Introduction to Real Bread and Health Stories

I think that's what so many people don't realize too. Another big. The short stories are hundreds now. Those are so amazing. I mean, in a matter of two, I mean, I have my own war story.

My son's warts went away and he had had them for five years, the first month of making the bread. But we have hundreds of short stories and a lot of times that's why somebody gave somebody some bread because their child was struggling with warts.

But the most incredible was years ago in Richmond, Virginia. A mom came to hear me speak. I shared my short story. Two people shared their war stories that had come, and she came to me with tears.

Her daughter, her 17 year old daughter, had over 500 words. She had gotten them when she was 12. They burned them all off. But warts are a virus. Just taking off the manifestation of them doesn't do anything for the virus.

And welcome to Doctor Talks, the podcast where every episode leads to a healthier you. Join us as we navigate the world of optimal health, uncovering groundbreaking strategies to conquer chronic disease.

In each episode, we'll bring you the latest insights from leading health experts, medical innovators, and wellness warriors. If you're seeking to transform your health journey, or if you're looking for answers to burning questions, you've come to the right place.

Get ready to unlock the secrets of lifelong health and vitality. This is Doctor Talks real talk from real doctors only issues that matter to you most.

Welcome to Vitality Made Simple. This is the podcast that equips you to feel better, look better, and to enjoy better relationships. Life is all about relationships.

We want to feel our best so that we can invest in the people in our lives. Well, it's a joy to welcome Sue Becker. Welcome, Sue. Thank you so much for having me, Debbie.

It is just such a privilege, an honor to be able to speak to your audience.

Sue Beckeru2019s Background and Bread Beckeru2019s Mission

Oh, the honor is all ours. And and folks, today you're going to probably end up a little bit hungry. You're going to gain a lot of clarity. I do know that this may everybody may not fall in line with what we're talking about today, but this is going to be a perspective that but I think we all need.

And Sue has a company called bread Becker's Sue Becker Bread Becker's. And she is a food scientist. She actually worked for Kraft for almost five years.

So she's had lots and lots of experience in the food industry. She has nine children, and at last count, I heard you had 18 grandchildren. Yes, number 19 is on the way, and we just recently found out we're going to be great grandparents at some point this year.

So yeah. Oh that's great. And and I don't know if we'll get into. But when she talks about how her kids have not been sick I mean you're going to be so impressed.

So we're going to talk about real bread today. Real bread. And and we're going to differentiate between what you what's in the grocery store. Yes. So I love it, Sue, that you're coming from a scientific background, from the

background of boots on the ground.

Mother. And then of course, you started a business in 1992. So now you have thousands of testimonials from people. So, so first of all, tell us about your bread.

It's just so different than anything else that we've heard. Yes, yes it is. And you know, you mentioned that I was a food scientist and I was I graduated from the University of Georgia, studied after I graduated, continue to study healthy eating and biochemistry.

And that was my jumping off place. But in 1991, I was introduced to a healthy eating concept that radically changed my life. I was through a medical publication, and I was introduced to the whole history of flour milling.

What began to happen in the early 1900s to our flour and our. And then, of course, our bread. So with the, you know, flour spoils. And that's one thing people don't understand.

Grains are one of the most nutrient dense food God has given us. Genesis chapter one, verse 29. He gave us two kinds of food plants that bear fruit for our food.

So those are your fruits and vegetables. But then he gave us plants that bear seed for our food. What's the difference? Fruits and vegetables. Wonderfully nutritious.

We should all be eating them, but they spoil over time. They decay, they rot, they lose nutritional value. We may not be seeing it, but every day they're stored in the refrigerator or on the counter or even on the tree.

They're losing. Not so with grains. Grains are storable because they're the seed. God created them that way. So we would have next year's crop so left whole and intact grains like wheat and spelt and barley and corn are storable.

But what happens when you mill that into flour? All those nutrients, all those vitamins, all those minerals are now exposed to the air and a process known as oxidation begins to take place immediately.

You don't have to be a food scientist to understand oxidation. We've all cut an apple, cut an avocado and watched it turn brown. That's oxidation. What we don't see, just like with those fruits and vegetables, is the loss of vitamins and minerals.

There's some discrepancy as to how much is lost, but nonetheless that flour loses nutritional value. But it spoils. And prior to the 1900s, people knew this.

And so they made their own bread. They milled their own flour. All our communities were built up around the local miller so they could go get their flour more freshly milled, made their bread.

But someone discovered if we. Because when you mill it into flour and if you've never done that, the bran, the outer portion of the grain and the germ, which is the interior where all your vitamin E and those fats and oils are when you mill it, those stay a little bit coarse.

So in the late 1800s, early 1900s, they discovered that they could sift. You know, we've all seen Grandma Sifter. Probably you can sift those coarser parts out and leave just the white flour portion.

So it led to the invention of the steel rolling mills that would sift the brand and germ away, producing this long lasting white flour that, for all practical purposes, is nothing more than protein and starch.

All your vitamins, minerals, fiber, your fats and oils are in that bran and germ portion. So wonderful discovery. So we thought and eventually the the local millers went out of business.

Everybody was like, Hallelujah, I don't have to mill my own flour anymore. So the steel rolling mills took over the

market and white flour, white bread became food for the masses.

How White Flour Was Processed and Enriched

So the first time in the history really of the world, white flour was the food for everyone. So what began to happen, though? They thought, this is a wonderful discovery.

You know, technology and improvement and industrialization. Three diseases became epidemic shortly after the white flour, white bread took over the market.

Berry berry, which is a vitamin B one deficiency. It's a nervous disorder. Pellagra is known as the disease of the four days. It's dysentery, dermatitis, skin issues, bowel issues, mental insanity, and ultimately death.

People were dying from pellagra, and this was something that they had not seen before. In fact, the first year that pellagra was discovered, 30,000 cases that first year.

And it was actually right here in Atlanta, Georgia, near, you know, where I'm from. And and then, of course, anemia was another issue. No one was expecting this.

And it puzzled health officials everywhere. And eventually they traced it to all those B vitamins and iron and the vitamin E all being lost when they sifted the brand and germ out.

So health officials went to the Miller said, you gotta put that back in, you know, put the brand in, germ out. We can't do it back in. We can't do this.

And they were like, nah, we've we've found another market and I love this. Know that sarcasm, the love, the byproducts of the food industry. So they said no, the the brand and germ are now byproducts of the milling process.

And we're selling that to the cattle feed and animal feed industry, which is still done today. And they said, so we're not willing to give up that very lucrative market.

It would take until 1948 for the government to step in and mandate that they had to do something. They had to fix the flour. So they chose to enrich. And it was government mandated.

They had to and they had to put three B vitamins B1, B2, B3 and iron into the flour. Problem is they're using synthetic vitamins and iron and and you know, this was something that was so interesting to me as a food scientists studying.

I mean, my degree is food processing. Everything you do to help that food sit on the shelf safely and without spoilage. So when I would read that word enriched with with all my background, it didn't dawn on me that this wasn't a good thing that the food companies were doing.

Whereas I thought, oh, us food, you know, we're US food scientists. We're helping you. We're making this flour better. That's not the case at all. For the 35 to 40 nutrients that are lost when you take the brand germ away, they put four back in three synthetic B vitamins and iron.

It would take 50 more years, 1998, for them to watch the rising incidence of neural tube birth defects for them to go, oh, we got a problem. It might be the missing folic acid or folate is the natural term.

So now we're putting a synthetic folic acid into the flour. So and that's created a whole host of other problems. And if that were not enough then you know the residual oils that were in the flour, you know just from being processed with it, they started turning yellow.

So maybe we better bleach the flour. So a product called nitrogen trap chloride was used for more than 40 years

caused. And they took it off the market because they found it cause seizures and hyperactive tivity in dogs.

So but a chlorine derivative is still being used. Benzoyl peroxide is another bleaching agent that causes respiratory issues and destroys B vitamins and vitamin E.

And then of course potassium bromate is a diet enhancer. So these are where how we got here. And the difference I hope you can see in the bread in the store.

And wheat is very significant. And that's what is so sad to me is because everybody has jumped on the bread is bad bandwagon and they're not. And, and then they've, they've linked that with wheat.

So wheat is inflammatory. Wheat is causing diabetes. Wheat is this wheat is bad. Wheat is causing bowel issues. They're not differentiating between that stuff in the store and the real whole kernel of grain, wheat and part of the problem too is so in the when in the 90s, when whole grains became popular, you know, some company started doing 100% whole grain bread.

Well, another thing I don't think people realize is when those steel rolling mills came on the scene, it displaced the big, you know, whole grain stone, whole grain mills.

So now to make whole grain flour, they put some of the brand and germ back into that white flour. According to a government standard. Supposedly it's recombined to the original, but who knows.

But then if you read that label, they're adding all kinds of preservatives and and extra protein, which is called the protein in the grains called gluten, they're adding extra of that to that 100% whole grain.

So people are buying that and they're not seeing any difference. It's still inflammatory. And it's because it's not the same as milling that grain fresh and making all of your bread with that freshly milled whole grain.

Does that make sense? I hope it does. And and it saddens me because wheat and grains, whole grains, are the most nutrient dense food God has given us.

He gave it to us in the beginning. Why? Because it was a reliable food. It was a storable food that did not lose its nutritional value. And you know what did he tell Joseph to store for the lean years that were coming?

Grains. And it saddens me to see bread getting such a bad rap. I understand, but real whole grains are a totally different, different story. Exactly. And I really appreciate that you started with that story, Sue, because I don't think people know that.

I think we just think whole grains and and I don't think people even realize that a lot of times you see wheat bread in the store and you assume what's in it might even just be caramel color.

And in looking at the history of white flour, you see that? And not only, did they refine the flour, they solve their pest problem in the factories because the pest mice and rats didn't want to eat the flour once it was white flour.

Correct. Exactly. Yeah. Yeah. So, you know, there's a scripture, I think it's Proverbs 412. It says there's a way that seems right to a man, but the end thereof is death.

And, you know, it looked like a great technological advantage that now the flour won't spoil. We've, you know, we've made this thing that's so great and it's not so great.

And I love to tell this story that I bought a loaf of 100% whole grain bread, double wrap. So you might know the the brand for a visual aid. Well, I bought it more than 2 or 3 years ago.

It is still on my shelf. My my visual aid shelf. It has not molded. It has not rotted. The the last loaf that I had, I had to replace it because the last loaf, after several years disintegrated.

It never molded. It never spoiled, it turned to dust. I'm like, this was a well known 100 brand of 100% whole grain bread that that's pretty significant.

That's nothing like the bread I make in a week. My bread is green and yellow and blue and all kinds of colors crawling with critters. Yes, it finds me to about 15 years ago, our son Sam and I went to Ecuador on a mission trip, and on the plane we were served this sandwich.

This is like in January. So yeah, and this sandwich had an October 15th expiration date. Yeah. And I mean, I took a picture of it because it was like hilarious.

Yeah. You know, you can just can't imagine what what could be in it. Well tell about your trips to like Haiti and why you smile there. Well that's interesting.

So, you know, God put on my heart then a passion once I saw the bread change the health of our family so drastically, and that was we were eating real because I had studied and I was I was a cook.

So we were eating real meat, real fruit, real vegetables. But when that meal came into my home, exactly what's 34 years ago? Because my birthday is next week, I got my meal for my birthday.

The health of our family changed drastically. We were not a real sickly, sickly lot, but twice a year at least, I would get strep throat. I had chronic sinus congestion, constipation, headaches, and my kids had their share of ear infections and all that.

I had five kids when I started, went on to have number six, number seven. But our health changed so drastically that I began to study what is in this bread.

And then when I would share the bread and other people would call me and say, my cholesterol dropped 85 points in one month. And this is all have changed.

So I studied and studied and studied, and I found that it's all in the bread. You know, everything that we need, you know, to sustain life and promote health.

So I started a ministry called Real Bread Outreach to help people that truly cannot afford it. Some people say, I don't have time, can't afford it. Most of us can, but some people truly can't.

So I clipped along with this ministry from 2007 to 2016. But in 2016, some pastors in Haiti that run orphanages and schools called me and they said, could you bring this bread to Haiti?

My first thought was, it'll be moldy by the time I ship it there. I wasn't thinking going there, getting them the equipment, but we did. We made our first trip in 2016 and set them up.

Why Freshly Milled Whole Grains Matter

One orphanage and school had about 150 children in the orphanage, and 5 to 800 kids in the school. It's a little less now because of the unrest. There, but I taught five teenage boys how to make bread freshly milled.

They got up every morning before school, and then some would come in after school and make bread for the kids in the orphanage, and then for the for the kids in the school.

And it was a real blessing to them. And it's so fascinating to me. When I started going there. Yes, they have some health issues, but nothing like what we see here in America.

The kids teeth are perfectly straight and I get it there could be some genetics there, but no peanut allergies. No gluten allergies. Someone asked me, they said, did you have to get permission with the government to take these rolls into the school?

And I'm like, no, no. And we take it into in a big tub and we hand them to the kids without even a napkin, you know, and and we smear them with peanut butter.

And this is just not an issue. And I'm like, what is going on in our country, you know, and I think it's it's several things. They're eating predominantly rice and beans, fresh mangoes, fresh pineapple, fresh bananas.

Yes, there's a starvation problem, but there's also trees and and produce everywhere. They're so and they don't have the vaccinations and the they don't have access to all the medicines and antibiotics.

They have access to prayer when they get sick. And so that was a real blessing to be able to take the bread there. We saw, we worked with another smaller orphanage and they said that they saw some of the kids skin issues where they were losing their pigmentation.

That resolved also, you'll see their hair will be real orange and that's a mineral deficiency that improved and changed with the bread. You started seeing their hair become black again.

It was it was very, very significant. 2019 we were able to build a bakery, which I'm so glad we got that done. Before the Covid epidemic, we we worked with another orphanage.

They're feeding about 1200 schoolchildren a day. Even today during Covid, the first orphanage where we worked with, they had just put in a egg laying handling operation and for and, you know, supplies were cut off.

They couldn't even get out of the campus to go get groceries. So for a while there they were. The kids were getting an egg and a roll a day, and that's what they were eating.

So we've been real blessed to have that going. And and just knowing that we're bringing the best nutrition and possible and you know, and white flowers there now too.

It's not just an American thing because everybody wants to live like the rich Americans. So yeah, it was it was a real blessing when I, when I shared kind of what I just did, the history of white flour with some of the nannies and the workers for the children.

When I shared that with them, they were like, what? And they couldn't believe it. And I said, yeah. And even here, like I had gone into the market one day and there was this big bag, 50 pound bag.

And when I say the market, it's it's on the street, you know, people lay out their quilts and put their produce and you buy it right off the street like that.

Well, there was a bag there with the top rolled back and a little tin cup in it. And when I looked at, I'm like, this looks just like bran, you know, wheat bran or in germ, you know, it could tell it was very coarse.

So I asked the young man that was with me, I said, I said, what is this? And he goes, you know, you know, he couldn't remember the term Bran in German.

He goes, you know, the stuff they take out of the flour. And I said, well, what are they selling it for here? And he said, oh, it's pig feed. People come and buy that is pig feed.

And I'm like, you've got to be kidding. The people are starving and eating this terrible white rice and white bread, white flour, and the pigs are getting the brand and germ.

When I told that to the nannies, all of a sudden my translator quit translating and there was all this Creole talking going on and I said, what's happened?

He goes, they just realized why the pigs are fat and the people are not. The people are starving. So, you know, we see it. And I saw the same in Tanzania when we built a bakery there.

They polished the brand off of rice so that it won't spoil. And they cracked. They pre crack the corn and sell the brand in germ part to chicken feed and grind the white part for the the dishes that they make out of corn flour.

So it's everywhere. And yet we're hoping to change that so. Well you are changing it. So and just the the satiety that results probably about eight years ago, nine years ago I had this wonderful patient named Joanne Chestnut, and she brings me in a jar of wheat berries and her handwritten real bread recipe.

And in her way of doing it, I mean, I've learned a lot from you and this has been awesome, though her way is to grind it in the Vitamix. Yeah. So that's that's, you know, all I've been doing and and it just, you know, it's what five ingredients.

It's. Yeah. No, it's so simple. It's so fast in it. But it's so satisfying. Yes it is. Yes it is. And that's. And see that's the thing that is sad too, because everybody thinks bread is going to make me fat.

The bread in the store, I keep pointing. The bread in the store has no fiber. It's all been sifted away. Which fiber is what fills you up? It's slowly digested so you feel full longer.

You feel satisfied. You know, Jesus compared himself to bread and he goes, I am the real bread of life. He who comes to me shall be satisfied. So it's very filling.

It's very nutrient dense. I think people don't realize that one of the reasons we crave food is because we need nutrients that we aren't getting, you know?

And so that's a misnomer that bread will make you fat. Yes. The stuff in the store, devoid of all the fiber, devoid of all the nutrients and then added sugar, you know, the Twinkies, the donuts, the things like that that we're consuming.

But even just the plain bread and like I said, even the whole grain bread, the glycemic index on that is no different than the white bread. And that's because it's it's not real. It's not real.

And it's really sad because we have so many testimonies of people losing 25, 30 pounds in just a few months, and they're eating lots of bread. The more bread the better.

I just did an interview with the gentleman yesterday. His agency has come down, he said, and it didn't start coming down. He'd been milling for and making bread for a while, but he was just eating like one piece in the morning.

He goes, when I started eating a piece every meal, 2 or 3 pieces every meal, his blood sugar stabilized. So see there again, everybody's being told, don't eat bread.

It'll make you fat. Don't eat bread or make your blood sugar go up. Yeah, the stuff in the store, the commercially processed bread. That's the cause of why and why we're where we are today.

But if we can go back to real bread. And I think it's interesting that you said you, you mill it in a Vitamix and that is certainly an option. But one of the funniest things to me.

Excuse me, one of the funniest things to me when I first started. So I would take bread everywhere. I mean, I'd take it to every function. I'd take coffee cake to church for bread, you know, in the mornings and every community gathering, I took some kind of bread or something, and people loved it because it's delicious.

That's the other thing, you know, freshly milled flour is so different from the whole wheat flour we buy in the store. They've taken the oil out of that.

So it's very dry and grainy and gritty and doesn't end kind of bitter, doesn't have a great taste. So people were shocked. I'd take stuff and they go, I want your recipe for this.

And I'm like, okay, I can give you the recipe, but I mill my own flour. It was so funny to me. First question and they may do this. You may know this too. They'll go, you do what?

And I'm like, I mill my own flour. And then they would go, where do you live? And that always tickled me. At first I think they were picturing a barn and the big, you know, grist mill or I lived by a river that had the grist mill.

And, you know, I use behind me here is the Wonder mill, and this is what I use. You can see it's I don't need a barn. It's it's on my kitchen counter.

And, and I have a tiny kitchen at home. So it sits right there. And it's still the most important appliance in my kitchen is my grain mill. So I use it every day.

I mill flour, I make muffins, I make pancakes and make bread. It's just my husband and I now at home. My children are all grown and gone, but it's it's a very doable when you have the right tools. And, and it's just funny, some people think it's hard.

Or like I said, you have to have a barn or where do you get this? I'm like, nope, it's a little mill that just sits on your counter. So, so Wonder Mill is what I use.

So yeah, it's really quick, quicker than going to the store if you could. I mean it's it's super fast. Yeah. Super fast. And when you have snow and ice storm and bad weather, you don't have to dash out and go, oh, I hope I can get bread, you know, before it's all gone.

You got it. You just make it. Yeah. Right. Well, in in your store you sell all the different wheat berries. Right. And you have a, you have a wonderful cookbook.

Is it still a little red cookbook? Yes. We have the little red. It's called the recipe Collection. And then I have a published book that I put out in 2016 called The Essential Home Ground Flour Book.

And this is a great book's, got a lot of information up front on how to's and even some of the nutritional information, a whole chapter on different grains.

And yeah, so when we first started our business in 1992, in our home, our tiny little home that we still live in today, we started selling grain mills.

Well, then the next question was, where can I get wheat? And I'm like, well, it's not something you can just go and buy in the grocery store, especially here in the Southeastern United States.

You might can in Oklahoma, but not so much here. Yeah. So we right away realized we needed to supply grain. And God gave us the Joseph vision of supplying his people with grain when they need it.

So we took that to heart. We are now a pretty large grain supplier. We sell just about every kind of grain or being you can imagine dry. We bring it in by the semi truckload and we package it down in six gallon food grade buckets.

So that and we package it with carbon dioxide gas. So it's perfectly storable. Protects it from rodents, from moisture and bugs, which are prevalent most anywhere if you store it in bags or bins and things like that.

You you have the susceptibility of bugs and, and moisture. And of course, here in the southeast we are very humid. So early on we were told you you can't be a grain packaging facility in the South.

Well, we proved them wrong. We can do it. And like I said, we we and then we have what we call co-ops all over, all over.

Bread, Digestion, and Everyday Health Improvements

The United States now used to be predominantly in the southeastern United States, from Miami to Maryland. We had over 120. I don't even know how many we have now.

Ohio, Arkansas, Texas, Mississippi, Tennessee they're everywhere now, and we are a large grain supplier. And we do sell it in six gallon buckets. Then we do package it down into one gallon pails and 2 pound bags.

But then we also have all kinds of of whole food, real food supplies. We sell extra virgin olive oil by the three liter. Can we sell raw, unpasteurized honey?

And then of course, all the equipment, grain mills. We have multiple models of grain mills and the finest mixer in the world. The anchor room. Sit behind me.

Greatest bread machine, you know. And that's the thing we want. We want to help you do this. And if it's difficult and very time consuming, most people are going to say, I'm too busy. I can't do this.

But you can mill a pound of flour in less than 30s five minutes, load it in your bread machine and come back to a baked loaf of bread. So that's what we're all about here, showing you how to make bread a part of your daily life, your daily diet, and why it's the healthiest thing you could be eating.

I always laugh when my kids were growing up. I don't know if you ever did this, but you know, about 3 or 4 years old. They get to where they don't want to eat. They just kind of want to play.

So you make a sandwich and they didn't want to eat. So you take the meat off the sandwich and say, here, eat that. Just eat the meat. Well, after that was before bread.

After bread, I'd take the meat off the sandwich and say, just eat the bread. It was the healthiest thing you could be eating. And that's kind of what drew us to Haiti.

The pastors were like, these kids are coming to school starving. We can't afford to feed them a meal. But grains are the most nutrient dense food God has given us.

And that one role just about everything. They are a little growing bodies need is in in a role. So we could do that. And that's why they asked me what I come and teach them how to make bread.

So for some of those kids, that role might be the only thing they're getting in a day. I watched them, several of them, at school. When we'd pass out the rolls, they would wrap it in a napkin and put it in their little backpack so they would have it and not have to go to bed hungry.

So, you know, but that and the pastors and the workers there, they've seen a difference that this is satisfying. So and at least something they could do.

Yeah. Well in they probably have more capacity to learn and behave in school. It makes me wonder Sue, about some specific stories you've seen of healing, hearing about the potassium bromide new that's been added to the bread.

And of course, that's a halogen. That is a thyroid disrupter. It does. Yes, it says iodine on the thyroid. So I would suspect that some of the stories have been thyroid related.

But tell us some of your stories that came to your mind. Oh my goodness people feeling better. Yeah. Oh gosh. The list goes on and on. I have hundreds of I call them It's the Bread Stories on my podcast called Sue's Healthy Minutes.

But for me, I had struggle with constipation all my life. The milk and and I knew whole wheat flour was better, you know, from all my studies. And I'm like, but it I try to buy that nasty flour from the store, make bread.

And it was terrible. So I just kind of gave up and bought the wheat bread that you describe, which was white flour and caramel coloring. But anyway, the mill came into our home.

I was so excited after reading what I read in that medical journal. And so I pulled that mill out of the box, ground some flour, made bread and I pooped the next morning and this was like, yeah, yeah, yeah, yeah.

It was like, what was this outside of chemical laxatives? Because I did not want to go there. I tried all kinds of natural things. They worked if I did them, but they weren't part of your daily routine.

They were odd things to do. I made bread and that happened. And I'm like, wow, something is really different. And I tell people, I laugh and I'm like, you maybe don't want to know this, but I've not been constipated now since 1991, and America's the most constipated nation in the world.

Yeah, it is no longer an old person's problem. My kids always thought it was old. People talked about it. But I have moms come to me. I mean, one mom. I'll never forget. Tears.

She goes, you saved my child's life. Four years old, she said. I took him to the doctor and the doctor said, you know, constipation is just the way of things.

These days. There's nothing really you can do about it. Like what? And he said, here, here's this medicine. And she goes, he's only for it. And he goes, oh, it's okay.

I have hundreds of children on this medicine. And she said, she just cried. A neighbor baked her a loaf of bread, her child pooped with no issues. And she said, it is amazing. So.

And then some people might go, well, I'm not constipated. I go ten times a day or five times a day. Only God can make something that can correct both.

The fiber that's in that bread can either soften that stool so you'll go every day or bulk up that stool, so you go more normally. One of my favorite stories well, I used to call her an older woman, but I'm older than she is.

She was and she was then. Yeah, yeah, yeah, yeah. I was like this older woman. She was the mom of a customer of ours. The daughter came in and she said, my mom has bleeding bowel issues.

She's been on steroids for ten years. She can't sleep through the night depressed. She's. Yeah. She can't sleep through the night. She has to get up five times in the night to go to the bathroom.

She can't leave her house because she has such a terrible bowel bleeding bowels. She said they told her to go gluten free and that maybe that would help.

But see, that's that's not the issue. The issue is the bread in the store. She bought our ministry, gave her a grain mill. She went up, she switched. They were missionaries, so she had two weeks furlough.

She said Sue, within five days my mother was sleeping through the night. By the end of the two weeks, she totally had her life back. That's pretty impressive.

And how many bowel issues do we have in this country? And it's just just it's it's almost I think it is epidemic. Then another thing for me, my sinus congestion all went away.

I had chronic post nasal drip and sinus congestion. I had to take antihistamines at night to go to sleep because I couldn't breathe. Within a month that was all gone and it's because the toxins were being taken out of my body.

I think people don't understand that mucous formation is your body's response to toxins. It's so you can blow it out of your nose, cough it up or whatever.

And I think we don't make that correlation. And so now that my bowels were moving every day and people don't think about that's trash. That's what your body said, I don't want and take out the trash.

So now that that was eliminated, my sinus congestion went away. My energy levels. I had five young children, I homeschooled, I had nursing baby. You know, I was I noticed in that first few days that I had a lot more energy.

My sugar cravings went away. People crave sweets because our bodies were designed by God. Don't let anybody tell you different to use carbohydrates for energy.

That's your brain's food. That's your body's food. That's your cells food. It converts it to sugars. But when we're not getting it, or we get too much at one time, we get the highs, the lows, the drops.

Well, then when you're low, you're craving sugar because you need energy. But with the bread, the fiber there, and the complex carbohydrates slowly broken down into sugars, slow release of those sugars into your body as it's needed.

Sustained energy, sustained blood sugar levels. And it's just incredible. And, gosh, I can't try to remember all the other testimonies. We just had a lady write me.

She was on my podcast a few weeks ago, but I got an email from her this morning because the big thing is with thyroid, Hashimoto's, hypothyroidism go off of gluten.

Gluten is bad because there's no scientific correlation. I've. I've searched and searched and searched. It's not there. I agree the bread in the store, but she just told me today she's been consistently milling the grain, making the bread her her thyroid.

She's been able to reduce her thyroid hormone prescription every few months now since she started the bread. And she's dropped it and she's hoping that she'll start seeing those antibodies go down.

But, you know, this is just there's other issues that and we're attributing it to gluten when it's other issues with the bread the fibers gone the nutrients gone.

The fake B vitamins folic acid that's coming out now the HFR gene mutation, it's it's it's big and yet it's being wheat is being blamed. And that's not the issue.

Yeah. Right. There's also something so so satisfying about preparing food. I think it's the design God's design for us to be making things that gets our bodies ready to accept of food.

It starts to digest, to process. Yeah. First thing that I tell my patients, if you change one thing, change how you eat before what you eat, and sit down and say a word of thanks.

You know, thank thank God for your food. And take a few deep breaths and put your feet down after every bite. I mean, those simple things. Yeah. Preparing food like that and smelling it.

Bake it. Yeah. All it all gets you ready. So and it's, it's so satisfying. And to know that I am putting good food that's nourishing my body, not taking away from the health of my body.

I think that's what so many people don't realize too. Another big. The short stories are hundreds now. Those are so amazing. I mean, in a matter of to I mean, I have my own short story.

My son's walks went away and he had had them for five years. The first month of making the bread. But we have hundreds of short stories, and a lot of times that's why somebody gave somebody some bread because their child was struggling with words.

But the most incredible was years ago in Richmond, Virginia. A mom came to hear me speak. I shared my short

story. Two people shared their war stories that had come, and she came to me with tears.

Her daughter, her 17 year old daughter, had over 500 words. She had gotten them when she was 12. They burned them all off. But water, a virus just taking off the manifestation of them doesn't do anything for the virus.

And she heard me speak about the vitamin E, protecting the integrity of every cell in your body. And I think what we don't realize is that viruses, unlike bacteria, they have to use your your cells reproductive system to reproduce.

Bacteria can reproduce on their own. They have to invade your cell. If our cell membrane is weakened because vitamin E, the antioxidant, is not provided to protect those cells, then we're going to be more susceptible to a viral invasion.

And vitamin E is very limited in our food chain, food supply out there, the processed foods very little. Yet once slice of our real bread, 100% of the USDA recommended daily amount one slice.

Now, I'm not totally bought into the USDA recommended daily amount, but that should tell you something. One slice of our bread because the flour has to be freshly milled.

Wheat is the richest food source of vitamin E, but here's the exciting end to that story. So this lady heard me speak. I talked about vitamin E and how it got, you know, could help your body fight warts.

She came to my table. She tasted the bread. She goes, the bread's delicious. She goes, I like to cook. And we have to eat. And she goes and she goes, how much is the mill?

And I told her and she goes, I paid more than that for one prescription that they put my daughter on. That didn't work and none of us could eat it. She goes, what have I got to lose?

Two and a half weeks. Every one of those 500 warts were gone on that young girl's body. Two and a half weeks. And we hear stories like that all the time, a month.

Most of the time it's 2 to 3 weeks. One grandma came up to me and she said, I keep my grandchildren. She goes, they don't really like the bread, so I make them the flaxseed chocolate chip oatmeal cookies.

Out of the freshly milled flour she goes. My grandson had 36 warts on his hands. They're all gone in three weeks. What? And people say, well, that's anecdotal.

You can't be after a thousand, you know, testimonies, thousands of testimonies. And I studied it and found out vitamin E has been known to help you get rid of warts.

And the exciting thing to me, think about this for a minute. We're all concerned about viruses, right? Because there's no treatment. You know, antibiotics can't treat a virus.

It's changing the bread to freshly milled flour can get rid of a wart, a virus, or hundreds of warts that you've had for five. Sometimes even ten years in a matter of weeks.

What other viruses could this bread protect you from? That's something I think we need to think about. And yeah, and Doctor Wilfred Shute, who pioneered vitamin E research, he said, and he didn't write books on freshly milled flour.

He treated the heart disease. That's another thing, heart disease with vitamin E, he said. When that steel rolling mills came on the scene in the early 1900s and and the bran and the germ started being fractured, he called it from the grain.

We lost the most potent antithrombin, blood thinning agent and vitamin E that that natural food supplied that. That's pretty significant. And others, you know, they trace the demise and the downfall, all of America's health to the flour

being sifted and white bread coming on the scene.

Heart disease was never a problem till after 1920. You know, I mean, few isolated cases, but nothing like the number one killer that we see now. Yet Psalm 104 says, God gave man bread to strength and and nourish the heart.

Every nutrient to break down fat and cholesterol is in wheat, inositol, choline, B6, vitamin E, lecithin. It's all there cholesterol. And that's another thing.

My first testimony outside of my family lady called me before breakfast one morning, said, it's the bread has got to be the bread. That's why I call it my it's the bread story.

She goes, my cholesterol dropped 85 points in one month and all I've changed is the bread. I know it's the bread. She goes, I've been trying to get my cholesterol down for three years.

Three different doctors, multiple medications, and nothing has helped. And the bread that she loved, I made for her. You know what it was? Cinnamon roll with cream cheese icing.

She ate one after every meal and that's what did it. So that's a heck of a vitamin.

Warts, Viruses, and Vitamin E Stories

I'm like pill or cinnamon roll, the cream cheese icing, you know, Metamucil or laxatives or bread. What what do you want? You know, well, your research about viruses is really fascinating.

I'm seeing too many patients who have a resurgence of Epstein-Barr virus. Yeah. And just lightly, you know, since all the Covid. Yeah, stuff. And so so that's really, that really makes me wonder if that might be something.

Well, that people try and just send them this podcast. Well, and not only that, but, you know, so not only are the grains the most nutrient dense food God's given us, I mean, it's only really deficient, slightly deficient in vitamin A, and then vitamin C, vitamin D and then B12.

But so eat your fruits, eat your vegetables, get outside in the sunshine with no sunscreen, and then get your B12 from the foods that God has given us for that.

So one thing that we don't understand is the fiber. For so long they thought, oh, there's no nutritional value in fiber. It just helps you eliminate. But now they have.

Well, not now, but years ago they discovered when that fiber that cannot be digested by your body is dumped into your large intestine, your bowels to be eliminated.

Those good gut organisms, microbiome good bugs. If you want whatever you want to call them that live there, guess what their food is? Their food is that undigested fiber.

And as they feed on that, they fermented. It's called gut fermentation. They produce it in your gut. Natural antibiotics. Because I tell people they don't want the bad guys living there in their house either a host of B vitamins, vitamin K, and that form of vitamin K that those organisms produce, it all gets absorbed through the walls of your colon.

That form of vitamin K is the form that helps your bones lay down and absorb the calcium. So yeah, fatty acids, butyric acid is one that they produce.

That is they've shown they so much research on butyric acid butyrate whatever you want to call it. It is the food for the cells that line the your gut, your gut lining anti carcinogenic properties.

You know, so I've read you know studies and doctors that talk about 7,585% of your immune system is not those T killer cells and those white blood cells. Yes.

Those are great. It's those gut organisms. They're already doing the job for you, you know, to help fight those pathogens. So this is something besides the vitamins and minerals and the nutrients that we get from wheat itself.

Look, what else is doing. We have a little vitamin factory going on in our gut. That's amazing. Which is so logical. We should not be having to take a handful of pills to to feel good.

So as a food scientist. So tell us about the difference between food allergies and food sensitivities or food intolerances. Yeah. So the technical excuse me technical definition of an allergy, a food allergy is an adverse response, sometimes intense adverse response to a protein component of the food.

So like a dairy allergy is typically you can't break down the casein or the protein component of that milk, whereas in intolerance or is usually from something else.

So like lactose intolerant you're not you can't break down the sugar component of that dairy. And some of it could just be technical terms. But then a sensitivity.

Yeah, you just kind of you you maybe have stomach issues or digestive issues, bowel issues. G. I track issues. I hate to call it stomach issues because it's not really, but so that would be more of a sensitivity.

Maybe you do get a snotty nose or something like that. So what I have found though is yes, we have those issues to the bread and the store. And here's something I want to point out, right.

Gluten. Gluten gets a really bad rap. It is blamed now for everything. And in all my 34 years of studying, this is the first time I've seen functional medicine, alternative medicine and allopathic medicine all jump on the same bandwagon.

No grain, no dairy, no gluten. That's a bad guy. Gluten, gluten gluten as well. We need to understand what gluten is. Gluten. All it is, it is. There is two unique proteins gliadin and gluten, that are found in the wheat family of grain.

No other family of grain has them. When you grind, when you grind wheat into flour and then you hydrate that flour, this stretchy substance called gluten formed from those two proteins, that's what it does.

You can stir up flour and water and just wait for it to, you know, just sit it there for a couple of hours. Don't need it or anything. You'll come back and it'll be stretchy because you hydrated that flour that is all gluten is. Okay.

So and who put those proteins in that wheat? God did. It's been there since the beginning of time. And that is why wheat since the beginning of time, is the king of baking, particularly yeast bread or sourdough unleavened bread.

Okay. Because it must have those stretchy strands of protein to trap the carbon dioxide gas that the yeast produces and lets that bread rise. That's what enables that bread to rise.

So that's what glutinous rice. Okay. So you're like, where are you going with this soup. Well and then allergies. So if it's a protein component. Now here's what I want people to understand.

Carbohydrate digestion begins in your mouth. You chew your food. Yeah. So put your fork down between every bite, like you were saying to your food, your saliva has an enzyme called amylase that helps break.

Start breaking down that those carbohydrates, when you swallow that food, goes into your stomach. For all practical purposes, carbohydrate digestion stops because and protein digestion begins.

Protein digestive enzymes must have an acid in environment. To work. So we're fearfully and wonderfully made. We have cells that produce acid. Acid in our stomach brings that down to about one that could eat a hole in your

stomach and most anything else.

We're fearfully and wonderfully made. God created cells around our stomach lining that makes mucus to protect it. But then that acid environment helps.

I mean, has to be there for those protein digestive enzymes to digest proteins. Okay, so I don't want to oversimplify, but listen to what we're doing.

People have acid reflux. Their stomach acids or their stomach juices are coming back up their esophagus and burning. The problem is not too much acid is actually too little acid, because we have a flap on our esophagus that closes to keep that stomach acid from coming back up. It is stimulated to close if the environment in the stomach is 1 to 3, maybe okay, so what's the medical treatment for acid reflux?

Proton pump inhibitors. Proton pump inhibitors. Let's reduce the acid. So now maybe it doesn't burn as much when you have the reflux. But it's not correcting the problem.

In fact it's inhibiting and discouraging and limiting protein digestion. Proteins don't get digested properly. Guess what happens? They lay down the villa in your gut.

Leaky gut sensitivities. Then if you don't digest it, then your stomach, your system starts thinking this is a foreign substance. Well, what did I say?

Gluten is two proteins. What is an allergy adverse reaction to proteins. Now I think there's some other situations going on like you know what vaccines are grown on and just other and just the nasty toxins that are in our foods.

You know, the colors, the dyes, the preservatives, there's so much else. So but I don't want to oversimplify. While I don't want to oversimplify, we we got to think about that.

Okay. So what's the answer? The answer is get the right acidity in your stomach. Get healthy so your stomach can produce that good stomach acid, and get those proteins being digested properly.

And I find it so interesting over the last 10 or 15 years when the whole gluten thing really just became the, the, the enemy of everything, I hear people, oh, I get fever, blisters, oh, I get cramps.

Oh, I get a headache if I eat anything with gluten in it. They're comparing that to the bread in the store. Right. And that's what they're calling gluten.

And so they go off of that. Well anybody that goes off that bread in the store is going to feel better and going to eliminate some symptoms, but it's not sustainable and it's not healthy.

And what I'm finding is that people now there is true celiac that's genetic. You're born with it. I get that you probably won't be able to ever eat wheat, but that's less than 1%.

Less than 1% of Americans have true genetic celiac. What's being diagnosed? Celiac today you have all the symptoms. You don't digest proteins. Guess what's going to happen?

You're going to lay down those villas. So they do a scope. And oh, they saw I you know, my village destroyed blah blah blah. Well these people that aren't true genetic celiac, they are finding they can eat the 100% freshly ground, whole grain bread.

Not only can they eat it and tolerate it, they are getting well. They're coming off of all kinds of medications. Because here's the thing I'm hearing over and over for these people that are diagnosed celiac or gluten sensitivity or gluten intolerant, the next thing they know, they quit.

They go gluten free, which the gluten free bread in the store is terrible. They go gluten free. And then the next thing

you know, they have a dairy sensitivity, dairy allergy or whatever, intolerance.

Then the next thing you know, they can't eat this. They can't eat that. I had one lady come in my class. She she was in tears. She was like, I am so glad I found this.

She goes, I was down to seven foods that I could eat seven and she see this all the time? Yeah, I bet you do. She goes, this bread has healed me. It has healed my gut. I'm now can eat.

I had another young lady. I think it's episode 114. Her name is Hannah, right? She shared that she went gluten free all these years. I don't remember how many years.

A long time she lived on farm. She couldn't eat, drink her raw milk. She couldn't eat her farm, raised eggs. The next thing you know, she said, she started milling with fear and trembling, and she had to work through some little bit of discomfort and everybody thinks, oh, I'm discomfort.

Well, maybe it's cleaning you out and causing some extra activity there. She hung in there and she goes, I now can drink my milk. I can now eat my eggs.

I don't have any sensitivities at all. I can eat everything. And, you know. And then another episode, episode 66 of Sue's Healthy Minutes. I encourage everybody.

That's one of my favorites for anybody with gluten sensitivity or think they have to be gluten free. She was actually diagnosed with celiac, and if anybody was, I would think maybe was a true genetic celiac.

Gluten Sensitivity, Celiac, and Gut Health

I would think Sarah Valentine possibly could. And she says, I don't know if God supernaturally healed me or if I really had a misdiagnosis. But with fear and trembling.

For 15 years she had been gluten free and she had been sickly all through high school. She goes, I just thought everybody dealt with stomach aches and stomach pain and diarrhea and headaches.

But her mom and brother heard about me, actually, the short story, her brother had a child with warts, and I heard a commercial that I did on words, and so they started making the bread.

The mom had been gluten free with Sarah, just a supporter, and because they were making everything. So the mom and the brother start doing this. Anna's off at college.

She comes home one weekend and they're like, Sarah, you got to try this. And she's like, no, no, no. They finally convinced her to try just a little bit.

No reaction. She said, Sue, I slept the best that night that I had ever. I had no headache and I pooped the best. I pooped in 15 years. The next morning and she goes, we went out, bought all kinds of pies.

I made bagels and cinnamon rolls and all kinds to take back to college with her, and she just sent me an email or text just last week or the week before.

She, her baby is a year old eating the bread, and she's just so happy. And that's what I want to encourage people. If you're not true genetic celiac and most of the time.

And that's why I say Sarah was could have been the most typical I would have believable diagnosis. Usually you're diagnosed 7 to 10 years old and you're that sickly child just always having stomach cramps and diarrhea and blah, blah.

But if you're 20 and 30 and 40 and now you're diagnosed and you've been eating bread all your life, and all of a

sudden you're diagnosed, I would say the chances are very good that you're not true genetic celiac.

It's something I finally found a scientific study. They called it non-genetic celiac disease. And you know what they said? Reverse. Is it probiotics. Get that good.

Yeah. Organisms back and whole grains high fiber. And another thing that word of caution there that I've done some studies as a microbiologist that is really my jumping off place gluten free diet, it said, really upsets the microbiome.

Actually. They're finding it increases the pathogenic organisms and decreases the good healthy organisms that keep those in check makes you more susceptible to E coli and C diff and and all of these.

That's pretty alarming. And if you don't really need to be gluten free, oh, it's it's actually dangerous to be gluten free. So I actually see that via the GI map testing because, I mean, I'm just learning from you. Yeah.

This is such new information in my functional medicine world. And it's super interesting because the GI map is a quantitative PCR test. So it's, you know, it's very accurate.

So we can look at I mean, I can really check this out because I'll see people who've been gluten free for seven years and all of this, you know, these overgrowth bacteria, all the ones you mentioned E.coli.

Yeah. And so this is super fascinating. Just. Yes. Because we can test it. Yeah. Oh wow. That's amazing. That's amazing. Wow. Well, I think I need to have you on my podcast so you can talk about what you do.

I think this is so fascinating because people are asking, where can I get help? What can what can I do? And and like I said, it saddens me that conventional allopathic and even alternative functional, they're all they're all downplaying wheat.

And I'm like and saying that's horrible and go off of wheat and go off of dairy. Yeah, that's that's not the biblical view of things. And, you know, I tell people, I think the Lord gave me a kind of a revelation.

Hold on a minute. So I would be like I said, you know, that would be like me holding up this piece of paper and saying, this is a tree, this is not a tree, doesn't give you shade, doesn't give you one.

It's made from a tree. And that's the problem. They're saying that stuff that we're selling and marketing as bread is wheat. That is not wheat. That is a gross.

I don't know what it's it's not even the same language. That's why I wanted I so appreciate the story you told at the beginning. You clarified this for people because I'm going to get a lot of calls on this, I promise you.

And, you know, and it's one of those things, if people are not a certified celiac patient, you know, why? Why not try it? Because when you say all those things you mentioned, you know, pooping every day, warts, going away, headaches, going energy returning, that's all about relationships.

Yeah, it's all about it's all about relationships because people feel poorly and they stay home. Or in a 17 year old with warts. I mean, you're staying home and she. Yeah.

She was so embarrassed she wouldn't swim in public with her friends. She wasn't here. It was middle of July. She was in blue jeans because she she had a patch on her leg about this big.

And, you know, I. And she was devastated. And she was a beautiful girl and they were all in her hairline and her eyebrows. You didn't look at her and go, oh my gosh, your whole face is covered with warts.

But you she was he was very embarrassed by it. And, you know, I tell people, being healthy to me is not just not being sick often being healthy to me is not just not having heart disease or cancer or diabetes.

Being healthy to me is having the energy to do what God has called me to do. And not being drug dependent. I don't want to not be able to go to Tanzania or Haiti, or in Uganda or Kenya or wherever.

And I can't go because I can't get my you know what, if I have a heart attack or what if I can't get my medication? What if I get stuck there or I just don't have the energy?

No, I'm going to be 70 years old next week. And I, I want to just be able to work and do what God's call me to do until he takes me home. So, Amen, Amen.

I 100% agree. And I always say to, you know, we don't want to be normal in this world. No, because normal. Normal is dehydrated, irritated, constipated, frustrated, overscheduled, overstimulated, undernourished, under rested, and totally stressed out.

You know, so, so normal. Can't be our goal. We want optimal. We want to live our life to the fullest. We want to live out our purpose. And yeah, joy that people in our lives that God's given us and and not living at the doctor or the E. R.

or the urgent care all the time. You know, in the 25 years of raising my children, we we went to the doctor twice for an illness, nine children. That's awesome.

Some people go more than that in a week. And yet that's what we saw twice. They needed antibiotics. I'm not opposed if we need, but oh, man, antibiotics disrupt the whole microbiome.

And it's just. And the steroid prescribing steroids, the overuse of steroids, that one's really scary because that just shuts down your adrenal gland.

And then and that's, you know, an allergy related organ, you know. So there's a lot going on. And when people say, I don't have the money or I don't have the time, I'm like, wow, how do you want to spend your time living life and enjoying relationships or, you know, spending your money at the doctor on medicine or whatever?

Yeah. No, it's it's we want to live life and we want to live like everybody listening wants to live life. Yeah. My listeners want vitality. And yeah, you've given everybody food for thought.

And so how can they learn more about you get on your. Yeah. Listen to your podcast. Give us all your info. Yeah. So the podcast is called Snooze Healthy Minutes.

It's on any podcast platform until I laugh and tell people. You can tell Siri to play me, and you can tell Alexa to play me. If you're tuned in with those, you can go to our website.

Brett beckers.com. And that's bread like you eat bread. Becker's our last name with the Nasscom. You can find the podcast there as well. But and I encourage everyone sign up for our email newsletter.

There's lots of online classes on our YouTube channel Brett Becker's YouTube channel we have, and I would encourage everyone to find the video on our YouTube channel called Real Bread The Staff of Life.

It's 3.5 hours, but it will like it did me. It will blow your mind. It will just you'll go what? And so I just encourage that. And then of course we're on Facebook and Instagram so you can find us there.

And yeah. So Brett beckers.com. We have co-ops all over that help with shipping our machines ship free to all 50 I think 50 states.

How to Learn More About Freshly Milled Bread

Yeah. Our machine ship free. And then of course we we have the co-ops because grains are heavy. So that helps with shipping there. But so bread backers.com Instagram Facebook YouTube and then Sue's help the minutes

okay.

We'll have all of that in the show notes. Yeah. And and I can't thank you enough. Yeah. And don't forget this is a great book to start. And and even like some of the nutritional information is called the Central Home Ground Flour Book.

You can find it on our website as well. Oh that's great. Thank you. And thank and thank you listeners for joining me and joining Sue. Because of you, we're in over 50, 500 cities and I don't know, 130 something countries.

And joined Sue on her social media outlets on Instagram, join me on Instagram and on YouTube. And just make sure life stays delicious. Listening to I don't like it.

Blessings. Until next time. Well thank you. We'll close there. Yeah. Thank you, thank you so much for having me this oh mazing. And I will be in touch because we need to let our listeners know about you and what you're doing. Thanks.

They may not. Yeah. You're just a joy. Well, my work basically is looking at the oral microbiome and how it disrupts the gut microbiome. But so I and I'm a so I you know, I give a lot of of nutritional advice.

And people are so afraid of bread I know I know they are and they just need to know the truth. And the truth will set them free. Well, I wanted to bring up that verse and I forgot to about the millstone.

Don't don't have take a millstone. Isn't that so fascinating? I really I know where I was when I saw that in Scripture and it it that is I think one of the most sobering scriptures.

I can't believe I didn't bring it up because, you know, and I meant to I had it, I had it here on mean. That's all right. But it's okay. No, this was a beautiful podcast.

Yeah, they'll get it if the beautiful. Yeah, yeah. And they'll get it when they follow you on everything else. So yeah I share it a lot. Thank you for your time and I hope just to see you before long.

Okay. In person. And so much for having me. You're welcome. Hey. Thank you. I know you're busy. How did you hear. How did you hear about me? Who? Doctor at been.

Okay, doctor Edward, he was on. He was on the podcast. I heard him at Hack Your Health. And met him and then. And, you know, my with my work. I mean, pray for me.

I am I am wanting to move more to sharing the gospel through my message. I mean, my podcast is as a health podcast, vitality. And and there's pieces in there, but yeah, but you know, I'm, I'm sick of the whole evolution thing and I, I'm just oh, I know the hunter gatherer. I'm so sick of that.

That's not real. No. And so I really just want to, you know, God to show me. And I know we will. Yeah, but but meeting you is so inspirational. Well, that's I can't wait.

We're going to connect and have you on. Tiffany shaking her head, going yes, yes. So yeah. So next week's my birthday week. So I'm kind of taking it off but happy birthday happy happy birthday 70.

So yeah. Yes. Major milestone for you. So you don't look at nobody will believe it. I didn't want to I didn't want to interrupt you and say you won't believe it when you see it in the video.

We're we're finding that the YouTube is starting to be a big place that people see these podcasts, so. Oh, very good. They'll see that you look so youthful.

Oh, you're very, very nice. Thank you. Debbie, thank you so much. Okay. My pleasure soon. Bye bye. Bye bye. All righty. Thank you for tuning in to Doctor Todd's.

We hope today's episode has enlightened and inspired you on your path to optimal health. Each day is a new opportunity to make choices that empower your well-being.

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Real talks from real doctors on the issues that matter to you most.