Introduction and guest background

oncologists and doctors, why are they allowed to give nutrition advice? Because they actually don't study nutrition at all. A lot of clients where they say, oh, my oncologist and my nutritionist in New York same.

Actually, it's better to eat conventional blueberries than organic blueberries. I was like, wait, what? How is the reasoning? What is it? You are going to be shocked.

Today we have the inspiring Liana Werner Gray, a certified nutritionist and three-time bestselling author of The Earth Diet. Join us as she shares her journey to wellness and practical tips for living a healthy, vibrant life.

The cancer that you had, you were young, 21 years old. How did you feel? I felt terrible, like rock bottom. It was in my lymphatic system. If you just get something cut out of your body, but don't actually go in and address the inner root cause, it's going to pop up somewhere else.

And that's why a lot of people have reoccurring cancer. Chlorophyll is 528 Hz, which is the frequency that heals and repairs DNA. Ooh, I like that. Now we're talking bioquantums though.

That's the true future of medicine. It is the future future medicine when I start with people I say take these three things because these are the three that make your body inhospitable to cancer.

Okay, what are these things? Well, first of all, Welcome to another episode of a Healthy Point of View podcast. I'm your host, Sam Tahata. Today we got a wonderful guest.

This guest here, you're seeing her all over the place. Um, I was able to meet her at the Biohack Yourself Conference, the red carpet event actually in Las Vegas, which was at The A4M Conference.

So she's a published author of many books. best-selling on some of the books here. She is all over the media right now. she is a strong, intricate part with the MAHA movement.

For those of you guys who don't know what that is, it's Make America Healthy Again. He's a nutritionist, she's getting people in the right health that they need to be in.

Today we have Leanna Warner-Gray. How are you? Great, thank you so much for having me. No, it's a pleasure to have you here because what you're doing, you are moving people in the right direction when it comes to their health and wellness.

I ended up ordering your books because I was like, you know, we gotta get these books in my library. So we have two books here that you wrote. You've written more than two, but we two.

We have Cancer Free with Food, and then we Have Anxiety Free With Food. But we're basically curing a lot of things with food. I wanna talk a little bit about you and how you got into this.

Which one was your first book? The Earth diet. Oh, I saw the whole, okay. The earth diet is the OG, the original. That was all about going back to nature, back the earth, eating only foods that come from the Earth.

So that was the first one. Right, and you have a blog behind the earthly diet? Yes, that's how all the books came about. I had cancer, started a vlog, it went viral, healed cancer naturally, then that led to getting the book deal to make the earthquake diet book.

Now, your cancer that you had, you feel comfortable talking about it? Oh yeah, of course. So the cancer, I mean you were young, 21 years old, right? That's gotta be tough.

On a mental health standpoint, how did you fell? I felt terrible, like rock bottom. And what kind of cancer was it. It was in my lymphatic system, so it was early stages, it a golf ball sized tumor, 3.7 centimeters in throat right here.

Yeah, so it was just on the lymphatic system, but thankfully it hadn't spread anywhere else that they could find. And yeah, that was the wake-up call that I needed.

So that wake up call, when you first knew that something was wrong, did you feel something or was it some blood work that you did that, something popped up?

Like what was that first sign of that tumor that started getting? Well, I had been binge eating on junk food for five years prior to that, so my diet was horrendous.

So my body felt terrible. I felt like a toxic mess walking around everywhere. And I was out at a concert one night and I always had a sip of vodka and just remember feeling so exhausted and something just popped in my neck.

And some tumors grow slowly and some actually if the body's under so much stress, they can like explode and pop. Really? Quite suddenly. Wow. Yeah, and then I thought it was a swollen gland.

I went home two weeks went by and it Was getting bigger. And I want to see a naturopath and she's like you need to go to the hospital. And then we did a biopsy, which made it a lot worse.

Biopsies are not ideal, although I understand that people want diagnosis.

Cancer diagnosis and natural healing journey

It aggravated it. Yeah, every biopsie aggravates the area. And after that, I got diagnosis and the doctors were so strange and confusing to me, so I ended up getting three different diagnoses and they were all different.

Really? Yeah. What was different about those? So one said I had stage one, one that I have stage zero, and one I said had precancerous. Wow, that's significantly different between all three.

And then the blood work, they showed that my cancer cells were active. My bloodwork is also on the verge of leukemia. I white blood cells are just terrible mess.

Also was riddled with parasites. Wow. They diagnosed me with chronic fatigue. I was yellow and just had major digestive system issues. And then they offered me a vaccine for cervical cancer while I And I said no to that, obviously, because that's when, that was just all the red flags.

I'm like, this just seems like a business. This is not it. So I went and worked with a naturopath and a functional doctor. Nice. And that here in the U. S.?

No, it was in Australia. In Australia, okay. Now, you've gotten to meet other functional medicine practitioners here the United States. Mm-hmm. Australia I know that functional medicines and healthy living is very popular, at least today.

How do you how would you compare the two when it comes to functional medicine? You got quite a bit of doctors out there between Australia and in the United States, you know, I left 15 years ago in 2010 I came to live in America and at the time my blog when I went viral 70% of the readers were from America really so they weren't that many Australians and Australians at that point we're looking at like we already eat healthy and because even the conventionally grown food there, like the fruits and vegetables and the meat, it wasn't factory farmed.

They weren't using Roundup. GMOs were not allowed. So you could eat, you can go and buy fruit and vegetable.

And it was like buying organic, even though it's conventional.

It was just regular. so they didn't really see a need back then. to how we kind of have that today, like that extreme need of like, we need this functional approach.

Australians are more laid back, she'll be right, mate, I'm just going to have some meat and some vegetables and it's all good. Now their health is starting to decline in Australia.

So there seem to be a lot more functional doctors that are stepping up and wanting to do this work. But they're very strict there. The naturopath, Barbara O'Neill, she is the most famous natruopath in the world, and she got canceled in Australia, so she had to leave.

Really? Yeah. Oh, wow. Yeah, Australia are very, even more strict than America on all of this stuff. That's crazy. Yeah, the Commonwealth is not having it.

Wow. So so all right. You get diagnosed with the cancer and I would only assume at the point in time you get diagnose with cancer. The first thing they're going to say is, hey, we need to put you through some of the conventional treatments, right?

Chemotherapy, radiation. Did you ever go through that? I did not know. And they offered me surgery. I said, no, I was actually more afraid of surgery than healing it naturally because I grew up with indigenous people.

in the middle of Australia in a town called Alice Springs. I went to an Aboriginal school and we learned from age five about healing, how you could heal anything and going back to nature.

And they also taught us that if you just get something cut out of your body and don't actually like a tumor, but don' actually go in and address the inner root cause, it's gonna pop up somewhere else.

And that's why a lot of people have reoccurring cancer. I knew there was a big underlying issue, so I said, no, I'm not gonna just get it cut out, because that not the solution, and I'll go and actually figure this out and heal deeply.

That's like putting a bandaid on it, right? We gotta figure out what the root causes. Listen, here in the United States, It's been like that for quite a while, where it just, we kinda put a Band-Aid on, give somebody a pill, and it subsidized the symptoms that the person's having, but it never fixes what the root cause of the actual illness is, right?

And I think this is one of big shifts that we're starting to see, especially with the MAHA movement, is for medical providers to start taking more of a metabolic approach to one's health versus just that band-aid where it's more reactive, you know?

Absolutely. One of my things, and I talk about it all the time when I worked as a firefighter paramedic in emergency medicine, I just kept on seeing patients, their health circle down the drain.

And when you see that, you start to wonder, what's going on with our health care system? Something's not right. And the problem is that we focus so much on a reactive type of treatment.

We wait until people get sick to then try to make them better versus taking more of that proactive preventative approach. So, OK, so you decided no surgery, no radiation, No chemotherapy.

I'm going to go see a functional health doctor. What was the next step from there? They told me that if I focus on the gut and heal the got that the tumor would dissolve and that I would transform my, my health.

And that was the first time I'd really heard about like gut health as a focus. Now everyone knows it's all about the guy. But back then it was kind of new, but it, it did resonate with me because my gut help was in terrible shape.

So they put me on a detox protocol and they didn't say like, Oh, this is how long we think it will take, of a colonic one day and then coffee enema the next day.

And we just kept going like that for two months. So you're doing like a hydroclonic therapy and a coffee enemas as well. Did you do the wheatgrass enema also or no?

No, we didn't but um, you know, I learned about that after some of the things I learnt about after that I would have done and I Would have incorporated into my healing plan.

I love wheatgrass. Yeah, and it was powerful But the coffee was super helpful and the colonic and yeah, it seems extreme, but it really helped Okay amazing.

So You started working on the gut health, right? So what are some things that you started doing to work on that gut? Health? The colonics, coffee enemas, I started juicing.

Okay. So I learned that the fastest way for us to get nutrition into the body, just like an IV, is from fruits and vegetables. And I looked into that IVs, but I had no money.

So that was not an option for me. I would have done it for sure. Instead, I learnt, okay, the next fastest and the most natural way without having to inject is through fruits or vegetables juicing.

and so I was drinking six juices a day, on some days, every hour. I bet initially it kind of like ran through you when you drink that much juice, right?

I mean, I feel like my body was so deprived of nutrients for five years that I was eating terribly that my buddy just absorbed everything. It was like a sponge.

Wow. Yeah. My body is so happy. I could feel it just like excited to finally get all these nutrients that it was deprived from for so many years. Right.

Did you cut any meat out of your diet? Did he go straight plant based? I originally, the naturopath said, let's do, um, Let's have you fast and do like a raw vegan.

And I did it for three days and I was so sick. That's tough, right? It was, I were so stick. The tumor was getting bigger. I had no energy and she looked at me and just like, okay, we're going to change the approach.

We're gonna incorporate warm cooked foods as well as the juices, but also some meats here and there. So for me, what worked was incorporating some meat and some warm Cooked foods as well as a lot of raw vegan foods.

Okay, and that's why in my book I always tell people that it really is bio individual Some people have healed cancer going raw Vegan But some have also healed Cancer with eating meats and it depends on the cancer.

It depends On the blood chemistry and on a person the health history. I agree. Have you heard of Hippocrates Health Institute? I have yeah, I do mention it in the book Okay as the place for people to go So I was partners with Brian Clements for quite a few years.

He was actually just on the podcast probably like a month ago or so, give or take. And he actually has a chapter in my book also. Which I do believe in a lot of stuff they do.

Now they're strict on raw vegan, now he mentions it's more like 30% cooked, he allows that. But what they are doing, I've seen when we had a Lickle Vita on their 60 acre campus for three years, I mean, we saw patients that came in from all over the world that there was no answer to get them better.

They've gone through everything you can think of, chemotherapy, radiation. People were being brought in in wheelchairs, unable to even get up and walk.

And within weeks, I saw people going from those wheel chairs to being able to sprint across the block. You know? So great. The most powerful part about it is What was being done was the nutrients was brought back into them.

Number one, the foods that they eat, which, you know, obviously what you're talking about here is what your putting into your body. Which I've always been a firm believer is you are what eat.

If you gonna eat junk, your bodies gonna become junk and perform like junk. But if you eat the right things, it's gonna perform in the way that it needs to.

Absolutely. So first book is The Earth Diet, right? So what was the second book? Ten Minute Recipes. Ten minute recipes? Yeah, and Dr. Mark Hyman, functional doctor, wrote the foreword for that book.

Oh, nice. I like Dr Mark. Yeah. He's amazing. Yes, he's helped so many people get healthy. And that was all Earth diet recipes, natural recipes. But really quick.

And these are your own recipes that you kind of came up with? They are, yeah. Okay. Well, 15 years ago, especially in Australia, there wasn't, we still don't have like a Whole Foods.

We have some health food stores, but we don' have a massive chain here in America. It's so easy to eat healthy here, in American. Really? Organic, compared to Australia because even back then there was no gluten-free bread.

There was not gluten free pasta. There was no healthy chocolate. So I had to make everything. From scratch. Yeah, so I got in the kitchen and I went by my cravings.

I was like, okay, how am I going to eat chocolate? Because that was my biggest obstacle. which is crazy amounts of refined sugar. And I would make it with almond flour, cacao powder, some peanut butter, and some honey and make chocolate peanut-butter balls.

Then I just developed all these recipes. That actually sounds really good. I'm kind of salivating. It's really great. Totally natural. Yeah, and it's functional.

Medicinal. It had so much cacao and magnesium and I started to lose weight and started healing from eating this kind of chocolate. And then I would make chicken tenders with almond flour and turmeric.

I make so many recipes. Cookie dough. So I have a lot of recipes that are to help people with alternatives replacement therapy. And I specialize now in addiction because I was so severely addicted to fast foods and refined sugar.

So all my recipes are to replace that. See, you know one thing that I like about what you just said is the replacement portion of it. Because for so many years you always talk about, oh well you gotta cut this out of your diet.

You can't eat pizza. you can eat this. And now I tell people, it's not about cutting it out. It's about getting the healthier choice of what like to eat.

The upgrade. You gotta upgrade. The upgrade version. So even like pasta, like there's pasta out there that's made out of lentils, right?

Gut health, juicing, and food as medicine

That are made outta chickpeas. You know, there is pizza that is made of almond flour. And cauliflower. Cauliflower, mashed potatoes that are out a cauliflower mash.

I love it, you know? And I tell people, it's like, You can still eat that burger, and you can eat the bread, go get

Ezekiel bread which is sprouted bread.

Right? Your body is gonna process it completely different and it has the nutrients that you need. Exactly. Yeah, it sounds like you wrote my book Not yet.

This is the way I live, you know, I'm like, i'm gonna eat french fries, right? I"m just not gonna fry it I'll put it in the air fryer or bake it and it's gonna be sweet potato, or fry in like avocado oil or coconut oil That's how I make my fries.

And I am working on being Elon and Trump's nutritionist and you think I can tell them like hey, we're gonna cut these foods out There is no way so instead I want to offer the alternatives and say okay check out these fries and burgers and chicken tenders and When they try my fried chicken, there's no that they're going to know a difference.

It tastes so healthy and juicy It's gluten-free in a stainless steel air fryer and then also just adding hacks Adding hacks in is a big one for people to get the momentum going.

What is that? I don't even know what that is. So adding hacks, so biohacks, for example, or health hacks. Oh, like healthhack, okay. Yeah, just saying, because some people and some of my clients say, I'm just not gonna give up something like, say Chipotle or McDonald's.

They're like I wanna have it for the rest of life. Not all the time, but I still wanna it. For me, don I need that kind of food because there's so many great alternatives.

I'll go to True Food Kitchen and get a burger, and that's way more satisfying to me than a burger at McDonald's. And plus, I don't have the cellular memory for food at Mcdonald's anymore, since my cellular memories changed, right?

When I eat that kind of food, it just has no appeal. It's almost like your body rejects it at that point. Totally reject it, yeah. So I say, okay, that's fine, you can keep those, totally get that, but then add in the hacks that are going to help protect your cells and give you all the nutrients that you need.

I like that. People love the hack. In the last 15 years of me doing this work, The main question I get is, okay, well, just tell me one thing. If I can just do one things, what would it be?

And I've narrowed it down to the one-thing. I kind of want to guess. One thing in regards to what? Like in regard to diet? Well, it's a food. Okay, one food slash liquid.

Now you got me thinking food slash liquid. There's one thing. But I've narrowed it down to three. So when I start with people, I say take these three things because these are the three that make your body inhospitable to cancer, create extremely good gut health, which helps with the brain and energy, protects your cells.

And if you take those three thing every day for the rest of your life, your chances of getting cancer are very, very low. Okay, what are these things?

So the three things are, well the first of all, when people are like, What's just one? If I can only do one. Is liquid chlorophyll. Liquid chlorphyll?

Now people take the liquid Chlorophyl for like when they sweat, you know, they have like order. Yes, it's a natural deodorant. It makes people smell nice from the inside out.

it comes from broccoli. Well, it comes from any dark leafy green. Okay, because it's the compound and a dark Leafy Green and the best way to get liquid chlorophyll is through a fresh green juice Mmm Because it you get a lot you got live nutrients.

So what does the chloro feld do? Specifically that's so beneficial if it that one thing that we're talking about it honestly does a thousand different things but the top things is what it does is it gives you instant energy because It

pumps the oxygen around in your blood.

It helps pump red blood cells to the brain so you get instant energy. And then it protects your cells from oxidative stress, from heavy metals. it also gives a nice little daily detox every day.

Yeah, I did a live blood test once where they tested my blood in the morning and we could see it on the screen. My blood was healthy. This was after I healed and everything, so it was good.

And then 15 minutes later, I drink a green drink. 15 Minutes later they tested it again and my blood looked completely different. Just it was flowing more.

It had more energy. The blood cells weren't as clumped. They were like more flowing. So it just alkalizes the body. it puts us into a really healthy state.

And also chlorophyll is 528 Hertz, which is the frequency that heals and repairs DNA. Oof, I like that. See, now we're talking like bio-quantum stuff, right?

Yeah, the energy frequencies. I keep on telling people that's the true future of medicine. It is the future true of true medicine, and Revelations, let's go biblical for a second, is, so Revelation 22.2 says, The leaves will heal the nations.

The Leaves. What are in all the leaves around the world? Chlorophyll. Chlorephil. And I really believe chlorophyl is a gift from God for the people. especially people who are.

can't afford to get healthy or change everything or go organic immediately. You can, fresh green juice is expensive, yes, but you can buy liquid chlorophyll for about 20 bucks, it lasts a month to two, drop it into water every day and you're still getting those benefits, you still get in the frequency, your still healing, repairing DNA.

And this is what I said to RFK when I saw him a few weeks ago, I was like, the chlorophyll, we gotta get chlorophil, that's gonna help middle America, its gonna people who cannot afford to live how we live, to get healthy and get that momentum going.

I like that. Yeah. And it doesn't have a taste, right? It's very neutral. And we put in very little effort to get massive results from chlorophyll. It just totally makes sense.

And that's why when I learned all of that and it clicked, I was just laughing to God. I'm like, he's such a funny God, right? He created humor, just how he set it up for us to not have to struggle and fight.

Right. We have this time in history now where we have so much cancer. Too much so much chronic disease right every hour in the US 70 people die of cancer 70 It's too much and God knew you like we need a break.

We need so it's just chlorophyll It was just a big part of my life. You take that every day every Day, so today I had a fresh green juice But then the last couple days because I was traveling I travel with a liquid chlorofil.

I also have travel without a powder and just mixing the powder into water and that makes a green drink as well. Or you could do it like a smoothie. So let me ask you this.

With the chlorophyll, do you get the same dosage versus like, if I get like the liquid chlorphyll versus drinking the green juice, is it about the Same or?

It is about same, yeah. And it depends, you can alter it. But that's why I like to make a Green Juice with celery, cucumber, spinach, ginger, lemon, and broccoli sprouts.

Oh, broccoli sprouts. Yeah, sephoraphane's another one of my favorite compounds as well. Is that number two? So actually it is number three. It's number.

Yes, yes. Yep. So the three are liquid chlorophyll, B17 apricot seeds and sephorafane. The B 17, which I brought for all you guys. Oh really nice. I'm excited about that.

There's been certain B vitamins that are like frowned upon. It is. If you Google it, it will say, do not take it. It's toxic and it has cyanide and will kill you.

And you know what we've had like at our wellness centers, we had a lot of cancer patients that will come and they want the B17 and sometimes they'll even order it.

They'll actually order a sterile vial of the b17 to get injected intravenously. You'll get it from like other countries and stuff because you can't get here in the US.

And I wanted to talk to you about that because I want to make sure you're in touch with doctors who are doing this. because there's a doctor in Phoenix for 25 years has been injecting people.

We weren't say obviously publicly that's you won't find that online. It's not allowed. The government shut it down because in they were healing people of cancer left, right and center, they completely they took away medical licenses.

They shut down. it was massive in the press at one point. New York Times, like everyone was talking about it. Oh, we found this cure for cancer. And then all of a sudden that happens.

Like all the sudden people are getting well and now it disappears. The same way that, and actually RFK posted about this on Twitter, about peptides, right?

Peptide therapy. We were one of the first offering peptide. Actually, my mentor in the medical side, Dr. Robert Willicks, which unfortunately passed away right before COVID, I'm at the age of 80, but he was a heart surgeon that didn't want to do heart surgery anymore because he wanted to prevent people from going on the operating table.

So he actually went to go study with the shamans, the natives in Peru. So he's a shaman, functional medicine. He was actually teaching for the biggest platforms like A4M, AEMMG, teaching doctors around the world.

And part of that is Dr. Willix became one out of 80 peptide gurus around world, and what he was doing with some of these peptides, he, I mean, when I tell you, we were always very careful saying this publicly, now I just say it.

Books, recipes, and healthy food swaps

He was reversing disease with these peptides. And then all of a sudden, and this is one of the first times that we see this in our industry, the FDA, Basically cancels certain peptides without actually having a reason just saying well, there's not enough data to support it Yeah, no one got harmed, you know, it wasn't like an adverse effect or something.

So it starts making us question Why are we getting rid of something where we're seeing so many patients get better and get well being on this so Exactly in the B 17 is one of them.

Oh, yeah, you won't find anything positive about that online It'll just say it's toxic and dangerous and don't don' do it but where I get mine from John Richardson his father was one Of the medical doctors who helped bring it forth and he got his license taken away and now John's bringing it fourth and He's 16. He has been eating the apricot seeds his entire life And he's in great health.

So You eat one of those every day? I do. Yep. So that's one my protocols too. One every yeah. Yeah. You can go in and you can get the vitamin B12 IVs.

Okay. Or if you have cancer, but for prevention. And I'm all about prevention, right? And it's, you know. That's

about vitamin b17. B17, yeah. So to take that every day, their belief is that if have B 17 in your system, there's no way you could ever get cancer.

Wow. There's not way it can grow. I wonder why they don't like run some serious research behind it. Well, they It's they don't want that door. They have their cancer treatments.

It is chemo radiation and surgery, right? That's it. Yeah, and hopefully that's gonna change her because RFK knows about B 17 He's very well aware Nice.

Yes, nice and I do believe he wants to have these other cancer treatment available to people And out there so that people know and also know, hopefully, he wants to bring in that when people get chemo radiation, they say, OK, you can get this.

But also, know that there's other side effects that would can happen because a lot of people and they talk about this and the truth about cancer book with Ty and Charlene Bollinger that most people actually die from chemoradiation, not from cancer.

Wow. And the thing is, what people have to also understand is it's not just killing the bad cells, it kills a lot of your good cells. So this is one of the things, like if you are gonna get the chemotherapy or radiation, there's a lotta things that you should do as supportive care throughout the process.

And for me, one other thing that has been very difficult to see is that we'll get cancer patients that will come in that are undergoing chemotherapy, or a radiation.

And what they end up doing is, well, I really want to do these high dose vitamin C IV drips and the glutathione and all this other stuff, but I need to get approval from my oncologist first.

And if that oncologists doesn't believe in what we do or actually have any idea on nutrition and benefits of nutrition, on how the metabolic pathways work.

He's not gonna say yes to it. So what I've seen is a lot of cancer patients that go back to their oncologist and say, hey, can I take these vitamins? No, it's gonna interfere with the chemotherapy, which is sad.

Because now studies are actually coming out showing that a lotta these nutrients, as they undergo chemotherapy and radiation, have enhanced the effects of chemotherapy.

These nutrients. Hopefully we see that shift. And doctors, I wish they would pass something that they are not allowed to give nutrition advice. Like, why are they allowed?

Because they actually don't study nutrition at all. In their 12 years of medical school, they study zero to four hours of nutrition. So unless you're a functional doctor, then you can give advice on nutrition, but if not, it's not your place.

It's just like me as a nutritionist, I'm not allowed to give medical advice, which is fair. This should be the same way, because I've had, worked with a lot of clients too, where they say, oh, my oncologist and my nutritionists at the hospital, and these are big hospitals, like Sloan Kettering and very fancy hospitals in New York saying, actually, its better to eat conventional blueberries than organic blueberries.

Heard that for the first time last year. I was that what's I? Was like wait what how is the reason I'm trying to think like how how yeah? What is a reason you are going to be shocked?

they think that there are diseases and Critters in Organic blueberries and that you can't wash it off and not the pesticides actually kill the diseases that are in organic foods and This is not the first time I've heard that and it's so so sad and the clients get confused and they're like, you're telling me to eat organic and my oncologist is telling There's a big disconnect there.

And the worst part is now you're creating a very confused consumer, which we're telling, hey, yeah, eat healthy, do this, you eat organic, and all of a sudden, no, don't eat it organic.

Eat the conventional stuff that you don' even know what's in it at that point. So that's scary. It's very scary, we need more education out there, so you do a lot of that.

Now when it comes to education, I think educating adults is important. But most importantly, the kids need to be educated. Because if you start at a young age, you're gonna prevent all of this stuff from further developing in the wrong direction.

Are you doing anything to educate kids? Yes, actually when I first came to America, I used to go to schools. And say I want to talk to the kids about nutrition and no one was paying me to do that.

I just used to go there and do it. government subsidize and actually it's created as a business not to protect kids health. And so I would go in and teach the kids and they were really receptive like kids get it.

I'd love to see that happen a lot more and hopefully we're going to demolish the food pyramid. Yeah, it's kind of upside down the food pyramid. It's the wrong way.

So that needs to be revamped. Its well overdue actually. And even a lot of the stuff, the other day I was reading that almost 70% of males that can potentially be drafted into the military, God forbid a big war happens, are not even in shape to be in the Military.

I heard that. These are young, young people. Yeah, and it's shocking because this is America. This is the greatest country in world, is it not? And when I first came here, I would see the police officers in New York.

I lived in York for 14 years and I'm like, why are they out of shape? They should be the fittest, healthiest people. So then I've done a lot of presentations to the NYPD and would go in and be like yo, you guys.

Like here are the donuts you can have. And I gave them aspartame free gum and all the green powder and the healthier candy and healthier chocolate. Like, you can still have all those things, but in a healthier way, yeah, it's just people get stuck, right?

You know, that was happening with me at the fire department. When I first came on duty, when I started, I was 20 years old, and we had a lot of old timers that would love to eat, like, fried food and all this other crazy, very unhealthy.

Their bellies were out to here. And I told myself, initially, My first couple of years, because you're on this probationary year, and I was going in and eating whatever they were eating at the table.

And eventually I said, after a couple years I'm 22 years old and in the worst shape of my life, I say, this makes absolutely no sense. I told one of the guys that I worked with who was older, who is all about taking care of his health, And people would give him a very hard time because sometimes he wouldn't eat with the rest at the table.

He would bring his own food. And I told him, says, dude, whatever you're doing, that's what I want. Like this stuff. Yeah, it might taste good, but I feel like crap.

But I'm only 22 years old. So he had he actually started like working me out, telling me how to eat this and, you know, reduce a little sodium here. Make sure you get the healthier options.

You take the sweet potato instead of the regular potato. Then I started doing it and I lost a tremendous amount of weight. And I got in really good shape, my abs started popping out, and I ended up doing the fireman's calendar for two years straight.

Oh, wow. Amazing. I was on the biggest firemen's calender. Where is that? It should be hung up in here

somewhere. It's hidden. But I did that for 2 years in a row, it was a non-profit, raising money for kids and stuff, but I in the best shape of my life.

And I got a hard time from a few of these old timers, and then eventually one of them got really sick. And then you started seeing people start making the adjustment.

Number one, you're already working on their very stressed job, like those police officers you were talking about. A lot of people have sleep deprivation, a lot stress, PTSD.

So it's a mixture of all of this stuff that's just a recipe for failure when it comes to your health and longevity.

Chlorophyll and the three-part wellness protocol

So I saw it firsthand and now I'm starting to notice I actually talked to my buddy the other day at the fire department says it's different people are here actually now with all the new young people They don't want to have these bad health habits like they're all about getting healthier detoxifying their body and everything else That's awesome, yeah.

I really hope we see a healthier generation coming next. Yeah, I think it's gonna happen. Especially with people like us, we're gonna make sure it happens.

We're going to push it. This is how time has come, there's no way. You're gunna have to make me disappear to shut up. It's been fighting the good fight for so long.

A long time. Sorry, so you created the three products you must have, but you have this other product here. Yes. And I this goes with, So what was your third book?

The third was cancer free with food. And what motivated you to write that book. OK, so this one. Wow. So I wrote the Earth diet, which has my story and all of that and the recipes.

And I was always afraid to talk about cancer because when the earth diet first came out, I. Was silenced by the mainstream media and establishments. I thought, wow, the world's going to love this natural.

We can heal cancer naturally and we can change our diet and it can really change health. A blog article I did went viral around the world. I woke up the next day and people from, it was in Dubai and India, Australia, America, like everywhere.

And I was saying, oh, this young girl is saying you can heal cancer naturally, but she's a quack. If you listen to this, you will die. Then I had so many threats sent in.

People were wishing that my mom would die, my Mom had breast cancer after. the tumor, and I was 22 when this came out. And I, I just was like, wow. Completely shocked.

I didn't have the support system that I have now. Right with this community. With the, uh. Man, that's tough. Like, for people to go to that extreme. Oh yeah, so extreme, mhm.

Well, we know that establishment, the system we're in is a two trillion dollar system. Yeah. It's very dark. So that was a big, kind of wake up to me and it told me, okay, I can't talk about this stuff openly.

I need to have a filter and this is not allowed. And then, and I was thinking about my third book, had a dear friend who's like, you have to write it on cancer.

and i'm like I cannot. Now you could write a book on Cancer. It's totally normal. But even then it was like no mate, You could get, silence and get into trouble for it.

The Quack List was this big website back 15 years ago. Oh, there was really a Quak List? There was, I think it's called it, Mark Hyman was on it. But you know what, that list would be- That's what I mean, now it doesn't matter.

And I also did a TEDx talk that is banned. I'm on the banned TEDX talk list. Now I don't care, but when it got banned I was devastated and so embarrassed.

it's an honor actually yeah so so then i told my publisher and they're like yeah you should do one on cancer and hold on the the talk you did it was with oh it is one of those ted talks and it got banned it went viral overnight wow yeah i woke up the next day 24 000 people had watched it and there were people attacking themselves in the comments.

And I didn't know, but TEDx is funded by Big Pharma. Your figure, I mean, is anyone really surprised? No. I did not know that. So they took it down and then sent a message to the organizer like, yeah, no, we cannot have this.

Then I looked up everyone else who had been banned and taken down. Dr. Terry Walls, who she healed her MS completely naturally. And a lot of other doctors who were talking about natural cures and people talking, about using psychedelics for healing, they were all banned and taken down.

So it was, it's kind of a funny joke of like, who's in the banned TEDx talks. Hopefully I still have that somewhere. I should try and dig it up and find it.

And you know, I really made it so science. but still people were super attacking themselves and yeah. But you know what, you can't let those things bring you down, which you haven't because you're really pushing forward.

Yeah. So you put the cancer book together and obviously it was a hit. And then you decided to put another book into place. The anxiety free book came after.

That one came during COVID. During your last book? That's the last one I've done, yeah, so that has the most updated recipes. So what motivated you to go with the anxiety one?

Was it COVID that initiated a lot of anxiety in people that made you do that? Yeah, and I also always wanted to do something on mental health. Okay. Yeah because food affects the brain so much.

A lot. Anxiety and depression. And I, even after I'd healed everything, I was experiencing anxiety. So I went to my functional doctor in New York and she's like, she was like yeah, it doesn't really make sense.

It just doesn't really make sense. She's like, let's run some tests and she did a blood test and it came back and She was like yeah, this is what I thought you're deficient in omega-3 fatty acids Oh, wow, and if we're efficient in a mega three fatty assets, we will have anxiety That is a symptom of the deficiency really and you weren't supplementing omega And you know because I was mostly plant-based I mostly am I'm i'm blood type a so my chemistry just craze more plant based I do have a lot of clients who have blood chemistry.

Oh and so say Lots of animal fats and protein for them, but I was eating fish here and there and avocado, chia seed, walnut, hemp seed. But yeah, I wasn't getting off omegas.

So straight away I went on omega-3 fatty acids with fish. And after three days, I felt so different, night and day difference. And I was like, wow, I wonder how many other people have anxiety and don't realize that it's actually just a deficiency, a nutritional deficiency.

That's it. It's not cause you're crazy or wrong or bad, or you went through this, it could just purely be a nutrition deficiency and even if someone does have an anxiety from emotional suffer from trauma, obviously the Omega threes help so much.

So now I take them every single day. And you know what, I want the listeners to really think about what you're saying. The anxiety that people can be having, depression that can people be have, can something that you are

missing, a raw material that your body is missing when it comes to a nutrients, vitamin, mineral, amino acid, it could be something thats missing.

And if you don't think this way and you go to a doctor and then go the next doctor because they're not giving you the answer that you want to hear, all of a sudden they start labeling you as crazy, right?

And now they started giving medications, like if are a crazy person. They start putting you on psychiatric meds and everything else and now you have a real imbalance happening in your body.

So this is the importance of people understanding the important of nutrition, these different minerals and amino acids and everything else that your body needs.

And there's different forms of testing, like at Liquevita, we do a lot of different testings, you know, when it comes to micronutrients, deficiencies tests, looking at toxins and all this other stuff.

But That's something that I wanted to highlight because it's very important for people to understand that if you're feeling a certain way like that, don't just jump to conclusion where you need to take this pill.

That just gonna cause more issues down the line. Yeah, that's what I say in my book. I said before you go to a doctor and get meds, do these tests, see if you're deficient in omega-3s or magnesium or B vitamins.

Because if your deficien in those, yeah, that's why you have anxiety and you can fix it with nutrition. Yeah, and the medical and pharmaceutical stuff can put people into a vicious cycle and really make it a lot worse.

A never-ending cycle, you know, for some people. Well, that's the thing. They don't want people ever to go off depression meds or anxiety med. So you just want to find, they say, the right brain chemistry.

And then once you find it, you stay in that cycle your whole life, right? Take med your your life. That's not how God designed us to stay on med our whole lives.

Now actually, if you go biblical, it talks about sorcery, right? About a lot of these different drugs and what that does and how that actually opens up the floodgates of evil spirits and everything else.

So I actually wrote an article about that. And I think these are things that people really have to take in consideration. I mean, food is just power. It can just feed you what your body really needs.

You just have pay attention to it and learn from other people, like yourself. Sorry, we got the anxiety, anxiety free with food. Now you came up with a supplement, a product here, an anxiety-free supplement.

What is that all about? So this has 10 ingredients. It's a blend that I created with a medical doctor and functional doctor, and pharmacist. And it's for people who have anxiety or feel like their nervous system is just agitated all day.

So it helps to regulate the nervous systems. Nice. Its all organic. Ashwagandha is one of the 10 Ingredients. Powerful. Very powerful. Ashwagandha has been used, supposedly, for thousands of years in Ayurveda, and it helps to regulate the nervous system.

And if you take it for six to eight weeks, science tells us, after six-to-eight weeks you have a new nervous-system.

B17, peptides, and controversy around cancer care

Wow. So powerful. The only people who can't take are people with autoimmune issues. Other than that, everyone else can take. So I say always just try it for six to eight weeks and see how you feel and it helps you get to that deep REM sleep.

And the other ingredients, they're all anti-inflammatory, it's high in magnesium. It's got Swissandra berry also, which is what the government would give to the pilots during the war to keep their moods boosted.

Oh, nice. Give them a nice little like up. Okay. Yeah, so it's a nice vibe. I like it. No rice, no fillers. When I was getting it created, that's when I learned about the supplement business and how they were trying to convince me to put rice in the supplements.

And I'm like, why would I put in my supplement? I don't want to take rice every day. If I eat rice I want it to be like I am going to eat it, to enjoy some rice.

Is that more of a filler? It's just to make more money. Yes, obviously, I need to make money to survive in this world, but this is not why I'm doing this.

Right. This is for the mission. Yeah. So it's like pure. And a lot of people when they're buying supplements, check, you know, if it says rice, right?

Don't buy those supplements because you're paying for half a capsule full of rice. Yeah, that's not good. The people who actually care about your health.

You go to a Chinese restaurant and get the rice. Yeah exactly, yeah. People who care your about health will not put rice into your supplement, but probably don't go into a chinese restaurant for rice because they're…

That's probably not a good right? MSG and everything else? Yeah yeah, go like an organic restaurant or make it yourself. Definitely stay away from the chinese restaurants.

That was a joke by the way everybody. Don't think that Sam is going to the Chinese restaurant eating their rice. I bet you can make some good Chinese recipes with what you've created before, right?

Oh yeah, yeah. Well, I specialize in all the alternatives, it can be anything. Wow, love that. So, all right, we got that, now, you got some other really big stuff happening and you're moving around with some heavy hitters, right?

When we're talking about the MAHA movement, you know, I follow you on social media. You're at Mar-a-Lago quite often. Your hanging out with the Trump family.

So what are the goals that are coming up? The goals are to make America healthy again. Yes, yes. We want to see chronic disease and cancer go down in two years, which is quite a goal.

which is so exciting. We want to see seed oils being taken out of America. It is a $32 billion industry, so that's a big one. I mean, they're all big industries, right?

They're tackling. And we want see the school systems have a new education for kids and what they are being taught, not taught government-subsidized foods.

Um, we wanted to expose glyphosate. Glyphosate needs to be exposed. Absolutely. And not enough people know that. I feel so bad for people like clients who come to me.

They're like, I just ate fruits and vegetables the last 10 years. Why do I have cancer? I'm like because you ate conventional fruits, vegetables and conventional fruit and vegetable to contain GLYPHOSATE.

It's so unfair and anti-American that they aren't aware of that. They're eating this thinking they're being healthy. Meanwhile, they are eating a cancer-causing compound.

So the education and exposure of this being so much corruption. in Big Food, Big Pharma, big ag that we want to expose. And all of the toxins that are going into these foods, you see American based companies that the exact same product that they make here and they're making in other countries.

They make the products in the country that their from with a bunch of Toxins, which we all know that when you have toxins in your body, toxins is a DNA adduct that will change gene expression and allow disease to start to develop.

I mean, it's there. The science is there, no one can argue it. So why do we have these toxins and the food? Yeah, well, how deep do you wanna go? Also, were you following me at the Kellogg's Rally?

Did you see that, the cancel Kelloggs Rallies? I've seen a lot of videos of the Kelly's rally. Okay, cool, yeah, so we were at Kellyogg's rally and that was all about, Kellyogg lied to us, because in 2018, they were like, okay, we'll take out the BHT and the artificial food diets, and they haven't.

And it's many years later. So then Vani Hari food babe was like, okay, you guys said you're going to take this out years ago. We went to Michigan and went into Kellogg's and said, delivered 400,000 petitions saying, why are these in the food?

And also Dr. Kelloggs who created Kellloggs back in day would be horrified to see his legacy so toxic and contributing to cancer in kids and ADHD. seeing kids and infertility and all of that.

So why do we have those things in America, but no other country? Because Australia, Kellogg's use carrot and beet to die. To die the fruit. Right? So here, it's all about money.

And it's greed. They put money before people. And Kellogg's, for example, if they were to take out the artificial red food dye, just that one ingredient from their product, they're looking at losing like $50 million a year.

Which isn't really that much in the grand scheme, but they're worth billions and billions of dollars. But to them, that's significant. They have a few ingredients they would have to take out.

MAHA movement, food industry reform, and closing advice

So they are looking at hundreds of millions of dollar that they will lose. And for them it's worth it, even though they know their product is causing cancer.

That's why my speech at the Kellogg's, and you can see it on my Instagram, at the end was saying, is this negligence or is it murder? Because they know.

That's strong, that's heavy. And you're right about that. Because listen, at end of the day, the things that we're talking about in regards to making America healthy again, it's not anything that is far-fetched.

Why? Because in other countries, they don't allow it, and these same companies will develop a product and offer it in that country that's significantly healthier than what we have here in the United States.

So even with some of these big restaurants, when you look at Starbucks, They go into other countries, they can't put the crap that they put in the food here in these other counties, and they still make the burger, the still the coffee, so why are we accepting this?

You're gonna put a stop to it, right? Well, yes, we are. I mean, that's what we're here for. Yes. We're going to make it happen. It's so exciting. Mahdi Makare is in FDA now, which is awesome, just all the right people are being The stars are aligning.

The starts are lining finally and even Mark Hyman said he never thought he would ever see this in his lifetime. I never though I would either. Just accepted like okay, it's always gonna be a fight and a battle and we just have to educate people about cancer whenever we can but it never really gonna go mainstream and now it is mainstream.

Now people know that glyphosate exists. They know seed oils exist and people are shocked. Wait, why do I go and pay all this money at a restaurant? When they're seed oils, they using toxic, non-toxic pans.

They're using microwaves and they are using water with fluoride. It's just like you're paying for poison. Yeah. it's crazy. But we have to put a stop to it and we want to.

There's a big team of us rising now, which is so exciting. And it is just going to get bigger because everyone… Listen, when it comes to the health and wellness industry, just people getting their health taken care of, these next four years, this is our time to shine.

because never have we ever experienced this opportunity. And this is gonna be it. Yeah. This does feel like a supernatural blessing. It feels like God has allowed this to happen because The system that we're in was created by certain individuals and families, and I don't know how deep down the rabbit hole you've been or you wanna go, but there are very powerful, wealthy people at the top of all of this.

And they're controlling all this, this system, that were born into. We're born in to the system. The hospital. The vaccines you have to go to school. You have.

To learn what they want you to learn, to stay in the system, you. Have to eat the foods that they're producing. It's all to keep people trapped in this system.

And most people don't know any different because you've been stuck in that system the whole time. We've brought into it and then slowly we start to awaken and we're like, wait a minute, hang on.

This doesn't make sense. Why am I being fed these lies and this corruption and. that's destroying people and yeah, I mean, we're all sick of it, so it's time for change.

I agree. So what's the next big thing for you? Another book? Yes, another book will be coming. And also there is something big happening that we can't talk about until the 21st.

Oh boy, I'm getting excited. So excited, so after the inauguration. Awesome. Yeah, but it's massive. I can wait. It's so big. Its global, But it is going to just make calls for so much change in America, and yeah.

We'll be talking about it soon. Of course, of course. And listen, we'll keep on talking this until we accomplish our goal. So you're always invited to the podcast to talk more, get the message out.

There's so many stuff that we can do together. As we wrap up here, if we have one of our listeners here. Which we a lot of doctors, by the way, that tune into the podcasts.

But if have some of consumers, there's someone who's just like, They just, the light turns on and says it's time to make a change in my health and wellness.

What is that one thing that you can leave them with? It's the liquid chlorophyll. I would say have it every day. Every day, first thing, before you have anything else.

Before you coffee or anything, when you first wake up in the morning, drop the chlorphyll into water or you can do a fresh green juice or a smoothie if you want fiber.

But get those greens, get that dark leafy green compound into your body because that's something that we should do for the rest of our life. There's no reason not to.

There's no negatives to it. Actually, there's like none. And there is so much science that I have in my book for it and it's different from eating it, right?

We got to eat our dark leafy greens too, for sure. Spinach and broccoli and all the good stuff. But when we drink it it is like getting an IV. It's that instant cellular nutrition and nourishment and just sets a tone for the day.

Puts your brain into a really good place, good frequency. Love it! You got your alkaline. So I would say start with

that. And that's the one of the three things on my my protocol.

Sir. Amazing guys. Make sure you get that chlorophyll. If people want to find you or find your book, where do they find it? The earth diet dot com is my website.

You could just Google the Earth diet, actually. All my stuff will come up. Instagram, Facebook website, I'm on Instagram. Liana went a gray and Facebook and all that good stuff.

Awesome. Well, listen, it was a pleasure to have you on the podcast and I can't wait to see and hear what happens after the 21st. Yes, thank you for having me.

Absolutely. Guys, make sure you follow her. Go on her Instagram page. Follow all her stuff. Get the books. Make sure you get the chlorophyll and the other two things as well, too, which we're gonna mention all of that here.

You're going to have all the links below.