Introduction to the podcast and Lucy's background

What would you share with someone who is at the beginning stages of looking down the barrel of an Alzheimer's diagnosis? What would you want them to know?

Well, that they're very lucky that the Radisson program is like, it's magic. We are so lucky it exists. There is. And Doctor Bateson is a brilliant scientist and physician and a kind man, a humble man. And, endlessly curious and caring about his patients.

So he's making advances, continues to make advances, and he hopes that in the future, for some people who come late into the oh, if you're early, you should.

You're really looking for cusp. If if it's likely going to be quicker that you're going to get get better. So it's good to get started when it's easier.

That's what I would let's say easier to reverse things. Yeah. Than what I mean all yeah. This is doctor talks real talk from real doctors on the issues that matter to you most.

Welcome. I'm your host, doctor Heather Sanderson, and I am delighted. Today, I have the honor of welcoming Doctor Lucy. Well, let's get to the podcast.

Doctor Bielecki is a psychiatrist, philanthropist and conservationist who has dedicated her life to service, whether through her work in mental health, her leadership in preserving our natural environment, or her many contributions to education and the arts, she is carrying forward a remarkable legacy of stewardship and care.

More recently, doctor Will at ski face a deeply personal challenge an Alzheimer's diagnosis. Instead of accepting the conventional narrative that little could be done, she embraced the British Sign Protocol, a comprehensive, lifestyle based approach to reversing cognitive decline, and she has experienced profound improvement.

Her story is one of hope, resilience and empowerment. It challenges what we've been told about aging and dementia, and it shines a light on the possibilities that open up when science, lifestyle and determination come together.

I'm so grateful she's here to share her journey with us today. Welcome, Lucy. Welcome back. I'm so happy to be here and have a chance to share it with your viewers.

I'd love to hear a bit about your professional journey and the values that have guided you through this lifelong work in psychiatry, conservation, philanthropy.

Before we hit record, we were talking about the app that you created, Bowl. For people living with disabilities to to start dating. You have just this very rich professional history that I would love to just have our viewers understand that context before we dive into that story of Alzheimer's.

Okay. Well, I, I, I always wanted to be a physician as long as I can remember and wanted to do tropical medicine. But then I saw that was wasn't for me.

And since I enjoyed talking to people so much and learning their stories, I was always, it was a natural for me also, because I was not the gift to not have learning disabilities and math and science.

And I think all that, that overcoming them, they get through medical school, then healthy, be one of the first people to, welcome meals overcome by Alzheimer, reverse the cognitive decline.

It had that lifelong to determination because medical school was very, very Harvard and and psychiatry was endlessly fascinating. And I headed retiring.

But one night physician friend said, don't worry about it.

Family legacy, service, and the dating app for people with disabilities

Your your family and friends will still continue with with the problems you won't really have left now this and that. In fact, it's true. You come from a family, with a strong legacy of service and stewardship.

How has that shaped your health, your purpose, where you derive meaning and just life in. General and in a very positive way, because they were role models, but they never put all that was there that they took, you know, great joy from what they did, whether it was in population, overpopulation, environment, all of the areas in the arts.

They were a great inspiration to me. And and also they're taught because if you can get what you want to give back. Yeah. Do you have any favorite projects that you kind of look back on and think, wow, that was a lot of fun or those were great people.

I'm really proud of that. Well, that that's the data well, dating service that we were chatting about before the recording in my practice, I had three people.

One lady was blind and she wanted to meet somebody. Another woman had, elderly with metastatic cancer there, and she wanted to meet somebody and a man with most Gloria.

And none of them you would much but. Well. And. Oh, yeah. And the and the man with multiple sclerosis was turned down because he was, whatever. Walk with him.

And the others had some bad experience, too. So it just just hit me that it was a good idea. And it took off right from the beginning, before I even knew the politically correct language to use.

People with disabilities. There we were on the Today show, me and the man with Multiple Sclerosis and the bills, and I was kind of and articulate and nervous, and he was fantastic, which was good because it it broke the stereotypes.

So at that point, buildings, bathrooms and busses had become accessible after the Ada was passed, but that there were really barriers in terms of hiring ships, which was what this is and how pulled out disability still so mean.

It wasn't all but and we did share with me people without disabilities join. You shared that someone in a very high leadership position with someone who had benefited from the service.

Can you explain a little bit more about that? Yeah, yeah. A wonderful, wonderful man with severe cerebral palsy, who use a scooter amassed in charming and, comfortable with people.

He met his wife as they travel, and they they're married to this day. She worked at NIH and, and, they've been extremely, extremely happy. And then people will come in and they say, well, I don't want to meet this person because of this.

And the he he'd be so good and explaining, well, you haven't even met them. You don't know this person. You don't want to adopt, but you also give him a chance.

And so we had parties and and from is an outing for never ended up dating but at a bigger circle friends so that was very very rewarding thing. Yeah to create those connections that community.

Now you joined this breadths and community. I know you're a good friend of Judy Benjamins, who's doing her walk across the country and celebrating her success on the Bredesen protocol.

What, 12 years later, I want I hear your story about, you know, that experience of receiving an Alzheimer's diagnosis. What were your initial thoughts and emotions in the context of being a physician, but also just being a human with a very scary diagnosis?

Yeah. Well, I had first heard in 2008, I thought I in 2018 when I started the protocol, but in 2008, I'd gone to Canyon Ranch and taken a, a 40 minute test on memory, and they said I only had 20% of what I memory should evac them and I should seek help immediately.

And I always say, it's the best thing I ever forgot. I told fraud I had ever gone to the Canyon ranch anything. But that was such a thing to me. But I continued to ask people.

I'd say I have a memory problem, and they'd all say, you don't, or I don't know what to do about it. And one day I did say to somebody that same thing, and they said, oh, I just read an article.

And it was after Bresson's, study of the first ten people do it refers to their cock decline. I read it, I said, that's for me, I can do and, and that's what I went to sleep me, I am.

It wasn't until I went for the neurology testing. Never taken the test before I started to say no. And then I said, oh my goodness. And that's where I with them for that ten year ago.

So I think I was actually had it was a group in the, the, the memory loss for quite a long time before I, before I began. So I'm quite lucky that that the cognitive decline has is very low.

I've had so many things contributing to the just oh the when I was diagnosed, he offered me aricept and I a decline the IRA that this is and they're all fine.

I'm on a program that reverses that and he travels rolled his eyes. But I wasn't scared because of the protocol. Did not become first. I became scared of the diagnosis. Very.

Alzheimer's diagnosis and discovering the Bredesen protocol

I was when I got the, the P-Town brain scan to tell me. Yeah. And I came back with the same diagnosis. You know, I've read retest. Then it hit me what I felt like I should have had when I was diagnosed.

The first time, for better some protocol. I didn't have it. I just remember eight people. And now. Yeah, you. See that. There's thousands as thousands of people.

So I want your viewers to know that there that this is a very real. And there's the trial, successful trial about to be published. But when you read about the protocol, you mentioned that this would work for you.

What was it that inspired you to give it a try? What was it that made you say, this will work for me? I can do this. Because I knew there was thing else.

So the fact there were only eight out of ten that were clearly improved, I knew that there was nothing out. And now there are or and they you know, I read I read about they had to identify what was terrible messed up about protocol.

They think it's is talk is a crucial part of it. And so but you have to find out what's driving it because in my case it was high. Mercury and LED were the first two things that I had had to, to do, detox from and then, Lyme and then sleep apnea.

And then for years now, mold the big four indices. So there's no one pill that could help a person with all of those things. Yeah. Can you. So that's why important to find why.

Yeah. Those drivers of course that not everyone with an Alzheimer's diagnosis has the same things causing it. I

want to get into the first few weeks or months where you really started implementing the program by what did that feel like?

Were there challenges or turning points, or was it just all easy for you? One thing I liked right from the start was brain age kill. And when I did brain HQ and I saw what percent it was in, it was very, very low, like 25 or 30% because after many, many, many months, I said to dark depression, suicide, I'm up to 50%.

He says, well, that's what he says, but keep optimizing. So now I'm up to 90% across all age groups. And, and I think very important to see if you can go after he Babbit, Rick Hone, better bred since, program they, they, have made it even easier to stick with the brain age kill and do it.

So I was doing that right from the beginning that I was being able to do, you know, somebody gains 20 gains maybe, and all different levels. And so and I correct brain speed and memory and people's skills and navigation.

So it's, not give me some good feedback, but there was a, several I saw, like my mercury was real high. I knew. So, Judy, I'm really curious, as you navigated the breeders and protocol, which specific parts of the protocol was a detox, nutrition, the lifestyle pieces, the supplements.

What made the biggest difference for you personally? For me, it was brain HQ because the feedback was instant when when I did it and, I started very, very low in the 20s.

And then after maybe six months, I got up to 12 days. And then doctor Bateson said, this is good work, but keep optimizing. And then eventually I got up to 90% for all ages where I am now, which I'm very, very proud of, of that because I do it every, every single day for about a half hour.

And then I also do Elevate and New York Times, Wordle and Spelling Bee because they stimulate different parts of the brain. And then so when you see what percent you're, no matter how low it is, you, you can actually get it higher and so that's very rewarding.

I, I felt as supplements were very helpful too, because I saw from the blood tests that these things were off vitamin D and zinc and inflammation and the inflammation pointed to the toxicity.

So then the first of the toxic things that I was tackling was mercury, because I had silver fillings removed as a child, many, many of them before they protected the patient and the doctor.

So now if you get them removed, you won't get the same exposure for it only. So it's not that you feel better, because it's just that you're doing the right thing.

The numbers coming down. And you know, Mercury's toxic to the brain and so that toxins are gone. And that's good. And that's the same with led from, buying a house that was, had lead pipes and lead paint living there.

That was a bad idea. And, so again, it comes down eventually. And Lyme disease, I was lucky I got a second tick borne disease, a recklessness, and went to the hospital with, and then I had IVs in the hospital for they are perfectly offices those and and and doxycycline.

And then they got rid of the Lyme as well as the everything else. So that was that was really lucky. Oh yeah. And then Doctor Bateson said, well, maybe you have sleep apnea because your hippocampus is very small.

My MRI showed that my hippocampus was about 20% of what it should have been. So he said that may be because it's not getting enough oxygen at night. So he says even though you're slim and you don't snore, you take the sleep apnea test.

And I didn't had sleep apnea. And just thinking of I can tell on days because you get scores from the CPAp machine, and if you're having a lot of episodes of not breathing right at night, yeah, I'm worse in my thinking and in the day.

So I know that if it helps and it makes sense that it would help. And so it's a nuisance. But you just have to do it. And the nutrition was, I, took a long time to get into it.

Brain training, detox, sleep, and nutrition

So some people get into it very quickly and, and they're, they're lucky. But I didn't. And I think in retrospect, I was just not strict enough. One thing I found out that really surprised me was the gummies and the SS.

Another thing I want to talk about is sleep. Sleep is so important to getting better, and I monitor it by the oral ring and, so I wake up a lot. And then I was taking melatonin gummies.

But then I learned way after the fact when I found out I had ten cavities, which I haven't had any since I was a child, that they have sugar in them and you're all night after you brush your teeth, you have the sugar on your teeth. So.

Oh dear, oh dear. That was And it's also keeping you from getting into ketosis right? Right. Exactly. Because you're right. I never thought about, all that sugar from the Got Makers.

So I said, when I, you know, more thoroughly got rid of the sugar and then kept up the, I do do I walk for about two miles every day except for two days where I do strength training?

Because given my age, I'm 84. It's very important to do keep your strength. And I like to play golf, so I have to keep my stripes up to do that. And I'm the oldest one on the course playing golf and I.

Yeah. And and they not, not in any form. But I play on the 18 hole course with the, in the club level tournament. So that was I did my biggest challenge came when I was hit by a dog.

I, it was at a friend's house. It was a 70 pound dog running full speed into me, and, I broke my leg in four places, and the ligaments were out, and I was knocked unconscious, and four teeth were loose, loose, and.

Oh, my. And I was a long way back because I was head trauma combined with the, the other other things. And that's why also the golf took more, more effort to get get back to.

But it's really it's worth it because when you think what Alzheimer's is, is really like a it's this protocol works for some people as simple if they just simply and you can correct me with much more experience other and there but if the person is simply overweight and insulin resistant, they can maybe get better much quicker than those of us or toxic type three Alzheimer's.

Is that right? You know, it's interesting. I rarely see a patient who is that simple, right, who is just overweight and has diabetes. Most the vast majority of my patients, once they've lived past 65, they've accumulated toxicity.

That's significant. And we live in a world where you cannot avoid it. So I think I think that toxicity is usually now there are some exceptions, but usually I think toxicity is a player for Alzheimer's patients.

I think any neurodegenerative patient I would even say so I think yeah, my experience has been that no one is as is simple. Everyone has this degree of complexity now.

There's varying degrees, but it's when we start to say, oh, the detox isn't that important. Now we have people that aren't getting better. It's really about taking this comprehensive approach and saying, okay, for this individual, which ones are most important and let's start there.

But I don't know that many people get out of this protocol without doing some detox. Right. That's very interesting. I didn't know that. Yeah. In our clinical trial that we did at my office, 100% of our 23 participants, all 23 of them had significant toxicity.

Really? Yeah. And did they notice when they felt better related to the toxicity or more just the accumulation of doing

everything, which is what I see all over time.

You know, it's the supplements, the detox, the brain HQ, the sleep everything. Or did they. Decide or. Do they tend to see some thing? That's a good question. No we don't.

I just sort of refused to do things one at a time anymore because by the time someone is suffering with cognitive impairment, we want to throw everything at it.

We're asking for a miracle. And so we I, I, I, I just lose so much confidence if we start to pick and choose. But I will say for the younger patients, I have many younger patients that I've seen over the years.

My, my clinical practice is now almost 100% dementia and people over 65, but previously there would be people who really just did need to detox. They were in their 20s or 30s and had been exposed to something.

And you take care of it. And yes, their brain fog goes away and their focus and cognition returns. Now, they don't have Alzheimer's, right? They're not at that stage.

But there are there are cognitive symptoms that resolve with just detox. Certainly. Yeah. And that's yeah, that's interesting. The line between Alzheimer's and and cognitive impairment.

Yeah. Yeah. I mean there are so many things that affect people. I heard at one stage that's like 1 in 3 Americans would check a box that say that they have suboptimal cognitive function.

So that's, you know, that's 100 million people more. That's that's a huge chunk of our population. I'm so curious about how you built your team, right.

Whether I know Doctor Peterson, you're communicating directly with him because you were an early and enthusiastic adopter. And then who else was on your team to support you on this path?

Well, right from the beginning, Mary Kay Ross, who was at that time, you know, working with Doctor Rosen on the town hall and everything, I went out to see her first and Seattle always at first, and Savannah, maybe first in Savannah, then in Seattle, and then I've seen her in New York, and now she's back in Savannah and seeing people via zoom.

And when I was out in, Seattle, I met there occur Kerry Mills as a as a health coach out there, but she wasn't back here. So I didn't have a health house coach, per se.

But I think that's essential. That health coach, you know, for people making that the changes and it just happened. I didn't, I but now now I'm friends with Judith Benjamin.

She's she's health. She's a health coach. And but I, I think that the whole team is so important that, you know, the nutritional, coach and the house coach and the physician and, I guess maybe I under could understand it better being a physician.

Yeah. You know, I can tell, you know, just having this conversation with you, seeing you in the documentary memories for life, you are just one of those people who's going to figure it out and make it happen.

I'm also curious. So if there are tricks or tips or tools that you found that allowed you or helped you to stay consistent with the protocol because as you mentioned, it's a long term commitment.

It's a lifestyle. It's an identity that I do this, I live this way. And so what keeps you coming back and doing it day to day, even when it gets harder, even if there's travel or even if there's a wedding or even if something pops up or you have an injury like you experienced, what is you on track?

I guess that's just the keeping a firm picture of what I'm trying to do, which is not going get all the time. As my

mother had had Alzheimer's. And, and I see so many people who get, get, get it and their life isn't their own anymore.

They can't do what they want to do with other people or anything.

Team support, consistency, and living with the diagnosis

They've become a. Burden. And, I just, it's just keeping that idea in my head. I'm kind of like that. And so in my mind, something just I can tell. Yeah.

If I could say, I guess. And it was fun being one of the pioneers. And and it was very exciting when the film came out. And then an interesting issue that people have is who do you tell the to, Alzheimer's.

You navigate that? Yeah. It's because when the book came out, the first survivors of Alzheimer's, I only use the name Marcy because I didn't even want to disclose my first name.

So only just the people around me, knew. And then, when the movie came out, of course, had, memories for life, which is an Amazon Prime to this day. There I am. So you're sort of forced to come out, and I did Q&A after the screenings of that.

But then that was a challenge because then I couldn't remember who knew and who didn't know, and I might make mistakes because it was a vast number of people, and so.

Well, you don't know about my memory from doing that. And I'd say, oh, yes, I was at the screening and I said that that was on there. So that's a challenge to that.

To this day, I'm not sure, because now a lots of people in my community know, but I know no. Who knows? And I've reached the stage where I'm beyond a self-consciousness because it's just another, another problem, medical problem that people have is just that.

We people didn't know that people could reverse the cognitive changes of Alzheimer's. So it that it was harder to, to come out. Yeah, there was certainly a bias against anyone who might have that diagnosis that people would treat you differently, I'm sure maybe stop inviting you to lunch or to play golf or it changes, or to take on projects that you might be totally capable of and then now that's really shifted into almost an ambassador role, right?

You're here, you've been in the movie, you've been in the book, and you are one of these pioneers sharing your story to show what's possible and with with this, you know, I want you to describe your day to day life.

Like, this is a great a great example of that. It's like, who knows that you have this diagnosis and how does that impact your day to day life? And maybe some people, you know, they they delay telling their loved ones that they delay mentioning to their doctor because they don't want their day to day life to be affected.

They don't want to lose their driver's license. They don't want to lose their friend group. How has this process affected your day to day life and if you can think back to 2018 or 2017, when maybe your memory loss was at it at its peak, what are the improvements in that day to day experience today versus then?

Well, I guess there's less nodes. I think it was I at the time I had I don't have a position and with new York State Parks and it was responsible for parks all over the state, I had so many nodes to, to keep track of and, and I would be very anxious, about not knowing something about that park or historic site or those people or everything.

I don't, I don't have that is much. My, my memory is still not what I would want it to be. My cognition is. But my memory after a few few weeks have gone by, I may forget some things about the conversation or something like that.

And I'm hoping I'm still struggling. What's more, that, in in my house and in me, and I know you're supposed to get

all five of the molds negative and then continuing detox, and I've only had three negative.

And I'm really hoping that when all of mine are negative and the house is negative, the house is negative. Now, this is years that that it's going to help my my memory and I'll need less prompting, you know.

Yeah. That was sticking straight or look up something like I click off a sign on me, look up. What do we talk about? That's not. Having improved your symptoms, what would you share with someone who is at the beginning stages of looking down the barrel of an Alzheimer's diagnosis?

What would you want them to know? Well, that they're very lucky that the breadth and program is like, it's magic. We're so lucky it exists. There is. And Doctor Bateson is a brilliant scientist and physician and a kind man, a humble man and, endlessly curious and caring about his patients.

So he's making advances, continues to make advances and the hopes that in the future, for some people who come late into the oh, if you're early, you're you're really lucky because.

It's likely going to be quicker that you're going to get get better. So it's good to get started when it's easier. That's what I would would say easier to reverse things.

Yeah. Than what I call yeah. Yeah, yeah. And your background, you've been a leader in environmental and conservation causes. What do you, have you ever drawn the connected the dots between caring for the planet, caring for our environment, and caring for our brain?

No one and I never, I never did, how do you connect that? Oh, my gosh, so many ways. You know, I personally have this experience of, if I'm in a big city or if I'm trapped inside for too long, my nervous system kind of gets ramped up.

And I don't think as clearly and I'm not as creative. And then if I go for a walk on the beach or if I go to a park, or if I go for a walk in the woods, my whole nervous system, like I, it's almost visible, like comes down and I'm able to think more clearly.

I think, you know, in a, I guess, maybe a more political. So a societal level just pesticides and herbicides. And then. The. Link between glyphosate and neurodegenerative diseases glyphosate found in roundup.

But and, and the food that's available, when we're disconnected from the environment. So yeah, I think that there's a lot of ways and I, I suspect that your work in the parks department in New York, and, and in your philanthropy, has benefited the brains of others.

You know, getting away from the emfs that that's been one of the things reducing EMF exposure and, leaving leaving that if you have an apology, you can leave the phone behind what went when you're out and, Yeah, all that and, definitely.

That's why the troubles of golf there pesticides on the course. And I've noticed that almost all the golfers, the applicators and, some people who have pesticides in their home, they all have their memory affected.

It's thrilling when the pest management committee for our county and it's it's big time. Yeah. Trying to get back to making sure that, you know, that nature's not taking over, that there aren't ants in the kitchen and there aren't cockroaches.

And the the grass looks lovely as people want it to, but also, you know, at what cost? At lower cost. Yeah. My, my grass does not like a lot of hay, but.

Environmental connections, grief, and hope for the future

My, my. Yeah. There's no, no pesticides there. And, Yeah, that's that's definitely true. And when I'm, walking, I

don't really want to talk on my watch or talk.

I don't even want to go with other people. I go by myself. You and me both, so I decompress, right? Right. It is. It is. Yeah. Because you have a busy practice and writing and everything.

You're doing a lot. I know. Remember that stage. So, yeah. You've been there. You. I was excited to talk to you because I feel like you can relate to.

Have you had a lot on your plate? I mean, you've been through. And excuse me if you don't want to talk about this, but I understand you lost a child. Right? Yes.

I mean, you've been through one of the most stressful experiences that can happen to a mother or a parent. And, your resilience and the amount that I can imagine that trauma, and you've just continued to transform it into service and supporting others.

And it's really your story is so inspiring. Lucy, I'm curious, do you want to share anything about that, about navigating? Yeah, I do. They, Well, the day he was born, he it was my first child.

It was the happiest day of my life. And the day he died was saddest, for sure. But even that night, he kind of came to me and, in my sight, as a as a purple ish color.

And there's something called the violet flame, and he's been there in an in. I mean, it's awful. Two years, five years, ten years, you know, but, I do feel that, I have some contact with him and that it's helpful and that he guides me.

It helps me at some time. So I did the wrong thing. Makes it clear Clare, too. And, the day he died, we played golf together, and he knew something was off.

And, because he could do the New York Times puzzle, crossword puzzle. Just by memories. This. I can't do it at. Also, something's wrong with my brain.

And he had done so well recovering from cocaine addiction. And and he is. And then when he played golf, he couldn't play golf. He says something's happening, and I'm never going to play golf again.

I said, well, do you want me to come with you or. No. And then that night it just took cocaine and heart attack. But, so hard for someone to recover from addiction.

And he had done so well, because you can't slip in, you know, people who were, just trying to lose weight, they could slip and nothing like that happens, but.

And it's just such a high cost when, you know, people make errors and what they do in every way and every part of their life. And he just was unlucky.

It was a wonderful boy, very, very talented. I am so. Sorry. I have a really fabulous daughter and, she has three grandchildren and she named the eldest one Lucy.

So that works. And really a gift from God for a beautiful, beautiful child. That remains. And now these three grandchildren. What fun. Yeah. How has this journey, particularly the Alzheimer's chapter of your of your journey, change your perspective on growing older and resilience and and what matters most.

During the practice and pro for and inspiring other but other people. You know this, age. Yeah. It's got challenges. But if you have things to do that are rewarding and helpful to others, whatever it is in your community and your family, whatever, then you're the same person.

And and so it's a little more leisurely then. And if you're blessed not to have something that gets in the way of your life and the Alzheimer's is not in the way of my life.

I mean, it is because it takes time, but. Yeah, you use the word usually, and I don't think I've ever heard anyone mention the words leisurely and reticent protocol in the same sentence.

But but, maybe. Will you expand on that? Like, Alzheimer's doesn't interfere. With, Yeah. Well, it's very, very, leisurely the protocol, but I guess the rest of my life used to be so, so busy.

So now it's just the bread is some protocol that's. I mean, I'm still busy in other ways with philanthropy and boards and things like that, but which.

But it's different because it's not going to the office and being the same people all day and writing it up and, and having the children at home, that's, that's, that's a much higher level of busyness.

They hard to put the bread and protocol on top of that. Yeah. You're telling me. Yeah. It's, I know all about it. And my, my practice is the bread and protocol.

So I have to practice what I preach. And so we we make it work. As you look ahead, what gives you the most hope in terms of brain health and humanity and and neurodegenerative disease?

I think I know what you might say here, but, Yeah, one thing that, I. I, I, you know, every day I pray for President Trump that the side of him is going to manifest themselves.

That's going to lead to world peace, help for the environment and me and my friends. And that, that same with the all the other people out there. That and that helps me.

I feel like the prayers I, I ask that they join the prayers of the Pope and praying people all over the world and I'm gonna get to world health, peace, have enough people pray for pray for this.

And because it's so hard time now for the environment and and so it's so for us. When I discovered that prayer helps so much, I, I feel good. I mean, that's that's when you dwell on something that you feel like you can't change, like you're being abused by it or something.

It doesn't help health. Yeah. At least. And help me. What brings you the most joy at this stage of life? Maybe. My, I have a significant other of 20 years we lived together, and I have, and a young dog and and, two cats.

And, of course, my daughter is very, very high. And gals and I think about all of the projects that I tell her, I, they when we complete something, whether it's building a new, access to one of the parks, and it gets done, it's, you know, and so I probably do the same thing that most people and, and it brings me a lot of joy to get of my whole I.

I can imagine you looking at your test results. And every time they go up, whether it's brain age cure, the mold goes down or the patella comes down, I can see you doing a little happy dance and that bringing.

You some, right? Exactly. All all of those celebrating them. And now there is, Judy Benjamin, who's going to be on your program another time. She started a foundation for the Alzheimer's survivors Foundation so that people will know that we exist and that it's real.

Yeah. And of course, her walking across the United States, it's amazing. How impressive. She. Is. Really impressive. Yeah. So, yes, please stay tuned and look for the podcast with Judy Benjamin, a dear friend of Lucy's.

That will be, also popping up, I hear, I think, well, age. Well, Lucy, it is such a privilege to have you here and just has been a wonderful, wonderful conversation that I know will inspire so many people.

Whoever will take the time to listen will get some nuggets of inspiration and clarity and, things that help them navigate the Bateson Protocol. I'm so grateful to you for spending the time of being here with me today.

Well, you're an inspiration. Your work and how you are as a person and in this podcast. So I'm very grateful to have

gotten to know you. Thank you for thinking to invite me.

Absolutely. Thank you. Thank you so much for listening to the Think Well A12 podcast. If you enjoyed today's conversation, please take a moment to subscribe, leave a review and share this episode with someone you care about.

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