotics or the vaccine, but with naturopathic approach, do you get that question quite a bit? Right. Yes. Is it safe?

Is it as an effective as an antibiotic or things like that? You know, I think they've so many people have been used to giving their children or themselves antibiotics for so long that they don't know what it does. First of all, what it does. And then, you know, they don't know that it kills all the good and the bad bacteria both. And then you have no immune system when you're done. And they just kind of follow blindly along with, you know, the pediatrician's antibiotic. I mean, I've seen some kids that were been on antibiotics for six months or a year or so. And now their little gut is just, they're having stomach pain all the time. Anytime they eat or even sometimes between meals, they just don't feel well. And that gut is completely, and they're sick all the time with something else. So it's just, it's a. It's a common thing to just give them antibiotics and instead of looking, what's the root cause of the problem? Just covering up with antibiotics. so, but I think I know with my people, they're, they're the, the moms are doing more research now, you know, with RFK in there and maybe putting some thoughts into people's head. Maybe I need to do some different researchers researching on their own. think it's. You know, I think it's a good thing.

Finally, yeah, right. Finally. Yeah. I know you focus a lot on kids and families. So you just started talking a little bit about antibiotics and how it really destroys the gut. What do you do for children who have been on antibiotics for a long time and are picking up everything at school? Well, let me give you a little background first because everybody has a background on how they get into natural health, I think a little bit. Oh, and my daughter was two, now she's 33 now. And when she was two, she had an ear infection. Now back up a little bit.

Dr. Lisa's Background and Natural Health Journey

She was born at 24 weeks. So she was two pounds, four ounces. So, you know, I would go down to West Penn and breastfeed her as much as I could every day, but she was so little, but I still did it because I knew that was the best thing for her. And I really didn't know a lot about natural, but I knew breastfeeding. to give her my immune system was one of the most important things. So as she progressed and she got out of the hospital at four pounds after three months, then I have to give modern medicine the, they did it, they helped me through her.

So I have to give them the credit for that. But then I brought her home and she did well, she did fantastically well. And then when she was two, she had an ear infection. I took her to the pediatrician. And she put her in antibiotic, which at the time I was running a pediatric dentist office. So I kind of had the inclination. was seeing all these children coming in that have been on antibiotics and they had mottled teeth and stomach issues. So I started to do a little bit more research. So I was starting into the realm and then took her back a few days later. She still had the ear infection. Doctor put her on another antibiotic. And I said, I'm kind of questioned her a little bit, know, well, you know, she's never been on an antibiotic. So how come now we're on a second one? Well, that's what I have. I'm like, okay.

So it took her back a few days later and no better. so she wanted to give her another one. said, no, well, what are you going to do? And I said, well, I guess I have to go to the library because you're not helping me. So I wasn't trying to be mean or combative, but I wasn't doing another antibiotic. I just felt it in my heart and I gave her echinacea. I minced a clove of organic garlic and put it in juice and made her hold her nose and drink it every day. I put garlic oil in her ears. I took her off the synthetic vitamins that the pediatrician had her on that lowered her immune system with the fluoride in it. And a few days, well, probably about a week later, I took her back and I said,

will you check her? Oh yeah, it's gone. And I said, oh. Yay. And she said, well, you gave her that other antibiotic, right? The stronger one. said, no. I said, you want to know what I did? No. I said, we a whole waiting room.

You didn't even want to know? No. I said, well, I changed her diet. I took her off her dairy and wheat. Well, that's never been proven. I said, well, I think I just proved it. Told her what I did. Didn't want to know. Didn't want to know. And I said, you have a whole waiting room out there with sick kids. You can at least tell them no dairy. for anything upper respiratory. Anything I talked about, she did not want to hear and she was not, and I was doing it very shyly, you know, I'm coming on strong right now, but I was doing it very shyly.

you were a little gentle. Yes, I was doing it gently to her. Okay. And, and now, and I said, you know what, I'm just going to have to find another pediatrician that's going to work with me. And I said, because I'm, I took a poll at work and I'm seeing all these kids with the model teeth and the stomach problems and I don't want my daughter to have to go through that. And I said, you know, you've been really good all since she came home at four pounds.

But I said, now I don't want another ear infection and, and I'm not going to do it. And I said, did you know most ear infections are viral anyways and antibiotics don't work on that. Yeah, it's a great point. In fact, the AMA a few years back has now recommended doctors do not. use antibiotics for ear infections. When I told that to an MD, know what she said? Well, where'd you get that information? I said, it's in JAMA. The AMA said this. Right. Yeah. Right. Like you just pulled it out of your hat or something. Yeah, they it's lot of it's made up. So I'm really curious to know how did, cause I know you were certified herbalist, certified natural healthcare professional, naturopathic doctor from Trinity. How did you get started? usually that's what happened when I when I healed my daughter and I am going to say that word.

I got the bug. I started studying. I prayed for two weeks and I came home and I told rock one morning I got up and I said, I'm quitting my job at the dentist office. He's like, what?

Like, what you gonna do? What? I said, Oh no, I'm going back to school. And you know, I already went to Slippery Rock. I said, Oh no, I'm gonna, I'm gonna start. I'm going to get my certified herbalist. I'm going on. I'm going to do the whole gamut another four years. And he thought I, you know, he's like, well, whatever. And my mother at the time, very healthy, you know, in her nineties, she goes, Lisa, you can do whatever you want. You're only 30 some years old. Go back to school. This is what you want to do. Is this, if this is the way God is leading you, then do it. And that's. You know, here I am 30 some years later and still doing the same thing and still helping so many people naturally by getting to the root of the problem, fixing the root of the problem, and then all the ailments go away. But yeah, and I love it how you got started with what university did you go to? Oh my God. I knew it was coming.

uh Slippery Rock University. yeah, baby. There we go. The Rock. Not everyone can get into that, Lisa. And then I married the Rock. I love it. I love it. Oh my goodness. So tell us a little bit about your practice. You see a lot of kids, you see, you you treat both the kids and the parents. What are some of the common things that you typically treat and what are you using to help? Like you talked about some natural remedies that you use with your daughter. What are some of the supplements that you recommend, especially if someone's, you know, been on antibiotics and the kids need something, some additional support. Yes. A lot of children come to me and they're not eating a lot because their stomach hurts when they eat or their stomach hurts when they don't eat or they get bloated or they just, they have loose bowels. I can almost tell you every one of those cases has been on an overuse of antibiotics.

So what happens is the antibiotic kills the good and the bad bacteria. So there's no balance in the gut anymore. And so I do allergy testing and I do allergy treatments using NAET, but I always put them on the GI complete powder because I've got to calm and heal and soothe that whole GI track. it can be food sensitivities, but the alignment of the gut is definitely off. That GI track is is inflamed. So when they eat something, it's inflamed. it puts, you know, it's acid and it just makes them go to the bathroom more and they don't feel well.

So it's an amazing, I had a little, uh, four year old and I was doing allergy treatments on her and, given her the GI complete. And I said, just a little bit, you know, like a half a scoop into water, twice a day in an empty stomach and about Two and a half months, her mom came for another allergy treatment and her mom said, oh, I need to get some more of that GI complete. And I said, well, let me ask Lily. And I, I'm in the allergy room and I said, Lily, are

you having any pain now when you eat? And I gave her probiotics too. And then I said, are you having any pain any other time? No, no. And I'm like, oh my gosh. I said to her mom, she doesn't need any more GI complete. said, I still want you to give her some probiotics, know, keep her on the kids probiotics, but she doesn't need the GI complete. And I'm telling you when you can, you can take pain away from a child. It's the most amazing thing. I know.

Well, there's something as little as to drink it. Right. First of all, it has to taste good. Right. That's the first taste test with kids. Right. Yeah. Yes. And then, so then you have, so now you have her just using, um, Probezyme, is that right? Yes. Yes. She's using Probezyme, which is the combination probiotics and digestive enzyme. And I just have her do half, you know, with a meal and stop the GI complete. And she's, she's just doing wonderful. And she's four years old? Four years old. Wow. Yeah. And she had this since she was two? Half her life.

Yes. Yes. Oh my gosh. It had numerous children. Numerous children. that video up at our Christmas and holiday party.

Treating Kids After Antibiotics

That is the one that this year, cause we look at all the top testimonials and success stories and that's one that, man, if that doesn't make you fulfilled, people ask why I do this all the time. That's why. That's right. That's right. Yeah, we help the adults all the time too, but when you can help the children. And probably children are my most, the ones that I do the most allergy treatments on because they've been on, know, have take, a lot of them have taken, you know, the vaccines, which I don't recommend. And then their diet isn't good. You know, they're not eating properly. So putting them on the ultimate shake and some greens, you know, getting their digestion better. calming their gut down and giving them some nutrients makes a world of difference for these kids. And now their nervous systems are…

Is that aggravated by sugar? Yes. Sugar dies. their nervous system is, oh you know, they're not absorbing their nutrients. So the Probezyme really helps with that. But giving them the ultimate shake and some greens in there too. They're finally getting some nutrients or their nervous system can function properly. Maybe you little bit about that. Maybe you can talk a little bit about ultimate shake and greens and why that's such a powerful combination.

Well, the ultimate shake has the multivitamins in it too. So it's my favorite one scoop of that. You know, I do for the adults, but for, you know, the kids, depending on how much they weigh, sometimes a half a scoop. And putting some pro-reds in there really gives them more nutrients. And I do add some greens. I mean, I'm a big proponent of adding green, the pro-lean greens to everything because we're not eating enough fruits and vegetables. These kids, their parents are working. So if they do cook, they're microwaving, which we can talk about that later, but. They're, they're irradiating their food and they're taking all the nutrients out of it and killing off the digestive enzymes. So I put everybody on the shake. put every single person that'll possibly do it on a meal replacement or the kids, can even use it as a snack, you know, once in a while. But my, my grandson yesterday went over to my daughter's I'm, I'm lucky that they live next door to us on our farm. It's not a working farm, but it's coming to that.

We have ducks now. We have duck eggs soon, hopefully. But I went over and I'm drinking my smoothie and I said, Jackson, do you want me to make you a smoothie? And he says to his mom, mom, make me a healthy smoothie, please. He's three years old. Wow. And then he takes a sip and he's got, I showed Jamie the picture. He's got a big green mustache. And I said, He needs to be the poster child for ultimate shake and proline greens because if he can drink that and like it, that's the most important thing. That's number one thing I need to get into him. And he's a powerhouse. He's racing dirt bikes at three years old now with the four and six year olds. Oh, yeah. And he's never sick. He's never sick. Amen. Yes. So a lot of children. you know, their nervous system, their digestive system. You know, I try to get these mothers to cook and it's, it's hard. It's hard. So at least if I can get them an ultimate shake in with some reds and greens and it tastes, the reds also make it taste really good. Now Jackson doesn't necessarily need those reds in it, but when I put them in there, woo-hee, wow, this is great. So something that tastes good, you can get it into them is, you know, and it fills them up and gives them some nutrients. is amazing. uh You can put other things in that shape. can put, like I like to give the kids vitamin D liquid and the fish oil, the omegas. So those both come in liquid. You can put them right in the smoothie.

And they can't even tell, right? No. Give them a probe zyme or half a probe zyme and send them out the door. So Jamie, what is in the ultimate shake that makes it such a powerful meal replacement and so good for nutrition, not just for kids, but for adults? Yeah, what a great question. You know, I always start my day with a shake. I do at least one shake a day. And what I find is when I'm on the road, I'm doing more, right? Because the food is even when we think it's healthy, is not always healthy. So when we created the ultimate shake, we wanted to be able to give somebody a powdered food. When everyone was concerned during COVID early on, when everything's shutting down, the grocery stores and everything else, I bought a tremendous amount of water. And I said, well, we have Ultimate Shake, Super Shake, greens, reds in the warehouse. We can live for a long time. And somebody said, well, you're being in really good shape because you know what's in those things. So the Ultimate Shake, as Lisa mentioned, is a mere replacement or a snack. You can live on it. It has your complete…

balance of the macronutrients. we talk macros, we're talking protein, carbs, fats, and fiber. It also has all the micronutrients. It has activated vitamins, tracts, covalent, bonded, chelated minerals. These are the most bioavailable forms of these vitamins and minerals. So no, you don't have to take a multi when you're doing your ultimate shake, right? And in addition, being that we're swimming in the sea of toxicity in this world, It could be chemicals like Lisa mentioned, additives, dyes, personal hygiene items, whatever it may be. We added a little extra liver support in the Ultimate Shake. And people are like, oh, can you do it every day?

Absolutely. You're exposed to toxins every day. And the cool thing with the Ultimate Shake, it's all in one. So we have vanilla, chocolate, and then we have the pineapple coconut. So what's your favorite flavor, Dr. Lisa? I like the vanilla. Jamie, because what I've been doing is doing the vanilla and then with, I do like the chocolate though. The chocolate with the chocolate greens is amazing. Sometimes I have that for lunch or Oh, double chocolate.

Oh yeah. Chocolate's very never stop a woman from her chocolate. Don't worry. Yes. But the ultimate shake vanilla is my favorite because I put the greens in it and then I rotate through the colors. So like I'm doing the oranges now when I continue, when I'm done with the oranges.

then I'll do the reds, then I'll do the purple. So doing, you know, one scoop of ultimate shake, one scoop of greens, one scoop of oranges. It's fast. It's very fast and it tastes good and it keeps you filled. And honestly, I have to say this, my husband has his own landscaping business and we make a picture in the morning and we both have one and he maybe has one and a half. You know, he's 68, I'll be 67 next month. Neither one of us take any meds. Wow.

guys look incredible. Wow. That is freaking impressive. to those smoothies. Thank you. I really attribute it quote right there. I attribute to the smoothies. I love it. I do. I Now I do talk the talk, but you walk the walk. Yes. I do cook and I buy everything organic I can possibly get. But there are days, you know, once in a while we order a pizza, you know.

So I tell people try to eat good 80 % of the time and you can have a little bit 20. Eat good 80, 20 it can have a little bit. Yeah, it's interesting you say that, right? The shake should be your staple. Absolutely. So you recommend that every morning for everybody?

Yes. And during the week when I'm working, I have it twice a day. Yeah, me too. I that twice a day.

Ultimate Shake, Greens, and Daily Nutrition

And it's interesting when you look up to all the research behind what happens post-pranally, you know, the hormonal sequence of events within two hours after what you eat, right? So they did studies on this with kids. gave them, one group got a high sugar cereal, like a Captain Crunch. The other group had a low glycemic, almost like an ultimate shake in food. So some organic eggs, some veggies, some oatmeal, some fruit. And then unrestricted the rest of the day, they let the kids have whatever they wanted to eat. You know, the group that ate the high sugar breakfast ate over 80 % more calories than the other group.

And the second thing is that they went for the high sugar processed foods more than the other group because of what happens in the body and the brain after what you eat for breakfast.

So that's why Dr. Alicia recommends a shake. And that's why I always do the shakes folk. If you do one shake a day for 30 days, come back and see my guarantee. You will feel better than you did 30 days ago. And the great thing is now you guys go out to eat occasionally and you travel. This is actually a budget. I take the shake with me. Oh, great. Yeah. Us too. If you go out to eat or buy groceries, it's very expensive. So the ultimate shade greens, reds, purples, oranges, whatever it may be, this actually is a much better value.

And then the cool thing is, you know exactly what's in it versus some of the foods you may or may not know. Well, know, Jamie, we ride buggies, which are like side by sides in the woods. So sometimes it's all day. So I bring some snacks, but for our meal, I take… a scoop of ultimate shake, a scoop of greens, a scoop of oranges, and I put it in a little Ziploc bag, and I put it in one of our shaker bottles, Nutritional Frontier shaker bottle.

And when we're out on the road, we always have That's exactly what I do. And then I just take the bag out, the water in, dump the powders in, and we have a meal in the middle of the woods. Yep. That's exactly what I do. I'm not in the woods when I do that, Even in the car, tell people keep it in your car. Then you don't have to go. You're not going to be tempted to drive through a fast food place. You got a meal, take your bag out, put your water in, shake it up and you can keep going on your travels. So we're going on vacation in a couple of weeks and I always take, now I've got stopped in the airport before and they're like, what's that? I'm like food. It's protein powder. It's grains. Scan it. X-ray it, do whatever you want, but don't take it because that's my meal. I'm addicted. I'll tell you, I'm addicted.

Yay. That is a great addiction. So we talk about the colors. That is a great addiction. We talk about the colors all the time because we know them so well. Jamie, maybe you can just do a high level description of the different colors that we use from the greens, the oranges, the purples, the reds, everything Dr. Lisa was just talking about. Yeah, the great thing is that was one of our first formulations was the pro reds. So we want fruit and veggie powders as a base that are herbicide and pesticide free, because even the organic ones will have residues in them, right? So herbicide and pesticide free fruit and veggie blends, all of them have that foundation to them. And then where they get more unique is we fortify each one with some patented research trademark ingredients. So the greens, of course, can help with all the gut. liver, gallbladder, colon toxicity. So the greens are going to give you all your super foods and things like Amodium, which is a glutathione to help with the liver. So the greens are great for supporting detoxification. We have two flavors. We have Apple Jacks and Count Chocula. So we have the apple cinnamon and the chocolate. I'll tell you what, I've gotten more smiles from our chocolate greens than any other formula we have. Both of you guys are smiling. And what I like to do with the chocolate greens if you want to. I put two scoops of that with two scoops of the peanut butter super shake and there's my Reese's Peanut Butter Cup Blizzard that I do every morning. So you can have fun with these folks, they taste incredible. So greens are gonna support all your detoxification and cleansing. The orange is all your energy boosters. It helps with adrenal support. It's great for blood sugar and fat burning and icing as you're trying to off energy drinks. take the pro oranges especially in the morning or between three to three thirty in the afternoon to get you through that bridge in the afternoon.

So greens are clean. We have the oranges for energizers, blood sugar, weight and adrenal. Then the pro reds has everything in there. So it has brain support, heart support, gut support, liver support, eye support and tastes like fruit punch. So it's a great way for kids to start.

In fact, some of our moms I'll share with this. make ice cubes. Oh, there we go. They make ice cubes. Jackson. We sent him a preschool with his, with smaller bottle with a little bit of pro reds in it. That's his juice. hate to ask, but does Jackson have any gear yet?

Yeah. Oh yeah. So he has the helmet and yeah, he was in his first race last weekend. We need the NF gear. He has no nutritional frontiers. And I have a motorcycle. He seems like the thing you Jayne is the sweat bands that you gave me. of course. It's like a headband. uses a headband. He might be one of our first spokes kids. So then we got, course, the Pro Purples is great for you talked about ADD, ADHD. There's Alpha GPC in there, which will help calm and get people focused as much as all your exotic berries. So generally you would think of exotic berries for aging skin, brain. circulation, right, heart, but it has some unique brain ingredients in there, so it's very calming. In fact, I was with a client and he's normally bouncing off the wall, like, and every talking for more than five or 10 minutes, and he was sitting there for about an hour, and I finally says, what are you doing differently? He says, oh, nothing. I said, you're so focused. And he pulled, the purple was by his desk, and he said, I do two scoops of this

every day. I go, yeah, it will help. It gets those brain nutrients you really need in there. So that's really good for ADD, ADHD, focus, attention.

And then of course, you know, the pro red. So we have all the phytonutrients and all these across the board. Which one's the best? They're all the best. Sometimes it just goes by flavor.

Sometimes it just goes by what's your goal. Sometimes people are hardcore like Dr. Leeson. They're going to do a scoop of each. Wanda used to do a scoop of each with protein. And that was his food for most of the day, because he was so busy seeing patients. So you can never go wrong. Some of my clients get really creative in the summer. They'll make frozen fruit bars, you know, for the kids or ice cubes if the kid's a little more finicky at the beginning. But, you know, really getting them to incorporate these healthy lifestyles early on. And you can put in any of the shakes, Ultimate Shake, Super Shake. We have the Clean Collagen. We have the Best Way. We have the Nido Keto. I love how utilizing the nutraceutical medical foods as a food for people. And, uh, as we shared earlier, there's a lot of research that shows what happens in the body for those two hour window after somebody's eaten, you know, these, uh, high sugar breakfast cereals or, or. Process foods in the microwave. You know, the blood sugar goes up high, insulin goes up high, fat storage goes up, energy goes down and cravings go up. It's a recipe for disaster. Yes. And you had mentioned earlier, I want you to comment a little bit because this is very common for kids. But you mentioned lungs.

I remember Doc used to say, get off dairy and take our buffered C plus and most asthma will go away. Now we have the air max out. So what are some things you do between the allergy elimination and some of the nutraceuticals to help with allergies? Because it's so common now. Well, again, the allergies come from the gut. So, you know, when I do the testing on the ZYTO for food and environmental allergies, every one of them has it. And so I do a lot of three-year-olds. That's about the, that's the smallest I can do to scan. As long as they're three-year-olds, they can spread their fingers. But if they're a baby and they have allergies, then I can, I can do use mom as a surrogate, but I do the NAET, but I also go after the gut. So if they're a child or a baby, it's that probes on, you know, you can chop, you can.

chop that Probezyme up powder. You can make it into a powder and you can put that into a little water with a little Pro Reds. Who wouldn't want that?

Allergies, Gut Health, and Root-Cause Care

But you've got to support the gut. If they have really bad allergies, then I do GI complete. I also go after the gut. So with a little bit of Probezyme with each meal and a little bit of GI complete once or twice a day. We're working on desensitizing those allergies, but we're also healing and sealing that gut and calming it down. And it's amazing how fast there's no drugs, there's no allergy shots, you know, within a few treatments, how much better they are. But these kids and babies are coming in with eczema, with rashes, with all kinds of skin conditions. And you know, a lot of it is candida too, so I test them for that, but it all comes from the gut.

You know, had a 30 year old, well, she's 32, call me this weekend. And she said, you can get back to me later. But she said, I have depression and anxiety and she's a nurse. And she said, I don't want to take the meds. And I said, well, listen, I need to do testing and I need a health history. So please call the office and set up an appointment and we'll get to the root of the cause and fix the problem. And she's like, wow, never heard that before. Now she's a nurse.

You know, and she said, that's what I want you to do. And I said, okay, call, make an appointment on, you know, call Monday and make an appointment. Yeah. They've been running for the cure long enough. They haven't caught anything. So I like how you run for the cause.

Same with our team at Nutritional Frontiers and time is flying. We do have a few minutes left. Can you comment on one of the probably most controversial things at the house? That is, well, there's quite a few. Let's keep it at G rated. So I'm going to say microwave.

So, okay. So microwave is radiation. when you use a microwave, you're radiating the food. you're using radiation to

cook the food. So it kills off the digestive enzymes and it also kills all the nutrients in that food. So people think it's, oh, it's fun. It's fast. It's easy, but you don't realize what it's doing. And then when you eat that food, it's So that's. It's and then people put food in the microwave and they stand there. You know, you can't stand near it. in some of the radiation. Right. It's interesting you bring that up because you know, you guys know how the microwave was invented? Yeah. Government. Well, the guy was walking in the plant and he had food in his pocket and he walked by the one machine and the food warmed up in his pocket. True story. Oh, I never heard that one. And they were like, yeah, oh, how'd that happen? The radiation. So they decided, and they're in everywhere. They're in homes or in hotel rooms. So what do you recommend? Is an air fryer okay? Do we use a stove? Air fryer's good, but it needs to be, it can't have a coating inside. It has to be, you know, stainless steel. So I'm, I tell people slowly change things. Like I just bought my first set of linen sheets. You know, I was so excited. because they vibrate at a frequency. And- Hey now, vibrating sheets, I never heard of those before. Wow, we are definitely gonna have to have a part two. We from G-rate, we skipped PG-7. Now we're going to Macon, kid. We're going to New York. Oh man, what's going on up in that cabin in Butler? I'll tell you what.

Well, try to get rid of your glass, okay? So I got a new blender that's a glass pitcher. Okay, try to get away from your plastics. Use glass or stainless steel. Same thing with the air fryer. These people are frying in an aluminum-based, coated with chemicals like Teflon coating, and they think that's healthy. It is better, but you've got to use stainless steel. So instead of using your microwave, buy one of these inexpensive air fryer, toaster, ovens. convection oven, I love mine. It's everything in there is stainless steel. So, you know, when you're looking at a tea kettle, get a glass one or stainless steel. When you're looking at any kind of product that comes in contact with your food needs to be glass. Don't be storing in plastic. If you have plastic, line them with parchment paper and get rid of, really get rid of it. Don't store, cook or drink out of plastic. Stainless steel. We just transitioned that NF so we got to get everybody on us. We did, we have the coffee cups, we have the shaker bottles now.

We've changed something. Yes, I love them. Dr. Lisa, we're going to have to schedule a second.

Microwaves, Toxicity, and Safer Kitchen Choices

Part two and three. Yes. Where we go through toxicity in the home and how you can clean it up because I know you're an expert in that area and I can't believe that we've gotten to the bottom of the episode already. What I would love for you to do is to share. with people how they can find you. will certainly put that information in the show notes, but you can give them an idea on how to get a hold of you. Okay. It's Lisa's Natural Path Herb Shop and Wellness Center. And we're in Butler, Pennsylvania. We're on Route 8 North of Butler, about a couple miles out of Butler. Our phone number is 724-284-9162. And our website is Lisa's Natural Path. And we would love to hear comments from everybody would like to talk to you. We'd like to see you You know, it's it's just the best job. It's not a job, but it's the best calling in the world and we're here to help you Whatever the problem is there hasn't I don't think there's ever been a problem that I haven't been able to help somebody with but You know our children are our future. So you've got to feed them, well, dr Lisa, you're such a uh a loving, giving individual, and we're blessed to have you as part of the Nutritional Frontiers family. And I just want to say thank you for your generosity and sharing all of your wisdom with us today. And if you enjoyed this episode and you know someone who might benefit from it, I encourage you to please like, comment, and share so we can keep spreading the good news out there. Any final thoughts, Jamie? Wow, I feel so fulfilled just hearing all your… incredible testimonials and your genuineness and your passion for helping so many people.

Where to Find Dr. Lisa and Closing Remarks

You know, of course, humble roots all the way back to Slippery Rock and Butler PA and having that personal experience just like I did and Christine did to get us in this journey of natural healing. And I love how you're so open-minded that, hey, let's go after the cause. If we do that, we can fix the problem. And the quote that's in my head from Dr. Joe Dispenza is, you The power that created the body is the power that can heal the body. Right.

But the most important thing is the open mind. If the mind is open, it works much better, just like a parachute. And I love how you're helping so many kids in the Pittsburgh area.

You're a blessing to the community. So thank you so much. Thank you for all support Nutritional Frontiers. We love

you. We can't wait to see you in the rock at our Christmas holiday party coming real soon. And we got to get that little grandson. NF gear. So what size is he? Five T. Five T. All right. He's in the end of the toddlers. All right. And I can show you all the wonderful products that you make so we can help people without, you know, the big thing is heavy metals. Now, have you been hearing all the protein powders with the heavy metals?

Oh yeah. So everybody's been contacting me and like, don't worry about our products. We don't have heavy metals in our protein powders. Awesome. so much. It's been great. Can't wait to do it again. right. Thanks guys. Thanks Christine. Thanks everyone. Let's have a great month and God bless. Have a happy healthy day. Thanks for tuning in to the Holistic Truth podcast.

If this episode spoke to you, please follow the show and share it with someone ready to take charge of their well-being. And if you can, leave us a review. It helps others find our podcast. For more tools and practitioner support, visit NutritionalFrontiers.com.