Introduction to Plant Stem Cells

What if your illness wasn't a malfunction, but a message? In this episode of Everyday Ancestral, I'm joined by Jennifer Payer, founder of Nature Provides, whose personal health crisis led her away from the conventional system and back to nature.

specifically the powerful intelligence of plant stem cells. We talk about what it means to listen to the body, how plant medicine works, not just physically, but vibrationally, and why ancestral cultures understood things we're only now beginning to relearn.

Jennifer, thank you so much for joining me. I am beyond excited because I actually don't know a single thing about plant stem cells. I don' even really understand the concept, so I'm super excited to dig into it.

But I want to start, though, with like, what was the message you were hearing when you got sick? Like, walk us through that process. Yeah, so I was in financial services for 29 years.

I had been getting messages for probably 10 that I wasn't aligned to my mission and my purpose. and I didn't see any way out. So I felt really stuck. And I first had a health crisis in 08 that led me deep into the natural world.

I literally had book called Hands of Light Fall on My Head when I had just received the news that I have bronchitis, tachycardia, pneumonia, shingles, mono for the second year in a row and finally diagnosed with chronic fatigue.

Oh my goodness. that drove me into seeking answers because the Ambien, the Prednisone, and the Xanax just wasn't working, right? So it was the conventional, here you need these drugs, you're too wired, You need to chill out, take a Xanax.

And so I just kept getting sicker. And book falls on my head. I go to a four year healing school while I was still working. Um, I did a two year study with the 13 indigenous grandmothers, which is where I really captured and embodied a lot of the, the ancient wisdom, um, that I, how did you know though, to even go that direction?

So, during the illness, one of my teachers at the healing school said, there's a woman named Florida Mayo, she's the real deal, She's The Healer, you should go seek her out and do a session with her.

Well, I looked everywhere, far and wide on the internet, couldn't find her, finally found her outta the blue one day, did a section with here, and at end of the session, I've got this class on teaching to these students with the grandmothers." And it piqued my interest.

And I said, what is it? And she said it's called the Center for Sacred Studies. Then poof, off she went. So I looked it up and as soon as the logo came up, it so pulled me in.

Books fall on my head, logos pull me. I was like, I need to go to this two-year training. In many ways though you're talking about like the fact that you even saw the book falling on your head you know and and these signs because in many, ways these, signs are always around us right but most people don't see them as signs so and it sounds like you were living a pretty practical very like unifocus life prior to that so what got you, even open to looking At life what in what way some people would call him call like woo woo, right?

I mean some People ask why this stuff is woo. But the reality is is this like I don't look at it like that personally so that's not my word, but People look it that way and it sounds like you weren't very woo before this So what kind of transitioned you to being open to this kind?

Of spirituality or this gonna different way of looking at life. I Yeah, I mean, was a kid who was so connected to

nature.

Health Crisis and Spiritual Awakening

I was outside any chance I could be outside, climbing trees, in the ditches, laying in grass, looking up the clouds, trying to make animal shapes, or looking at the stars, to find the constellations.

And, you know, super intuitive and super sensitive as a child. When I look back, totally in sync and coherence with nature, And I think that's our authentic state is, you know, in this this place you look to nature and nature has its cycles, it has all this wisdom and knowledge.

And we've become disconnected. caused me to shut all that down, right? That's weird, you know, no imaginary friends, don't talk about that. And it was about being practical.

Now you need to get a job. I ended up finding myself in finance because I was good at math. So I spent 29 years sitting at a desk with fluorescent lights above me in front of a computer and it just continued to have this major disconnect.

And I think what happened to me during those two major illnesses, the first one in 08 that I just described and the second one was stage four cancer in 2015, is like it took me getting sick to come back to that little girl who was so connected.

So talk about then what did you do? Because stage 4 cancer diagnosis, I mean, most people would see that or hear that as a death sentence. How did your hear it and then, what you did do.

What I heard, and I have goosebumps as I'm saying this, is I was at a choice point of whether I going to stay on the planet or not. And if I were choosing to say on planet, I would be supported if was willing to release this trauma.

I mean, it was living my life very appropriate, not authentic, because I in something every day that wasn't feeding my soul. It was giving me a great lifestyle, but I was so disconnected from myself.

And I viewed that stage four diagnosis. I told if you don't do these things, if don' do chemo and radiation, you will die, number one. Number two was, If you do those, You have a 23% chance of being alive in five years.

And I knew in that moment that wise intelligence that we all have, innate intelligence in our bodies, my body said, no way, you're not doing that. It's time for you to get back into alignment, back in to an authentic state.

And you've got to do this from the inside out, not the outside in, meaning I had to start listening to my own voice, to own intelligence. So you didn't do any of the chemo.

You didn' do the standard of care at all. Nope. Wow. And again, you know, the messaging, my husband was begging me, My mother was, begging, me please do what the doctors are telling you.

I said, for the first time, I've got to do, what my soul is telling me. It's not that. and I remember having this pretty difficult discussion with my Husband.

He said what if you die? And I, said that I'm dying on my terms. Oh my gosh, Jen. I'm getting chills myself because not only because of the power of what you just shared, but I, so there was this, this what I called intuitive, other people might say psychic, right?

So that I was, there's this intuitive in my wife and my life who we had known for many years and who was always very kind of very dialed in. Like she would say stuff and, share thoughts that were just like, how did you know this?

And I don't wanna, the story is not about that, but it's more about when she got diagnosed with cancer, um she had they had found a tumor and she after she got the diagnosis she went home and then she basically asked the spirits

that she normally can access she said okay what's the message here what do you want me to know uh because i'm ready to listen and i'll do whatever you say and he heard we need you to stop being an intuitive, like we need you to stop reading people and just self care, just be with yourself.

And so she said, done. That day called everyone that she had appointments set for, she gave them all up. She literally did exactly that. No joke, two weeks later when she got another appointment for them to check the tumor, it was gone.

So I'm just getting chills because sometimes I wonder if that is the message of like, you need to realign and those that fight it go down a very different path than those who just listen and realine.

So can you share more about what listening and re-aligning look like for you? Yeah, you know, I was somebody who was always in motion. That first time I got sick, it was working 20 hours a day.

I had a corporate apartment on India Street in Boston, and I wasn't sleeping, wasn' eating, was gaining weight. The signs were all there. It was overriding everything.

And then I would come home on Thursday night or Friday morning and then had to kick into being super mom. And the guilt of being gone, you know, Sunday night through Thursday or Friday, kicked in.

And so I was just living on fumes and constantly emotion. So what was required of me to get back into alignment was to stop and be still. And same thing, I mean, had a healing practice on the side while working these crazy hours.

And I had to just be in stillness, be inward, and listen to the messages. To the point you made at the beginning, James, they were there all along. I just overrode them.

Overroded them from sheer will and survival. So I was living in fight or flight. My body was like, "I'm tired. Can you just stop?" And the other thing it really required was getting out of fear.

Fear kind of shrinks our energy field. It shuts down our immune system. And so I looked at it and said, OK, I'm in the great unraveling. That's what I called that period of my life.

I am unravel the programming of no pain, no gain. Don't cry or I'll give you something to cry about. Keep pushing through. don't quit anything. All the programing that I had in my childhood.

came up and I realized at the center of all of it was this place that didn't feel worthy. So I spent most of my career proving I'm a good person, I am worthy, right?

And that's what was in the Center of It All. And I believe that is true. You know, illness, especially cancer, there are really three pieces to it. you've got an immune system that, you know not optimal, You have a toxic burden of some kind in your body and that could be emotional toxins too.

And then you have trauma. You have unresolved trauma, something that's running in the background telling you something. That's not true. So to me, I, you know, say this loud, loudly and proudly that going through stage four cancer was the best thing that happened to because it brought me into a place of stillness, moving out of being appropriate to being authentic and to living my best life with joy, with freedom, you know, all the great things.

And now I've got currency in my tank, in spirit, where I can soar now and not just be in that, you now, shut down place that I lived in for so long. incredible.

Well, A, I'm just so happy that you are around for us, not only for me to get to know you, but also for to have this conversation and that, you've learned that lesson that can impart to people.

I think this is a tough lesson for people to learn, it's so important, that realignment. So we're talking kind of

energetic shifts, mindset shifts. Were there shifts around how you ate?

Did you sleep more? What are some more practical shifts that happened? you're going to like this part. So I had been vegetarian for about eight years and I even did the vegan thing for a year and raw food for year.

And I was 25 pounds lighter than I am now. I mean, I'm a size double zero and went through menopause early because of all of that.

Choosing Alignment Over Conventional Treatment

A big piece was listening to my body and eating what my body wanted versus doing what I was told would be the best thing for me without knowing me. And so I started incorporating grass-fed, grass finish meats and, you know, whole foods.

I've started eating like my ancestors. You know I grew up with a mom who had to eat liver every week. So she said, I will never make you kids eat livers.

Well, come on mom, liver is good for you. You know, so I started buying ground beef with with organ meats in it and just kind of sneaking it into my family because they would have said like, that's gross.

I found ways to make it taste good. And so, you know I came back to I think an ancestral diet. And I think that was a huge part of my healing. And then I did all kinds of things like hyperbaric oxygen chamber, just doing different things for my body, high dose vitamin C.

The biggest thing was paying attention to the messages and listening. I believe we're all guided. We all get these messages. we've just been taught to not listen to them and to shut them down.

Yeah, to see them as messages, right? Yes, and I really feel like from 2008 on, I have been so divinely guided in my life that everything kind of just falls into place and works.

Yeah, take that in for a second, right? That there's something bigger than ourselves and that it's on our side, that the universe has our back. That's a really hard one for people to really take in.

Because we're used to controlling, right? And needing to know the outcome. And it's letting go of that and knowing. And just one other thing I want to add, because I think this is an important piece, is that our bodies are always wanting to be in balance.

That is our body's natural state is vital and healthy and in flow. And one of the things I started doing as I was healing was thanking my body. Imagine that.

Giving thanks, having gratitude. Thank you for carrying me every day. I was a rough and tough tomboy. And I'd get kicked in the throat in soccer and I get right back up and, you know, I'm like, wow, thank you.

For all the abuse you've endured with my sports and my, not listening and over, under eating and overexercising and all of the things. And just even that allowed me to reconnect to my body.

So, you know, what they tell us is, oh, cancer is your body attacking itself, autoimmune, our bodies don't attack ourselves. Our bodies are always trying to give us messages to be in coherence.

That's a really nice change, you know, different way of looking at it. You know I, I'm feeling called to share this, but so my daughter's been really struggling for the last week really, for last five days with this nausea and this stomach something was going on.

I don't know what it is, yeah, just did not feel good particularly at night. And last night, I was reminded, I suddenly had this strong feeling that I'm gonna walk her through healing process.

And so as she was kind of falling asleep, and I whispered in her ear and was walking her though, I want you to breathe into your body, release things and like basically brought this healing gold light, you know, what some people say is God or like, just like reminding her that her body wants to heal and that she is a healer.

And like literally did a creative visualization of that process and then as the light is filling her, body like thank it, be grateful for this healings.

That's what made me, when you just said being grateful, for your buddy reminded me of what I did last night. and no joke Jen she woke up like feeling and I even told her I set her up I said and you're gonna wake up feeling energetic and alive and ready to take on the day and You're not gonna even remember feeling ill and sick and your gonna be so vibrant and she totally woke exactly she was beautifully fine today.

So you're just reminding me of like, you know, shifting that energy to, to like bringing lightness into the body, Shifting the perspective, being grateful.

These things are real. They are not this woo woo kind of, like oh, that's for someone else to do. It's like I welcome everyone to try it because it is life changing.

Yep. And knowing that, right, and trusting our bodies, again, you know, in my generation, I was taught to disconnect from the body. And it's fascinating, because I'm in the healing space now, on the natural healing place.

One of my favorite people, Dr. Zach Bush, says, we're all going to die. We all are. and yet we spend most of our lives not fully living. And that really has struck just an energy in me to say, yeah, when you're not yourself, When you not trusting your body, you are not fully living.

That's who we are. If you believe we're souls having a human experience. I love Zach Bush as well, but we got to get him eating meat again. He was like, not eating meat, but tell me, where did plant stem cells come in?

Can you talk about that? Cause I remember when you shared that with me when we met, I was, like I don't even know what that is. How do you get it? Like I had no clue, But it sounds like it's extremely powerful, therapeutic support system for the human body.

Yeah, let me tell you what they are, then I'll give you a little bit of the history of them. So this is what the look like. They're a tincture in a body.

The plants come from the new growth on the plant in the springtime. It's like a sprout. Yeah it's the little buds on trees. And that bud contains an undifferentiated aspect of that plant.

You know, like in an essential oil, you're getting the leaves of the eucalyptus tree. Well, here you are getting entire potential, the undifferentiated part of plant before it becomes a stem, a leaf, flower, root.

And so you getting all of vital energy of that plant. At its most vibrant part, right? Vibrated in the springtime, before it opens up. And so they have a biologic impact in their body, so physical impact, and they also have an energetic because of that new growth potential.

So all of the plants that we use are growing naturally in Italian Alps, which is very clean, very pure. pristine parts in our planet, no heavy metals, not sprayed with anything.

And because you're getting that new growth, it hasn't been weathered by life like an adult plant has. So I use two analogies. One is, you know, we know broccoli is good for us, but broccoli sprouts contain something called sulforaphane in abundance that's really good, for people with cancer and chronic illness.

Same thing, an adult plant works for us, you know, in a tincture form, but in this form you're getting just pure consciousness, energy, vitality, and you are getting healing properties for the body.

every aspect of the plant, kind of like you talk about eating the whole animal, nose to tail. It's the same thing with these, is you're getting every aspects of that plant in that vital phase.

So we actually have a group of botanists who have to go identify the plants, because it's just literally growing in the wild. And they identify that plan, and then they pick those buds by hand, They never pick more than 20% because we don't want to harm the plant.

We want it to thrive. And then within a couple of hours of picking that bud, they have to get down off the mountain and get them into organic grape alcohol and glycerin, which is what extracts the active principles from the plants.

So it macerates for 30 days.

Healing Through Stillness, Gratitude, and Food

And then we have a spagyric process, which is an ancient alchemical process 400 years old, where they take whatever plant material hasn't broken down in the maceration process.

They press it, they burn it in 120 degrees Celsius oven. really hot and they extracted the cell salts and the oligo elements from that plant and then it has a natural spiralization process like a thousand times a day so it becomes super bioavailable in the body.

How was that discovered? Is this like an ancestral practice, a healing modality, or how did they know to do that? That's the history. And it's, again, divinely guided on how these plants found me.

But I started doing research, and there was a woman, Hildegard of Bingen, who was born in 1108, in an 1158 or 59, she wrote a book called Physica, And she talked about the buds of eight trees.

And it's fascinating because she was considered the first true naturopath. She would tell people, drink clean water, eat clean food, get out in the sunshine, right?

This was back in 1158. and then she talked about the buds of eight trees that she said could bring full healing and vibration to your body. And then for 800 years, you can't find anything, nothing, in writing anywhere.

In 1958, a homeopath and an MD named Dr. Paul Henry found them and started experimenting with them, and said, wow, these are cleaning up the liver and the kidneys and organs in the body.

This is interesting. And then his student, Max Toto, who is probably the most well-known, said well, wait a minute, no, this is cleaning the cells in your body, not just the organs, but the cell.

For people with chronic illness, This is really important. And now today, probably the most famous guy is an Italian who's in Romania, of all places. He's saying, no, these are cleaning up the metabolic issues in the body.

They're cleaning the mitochondria. So they work on the cell, the tissue, and the organ. And I personally, my belief and what I've, when I listen to these plants, what they've told me is we are coming out at a time where the world is the most toxic it's been.

You know, we've got air, food and water, all toxic. Emotions, toxic! We're in the great divide, right? Get triggered easily. In these plants, this is what they specialize in, is cleaning up.

They're known as drainage remedies, so they're cleaning that toxic burden in that body, even the emotional, mental, and spiritual aspects. and they are cleaning up the fascia, our extracellular matrix, bringing that into coherence, which is our communication network.

And then the last thing they do, like a human stem cells, they regenerate things that are broken down in the body. So they're pretty magical. Wow. Did you use some of these stem-cells, the plant stem cell to heal or is this

something you found later?

Yeah, no, so big cancer journey 2015. I was considered in remission a year later. In 2018, my cancer marker started going up, which is a classic sign of reoccurrence.

And I'm like, I am done with this, complete. But there was still something out of alignment. I was still trying to figure out my purpose. And a friend called me up and she said, why don't you come do a session with my husband?

And I said okay, great. So I did. It was a great session and at the end, he brought the stincture out and he said this has saved a lot of my patients lives.

I'm like, oh, that's great, what is it? And he said, embryonic plant stem cells. And James, I felt like I was struck by lightning. I don't know how else to say it.

And he's like, whoa, calm down, come down. And that was in October of 2018. He said, there's a training coming up in January of 2019. Why don't you see if you can get invited?

I said all right. It was for doctors and I'm not a doctor, but holistic health practitioner. So I got myself invited and on the last day of the training, the prior owner said and, I am going to be selling the company.

There comes that same sign. And I get to the airport and called my husband and I said, we're going to be buying a plant stem cell company. And he said you are never allowed to go to another training event again.

What are you talking about, lady? So I came home and I said, This doesn't make sense. I'm a finance person. And I meditated for two months and then I called the guy who taught the class and they said put me on a protocol, I got to try these.

Two months later. So you wanted to buy the company and you hadn't even tried it? No, because we had a week long immersion class with no product. Right, and I'm an experiential learner, so it was all up here.

One week of training, he puts me on a protocol and two months later, my cancer markers are back in the normal range. So I did what any ex-banker would do.

I picked up the phone and called a psychic. And I said, Elena, I am thinking about buying a company. It doesn't make any sense. And she said, Oh, Jennifer, I see lights coming into the body, cleaning up the debris that's not supposed to be there and returning the original blueprints for that person by the company.

I said okay, great. Thank you. Click. And that was it. I kind of left brain most of my life. I'm like, well, you know, I know I get these signs, so I'll just do this.

And in August of 2019, became the steward of these amazing plant stem cell remedies. and I've seen nothing short of miracles with people and working with them and in my own health.

Haven't been sick since. Yeah. What are some of the miracles you're seeing from customers? you know, acid reflux, like gut dysbiosis, parasites get cleaned up, joints and muscle aches and pains, arthritis, cancer.

There are some great plants for cancer, and the reason these plants work is if you look at the Materia Medica of adult plants, we know plants have an affinity for different organs in the body and different systems in a body.

Like, you now, most people know milk thistle is good for the liver. And so it works the same way in the baby plant world, in this space with the plant stem cells.

So this new growth has the stem cell of the plants, but also has polyphenols, it has exosomes, peptides, all the things that we are isolating now for supplements are all in plant's stemcell tincture.

And so they can pretty much work on anything. Allergies, phenomenal for allergies, histamine reactions. So they're pretty incredible. It's fascinating because, well, first of all, let me ask this.

You mentioned the eight trees, right? So do you, is there one tingshu that has all eight? Like explain that like, cause do understand that piece of it now, now that you own the company and you've kind of dug into it more?

Cause I'm really curious about that. Like it's almost like here's the tree of life. You need these eight and yeah, you find absolute connection to. Yeah, well, we have about 90 single plants and about 30 complexes.

So a complex is just a grouping of plants that play well together for a particular issue. We have something called allergy lift. And that one's fascinating.

This is a great story. Our scientific director said, if you take allergy lifts long enough, you will overcome the allergy, kind of like getting an allergy shot.

And I said, that's interesting. So I mentioned it to my brother who has lived in Japan for 28 years. And his wife, Japanese, was allergic to shrimp. That's not a good thing in japan because you have shrimp all the time, right?

So she stopped eating shrimp at age nine and she was 41 at the times. This was about four years ago.

What Plant Stem Cells Are and How They Work

And she took it upon herself to just start taking allergy lift this complex of plants and she take it for five months and it wasn't even really thinking much about it goes in for her annual checkup.

And the doctor is going in and out of the room with her and he's like scratching his head and She finally said is something wrong. Like, she got scared for a minute.

She's like, is something the matter? Is something wrong? And he goes, this doesn't make sense. You're not showing an allergy to shrimp anymore. This isn't possible.

And so she's now going to be 45. she is eating shrimp. No issues. So it's really fascinating, right? You know how when you give the body what it needs and you clear out of the way what's in the But in a sense, it's almost like you're saying that nature will like, all we need to do is get in sync with what nature already provides.

And guess what the name of my company is? Nature Provides. I did not plant that for you either. I know that was perfect. Yeah. No, it's true. You can look to nature and you see the cycles and plants find a way to survive and thrive despite wind and floods and droughts and they communicate.

They have 22 senses. So plants are very fascinating. They're alive and they have a consciousness and an energy. And what I was taught when I worked with the grandmothers, this ancestral wisdom and what the indigenous know is that plants have been around a lot longer than people.

There are elders, there are teachers, and there showing us how to come back to our core. Well, and it also speaks to something that we've talked about on previous episodes, which is when I had a few people around plant medicine, like specifically like ayahuasca, those kind of plant medicines.

And we were talking about how the plants in the DNA of the plant is, is history in time. Yes. and knowledge and that your point that if you serve the plant, if get in congruence with the plan, you served it, honor it.

Yes. That it will provide you those answers. Yeah. And one of the things I learned from the grandmothers too, is if you take a seed and you put it in your mouth, you're giving that seed your DNA and it will grow exactly in a way that you need.

I just, I still today that I am so amazed by that. So as a gardener, do that when I plant seeds. Wow. You stick them

in the mouth and then plant them.

Yeah. And I, and I did it with, you know, when my kids were younger, I was like, all right, this is your plant, PJ. Okay, Katie, This is Your Plant, okay, Ben.

So it's incredible. Yeah, so they're, they are carriers of information, just like water. These plants have structured Water in them in the buds of a plant natural structured water and a couple years ago or scientific director was walking by his lab and one of the test tubes lit up it was this fluorescent blue kinda like this color here.

And he said, oh my gosh, what is this? And, he put it under a microscope and he saw these dodecahedron shapes. A doedecahedron looks like a soccer ball.

And He said what, is, this and so he started studying it and He saw this fluorescent light coming out of the water from these plant buds. which is insane, right?

And that, you know, when he told me that I said, that explains what the psychic said all those years ago, is that light, they're bringing light into the body.

They're bring that informational, generational information into body so it can heal. Oh, incredibly powerful. Okay, couple of questions. are there any downsides?

Or is it one of those things that because it's from nature, you can take it and it either gonna work for you or not, but it not gonna hurt you? Yeah, I had this theory that you couldn't take too much, You can.

I took some nice in one day and I probably had the smudge left in the bottle, probably about 80 drops. And I kinda just poured it in my glass and drank it, and had it nice and flush.

That happened to me probably 20 years ago when I took vitamin C, because the plant that I take, blackcurrant, is full of vitamin c. So I caused a chemical reaction in my body.

It went away in 20 minutes, but not what I'd recommend. I'm a big believer less is more. And again, it's information, its light, and it has a physical impact in the body.

I just turned 60, I feel like I'm 30. So this coming from… I didn't know you just turn 60. You look 30 in real life. Yeah, that's incredible. And I feel it, you know, and that's the big thing.

You know I have a healing practice here in Charlotte and I was meeting with a woman, she's 67, so we're seven years apart biologically. And she made the comment to me, wow, I fell like I'm 100. So we are 70 years and how we feel.

And I feel vibrant, I have energy, and I don't get sick. I've been working with these plants now for six years. When I say working, this is the woo-woo part of me, out myself here.

When I worked with the grandmothers, they gave us a reading when we were graduating, and one of the grandmother's told me, she said, you're a spirit guide, your medium, channel information.

And the plants started talking to me. So I can sit with somebody and the plant will tell me which plants will help that person come into their full divine blueprint.

And it's a kind of a strange, unique, but lovely thing. And they guide me. So I really do look at them as elders and guides. It's fascinating with what happens on our planet.

Different plants kind come to the forefront. Right now, you know, lemon tree. Uh, has kind of been at the forefront for the last five months and lemon tree creates balance in our pH.

That's the physical, right? It helps with digestion. that's physical. But it also helps us digest what's happening in the world. and very uplifting, right?

And right now where it's so polarized ends with the politics and all the things that have been going on in our world for the last five years and lemon tree's like, I can help bring people back together.

I could help uplift them and remind them that we're all connected, we are all one. And so that plant has been at the forefront and there have been a few others.

So I'm excited to see what happens in 2026 because the energies are changing, right? Where we finished a cycle, nine, if you add up two plus two, plus five for 2025, that's a nine cycle.

We've been completing patterns, completing things we started 20 years ago. And we're coming into a one, which is the sun, aligned to the Sun energy. So we are in new beginnings.

It would be interesting to see what humanity does in this pivotal moment. I know where I'm taking in a completely different direction, but it's all guidance from the plants.

Yeah. Well, I was going to ask you, is that an example of vibrational medicine? Or how would you describe vibritional medicine. Yeah, a hundred percent.

That's the frequency of these plants from the spagyric process to the cellular water in the plants to what they contain in them. They are bringing our frequency up.

And we need it because the Earth's frequency is changing. We're getting all these solar flares that are changing the frequency. The Earth frequency has been at 7.83 Hertz for forever, and now it's changing in big ways.

And so we're changing and big waves because we are connected. And of course modern society, the life we're choosing to live in, it's like that's also potentially out of congruence with what our bodies would normally be familiar with.

So we have to adjust, we either have adjust the lifestyle or we just have the tools that we use to support us in that lifestyle. Yeah, I mean our ancestors used to get up when the sun came up.

They would be outside in nature working, they would come in, eat a meal and go to bed when the sun went down. They didn't have electricity and they'd eat local.

So many things we've gotten out of congruence with. One of my favorite books is by an author named Richard Love who wrote a book called The Last Child in the Woods and he coined this phrase, nature deficit disorder.

And he said, we are becoming so disconnected to nature that it's affecting our neurology. It's effecting our biology. And when you have a baby, babies crawl first and then they walk.

In the babies that skip the crawling phase, which is rare, but it does happen, they miss synapse connections in the brain.

Ancient Origins and Modern Uses

So same thing, when we don't connect to Nature as young children, We're missing synapses, memory, ancient memory that doesn't get passed on to us. And then the other term he coined was nature knowledge deficit.

He said we don't even know where our food comes from, right? And especially in North America, we eat whatever we want whenever we wanted. We can eat bananas in December and January and pineapple and anything, and it's throwing us out of our natural cycles.

Yeah, I mean, what I love, too, about what you're introducing around plant stem cells is, you know, plants in general and certain diets and on social media now are really getting a lot of hate, right?

There's a lots of people saying, don't eat this, all these things that people historically have been told to eat a And I think, well, let me ask you, what do you think the biggest misunderstanding people have about plants?

What do think that is? You know, it goes in cycles, right? I think people are now getting fearful of plants. So high oxalates, high this, hi that. And yes, there are circumstances of that, but I the biggest misconception of plans is that they aren't alive, that aren's working with us on some level, they don't have a consciousness, just sitting in a pod or just growing out in nature.

You plants do have consciousness. Just like your animals' plants know when you leave your house and when your coming back. And we know that now because they've put electrodes on plants.

In this book called What Do Plants Talk About, this scientist started putting electrodes in his plant and he tore a leaf off. And you could actually see the fear, like the Fear was showing up in the machine where he was tracking what the plant was feeling.

And then he lit a match on one of the the leaves same thing it reacted in the same way and so then He stopped torturing the plant if you will and he just sat near it with the lighter and The scissors in his hand and the plan reacted the way even though he wasn't actually cutting it almost like it had trauma It had trauma and it knew it was bracing itself.

It knew something, you know, something was coming. And the other thing is there are machines that you can hook up to a plant and that plays a song. So, again, everything is energy.

Everything is consciousness and plants have a consciousness. That's why I, you know, as a reformed vegetarian vegan, and I look at when people say, oh, I don't eat meat because it's a social issue or it is this.

Well, guess what? You're killing a plant too. Yeah. It's the same consciousness, you know? Yeah, I'm always saying that. I equally always say that, just telling people that no matter what, if you're eating something to live, then that means something is dying for you to do that and it even extends, of course, to when you are plowing the fields of those plants, the animals that die from the ploughing.

So there's always something. And that to me just kind of, Is even more food for thought that it's important to honor the process of of life, right? The cycle of Life that if whether it is a plant, an animal that you should honor that is giving itself to your survival.

Yes. Yeah, they're in service to us, right? Yeah. And, you know, gratitude we know carries an energetic, frequency, a high one, and imagine if you're giving thanks to your food.

You're blessing your food. No matter what you're eating. Um, when I work with each plant, I think it's just like, my body every day. Now that's one of my rituals is I thank my every for caring me, for creating the brilliance of life.

And I, the plants and I the animals, you know, it, to have, cause it creates an energetic frequency, a higher one. Yeah, I really appreciate this conversation.

I'm wondering if so, if someone hearing this conversion is just inspired to go to the site to purchase some of the stem cells, is there some place, like where does someone start?

Is there like a blend that is this kind of good for everyone to try or is it more, there's a different process? Yeah, so, you know, I think there are three areas of the body that need the most support right now.

Our central nervous system, because as a society we're living in fight or flight. If you don't resolve the central system and get it out of that state, it's really hard for the bodies to take anything in because it doesn't feel safe.

So I think anybody can, you know, do that. We've got a complex called Stress-Free that's really good. It's got all the plants in there that help calm the nervous system and bring the system back into balance.

The lymphatic system is the second system that I thing needs support because we're not moving as much as we used to and we all need lymph support. And then the third is The Liver.

you know, with the toxic burden we're carrying. So we've got liver detox, lymph health, and stress-free. And I think those three, anybody even totally healthy can benefit from those plants.

Again, it's helping to evolve your consciousness, your own frequency, or vibration in your body, And it is helping those systems physically in the body.

You can find those on health.nature-provides.com. Excellent. And it's, what about for kids? They're okay for kid, I assume. Yeah, I've used these with two-month-old kids.

I use them with animals. And I have a chapter in my book that talks specifically about animals, and I used them I think as old as 95-year-elderly. You don't need a lot with kids, so with a seven- or eight- year- old, a couple of drops, two times a day, there are, believe it or not, 1,875 drops in a bottle.

Ask me how I know that, because we got that question so many times. How long will this last? So at that rate, a bottle would last you about six months.

These have a 10 year shelf life. So they last forever. And, you know, they're safe to use. With people, I've had people that are alcoholics or don't like alcohol.

these are in organic grape alcohol and glycerin. That's the only thing in the bottle besides the active principles of the plant. I tell them heat up some water, not to a rolling boil, but hot.

You can put the tincture in there, let it sit for 15 minutes and the alcohol will dissipate and you're just getting the active principles of the plant.

What is inherently then the difference between plants themselves and taking them and essential oils? Is one through olfactory and one is ingested? Yeah, so the way I describe it, because I also work with essential oils, is I use essential oil outside in.

So yes, they're going through the limbic system in the olfactory, but I typically use them more topically.

Stewardship, Results, and Closing Reflections

If somebody has a wound that's not healing, I can work on that. They have sinus stuff, you can with that, And I consider the plant stem cells as inside out because you're literally changing the old patterns, the mindset, they consciousness and the physical vehicle that we all show up in every day.

So they're an inside job and other ones are outside to me. But they can coexist basically. Yeah, and that's the best thing about plant stem cells is they can coexist even with pharmaceuticals.

They can co-exist with other supplements. Um, they play nicely with all other things because they are bringing coherence and frequency into the body. And so I have people come to me and say, I've been on a statin for five years.

I want to get off. And I always make sure they're working with their doctor, but I'll start them on two or three. And before you know it, they don't need the statin anymore.

And so then they can come off. Same thing with heart medicines. I've seen it happen over and over again. And allergy meds and acid reflux protein pump inhibitors.

So that's the beauty is they will start to create that coherence and then the pharmaceutical or whatever else they might be utilizing, just they don't need it anymore.

When I bought the company, one of the messages that I got from the plants was, you don't own us. Humans like to own things. We say, oh, I own this land.

I owned this. And their message to me was you're not the owner of us, You're the steward. It's a very different vibration and frequency. And they said, your role is to get these out to the world at a time where the word is so toxic and needs the support and to help the shift.

And so I took that seriously. I wrote a book. There are about 10 books still in publication, but they're very hard to follow. They're either too scientific or too basic.

And so I wrote a book called Ancient Plant Wisdom, and I have a mini materia medica in the center to tell you what each plant does. And I filmed a documentary.

I'm like, okay, I am being a good steward. So I've done two pretty big projects this year that came out. Our documentary just won five more awards, so we've won about 18 film festival awards now.

And I think it gives people hope that, you know, a stage four diagnosis, the serious diagnosis. You can shift it. It requires a shift in mindset, it requires the shift and behavior.

And as Dr. Joe Dispenza says, why do we wait until we get sick to change? You know, I was one of those people that waited until I got sick to change, but now I feel fully aligned to my mission, my purpose.

I fell vital, vibrant. And so, keep going. I love it. I remember my question. Wow. There's nothing more ancestral than that. It's nature being able to help you get off of some of these modern pharma, you know, like nature winning out.

So final question, I've been now asking everyone this, if you could wave a magic wand and bring back one ancestral practice, what would it be? gratitude for all things because we know we're connected to everything.

Love that. Jen, this has been a phenomenal conversation. I really appreciate your time and I'm just so grateful that we were inspired to have this conversation today, you know, that, we hadn't connected the dots, because we've known each other for a bit.

And like, I'm shocked we didn't connect the knots, right? To be like you should be on the show. But I am so glad we made it happen. This has been a real gift.

I m really excited to share this with everyone and I've gotten a lot from it. So I really Really appreciate you and looking forward to what's coming in the new year for you.

And congrats on the book. Congrats on a documentary. It's just, it's, huge. it is a huge gift when something that people could interpret as a death sentence shows up and you reinterpret it as a way as an opportunity to change and then look at what this change brings.

A new company that's supporting so many people, a documentary that supporting people's health and a book as well. It's like the bounty you have created from what most people would see as like I said a death sentence is really inspiring.

Thank you. Thank you, such an honor to be with you. I love what you're doing and you know, you have a big mission as well. So I loved that message you are getting out to the world.

Thank You. Well, and thank you all. This is once again, I'm just so grateful to build a talk with the guests and share these interviews with You if you enjoying them.

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we really do read them and and just we're so grateful for your for Your continued support and getting these messages out So thank you all and as I always say stay curious Thank you so much for joining me on Everyday Ancestral.

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