Introduction to Terry Cochrane

– All right, everyone here we are back with another episode. Today we are talking to Terry Cochrane and Terry I took inspired action yesterday as I was preparing for this chat with her and you know, I like to go in and dig into my special guests and see what they're all about and I do have my speaker notes but there was just something super special that drew me to her immediately and I actually took inspired action yesterday and ordered her book called the Wild vegetarian Diet. So Terry is a celebrity practitioner, she is the founder of the Global Sustainable Health Institute, she's the developer of the Cochrane method, which is a future facing multi system health and longevity model and what I love is that our paths have some similarities in that and we're gonna we're gonna talk about this, I want to know because I was like the same as you, I was in a corporate environment for many years, I was gonna like bust through the glass ceiling, that was my goal and then you know what, there were different plans for me and so I want, I would love to first of all welcome you to the medicine of mindset summit stage and let's get to know you a little bit and let's first talk about how that transition happened from the corporate world to becoming an international thought leader in this area of health wellness and longevity. – Well thank you and first of all, thank you for your to your audience and also I love the title of this summit, the medicine of mindset because it's so richly true about mindset being our greatest medicine, but to my trajectory and how I landed in our conversation today. Yes, I was in institutional risk management for 20 years. Almost for 20 years.

I started as a real estate finance, risk manager with the bank and then I went into an investment uh branch of a an insurance company and became a bankruptcy expert.

And then my last 10 years of of the Tour of duty as I call it, I was I worked for one of our largest organizations here in the U. S. of Freddie Mac that manages a lot of capital through the capital markets. And I was in their multi family division, first purchasing multi family loans from large institutions.

And then eventually I ran the portfolio services group that managed the risk of the assets once purchased.

From Corporate Risk to Health Advocacy

And so to your point about trying to hit these glass ceilings or breaking glass ceilings, I actually did break glass ceilings at Freddie Mac. I was the first ever in the history of the company to run a department as a job share arrangement that had never been done.

They wanted me to run the department, I had two young Children, I wanted to be part time and they said, well, get creative and I did. And so I proffered the first job share which had five functional areas reporting to us.

And it was highly successful. So I left at the height of my ever grow Growing career at the age of 42. And the reason I left was because when my first child was born at his three year, well check up, we were told to express express expect brain seizures. He had the bone density of someone half his age, he wasn't walking, he wasn't talking. We lived a lot of times in the hospital, we didn't know if he was gonna wake up at all because he had life threatening asthma.

He had body full eczema, that was bleeding. He was such a tiny little guy. And so the first few years of understanding the model of you're going to have a broken child was really hard, but we thought, well we can do this and then something greater, breathing through me, the medicine of mindset, which I didn't know at the time said, well what if it doesn't have to be this way? And I'm a risk manager, I know nothing about medicine or food or nutrition, but I'm also a pattern, recognizer. I didn't know it at the time, but I'm clearly one now, and so the patterns that I was seeing in my son were not innately what you believe the human body can do, because if we're if we're beautifully knit from one of our psalms, then we are divinely made, which means that the body can do anything and I started doing extreme amounts of research, he's now 28, so this is before the age of the Internet, before the age of Google. I didn't have Syria, I couldn't ask a question and haven't answered. So I started doing tremendous

research at the library. I started really looking at other Children.

I started interviewing parents and other practitioners and I had a moment of epiphany was, oh my gosh, what if, what I'm feeling, feeding my child is literally poisoning him.

And even though the food was homemade and we had, we had someone that would make our meals every day because my career was very demanding and the meals were homemade, they were still the wrong foods for him. And within four days of eliminating corn, wheat, dairy, citrus and peanuts, he started breathing and we started seeing the allergic shiners recede. And so I knew I was onto something and through he was five at the time and I left Freddie Mac when he was 10.

So over the next five years I continued to have my day job and then my night job was how can I continue making my son's life different than what I was told he would have as a life.

And again when those life moments come, I was meditating on a beach after seeing on vacation, a child that was truly broken. He was 12 in the pool, his mother was was barely mobile and I went to pray for that young child on on the sands, what I got this knowing saying go back and quit your job when you go back, get back from vacation and people thought I was nuts because again I had done very well there and broken glass ceilings like I was highly considered and I did just that I didn't even think about it. It was one of those things that you just know, even though in the circuit on the, on the level of third dimension, it looks nuts. I had zero doubt or fear around what I needed to do and it required for us to change the way that we lived financially.

But I knew I had no fear having been a Cuban refugee with everything haven't been taken from us. That's not something that I fear because I know I can rebuild from nothing. And so that has led to this beautiful once again, almost 20 year trajectory of this ever iterative, um, dynamic model that I've created under which the wild vegetarian, diet and living as nature intended falls under the umbrella of the Cochrane method, which is a complex model, but it's simply elegant in its execution.

– Oh, Terry. Yeah, we are kindred spirits because I also had a journey with, we have, I have three boys and our middle son, we had a gift, a pain journey which helped me figure things out for him.

But I think there's something so innately wired into us as moms not to take anything away from dad's, but that intuition that you had and where it's brought you now.

So I mean you you mentioned it just really briefly can you I know it's probably more complex than we have time for but can you take us through the Cochrane method?

Just so we can get a sense of you know, what is the framework and how could someone watching this episode with you today be inspired to maybe start to think about, you know their lives or the life of of someone in their family or a friend that this might impact in a positive way. – Absolutely. Well the Cochrane method is born from my being a curious observer and a perpetual learner and always understanding if it can be better, how can I make it so. And the Cochrane method marries biochemistry.

Quantum biology a level of quantum physics, epigenetics which is how our environment expresses our genes and anatomy physiology, musculoskeletal. So it marries all of these dynamic systems into a model that looks to the four portals of genetic expression that I've developed which is pathogenic environmental which includes foods, toxins, chemicals, what we put on our bodies and our bodies. And then there's the emotional piece what we carry that that signature that we carry.

The Cochrane Method Explained

Generationally the trauma that we live in this life, the trauma that we brought into this lifetime and or what I call our big rocks and then we have the physical impact that can cause a genetic expression and the combination of any of those four portals and so we know that we will always come in and out with the same genes. But it's how those genes are expressed.

That allows us to live a vibrant, infinite life for a life that is out of alignment with what our potentiality is. And so we are known as disease detectives and we're actually known as the Last stop saloon. We have many clients and we have an internationally known practice. I also worked with some top celebrities and some of the world's most famous athletes. And what we do is we optimize the infinite potential within each individual by matching their genetic blueprint to their current state of health and developing a bio individualized that is very precision, lead based personalized plan of food supplementation.

And in some cases pharmacology as I work in tandem with many doctors. Because some of the pharmacology that you may be prescribed if it is against your genetic tendencies that can actually be quite dangerous and can do anything but support a healthy system. Again, it can support contra that.

So it's it's a beautiful elegant expression of understanding the body. It's basically an algorithm for decoding the human body. – It's brilliant and I wrote down something you just said, I want to go back to it. So you had said if it can be better, how can I make it? So and because this week is always looping back into mindset. Tell me is this you know, when, when you were like a little girl like is this a mindset or you know, are you a product of the environment you were brought up in?

Like not everybody would think that way. Many people would think this is happening to me and I have to just manage it right? Let's talk about that because if it can be better, how can I make it so like that is very, in my opinion, that's like very badass. Like what can I do here?

You know, get out of my way because I got something to do. Where did that come from in you? – Well my parents, uh we came again, I was born in Cuba we left everything behind.

We had great comforts there until we told we were we, we declared that we wanted freedom and then they were taken from us and it took many years for us to leave the island. And um my parents always taught me to live in the space of what if it could be easy.

Look at the solution. Do not live into your current state of scarcity or fear or sacrifice. Even though we lived a very modest, very modest life when we came here. I never knew that there was lack, it was always, we were always doing the best that we could with what we had at the time and we never talked about the scarcity. It was always, how can we be rich in the music, Let's play chess, Let's play dominoes.

Let's, I had my clothes made when I was little, I thought that was really cool, but they were made from scraps, you know, that we, my mom would get at the, you know, the sales, right. And I thought it was really cool because I had to, you know, I didn't have a lot of clothes, but they were made for me.

And so it was that mindset that instilled in me, if it can be better, then why can't we make it better? Why do we have to live in the condition like my parents chose to make their lives better. Now looking at it on face, They gave a lot up.

But ultimately they had the vision that they knew that freedom had no price to them. That's the way they made it better. – Yeah, that just brings so much joy to me because I think that it's um, it's refreshing and it's just, yeah, this world needs more of that frequency, you know, emanating from us. So thank you for that.

I want to shift a little bit into the components of the wild Italian lifestyle. So let's talk about that. You talk about the big four disruptors, let's go through those.

– Well, I'm really part proud of this wild vegetarian diet and the big four disruptors and that again falls under. We have the big four portals of genetic expression. And then we have the big four.

Not coincidentally. That's just the way it happened of what I call the big disruptors in our food. That is you may be eating the very right wrong food. So I am a disrupter in the healthcare space.

I have a lot of my really good friends and colleagues are well known figures in the functional medical space and I

disrupt some of that philosophy because I believe that I have developed a model that even transcends that and so through the clinical outcomes and deep researcher have multiple researchers on my staff were always researching because again because I'm a system and pattern recognizer and we use applied kinesiology.

I've developed my own methodology within that model. It's iterative. I call it iterative applied kinesiology every day. The body is giving me feedback from all the clients. We see thousands of clients a year.

All the clients that come in and the body is always going to give us that inherently brilliant broadcast back. And so what I have determined especially in this aspect and now in the spike protein which was I didn't know that I was developing something that would be so aligned with not falling victim if you will too.

What's happening in our pandemic is that the four aspects of protein, sulfur, fat and oxalate metabolism impairment are inherently representing over 80% of auto immunity disease illness.

And so how does that play? And it's all intertwined. They work together because nothing is separate. We're not a separate system or a system of systems.

The human body is such that. And so what I found I had a patient a client rather who had been given his last rites. He had end stage cancer by the name of amyloid doses. It was a rare form of cancer where two rounds of chemo had put him into congestive heart and kidney failure.

He had these amyloid that were wrapped around his heart. And so he was told to go home. And you know and through hospice and his wife was a CNN producer at that time. I had already written my first book and I was known regionally here in the D. C. Area. And so they found me and Glen who's happily with us a decade later I will say he became the genesis for the wild Italian diet because I didn't know what amyloid is. Were I had on staff at that time an expatriate NIH researcher that was an epigenetics expert. And I said okay Sarah go and try to find out.

I don't know amyloid. This is before we started understanding the beta amyloid in the brain with Alzheimer's and so forth. And what we found in the clinical literature is that we we do have amyloid that are grown within us. It's a homeostatic effect of the body to bring inflammation to go back into balance. However, we're now creating exogenous amyloid from the food supply.

Mindset, Upbringing, and Resilience

And those amyloid czar indigestible protein structures that will attach themselves to organ systems or will be in blood. It's very much tied to a lot of blood cancers. But amyloid are they are triggers for viral reactivation. And I believe I'm pioneering that.

So when we're eating an amyloid rich food supply were actually reactivating viral loads such as the Epstein Barr. So now you have Hashimoto's or you reactivating varicella. So you have polycystic ovarian syndrome or M.

S. Or you have Bell's palsy or you have ulcerative colitis that the only thing they can do is take your colon out. I just we just recently save someone's colon from that.

And these these amyloid are coming from the crowding condition of the way that we grow our animals. And that's why the subtitle of the wild Italian diet living as nature intended is paramount to our survival as a species.

I'm not I don't believe I'm being too dramatic around this when we when we consume amyloid for tripping viral loads, viral loads are leading to auto immunity and chronic illness and acute illness and worse.

And then also the beautiful work of Dr. Stephanie sent out of M. I. T elucidated that glyphosate was doing three major things. It was interrupting it becomes a an analog to glycerin and licensing and also sulfur and oxygen metabolism.

So without slicing, it's harder to digest proteins. These proteins are already indigestible. That's why we're such we

have such gluten issues in the United States because gluten is a protein, you travel to Europe or glyphosate were not £300 million pounds or sprayed on their crops annually and people can't tolerate gluten there, but not here. It also interrupts the salvation pathway because we need sulfate. We need the end product sulfate to fuel our brains to fuel our attendants to fuel our ligaments to have them use and layer in our gut, the integral.

So we don't have arthritis and interrupts that pathway. So if you're eating sulfur rich foods and you have genetic tendencies that make you vulnerable to sulfur, such as I do, then eating broccoli and chicken is poison on your plate because you have an indigestible protein that's sulfur rich and you're going to leak your gut and create potentially a genetic expression and and autoimmune expression.

And then we have the oxalate burden the oxalate burdens. Again, Glyphosate has interrupted our body's ability to have a bio that allows these oxalate which are protective. It's a protective application from plants effectively, a poison. But we used to have the bacteria to break the oxalic acid down and we were fine. Now we're not as robust in doing so oxalic acid will create oxalate crystals that can wrap around our kidneys our our gall bladder and create stones, but also it's been tied to heart disease.

It's been tied to autism has been tied to mental health disorders. It's been tied to any kind of goitergens, cysts. And so when you're eating an oxalate rich diet such as almonds and blackberries and black beans and beets and spinach and you have this smoothie and you're literally it's poison, it's poisoning you if you have those genetic tendencies and we have this predisposition and we're now finding that the spike protein is increasing the oxalate burden.

The spike protein is increasing hydrogen sulfide which sulfide which is a sulfur which then creates mass cells which then creates histamine which then feeds the dis biotic gut which then feeds the occident burden. And despite protein is also creating alkaloids.

Holy crap. So why would we feed our body? Something that despite protein inherently thrives on. And then that is the last piece despite protein is a double lipid layer.

So it has that's what's called corona. Right? So it's got this double lipid layer when we feed our bodies fat and especially we had fat metabolism impairment genes and we show on our blood.

Work with many functional practitioners to say you need essential fatty acids because you're fat is low. Your E. P. A. D. H. A. Is low and they give them more fat.

The Wild Vegetarian Diet and Big Four Disruptors

They're actually leaking the gut because they apparently have expressed those genes that say do not break down fat and so more fat is actually deleterious, delete serious to the body.

So what we do is we provide emulsifiers and then we start putting in micro doses of fat and then those people's D. H. A. D. P. Are beautiful and robust while not feeding a lipid layer. Not only to that spike protein but lipid layer is I call it the jelly donut for pathogenic loads for viruses.

That's how they encase themselves. That's why they protect themselves. We're not we're not breaking it down there getting fortified and so this wild Italian diet and you can have a what we have a wild we have wild types that is combination of any of those four can tell you how to eat to your genetic blueprint and your current state of health because the body is dynamic and this is why I'm so proud of this diet because it's not go be paleo gobi vegan, gobi keto, gobi whatever it's why are you and where are you? You're always eating to your genetic blueprint and your current state of health because if your health is more robust and those genes are not expressed, you'll know that by body talk.

Also we have we have ways to know more more biochemically then you have a bigger a bigger platform from which to gather food. But I'm a low fat, low sulfur. Excuse me.

I'm a high fat, low sulfur, low oxalate wild vegetarian. My body loves fat but if you give me an oxygen and sulfur, I couldn't have a conversation with you today. So it's really a beautiful, elegant I believe.

Way to understand how to live vibrantly without it being complex in its application. We have 10 year olds that understand their bodies more than 70 year olds, it's really beautiful. You don't have to be a biochemist nerd like me, you can just be a good listener to your body.

– So you know, I kept running through my mind as I was listening to you talk. She's the smartest person. I know she is the smartest person, I know like that. So I was like and why are we just hearing about this now or why am I just hearing about this now?

I feel like my gut journey, my son's gut journey is probably all embedded into what is going to be delivered to my doorstep in a few days, which is your book and I think obviously there's the working, you know with you at your clinic to take that deep dive.

Yet I wonder if you can help us understand if you know, if the audience were to a step one, you know, get your book, learn about the wildatarian diet. Is there enough self assessment in there to know, are we high fat? Are we low fat?

Are we high, like how do we, how do I as here in Nueva Vallarta Mexico without going to see you in the D. C. Area yet How can I start on this pathway to wellness? – The, so the book was written four years ago.

And so it's really interesting how I was I was really ahead of my time. And it is a tutorial on what it is to understand those four dynamics. Oxalate came in later.

Although I do speak to that has really been born because we had a tipping point with Oxford I believe about 36 months ago in our food supply after the book was published.

However there is a quiz you can take on our website and it will not take you to what wild type are you and just eating to those alone in the book guide you and it has recipes and it says if you're this type it this way and it'll say substitute these ingredients and the recipes. It will start your journey down self discovery of what is my body telling me and I will tell you I ran into a woman in the bathroom that I've never met her and because she recognized my face and she said oh my gosh I bought your book and that 20 year rash that I didn't know was sulfur disappears.

And so you know that was an Aha moment where you know I've never met her and just buy that book alone, she had resolved a 20 year situation. So it isn't that complicated. We also I will also share that we have a tremendous amount of information. I believe that, you know, when you share that's abundant, you don't have to hold information back because it's yours, you know, and you're scared, somebody's gonna take it.

I share information above through my Instagram post this this week. We're talking about mold and oxalate and analysts and how they all play together because mold mold makes oxalic acid. So if you're eating a lot of oxalate and you have candida, you're actually feeding the candida and or other fungal organisms.

And so that almond milk that you were told to drink because you can't drink dairy is actually potentially worse because dairy, if it's the right kind of dairy has calcium citrate, which breaks down the calcium oxalate.

So it's just this fascinating dynamism where I am, believe, I believe I'm pioneering, but I believe that you can start your journey really through who am I why am I? And how am I?

And start making these small changes. And it's like, how wild do you want to go right if you're low fat while the chair and you're not gonna eat land, but you can eat bison or you can eat fish if you don't have high history.

And so it's it's just this beautiful dance around continuing to be educated. I've been on lots of podcasts and I'll be on the, obviously I'm on the summit and I really believe that this is, it's so timely right now. It's almost like my my higher self is saying you must share this now. It's too important, it's too important. And so balancing my political

practice with getting on like this.

– So you've shared a few, I mean you've shared your son's story, you've shared a few client stories. Is there as a clinician in this, you know, as an expert in this area when you first meet with someone, how would you, how would you explain? I mean, there's the physicality, Yes, but how would you explain the mindset that, you know, if there was a general way to explain when, when these people are coming to you, how do you see that change in the course? Like, yes, you'll see the physicality change, but let's talk about what you see, are they using different language? Do you know, do their are they more sparkly. Tell us, give us a story that would have to answer that question.

– So, I actually, great question, and this just happened a few weeks ago. I saw this woman who had found me through another podcast and she was in a really tough space of mental health of gut distress, of a personal life transition that was really affecting her because her partner had certain tendencies that can be very destructive and she was trying to close that chapter in her life, but she was really highly stressed, Despotic, gut extreme joint pain weight gain had lost his sense of self. She had been through many practitioners and found me on yet something, you know, that that was was saying.

She was looking, found me through higher dose actually, which is a really cool company that I happened to be on their bio hacking series. And so the first visit, she was literally literally shaking a lot of, a lot of my clients when they come to see me, they have been, I've had some that have been to over 100 practitioners before they come see me and they're really, they've lost hope. They're desperate, they're exhausted, they're financially depleted.

I say we're very cost effective, we're not inexpensive, but we're very cost effective. And so within 10 weeks, what I do is I really listen. So I sit and I listen and I'm really intentionally listening not to what they're saying, but how they're saying it, how their body talk is, what's their body language? Are you looking away from me?

Is it that hard to share that information? And this woman in particular, when she came back for her first follow up, she lost 10 lbs, her gut symptoms were gone, her joint symptoms were gone, but she had found her sense of self and joy. And so what she shared with me is that because her little boy is only three and so she was dancing around in the kitchen, he was emulating her instead of living in this very fearful experience of what might what shoe might drop. She got her power back.

She remembered who she was at the highest levels, not what was happening in her life, in this stage in her life. And she brought that to her son. And so not only was she healing beyond the physical, but the mental and emotional healing that transpired that was then generated for her boy Was immeasurable.

So much. So she works at the State Department. She's like, I want to now impact others. So it's the ripple, right? It's the, if you can make it better, why not?

So she experienced her life becoming better and so now she's looking to share she's 40 something. This is when I started my second career to express herself in a very different way that she didn't even know was within her.

That's the power of truth. It's just simply I listened and I told her her truth and then she actually accepted her truth, that it wasn't what she thought she had been told.

– How does that, like, maybe it seems like a really silly question, but how does this make, how does this make you feel great question humbled? – Mhm lighter. And it validates my fishing. – Okay.

I also feel this little wave of emotion. Yeah, yeah, it's, it's fascinating to me. It's fascinating to me. I'm so grateful that are positive crossed and I'm getting to know you and I'm excited to get to know your work more. And I feel like you are an answered prayer for many people that are here on this summit this week.

So let's you said one of your questions that you sent is very intriguing to me. So let's touch let's touch based on this one now. So why do you say that there is no one healthy food or supplement for everyone?

Getting Started with Self-Assessment

You know we hear about the superfoods or we'll see commercials on tv which are they draw the masses in. Like that's my answer again, you're kind of disrupting that thought pattern. So let's talk about that.

– The reason I say that is because it goes back to our genetic underpinning and unless we understand the genes of us and our genetic vulnerabilities we can step into some real landmines with these powerhouse foods and supplementation.

So for example, uh turmeric has been touted as a very big anti inflammatory antioxidant. However, if you have the C. Y. P. 2 D. Six genetic polymorphism or the C. Y. P. 1A2 or any of the various of the C.

Y. P. 450 family of genetic polymorphisms then taking turmeric can actually slow your phase one liberty detoxification by up to 50%. So that antioxidant becomes a pro oxidant becomes a liver um concrete maker rather than a metabolizer and many of my clients have come in and I had a gentleman yesterday.

He's 6'4 he's protein wasting. He's in joint pain, he's highly anxious, he drink four cups of turmeric tea a day. His genetics show he's got the C. Y. P. 2D 16. No wonder he's so anxious and angry and muscle wasting is like he's not metabolizing and he also was eating all the wrong proteins because he wants to lift and he lifts, lifts to exhaustion, nearly passing out.

And he has and he has another protein metabolism impairment gene where it actually creates a pneumonia a situation and ammonia is highly excitatory so turmeric for him is poison glute and thigh on if you have sulfur processing impairment jeans and beautifying Rvs are highly popular. Can actually injure your nervous system, it can cause a highly inflammatory response. I had a young lady, her uncle sits on the board of Mayo clinic. She had such severe psoriasis.

She looked like a tree trunk. She's a beautiful young lady. She looks like she looked like a tree trunk coming in. She's been to Mayo several times. She was doing glorifying ivy.

She had a sulfur, not an allergy but a high high sensitivity Lucy is her name in 10 weeks. We got, she was beautiful Lucy again but she, the glutathione was literally poisoning her. And and it also depends on where we are if we're in a state of acute situation, you can't take those foods that are genetic trippers for you. If you're in a more robust state like for example milk thistle, milk thistle. I was just listening to somebody today saying everybody should take milk thistle because it regenerates the liver cells?

Well no not exactly not exactly. You may need them if you're in an acute liver situation. But again if you have C. Y. P. Family of genes, milk thistle down regulates that family of genes.

So taking it every day long term is bad for you. You need to know when to take it and how to take it in why you're taking it. And so this is the dance of this dynamic dynamic body that is us.

If our cells are moving trillions and trillions of cells are moving in real time, how can we expect to put everything in there at the same in the same way they're in constant motion, communicating in different ways. We have to dance with them.

– You're so passionate about this and you explain it in these little bite sized pieces of information which I love. And so I'm gonna ask you this, I understand you know the genetic under underpinnings of this whole process.

This whole method. This whole mindset of looking at health and wellness does phase of life impact any of this. Like if there's a woman in menopause versus a woman who has just had a baby and is nursing or a man that's post prostate cancer. Like how does does that come into any consideration at all? – Absolutely. So women, we even talk about women during their cycling. A woman who cycles who is having their period and has an M.

T. H. F. R. C. 67 70 polymorphism which means you recycle estrogen and or the compton which means you

recycle estrogen and fat metabolism. We tell them go no fat during your period and during your mid cycle because you're surging hormones.

Client Transformations and Healing Stories

And if you have those genes and if you have tendencies where your fat mouth absorbed, your fluffy, you have acne, you have heavy periods, you have thyroid dysfunction and so forth and so on. Those that have hormonal impact.

You go zero fat when we have changes in our life, when we go through puberty and when we go through menopause we have to look at the dynamism and the hormone changes.

Absolutely. Absolutely. And so that's why when people are told you need to take bio identical hormones because your estrogen is low. Well let's look at it relative to progesterone. Oh by the way is beta Glucuronidase present which is an enzyme that recycles estrogen. So even though on face, your estrogen is low, that estrogen is like a hybrid and you're getting 50 MPG on that estrogen because you're recycling that estrogen.

So giving you estrogen is gonna make you potentially depressed, gain weight, block your thyroid because estrogen is one of the things that blocks the thyroid creates the thyroid binding globulin estrogen competes for serotonin so many reasons why we get to the why behind the why. – Terry, there's like, no guessing like I feel like you are this beautiful mystical goddess that just looks in this crystal ball and is like, oh there, oh there, oh there.

And then it's like, you have it, right? There's no it's like everyone's personal story. So would it be a stretch to say that anybody could heal when this is understood?

– I say the body has a beautiful capacity to do magic and I will say time over time, our efficacy are sustainable efficacy, I believe is unprecedented.

And I say that with great authority. An age shouldn't come in. Like someone shouldn't be like, well, I'm 80, why would I start doing this now? I'm 60. I'll be 61 in a couple of months.

I have terrible genes, But I work with my genes not work against them. And I have a beautiful, vibrant life and I certainly don't feel my age. If you had to peg how you should feel at a certain age, which I'm trying to bust that myth as well. But we had a gentleman who had come in here to see us, 66 years old. He came here in a walker, he'd been on high blood pressure, die diabetes medication, high cholesterol medication for 40 30 and 20 years. He was he was barely walking.

He did not want to come. He was a serial CEO. Our methods are interesting and new to him. He's 66. He's like, what the heck am I doing here? He said his family did an intervention and didn't tell him where he was going. His name is Jeff, he's now one of my best buddies. So Jeff is no longer in any of his medication.

He's not wearing, he's not walking with the walker. He I call him, he's got he should be on the platinum silver cover of Sports Illustrated. He's working out, he's his his hemoglobin, A1C is perfect, his blood pressure, his his cholesterol without medicine.

And so it's really fascinating what the body can do now. You're 65 plus year old male. You're one of those statistics. Here we go. Let's get you on all these drugs for the rest of your life. He's been taking them for a long time, a long time because he has a lot of complex genes.

And so he's just one of my biggest fans. And I just saw he and his wife, I see their entire family. I just saw them this week. And so it's just it's just a beautiful thing.

– And so do people have to see you in person or are you able to, you know, do distance appointments as well? – We do. It's really fascinating. So this is where the mind of medicine, right?

Why Health Is Highly Individual

So we have created uh and this is I'm not the only one that does this, but we do muscle testing by proxy. So we do muscle testing here. We do muscle testing by proxy.

And what I love about it is double blind. So the proxy that's standing in which is one of my staff members doesn't know the person's history. Nor nor do they know their genetics and what I'm testing in real time and we have resolved auto immunity, infertility, even gotten somebody out of autism through this process, which I've never touched them. So we see people internationally and I have a team here. So I usually do the 1st 1st consoles.

I have a team of practitioners that do the follow ups and we try to graduate our our clients within three visits unless it's extremely extremely complex.

We say you're in and you're out and you can come see us twice a year because what we're doing along the way is also empowering them so that their understanding their why and they're not they're not confused, confusion is an energy leak.

And so when there's an energy leak, your body is trying to understand the answer and it gets stuck in a cog and then it's pushing up an effort which I call it the fire starter to any condition. And we've practically proven clinically that epinephrine can cause illness open up the tight junctions of your gut, give pathogenic city more strength and literally dislodge insulin and blood glucose which is so prevalent and important and central in this pandemic.

– So let's I want to ask you this in terms of your area of expertise and I know you're like the experts of experts. I feel like what do you think is not being talked about enough in your in your field of study?

– What's not being talked about still is the essence of the dynamism of the body that it changes over time and the by individual nature related to genetics.

And I've worked with another company who has a fellowship in genetics And yet I spoke at their national their annual conference and I believe my method is much deeper yet easier in its application. So we have to apply what is our what our genes telling us and how are they expressing themselves and only applied kinesiology and the iterative process that I've developed really gives us that real time feedback.

But it's bio individual. And just because it worked for your neighbor doesn't it should work for you. And just because you're a functional practitioner that was taught that probiotics are going to help diversify.

You're not if you have the F. U. T. Two gene or if you have the hmm. T. Gene or if you have the soo locks gene or the CBS. Gene which also create a high histamine and sulfur burden and probiotics or high histamine.

So we have to understand that even well meaning functionally trained. Untrained natural paths right? And doctors that have shadowed me M. D. S. That have shadowed me.

We have to untrained because we haven't it hasn't yet been elucidated. I've I'm in I believe I'm one of the pioneers that is bringing forward this elucidation that is so critically important.

– I love it. And so let me just we're gonna wrap. But I want to ask you what what do you do on a daily basis or on a weekly basis for Terry to make sure that that you know and I know you've got a lifetime of you know positivity and yet you know there's always bumps in the road.

But what do you what are some tips or hints that you can leave our audience with with how you personally nurture your mindset? – Okay well the way to nurture your mindset is you have to have a career vessel first of all. And because if there's a lot of interaction in the field you can't trust you can't trust the information.

And so one of the practices that I do and I was actually thinking about it today and I wasn't even thinking in respect to this um this exchange we're having but I juice every morning and my juice meets my genetic blueprint in my

current state of health have already juice with cucumber excuse me with spinach and kale. I would be very, very unhappy.

Daily Practices and Where to Connect

But I have found my mix which is cilantro and cucumber because I've got a lot of genetic intricacies and that keeps my liver clear. I had vitamin C. I have my wallet. I start every day with my juice when I travel, I'll take a little cilantro drops and even then I will put that in there.

It's really important that my liver is being metabolized because I say we have to love our liberates, it's so important. And from a toxicity perspective, I also know every morning because when we sleep we're just stagnant whether that movement is a run, which I typically try to do. I also, I also listen to music. I'll take some inspirational um something it doesn't have to be 30 minutes, but while I'm showering or while I'm getting ready in the morning, I have something holding space with me, right, that elevates the frequency within me and then I decide how my day is going to be, even if it's super crunchy as I say, you know, because some days are smooth and some days are really crunchy and so I look at the crunch and I'm like, how blessed am I that I get to experience whatever it is that I'm doing because I'm still experiencing this and how am I choosing to go through the crunch, so powerful to know that we have a choice on how, how we can experience our experiences.

And so those three things I apply doesn't mean I don't get tired um because my days are so long, but I also don't use my energy. I use the infinite source of energy.

So I have a very high output on a daily basis and you know I rest but I don't ever feel exhausted and so because I'm using infinite and abundant energy that is available to all of us.

– So good, so good now, if people want to connect and learn more about you, where's the best place for them to start? – So, terrycochrane.com is my website.

I also have the Global Sustainable Health Institute that goes to my advising my speaking and then my Quantum and my quantum program, that's my invitation only and also lips are going low better here and then my Instagram Facebook, I really try to put out a tremendous amount of information on, on those platforms.

– Amazing! This has been well I can tell you this 45 minutes has absolutely changed my perspective on so many things and I yes, I want more of you in my life and I'm sure people watching feel the same way.

So I just want to thank you for taking the time sharing your brilliance and like I said presenting it in a way that does give hope and intrigue and the want for more information because I agree with you information is absolutely empowering.

So thank you for being here with us today. – My great pleasure, thank you. – Okay gang I say this at the end of almost every single chat that I have with my experts, it's time for a tiny break. So get up, move around, grab water. If you are in a place where you can get your feet on the ground or out in the sunshine, go and do that.

Take some big deep breaths and you will be perfectly positioned to meet me back here for our next amazing speaker at the Medicine of Mindset Summit. See you soon.