Podcast Introduction and Guest Background

Why do we have so much ultra processed food? Oh man, let me show you something. This is the triangle. Big farmers on top, you in the middle. On the left side, the fast food chain restaurants.

Then you have the hospitals and it goes right into Big Farm. We're keeping everybody in business. Yeah. Fast food restaurant keeps the hospital in busy.

And the person is in a middle So what exit did you take on the highway where you're no longer in? The middle? Aw man. The exit that I had to take. Today we Have Giovanni Henry.

Giovani. All right. Today we are joined by Giovanni D. Henry, Armed Forces veteran turned wellness leader and the CEO of Faith and Roots. From military discipline to faith-driven health, this conversation hits hard and inspires even harder.

That particular species is found in the Caribbean and different parts of the world. Sea moss can be used in many ways. We put it in a smoothie. He does a hair mask, face mask.

It's a thickening agent. If it boosts your immunity, give you healthy skin, healthy hair, and healthy nails. Why is it that from our culture of Caribbean, Dominican, Puerto Rican, Cuban, Jamaican.

why do we eat so much rice? That goes a long way. One, people just like the taste of it. And secondly, Welcome to another episode of a Healthy Point of View podcast.

I'm your host, Sam Tahata. And as usual, we're bringing experts from all over the world to talk about health, wellness, beauty, and mindset. Today, our guest, this is a gentleman that I want you to hear about how he grew up.

But most importantly, this is a gentleman who serviced two times in the armed forces as a veteran, once in United States Marine Corps and second in in The United State's Army.

And you guys know how I feel about people that put their life on the line to service the country the way that this gentleman did. But today we're going to be talking about a lot of the different holistic techniques that we can do to take care of our health.

how replenishing our vitamins, minerals, amino acids in our body, what that can do. Today we have Giovanni Henry. Giovani, all right. Giovanni, welcome to Healthy Point of View podcast.

How you doing, brother? Such an honor. I feel good, man. Thank God. Really good. Man. thank you. how's this Florida weather for you? It's amazing. It was better than being in the winter in New York City.

He was really, really cold. You know, it's very nice relaxing. They call this paradise. Yes. yes, yes. So Giovanni, man, I want you to take a couple of minutes here really quick so the viewers and listeners can really understand who Giovani Henry is.

Tell us a little bit of your upbringing of what life was like and how you got to where you're at today. All right. So let me start with it. First of all, I want to give all praises to the Lord Jesus Christ himself.

Amen. My background is from Brooklyn, New York, and I come from a Trinidadian and Jamaican background. I grew up in a household where you had roti, curry goat, chicken, fish, you name it.

All the good stuff. Also plantain. The Caribbean. I'm Dominican, so I know. So you know what I am talking about.

My journey started about this whole holistic route.

It was back in 2014. I was working at a restaurant and it had a high position in Europe, but with that franchise. And he used to be a bodybuilder, and he said, Oh, I used look like this way.

So how did you became slim and cut? He said. Well, why is the cow so fat and healthy? And why does that silverback relic of breaking that in half? What do they eat?

I don't know. To like fruits, veggies. I was 215 pounds at the time, but it wasn't a fat. It was just like muscle. So what I did was, I started eating, he said, you gotta eat rice the size of your fist.

Because every time after I used to go to the gym, where I was training to going to Marines, after gym late at night, or hit a Jamaican spot, get a large man, Sam, a Large.

And the Jamaica wrestler is like, it's a lot, It's A Lot. from the rice and beans, the fried chicken with the sauce, macaroni salad. And I used to eat that after a workout and I'll feel sluggish and my chest, my heart will begin to squeeze.

I'd do this like three, four times a week. But when he told me the advice to use rice, it's a small size of your fist. So I said, all right, I'm going to incorporate that.

Then he said eat more veggies. So my plate was looking more like a garden instead of a morgue. Right. And then I went into the United States Marine Corps and then long story short, you know, with my ex-wife, she was vegan at the time.

I said, I'm going to try this thing. So I want to Japan six months. All right. Only eat like vegetarian. That's it. When I come back in San Diego, being vegan, came vegan.

It was unhealthy. How's eating things that were more soy based? Then I joined the army. And when I join the Army now, I said, okay, you know, started, eating, going back to lamb, turkey, chicken.

So what happened was, one day I was on duty for 24 hours and this guy, he shot me on Instagram. He said yo, this bad boy right here helped me out and it was CMOS.

God told me, yo, sell sea moss. I said, all right, cool. So I was selling sea Moss and somebody told Me, hey, have you ever watched Sea Sparrow Sea? I'm like, nah, so I watched it.

And the doctor who was on What the Health, he said the reason why a fish has omega-3 fatty acids is because they eat algae. the main source and the middle man, so let me just cut out the little man.

And then right there, I just started going from vegan to plant based. That's how my journey started. Vegan to Plant Based. What's the difference between vegan?

All right, vegan. Let me show you. This is what vegan is.

From Military Service to Plant-Based Living

No dairy, no eggs, anything but animal products. So as a vegan, you can eat Oreos. as a vegan Impossible Burger. But for me, I'm not going to eat an Oreo because it's loaded with sugar and it has not real much nutrition to it.

Impossible burger, animal byproducts in there as well. So by going into plant based, are going through things that are more like of one ingredient or ingredients that I can pronounce.

Mm hmm. If I am going have a chickpea burger. Chickpeas, spell flour, onions, cherry tomatoes. It's not gonna harm anybody, it's a process. So I went into being more plant-based into foods that brings me more nutrition into

my body.

A lot of people say they're vegan just for the fun of it. It' like a trend. But for me, I'm particularly plant based. Now earlier you were talking about that Jamaican large.

Why is it that Us from that type of our culture of the Caribbean, right? Dominican, Puerto Rican, Cuban, Jamaican. Bahamian. Why do we eat so much rice?

Oh man, that goes a long way. One, people just like the taste of it. And secondly, it makes them feel full. We grew up in a background saying that if you're full, You're good.

Right. But realistically, that's, you know, it's a word. Itis. And the term itis means inflammation in the body. That means your body's working hard to break down all what you are eating.

Because using all that energy to breakdown food, That's not really unhealthy at all. We were just taught to eat as much rice. The rice has to be higher than Mount Everest.

Unfortunately, It just passed on from generation to generation. But it was just one of those things where people are just eating to be good. There's not much nutrition in white rice.

It's a lot of starch. You know what's crazy? Like growing up, that's how it always was, right? And I remember, you know, having family gatherings or even if it's just a few of us.

the amount of rice that we would put on the plate. It was exactly how you said it was like a mountain of rights, right? Couple chicken legs or whatever it is, a little salsa on top.

And then you eat all of this race and you think that you're being nourished by eating all this rice. But, you know, go back. to our ancestors days, you know, or even my parents or grandparents.

To me, it was a survival food, right? Being in a third world country, they got to give you something in mass quantity and rice or cornmeal, that's what it, was it?

You know? I remember even for breakfast, we would eat. My mom would make cornmeal. It was corn meal. She would heat it up on the stovetop, almost like a cream of wheat, if you would call it.

Or grits. Right. But she would take that corn mill, but dump tons of sugar, right? A little vanilla in it, and then you'd eat this whole big bowl of cornmill or grit.

Is just like the amount of carbs. That's the first. There's not even any protein in there. You know, and it wasn't until I was an adult, kind of like how you said, well, I had to figure out, man, what I've been brought up in.

This isn't this is a healthy. Right. So when you started doing that, your family members. When you start showing up eating a golf sized ball of rice, how they reacted to that.

Hey, Matt. They thought you were sick. Started from my mom. When I told her I became a vegan, because at the time, you know, she was like, vegan? What?

Because she's so used to me eating all her meals. Right. It tastes good, but it's not good for you. All I remember is like oh, so you can eat fish, right?

Something in the Caribbean culture, when you say you're a vegetarian, they think, oh you go and eat a fish. No. My father's like that. Yeah, I don't know where that came from.

But that's a pescetarian. Pescetarians. Yeah, my dad would, oh, I'm a vegetarian, but he's still eating fish. He'll eat eggs, too. Right. So I think that for them, it was, they were shocked because I was the type of person, especially on

Thanksgiving, and I'll have four or five plates.

There's nothing you can tell me. One of my cousins told me I would sleep talking. I used to say fried chicken yum, jerk chicken, yum. Barbecue chicken.

Yum. And I love chicken so much. Every time I landed in Kingston, Jamaica, My dad was like, yo, how many pieces of chicken you want from KFC? I'd be like four.

five and then we go ahead and we eat and yeah they they were very surprised but they so they respect it but it's like and every time i go to a family function like oh you're vegan and i'm like okay it"s okay i already ate before you know what i am saying so no sweat have you been able to convert any of them to living a healthier life no but some of the minds Okay.

Oh yeah. I mean, yeah, some are inspired by doing so. They taking their time. You know, it's just that they so used to, they want, how can I say? They want more of poultry.

they don't want to go into, you know mushrooms, or oyster mushrooms or lime mushroom. The chicken and you, know. Hey, baby steps. If you eliminate sugar and add in agave or honey.

You start somewhere, but I'm inspiring some. But my goal is not to make them plant-based. My goal for them is to enhance their health. Let's do healthy swaps.

Because it's getting old, you're tired of seeing the same fire members that is being buried six feet under of the diseases that's killing their forefathers.

Pruning illnesses are preventable. How was you growing up, let's say when you were like five years old, how was it in the city? What did you see other kids eating, people that lived in your community?

Good memories. The chicken spot. $5 back in the 2010s, stretched a long way. Chicken spot, you have the Chinese food. Man, I remember, $3.75 for four wings and fried rice.

I'm sorry, have a memory of an elephant. So I remembered, who knows what they were cooking inside that Chinese thing, but it was convenient because we as inner city kids, our parents didn't have it like that.

We either eat outside or we eat at home. Right? But it's like kind of like a double whammy. Nobody never, you know, incorporated more fruits into the household.

It was more like meat Monday through Sunday, dairy, ice cream. Right. Moderation wasn't taught. But like I said, growing up with the kids around my neighborhood, we had the chicken spot.

We had Chinese food. Oh, yeah. And we also had certain like pizzerias as well. So it was nothing. There was no type of balance. Nothing there. What about the schools around the school?

School lunch? Man, I don't know what kind of food they was feeding us. That chicken didn't look like it came from the farm. It looked like they just grabbed it from back of the garbage can.

The pizza? I never been to prison, but it seems like jail food, like what you see on TV, was trash. It wasn't good at all. Do you think the food has gotten any better since we were kids?

No. It hasn't. In the schools? It has not at. All it hasn. That needs to be fixed. I believe it can be fix. There's enough funding. You put much funding to teach children certain, you know, curriculums that are not to me true.

At least put some money to make sure that they, again, they're right. We want to change the trajectory of people's health. Shouldn't we start at a young age?

Start home first. Yeah. At a younger age as well. It should start. Because, you know, man, like if you think about it, Thanksgiving, family gatherings, do you really see any fresh juice around you?

Do you see fruits around? You mostly see the same thing. Carbs, meat, carbs, me carbs. There's no much of like fruits or anything like that. Nothing to settle you.

Never, never, ever. It was different when I'd go back to the Dominican Republic Right when i go, back, to, the dr a lot of fruits a Lot of vegetables you know but people had the gardens in the back of the house so everything was fresh you Know, even where you look at like the chicken or whatever that stuff, was all fresh They didn't cook it the best way.

Let's say that start frying stuff mmm and by the time I was already born And people are already using a lot of seed oils the vegetable oils and stuff that already started happening in other countries big food companies got got You know started invading a of these countries and putting that that toxic oils in there, but The fruits, vegetables, the poultry, all that stuff was fairly fresh in the D. R.

But growing up here in The U. S., I mean, never, you know, I never saw any of that fruits or fresh fresh juice. Fresh juice is unheard of. When I had my first cup of fresh orange juice, that was I was already an adult.

I moved down here to Florida. I didn't know that fresh orange juice tastes like fresh oranges. Is that what always drink orange shoes from, you know, the big carton?

Yeah, yeah, which tastes significantly different than an actual fresh or shoes out of an orange. So which is the sad that that's the case. Fortunately.

Yeah. Giovanni, when it comes to food, Is food a medicine or is it silent poison? Oh, it depends. So for my lifestyle, and I believe it's for medicine.

Your food is supposed to be a nutrition for you. It's supposed make you feel good and full of satisfaction. Remind you, we were made to steward every part of our body that God has given us.

Think about it. If I eat cheeseburgers Monday through Sunday, my heart is not gonna be pleased. You're gonna cause me to the heart to be able to clogged up and eventually could go into heart disease and unfortunately can go in to not having a heart attack, right?

Now, I strongly believe that by you eating the right foods in your body to enhance your health, it will bring longevity. It will have you have a better heart health.

Brain health reduce any factors of having diabetes, heart disease or even cancer. You know, by what we eat, they say that most African-Americans, Hispanics, we are prone to get diabetes, high blood pressure, and cancer.

It's nothing passed down. There's is nothing about your race, about what you're eating. So it goes back to your question. I believe we're supposed to eat for medicine, right?

It only becomes poison if it's processed. That's one. And if its causing inflammation in the body. Right. Which a lot of that ultra processed food does.

Yes. Why do we have so much ultra-processed food? Oh, man. Let me show you something. This is the triangle. Right? This what I call it. Big farmers on top.

All right. You in the middle. On the left side, you have the pharmacy, sorry, the fast food chain restaurants. You know what I'm saying? Then you got the hospitals, and it goes right into Big Pharma.

For instance, in Brooklyn, on Bed-Stuy, there's a place called Myrtle Ave.

Caribbean Food Culture and Childhood Eating Habits

There's McDonald's, it says Accept EBT. Wow, There is a bunch of clinics around. there is hospital nearby, The Triangle. Pharmacy's on top, fast food.

On the right side, the very right-side, it's the fact that they have these pharmaceutical drugs, which is not really gonna help you out. There's a side effect to it.

So you say you said we keep in we keeping everybody in business. Yeah. Fast food restaurant keeps the hospital in. And the person is in the middle. Remember, you go to the fast food first.

You continue doing that over time. You're gonna go straight into the pharmacy. So what exit did you take on the highway where you're no longer in the middle?

Oh, man. The exit that I had to take is when I have to make my plate look more like a garden instead of a morgue. Let me explain that to you. I was the type of person where I eat, like, my place was full of chicken and full rice and, you know, oxtail gravy, right?

But I had to learn over time by me starting off small. This didn't happen overnight. Small portions, more greens. That's OK. What am I eating? So I have to know what's on my plate.

We know it's the hottest shoes, we know the cars, the trendy music, but we don't know is going into our bodies. And it is important that we notice because later on, unfortunately, you find out you get a bad diagnosis.

But it all started from getting of your unhealthy habits. Right. I strongly believe that. It makes sense. Think about it, you know. When I look back, it's the lady that I know.

She has cancer, right? Unfortunately, she probably was eating, you know, pretty bad. And then it led to cells multiplying in our body, then cancer came, but if she ate healthy, She would be able to steward.

It's a type of gene that we have in body. it is called a P53. and that gene is to protect our bodies from DNA damage and cell mutations. So like I said, everything, hopefully I'm not going all over the place.

Everything in our body that God has created is to protect us, to steward us well. But when you put ultra processed foods in your body, when intake of a lot of protein daily, you're going to compromise your organs to do the opposite of what it's supposed to.

And you've seen when people get sick, they're not at their best. everything is shutting down. So, you know, I hear you bring up God a lot in the conversation, which I'm a believer.

Right. If we went straight to the Bible, what are some of the verses that you would say stick when it talks about taking care of your health? Man, do you have a Bible?

It's on the bookshelf, but you can't take that Bible off the books. Oh, wow. Look at that. All right. I would say Genesis chapter one, verse twenty nine.

You don't have to be exact. Just whatever whatever pops. Yeah. So Jackson chapter 1 verse 29, that he gave us every fruit that heal seeds. Right. And also in the book of Corinthians, it speaks about how that we supposed to steward our body.

The body is the temple of God. Yes. Right? Yes, we should stew it. Those are two particular verses in a Bible I would look towards as well. As well in The Book of Galatians speaks, about the fruits of the spirit and one of self-control.

the way how you eat, you have to have some control. What is that called? There's a name for that, when you too

much. Gluttony. That's the sin. You know what's interesting too about the body being the temple of God?

When you look at all the different sins that are out there, you're sinning outside of the body. That's the one, when you don't feed something good for the Body, for The Temple of God, that's one sin that you sin within.

Have you thought about that? Think about it for a second. So I read that verse and when I was reading it, you know, it's funny enough, he was doing a Bible study and it is pertaining to when sexual immorality is sinned against your Body.

However, we are, it's lawful for us, and we can eat anything. It's not a sin. We know more in the Old Testament. But it is very wise to be selfless, to know, okay, this is not my body, Lord.

This body belongs to you. I'm going to do whatever. Imma eat the right things so that you can be able to continue to use me as a vessel. Because the thing about it, a pastor who's obese in a pulpit, Come on, his time is ticking compared to a believer who's eating healthy.

God is going to be able to use him more. Not saying, you know, I'm God or anything. But if you think about it, obesity doesn't lead to life. It leads to death.

I am sorry I had to push the needle, but that's the truth. No, no, that's what it is. If you don't take care of yourself, you know where you're headed.

I mean, we're all pretty smart. Even the person who's heavily obese, who doesn't have much of an education, they know that eating the Doritos for breakfast and the hot Cheetos is not good for them.

You don' have to be a rocket scientist to figure that one out. That's true. So this is where self-control goes into play. So, would you say eating healthy and taking care of your body is a Christian thing to do?

Yes. Yes, it is. And then I believe that it brings more glory to God. Because when you honor your health, you're honoring the one who created it. Right.

Sorry. Let me say it again. When you honour your help, You honor the One who Created you. You get what I'm saying? It's the most Christian. Cause think about it this way, Sam.

Hear me out. Growing up, every day you have your, I mean, sorry, growing up on Sundays or Thanksgiving or certain holidays, you hear your family members pray over the food.

They say, Lord, bless this meal of grace and bring your nutrients to my body. But when you look at the plate, there's nothing nutritious on there. We're lying before him.

You're praying for a miracle to happen. And I think a lot of people hide behind Christ to cover up their mess. Right. Yeah, yeah. I believe it. I see it, you see, it's sad.

And then guess what happened? You see everybody falling asleep. Oh, he got the itis. That's nothing cute. Your body's working hard, pumping extra blood to be able to break down the food that you eat.

We fail to realize every time when you need something, one of the process of digesting your food, your small intestines absorb the nutrients and it goes straight into your bloodstream.

Where does blood flow throughout? Your whole entire body. But yeah, it's definitely a duty for every Christian to take care of their health and we got to stop hiding behind saying that we're covered or Once won't kill me You gotta stop saying It doesn't make sense.

It's basic principle. Every cause has an effect Yeah, we as Christians is not invisible to chronic illnesses. We're not right So The name that you came up with here, Faith and Roots, obviously it has to have a deeper meaning than

what most people think.

Give it to us. Well, you know, shout out to my wife. My wife was the one who came with that name. But however, our concept behind Faith for Me is that humanity is to come back and to invest in the ouds that God has created for our temple.

Think about it. God never intend for us to eat genetically modified foods. Everything that he created was what? Good. So that's the mission of our faith rules.

Come back to what God has created and experience what he has put in it, experience the health benefits he have for your body. I agree with that. You're a holistic practitioner, right?

We're talking about holistic medicine. significantly different than conventional modern medicine. What's the difference between both of those? Okay, so in the more of the holistic way or naturopathic way, we believe more in utilizing herbs, herbal tinctures, Even using water as medicine, like I said, if you're dealing with a fever, you can rest down in warm water and that could be able to relieve some of, lower your body temperature back to its normal state.

We just believe in using natural, 100% natural. Now, however, I'm not against modern medicine because it has its pros. Both of them have their pros and cons, but you can't overtake a certain herb.

Like, for instance, Gladerac is an algae that helps with thyroid health, right, which helps, you know, has a mineral called iodine. But if you drink too much of that tea, it could throw your hormones off.

Everything has a balance. Of course. But however, if we had a commercial about eating mangoes, you won't hear, oh, these are the side effects we make.

We won' t hear that.

Food as Medicine, Processed Food, and the Triangle

Right. You won.t But you know that is I believe in balance, but I'm not strong. I m not one of those extremes like that's wrong. That's horrible. No, it has some pros and cons now.

Yeah. And that s what I always say is like when you look at conventional medicine, There is a lot of science behind it. It has saved a tremendous amount of lives, but it's the position that modern medicine sits in, right?

It shouldn't be the first line of treatment, how we've made it to be. You know, when you look at medicine here in the United States, it's very reactive.

We wait until people get sick to then do something about it. Right. Someone comes in, you're mentioning Hispanics, African Americans, have diabetes, high blood pressure, all of that stuff.

So if someone gets diagnosed with high I go straight to the pill right about less change lifestyle habits. Let's go ahead and change what the person is eating consuming right let's reduce some of their bad intake is what I like to call it.

and see if we can naturally change that blood pressure into a normal bloodpressure. But we're so quick. Conventional medicine is so quake. It's a very algorithmic.

Oh, blood pressures. OK, you need this pill, which now that pill what they don't tell you is going to cause a whole list of these other problems. Which now, that's going need a pill too.

And now I'm leaving inside of that little the center of the triangle you're talking about. Yeah, yeah, so. Have you had any kind of encounters with conventional modern health care that has made you kind think twice of what's going on

in our system?

Not me, but personally, my wife and I, because of the grace of God, we was able to help several people and it showed me like, wow, it sold more of like a conventional medicine, it would not benefit them in any type of way.

For instance, my wife and I helped someone in our church who was dealing with She was on iron pills and high blood pressure. And we put on a protocol with the first step, she had to detox.

The second step you have to cleanse her blood. In the third step we had put her on plant-based foods and she no longer takes those pills. Another person, pre-diabetic, and we've put the same protocol except for she had to drink a certain herb that helps with regulating her blood sugar levels.

And she's no more prediabetic. But it showed me that this creates some type of madness because your body depends so much on that pill. It's going to become it's gonna be so challenging for your bodies like this is natural or I'm so used to this.

So it brings a lot of confusion in the body. Because you ever heard about people saying, Oh, man, I got to take my my insulin shot. Oh man. I gotta take.

My high blood pressure pill, my blood pressures high today. It's a lot of factors to high pressure stress, much sodium. The list goes on and on alcohol.

Right. But yeah, I mean, i never personally have any kind of like, you know, thank God, but through other people's stories, it's bad. Even if you heard about stories about chemotherapy.

Oh, yeah. Yeah. So yeah man, what are your thoughts about alcohol? Okay. Alcohol now. My thoughts on alcohol. Do you drink? No. But I don't look down on anybody who drinks.

You know what I'm saying? But, however, us growing up in certain environments, certain liqueurs like Henny, Don Julio, all these brands, they're not good for you because they carry so much sugar.

Are there any brands that are good when it comes to alcohol? No. No, of course not. How can something that could damage your body be good for you? It's a poison.

Alcohol is a poisoned. It cannot be moderation. Yeah. Because if you think about it, listen, it shrinks the brain. And people don't realize, there's a lot of people who have diabetes today due to overconsumption of alcohol.

You see, your blood was made to run easily, flow easily throughout the whole body. When you continue going through that road of, alcohol eventually could lead to diabetes, consume too much sugar, and your body becomes like a syrup, very thickened.

It's also poisonous because why it damages the liver. Most people are dying because of the liver, fatty liver. Liver toxicity, liver cirrhosis. So, you know, that's how I'm happy you brought that up.

Because, there's always a talk about how bad alcohol truly is, how much alcohol can you have, How much you can have socially. You know what is the safe level of alcohol?

And when people ask me that, my answer is very simple. There is no safe level of alcohol. It's all bad. That's a poison. When you start feeling a little loopy and a and starting to get drunk, that's not normal.

That's now how we act or how our bodies act on a day-to-day basis, being normal, right? That your body reacting to that toxin and trying to figure out what to do with that poison that you put into your bodies.

So I'm with you. There's nothing good about alcohol. It's something that if you can stay away from it completely, do it, stay from away it. Now me, not completely alcohol free, you know, have my my drink here and there a little little

smoked old fashioned or a glass of wine or something like that.

Maybe once a month, but overall, I know what that's doing to me. It doesn't mean that it's OK. Right. You know. Um, and if people could stay away from alcohol, it's going to be one of the best things you could do.

It's already, its knowing that it can actually cause through research. Its known that I can cause several different cancers. Yes. So that's so true. Let me ask you this spiritually.

What does renew your plate mean? Oh man. Renew your play. All right. This is what renew you play me. And so I'm saying it means to do healthy swap. I like that.

Healthy swaps. Easy. Think about it. Especially in today's day and age. You go back 30 years ago, it wasn't easy to swap something out because you had to kind of make it yourself.

Now you go to a lot of the health, the whole foods and stuff. They got tens of things that you could swap. I want to hear what you got about that? All right, I got you.

So, for instance, let's start with breakfast, right? You know, we grew up on sugary cereals. Have you ever heard about kamupas? Now, what's that? Say that again.

Kamut. Yes. All right. Camut is a powerful grain. It's an excellent source of iron and fiber. Yeah. So you can get the puffs. Sorry. And what you could do is you go put some date syrup and you use some walnut milk.

Trust me, those are only three ingredients. You can have that in the morning. You can substitute that for frosted flakes. There's no processed sugars in there.

It's not TSP in their. And Tsp, as you know, is a certain chemical agent to remove moles, which is also in Cheerios. Now, another thing, instead of every day having rice, try having some wild rice.

Rice has the nine essential amino acids for our body. It's high in iron, so it's able to give you healthy skin, healthy hair, and healthy nails, excellent circulation throughout your whole body.

That's black rice. Wild rice! You have some quinoa, an excellent source of protein, extra source for fiber. You heard me say fiber three times. Fiber is very good to help us with bowel movements.

America is a nation low on fiber intake. So those are the healthy swaps I can give you. Now, if someone who want to experience and not eat meat every day, you can have some oyster mushrooms.

My wife make the best fried oyster mushroom. The best curry. And make a nice burger with the oyster. Mushroom is a big one. Yeah, You can use that. You know what I'm saying?

You could start off with there. What about bread? What's the good stuff? Oh, man. Sourdough, sourdough. It has a probe. I am sorry. Excuse me. As a probiotic in there, that's good for your gut health.

Salado bread. Right. And there's only a few ingredients. What about Ezekiel bread? It comes straight out of the Bible. Hey, the ingredients is good. It's near perfect.

That's a good start. Ezequiel Bread. But hey, to get the maximum sourdough bread. Go to your local bakery. Sourdough Bread and only lasts for what? Sourdoughs bread only last for like four days.

Yeah, yeah. Ezekiel, I think it's frozen. You got to keep it frozen because it is process. It's sprouted. Yeah. But yeah, um, i use Ezequiel frequently.

I do sourdough bread as well, too. i've always found the EZEQUIEL bread so interesting because the actual recipe of it from the Bible is in the bible.

So when that clicks, you know, and I'm like, this goes back. thousands of years ago. You know what I'm saying? The more it's like the recipe zero is considered one of the healthiest spreads that are out there.

So that's pretty interesting. What are the type of substitutes should we get? Oh, man. Like if somebody doesn't want to eat spaghetti, spaghetti. OK, you have you.

Have spaghetti's as made out of chickpeas. the chickpea pasta lentil pasta yeah right um red quinoa pastas as well another oh instead i have an oatmeal or or cornmeal you got teff you ever heard about tef sam no i've never heard of it tam is oh sorry sam teph is an ancient powerful grain coming from Ethiopia.

And once again, I must say, it's an excellent source of fiber, excellent sources of protein, tastes really, really good. It's like it has a texture of cornmeal when you put the right plant-based milk in, you know what I'm saying?

But all these things that we speak about have a substitute for it. Even pork, bacon. You ever heard about king oyster mushrooms?

Faith, Self-Control, and Biblical Health Principles

I've heard of it, but I never heard about making bacon. Listen, all you gotta do is make nice thin slices vertically. You add your pink Himalayan salt, cayenne pepper, onion powder, and you flip it on each side until it's like a crisp.

When you eat that, bacon, man. I'm gonna try it. Bacon from the forest. I'm going to try it. I might have to FaceTime me when I take the first bite. It's really good.

What about if I want mashed potatoes? What's the substitute for mashed potato? Taro root. You can boil it, right? And I love to, my wife, she make like chips out of them.

Like, so she'll skin it and then she would chop it up and put it in the oven. And it tastes really good. Nice. Taro root. You could research it again.

I'm telling you, it's funny. All these things have the same health benefits. and an excellent source of protein. It has less starch. So you know how starch breaks down to sugar than fat.

That won't happen entirely. Very powerful. Wow. I know you mentioned a few times about your gut. How important is gut health? Listen, 70% of your immune system is in it.

A lot of people are dealing with chronic illnesses because of the gut, think about it, Colon cancer is very big in men and United States of America. Look it up.

Is it a gut? All these issues could be fixed. Think about it. Remember I said, anytime we eat something, the small intestines absorb the nutrients and bring it to your bloodstream.

But for someone who has diabetes, they eat in sugary foods, right? They eat an ultra processed foods. And guess what? That's going into the blood stream.

Over time, their blood become to thicken. Then their pancreas resists insulin. because the pancreas produce insulin. That's why now you have to go and then depend on conventional medicine, aka the insulin shots, right?

So yeah, man, it's very important. If that's not good, you're not. Right. They say your gut is your first brain. It is. Trust me. The gut-brain axis. Yeah.

So I know you have a very strong passion to make sure that people have all the minerals in their system. You know, obviously you got your product here, the Seamoss, which, you know anyone who's in the health and wellness business who understands Seamos, there's a magnitude of different nutrients in there.

So why do minerals truly matter? Oh, man, here we go. Your body's made up of many minerals. I'm not going to come up here and tell you like other Seamoz friends tell me that Seamas has over 90 minerals, not gonna tell that.

Let me tell why. When we tested the sea moss in the dry form, fresh out of the ocean, we test it for magnesium, potassium, iron, and it came back high in potassium.

Let me answer your question to why I'm in those. You know why potassium is good for you. Well, it's an electrolyte for your body. Number one, your heart functions with potassium.

And as well, do you work out? Of course. All right. Potassium is good to soothe the muscles after a strenuous workout. Iron is very important because why?

Gives you healthy skin, healthy hair and healthy nails and give you a healthy blood circulation throughout the whole body, magnesium helps to regulate your heartbeat.

Copper is a good for brain function. You know what I'm saying? That's why minerals are very important. It's most important to eat the necessary foods that have the minerals in your body already because it's congruent.

Think about it. Does Oreos have any minerals? I don't know what scenario. You don' know a scenario? I dont need it. Takis? Cheetos? No, it's not. That's why our body have these weird side effects.

So minerals is a very central key to every human's health. Yeah. Because once you know, what you're made up out of, you gonna feed your body that and enhance that.

Come on now. Why do we have low iron? Why is that America, the most number one leading cause of deaths in America is heart disease? No, the foods out here is not enhancing the heart health.

The foods that are here are not giving the necessary minerals they need for it to operate, which is magnesium, potassium, and iron. Right. So when it comes to eating, we're talking about foods, foods are going to have mineral content to it.

What have you seen in the minority communities with the stuff that minorities are eating on a day-to-day basis? I'm tired of it. Tired of, you know, when I am driving past McDonald's, there's a long, a bunch of cars on the drive-through, right?

When I, going past Chick-fil-A, Same thing. And there's like the consumption of fast food. Now I get it. In our neighborhoods, you know, there is no Whole Foods like that.

You know what I'm saying? There's no Trader Joe's, like, that, but at the same time, all these distractions around them, it goes back to the triangle.

It goes to what's being pushed, what being more marketed. I feel like it's a target. Come on. They don't make sense. How do you go to McDonald's and they accept EBT?

And all around that, McDonald's is the projects, the clinics, and the hospitals. That's what I see. But you see, in my wife and I neighborhood, you know, Williamsburg, it don't have, they have the Whole Foods and the Trader Joe's.

It's more accessible. More accessible, but I sit back and say, oh, this is unfair. I feel like it's targeted. And we, as a people, we have to look and see you, know what?

We have do better. We don' have commit the same mistakes. You gotta stop hiding behind, Oh, well, my grandfather and my grandmother used to eat like this and they're good.

Yeah. But that doesn't mean that has to be you too. It doesn' Right. You know, we don't want to fall into that trap. So yeah, that's what I see. That's why I say when I drive to certain neighborhoods, I'll see the same foods that I

grew up with that still be in today.

They got to renew the plate. You know, when we talk about people's eating habits, you got people that eat your education, right? They understand what they're putting into the body.

Then you have other people, which I have a lot of family members that do this, that your emotions, they emotionally eat. I'm stressed out. I gotta eat.

Gummy bears, I am stressed. Where are those Oreos? I might be a vegan. Eat the oil. It's time to turn on the movie. So what are we looking at here when we talk about these individuals that are eating through knowledge, education versus the ones that eat through emotions?

So I've been there. What was that like for you? Oh, man. What were the emotions looking? I mean. Wanting more, I wanted to indulge more. I want that high again of of eating good.

So like, I already ate my sesame chicken with fried rice. This is back in the days when I'm like 15 years old. And at night time, like yo man, i need something good.

I need to feel good, right? And emotions has no intelligence. If you making decisions out of emotions, it's not good right. You know, bowl of ice cream.

But I had to learn over time and I give thanks to God to, you know, he will show you that as well. Like, hey, this body's not yours, but you need to treat it and make sure that it's honored and treated well so it can honor me.

Right. Then over the time I started, He started showing me, Hey, This is good for you. This Is good. And I start to see the changes in my body. Think about it.

The question you asked me remind me of a time when Daniel when the Babylonians came to us and said, Hey, you know, You got to eat like this. But we were like, hey, we're Hebrew men.

We don't eat that because they had certain dietary laws. And they said. Right. Remember, the babylonians can eat anything they want to. They eat a lot of bizarre things.

Right? So you're going to see, even in now, people who make healthy decisions. It don't have to be, you know, water and vegetables, but other there's many ways of being healthy.

And you can see the difference in the two. Right. So with that, that distinction, I feel like the other I've been on both sides of the spectrum. You have the know your why.

Why in that way? And if I continue eating in an emotional way, where is going lead me to? Right, because life is hard.

Healthy Swaps, Gut Health, and Sea Moss Benefits

So you're just depending on your own satisfaction. Remember, the flesh is never satisfied. It's going to want more. You know what I'm saying? Think about how many people think about it.

My 600 pound life, they're eating off emotions. That's all emotion. All emotions, yep. So I want to talk about The SeaMoss product. I want to go a little bit deeper into the Sea Moss products.

What's the name of it? Faith and Roots, that's a brand and that particular one, the flavor is called Mango. It's got to be refrigerated or no? Yeah, it's gotta be refridgerated once it is open.

Once it open? Yes. So an environment like this is good. Okay. Yeah. what is Sea Moss? Sea moss, alright, I'm gonna break it down to you. There's so many different species of algae in the ocean.

This one right here is called Ikema kutini. Don't worry about pronouncing it. Ikemakutin. Yeah, Ikmak… Accelerated? Yeah. That's the… Don' worry. All I just know is…

I don't like that name. Me, ikemadakumutina. that particular species is found in Caribbean and different parts of the world. Okay. Like I said, it tested out for those minerals.

I would never come out my mouth and say hi. But how do you come across sea moss? Were you just at the beach or something? Hey, I grew up with it, man.

Oh, you grew. I grow up. My dad and uncles used to always speak about say, hey, if you drink this, nephew, make you strong son. If you eat this will make your strong.

That's how I came across it. And I thank God for it sea. Moss can be used in many ways. You can put in a smoothie. He does a hair mask face mask. Yeah, saying you can bake with.

You can use it in soups, you can put in your favorite tea, everywhere. You could use even in the ice cream to thicken it up. Wow. It's a thickening agent.

If it boosts your immunity, gives you healthy skin, healthy hair, and healthy nails. Look, man, I didn't know sea moss was so serious to the point when I remember when this young lady said she said, oh, she'll start taking sea moths from our company.

And what happened was she no longer has to take allergy medicine. I really couldn't get it. And I was like, yo, this thing is really… I mean, I would just take it on a regular, but it seemed like the algae is gonna do what it's supposed to do for that person's body.

If you congested, it is going to help you breathe even better. It's going make you take out all that excess amount of mucus out of your body You know what I'm saying?

So it's one thing to actually take the sea moss, but you don't just take this sea moths, you sell it. Yes. So how do you even get into sourcing this? Where is it coming from?

I got to say, it all came from God, because it didn't all start off like this. It was up and down. Because I had a company beforehand. I partnered with a cousin.

Then I left that and then rebranded. And then now it was just my wife and I in Faith and Roots. We got CMOS from Saint Lucia, best CMos in the world. That's what I'm saying.

We get it from St. Lucio. It gets inspected out there. They make sure they dry it properly, they clean it and they ship it right directly to us. And then you do the processing with.

But then, yeah, blend it and the mango is not concentrated. So you get the pureness of it. Concentrated means that it's stripped from its water and its minerals and vitamins.

However, this is no concentrated, not the Mango. And it doesn't have no absorbic acid. It doesn' have not natural flavor. Its pure mango. So okay, so the mango is not concentrated in this it's all organic Natural.

Yes, and then you got more than one flavor of mangoes like your flavor. We got mango We've got regular seen wash Joe, which is just you know by itself We also have purple seem all purple seen while Sam you would like it You were like, it's an excellent source of potassium.

So if you work out a lot, trust me, that's the next day won't be as, you know, irritable. Telling you, yeah, purple. But the reason why you listen, but the mango people love that one.

We didn't add no new flavors yet. Well, soon. The mango, people just the mangos, the main goes the one that hits

the spot. Right. Sorry. You got the mago, different flavors.

You decided to put this whole Seamoss together and now you guys in stores or you got selling it online? We are B2C, Businesses and Customs. We usually sell online.

Okay. So online, we do have one account in Maryland where we give them Seamo. They buy Seamos Joe from us and they sell out of their location in Marilyn.

But, you know, pretty soon we will be expanding. Pretty soon, please soon. Especially with this flavor. Yeah, I'm going to have to try that. I want to definitely have the mango sea moss.

So you mentioned a few minerals before. Are there any other type of nutrients besides the handful that you mention? Oh, man. How can I forget? Sea moss contains vitamin E, which is good for your skin health, reduces collagen, anti-aging properties.

Trust me. Yeah man, And then, you know, how does CMOS work when it comes to the gut health? Oh, it helps with bowel movement. Right. There's, uh, I have met people where they're able to have right, regular bowel movements to take in CMOSS, but it as well helps them with weight loss.

Oh really? And another thing, yo, another I kid you not, CMoss suppresses your appetite. Really? It does, it does. How much of this do you take a day?

Two tablespoons. Two tablespoon. One in the night, one in morning, and one at night. Okay. The mango, you can take it by itself, or you want to add any of your favorite smoothies.

You do the mask through and everything else? Say it again, sir. You did the masks? No, I don't do a mask. I do for the ingestion. Yeah, yeah. Nice. What's so right now, Giovanni, you know, we're talking about all this health and wellness stuff and people live in a more optimized, healthy lifestyle.

Right. There's a big movement that's happening right and I'll call Make America Healthy Again, the MAHA movement. Thank God. Which, you know, I participate very closely with the whole group.

I go out to DC, and I'm there with Bobby Kennedy, Dr. Oz and a lot of these other guys. What does Make America Healthy Again mean to you? Oh, man. It's a good time to be alive.

Finally, a group of individuals that's coming together and say, You know what? We've got to make this nation healthy. We got too. Because it's like, Growing up, I see McDonald's commercials, the Subway commercials.

But thank God for, you know, Robert Kennedy, for rising up and saying, yo, we gotta eliminate the red 40, yellow five. We gotta make sure this upcoming generation is healthy.

It makes a lot of sense. It means a lot for my wife and my daughter that possibly she could grow up in a nation that's very healthy. Possibly she can grow in the nation.

That's not process. possibly. She could go up on a mission that speaks more on taking up more fruits and vegetables. Yeah. Now, an individual like you, former military, right?

Marine Corps, United States Army. Um, one of the first things that they addressed was our own military, the food that that's been fed to them, that the M. R. E.s.

Oh, my gosh, you read my mind. The MREs, I remember my brother after he left boot camp and he was in the Marine Corps for a few years after that, before he went to war.

And he would bring home some MRAs for myself and my other brother, which were younger than him. He would bring it so we could have some fun and eat it.

You know, take the thing, fold it, put a little water, heats up, you know. And it wasn't until like years after that where I kept one of the MREs unopened, I decided to open it up and I'm looking at all the nutritional facts.

Like, man, this is borderline. Just eating straight up chemicals. The sodium content was crazy. So you as a former military, what do you think about those M. R. E.s how they used to be?

I'll tell you a personal story. I was a vegan. Yeah, I'm sorry. Oh, as vegan in the military as I am now, but classified as. We used going to film, do training and only thing I eat is that bread.

They've probably been there for over a century and that peanut butter that looked like it was old. And I used eat that, eat their mouse constipated man.

It's no fiber. And they tell us, oh, the reason why we feed you MRE. So like you, you know, get the fuel, energy you need. Um, so while you're in battle, but I'm constipated.

My bowels is all messed up. Right. You see the peanut butter and the options was limit to me. Now I barely eat the white rice because the White Rice, I don't know what that is.

I dunno where they get that from. But like I said, MRAs is a no go. I'm telling you, and then plus, can I go a little deeper? Yeah, absolutely. The water, the water tank, man, it tastes like somebody put chlorine in there, Man.

Wow. They probably did. That's probably why. Well, I was told they use that to clean the tank. You know, but yeah. And that's our own military. Our line of defense is not being able to get the defense that they need.

Right. How? And if we're not healthy, how can we defend this nation? Right? You know, talking about that, a statistic came out that 70% of the people that are the age where you can get drafted, 70 percent of those people who are that age are not qualified, or sorry, they're not physically fit to qualify to be in the military.

That's true. Listen, I must share something with you, man. I remember I was in 2016. He was overweight and every step he took, he was breathing hard in uniform.

You as a civilian, you say thank you for serving, but you might turn around. I'm not backbiting, But I am saying you would be like, is this the person that's going to defend my country?

You get what I m saying? I have seen the military men and women that were overweight, probably due to certain issues, where they were over weight. Yeah, I saw it in the fire department.

Yeah. And I'd get pissed in. The fire. Department when I. Saw people like that is, you know, it straight up tells me if I go down, yeah, You got to be able to pull me out.

You know, I was physically fit. I wasn't physically fat when I as a fighter, but I'm out of shape versus that, you know what I say? So I used to have guys that used like to eat those chocolate chip yee-hoo's and drink that and the Twinkies.

And I remember there was one time I with one of the guys, we got a fire alarm and we had to go up the stairs, six flights. You couldn't even make it three flights, that's just a lot of fire alarms.

We ain't wearing all the heavy gear. And I'm just thinking to myself, man, this dude, he needs to go on light duty, or he need to on disability. Because it's not a hazard just to himself, but it is a hazards to everybody else.

You can't even go in there and save somebody. Let alone you gotta try to save someone else, you know what I mean? That's true. So when you see people in the service like that, as much as we want to bite our tongue, We shouldn't.

It's something that can affect us all when somebody who's supposed to be serving is overweight like that. They

gotta do something about it. You know, in the Marines, there's something called BCP program and the people that was in a program when I was on duty on the weekends, they will still eat out.

So BCB program, the Marine Corps is to bring that Marine back to their their healthy way to the point today. Hi. And yeah, bro. Yeah. So Giovanni, going back to the whole make America healthy again, in your opinion, what's like the number one thing that we need to focus on to make American healthy?

Eliminating processed foods and going back to the original way of whole foods, right?

MAHA, Military Nutrition, and Public Health Reform

I'm plant based, but I am not closed minded. If you eat chicken that is not filled with antibiotics, you're good to go. You know, same for beef. Right.

We need to, eliminate processed food and processed, foods. Processed foods would cause cancer to increase in this nation. As we know that genetically modified foods will mutate cells in your body and damage your DNA.

Right. This is all to be true. But yet they still make a process. They have to eliminate. Yeah. And also, and that's also go for hot dogs, too. Salami, all of that.

That's all processed. According to the World Health Organization, any like hotdogs, sausages and whatnot are very, you know, they're very cancerous to their body.

They have all kinds of carcinogens and other cancerous chemicals in them. It just don't make sense, but it's still being sold. What does your future look like being in herbal medicine?

What is the future looks like for you? The future, what looks like for me, hopefully God willing, is that, you know, that God is able to use my wife and I to be able reach the masses of the world, to teach them the foundation.

Let's figure out ways how we can honor, by honoring God himself, honoring our health. That's the future. To be to help people, eliminate hospital bills, keep the hospitals empty.

That's that's, you know, that sort of future look like that. That what I'm seeing. that what i'm praying for. No more to help families not bury their loved ones to a disease that they could have prevented.

All right. I saw the future looking like I like. Now, Giovanni, one of my favorite podcasts is The Diary of a CEO by Stephen Burlet. He came up with these conversation cards.

So I want you to take that you're going to open it and grab a card from the middle. And when you grab a card from the middle, anywhere in the Middle, you'll read it and then answer.

All right. The person you cherish most in life dies tomorrow. You have a 60 second phone call with them. What do you tell them? So. my uncle who's my mentor, who is in Navy.

I would tell him, thank you for being a good mentor in my life. Thank you, for teaching me preparation plus opportunity. Thus, Thank You for Teaching me to aim after things you don't see.

Appreciate you and I see you in the King of Heaven. You still got 30 seconds left. And also, thank you for being there for me throughout my divorce. Thank you to teach me how to be a man.

Teach me to become physically fit. And thank You for discipling me and leading me into Christ. That's amazing. He was with you since you were a kid? Yeah.

Yeah, and he's still in the Navy. Been there since 2001. Wow. He served in Jamaica, in Jamaica's Defense Force. And then because his mom was sick, then he came to America and said, you know, I got to do some NYPD or the

navy went to the NAVY.

They've been in there this whole time. To this day. Well, that's that more than 20 years. You made a career out of it. Not too many guys that do that.

That's a lot of years of the military. You know, even when I did 12 years in the fire department, there's guys in there that go 30, 35 years. I'm like, I can't do that.

But he appreciated because when he was in JDF in Jamaica, it was. like him against the criminals. And I don't think it was rules. Yeah. He said there was no rules of engagement back then.

If he said police will come there trying to deal with the situation. But if they call soldiers in Jamaica, they know that everybody have to evacuate because anything that moves, that's it.

Wow. So he he probably happy with his decision. You're on edge. Right. No. Yes. I bet. Amazing. That's the first time anybody pulls out their card. It was a good throw.

So Giovanni, as we start to wrap up here, I want you to take just a couple minutes. And this is for the world to hear it. The world's going to here your message right now.

I wants you take a few minutes and let this come from the heart. Tell us what the problem is and the solution that you bring to our world for that problem.

I'll tell you the problem. People are forgetting the people are losing respect for God and everything and the way how they eat, the we had a, you know, their principles is off.

I pray that he used me as a vessel. to bring about the solution to let people know that, hey, listen, everything we got to honor God on what we say and how we treat others and by what We put in our body.

Yeah, the problem is people don't have respect. People don' fear God no more. You see what's going on. So if we, if humans, If we keep disrespecting God and having no fear in Our hearts, you know, we're going On a whole nother path of destruction.

Remember the devil comes to kill, steal, destroy. So if you wanna follow that path, that's on you and you receive your reward. However, when you honor God and love your neighbor as I yourself, it's me.

You won't miss out on anything. You know what I'm saying? When I say God Himself, I am talking about His Imperial Majesty, Lord Jesus Christ. But people don't fear God no more, but I pray that God use me as a vessel, my wife and I as vessel to show that, hey, trust God, honor Him with all your heart, your mind, and your soul.

Be careful what you put into your body. God doesn't want you to be sick. It's not God's will for someone to get cancer now. Come on now. What is Jeremiah 29 verse 11 says?

If you could pull it up on your Bible app. Jeremiah, 29, verse eleven. That's why I was there a little bit.

Closing Reflections and Call to Action

See. It says, and no, it's perfect. Thank you very much. And Jeremiah twenty nine verse, eleven, he says. For I know the plans I have for you, says the Lord.

There are plans for good and not for disaster, to give you a future and a hope. Come on, people. Pray to God. Leave in Him. All things are in His possible.

And if somebody wants to go ahead and they feel ready to bring themselves to the lord, what's the next step for? Find a community. That fears the Lord.

Find a community that's all about the word of God and not twist the Word of the God or come with a new gospel. find community, find the right church. And be around people who are openly willing to rebuke you, especially behind closed doors.

Rebukey in a way of correct you. Right. Because it's love. Accountability. That's key. Important. You know, if you've got the people around you that hold you accountable and you can do the same for them.

It's a beautiful thing. Dear Bonnie, if there's one person who's listening or viewing this podcast that resonates with today's message, what's that one thing you can leave them with?

Rise is the way in the truth, life, investing in health now, but later on you don't have to invest in hospitals. All right. And if people want to find you, you can find me at The Real Giovanni D.

Henry and my wife and our business page, Faith and Roots. That's where you could find us. Amazing. Brother, well, it was a pleasure having you on the podcast.

Very informative. I think someone is going to take something here with them and be able to live a healthier and better life. Yes, sir. Appreciate you.

Thank you very much for having me on. Yeah, thank you, very nice. Guys, you heard it from Giovanni. You got to have yourself rooted, right? There is a higher power.

that higher power is somebody that you have to believe in, you And we got to think about what God has put on our earth, right? The natural things on earth.

Not all this ultra process, toxic food, genetically modified where someone took what god put in this earth and messed around with it. So now it causes all kinds of diseases and all kind of other stuff to develop in your body.

Why? Guys, you know that you someone who can utilize this podcast. Make sure you share it, make sure like, comment, do all that fun stuff, and we'll see you for the next week.