The Green Smoothie Cure: Reversing Autoimmune And Heart Disease Naturally Transcript

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Introduction and guest welcome

Hello, everybody. Welcome to an episode of Reversing Heart Disease. Naturally. And this is one of my truly favorite, favorite doctors on the planet. I am sitting there from my heart and we've not yet had her on this summit, so it is such a special thing.

Doctor Brooke Goldner thank you. Thank you, doctor G. Oh, I'm so happy to be here. And thanks for the big compliment. I talk about you all the time. Oh, no.

It's it's actually from the heart really is. And just in case anybody doesn't know, Doctor Goldman was in Houston. She trained as a psychiatrist. She loves plant based, super clean diets.

We'll talk about that. But she has a personal story which everybody should go to. Goodbye, lupus. That's the name of the website isn't it? Goodbye lupus.com. Yeah.

Nine lupus.com. An incredible book I sell in my clinic. Good buy lupus.com I had this week somebody with psoriatic disease and psoriatic arthritis. I said you must you must, you must you know control with you.

But we want to control it with natural approaches. So we'll talk about that. But why don't we just in case the audience doesn't know you, why don't you tell us that, you know, amazing little story you have that thank God is such a happy ending.

And then we'll move into all the amazing therapeutic results. You see. Absolutely. So, the amazing little story is just my life. But that's just my life.

Brooke Goldner's lupus diagnosis and early treatment

Yeah. So before I ever got to wear this cool white coat, I was wearing that patient. Yeah, and I've been sick since I was a kid. Started having migraines in my tweens, and then by 16, had arthritis everywhere, had rashes.

Just felt like I was kind of walking under water. Felt really sick and took a while. But finally they diagnosed me with a disease called lupus. So lupus is an autoimmune disease where your immune system starts to go a bit haywire and instead of just attacking invading viruses and bacteria and things that they're supposed to do, it starts attacking your own organs.

And lupus, is one of many autoimmune diseases. Most of them are specific, like Ms., the nervous system, rheumatoid arthritis, a joint. But lupus can do anything.

It can go to the brain, the heart, the lungs, the kidney, rashes, all sorts of things. So for me, I had the arthritis, I had the rashes. And when I got to the hospital when I was particularly sick, we found out that I was also in kidney failure, which was silent.

My kidneys didn't hurt my knees and my fingers did. So when I got my kidney biopsy, we were actually pretty shocked to find out that it was. I was a really bad shape.

My nephrologist at the time, even though we were in Pennsylvania, he was a New Yorker and he just laid on the line, said, you got about six months or six months for what you said six months before your kidneys fail.

If you're lucky, dialysis will work for you. If not, you might not make it. This is what you know. And that was that was

his selling point for doing experimental treatments with medicines. As usual.

You got about six months, but at the time they were experimenting with using chemotherapy for lupus nephritis, which is what lupus attacking your kidneys is called.

And, their hope was that since the side effect of chemotherapy is totally shuts down your immune system, you know, that's why people before we had Covid, the reason people had masks on is you knew they were on chemotherapy, right?

If they caught a cold, they could die. Their immune system's not working. So they thought, well, what if we do it on purpose with lupus? We'll just completely shut down your immune system, high dose prednisone chemotherapy and see if we can just kind of I call it control alt delete.

But I think that's outdated now. But reboot shut off the immune system and then see if when we let it come back on maybe it works again. Just like how your computer can just start working again.

Something's wrong. Should last. Say a prayer, turn it back on. Oh, right. So that was the goal. And of course we signed up for it because the alternative was pretty bad.

Right. And so that was I mean, 32 years ago, you know, I was told I might have six months to live. Obviously, I give out the ending and say I made it, but it was an excruciating experience.

I mean, for me, but also for my, my family. Actually, I think now that I'm a parent especially, it was more excruciating for my family because I was able to compartmentalize, like, all right, I have pain, I have meds, I have school, I have things to do.

But, when I put my poor mother through, I think she's still traumatized to this day by just, you know, having to take me to chemo and, you know, seeing me in that room with all everyone else with no hair for most of them are old, you know, and, and worrying about me all the time, I not only child, you know, I'm getting.

It was a lot. You know, my grandmother, who's a Holocaust survivor that I never saw cry in my life, on her knees, begging God to save me and to take her instead.

I mean, it was wow. It was a lot. And then everyone kind of buttoned it up then and said, you know what? You got stuff to do. You are going to make it.

You just need to study for your tests, get into a good college will make sure you know, just take your meds. It's all going to just be okay. And they and they really taught me to be in the moment.

And my grandmother was great influence in that because she was a Holocaust survivor who was not suffering from PTSD because she was such a master at being present and being grateful that when something was over, she let it be over.

And she filled her her heart and and her self-esteem and her life and her mood, all with what's present now, which was love and family and freedom. And so that really was instilled in me.

And so I grew up still feeling very grateful and lucky in spite of my illness. Hey, I mean, the treatment worked. It sucked. I got to say, chemotherapy is one of the worst things, one of the worst things you can go through.

And I had to take it for two years because at the time, they didn't know how much to give. So every month they would raise the dose because they said if they gave me the full dose right away, it would kill me.

So you have to raise it every month and, you know, and then finally, the last dose was going to be the highest.

Recovery, remission, and becoming a doctor

And, you know, first they said a year and it would work. My immune system would disappear. And, I mean, I was like, I'd be having walking pneumonia, you know, a pimple would turn into something this big.

That had to be, you know, why? So I my immune system didn't do anything. And so then the kidneys were getting better and all that, but, then they would stop it, skip a month or something, and then boom, kidney function would start coming back down.

Everything was going up. So we did a second year. And then finally at the end of the second year, two weeks before I started college and my final chemo, and I was told I was in remission and remission was that you still had this disease.

I still was symptomatic. I did my kidneys were stable, though. I still had protein in my urine from damage, which they told me would be forever. I still had joint pain.

I took medicine for that. I still had migraines. I took medicine for that. But I didn't need chemo anymore. And for me, that was like, we did it and that was called remission.

Like, you still need to take the pills. You can stop the IVs. And, and I was able to to go to college. I still graduated top of my class, got into my first choice college and felt like the luckiest person on the planet.

And so that was just the beginning, you know? And, lupus is, is a journey where you always kind of have to have an umbrella with you because you never know when it's going to rain.

And, you know, by the time I got to med school, I was having blood clots that were causing many strokes and, you know, I just kind of I was often sicker than my patients.

They didn't know, but that I was learning on, But I always just feel grateful. I decided that I would always be the comeback kid that, you know, I get sick, I scare the crap out of everyone.

But I'm always going to come back. I'm always going to be all right. And I just believe that. And here I am today, two months away from being 48, where from 16 to 18, they thought I was going to die any second all the way through to 28, constantly scaring everybody.

I have no health problems. I have perfect labs, but I have no protein in my urine. I have this years, 19 years lupus free. I didn't get to how we did it, but just so people can see, like I was one of the sickest people in the room most of the time.

And just by changing my diet, I have become the healthiest person in most rooms. I mean, most physicians are kind of perturbed and confused. Why? I don't even have high cholesterol.

My kid, my GFR, my kidney function is 120. You know, my my blood pressure is like 95 over 55. I mean, they can't find anything wrong with it. I got a standing ovation from my colonoscopy.

I, I did the guy who did my gold asking me. He just he's like, I've never seen such a clean comb. That was whatever you're doing. You're like a teenager on the inside.

I was like, thank you. That's a t shirt you need to make and commercialize. Yeah. So teenage colon. Cancer, right? That's a beautiful thing. Yeah. Even Taylor Swift longs for my colon.

Something, that, you. Know, if you and I have a colon, nobody wants to see the picture. So no one wants to see the pictures. I want. To read. Finish. Regard any way you can share.

I'm just so. I mean, you you did not really have anybody to guide you other than wonderful Thomas. Your husband. Yeah. You heard. I mean, they really.

You created a program which we now call good bye, lupus. And in good bye, autoimmune because it's extended beyond. And I do want to point out for people watching, some people will be listening, but if you're watching behind Doctor Goldner, you can see some books which he's authored.

I see the one I told you called Good by Lupus. Little light shining off, good by autoimmune. And then you've got the smoothie recipe book I recommend.

Well, there it is. Goodbye, lupus. Hollow. Delicious. Where I have to point is my most recent, my recipe book that people were going nuts over. Then my son's book, my husband's book that we do a lot of writing in the family.

But yeah, my, my, we never had any, idea that this was something that's reversible. I never was told diet had anything to do with my disease. In fact, my nephrologist who put me on the chemo.

I love that man. But he told me pizza was the perfect food because it had all the food groups. Yeah. My parents owned a pizza business and they used to give, like, free coupons to the doctor, so I think he was just keeping that going.

But I never had any thought or belief that it could get better than what meds could do. I felt lucky that meds helped me. There are other people who who are treated with the medications, even the newer ones that weren't available when I was younger and they're still sick. A lot of people come to me.

They're taking multiple different types of immunosuppression. They they failed the chemotherapy. I mean, Selena Gomez had the chemotherapy, still ended up with a transplant.

So you know, the the medications. So I just felt lucky they worked and we were looking for something sometimes on report of last me that you know how did you know there was a better way.

I didn't I stumbled into it. Do you remember Dockercon do you remember that commercial? You would you would remember where it was for peanut butter cups.

And one person's running with peanut butter and one person's running with chocolate, and they collide, and the chocolate goes into the peanut butter and into your chocolate.

One into my peanut butter. And then it was this thing. I know it's not really an appropriate snack for this, but that was my husband and me. We were just running full force in our lives.

We both are very passionate people that, And we love. We love just to learn and to grow and to innovate. It's just part of just who we are as people. And at the time that I met him, I was finishing my residency.

I had just gotten accepted for my I'm not residency. I was finishing medical school. I just got accepted into my residency. And, he was getting his master's degree in exercise science, but he was a former computer software guy.

How the Goodbye Lupus protocol began

And his goal was he wanted to figure out for esthetics, purely esthetics, the perfect way to eat for human metabolism so that everybody can be ripped full time, like everybody's should be able to look like David the statue, you know, that, that, that.

And so he was getting his masters and he's asking his, you know, PhD professors what is the right diet for fat loss. And they didn't know. They're like, well, some do high fat, low fat, high protein.

We're one species. What are you talking about? There's no how how is this possible? And he's a computer guy where there's one elegant algorithm that is the best algorithm.

And every time you enter the data, you get the same result. And then he moves into biology and they're going, oh, results vary. And it drove him nuts.

He needs to have a specific, you know, you know, you have to have a repeatable result that when you enter the data you get the same. And so you said then you don't know what it is.

And I need to figure that out. So he started working with different kinds of biologists and people trying to understand what humans are typically lacking.

And he had a friend who was one of the top supplement makers who said humans are almost always deficient of minerals, and things like that. And he started kind of putting things together.

And he was he had created at the time what was the beginning of what became the goodbye, the protocol. But he was using it for getting people gorgeous, just getting people fit.

And it was working so well. He was training people who were on MTV. He himself was on MTV Hottest Body, 2003. You know, and everyone because they would MTV would have a person who needed to make a music video.

They'd been drinking too much beer. They would bring Thomas in, give him three weeks. Boom, abs, you know, and so when we when we got together, and we, we fell in love immediately.

I mean, we knew we were getting married within before the first month was over, and I thought, well, if we're going to get married, I want to look like an MTV star for our wedding.

And he's like, all right, we can try doing this. But he had to make some adjustments for me because I had been a vegetarian since I was a kid. I had, read John Robbins, book diet for New America.

I was a vegetarian, but I was Doritos, pizza, French fries. I was working for a hospital in Pittsburgh. Where at the hospital, if you ordered salad, they put French fries and ranch on it.

So, yeah, good for a hospital. I always say that hospital food's good for hospital business. So, you know, I asked them to put me on a program, but he had he had at the time, something that looks more like what paleo became at the time.

We never heard of that. This was over 20 years ago. But it was free range meat and then lots of fresh produce, omega three fatty acids, high water intake.

And so he just edited the program for me, took the meat out. He'd never met a vegetarian. He said, oh no, he tofu and soy beans and then do everything else the same.

And it worked. I went from a size 11 to a size three at the time in three months, but also my energy was through the roof. I had no joint pain. I had no migraines.

People thought I was hypomanic naturally. Well, I was bouncing off the walls. And when we when I went to my next doctor's appointment, which was about three months later, and that's the longest I've ever waited.

Actually, I was a once a month check everything person since I was 16 because that was scary. But when I moved to California, I started with a rheumatologist.

He retired, took me about three months to get to a new one. So I went to this new doctor a few days before the wedding, and he ran all my labs and he said, I don't understand these.

These are all negative for lupus, so go enjoy your wedding. Obviously it was a lab error. Come back and we'll retest. And they retested and my labs were still negative.

All my and I phospholipid antibodies that caused blood clots were negative. My high cholesterol that I was told is genetic. Blame your parents when I was 21 came down to 156.

And it has been it has been over. 19 years now and I have never relapsed. And I've done everything they said I couldn't do. They said I couldn't have kids, I had kids, they said that I'd be disabled by my 40s, almost 50.

And I have and I go do CrossFit. I have no health problems at all. I feel amazing. And, and we what we discovered was so important that we just decided before we released it, we needed to make sure it was reproducible, that it's not like a lot of influencers will say, like, oh, do what I did.

It worked. Well, they don't know if it work because of something, in spite of something. So once we tested it for free, first we studied it to find out what happened and why and realized how anti-inflammatory this really was.

Then we tested it on people for free. And when we proved that we could get those results and everyone, we just published it and gave it to the public.

And so we've helped people all over the world, thousands of people all over the world, many of whom I've never met, and many of whom work with me daily depending on the kind of help they need, get their lives back from not only lupus, but sugar and multiple sclerosis, rheumatoid arthritis, also, heart failure, diabetes, shrinking tumors.

I mean, it's like it's not specific for disease, it's specific for cellular repair. And so it's like you add that to someone's body and their body just uses it to then go and repair damage.

And it's just it's phenomenal. Wow. You said so much and I'm open. Everybody is scratching your head. How is she ever going to be a psychiatrist with that personality?

My mom used to say. When to work. It wasn't the work. Well, I'm. Actually a great listener, but you you had me on to talk. But my mom used to say that.

Are you going to be able to sit and listen? I can listen very well, but I've got a lot to say. I want to share, you know, one, two.

Hyper-nourishment and the core nutrition approach

I was going to emphasize. But you just said it. Yeah. You know, people can go to your website and you do work with people in groups and one on one, and I give you credit, it's all over your website.

You don't write prescriptions, you don't order tests. It's just nutrition, nutrition, nutrition. It's a different approach for an MD. You know, I do nutritional cardiology, but I order stuff and have a prescription.

Well, I do for people in the areas where I'm licensed, you know, so I practice medicine also. Okay. But my wellness portion. Of Christian is medicine.

Nobody believes it is. Right. But for wellness, it can be anywhere. But if I'm going to be ordering labs and tests and doing medicine stuff, then yeah.

So we have to separate that out. That's all different because of our weird government that we have. Yeah. The third thing is said, but it went quick. But you know, I remember from reading your book and been a little while when it was so impactful that the pillars of your program are hydration, omega three through more flaxseed than any human has ever contemplated putting in their milk.

And then green, green, green. And these giant smoothies you sip during the day because of minerals and fibers and fiber, nutrients and cellular repair.

Do you still you mentioned soy products. Is that a pillar or is that just something that Thomas. It was something that

we got away with. So so there's different.

So what we recommend for folks is something called hyper nourishment. So hyper nourishment is an intentional overdose in the nutrients your body uses for cellular repair and auto immune function.

And so that's something that can be added to any diet. It can be added to people or eating meat, fish diets, junk food diets and of course plant based diet.

So it's really about what you're missing. And I still do it. This isn't a problem. In my smoothie, I also got I finished it already, my water jug and everything.

So hyper nourishment is is something that we tell people to do because what we found over the years is the state of most people's health is more based off what they're missing than even what they're doing wrong.

That even if you get attacked by something that affects your your cells or harms you, right? Whether it's something environmental, whether it's a food you eat, your body needs to have the ability to repair the damage.

And the cells know how to repair damage, but they need the ingredients. It's like if I gave you the instructions for a Lego set, but no Legos or some of the wrong Legos, you're still kind of stuck.

And what happens is much like building Legos, which I used to do a Solomon, sometimes you can't find the right one, so I'd say just use this one instead and you get mad.

But I go, we must continue, right? But eventually, if you keep using the wrong parts, you don't even get the right structure at the end. It doesn't work.

And that's what happens in our bodies, is if we don't have the right ingredients, it will figure it'll MacGyver something. But if you're constantly MacGyver ING your cells and your organs and your immune system, eventually it starts to collapse and becomes these chronic illness states.

So what I found is by hyper nourishing people and overdosing them in the vitamins, minerals, phytonutrients, omega threes, sufficient water, then their body drops into repair mode.

So that's the first tenant of it, right? The second part would be how sick is a person? So if someone is generally healthy, they eat a plant based diet.

They exercise adding hyper nourishment. It's going to take them the rest of the way. Right? Like when you sent me Ellen Jaffe Jones when she got the psoriasis right, she, you know, and she, she wrote the foreword to one of my books so she doesn't mind me talking about.

Right. But, you know, she was already on a plant based diet for decades and then suddenly got psoriasis. And you you texted me fix her. I love how those of us from the northeast talk right?

And she was missing the raw nutrients. She wasn't getting the water intake. She didn't get the omega three. She didn't. And within two weeks of all my my program, her almost got all gone.

Right. So it's often something that's missing from not just regular diets or plant based diets. Now if someone is extremely ill then I start really honing down and saying, okay, let's focus on just the nutrients your body uses for cell repair.

And then I take out the cooked food, I take out the tofu and stuff like that, and we put them on a raw diet that's really focused on hyper nourishment, because for some reason, when we do that, the body just drops into this rapid healing phase.

And that's why I've really got known was for something we call rapid recovery. How is someone who's been sick for

decades symptom free in four weeks, six weeks?

And it's a really amazing thing that happens when we do that. So. So for most folks, they don't need to do that. But for people who are very sick, I mean, I publish getting people off a kidney transplant list.

Heart disease cases and rapid recovery examples

I've gotten people the lung transplant list, liver transplant list, literally with high level hyper nourishment. And it happens really, really quickly.

So it's a very exciting thing to do. But yeah, I only started to take things out when it go, okay, your organs are suffering, you're really sick. Or they just want to go as fast as possible.

They just don't want to waste time. They want to get healthy as quick as they can. So yeah, tofu is one of those things where I work for some folks. Some folks have a sensitivity or something and it's not needed.

So it's not part of hyper nourishment. Okay. And in the last few minutes, you teased us with the word heart disease. And I didn't. You will dabble in heart disease.

Tell us just some observations. What kinds of heart disease that you've used. Hyper nourishment to see a response. Yeah. So, well, one thing that I see a lot of is high blood pressure.

And a lot of folks come to me, I'm kind of the last resort, cause no one wants to eat raw vegetables. You know, they're like, let's see what happens. If I could just eat some beans or potatoes.

Those are more fun. And then they come to me, right? So I've had quite a number of people who are already plant based, who could not bring their blood pressure down.

And they've done programs like Rapid Recovery with me or, you know, we put them on this raw bull we called the Goodbye lupus protocol because that's the name of my book of how I feel.

But it's really the raw, fast track hyper nourishment approach. And usually by three weeks I have to lower or get off of the blood pressure medicines.

Often people with kidney failure more on for different blood pressure medicines are off all of them by the end of the first month because their blood pressure comes down so quickly.

I've had folks with, all sorts of different types amyloidosis, other types of, of, of, of heart problems, of left ventricular hypertrophy, all sorts of different issues where a-fib a-fib is usually gone within the first month.

We're all these different illnesses that affect their heart and they get better quickly. I have one if I do, I have a few minutes. I could show you one of my favorite little family stories term.

I keep it up. It's one that I use for one of my medical keynotes, and I love it because it really shows. Oh, you have to give me permission to share, sir.

Okay. Allow, share. Thank you sir. All right. Let me show you something really cool. This is what I love about what we do, right is how it goes. Family. So this is Rachel.

She came to me pregnant lupus and show grandma's severely ill. She ended up in the ICU after her other baby was terrified about giving birth. Four weeks rapid recovery with me.

Lupus free show gun free was teaching her daughter how to fly a kite the day before she went in for her C-section. Photosensitivity. Gone. Awesome, right?

So we we've already established I know how to get rid of lupus. But here's the thing. So then that's her lupus rash. No more rashes in the sun. She's feeling great.

I get a message from her saying, my my mother in law's an heart failure. Mother in law lives in Israel, and her husband had to fly to Israel and and so I have a little thing about her.

So she was 68. You probably see a lot of patients like her type two diabetic, super high cholesterol, even on the medicines, had 25 heart attacks since 41, which is just insane.

Three bypass surgeries, ten stents. And so what they said. And she'd been in chronic heart failure for two years. And so this was back in 2017. The doctors called and said, this is her last heart attack.

She's not leaving the hospital. You need to come say goodbye. So the husband had just watched his wife miraculously heal of the disease she'd had forever.

And he goes, you know what? I'm bringing the blender to Israel. So he packs the Vitamix and he goes, it can't hurt. And he gave his mother nothing but my green smoothie recipe that his wife had use nothing but green smoothies in the hospital.

I don't know how we got it on to the ICU, but he did and she walked out the door in five days, Right. So, a year later, she was off her cholesterol meds.

She still had diabetes. But needed a little bit of insulin, but finally was able to normalize the blood sugars. Chest pain was gone. No symptoms, massive weight loss.

This is her. A year later. Right. So this is 2018. I just asked recently from the family, how do you have any recent pictures of her? That's her now. Wow. So here's someone who was told by the medical world there's nothing left to do.

You're dead. And yet she added this nutrition. And she's living her life now. She's a grandmother. She's actually she's now grandmother multiple times over because they've had more kids since then.

And the cool thing about this story is it doesn't start stop here. Because then the husband, a while after his mom's better, says, guess what, I have diabetes.

I said, how can you have diabetes? This is your wife. Are you having the next baby? What's going on? Because she's making the food. What are you eating?

And he's he was stress eating because his wife and his mom and his wife. So I said, you've got your everyone else's safe. You need to take care of yourself.

So we did some crying together. I helped him get on track. Three weeks later, he's working out. He's already reduced his metformin in half. He was already losing weight and feeling better.

And fatty liver usually heals within three weeks on my program. So a fatty liver that he'd had for like ten years was already gone within three within the month when he tested it six weeks later, A1 c 4.8 and and which is amazing, right?

Right. Especially since a1 c supposed to be an average of three months. So he said goodbye to his diabetes. And this is what I like to show this family.

So here he is looking awesome right. What's cool about this family is that here's their little kids right? Here's that. And this is the baby she was pregnant with when I first worked with her.

This one was born during the pandemic. She never needed meds again. Never relapsed. But what's amazing about

these kids is that they all have the genes for lupus, diabetes, heart disease, heart failure.

Right? They have all of these, all of these terrible diseases in their genes. But the diseases get to stop here because these kids are being raised on a hyper nourishing, plant based diet, and they're healthy and they're smart.

They're meeting their milestones, and they get to have their parents and their grandparents rolled with them. And so I really feel like this is what we do like to me, my job is not fixing people's labs and and helping people with symptoms.

My job is helping people live their purpose and be there with their families and and the domino effect when people start taking care of themselves is extraordinary.

And I just love that family because it just shows you how just learning to take care of yourself can save generations in the future too. And just in case people are listening to this audio because some people can, you got to catch the video because the pictures in the labs, you know, you won't catch their I'm.

Sorry, I didn't like everybody knows my. Name. It was the healthy grandma, with the daughter with a, Israeli flag headband. But I saw a bunch of Santa Claus hats in the background.

They were having fun in Israel. In that. Yeah, they were good. Yeah, well, I think no, I think grandma was visiting from Israel. Okay. And they were going to the school holiday party.

You know what? I, I didn't realize there was audio part of it, so I'm sorry for the audio. What you see is she goes from severely morbidly obese to thin and fit, and she's healthy and she's alive.

And what, 2017? How many years is that now? 4 or 5? Six? Seven years.

Family outcomes, books, and closing remarks

That's amazing. So I think everybody thoroughly enjoyed this. Your coat has your good bye lupus at good bye lupus. I know I see on social media all the time.

I'm always just, grateful for your energy and your education and the influence. And your books are amazing. These are not long books. I'm telling you people, you should get them there.

I like short, readable books. Me too. Yeah. I mean, you know, you do not have to fight your way through 400 pages, and I. Want people to read it and just start taking action, right?

I mean, that's the most important thing. You don't want to have it on your shelf and go, okay, that's self-help. It's not doing anything. You got to read it. Know what to do?

Get going. Stay with my recipe book. People are loving that and all of it. It's like 3 to 5 ingredients, you know, you can make it. It's not overwhelming. You don't need to be a chef right?

And you can get healthy. Have you had people messaged you that they didn't even work with you? They read your book and they got off. Every single day, every single day.

I've had people. I had someone, from Japan semi her MRI results that she reversed lesions off of her MRI has only read my books and follow my online content.

People from all walks of life, all different diseases. Someone told me their daughter was diagnosed with a early stage of a blood cancer. She put her on my protocol.

Her next test was normal. I've had people send me all sorts of just amazing stories, from everything you could think of, saying how they got their life back or their partner's life back.

And that's why I give my program away from break for free. You know, I'm online every Wednesday at 1230 Pacific on YouTube, Facebook, Instagram, just giving free coaching to the public.

I just want everyone to have what I have the health, the purpose and the ability to grow old with the person you love. Amazing. Well, I was shut it down there and I expect the Stockholm committee is going to call you with the Nobel Prize in Medicine.

I think you deserve it more than the person working on some, just effortless fly. But, that's important to. So thank. You for. All you do, you energetic psychiatrist and my expert, I know.

Thank you. I appreciate your wonderful husband, Tom. It's been too long since I've seen him. Okay. Absolutely. I will.