## Vision Loss and MS Scare

So there's that moment in your brain we realized I want to do nutrition. Yes Tell me about that. Okay, the day that I realized that i could potentially be losing my eyesight Yeah, yeah so I remember waking up one day and My eyesight was gone.

It was completely gone in my left eye. And by gone, maybe not just pitch black, but more so, it was weird, like a smudge, a thumbprint on a window. I had no vision, I couldn't see color, and I thought I was having a stroke.

So I went to an ophthalmologist, they basically said I have optic neuritis. Cool, that's a name, you know? And they basically wanted to offer me steroids, injections, and that was it.

That was the end of that. I go back, I never did do the steroid injections but they wanted me to do an MRI to see if I had lesions on my optic nerves.

Then they tried to tell me that I have MS. They were like, okay, lesion's on the optic nerve, MS, makes sense. And I just wasn't okay with that answer and I didn't want to live my life that way.

So then what happened? So, then I sought out nutrition. I thought out muscle testing because I knew there had to be a different route. They have been a lifetime full of medicine and being in a wheelchair and physically limited.

How did you know about muscle test? Well, I looked it up online. So I basically Googled holistic nutrition. Yeah, so I wanted to learn what can I do to be my own advocate to defeat this?

I didn't want that label of MS. I did not want a lifetime full of pain. Basically going down a rabbit hole on Google, and I figured out what muscle testing was.

Okay. Then what? So then, I did start seeing a muscle testing practitioner in 2020. I didn't have really, really good results, and it was just a ton of regulating my nervous system.

## Discovering Holistic Nutrition

And I had a lot of hormone issues, had really great results. They taught me a whole lot about changing my diet, getting that all regulated. And then eventually I worked here and started seeing a practitioner here.

And that's when we really started to dive really deep into the lime. Like, I didn't even know I had lime and I was not shocked, because I've always been outdoors.

I'm always running around in the woods. camping, doing things like that. But for me, it was really getting into the deep cellular detox using cell cores products, binders, cleaning my lymph, that kind of stuff, supporting my nervous system, B1.

And that's when I noticed that this was working. Yeah. Nice. That's cool. Thank you. Yeah, there's times when we're working together and you're like, I can't see or the words are mixed up or something.

Oh, yeah. So we have to like find the next supplement to help you out. Yeah. It was crazy. My nervous system, it impresses me every day. I used to be very sympathetic dominant.

And I was always shaking and nervous and very, I mean, still high energy, but that's just me. But it was like uncontrollable anxiety. Um, didn't have control of my emotions.

My body always felt like it's vibrating. So to answer your question, my nervous systems probably 95% better. Yeah. And then my eyesight is, I would say, about the same.

95. Oh, nice.

## Nervous System and Detox Recovery

Yeah. I used to be able, like you said, in the rooms assisting you. It was crazy one day. And I told you this where I was looking at a white wall and that white was was shimmering.

it looks like TV static. and it's it scared me. But, you know, that was a very good precursor to what was going on inside. Wow. yeah. OK. So now you do pet health coaching.

Yes. What? What is that? I was so happy. And I could not tell you the excitement that I had when Joy had reached out to me and asked if I wanted to do pets.

So my goal was to be a practitioner here. But what I didn't know that the future held for me was that, I'd be doing it for animals. She had reach out.

I have just finished school. and she had said, Crystal, how would you like to pets? There's another class you can take. There is more training. And it's been extremely rewarding.

You know, I'm she had the idea because I've always with animals, volunteering, always getting beat up by animals scratched, but I love them. And and now to heal them is like the best thing I could be doing.

Yeah, that's cool. So you took classes through where? So I went to the Quantum Nutrition Academy in Orlando, Florida. I trained under Dr. Lisa Palmer.

She taught me how to quantum nutrition test, which opened up a big platform for me. You know, you're very limited when you do the muscle testing in the office, right?

I wanted to be able to reach clients in California, in Washington. So she really helps me understand how do do that.

## Entering Pet Health Coaching

So we just have to clarify the difference between what you do versus the veterinary license. So I am a pet health coach. I do nutrition response testing via quantum testing, which basically means I'm looking for weakness in your pet's body, whether that be an organ or a system or gland.

And then I find a nutritional way to help correct that, weather that's through diet changes, lifestyle changes or supplements. That's what I. Yeah, and those are the tools, diet and supplements, right?

And you're not treating quote unquote, pathology, disease, symptoms, because that's what the medical veterinary world does. Yes. But you're kind of like, more fundamental foundational in this.

It's like biochemistry, it's nutrition. Exactly. And having the body repair itself. Yeah. Yeah, I mean, if you think about an animal, they're brought into this life.

And whether you adopt them or you get them from a puppy mill or wherever you got the animal from, you're thinking, OK, right when they are young, They get vaccinated.

OK. So they get. Vaccinated right away. Then they neutered or spayed. Now you have a compromised immune system and scar tissue and inflammation and their babies, their puppies.

One of my kittens, he was two months old when this happened. They're hardly developed. Their nervous system is

not done.

## Quantum Nutrition Testing Explained

being developed and and so there's tons of health problems and the worst part is this is so overlooked by the veterinarian system you know to them this, is just such a normal thing and it blows my mind it's like these these poor and then they're giving kibble which is basically the equivalent to if we were to eat breakfast cereal fortified breakfast I ask my clients all the time, I'm like, well, would you like to eat breakfast cereal all day long every day?

You know, and some of them jokingly say yes, but then I like Okay, maybe you would. But how's your health? How would You feel you'd be so inflamed? you be constipated, etc.

Yeah. And you've given me some amazing success stories. Oh, yeah. Yeah, so give me, I'm thinking of one in particular. You know which one I am talking about?

Possibly. Say that one. Abby Norlag. Yeah. Okay. When I got the new patient paperwork, I couldn't believe what I was reading. So the owner put down she didn't jump, run, play, or move like a regular puppy.

And I like, what does that even mean? So at our new client appointment, and I asked him, like what's going on? And he basically said she was born with an underdeveloped spine.

Any time she would run or try to jump or play and mind you she's a puppy so all the time, she'd get injured, severely injured. Um, very fragile. And so he had to wheel her out in a cart just to go to the bathroom.

Recently, I had spoken to him and every time I ask him how Abby's doing, she's exceptional. She's pulling him around on a leash outside. she is running, jumping, completely mobile.

So that's probably one of my favorites. Yeah. Bill, the owner of Abby, he told me personally how much better like he's blown away by how. Much better.

Yeah. This dog is doing. He tells me all the time that that I gave that dog a new set of legs. So yeah, it's cool. All right. The thing is is, you know, I have pets.

I've had pets my whole life and they don't have a voice. They don' They cannot tell you what's wrong. And so it's amazing to me that I, through muscle testing, can kind of ask their body what is going on.

So that's why it is an extremely powerful tool. You know I like to be able to think that i can give them a voce by letting the owner know hey this is what I'm finding in your pet.

and then we take it from there. We heal the animal from their. I really wanted to understand root causes as opposed to just band-aiding things.

## Helping Pets Heal at the Root

You have a dog that's itchy and there's allergies and it's crawling out of its skin. It's causing hematomas from itching its ears so much. And I just wanted it to be a part of a solution because they deserve so better than apiquil or steroids or these really harmful medications that veterinarians give them just to mask what's going on.

I think that symptoms are messages, they're not mistakes. That's your body screaming for help. And to just give it something so temporary, it would be doing the pet and injustice.

You shouldn't be fighting symptoms, you should be working with your buddy to fix it. What's you name? Crystal. Crystal Gordy. I am a holistic pet coach and Q&T practitioner.

So what's QNT? So QNT stands for quantum nutrition testing. That is the form of muscle testing that I use to see

my clients virtually. Using fields testing field.

Correct. Yes, right So we can talk about this all day and people understand that but it's a matter of like actually seeing it and experiencing it I have a lot of clients some of them are right on board with me.

Some of love the idea of Q&T It really helps because you don't have to bring the pet here, you know, so you have extra stress onto the pad Sometimes the pets old or sick or aggressive.

So Q&T allows me to give them that biofeedback without stressing the pet out further. And then, you know, sometimes I have clients that the idea of Q & T is a little out there.

But at the end of the day, it's about the results that they're getting and the progress that their pets making. That's really what it matters. Yeah. The simplest way to describe Q&T is that it's just a form of analysis.

Yes. That can be done from a distance. Exactly. Right. And then regardless of how cool or weird or whatever people think it is, the bottom line is results.

As long as the pet's getting better, you can ignore the fact that the analysis is done