Stop Living In Fear: Reclaiming Your Health with Dane Johnson Transcript

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Introduction and guest background

What made you sick? The opposite of that is what will give you every dream you ever had. Get out of fear and get in desire. You're operating on the worst fuel in the world, fear.

If you're hiring, supplementing, injecting stopping out fear, eventually you'll run out a gas. And I learned and that was like something switched to me and I said, Oh my gosh, If I do and divorce this Western world, like Crohn's and Clyde's is asking me to do, don't eat this gluten-free, alcohol, this, that, all, everything's bad, every restaurant.

If do this my gosh, I can actually become the person I always wanted to be when I was a kid. Welcome to Vitality Radio, the podcast that helps you make sense of natural supplements and thrive without pharma drugs.

I'm Jared St. Clair. Hello and welcome to Vitality Radio. I'm your host Each and Every Week. My name is Jared St. Clair and today is an exciting episode for me because I was at a conference back in April and the year before, the same conference, also in april, this Elcor conference which is called Eco.

A lot of practitioners, people like me, go up there and learn from people that are really doing it with real people, helping them heal and figure out how to get through everything from chronic illness to parasite infections and everything else in between.

And I bumped into my next guest on the elevator before he spoke at this conference. He was talking to somebody else and being the belligerent guy that I am, I interrupted and said, hey, Dane, you totally brought it last time.

It was my favorite talk of the event. I can't wait to hear you this time." And he said, hey, you know, thank you. Super gracious. Let's see if I could do it again, essentially.

And then he did. So then I asked him, Hey, if you're doing it like this consistently, I love your message. Can we share it with my audience? And now here we are.

He's a naturopathic nutritionist and founder of the Crohn's Colitis Lifestyle, a telehealth practice dedicated to helping people with Crohns' disease ulcerative colitis and other inflammatory bowel diseases through personalized natural health strategies.

After overcoming his own life-threatening battle, and you should see the before and after pictures, with Cron's disease, when conventional treatments fell short, Dane has remained surgery free, medication free and symptom free for over a decade.

Through his SHIELD program, he and his team have helped hundreds of people around the world improve their digestive health and take proactive roles in their healing journey.

Dane Johnson, welcome to Vitality Radio. Jared, thanks for having me, man. I'm so excited to be here. And it's actually, we've worked with 4,000 cases now around world.

All private coaching, by the way. We don't do that group coaching. Grab McDonald's drive through of healing people. Nope, every person is a unicorn and needs to be served as such.

Thank you for having me, I'm excited to here. I just wanna serve. If you're sick, you chronically sick I wanna bring everything here for you today, thank you being it.

And make sure you share it if this changes it and changes your life you get something great from this episode. Thanks Jared. Absolutely. Well, I'm super excited to have you on when I saw you, uh, you know, accepted the

invitation, got you in the calendar.

I've been looking forward to it ever since. And the thing is, before we get into your story too much, want to let everybody listening know that we're not talking today specifically necessarily about Crohn's or IBD ulcerative colitis, that kind of thing.

That is Dane's story. But as he said, we're all our own unicorn. We're dealing with our stories. And a lot of those stories, unfortunately, have chronic disease as an element in that story, including, of course, Jen's.

My wife, who I've heard over and over again is the best story I ever told on this show. How about that? And so we are going to get into the the story and the challenges with chronic illness from a mental-emotional standpoint as well as the physical issues.

But as we get into that so that we do have some context, Dane, tell us a little bit about your healing journey and where you were and were you are now.

Yeah, the biggest thing that I want everyone to understand because no one cares what you know until they know how much you care. And my story and the big part is it's really just pain to purpose.

I was diagnosed with something I never deserved that should have never happened to me, that never happen to anyone else in my family history or any of my friends or anyone around.

And when it happened, it just kept getting worse. I couldn't throw money at it. And I went on biologics, I want on mutamodulators, prednisone on and off like Skittles, 40, 60 milligrams tapered down.

Nope, back in a flare. Back on, Back off, TPN feeding tube, you name it. I nearly died in 2014 from complications from the disease. In a hospital bed for a month straight, dropped to 120 pounds at 6'2".

Dane's Crohn's disease and near-death healing journey

I'm about 190 right now. And you know, pretty lean guy, so I'll give you an idea. And it, yeah, I nearly died in that hospital and there was a few things that did save my life.

And then from there, just when you suffer like that, Jared, you know, there's just a difference between studying something and living something. There's a different between.

having people keep trying to enroll you in the perfect diet, in perfect supplements, and in a perfect biologic, you know, a Jack inhibitor like Rinvoke versus a TNF alpha blocker like Remicade versus combining an immunomodulator like 6MP and, oh, it's going to be worth it even though it might cause pancreatitis and tuberculosis.

At least you get your life back and then it not work. And then the steroids, the only thing kind of keeping you afloat and you're trying to work and live your life and be in your 20s.

I was just stuck. So my story was really just a form of suffering that I didn't deserve, that it was angry and resentful at God, myself, my family. And I like what I saw in the mirror, I don't like anything.

At Two-Face, was lying to the world. It didn' tell people. All sort of colitis, are you kidding me? How gross? That's what i felt when I 22. Bowel movements, colon health?

I'm a guy. I like to do push-ups, go on runs. You know, I want to talk about my colon, you know? And so that was really hard as a 22-year-old, 19- year- old kid.

And I was just angry. and I just didn't tell people that I couldn't date, and couldn t go out, couldn' t eat, was scared of food, scared to be away from a bathroom.

Couldn't fit my clothes anymore. Acne all over my body. Severe arthritis pain everywhere. You know, I was dealing with mental issues from all of the drugs and how it was causing the psychotic breakdowns at certain points.

You don't even when I did natural. It was like, Oh, we're going to put you on low dose, no trucks on 4.5 milligrams. I'm like great. This looks great to research.

Great. Okay. We're gonna do LDN plus these biologics. And I started having the worst night terrors of ever. Yes, it might work for others, but I wasn't that case.

I was that case that wasn't getting the results. Oh, this specific carbohydrate didn't work for you, the carnivore diet worked for, not me. I the case getting worse.

So when I tried fasting, bone broth diets, carrot diets I just lost weight. So there was deeper and I'd learned about that. And to this day, I've now seen people who come to me on liquid diets and it's not a diet that heals you.

A diet creates space for a healing response, but there's more to it that while your body is attacking and just restrictive eating isn't enough, that's just basic strategy.

So I had to learn the real hard way. That's what I mean by pain to purpose. Well, I love all of that. And, you know, people that listen to this show are very familiar with my wife, Jen, and her story of being diagnosed as, we'll say, mentally ill when she was 13 years old and originally put on SSRIs at that point.

One of the first kids put an SSR or put Prozac back then. than 30 years plus of medication and therapy and so many other things that led to nothing but consistent illness and consistent frustration because she was never getting better and then really a belief system that she never could get better.

So I'm curious, let's talk about your brain and your mindset. When you were in that, you're embarrassed and I would dare say a word that I think has an incredible negative power in our lives, ashamed of the situation that you were in.

Is that safe to say? Shameful. I was, I, was bathing in shame. Yeah. Which is just an absolute, the opposite of healing energy, right? And then on top of that, what was your belief about what the rest of your life was actually going to look like?

Well, and that's what actually helps heal me. It's because I had such a high vision for where my life was gonna go. I mean, just a few years prior, I did 60 credit hours in college, you know, before I got really sick, 60-credit hours and about two and a half semesters.

I did boom, boom boom. Worked a job since I was 14 years old. Saved money, helped buy my car. I don't come from a wealthy family. Don't from getting spoon fed much at all.

And I just was a hard worker. Was after it. Willing to climb. Been in the gym six days a week since was 15. Just had this tenacity in me and I think that's what saved me because when this victim thing happened to me.

So ashamed I couldn't get out. It was that vision I had for my life. that created an anger, a fire. The biggest thing I think people have to have is you gotta have a Fire.

And I already heard it in you, Jared. You want so badly to give it to others. When you try to re-enroll them in the reality and their identity. Like, me too.

I just wanna give you my fire, I'm like, here, look, there it is. There's the match. Put it inside that freaking heart. Stop. Get in that heart, get it in there and freaking punch that disease in the face.

Like, you know, I have that fire in me. But those years, it was why? Anger. And you when I know someone is suffering, even when we're justified, to call it, justified victims, You are justified in your pain.

You were justified and what's wrong. but is that actually gonna change your life? Is that going to get you where you want? Because you can sulk in the corner and you are right.

This is one thing that absolutely changed my life. I was right, that's why I'm so angry. It shouldn't have happened to me, it's not my fault, It's my responsibility to fix it.

So I would just have a beard, long hair, couldn't walk anywhere, in pajamas all day long, wait for someone else to fix it. Sulk and cry, depression. And if anyone still loved me, they'd try to fixed it for me and run around in circles and lose their own life trying to help me.

My mom lost her job trying help save my life. So we're all just, I'm like this. When we all put our hands up in the air with our wide eyes screaming, everyone who loves us becomes frantic.

but I had to get it through my heart. It's not your fault, but it is for damn sure your responsibility. Get up. Stop putting this on your mother. stop putting on this your father, okay?

It is not you fault. You don't deserve this. but you are gonna actually become the best version of yourself because what made you sick, the opposite of that is what will give you every dream you ever had.

Get out of fear and get in desire. You're operating on the worst fuel in the world, fear. If you're hiring, supplementing, injecting stopping out fear, eventually you'll run out a gas.

And I learned and that was like something switched to me and I said, oh my gosh, If I do and divorce this Western world, like Crohn's and Clyde's is asking me to do, don't eat this, gluten-free, alcohol, this that, all our procedurals, everything's bad, every restaurant.

If do this. Oh my gosh, I can actually become the person I always wanted to be when I was a kid. You want to look your best? You wanna have great energy?

Do you want be naturally in shape? Wanna have good skin? If you have enough energy to not need four cups of coffee and go build a company, you wanna go on the beach and feel good when you're 70 years old?

What's the difference? Tell me the difference. 99% of healing yourself and getting out of that prison you're in right now, then I've been in it. Not many people have, I have.

Ninety-nine percent of what you need to get out that person is the exact same thing as living your best life. That's the desire switch. I love it. And there's so much in what you just said, so I want to parse out a couple of things.

First off, the fear. I talk about that a lot, and I've done a few podcasts specifically on what I call fear-based medicine. Now, in autoimmunity, I'll say chronic illness as a whole because it's not all autoimmune, but in an auto immunity and chronic illnesses, it feels to me after talking with hundreds and hundreds of people who have been in a similar place to where you were, where they had run through test after test and diet after diet and drug after drug, and they're not getting better.

One of the things that seems to be a constant is in almost every case, they are working with medical professionals who are giving them a very bleak outcome, a very big bleak look at what their outcome might be.

Very little hope, very little anything but symptom management being on the table. How did that impact you when you were working through that system? Did you have, because you're a naturally tenacious guy, but you are stuck in fear and shame.

And now you've got the medical professionals that are supposed to be there to help you be better, telling you that you really can't get better. Is that kind of the vibe that got?

Oh, yeah. Diet doesn't matter, there's nothing you can do about it. Let's take these drugs. And they said this is as

politely as possible in a hundred different ways at every single hospital.

UCLA, Cedars-Sinai, Mayo Clinic. There's no clinical research to show that diet change can anything for Crohn's and colitis. It might help, but we just don't know anything about.

You need to take this biologics for the rest of your life, and if they don' work, you're going to need your colon removed. That was the conversation, no matter where I flew and who I saw.

And they might be nicer about it and more empathetic and try, but at the end of the day, if I kind of cornered, like that was it. So you're right in that.

Some people were even more harsh and cold about that, and I think a lot of people listening have had doctors in this way. When we just talked about responsibility, here's the mistake that people are making about, because that's outside of something than ourselves.

The answer is, you've got to stop relying on things outside yourself to be your answer. Use, use it. Use it for what it is. And if it says it's this, then move on.

use what you can and move because it not their life. It's not there body and it' not thier decision, it yours. Well, and I love what you said too, because you didn't go this far, but you say stop putting it on mom, stop puttin' it dad, start putin' on bad luck or whatever it is.

But what about stop it putting on anybody but yourself?

Shame, fear, and taking responsibility for healing

Because what I think we've been trained in America, whether we're doing it a more natural path or a Western medicine path, is that we need an expert to fix the issue that were dealing with.

And I tell people on a regular basis that the expert about your health, the only expert, about their health is you. You are the one that's literally running the daily experiments to figure out what does and what doesn't make you feel better and or worse.

And yes, guidance from someone who knows what they're doing is very, very powerful, but reliance on somebody outside of yourself for healing, I think is always a mistake.

You're absolutely right, and I've boiled that down to a saying, what you're saying. I like to call it, it's not your fault, so it not you responsibility, that's the biggest mistake we made since we were two years old.

Someone takes the toy, we cry, go to mom, someone else fixes it. Something happens at school, the professor or the principal fixes that, police officer fixes, government fixes.

If it is not our fault it isn't our responsibility. And I think it a deep subconscious problem that we have. That bad things can happen, but yes it still is your responsibility And until we get that level of discipline and discernment about our own life and experience, we're never going to be able to rise from the bad things that's going happen to every person on this planet.

No one gets unscathed in this world. And so, once you realize that, and then the next thing you have to realize is that your feelings are not unique. It's hard to tell you.

Sorry to burst your bubble. Your feelings aren't unique, you don't think anyone has ever done anything great, felt fear, anger, worry, doubt, pain, but is your fear and pain and worry more justifiable than theirs?

And, so it's a matter of what I did and I think a lot of us can do, it is not hard hear sometimes. But discomfort is what we should all seek because all of growth is in the energy of discomfort.

So if I'm making you comfortable here, you're not growing. If I make you a little uncomfortable, good because now you are growing and you don't have to do what I am saying but let's open the spectrum up so you can execute and take action on why the heck you chronically stuck so it needs to be uncomfortable.

It's my fault, my responsibility, and my feelings are not special. I'm angry, I am depressed, i'm sad. So is everyone else has felt that. It is a feeling, it doesn't define me.

i am angry is different than i feel angry. One is an identity, one is statement to those you love. My wife comes, I got three kids, a five month old, two year old six year, my wife, comes and goes, i need you to hold the baby i go i can't feel i mean i cant do that at this moment because i'm feeling overwhelmed with something or i Can, but i could do it for three minutes right i have to express a feeling even if someone doesn't like it.

And then, so I'm heard and they're heard, and then come to a middle ground. You have to do that with yourself. you're in bed, you don't want to get up, You don''t want eat that thing.

Don't wanna do the thing, don' want research, Don' wanna go for that. I''m feeling this way. Good. We now are aware of a feeling. Where's my tolerance?

What can I do about it? And will I feel better if I take action? That was one of the first things that also changed my life. Is I started acting even though I didn't feel like it.

So I'm depressed, I am sad. I gonna bench flicks The Walking Dead again because I a sick kid in my pajamas. And it's like, well, would it help if I read 30 pages of book, The Maker's Diet, Unlimited Power by Tony Robbins, the Power of Now, Eckhart Tolle, Breaking the Habit of Being Yourself, Dr.

Joe Dispenza, Supergut, you know, whatever book it was. It was like would help me feel better and get more excited about my opportunity to grow and to get out of this prison.

If I've read thirty pages a book I journaled, went for a twenty minute walk. And then I made someone else's day better, so I got the feeling of being valued in this world instead of a piece of crap who can't move or do anything for anyone else I love.

So I identified what the spirit needed and I listened to what my spirit need more than the feelings going into my head. And so, I could walk even though.

Absolutely. I love that. Well, and let's face it, there are people for sure that are naturally more, I don't know, excited to get up at six in the morning and go to the gym or whatever it is.

Right. But most people aren't that excited early in morning or under the jam, but they do it anyway. The people who are fit. who are taking care of their bodies.

They're doing it anyway because it's what they believe they should be doing and it will help them, right? And I think really something else that I thing is really powerful and its funny too because I literally just recorded a show about I am statements that hasn't released yet as we're talking about this.

So you're like echoing what I just talked about which I love. But I heard something somewhere. I'm trying to remember which coach it was now. Can't say for sure but anyway he basically said there's a lot of shame in the word should.

I always tell people to quit shoulding on themselves. I think that's a really big mistake. But how about want instead of should? So like, I want to go to the gym, i want read that book, because that is something that, is good for me, and I believe in it, but I should is like I don't really want too but, right?

And there's big difference in that energy, so as I'm using that I am learning a lot about myself, my thought processes, just with those two words over the last little while since I learned that.

Very interesting stuff. Yeah, brilliant what you're saying. And I actually, what we're talking about, I spent a lot of time on, and it was actually Tony Robbins' books that really helped me with those words, because they are really powerful and you are enrolling everyone you love in your reality.

You know what makes us sad? When we think other people think we are depressed or no good or piece of crap, we put on a face for others. So if we feeling really bad, if put a phase on for other, cause we still want to keep up the idea with others that we okay.

Right. So you know what feels bad when we actually think they think. Yes. We're depressed and we're sad. It's like, great. Now they know, now they're going to think, they are not going hang out with me anymore.

They're not gonna want to talk to me. That they feel that way. But they didn't say that to you. You just think that they that. Right. So those words, go ahead.

Sorry. I was going to say, I wasn't listening to Arthur Brooks. You know who he is? I don't know him too, too well. Okay. He's fantastic. And I recommend anybody he studies human behavior basically, uh, and teaches it at Harvard.

But I listened to a podcast of his yesterday and he was talking about how to not care what other people think basically. in a healthy way, because if you don't care at all, and you have no shame, you get yourself in trouble, but a reasonable amount of concern.

And he basically, the single thing he said is, nobody cares. You think they care, exactly what you said, But they don' care. They're thinking about themselves.

For the most part, that's what we're all thinking about is us, not the other guy and what he's dealing with or what's he going through, right? So yeah, I think there's real value in that too, just to recognize another learning in terms of words that I actually switched from hard to challenge about seven, eight years ago, instead of saying, something's hard, I say it's a challenge.

Because to me, challenges are meant to be overcome. Hard is just hard. But my wife actually suggested something from someone she was listening to. Instead of challenge, how about a lesson?

This is a less that's happening to, me this difficult thing, this hard thing this challenging thing however you want to frame it, is the lesson. And what is lesson in that?

And if we can start to get curious about that, because you're exactly right. We all know this. the quote unquote worst times in our lives are the times when we have learned and grown the most.

And in the middle of it, it freaking hurts, right? Like it's not a fun thing to deal with in most cases. It brings with it lots of emotion that can serve us if we choose to let it or can stall us out if choose let do that as well.

But if were always asking, okay, so why is this pain even here? And what am I to learn from it? Then I think there's a whole lot of learnings just sitting right behind that door, if we can start to frame things that way.

Yes. And this is the lesson to choose your word and being sick. Yeah. You know, when you get chronically sick, and again, there are not many people in this world who were actually, were listening to a lot people who study it, but actually haven't gone through it.

And that is where the disconnect comes and then it creates these feelings. Now we're trying to change our words or feelings, that's one tool and it is an important tool you should practice.

But I think a powerful tool if I may say that I found that was even more strong for me is to get away from just what my words and thoughts were and what I'm actually experiencing.

We have to change our belief system, and belief is a really powerful world that I want everyone to really think about right now. It's not what you always just even have faith in, it's what not you're always trying, It is what actually believe.

And a lot of us who are chronically sick are deep down believing we may not get better, especially if you've been sick for a couple of years like I was.

Like I've tried diets, I tried supplements, spent all my money, tried meditation, gone to bed at a certain time, got an air filter. I don't know if I'm having a hard time believing.

And to shift a belief, you have to have a new experience, right? And words are a good experience but they're not as strong as an actual action. So if want to change that my belief is that I am going to stop bleeding out of my stool, getting rid of blood in the stool.

I will gain that weight and get rid the hives. The best belief you could ever have is you look down and there is no blood. You wake up and the skin's better.

You woke up, the headache's gone. And you go on, I believe it now. So we have to make bite size experiences that help believe. It. That's where I took action.

I said, what if I only eat what I cook for one week? And what if in just in seven days, not a year from now, a lot of us are enrolled in this belief that, oh, I've got Sears, have got chronic mold, and this is all things we see and we can help, right?

But it's like I got all these problems and that's gonna take me six months or a years. So there's no, there is nothing to grab. There's nothing that believe in today.

How can we strategically, like a chess match, work on your belief and your experience today?

Shifting from fear to desire and changing beliefs

What can you do today?" So I started building and creating. I want everyone to write down three or four things right now that you would just start creating and building that are like, man, that would really help my belief system.

You know what helped my belief system? I just did two laps around the house after I had the feeling I have to go to the bathroom. I didn't poop my pants and I made it back into the House and went to bathroom, that means I was able to hold my bathroom my bowel movements better, which means gave me less fear and trauma about going into a car.

It allowed me to control my body and my feelings a little bit more. it made me feel like an actual human and i had a win and it changed my beliefs system in a bite size way right there.

or my ability to be able to do 10 push-ups again, or to ride a bike, to handle a food that I thought I was allergic to. I can't eat salads, I cant eat beans, can eat grains, no I have to be carnivore, the fruitarian diet and eat 300 bananas a day.

No, i can only eat these three foods. I've already tested those other foods, react to everything, get rashes, histamine reactions. So we've enrolled ourselves in fear going back to the beginning of this conversation.

We've enrolled ourselves and fear and it's affecting our ability to take action that's limiting our belief to have those bite size experiences that change our beliefs.

And that is where I started to divorce the Western world and get so excited because it was like, all of a sudden, your wife is calling, right? How was your day?

Honey? The blood's down 30%. Not that, oh, the blood is still here. Yeah, I don't know, blood still hear. No, no, it's done 30% Hey, honey, I just went for a bike ride for the first time in a year.

Honey, it's 90 degrees and I didn't faint. I now get to enroll, so now I get the experience and now, I spread it like it's the gospel. Do you get that we have to relearn not just our words, but we've to get something from the head.

We have get it into the heart. Your feelings is your soul telling you something. They can't be bought, right? You can buy faith, you can by belief, can you buy love.

You've got to earn it. you've gotta experience it and that's why we watch the movies. That's what we get popcorn for. How do you get this divine thing that can't be bought, that you can even lie about?

I'm not in love with you. We can lie, right? Right? The spirit comes out. That's what we have to do. So like a phoenix of the axis, when you're chronically sick, it's how do I start to shift my beliefs?

So I'd say this, use the books, used today's podcast to get an idea. three or four things down and then go take action on it and make a bet. Even if it doesn't go wrong, you're creating a possibility that it might go right.

You gotta throw a pitch, gotta shoot a shot. So make small one that you can do and say, I'm gonna do it. And that's where I got the conviction, Jared, to say I only gonna eat what I cook.

for six months straight, seven months, straight while I'm housebound. I am going to journal every day, twice a day on what I actually get, what i'm actually doing.

i am gonna meditate 20 minutes a, day twice. You think I wanted to meditate as a 23 year old kid who liked football and basketball? Are you kidding me?

But I shifted my spirit and you know, and I found something to hold on to and everything that I should do, I found something I wanted. So write this down.

Everything you should do, what's something you actually desire? You know what I desired about meditation, which was like my least favorite? I desire to create a new reality in my head and create new possibilities.

The best aha moments, and even when I'm saying to you here, these thoughts and ideas and these sayings, it all happened in meditation. It was my brain was on fire with creativity.

Like an artist. It was like my brains, I just all of a sudden didn't even like reading. Now I'm reading four hours a day. Because I think people get when they get their freedom taken away in prison, it's like their brain just goes every color, every feeling with books and poetry and theology and religion.

You know, and it's like you need to give yourself, you've got to look at like, how are other people handling being stuck in a house or not being able to go out and not be able eat or bed rested or whatever it is.

And you have got realize those divine nature things that God gave us and how other are doing it. You've gotta mimic it and you gotta make it your own.

I love it. There's a couple of things about that that really stick out to me. And one thing I have to say, Dane, and I appreciate it so much, I loved doing this show for a variety of reasons.

One, though, is absolutely that I always learn something myself. Whether I'm doing a solo episode or I've got a great guest like you, there's always something that's like, okay, that clicked.

What you just said about meditation, because If you want to talk about someone who's not a natural meditator, I'm the guy for sure. I fit that role. And yet someone, who believes meditation is really valuable.

So it's, not like I think it was a bunch of crap, but it is a real struggle for me. That's one of the things I am shifting around right now is I want meditate, which is kind of how I've looked at it for a long, long time.

But I had not thought of doing it the way you just suggested where I'm actually instead of just counting breath and some of this other stuff. I am actually creating something.

There's a guy, I don't know if you know Roger McFillen. Is that one that you're familiar with? Okay, you must become familiar and you would absolutely love it.

Okay. This guy is absolute gold. I love this guy, Roger McFillen. He's, I'll say he's a converted psychologist for lack of a better term, but truly amazing guy.

Had him on the show a couple of months ago. But one of the things that I have learned from him or not, not learned him, him but that cemented exactly what you just said.

Cause I think most of my learnings at this point in my life at 54 years old, It just didn't click. You know what I mean? Like, I've heard it 10 times.

I have been doing this my whole life. Well, you actually just said the golden goose of life, it's not about learning, It's about conditioning and believing.

We don't do because we don' believe it yet. Embracing. Yeah, and there's a conditioning to that. There's faith place and a belief place. It is with the gym, with marriage, how you eat, live, talk to yourself, decide how are you going to feel growing old.

All of it is in that, so sorry to interrupt. No, that's okay. It's a hundred percent agree and I appreciate it. So he calls us creator beings. And I love that term.

He's correct. You know, because you think human beings and that just sounds messed up, right? We look at humanity, and we're like, well, I don't know if I even want to be one of those guys.

Yeah. But you of a creator being and being able to create what we want out of life and not just that, but create a better life for the people around us based on what we're bringing into their world.

What we are embracing, believing and pushing out from ourselves. And you are describing, creating your own reality from essentially scratch, right? You were sick and dying and you decided to create an alternate reality where you were well and living.

That is the ultimate power that we all have. Well, True, Jared, but when I heard that, and I think it just popped in my head with listeners, I didn't know what to do with what you just said.

It didn' make sense to me. I'm gonna manifest, just gonna see it over and over again. The mind goes into monkey mind real quick trying to that. Like I just do it.

But now it is important. And I can give you an example if it's worth our time right now, where I'll actually do a little exercise with everyone listening on how I did that and so if its worth out time, we'll do that but before that is, it wasn't just creating and imagining myself better.

It was creating a world. When I'm meditating, I am taking the things that are plaguing my life and I ask myself questions and just meditating on the question and envisioning and imagining what each angle looks at.

I will have that conversation. I'm going to eat this. I am going change this supplement. Whatever is plaguing my mind and the hardest things in life, I usually comment and I'll write down two to three questions on a piece of paper before I meditate.

Okay. So little things that helped me create, as you said, I don't like meditation like you one. I only meditate in a certain area of the way I like it.

It's going to be a. And it's gonna have maybe a little bit of music. If I, if I'm my monkey, mine's gone, on putting on a meditation playlist. Key with creating a playlist, 20 songs.

if you find yourself skipping one, delete it and you have to find a new one The goal with music is to keep giving you that dopamine hit. If it's not doing that anymore, you need a new one.

That's why we listen to something from 1998. We're like, oh, that sounds so great. Three times later, we're, like no, I'm done with it. I remember that 20 years ago, right?

So I am creating an environment now. Oh, this song, dude. They call it Droppin' In. I can drop in with this, right? This is just hitting me. The violins there, the piano is pulling on my heart and my eyes are starting to well up.

Perfect. I love crying. It's so good to heal. So good. Just all I'm welling up and then I start salivating. Keynote, when you're saliving, that means you are in the parasympathetic.

Okay, that's the rest and digest healing mode. That means more oxygen is going to the cells. that means less cortisol is go through the body. It means that more pancreatic enzymes and enzymes in your saliva are increasing.

So if you salivate, if do the meditation before you have breakfast, the chance that you handle the breakfast is already better. The chance your wound healing is better because your red blood cells are getting all that oxygen.

You're not dealing with the epoxy that most of us are dealing from the sympathetic state. That is where, and so I'm giving myself the questions. Do you know the worst time to try to solve your problems?

You're angry, resentful, your heart rate's high, And you're stuck in traffic. Don't ask. Don't ask the question, okay? Get in that Enya state, get in the favorite pillow, lock the door, shade, light some fire, oh, candles, real candles.

Real essence, right? Really set the mood, we know how to set mood everyone listen, set that mood. Get the move going, like we're gonna have a night. We're not stressed tonight, We gonna to have night, And so set the mood and then drop in Oh my god, I would have a most orgasmic experiences and meditation Jared where I didn't want to get up.

I would, like an hour later, I am so happy here because you're present. There's nowhere you have to be. It's healing like monks. And one thing I learned, and I'm always learning from people.

I never judge and just absorb what I need or want or what makes sense and leave the rest. Like in a lot of Hindu culture or Buddhist culture, or monks, they'll only sleep four hours a night, but they meditate three hours day.

and finally got it. This is so… I feel more rested. And then I come out of that, and then all of a sudden, if I have to do something hard, I'm so much more aligned with doing that hard thing now.

When I am overwhelmed and I had to something do hard. Man, am going to break. Where do you go to restore? You know how we restore in this country? We restore with TV.

We restore with fast food and ice cream. That makes it actually worse. All of it makes us worse, we sleep worse the blue lights terrible, the sugar's terrible.

The emulsifiers are terrible we don't actually have true God given ways to restore that we're practicing and that's one of them. So I set that mood and now if I can do this real quick with everyone, if it's useful, Jared if its useful take a few minutes if that okay.

No, let's do it. You want to do? Okay. Yep. And so I'm just going to go through this real quick. I'll do a real short

version of it, and I want everyone who's listening, who is still with us and still excited about this, I wanted you to take some big breaths in through your nose and out through you mouth.

When you go out to your mouth, you want you be able to heal your voice and be okay with the discomfort of other people hearing your voices. This is you being able be heard by others.

So big breath in, out of the mouth… Shake it out. Big in. out. If you're one of those people who has a problem being heard by others, that is, you gotta let that go.

You gotta be a little vulnerable. We got a a bit of discomfort. Remember I told you, You're not getting growing. Don't discomfort this time. Breathe in.

I want you to breathe in all the white light, all that whitelight. And I wanted to soak up all your fear, doubt, worry, and disease. Breath it in, okay?

Big breath, soak it up like a sponge, soaking up toxic water. Imagine it. Toxic water, breathe it and push it down to the lowest part of your lungs. Let it soak up, soak it up.

Now let it all out. There, I got Jared going, there we go. Okay, one more. Breathe in all that white light, all of that God's energy, All that divine.

Soak up my fear, my doubt, My worry, and my disease. Let out, breathe normal. Keep eyes closed. You're in a car. Here in the back, Uber driver, you're dressed to the tee.

You've never looked so good in your life. Your mind is clear. You're strong, you're confident, your heart rate's low. you are completely present. There's this weird energy in life that you've actually won.

It's almost surreal. We've all had that euphoric moment where life is just, this is it. I'm here, I am present, feel good, look good. It's a perfect day.

You can see that blue sky, a few clouds, beautiful sun. The day's long, it's not even close to over. It is just getting started. Your driving to a friend's house.

Get out of the car. Walk to the door. Notice it is on a beautiful lake. A beautiful house, the birds are chirping. You can hear that there's lots of people inside laughing, smiling.

The moment you hear it, you start to smirk, because you know you're about to have an amazing time. You walk up, and you open the door. And to your surprise, everyone you love in this world who you no loves you, that you have clean energy with, is there.

They all turn to the doors. Hey! You're smiling, you can't help it. You smile and you're seeing everyone. It's not a worry in the world. you look down, and see the mirror, You go, wow, man, this suit, This dress, it looks amazing on me.

Your in great shape. Feel good in every single way. And you start connecting with your friend. and your friends starts enrolling you in their problems.

Now you are in this beautiful energy. You've been through a lot in your life. Your past is still your past. You're still you, it's you. See it, see your friends.

see everyone there that you wanna talk to, you want to be with.

Meditation, visualization, and creating a new reality

And you love this person in front of you who's starting to tell you about the worry, the fear, or the doubt, anger. and

you hold space for them and your there with them.

They tell these problems and they tell, I'm sick, and I need help. I know you were sick. How did you get out? How did you do it? You look great. You don't look like you have a care in the world.

And you go, yeah, I'm not sick anymore. I've actually, if anything, it's taken my life to a whole new level of passion and purpose and career and family.

We're here at this beautiful lake on a sunny day, middle of the day and you know they can do because you did it. and you want so badly to help them, but you also are careful because you don't, as much as you love them.

You want that energy, you wanna protect your energy. Protect your life and where you've been, cause you know what stress can do to you. Now, I want you to imagine what you would say to them?

How would you serve them okay? Think about what would what say? how did you heal? What did do? what was the first thing you did to do it? And I want you to imagine how hard it would be to not give them, to give the answer and have it be acceptable for them.

To give him the real answer. And have be something that they're willing to commit to. Give them the really answer, and they could actually take the hill and you could cry with joy to see them at the top.

I'd want to think about what you'd say. What I would say in my mind? Few things. Get happy to get healthy. Simplify what you're doing. Get consistent with a step, get a fire in your belly to take action and take notes on what's working, what not.

get surrounded by people who've been like you. I have three people I want to introduce you to, but you got it. Um, I'm reading their energy. Are they listening?

Are the real, do they want it? Take action? Or are they too scared, upset, angry or vulnerable? And I wanted you come back to this moment and I now want you imagine that you are that friend.

And I want you to open your eyes and I you want to give yourself three pieces of the best advice that the version of yourself would give to that friend.

And that's how meditation changed my life. When you live as your best self, when you just imagine it, see yourself in that look, that feel, and that energy.

All of a sudden, you start thinking like your better self. Did anything come up for anyone listening, I'd ask? Did you have any advice that came up? And when write that down, if you become the CEO of your health, would you became Dr.

Jared, Dr., Dane, And you write those things down. That's when meditation turns into a creation. Okay, start acting like your best self. So that second stage that you said, Start practicing being healed.

Start dressing it. start shaving for it and getting for and walking like it, and standing like and eating like. Because that version of yourself no longer has the worry, doubt and fear of food and they are balanced in the way they live, eat.

and heal. And so when you live in that, you attract it. Then you just have to reverse engineer it and give your own self the advice. That for me was an absolute, it allowed me to release so much and change my life.

Jared, was there anything that came up for you? That was awesome. Yes, actually. So really interesting. First off, I'm thinking I got to get a house by the lake.

Ain't all of us, right? It's the dream, it's that thought. That sounds great, that feels healing all by itself. Doesn't it? Oh

man. But really, there's a few things because, well, let me narrow it down to this.

I have told people for a long time, a couple of things about myself and my I'll say my story. My story is I grew up in a health food store. I was not the guy who got sick, got well, and then tried to help other people get well.

Which is a huge chunk of the people. in the industry that we're in, right? Functional medicine doctors, people that run supplement stores or supplement companies, oftentimes they were the victim, if you want to call it, the person who got sick and then figured it out and got better.

My wife is that person. I tell her on a regular basis the reason that I want her involved in this is because she can speak to people, are where she was, and I was never there, it's one of the reasons that you're such a powerful speaker, you keep saying it.

I was there. I lived this thing. So I understand what people are going through. Yeah. Well, it's an interesting thing though, because for me not having been there in chronic illness and you know, chronic depression or anxiety or Crohn's or whatever it is that people were dealing with.

I have dealt with hundreds and hundreds of people and I've helped a lot of People, but what I find myself doing a Lot and i think this is a somewhat universal thing for for humanity is Preaching but not practicing so much right so like the meditation thing I know, I 100% know what meditation is, what the value of it is.

And I have had good experiences in meditative practice when I do it. But here you are saying, okay, one of the three things or four things that you would tell yourself.

What came up for you? The timing is incredible because a week ago I woke up not feeling well. I wasn't in bad shape necessarily, but it wasn' a great morning.

And I've got a thing that we won't go into now, but something's going on with my leg that's been causing me a lot of discomfort lately. And it was a very uncomfortable morning and I thought to myself, okay, what can I do right now to make this better?

And guess what came to mind? Meditation. So I went out and meditated, But I medicated for the first time in probably a year. And what, you know what I noticed, Dane?

It helped. The rest of my day was a better day. And it was one of the better meditative foments that I've had in my life. It was short. I only did it for 10 minutes, but it's a really good, powerful 10-minutes of meditation.

Guess what? I haven't done since. Meditated. Where we can, why not? Yeah, it's a good point, Jared. And that's where we all, I want to make a point of what's coming up for you.

You don't have to have been chronically sick to get out of this. The more pain you have, the more that probably felt to you, if you haven't had a lot of pain in this scenario, It might've not come up as much, but there are things that come that you might say that not as big of a deal or that is not related.

No, that your spirit starting to signal to Because when you go into a meditative state as this point of like what I liked about meditation was that's your spirit starting to release a creation, a new thought.

What I did is I triggered a New Thought. Where does thought come from? It's a great question. It is something deep inside of you that you're on this life and you could die in two seconds or you can live a hundred years.

It's crazy and we're here and that we are breathing and this moment is just here. One second, two seconds, three seconds. It is here, and then when you go to there, there's this deep well that just boop and these thoughts come and sometimes they come like fire because your spirit's been screaming at you for so long.

And sometimes it's small and I find it has a lot to do with the pain. And so I think for me, like what thought came to

me is get like the thought that's coming to be right now when I just did that, cause I was with you there in that thought, in my spirit and my journey.

What came up for my right there was fall in love with the process. Like smile through the rain, dance in the reign, learn to dance. Even my life right, now I'm dancing in rain.

Cause I don't sleep with babies. I don't sleep with babies. I got too many kids. No, so, you know, it's like, but it true. It's real pain. Like we're stressed, like it hard.

And I'm running a company and all these things I could get in mine and I know you could into yours. But everyone don' discount what your spirit just said.

Don't think that was dumb. and think people do this well when they try to think too hard on what they should say. Well, I've done hundreds of podcasts and speak and especially when we are on a big stage like EECO, Oh, maybe I should have said this and maybe should've said that.

But I've gotten to the point of forgiving myself to say, what was said came from the spirit and it was real and some people are gonna feel that and is gonna connect and people won't but that's what it's meant to be.

And I can't judge my spirit because you can You can't think about everything you're gonna do and say, it just has to come. Like what I'm doing right now, none of it's rehearsed, just coming.

It's coming out. So it like, we gotta forgive ourselves and allow ourselves to do that, even if someone doesn't relate or like it or whatever. The world is a colorful place, not meant for everyone.

That's okay. And that's why your answer is gonna be different than everyone else's. I don't need you to everything I say like I am some kind of sensei, but if you gain two or three things today that gave you an aha and changed your life, that was worth it for me.

And you might say, I don't agree with seven, but I liked three. And that energy saved me when I did that with everyone I listened to. Yeah, and I think there's so much value in that because the greatest learnings that we can gain in life are our own, right?

There are so many things that hear from so wise people and people in this space, Dane, you know this as well as I do. So here we are in podcast land, And there's a bunch of really good people in podcast land saying really Good things.

And a lot of people that are in the, you know, we'll say health or nutrition influencer world saying Really good things and a lotta people That are really trying doing their best to get the right message out there to their audience.

Like what you and I are trying to do right here today and some of the audience doesn't need that message or it won't relate to them or resonate with them and some of the audience will say, oh my gosh, that's what I needed from this, right?

So what i would just echo is if you had that as you were listening to any moment during this podcast, lock on to that thing. If it's a single morsel or if it is two or three or whatever it, not just don't do what I did.

Don't the meditation and say, wow, that was great. And then not do the mediation for another week. Write it down. I love that you held up your notebook a minute ago with the thing you write down before you go into meditation, right?

Write those things down and utilize those and ask yourself too, I think, why did that resonate with me? What did I feel in that moment? What's the lesson that I'm supposed to learn from this?

And in the pain, why do I have this pain? That's what I asked myself going into my meditation. The first question

was, Why is this Pain here and what am I to Learn from it?

Beautiful. And Jared, you just didn't give yourself a strong enough anchor afterwards. You did it, but you didn't actually go towards the desire of it enough, and you did create enough of that desire to almost gamify it.

And I'll give you another quick example of how people can do this, because I think a lot of people, the big one is food. If you've been sick or you want to lose weight, you're not sure with food, how do I get rid of alcohol, gluten, seed oils, processed dairy, this cereal I shouldn't eat, snacks I can't get away from?

Well, when you are chronically sick, You have a huge advantage over somebody else. Okay. Pay a heavy price. Well, when you're chronically sick, you lose your freedom.

So the game I played, remember the whole belief system guys, if you can figure out how I'm saying this and run with this from today and be like, I think I understand what Dane's doing and I just made three or four of my own.

Oh my God, this was worth a hundred hours of your time. Okay? Because it'll change the rest of you life. What I did, because I only, I worked at Papa John's Pizza, ate Subway, Chipotle every single day, all I ate was 2% milk and Cheerios.

Like that was it. I grew up in Virginia on a good old boy in like a farmer area. There's no functional medicine health store anywhere close remotely to my existence when I was growing up and when got sick.

But I had a pain. And I had a massive pain that I didn't have my freedom. And so I started associating healthy eating with freedom, so what I would do is when I ate really healthy, I'd make sure that there was always positive music that was outside that had something to laugh about.

Or I just call someone on the phone. Let me ask you this, Jared. What did you eat on prom night? Prom night was the night that I saw my best friend almost die from anaphylactic shock from eating shrimp for the first time.

So I remember what we ate on prom night. What did you eat? And so that's a terrible, I'm crazy that that happened, but what did we eat on Prom Night? Shrimp was that was thing.

And he'd never had it before. We ended up in the emergency room. I'll never forget that. Yeah, you probably actually don't even like shrimp that today after that experience.

No, no, perfect example. What we eat and the experience we have tie the relationship to the food. So if I said everyone listening right now, what do you eat on your favorite birthday?

What do eat in your sweet 16? what'd you do on Christmas, that time you got that perfect present when you were growing up? Would you on that favorite New Year's time?

Every single time people in the Western world had their favorite life experiences of just being on this earth and one time, one present, the soul knows this deeply.

It was junk food, it was alcohol, and sugar. Yeah. And so you're wondering why you have such a disassociation to eating real food from the earth, not baby carrot bunny rabbit food that people like to joke about.

Real food, from, the, earth. Your taste buds, your association. I had to re-associate freedom, laughter, and excitement with eating healthy. And to this day, do you know what I, since I did that, you what do I associate with Burger King?

Disease. So I have no, I haven't had McDonald's or Burger King in over 10 years, but that's all I ate before that. It was all. So it's not a discipline thing.

And belief is something you have to earn. You can't just choose it. You've got to earn it and you got understand you

can't buy it. So if you want to change your belief system of meditation or food or taking supplements or fasting, you have got, and this is a new association.

I've never been that great of a fast. Fasted for 24 hours, 11 weeks in a row to this day.

Practical takeaways and where to find Crohn's Colitis Lifestyle

All fast again, Sunday, I'm associating it I'm doing it on Sundays when I go to church. I am with my family and kids. No one's in school, no one has work.

And completely present with family. Actually, I do Sabbath and fasting, so I don't even carry a cell phone. So I associate it with another level of freedom.

No one's buzzing me, no clients upset, I don't have any payroll or problems, or I have to shoot ads or do podcasts. I am only on this planet with my family, my three sons and my wife celebrating God, celebrating the day.

And there's a reason I pay these taxes in California, because then we go to the beach and I'm in these turquoise water with sandy beaches everywhere. Remember the lake house guys?

And I got no phone on me. And right now I don't have to worry about a thing. And because I didn't want to eat anything, I'm not to buy anything. I have the worry of food and all of a sudden I am now associating all the brainwaves.

When you fast, your brain waves start taking off. You have all these thoughts and ideas, you'll feel clean. you won't feel bloated. If you feel good taking your shirt off, if you're alive and I do not need a think, that's a great energy.

Am alive, and do I not a need thing? I need water. That's it. and am here with my favorite people and there is nothing buzzing. And I had this one guy in my church, I tell him, because I enroll, right?

I teach him like gospel. I enrol everyone in this. And this guy at church goes, "I haven't carried a phone on me in 10 years." He's like, 75. He goes it's a leash.

We started joking about how a phones a leech. and I loved it because he was enrolling me and the freedom. You see what I'm doing? creating a new belief system and associating a desire.

Then I am just conditioning it and repetition. All of a sudden I started looking forward to it. Now I do a podcast on it, And I'm like, I think I know what Jesus was talking about with this fasting stuff.

Like there's a desire, but everyone else before, I was like, oh, it sounds terrible. I'm not going to be able to work out. I'm going get dizzy. i'm gonna lose weight.i can want to lose.

Wait, i will have to watch my wife eat this steak and have the, and then I put myself through this misery. Literally that was still the energy associated up to three months ago.

And I've been doing natural medicine for 15 years and that still was the deep spiritual association. So it's not something you know. We all know it. Jared, as he said, Jared I know what guys, we all it, Knowing isn't the answer.

Taking what you know and turning it into a belief system is the divine. That's the juice, that's hard part. But that is beauty, the white canvas. And that exactly how you build the biggest company and do whatever you want or make a 10 million dollars or that how to figure out how have five kids if that what's you wanna do or how do you figure how be happy and healthy as a bartender in Hawaii.

and not need money. And the juice of a beautiful life is in that, in the belief system, not in what you have and don't have. That's the analytical that keeps us sad and depressed and limited in our own creative ability.

Absolutely love it. That's absolute power right there that you've demonstrated for us and I appreciate it so very much I want everybody to know listening we had very little plan in fact We got on about 20 minutes late because there was a little snafu with the schedule and you know Dane And I talked for I don't know two minutes three minutes before we hit record and said, okay Well, let's just kind of do this this and this This show didn't go the way that I thought this show was gonna go I am thrilled with how it went and there are several questions I was planning on asking that don't need to be asked because this I think is exactly what needed to said.

So if you are jiving with this, if there is resonance for you, pay attention to it. I would dare you to do this as this podcast is coming to an end. Don't turn on the next thing just yet, whatever the thing is.

Even if it's one of my podcasts, and I'll never tell you not to turn one on my podcast, just delay it, But give yourself a couple of minutes. If you want to do a little meditation in your car for the next two, three minutes while you gather your thoughts about what this was and what it could potentially be for you, jot down those couple notes and push feel a little, maybe even discomfort as you're recognizing some of these truths that were probably spoken for you today.

I love Jared. If I could actually give him the touchdown, if I can say something about that. For those who want a touchdown with today's podcast, not like a life-changing touchdown.

Here's what you do. You write down three to four points of action steps or points that you now want to believe in. You're saying that was huge. The idea was, huge, I now wanna turn it into something real and I wanna do it.

Okay. So write those down. And then I want you to call one or two people that, you trust the most and love the, most. Teach them. I want you to enroll.

It's called enrolling. And you know what? I went to the mental health class to find a wife. You've got to enrol others in the shared reality you want.

Make it exist. That's okay. Because you can't actually learn something in your cells until you teach something. And that last piece of advice I'd give is, I used to read a book a month or book every two months.

And I use to hear people like Tai Lopez talk about reading a a day. I said, what a freaking waste of time, absolute waste time. If you are not reading something and stopping and taking action on it, it's worthless.

Yeah. The only value of reading something is conditioning your mind. See, if I, right now people, they're probably doing 20 other things. So they probably didn't even hear this as much, but if they have to read, had to, read today's podcast, the people who actually read it would have gotten way more out of it because you can't do two things at once.

You can read and think about your problems. you'll lose your point on the page. Yeah. So if you want something, pick what you wanna, get real specific about what want in life and dive into it deeply and spiritually.

And you'd be surprised how much your life will change in three days. Like just two to three of like, I'm just gonna focus on this, teach it, write on it.

and just walk on it, breathe on, talk about it. And all of a sudden, two days later, I mean, it's in you forever. That's why we didn't have a talk today.

We didn' have big plan. You know what I'm saying? It was just… And then my thinking on this is like, wow, hope I didn"t go overboard and steamroll this conversation and not allow Jared to ask all the questions. That's the energy that's coming up for me all time when I go this deep and this hard and heavy with heart.

But we said it earlier. It's like, I hope I didn't. I never have that attention. But at a certain point, if I could trust that it connected the way it did for the right people.

Well, and for what it's worth, many of the questions I was planning to ask were about what you do with Crohn's colitis lifestyle, the SHIELD program, all things that would potentially serve you.

And yet here you are saying, Hey, let's just serve the listener with these, these learnings. So I will allow you and ask you to share just really quickly.

If people want to know more about you, what do you your company that you founded once you got healed? Yeah. How did they find that? They probably think I'm running a mental health coach program, a psychiatry program.

And maybe I've got a few people out there like, I'd love to hear more of that. So mental is a huge part of chronic sickness and being able to escape for problems.

What I do is I help people get out of the cage I was in with the disease I had, which was Crohn's disease and ulcerative colitis forms of inflammatory bowel disease.

We run the most successful IBD consulting firm globally. we've seen over 4,000 cases of IBd and we serve them through private coaching, customized plans and helping people get really healthy.

Yes, we'll see people with different GI issues. So if you've got different issues, We just want to talk about it. The two things that are most important for us is trust and integrity.

If we don't have that, it's not going to be worth it for you. It's gonna be not worth for for we have to a team, especially when you're talking about something as important as health.

And Cron's Class Lifestyle, you can find us on the internet. Our program is called SHIELD Supplements, Herbs, Imagination, Exercise, Lifestyles, and Diet.

Build your shield, not the shield. And we work with every continent and we offer a free one-hour strategy session deep dive to talk about your case, your experience and see if we could help partner with you to help you get a massive healing response.

Love it. You couldn't go to a better place if you're dealing with anything in the IBD range for sure. Dane, thank you so much for your time. I know we're bumped right up against the next thing on your calendar.

So I'm going to let you get out of here. Thank you. We'll put all the links for everything in show description. And again, if were driving down the road, on this and things resonated.

Go back and listen, grab the transcript and read it. Like Dane said, reading it is probably more powerful for sure for an imprint, but do something with it and let's improve all of our health and put more better health, better energy into this world.

Thank you so much, Dane, thank you for everybody listening and we will see you next time on the Vitality Radio Podcast. Thanks for listening to the vitality radio podcast.

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Thank you.