Introduction and Elaine Gibsonu2019s Background

– Well, Elaine Gibson, I'm so excited to have you on this episode or the segment of regenerative Medicine Summit. You have such a powerful story, thank you so much for chatting with me today.

– Oh my goodness, thank you so much. I'm just I'm honored to be part of the work that you do in any way to contribute to that and get to people and to really help them.

But thank you, I really, really love being here with you, I always love being with you, – We always have a great chat, you're such a cool gal and cool energy and yeah, I love it.

So let the audience know a little bit about your incredible work. Elaine Gibson is the healthy lifestyle designer and the disease prevention expert. She is the CEO of renewed living and creator of the extraordinary living made easy method as cited as one of the world's top 10 natural cancer survivors by Extreme Health Radio as you're rated your scored as number four, having beaten beaten stage four cancer with an integrated approach.

She shares her hard won lessons worldwide. Elaine lost 28 pounds and four sizes along the way. She's a sought after speaker, author mentor and a green juice loving grandmother. That is awesome woman, I love that. Women has been hiring lane to shed 2 to 5 sizes create disease free optimum health naturally without giving without giving up chocolate. Yeah, that's if you can promise that for ladies and yeah, the you know the world, so tell me, I mean I like to kind of preface with the story and I know you you told your story a lot, but I but I think it is really important for people to hear kind of the how your back was against the wall and you had to create a change.

And I mean obviously the message is let's create the change before our back is against the wall and your story really highlights that – Yes, thank you.

Well, you know, none of us was prepared for this and I had a very, very early touch on the shoulder with non Hodgkin's lymphoma in 2000 and I in six months I was cancer free and I knew that traditional Protocols was not my first line of offense because I really felt that chemicals and toxins kind of got me where I was.

So as I said, it was very early and five after five years, my oncologist said you're done. Elaine have a nice life, right, 18 months, that was five years, 18 months later, the same woman said Elaine, I don't think you're gonna see your grandchildren grow up.

2008. My husband Kevin and I had gone to um actually December 2007 we went and had an incredible trip to the Galapagos islands. Came home. If you haven't done it, put it on your wish list, I never say bucket list, put it on your wish list.

So we came back and I just felt like something was off. I'm an athlete, I'm a dancer. So I'm very tuned into my body and it was just off. But it was moving all around from all right.

Moving all around. I thought I had a parasite and uh, nobody was in a hurry but me, I went from, we started and oh, ulcer this and that just kept pushing everybody and pushing everybody because it's what we do.

Right. And two days before valentine's day, my oncologist called and said because when she calls instead of the nurse, you know, something's the matter, right? And first they thought I had an aortic and it was just nobody knew. And then there it was stage four non Hodgkin's lymphoma and I was covered from here and here from here to here.

My pet scan was a Christmas tree. I looked at it once. I've never seen it since because it's, it's really not the energy I want to have with it. Right. So I took a deep breath.

My husband and I were due to leave on vacation the next day took me 2.

Cancer Journey and Turning Point

5 hours to get convinced the airlines, you know, So I came home and I fell to my knees and literally and don't ask me why. Right. I just fell to my knees and I looked up and I said, God, no, I'm not going to die.

Just tell me what you want me to learn. I have no idea why that was my first action. And from there, I kept asking what do you want me to learn? What do you want me to learn?

What do you want me to learn? I was probably the only person besides my Children. Who didn't think I was dying and I'm not sure that they were in on that. But I was like it never occurred to me like it's crazy it never occurred to me that I was going to die.

I'm an athlete went into training you know I um I did what I knew how to do but again it's not going down the traditional road I want. I went to Mexico don't ask me anybody. They're closed.

But I was looking for low dose chemotherapy I was looking for I. P. T. And that's what I knew at the time right? And I went for three weeks and I mean I was a mess a mess and I came home I don't know if you know this. I came home with shingles right?

And I went like this in the drug store parking lot where we went to get my medicine and my hair started to come out of my hands. Nobody loses their hair in I.

P. T. Right? I mean that's the state I was in the only time my husband had a horrified look. My hair was almost this long that's why I still wear my hair long even though it's this color now and my Children just came out of my hands. So I, we threw everything at it. And I changed my food a little bit, you know, dairy sugar. I was, this to me, this was Like, you know, I had said it took me facing death to get serious about living and I don't say that flippantly, you know, and unfortunately even people when they are facing a diagnosis, they still don't make the changes. But I had Children and grandchildren and um both my grandchildren, my Children had lost all four of their grandparents in the last 18 months. So I wasn't going anywhere.

That was not the plan. So interestingly. So this is, this is February now. It's um, I guess in September I and I was going five days a week. I found a center near me wasn't near you then where I could or I could continue and, and um in September I was actually introduced to hydrogenated oxygenated water.

And um, I went from being covered here to one spot in six months because the most important lesson that I learned if I would whittle it down to one thing that it's all about oxygen. Dr. Otto Warburg and cancer is an anaerobic cell, can't live in the presence of oxygen. I'm a choreographer.

I'm not a scientist, Although I have a science degree choreographer. I saw the end result, right, oxygen, oxygen, oxygen. So what I did that from that moment on how do I get oxygen and alkalinity my body today, I still, all these years later we're talking on past 77, how do I get oxygen and alkalinity in my body.

Everything changed two years. I was cancer free, still nervous because it had come back before. At that time I, two years later I discovered Lisa Wilson in the raw Food Institute and I walked in.

It was a seven day immersion she had and I've never had green juice before. She handed us green juice. Right? Trained it for two hours. I was so embarrassed.

I kept going back. I kept going back. My cells were going, okay, girlfriend, you're getting it now now you're getting it. And there was no turning back, I became certified as rough food educator and trained. Very medicinal li I am really very, very medicinal and way more Hippocrates. That's how I'm trained.

That's how I live. And that's, that's what we do. And the rest as they say, is history and I never looked back. And so

now I put a ribbon around it. So what do you want me to do this?

Right? Yeah. – I mean, it's such an incredible calling and it's so important for people to to recognize because we don't realize how we need to stop and consider what our life patterns are until we're forced to.

So, and, and with patients coming to my center, it is so much easier to dress things ahead of time than to address them. When all of a sudden you're, you're faced with these where your time limit is very short and you have to really put your boots on and get things done quickly. It's so much nicer to kind of be in tune with your body and recognize when things are when things are starting to be off.

I mean, so tell me a little bit about kind of the the body kind of whispering, I mean, how, yeah, how should people know kind of when, when to start to kind of realize that they need to do something. – The moment they get a symptom of anything anywhere in their body. So, yes, you're, you know, the wisdom of the body is always speaking to us, We are not created to be sick, were created to be healthy.

So the creator, whatever format that is for you, whatever your sources, has given us everything, including what I call God's garden. So, and we get symptoms. Our body is talking to us whispering starts as a whisper. Sometimes it becomes a hammer or my case became a mac right in forms of symptoms that becomes so familiar.

We believe there are a natural part of aging and it's all the symptoms that we have, whether it's insomnia, whether it's exhaustion, whether it's headaches, whether it's inflammation, whether it's autoimmune, whether it's allergies, whether it's joint pain, whether it's constipation and I'll tell you depression, whatever it is, it's all connected to the health of ourselves and when they're awry, we get symptoms and if you don't listen, you know, you start to get a little bit more Oprah. I love how she talks about it.

First you get a pebble, then you get a stone, then then you get a brick, then you get a brick wall. And if you're still not listening, the mack truck is heading your way. And the idea is for us to be aware earlier, which is why I'm so thrilled for what you're doing so that people can understand that we're not and I don't know why. And I can't say that if I was clean for a day, I could wave my magic wand, which I have, but we're just not educated to be that way.

But we are, you know, we get an oil light in our car and we go like that. But if we get information and we're not sleeping, we're just, oh, I'm so busy. My mind is going and this and that, that's just the way it is. That's not a badge of honor.

– And people need to recognize that the body only has certain limited amount of ways to communicate. – Yes and so great point. – Yeah, we have when, when things are going array in the body and also that can be emotionally spiritually physically. Then the body is trying to communicated through different ways and that is exactly like the symptoms that you're talking about, you know, starting with a whisper.

Listening to Body Signals and Early Warning Signs

But then it gets more and more, I mean as we, instead of getting used to the symptoms, we need to then recognize that the body is trying to talk and by not listening to it, then like you're saying the pebble becomes a stone becomes, you know, that ends up with a mack truck.

So we need to honor the bodies communication. And then if we are then in tune with the body and listen and address the things that are being told to us, then we're able to prevent these dire situations. – Exactly.

And you know, that's so true. And the thing that's so concerning and heartbreaking is that so often people are living life in the fast lane that they don't even see this signs and your body just keeps sending different signals until you, until it gets a language, a message that resonates with you and maybe the small one doesn't. But then all of a sudden, you know, you're back when you're back goes out because it's inflame you may listen to, it has to get that far because you're not, you're not understanding that the fact that you're not sleeping is, you know, and then it keeps going and going.

And I remember when, um, Probably in the late 80s I was on a women's tennis team and unexpectedly we ended up going to the regionals. So I went down to to um work with my tennis coach thinking I was getting all this fancy, you know, these fancy shots and we're working and we're working and bend your knees, you know, follow through, watch the ball and we're going to war field.

When are you going to get me ready? He said Elaine it's all about the foundation. You gotta have the foundation right? And I keep, he kept kept saying the same things until what his words resonated with me and your body is the same way. You know, and unfortunately there's so much conflicting information that we don't, we don't really have the the we we don't have the exposure, you know, when when Covid came, why? Oh my goodness, what a perfect that would have been. But the only talk in the beginning of Covid was toilet paper, you know, what would do that? You know, you and I are out here vitamin C. And in doing everything that we want to do and people are worried about toilet. Hello. We missed we missed the opportunity.

– Yeah. It was such a tremendous ability for a wake up call to recognize the need to change lifestyle because we saw that obviously the people with poor lifestyle with the co morbidity like diabetes, heart disease, use obesity, all these things that are connected to poor health choices that if we would have had the or if we would have communicated about the need to address those things, how all of this would have played out differently.

– Oh yes, Absolutely. Absolutely. What a concept could you imagine that? Yes, we do. We can't imagine that's why we're here right, – Well and I love with with your your tennis, the foundation, the same thing with nutrition with with lifestyle.

It's these basic principles that you do repeatedly again and again and again and having that foundation solid. I mean, yes, we can talk about these fancy therapies and fancy pills and mitochondrial this and peptide that and all those are incredible. But along with that you have to have the foundation. – Right?

You just have to eat, right? – I know it's eat think move right, – Right, right. – So one of the things and I love when you're talking about the juice and and how you you drank it for like two hours.

So, and and that's, you know, you talk about something called the starving Celsius. And talk about talk about yourself starving and needing that nutrition at that time. – Well, it's interesting because when I realized that I had to create, um had to go from just having private clients, but I can kind of just not by the seat of my pants, but it could be, it could be, it could be more reactive right in responding to what they were experiencing that.

Then I realized that I have to put it in a deliverable way to have an impact beyond what my time can be. And I was trying to create a way to communicate that would bring it down, people could understand like that and it actually came from a copywriter in a boot camp I was in and I was saying and this and this and this and you know, and she said your cells are starving and I went, oh my goodness, gray, precious, wow! And that changed all of my messaging.

It can change all the way I communicate, but that wasn't enough because that was my cells are starving. So but to give to come to the realization that we get into starving cells syndrome, that something specific we can break and when our cells are starving were functioning in crisis mode and we are are in crisis mode, nothing works. We can't release the toxins, we can't nothing, we have to eliminate what's going on, the toxins and in everything in our body. And that's the only way to get out of starving sales syndrome, is to give the body what it needs again from God's garden were designed to thrive in nature and and you know, I'm sure a lot of people that, that you speak with and that will be watching your summit are business owners and you know, it's like your balance sheet and your profit and loss.

What you are reading on your balance sheet is the result, not what you did today, but what you did 30 days, 60 days, 90 days, you know, in in business, everything's in 90 day a quarter cycle, I call it, I don't speak in quarters, I speak in seasons, you know, so, but starting here, your profit will be greater, right? And the same with your body, the same.

Everything that's coming is a result of what you've done in the past. Whether the short window or that's been

building up and building up, but we have got to get people understanding that starving cells are a disaster.

– Yeah, the body has a tremendous ability to compensate. But when it is compensating it is using less desirable tool to achieve a goal. And so for instance, if we're mineral deficient, then all of a sudden the body starts to hold onto heavy metals like mercury and lead and cadmium and try to put that into building of the tissue, building up enzymes. And, and obviously that's kind of like using a tool that is completely dysfunctional to build a house and you're not going to be able to do that. I mean, try to use a, I don't know, that little paper hammer to drive a nail. I mean it looks good, but it's not going to achieve what we're wanting it to achieve.

And it's the same thing.

Foundations of Health: Oxygen, Alkalinity, and Living Foods

We, the only way we can allow the body to function appropriate is to give it the tools that it needs in order to be able to to achieve what it's supposed to do. – Absolutely. Oh my gosh, that that is so, so true. You know, it's um, I used to be a severe migraine suffer severe my I mean I've been hospitalized and with it, right? And my dad had migraine.

So it's like well you know, but no it wasn't and it turned out that there was mold in the air and I was chronically dehydrated. And um one of the things that I realized at how the body does what what you do and what we reach for is that again, being an athlete and you know, people get lactic acid and they get their sore muscles and stuff and the body and all its wisdom looks for where there's water in the body. So it goes to the brain and takes it to your muscles and you get a headache. Right?

So what do you do? You reach for Tylenol or Advil? But nobody has a Tylenol deficiency. You know, you're dehydrated. So it's like, okay, so if we can get people to take a deep breath and say what's going on, what's the root?

Cause what do my cells need? Yeah, it's not rocket science. – No, no, it really is. And and that's the thing like you're saying, yes, the fundamentals, are you dehydrator, are you drinking enough water?

Are you getting the minerals and nutrients? Are you getting living food? I mean the body can't make make tissue from cheerios you know that that really does not continue. I mean doesn't contain all the substances that we need for all the amazing processes that takes place in the body.

I mean, the intelligence in the body in the cells is incredible. And all it's asking is just give me the things that you need to give me what I need to function. And then I'll do all these beautiful things in your body. And then then God has provided all of that around us. And here we're reaching for something in a box.

That's, you know, it's not food anymore. – It's not food at all. It's not food at all. And you know, these fads, I'm just going to call them bad as they come and go, right. And I've got all the badges, Jenny Craig, nutri systems, Weight watchers.

I did Atkins, right. High carbs, low carbs, high fat, low fat. My mother and I even did the rye bread diet when she was alive. I mean, that's, you know, this is, but it's really not the fault of your listeners because there is so much conflicting information. And um, even now I cannot believe I am astounded at how many of my friends and acquaintances people I come across are eating so much bacon. Right?

I mean, this is why. Okay, So when did bacon become healthy and living food become controversial? You know, they're eating more bacon. They're eating more cheese.

It's like, wait a minute, wait a minute. And then they're they're so sick. It breaks my heart again, which I'm so grateful for all the work that you do.

– Yeah, Yeah. It's it's the body needs. And that's the thing with plant food is that they contain intelligence within

them. They actually release light as you are ingesting, you know, that stored light from the sun through the photosynthesis, you know, and as you're ingesting you, you're actually those bio photons that light is emitted, the different frequencies that exist within the plant and that enhances our cellular intelligence. You know, dead food clogs things up and and you know, yes, it contains some of the raw material, but it doesn't have that kind of living aspect to it, that intelligence that comes along with it.

So what are some through, through your whole process? I mean, you've gone through quite a journey. I mean what are some of the kind of main components that that you learned that you feel is really important for people out there to to incorporate in their lives, – Starting with the concept that it's all about energy and oxygen.

Looking at some. So my philosophy is my now when I was in a health crisis, it was, you know, 100% you know, relentless. It was like my religion, right? And we spent so much time, there's so much wonderful, wonderful conversations about meditation.

We spent a lot of time looking up, don't look down to the ground, right? And and and that's where it is. So, so a couple of things I I go by age 20 right?

Everything's 80, 20 right, 80% of what you eat eat needs to be alkaline foods period bottom line, right? And if you can create an environment, which is why I call myself the healthy lifestyle designer because putting it all together, creating your environment so that you're not tempted to go back and what's in your pantry, What's in your refrigerator?

Little by little, you know, um starting your day, everybody in my world starts their day with hot water and lemon sounds, you know, easy enough. First thing your brain gets hydrated, your, your body is flush. It's amazing how many women call me and say, oh my gosh, you laying on pooping right? And they haven't pooped in years really the way you're supposed to. And you know, so many of the people that are again are here are really people with vision. But it's hard to change the world when you can't even poop and when you start, your body starts to work like that.

So if you will look at bringing just a little bit at a time, you know, um and 80% out on the alkaline side, you can find a chart anywhere. It becomes the difference of depriving yourself and making good choices, not what I'm going to leave out what I'm going to leave in.

But I'm going to bring in if you can do that much, if you can look and find three highly alkaline foods that you can bring into your life, you will feel like a million dollars.

The other thing is, you know, we're designed to thrive in nature bringing nature in to the house. So I have these flowers that are here. I always have flowers in my house. Always they're not expensive.

That's okay. Was $5 now that that vase happens and then on my dining room table, but I have a smaller vase in my office all the time, right? Bring flowers in, bringing plants in.

Little things like that. Make such a difference. And a little bit of self care goes a long way. You are not too busy for self care. One little thing that we um we find so helpful and it's so funny. And don't everybody don't roll your eyes right Wherever you are washing your hands, have lotion lotion, good quality, right? And everything.

So you are putting a little bit of lotion on your hands, you're massaging your palms, it's 10 seconds for you. You are increasing circulation oxygen, right? And you're feeling good.

It's 10 seconds for yourself. That is life changing. And once you really get at it, then look in the mirror and go you go, little things like that makes such a difference that you can handle.

The bigger things you play, You play music, keep music in the house. Little things like that because as your stress as you start to feel better now, you're you are naturally having more oxygen in your body and you're not like oh I can't bring one more thing into my life you know but I'm gonna know life's too short for excuses.

– Yeah those are such a powerful tools and in regards to pooping I mean if if we can't get the toxins out you know then then yeah we need to just by drinking water bringing you know more alkaline.

So a lot of the toxins are acidic and the body does not dare to start to move acidic waste if it doesn't have an alkaline buffer you know, so by eating more alkaline, the body is unable to start to detoxify a lot of the chemicals that are acidic and that will then open up and then by drinking more fluid obviously you know then we can poop, we can p we can sweat more and then also breathing oxygen.

You know like the plants you were talking about, you know, all of them produce oxygen, they grab carbon dioxide and then produce oxygen. So so here we have your phone Four pathways of elimination to get rid of toxins.

Just by very simple measure. Just just by doing that and then in your hands, you know for people to recognize we have all these reflex points in your hands in your feet and by doing a simple thing like that like 10 minutes you are and you can kind of find where the sore spots are that tends to be kind of nerves that are related to an organ that may need a little extra. Love and care.

And, and so then you just kind of hang on that spot and rely and massage that a little bit. And, and it really has a tremendous impact on an individual's health.

And then music. I mean vibration. I mean we, we are vibrational beings. Yeah, Bringing good sound that make us happy and you know, this is awesome. – We have it all the time.

And now I do, you know, I'm a theater person, but that's why I have it all the time. But, but I resonate with it. And once you start doing it, we didn't. Now that was unexpected for me actually when my husband turned 75, he's going to be 79 in a couple of weeks.

My Children gave him an echo plus we started having music on it. It's so easy. I won't say it because she's sitting right here, but play whatever it is. You know, sometimes for me it's Judy Garland.

Sometimes it's broadway, Sometimes it's dancing queen, Sometimes it's, you know, smooth jazz or whatever it is. It was amazing. It has totally changed our life all the time. We sit down to dinner and Nevin picks whatever it is. We have music and we hold our hands and we're grateful. But I'll tell you something.

My eye, my orchids. I have 12 re blooming orchids in my house there. Some of them are blooming for the third. And the fourth talk to them right in my office.

They're all over that's what's hap that's what's happening to yourselves. – Just love the vibration and then they give back, give back with beauty and colors and stimulation of your nerves. Your brain just by seeing them around.

– Joy Isn't that in the end what we're all seeking is joy. – Yeah, absolutely. And all these. So how and this will have a ripple effect. And this is what people to recognize.

Daily Habits, Self-Care, and Family Ripple Effects

I mean, when when you do these simple steps for yourself, then that then starts to impact your relationships, your family, your friendship. I mean, what what have you seen in your life when you by making these changes and how has that impacted the people around you? – That's that's a very that's a great question. And It's interesting because, you know, you're a prophet everywhere but your own home, right?

So, you know, and parents say that all the time, I can't get my kids to do this or that, you know, whenever we're talking in this space of food and this and that.

So my Children, as we speak, are 52 and 50 for my grandchildren go from 12 to 25. So, you know, but years ago, they there's nothing I could do except do it as they've seen me evolve. They talk about the rebel, right? And let me just say this is the only way to truly sustained weight loss. It's and it's not the loss of weight.

It's your body finding its set point. It's it's right point, right? No more scales. No more counting calories, no more like that. But my Children are all green juices now.

My Children and my in laws, Children for them, they are all green juicers. The grandchildren are a lot of them are drinking green juice. When I go to visit my son in California, they meet me at the, they meet me at the, when they picked me up with fresh green juice, right? Yeah so but here's what I've seen.

They're happier that ripples everywhere. They now their food has totally changed. Our relationship has changed and their relationships have changed with their families.

I I see I see a not that there was bad relationships, but I see an evolution of depth, right? And there's more joy when everybody gets together because that's just how everybody is now.

And um, I know that for quite a while there was nothing I could do. You know, it's a mom. You know, so I just stopped saying anything and then they started to incorporate it. And that is my legacy.

And that's my ripple and that goes out and out. And I do see um with my clients, um people that I work closely with, a lot of them are having relationships that they never had before. I mean the results that we have with I work mostly with women, half a dozen men that I work with but not in the groups and everything there, they come to me for a medical thing, right? No matter what it is, their relationships, some of them change careers because they finally, you know, and here's the thing. The Children step with me on this, the Children go off to school, eating better now.

What do you think happens? I mean I see it. And they said to me, oh my God, we were so busy. They just had like you said, cheerios right, well cheerios is go power right wrong. And maybe the kid has a bad day.

And then when we get together, I rewind and they go, so it's everywhere. And and for me it's affected our business. It's affected relationship between my husband and I mean I told you we're now music and where we have so much is different, not different but deeper, deeper. Ok. It's like the horizon is further.

Like when when I look at the plane, I see further, you know, I'm across the street from the lake here. We moved to the mountains 3.5 years ago. But I see further. But the relationships with my family to me is it's priceless and I've had a wonderful relationship with my family but to see what they're doing and how again they're adults and how they're evolving is just, it's the best thing that I could experience that I could experience.

– And we only have, I mean, so when we are tired and when we're not feeding our body, right? When we're not living in a place, you know that that's joyful. That limits in our ability to expand energy on relationships and on building joyful moments. So as a person that is bringing and then these habits, it is amazing to see how it bleeds into all these other aspects of life and then you can utilize that currency.

So it's kind of like investments compounding interest. You know it, yeah, it starts to build and then all of a sudden it just gets richer and richer and richer and life gets more and more full just by starting with these penny day, next day, two pennies the next day for pennies. And by the end of the chessboard, I mean you are extremely wealthy and it's the same thing, those little habits.

– You know, some a couple of other little things now my Children are all very athletic. Okay, no matter what it is, the four of them, my Children and my Children, they're all the families are very athletic.

But here was the thing, I remember my son and his family moved out to California about nine years ago he had the nerve to leave. So I remember going out there and going on a walk with him and I couldn't walk. I couldn't walk up the trail.

So I stopped and I vowed then and a couple of years ago we were out there and I went all the way up and they're going, oh God, look at you go gaga. The only thing I didn't go to the top because I was afraid because it was there were no rails and I couldn't do that for a height but I'm not left out.

Okay, I'm not left behind. – You get to experience life more fully. – Yes. And that that was a specific example of what had happened and it happened with a client of mine actually last year, 1st, 1st 6 weeks we had our sessions. She was in bed was lying down and then four months later she sent me a video, she was hiking with her family.

She sent me a video that it's a big deal. It's a really, really big deal. – So for people out there that that are, I mean they are kind of, they may, I can't be dealing with stage four lymphoma.

Non hodgkin's lymphoma. Yeah, but they are kind of recognizing the hearing now that yes, I want to make a change. I want to, I don't feel as good as I would like to feel. You know, I feel a key. A little headache.

E I don't have energy when I wake up, I don't sleep as well as I would like I wake up several times, a little moody depression, maybe anxiety sometimes, you know what, what is, what is kind of a form or a a prescription that you would give them that here, do this. Start with this, these simple things.

I mean we talked about the lemon water, you know, we talked about green juice, you know, so how should they, what should their next steps be be to start their journey towards health if you had had them in front of you?

– Well you know, the interesting thing is that you don't have to wait for a crisis, you know, and and obviously what you're doing morning, noon and night is really working on that. And especially with this summit and all the information that you gather and putting out there for people.

It's the exact same thing whether you are healthy, you want to be healthy or in a crisis, the lifestyle is exactly the same. So you know, we talked about starting your day like that. We talked about just getting 333 ingredients that you can bring in that are alkaline.

Everybody loves avocado, spinach or broccoli or chart or you know Bell peppers, bring those things in, just add a little bit at a time, a little bit at a time. Have green tea in the afternoon.

We talked about giving not giving up chocolate. I'm not talking about a snickers bar. No, no product placement, but I'm not talking about that. I have a bag of Cacau chocolate squares every afternoon.

You know, we have green tea and just a little bite of the of the Cacau. These are, you know, this is not about deprivation and that's that's the most important message. It's not not about depriving yourself.

You deprive yourself all day long. That's that's something that that needs to be dissolved, bringing, bringing your your hot water with lemon. Use your lotion, get energy around you walk outside.

Little little things have green tea in the afternoon with a little piece of Cacau chocolate. Find a really, really, really good healthy smoothie that you like. And I'm not talking about with a lot of fruit in it, Right? Find something that you love and here's something that is really, really important. I want to say that you have family, get them involved. Don't fight with your Children, Don't fight with your spouse. Let them pick which foods they want to bring in.

Don't preach because that that that that starts to, you know, that starts to but involve everybody in making smart choices. I don't care what you eat, that's alkaline food. I don't care what three ingredients you choose just as long as you're choosing them from the right menu from the right basket.

– We have our our Children when they go to school. So we have like a vegetable tray and they get to then choose, you know, so we don't tell them you get to do that vegetable or this vegetable, we ask them what kind of vegetables do you, would you like on the tray? And then they get to pick their own vegetables out of that tray. So they feel empowered.

And this is something that they are choosing. And and it becomes such an easier process. And then we know they get those nutrients in them every day when they're going to school – Exactly. And then even without telling them but you start to see behavior changes, what happens in a family, when when that starts to happen, no matter what the generation is, right? – Yeah, there's less quarrels and and I loved in regards to instead of preaching, what

should be, you know, becoming what should be. So, in your case, you you lived this lifestyle and over time. I mean, yes, maybe not the first year, the second year or the fifth year, you know, they you know, the Children did what you were doing, but it starts to just become normal and accepted and and then all of a sudden it becomes part of their lifestyle.

So it's it's just being in a place that people can replicate is more, it's more important than, you know, trying to share your wisdom all the time, – Right? You can't it's like a lot of eye rolling or, you know, you can't and I'll tell you, it kind of breaks my heart when I see friends that I read that. I see that they do have some kind of a diagnosis and I'll turn to Nevin and I go why didn't they call me?

He said well you're not a prophet in your own house.

Becoming Your Own Health Authority and Closing Remarks

But you know I I don't want anybody tying my laces that hasn't walked in my shoes. Right? When I go to somebody to help me in my business, I would never never have a business coach that does not have multiple seven figure business.

Why would I? It's like asking your uncle ralph on the back porch for financial advice. You know. So authority is a really interesting thing and I have this thought and this concept about you need to become your own authority figure and I call it your chief health officer, your chief, you need to become the authority figure for your self. We are listening, we are used to listening to authority all the time and don't let anybody take that from you educate yourself. If you're watching this and you're and you're watching you're watching this summit and all this information, that's where you're headed. But you need to be your own authority and trusted. You know, it's Tony the tiger is an authority figure for kids that's not what they should be eating right.

So you know tom brady is has the career, he has look at the way he eats, you know, that's a much better health authority. So but the authority that Children look up to very very early needs to change, needs to be the right authority and you need to be your own authority, your chief health officer and you can pass that on with confidence and everything we talked about. – Yeah. So who should you listen to in regard to your health? I mean here you have your overweight medical doctor, you know, telling you to do this, do that, you know, is that somebody that like you're talking about in business, we follow the advice of somebody that is proved to be successful and we should do the same in health when we see this individual is living this lifestyle, this is what is being achieved. This is what the you know, their level of health, you know, that is more what I would like to replicate rather than somebody just saying here take some Metformin this or take this much insulin or here you need to be on this heart medication or this cholesterol medication, you know, is that the individual that you want to follow or do you want to follow the one that is is proven to live a full healthy life without, you know, it's not being without disease.

It's about achieving optimum health. – Exactly, exactly. You know, I have conversations and it's like when you eat from a box, listen, follow the money no matter where you want to follow the money, right? When you eat from a box, you are supporting somebody else's dream when you eat from God's garden, you're supporting your own you can either be a donut or a garden. You know you can but you have to be your own authority figure. Right?

So whose dream are you creating? You know? And again this this Tony the tiger again, it's not a placement of anything but becomes you know cherry we talk cheerios right? What's the first food little kids get cheerios right, Right. Go past it.

We're getting a little more all the time. The veil is being lifted. Trust your source, trust nature. You're designed to thrive in nature and everything changes. It's like a veil is lifted and it's a beautiful thing because you know what the world needs you to be healthy.

There's a lot of stuff going on. You want to make a difference. You need to be at the table where decision to me. – Yeah. The world is healthier when you are healthy and – Wow, whoa I'm gonna may I borrow that?

I'll give you credit. – You can use whatever you like. And also when when people talk about, well I don't like that, I

don't like eating this food. You know it doesn't taste that good.

What people need to recognize is that we have a gut by OEM that it just based upon what we're eating and so our preferences comes in from the gut by OEM that we have and when we change dietary habits, our gut bio mobile change. And now you well then have the different bacterias and different things in your gut that will then prefer the new way of eating and that becomes tasty to you. So it's just giving it the time to allow the gut biomom to change. So you tell your gut by OEM what it should look like based upon what you're eating. If you want garbage bacteria, garbage parasites, Candida and let that drive your dietary habit then eat the soft donuts and be you know soft holding and squishy. Or if if you want to then have a gut by OEM that is fed on good food and that is also then supporting your brain function, your blood brain barrier and all of these things then eat food that that creates that you know so that's just kind of a little extra thing that I want to throw out there. – Absolutely. Well it's what you're saying.

I mean life is too short for excuses you know? Well I can't give up my cheese and I you know, you know what's the story you're gonna tell your family when when news comes or you know what are the excuses and what do you really want?

What do you want? What do you really want? You can always there's always great substitutes for your cravings. You know it's easier than you think and just who do you really want to listen to do?

You want to listen to source whatever that is and nature that is all around us or you know, you're going to build somebody else's house because you're reading out of a box.

– I love it. Well Elaine it is always such a pleasure and you you bring so much such light and love to the world with everything that that you do thank you so much. How can people find you where where where can they learn more about what you do? – We are renewed living.

So our website is renewedlivinginc.com renewedlivinginc.com. You can get me at elaine@renewedlivinginc.com elaine@renewedlivinginc.com. We have a very strong women's community.

And that's called the extraordinary sisterhood. It's a wonderful thriving private facebook group. Got several 1000 women and we're on a mission to create, you know, extraordinary lifestyles, legacies, longevity, and in love.

So that's the extraordinary sisterhood on facebook or renewedlivinginc.com. And you know, let us let us offer you and you can see what's out there and we just want to really, really put you in a position to really live optimal health vitality and joy. I believe you should live that every single day.

– Yeah, I love it. Well, thank you so much Elaine, – Thank you, thank you so much