Introduction to Diane and Her Mission

All right, ladies and gentlemen, so pleased today to introduce you to a good friend of mine. She's a pro soccer player turned functional diagnostic nutrition practitioner.

Additionally, she's a courage coach and a holistic beauty expert. Just look at her and you can tell that she has been through so many health struggles with empathy and with very fierce leadership.

She's your go to girl for breakthrough. Anything. No matter what you tried or what you've been told before. She's an intuitive healer. She's the author of Killer Breasts, a step by step guide to overcoming Breast Implant Illness, which is huge today, and I'm sure you know why.

She's a producer of the nontoxic Beauty Summit and creator of cleanse, heal, ignite. That's CHC. That's a program which helps women use the power of intuition to discover their inner healer by providing with lifelong tools that can reverse breast implant illness.

For more on balancers, chronic pain, gut infections, emotional trauma, and the infamous perfectionism of so many of us infected with today, even her mission is to educate and empower passionate women leaders with safer beauty, body and breast solutions, from products and procedures to diet and detox so they can age gracefully.

Thank you for that. Was the energy and vitality they need energy and they tell you they need to step into their power, speak their voice, speak their truth, and spark their purpose.

So, Diane, I'm just really proud of you for being here. Thanks so much. Oh. Thanks, Reed. It's awesome because usually I'm the one interviewing you, so it's really cool to be on the other side of it today.

Fantastic. Well, listen, I apologize for any sirens in the background. I'm in the middle of London, United Kingdom. Yeah. I think these cops, they stay in the station until it's time to go out.

When they go out, they just go out screaming, you know? And then they come. They run back to the station. There's no patrol cars. So when you're speaking, I'll be turning my chair, my, my speaker thing off, you know.

Anyway, I went I went to school in London, for six months. So I know that it's even at nighttime. Two in the morning. It just never stops. It's amazing. Yeah.

Of course, you know, I'm on California air time, so I'm awake at three in the morning and all this. So, anyway, so I'm so glad to be speaking with, you know, is, one of the people to, the if the end program, you know, I get to know you really well, and I just just get to much appreciate your realism.

You know, you're you're just someone who says it like it is, you know, speaks to mind and I couldn't be prouder. So I want you to go into a little bit about your background, how you got here, and then tell us what is Kai and why did you create it?

Yeah, sure. So you talked about my book, and here it is. It's my killer breasts. But you can see we call them ticking time bombs and the toxic beauty world, which is actually, toxic beauty is a term I wouldn't say that I coined, but, we look at toxic beauty or thinking about, okay, what is it that we need to perfect or fix about our body to fit into a society that says that we need to look a certain way, right?

Which is constantly changing. Yeah. And no wonder why we have air quotes. Adrenal fatigue. It's no wonder when we have thyroid problems, right? Because we don't even know what our voices, because we're trying to fit the mold of what society says, that we should be right.

And it's hard to keep up with the Kardashians, let alone all the other people who dictate what beauty looks like. So I

call myself the Toxic Beauty whistleblower, and I'm totally okay with that, I know.

From Athlete to Toxic Beauty Whistleblower

Yeah, I know, I'm a get I get a little pushback from it, but there's a part of me that really wants to stand up for, you know, a 13 year old inner child, Diane, and her teenager that really wanted to fit in and be popular and be loved.

And, you know, when you change schools or when you're bullied, like I was, in the seventh grade, you do what you can to fit in and then you forget what it your magic is that allows you to stand out.

And then the gift that you came here to create in this world. Which is why I say I want to help women and everybody. Really? Because when women step into their power and they can feel their true purpose and they can spark that inner calling and that magic within them, they're unstoppable.

And our world right now, now more than ever, needs women and people who are going to step up to protect this planet. Because if we don't have a planet here, we don't even have a home.

So, you know, yeah, yeah. You know, it's like you could have the most perfect looking lips injected with a bunch of chemicals and, you know, a frozen face without wrinkles.

And I say this without judgment because this was me a while ago, right where we could have the most perfect looking face. But what? What's the point if we don't even have humans to connect with or people to, to witness us?

And you know, Botox is one of the most it is the single greatest toxic, most toxic substance in the world. And they used it in Gulf War to paralyze their troops.

And now it's in our faces. So that's just one threat of it. Reed. Remarkable, remarkable. You know, I know you're you're some of some of your history and you tried some of these things because you are, you know, kind of a beauty queen type.

You know, you did the bodybuilding, you know, the whole, I remember seeing pictures, you on the cover of fitness magazines and things like that, and you had this amazing look, you know, but you you know, you know, you really there's so many fit looking people that are not healthy.

So I really so proud of you for your fit, for putting that feeling back to, you know, the covers or whatever you want to call it, you know, and revealing the truth.

So speak your truth, you know, tell us about my weight. You know how that came about. Yeah. Yeah, sure. So she is actually in Chinese medicine, which I take a lot of different disciplines, and I've added them all together to create the formula and a system that has helped me to help thousands of women all around the world.

And we have over 95% success rate with helping them get off their medications, free them from disease and the symptoms that are causing them to suffer and feel sick and stuck in their life spiritually, emotionally, mentally, and physically.

So the reason I put together all like that is that I learned so much from you as a PhD, and I mean, that was when my whole career just shifted because I was a financial planner in my 20s.

So I love to help people build their wealth. And now I switched over to health because I saw that got into this when I started into my deepening my health career, because I was a I was a professional soccer player in my early 20s.

And so I've always been an athlete. But it didn't mean, like you said earlier, just because I was a professional athlete did not mean I was healthy on the inside.

I mean, I can I, I ask the question all the time to myself. I wonder how much better of an athlete I could have been if

I knew the things I learned from you when I was 22 and I played professional soccer in Germany and the United States, and it was just a question.

If I didn't have all the urinary tract infections, that caused me to feel like I couldn't run up and down the field and I was bleeding from my parts, and I had to go to that urgent care or E. R.

and get antibiotics. The thing that that really set me off read was when they said, I said, okay, there's got to be, you know, logically speaking, right?

Like if you really use your intuition. Yeah. And that's what I like to teach women is use your intuition. Your body is always compassionately, consciously and clearly speaking to you in the language of symptoms.

And what has Western medicine taught us to do is shut up, stop talking. So it's like, yeah, it's like dismissal. It's, you know, if you had a five year old child or, you know, even a three year old child, they're like, Mommy or daddy, I'm hurting.

Would you put a Band-Aid over their mouth and tell them to shut the hell up? Yeah. That's what Western medicine has taught us. And so when I went into the doctor over and over and over again with my urinary tract infections, I said, there's gotta be a reason why I continually get these.

Like, I've taken every antibiotic that you told me to. And this is like over a 2 or 3 year span read. So, you know, when you take antibiotics, it takes a long time to recover those, microbes if you have, if you do.

And. Yeah, exactly. So they're like dinosaurs. Some of these things, they go extinct and they can't come back. And what is a function we lose, right. So we never know.

But I said there's gotta be a root to this. And they said, well, we don't know. But here's the solution. Take macro vet an antibiotic every day. And I said every day for how long for the rest of your life?

And I went, that does not sound right. And I wasn't even in the health space at that point. So between Accutane and my college years, that destroyed my body.

And that permanently alters your hypothalamic cells and your brain, that regulates your whole endocrine system and many things, and birth control and trying multiple different types of birth control, taking Depo-Provera for seven years, not having a period for seven years, all the antibiotics, all the antifungals, all the things that I've ever done, breast implants, Botox.

I have a whole ten BS listed out for women who come to the program to understand the ten BS are does using women's body. And you know, it's Botox, it's birth control, it's breast implants, it's beauty toxic products.

It's, behavioral deficiencies or taught as a child. It's bacterial imbalances in the mouth. And in the gut, in the body, in the vagina. There's so many things that are destroying women's temples that it's not about adding more.

And that's why, you know, we think we did add another pill or add another exercise program, add another thing. We're like, what do I need to do more of?

More books, more programs, more summits, more interviews, more practitioners, more and more hold on. We're going to get dizzy and then you're going to pass out for being dizzy.

So let's just cut the information to cut the overwhelm out. Let's cleanse what you learned and what you thought was right because of what you've been told and programed.

Let's cleanse your body of toxins. Let's heal your hormones and your gut, and let's ignite your life. And a big part of that cleansing protocol is also cleansing the stories that cause you to suffer.

Root Causes: Toxins, Trauma, and the 10 BS

And the story is, you know, everything up here is what dictates everything in your physical body. So it's two things in the formulas toxins and trauma that cause all these symptoms, suffering and stuckness and sickness that so many women experience.

So it goes in that order. And many people think, you know, let's just go do some bioidentical hormones or let's and you taught me this read to, you know, you can't just throw more information off your liver.

Super toxic. No amount of, you know, bioidentical hormones are gonna really work well because they get converted in the liver and then absorbed into the cells.

So if they're toxic, they can't even get where you want them to go to be effective. So you have to start with a good cleanse. Fantastic, fantastic. Yeah. I'm just so tickled.

And again, very, very proud because what I teach you, the general principles, you know, and then people get to learn them and go apply them. And you've found this amazing niche.

I mean, it's just and it's perfect for you, Diane. I'm just I mean, you're just you just seem to have really evolved as a, as a person and as a healer and, business person and two, you know, so it's amazing.

So is this let's talk about your niche, you know, who's this for? Basically. Yeah. Yeah. It's it's women who you hear this love to read right. It's it's women.

Typically they're anywhere between 30 and 50, 55 and sometimes older than that. That's okay too. But it's really women who are up against the wall, and they know that they're destined for better.

They they are woman that will not settle for average. They're women who know that there's something deeper within themselves that the work they came here to do, they know that they have tried a lot of things, but they have not been heard by the people that they've gone out to seek support from, whether that's a seven minute session with a GP that just says, you know, oh, this is just your genetics, or just take this pill, you just cut this organ out.

You're getting older. Yeah. You know, oh, there's seven of those or you're just getting older or it's just genetics or you just reduce your stress. And I just much, just reduce stress.

Like where, like what? Our world is, like all of it. Right. Which one? Yeah. Yeah. Which one of the stressors, like, thanks for the help or like, work out more or eat better.

What's your eat? Seven. Sure. So I it's women who are sick of being abused. And I don't just look at abuse as being, you know, physically assaulted or sexually rapes or whatever, which I deal with a lot of that too, and that is that.

Yeah. Yeah. So it's a lot of, a lot of women who know that they deserve better, but they're finally willing to admit that they do, that they deserve better.

Because if we if we continually go back and do the same thing over and over again, that's obviously the definition of insanity thinking it's going to be different.

You know, maybe this doctor or maybe this doctor, maybe this practitioner and even functional medicine is just upside down too, because all the functional medicine does it say I mean, most, right, is let's take this prescription and replace it with a supplement.

Not all, but the root inside of all of this disease tree that, you know, that's why we call this program the Tree of Life. Because it's your tree. It's she.

She is a life force energy that flows through you in traditional Chinese medicine. And if that's stagnant, you have symptoms. So when we're working in the soil of your tree, then we can fix all of the the systems, the systems or the branches.

And there's 11 of them. And then from each one of those systems come symptoms. And those are the tiny little leaves and the flowers and the fruits. So you cannot improve the roots and sweeten or sweeten the fruits unless you address the roots.

And that's the toxins in trauma. So the women that come to me have tried all of these branch trimming, right. Or like taping leaves to the tree because that's essentially metaphorically what people have taught them to do.

We're just working up here at surface level, but they're finally ready to face the root causes that have caused them to suffer. And a lot of that are questions that I ask them when I first start working with them, like, maybe, do you have a story inside of you that says, I'm not smart enough or I'm afraid to fail, or I'm not good enough, or I don't deserve it and or, you know, abandonment.

But what if they leave me or I feel like I'm a fraud? Everyone's out to get me, or I have to do this perfect the first time, or I really should know better how to take care of my body.

Or the worse one is. I hear this all the time, mostly unanimously read as I tried everything. And I don't believe this will work. And they stopped trusting their body.

Yeah, what is a damn shame, you know, because, people come to us and one of the things we ask them to do is, hey, you got to be committed if you're going to do this thing, you know, healing can take time.

And we don't even know it's, you know, we have to investigate with to figure out what's what's wrong. I figure I want to ask you about that, like, your approach, what approach?

You use and things like that. But, you know, they do. They're discouraged. They they find it really hard to commit because they've been burned before, you know? But.

And to get results, you have to be committed. And, you know, we've talked about ways to do that. You can talk about that or just tell us what's different about your your view like, because I know it's very holistic, and where other approaches didn't work, it can work like, like how do you handle that.

Yeah. Yeah. Well, I mean, first things first is the gifts that I love, that I've been given by God and two parents that raised me ferociously. I mean, I was raised by parents who taught me to be committed, above all things, and to be courageous and to be conscious and to be caring and to to be comprehensive.

You know, these are all CS, my program, actually, every module has a C, I talk about that and we actually walk through the chakras. And if you have no idea what that means, I'm also a yoga practitioner.

I've been practicing yoga for 20 years, I've traveled over 25 countries, and I've done yoga with a lot of the different gurus in India. And, I don't say that to impress you, but I say that to impress upon you how much work that I've done to create the system that I have that is very comprehensive, this very holistic.

70% of detox happens through our breath and our exhalation. Now a lot of us are told to cover our mouths. And so it's essentially like, yeah, breathe it back in.

Yeah. It's like pooping and putting it right back in your body. You know, that sounds very, very disgusting, but it's actually what's happening, you know, and only like 6% of it, of our toxic waste leaves to the bowels.

But that's a lot 70% through our exhalation. So that's why it's important to understand how to detox by utilizing something that's free and that's your breath.

I mean, the yogis have been talking about this for thousands of years. Is knowing how to breathe is actually how you can take back control of your body and get into parasympathetic dominant, which is the rest of the digest and the breathe and feed and the repair.

So this is where I see so many people going out and doing all these supplements, and they come to me thousand dollar a month, supplement protocols they've been prescribed by the best of the best in the world, functioning as doctors and no knock to them. That's what they know.

But the reason that we're different is because we actually teach them how to get into parasympathetic without. I'm not even kidding you, 20, 30, $40,000 treatment protocols that a lot of these clients before they get to me have spent on you know sure.

Hyperbaric great. But you're going to spend, you know, $3,000 on a good, you know, few months to do that. Then you're going to have these brain treatments and brain scans, which are awesome.

But when you're doing it without the lifestyle modifications in between those treatments, it's going to be a very expensive journey. And so I like to, you know, bring my financial planner hat into all of us and say, look, you spent ten, 15, 20, 100,000, $1 million last year on your health pursuits.

How much better have you got? Let's get totally real. Like, I we got to get real here or else you're never going to heal. Well, I've got maybe 5% better.

Okay, well, how much should would you have expected that you would have gotten better in that same year time frame? Well, I thought I was going to be completely remiss.

Okay, well, you have an expectation. You have a reality. Something's got to shift. What are we not doing? Let's get into the lifestyle modification. So let's do it every day.

I teach people lifestyle behavior, but I have an acronym for this rate. It's called hit. You want to hit a home run? It's not just about habituation, which is lifestyle modifications daily, but it's about intention behind what you're doing.

Holistic Healing Framework and Intuition

Then you have transformation, because if you're doing all of these amazing things without the intention of getting better, which is the stories we tell ourselves in our mind, healing begins up here with the stories you tell yourself, and 90% of them are self-sabotaging and limiting beliefs.

And I get it. Rightfully so, you guys. And you're out there and you're like, this person going to help me? This person is going to heal me. That is the number one biggest lie that you're going to tell yourself.

And then for the rest of your life. And the biggest what you can tell yourself is, I will heal. Yeah, I will heal me. So we walk through the chakras. We walk through different systems in the body that regulate different parts of the body.

You know, open the heart, open the mind, open your intuition, clear out your pineal gland, stop using fluoride. Stop using, you know, aluminum based things.

Get yourself as far away from possible from, you know, Wi-Fi frequencies, radioactive frequencies. There's so many things that our body needs to heal.

And we're just asking you to get out of the way. We do functional medicine, lab testing. The things that you taught me. Read how to find out what things pathogens are in the gut, but not just get rid of them, not go on a bug killing spree.

Understand why they're there. Because if you're going to bug killing sprees, no different. You know, doing it

holistically with oregano oil, then you were just getting biotics.

But like, why are those bugs there? Oregano oil can do also more damage. You're just going on a candida cleanser. Just going on a parasite protocol. They're there for a reason.

You got to address the terrain and then the brain. Those are the two things that that feed each other. So it's this whole or it's it's just this whole system.

And it sounds overwhelming, but I like to put it into a little bite size to teach people to be their own best healer. And then I work with a lot of practitioners, autoimmune disease.

M. S. we have a really cool story. I'll share some time, in this webinar today to in this interview I work with women who are very advanced cases. I've tried everything and I go, that's not intimidating to me, but you're missing the lifestyle modification.

You've got all this other advanced stuff up here, but let's just focus on the basics. Let's get back to the basics, which is, I think, the blessing of what we're at in 2020.

And what this is bringing us back to is the basics and back to our soil and our roots. Yeah, I think you're right. You know, I love that you're using acronyms.

That makes them easy to remember. You are you. And I know we're laughing because, you know, I'm the acronym man, but, Yeah. So think it's so I can remember it when I'm going through it.

Yes. Yeah. I have to have a way of explaining things to. And is the great, the great, little tools that we use. So, you know, obviously you have this really broad, holistic approach, which I think is what's missing from it's definitely missing from modern medicine.

You know, doctors have to refer you to as specialists, you know, even in functional medicine, you know, you have people saying, well, I'm a gut person or, you know, I'm a microbiome liver.

It might be, you know, the hormone people and things like HRT and what have you. I'm a single person and all this sort of stuff. I think the broader view is what's best for health coaches.

And part of this, entire event, is, you know, dyad is to provide some leadership and guidance for people that want to become health coaches. And, you know, you don't have to know everything.

You don't have to, you're going to have clients who get great results when you use that broadest approach, you know? And plus, that's what's legal. And proper for our that's our wheelhouse.

That's our backyard, you know, that's our that's our sandbox, as I like to say, you know, we and we have to know where the, our backyard begins. And then, because when I learn Castle.

Amen, sister. Yeah, right. So, so so here's this wonderful approach, and you obviously have a tremendous amount of experience. You helped a lot of people because you've been doing this.

Well, what kind of results are you seeing? Like who you helping the most or give us some great stories, you know. Yeah. So I, you know, I say I'm the toxic beauty whistleblower, but not everybody really understands what that means.

They don't understand. You know, like I said earlier, that breast implants have an incidence of up to 800% increased risk of getting autoimmune disease.

That's the reason it's disgusting. And it's amazing that we are finding these things now that we're coming together thanks to technology. And that's the light side of technology, the shadow side of it, as it were, on it, looking at it all

day and disrupting or, you know, circadian rhythms.

And we can't sleep well because we're looking at artificial light. So there's, there's light side and shadow side to everything. Right. And so thanks to the internet coming together and a long term research study, they found that they found, you know, they followed a 100,000 women over several years.

And this is all in my book, Killer Press. It's a long book. I didn't intend for it to be this long read. It's like 300 pages long. But there is a lot to cover in here, you know?

And I still left out a lot for the next book, of course, but, inside of this book and inside of all the protocols I work with my clients on, it's that what are the root causes?

Toxins are such a big one today. And trauma. Right. So the the types of women that are helping is first, let's understand how you're adding toxins to your body that you know what's in on and around.

I look at that in, on and around your body. So you've got toxins that are already inside of your body. Where are they? And you can, like I learned from you, you can test these things all day long.

You can, you know, do a heritage analysis. You can do, you know, challenge test a urinary, you know, challenge to see what kind of metals you have in your body.

You can do a, your, blood test. You know, there's so different ways to test for stuff. And you can test yourself until your hair falls out or your face turns blue.

But what I like to do is just get general assessments first. So I actually developed this book. This is not a book. Yeah. It's just a piece of paper. It's it's 40 pages of a book that I wrote.

This is a free e-book on my website. Are toxins the root of your symptoms? And so I actually developed a little, approach where you can score yourself low, medium or high.

And this is some of the work that I learned from Doctor Pompa, who is another mentor of mine. Oh, yeah. Great. Yeah. Amazing. Like, what's your neurotoxic score?

And then it's not just, okay, you're low, medium or high. How do you get the toxins out? Because it's also very difficult. You can't just chlorella this stuff away.

You can't just cilantro this stuff away. These are like manmade neurotoxins that have been artificially created. And when you have leaky gut, which we pretty much all do at this point, leaky brain and these things get into your brain.

And it's the number one cause for things like, you know, the Alzheimer's or the dementia or the woman who have brain fog or confusion and can't think straight.

So ADHD, you know, that's the biggest root cause for so many diseases today. So understanding where these toxins are coming from, where they live in your body is really important.

So let's get the toxins out that are in your body. Let's consider where they're coming from, from the outside that you're slathering on or injecting into or that live right over your heart chakra.

That revenue from connecting and getting oxytocin from hugging people. I can't even tell you read my hugs these days. Remember what I hugged you? And, was that Maui or was it?

Oh, no, it was when we were in Arizona, which is where I live now. And I hugged, you know, I was like, Reed, I can hug you now with my heart instead of these big cantaloupe things that are, you know, double D, 500 cc, 1.2 pound each over my heart, Shepherd that are causing me shoulder pain and weight gain and energy drain and broken brain. And I'm like, get these suckers out.

So it's what lives inside of you that's constantly destroying you, depleting you and disease in you and death in you. Like what? Yeah, literally. They're not even you, you know. They're not you.

They're different in a weird thing. Yeah, I get the root cause of autoimmune disease. Literally. What you just said, they're not you. So your body's self attacking them, and it's trying to protect you.

You know, your body doesn't hate you, it loves you. It's trying to take care of you. So it's time that we shift that that perspective of my my hormones hate me.

I feel like crap when I was like, period. I know they actually love you. That is God's way of communicating to you. So, I developed that system to help people understand where their toxins might live in their body and then around your body to, you know, the toxins that you have in your home.

And the air in our home is 10 to 100 times more toxic than is outside. And so now we're being told to stay home. It's like you're breathing in a lot of really stale air and toxins and mold and there's so many different things that we look at in the approach of where do these things live and how can we get them out of the body.

So, you know, it's the approach is looking into many different things like gut healing, hormone balancing, detoxification protocols and strategies that are unique to each person.

Trauma, resolve and emotional freedom is the biggest one too, because there's one case that I just worked with, and I've actually interview her interviewing her for my podcast this Friday, and she sent me a note and it was this massive celebration.

It's a lot of what have been come to me and have either diagnosed or undiagnosed autoimmune diseases. And she's, she said. Since being diagnosed with Ms.

in December 2013, she'd been working on ways to improve her health, which is a lot of things reading, attending summits, trying various programs. And every time she saw some success in her symptoms.

But she knew there was a like a lot more room for improvement. So she's she's felt like what the way I was dieting and exercising, I should be so much more energetic and I shouldn't be so tired and I should be able to lose weight.

There's all these shoulds right? So there is the expectation is I should be able to do this. I should have been able to. And then there's disappointment and shame.

When we can't we think there's something wrong with us. But really it's the approach. We're not getting deep enough. So she was she tried a lot of different types of diets and protocols, and she was able to get the weight off, but it wasn't realistic enough for her.

She wasn't able to keep the weight down. But then when she started working with her, we found that she had a lot of past trauma. She had been sexually assaulted and her younger years, and she started shrinking and she tried to become invisible, to not be noticed or seen.

So maybe there was a purpose to gaining the weight. Maybe there was a purpose to her mess. She swallowed her shame. She swallowed her ankle. She swallowed her resentment.

She wasn't able to use her voice to protect herself then.

Client Results and Transformation Stories

So then she developed, you know, autoimmune conditions. And after working with us for three months, she said that she had been in a wheelchair for the last eight years.

Seven years. And she had, extreme dizziness, vertigo. She said about 25% of her life she was using a wheelchair.

And since she started working with us about two weeks after that, she hadn't been she had not used her wheelchair since, and she's out of a wheelchair.

She went from feeling half of herself to 75% of, you know, optimal. So these are all possible things. We get people off medications like benzodiazepines.

One woman almost died last. Oh, my. With. Yeah. She was on, using Botox hat, also using a date rape drug to fall asleep at night prescribed by her doctor.

She had breast implants and lots of toxic products, and then she breastfed, and our baby was not able to keep food down. We did, some panels on him. Found he was super inflamed.

So we cleared up both of them, and she was literally emaciated. I just it's a a case study I did on my website. You guys can watch and see her before and after pictures.

She gained 30 much needed pounds within a few months and she got her life back and started her son. So these are not just like things that we women are suffering from.

This is the next generation we're talking about. And then our our significant other. We put this toxic stuff in our body that we test our significant other.

We're giving them the pathogens too. So this this is actually selfish to think about it, not taking care of yourself. It's affecting every person in your life, especially your family or your loved ones. You're setting an example.

You're for sure everything we do to improve ourselves should help our families. And even if you don't have grandkids, you might have one dead. I mean, you don't want a generational approach to to health and well-being.

So you're seeing some great results. It's good to, you know, expect no less from you because I know how sincere you were. And plus, your parents will you always get your parents are sort of sitting there like that.

You want to be proud. My father's be nice. And yours. I still try to make my dad proud, you know? Yeah. Maybe I need to let that go, but, So now let's talk a little bit more about your training, like the CHP graduates to, you know, because you obviously are having success.

Now, how do you what is it you you hand over what? You know, how how is this training helping? It's the case that graduates go deeper with their clients.

Yeah. So I have had most of the women who come to me are women who are either practitioners themselves in some way. Women who have done FCN and who want to also do the trauma resolve aspect of in the toxic media aspect, you know, working with someone who has been through what they've been through and actually have something to talk about.

My book and you talked about it earlier, read is that I would like to encourage you guys who are considering becoming health coaches, or maybe who are and want to go deeper.

There's three things. An acronym for E that I want you to remember too. Another acronym. Another. Well, it's it's three E's. And they'll get into the answer, which is part of this thread.

You don't just have to have education to be able to support people. There's a lot of very smart doctors that have worked with the clients I've worked with, that have not been able to help them move the needle whatsoever.

And again, nothing against those doctors. I don't believe they have intentions, but they may not have had the experience of walking through the toxicity that has caused your body to literally explode from the inside out.

They may not have had that experience and the majority of doctors are men, so we need a lot more of a feminine

aspect to. So we actually need people who've been through the trenches.

That's that experience piece. So that's also the empathy, which is the third piece is, hey, you know, I've been where you have been. And that's what makes a really good coach of someone who has been walked through the shadow of death faced.

It faced their literal darkness. And that's what happened with me as I was in my sauna and I grabbed my breasts and I was like, I feel lumps everywhere.

And I thought, am I really dying to be beautiful? It wasn't really that important. Am I, am I? Am I dying? Am I did I kill myself with these breast implants?

Are these cancerous? There's lumps everywhere. I'm in pain, I'm inflamed and I'm alone. And you know what I heard read from a lot of people who were like, oh, well, you brought that on yourself.

You got breast implants. What were you thinking? And and I'm like, I would have told you I had breast cancer. Would you have said that? You're probably not? No.

So facing that level of criticism from the world and still standing in the face of that heat of a dragon and saying, I don't really care what you say, but I care about the people who are suffering, and I'm still going to continue to stand for those people.

That's what we need in our industry. People who are fearless leaders who are going to stand in the heat of all of this shame that is being projected out.

Oh, you're not a doctor or you're not a and I've heard that too. And I'm like, you know what? It's not that I'm not really glad that I'm not. And I have doctors coming to me read many doctors who have come to me.

In fact, there's another case study of a, doctor who came to me. Doctor Patricia, also on my podcast. She came to me and she was going through a breakup, and she was dealing with so much, you know, shame stories and what we all do is we're still trying to prove and defend like you.

Like a part of you is trying to prove to your dad that maybe you're good enough or, dad, please be proud of me. And for me, I still have the mom. Is this good enough now? Is this good enough now?

And that's okay. Like, I've. I've mended this with my mom. It was just a story. It wasn't truth that she wasn't proud of me. But I had a story that she wasn't proud of me.

Unless I x y, z. But now I went a totally different path, and I don't. She can't understand completely what I do, but it's helped the family. You know, my dad says that there's only one reason he's still alive is because I helped him with his diet and it when he had his gallbladder removed and I helped with my skin.

So, you know, I have tons. Mostly I have nurses, doctors, health coach, professional athletes, current athletes, fitness competitors who come to me and they're like, I want to learn this formula that you have.

I want to teach my patients, my clients this. And I've helped transform many doctors, their doctors offices, their patient results and the protocols and the approaches that they have with their patients.

Realizing that if you don't address the number one, most common ignored but under utilized and under under leveraged secret weapon, and that is the power of your mind.

You don't use that. All of these protocols are great, but they're not going to be as lasting and sustainable. So those are the kinds of women who come to me and ask for the support to go deeper with their practice in their patients.

It's remarkable. So you you mentioned that before, you know, and I wanted to, talk about two more things before

we go day. And one is, the actual structure.

You, of course, like, people go through it and they, they get these tools, these this power, like, you see. And then the other thing we're talking about is go back to the intuitive part, the, the and the intuition.

So, but but tell us about your course first. Like, what if people go through and they take. Yeah. This is your chance to tell us like it is. Yeah. Yeah, yeah. I love telling it like it is.

So, I have an eight week course and the modules are eight weeks, but the whole time that you spend with us is three months. And so, you know, the first the first module is sure, you know, I want to dig into your medical history.

I want to know what you've tried, what you've taken, what you're on, what your expectations are of being here. You know, I also wanted that because it's really important people come into something and they have these expectations.

And a lot of that comes from the stem of the perfectionism parasite. They think that need to get it all right. They think they need to leave completely transformed or that they need to know it all.

And so that's the management of mindset is like, really, truly, what do you want? Like what do you expect from me? Right. And I help them understand I'm not their guru.

I'm the guy that's going to help them coach them self. I'm going to help them be their own guru. That's huge. Yes, huge. And as a practitioner, if that's what you become, that is the single greatest important thing that you are going to need to utilize to keep you away from attaching to your patients or your students or whatever you call it, their results.

If you attach yourself to the results as the measure of you being a good or bad practitioner. Air quotes you're going to find shame all day long, but if you can find that, you can teach them that the power is within them, then you will never fail a day in your life as a participant because you're giving them the tools.

You're not giving them the fish, you're giving them the tools, right? So you start. I start there by saying, you have the power. This you are the healer.

And let's start first by understanding what is in the way of healing you. So we go module one is all about let's look at all that. Let's look at your belief system.

Let's look at your childhood. Let's look at some of the stories that you've framed and oftentimes read their way back here.

Training Health Coaches and Practitioners

These stories are way back here. They don't even know the facts. You know, beliefs are contaminating the results. And so once they can get that for themselves, they can then teach that to others, because then they have these massive ahas.

Oh my God, I had no idea that I was carrying around these beliefs. Now wonder why I come here. So module one is all about that. And also understanding this inner child dialog and conflict that it's okay to have needs.

It's okay to be needy. All of it's okay. So we want to first cleanse the shame. First put it in a petri dish and go, what is this? This is shame. This is shame about who you think you are, based on the stories of who you think you need to be, based on your childhood, based on your parents, who you thought your parents wanted you to be, who society needs you to be.

You talk about the ten prison bars. I have systems for all this stuff to break out of the prison, help them fly. That's why everything I do is about fly first.

Love yourself. I want them to fly away from what's imprisoning them to their their symptoms and their suffering. So that's what module one is loaded. And it's looking at all those things and helping to build new belief systems.

And the most important question of all, what's this all for? What is all this for? Why do you want to get better? Why do you want to help other patients to get better?

Why is so important to you? If you do not understand your why, you will never fly for a long period of time anyway. So that's module one. Now we move into module two.

We understand the roots. That's your root chakra. That is how you perceive that you fit into your family of origin. And if you're still replicating, let's say you were the black sheep of the family or you're someone that was constantly, you know, beaten or you had to step up to become the parent because your parent wanted to go drink or whatever, you had to step up to be a parent at a young age, and you're still parenting everybody else except for yourself.

So teach you how to be your own self parent, to talk to yourself in a way that's very compassionate instead of critical. And that really helps to lighten the load.

So we can pull out shame from your roots. Then you can start to grow the fruits and you could feed yourself with those fruits. So that's module two. And then module three we're moving into the hormone system.

We're moving into that chakra which is where we create from. So many women are afraid to create because they think you need to be like everybody else, like robotic.

And they don't know how to create and I mean, create anything. Yeah, yeah. Like you said, the sandbox create your castle. Right. And and they're afraid to because they're afraid to fail at it.

So I have to work with that fear of failure through that chakra, or also helping them with the hormones to balance our hormones with supplements and all the other things, and eating healthy and correctly for their system and seed cycling and so many of the things that we move into the gut, that's the seat of your power, that's your solar plexus.

That's what it's called in the chakra system, in your solar plexus. That's where you put your solar panels. You create your own power. I teach you how to self, create your own power and get your power back.

Getting you centered in your core is where everything stems from. Then we move and we work on gut healing protocols of to you know, we're doing, you know, a couple different functional medicine labs looking at different infection, inflammation, immune system dysfunction, all of that.

Then we move into the heart. And I find that here need that module. We have a lot of women stopping there because they have heart walls because they're afraid to trust others.

But really it's not a fear of trusting others in getting hurt, hurt or burned. It's fear of trusting themselves to make the right choices. Because every repeated something on repeat over and over.

And then we start to move up into our intuition. We start to realize that we're we're making decisions. We're speaking throat chakra. We're not speaking our voice.

We're not speaking our truth. We're afraid of abandonment. We're afraid that we're never going to get it right. So we just cut it off. And then we have thyroid disease and stagnant thoughts that stay right here.

We also have parasites that affect that. We have also have heavy metals that affect that mineral deficiencies that affect that, structural deficiencies, genetics.

We have all these things that are affecting the thyroid. But when we finally get to the root of this toxins and trauma, most of it is trauma. And the women start speaking their voice and feeling strong again.

Then they can start, activate, activating their intuition. Their intuition is what helps to turn on their power, to listen to their body and know what to do to self heal.

When they have that, they have everything. They have full power for the rest of their life. Game over. They do not need anybody else. They like to leverage other people to help, you know, go deeper where my blind spots are.

When you get your intuition game over. You're no longer controlled by other people. You have your power back. You're standing up, you're un, you're unforgettable.

No one can f with you anymore because you know how to. How to build healthy boundaries. You don't give yourself away anymore. You don't give your energy away and have adrenal fatigue.

You're no longer, you know, letting people suck your energy and you're no longer the parasite that there's other people. Parasites. You parasite, your energy. I find that, yeah.

Yes. Come up and support us when they're allowing people to suck their energy and that's it. We walk through every single of those modules physically, emotionally, mentally, chemically, spiritually.

We look through all of those different areas. And when we what I found that's the magic reed is when we have those two things together, we have the toxins and the trauma, and we fix all that once.

That's what a woman blossoms. That's what her tree is strong and firm, and she has her roots in the soil. And there's nothing that can knock her over anymore.

Not even the big bad walls. Well, I'm so glad that you, ended with the intuition part, you know, because it's probably the hardest part for people to get to, just just if they really feel it, you know, they should go for it.

Doesn't mean you won't make mistakes sometimes, but, oh, you will many. Yeah. But not, you know, if you don't, go out there and be creative and try things you won't get anywhere, you know, with the same old.

Like you said, the definition of insanity is doing the same thing over and over. Right. Well, let's let's finish off with let's say I want to talk to you a little bit, just just a slight shift the gears, because we're talking to health coaches and potential health coaches doing.

And, we'll finish with what you think separates the professional health coach from kind of the hobbyist, you know, and God bless the hobbyist because they're out there and they're learning and they're working on themselves and their families and things.

But, you know, others of us, we're doing this as a profession, and it is a profession is something you can do very well for yourself if you can get into your own power, as you suggest.

And, things like that get the right training, as we've talked about quite a bit with you and then somebody else, to be able to guess what else, you know, separates the professional from the I don't want to say amateur.

I'm just saying hobbyist to someone who's not quite there to to charge what they're worth for. Yeah, yeah. Well, the professional, this is what they live free to eat.

And this is pumping through their blood. You know, I, I spend more hours a day. I just this is what I'm so passionate about. It's being on top of the research, but looking at all sides of things and being pragmatic and not attaching to one side and feeling like you know it all and you're done.

So I think ego is the biggest thing that can take you away from being the best in your profession is to think you know it all. And so it's being a constant student, realizing that we're always doing our best and you're never going to get this perfect, like you said.

And I think it's important, even as practitioners, as professionals, you'll say, oh, you know what? Okay, that didn't work. Let's try something else. It's not attaching yourself to thinking that you need to be the end all, be all for people.

But knowing that there's so many different solutions that are out there and and also realizing that there's science, there's spirituality, there's the that's where I see that my approach is where science meets spirituality.

And if you think that as a profession that you're just this physical body, you're you're done. Your clients are never going to get better. Yeah. Because we are electric beings.

So it's it's adding that emotional and mental and spiritual component to this to understand what makes them tick and what's important to them, and meeting them where they're at.

If you go it as a professional as I can fix this person, I've got a big ego. I'm going to, then, you know, be the person that's better than all the other people that I've worked with them in the past.

Where did you get that level of righteousness?

Building a Sustainable Coaching Business

If you can help empower them with your wisdom and also, you know, get away from this model that that creates codependence where the patient needs to keep coming back and coming back and coming back.

God is not a power that's disempowering. And it may sound like a great business profit model, but it's not going to get you a lot of testimonials. And there are probably some people that want to be codependent.

They'll never they're never going to want to do the things in between. Right? So you pick your side and it's important to you as a professional. And I wish I would have learned this a long, long time ago.

So here's the pearls that can help you guys save some time, money and energy. Doing what I didn't do is, first of all, Ephesians badass. I mean, that gave me my roots.

And if I can be, you know, competent to say this, then the next level is to do something like my course, where you're then learning and understanding how to lose, you know, use your intuition and listen to the voices inside to help heal those emotional aspects and those mental aspects that you absolutely have to have that every treatment protocol, if you really want to go from, you know, where you are now to flying truly.

So that cuts a lot of time out. Go ahead. Read. Well let's see, this would be the last thing, let's say, we've gotten to that point, but they still don't know how to, like, charge for their services, that this is a business, you know, and things like that.

So, you know, you you've obviously gotten over that hump. So tell us, yeah, you know, how does that work for you or what is your best advice to the next person. Yes.

Okay. So first thing I was doing is I was, trading my dollars for my time only. And, I mean, obviously I'm more I've done this for a lot longer now. But when I shifted my model from just one on one, and I had 5 or 6 clients a day on a waiting list, I was making good money, but I was exhaust did.

And so what I did is I shifted my model, and this is a part of what I teach in the program, to have clients come to me. They want to learn how to create business out of it to and to, to not crash their adrenals and thyroid because you don't heal so much of that on your own, is what I did is I leveraged it and I created a group learn program.

So when you come in the when I added the tribe element, read and I had group calls where all of the ladies in the program or that a gether, they all got to see each other's breakthroughs and they all got to learn from each other's questions.

And when you're enables you to be the observer instead of the participant. And when you're the observer and you can see yourself in other people, that's when the breakthroughs happen.

That's when the subconscious programing shifts. And you could change your mind literally to change your results. So I have once a week, tribe calls or two hours long.

And where I'm leading it. And I also have, two of the coaches, we have a functional medicine doctor. That does of the labs. Sometimes I'm doing the labs, sometimes he's doing the labs.

I also have, mental emotional, spiritual coach. And she's a medical intuitive. She does the mindset calls. So she's doing those calls with them, and she's regular routine with them.

That frees up my time as the person who's creating the course material that can do the interviews like this, it can help to write the new e-book or write my book, but do the things that I love to do.

So I found out, here's the things I like to farm out so everybody stays in their lane. And then here's the things that I want to do myself because I love what I do.

I love these things. So I didn't burn out. And then now, you know what I charge for each person. I charge each person based on that three months with us.

They get the materials. You guys can do the same thing when you repeat yourself over and over, then you oh, that's a module I can create that everybody gets to learn every time.

That's not going to be different for each person. That way the time that you have one on one with them, you can send customizing things to them. And when they do the program with us, they have five calls total, one on one, and then they have access to me, you know, text and voxer an email, throughout the week.

But I no longer do just one on one calls because that burned me out. So this way they have the modules access material, they have the one on one calls, strategic calls.

They have, any way to access, any of us that they need to. And they have the, the tribe calls. All of that group learning has amplified the results that I get.

My practice, like, tenfold, because people get to see that they are not alone. Women need to see, especially women. I am not alone in my suffering. There are other women that are, and they need to see women courageously stepping up that they're too afraid to.

So they're oh well, she stepped up. So I'm going to step up. So elevates the willingness to be seen and to finally just go, you know what, Dragon? I'm going to face you and I'm going to finally conquer this.

And they have more commitment that way. That way they have more social aspect. We're stuck at home now. We can't even leave our house. So we need tribe more than ever.

That is a primal fat. You need tribe. Without tribe, we're dead. We're literally. Oxytocin regulates all of our hormones, all of our hormones. Oxytocin as a connection, tribal hormone.

When that's missing, everything falls apart. No matter what adrenal supplement you take, you know. So I does that. Does that help read. It helps a lot.

Yeah. It's great words of wisdom to the, people listening. And I want to thank you so much for being here, Diane. You know, just can't tell you how much I am proud of you and and what you're doing and what you're setting an example for is that people can be themselves, be in their own power.

You're somebody who just you do Diane's way. And that's a beautiful way. And you find people resonate with you.

And so no matter who you are listening, no matter what you think, that you're not that person, you're not me and you're not Diane.

You're you. And you can get the training. You can get the mindset, and you can get in your power and you can help other people, because that's probably the number one prerequisite for even being in this event.

You want to help others, you willing to walk the talk and do the hard work. And so I just want to thank you so much. Remember, Diane's mission is discover the self-love key to unlock your body's innate intelligence self, heal your symptoms, and transform your life from the inside out.

She's all about courage and cleansing to reclaim your power. And Diane, thanks so much for being here. I'm just going to tell everybody listening to go out and get your VIP pass on this event and we'll be in good shape.

So thanks again to and can't wait to see you. If you.