Ulcerative Colitis Symptoms Gone Without Meds Transcript

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<Untitled Chapter 1>

So, I was 16 and I was diagnosed with So, I was 16 and I was diagnosed with ulcerative colitis with signs of Crohn's ulcerative colitis with signs of Crohn's disease, whatever that means.

disease, whatever that means. >> Mhm. >> Mhm. >> Mhm. >> It was the most terrifying moment of my >> It was the most terrifying moment of my life. Felt so alone and I just remember Felt so alone and I just remember wondering how life was going to look, wondering how life was going to look, completely different, obviously.

completely different, obviously. Extreme fatigue, brain fog, Extreme fatigue, brain fog, inflammation, like my whole body was inflammation, like my whole body was inflamed, [music] and not digesting inflamed, [music] and not digesting anything.

anything. anything. I was depressed. I was depressed.

Introduction to Elena's Ulcerative Colitis journey

Any time I was like in Any time I was like in deep, deep [music] waters of just pain deep, deep [music] waters of just pain and isolation. and isolation.

>> Hey everyone, I've got a special story >> Hey everyone, I've got a special story today. I'm super excited to share with today. I'm super excited to share with you with Elena, who started with us when you with Elena, who started with us when she was 16 years old diagnosed with she was 16 years old diagnosed with inflammatory bowel disease, and her and inflammatory bowel disease, and her and her mother have been on a journey to her mother have been on a journey to take back her health, to do it take back her health, to do it naturally, to do what the doctors said naturally, to do what the doctors said was impossible, to the point where the was impossible, to the point where the doctor said, "I cannot believe your doctor said, "I cannot believe your results. [music] I think I may have results. [music] I think I may have misdiagnosed you." What doctor? You misdiagnosed you." What doctor? You What? I don't know if we agree with What? I don't know if we agree with that. Thanks for being here, guys. This that. Thanks for being here, guys. This is going to be really exciting. If is going to be really exciting. If you're someone [music] you're someone [music] who's in your teenage years, or you're a who's in your teenage years, or you're a mom or dad struggling with a family mom or dad struggling with a family member, this is it for you with Coach member, this is it for you with Coach Taylor, who has worked with them over Taylor, who has worked with them over the last year and a half to help them the last year and a half to help them have unbelievable results. [music] This have unbelievable results. [music] This is their journey. Elena, thanks so much.

is their journey. Elena, thanks so much. Mom, thanks so much for being here. Mom, thanks so much for being here. >> Thank you. We're so happy to be here.

>> Thank you. We're so happy to be here. Yeah, absolutely. [music] Yeah, absolutely. [music] >> First off, what were you diagnosed with? >> First off, what were you diagnosed with?

How old were you? And what was that like How old were you? And what was that like for you as uh you know, going through for you as uh you know, going through high school?

high school? >> So, I was [music] 16 and I was diagnosed >> So, I was [music] 16 and I was diagnosed with ulcerative colitis with signs of with ulcerative colitis with signs of Crohn's disease, whatever that means.

Crohn's disease, whatever that means. >> Mhm. >> Mhm. >> Mhm. >> It was the most terrifying moment of my >> It was the most terrifying moment of my life, like hands down, obviously.

life, like hands down, obviously. [music] [music] [music] I had been sick for a while. I had like I had been sick for a while. I had like 4 weeks of just [music] like diarrhea 4 weeks of just [music] like diarrhea and like sickness, and so I knew and like sickness, and so I knew something was wrong, and then it all something was wrong, and then it all just kind of surmounted [music] to a just kind of surmounted [music] to a point and I saw blood in my stool. I was point and I saw blood in my stool. I was like, "Okay, something's wrong." And like, "Okay, something's wrong." And then, yeah, I just remember feeling like then, yeah, I just remember feeling like it was after my colonoscopy and we were it was after my colonoscopy and we were This [music] is not funny, but it is This [music] is not funny, but it is funny. We were laying in the hospital I funny. We were laying in the hospital I was laying in the hospital then and I was laying in the hospital then and I was just like, "What have I done to was just like, "What have I done to deserve [laughter] deserve [laughter] this?" this?" this?" Obviously, not Obviously, not >> Yeah, not funny, but funny. I hear what >> Yeah, not funny, but funny. I hear what you're saying. Yeah.

you're saying. Yeah. >> It was really It was exactly [music] >> It was really It was exactly [music] funny. I look back and laugh. But, it funny. I look back and laugh. But, it was terrifying. I felt so alone and I was terrifying. I felt so alone and I just remember just remember wondering how life was going to look.

wondering how life was going to look. Completely different, obviously, but Completely different, obviously, but different for the better. [music] Now, different for the better. [music] Now, being like years after. So.

being like years after. So. >> Mhm. Yeah. [clears throat] Yeah, and so >> Mhm. Yeah. [clears throat] Yeah, and so you came [music] in, you got diagnosed you came [music] in, you got diagnosed with Crohn's and colitis doctors with Crohn's and colitis doctors uncertain after a scope. What happened uncertain after a scope.

How Elena's mom discovered CCL

What happened to me? Most terrifying point. Mom's to me? Most terrifying point. Mom's freaking out also terrifying. Like freaking out also terrifying. Like >> [music] >> [music] >> [music] >> my mom used to run around in circles >> my mom used to run around in circles trying to figure out how to help me. Oh, trying to figure out how to help me. Oh, research everything. And I'm [music] research everything. And I'm [music] sure, Mom, you're looking at answers.

sure, Mom, you're looking at answers. Did you quickly stumble upon the Shield Did you quickly stumble upon the Shield program in CCL or were you out there program in CCL or were you out there searching and [music] trying diets? What searching and [music] trying diets? What was that experience for you? Cuz I'm was that experience for you? Cuz I'm sure you're the one who will lead this sure you're the one who will lead this this this plan, right?

this this plan, right? >> Yep. I >> Yep. I >> [music] >> [music] >> [music] >> I found it and honestly, it was by the >> I found it and honestly, it was by the grace of God.

grace of God. Because when the doctor told us about Because when the doctor told us about >> [music] >> [music] >> [music] >> the solutions essentially, it was just a >> the solutions essentially, it was just a medication and that there was no medication and that there was no >> [music] >> [music] >> [music] >> real solution. And I have We have >> real solution. And I have We have nothing against doctors. I'm married to nothing against doctors. I'm married to a physician [music] and that's really a physician [music] and that's really the bigger miracle that he was willing the bigger miracle that he was willing to walk the other way, too.

to walk the other way, too. >> Oh, I want I wish Dad was here. >> Oh, I want I wish Dad was here. Yeah. You know, because he's like he's Yeah. You know, because he's like he's probably thought, "Scam alert. Scam." probably thought, "Scam alert. Scam." It's all in that, right?

It's all in that, right? >> Yeah, no, but I mean, the only other >> Yeah, no, but I mean, the only other solution for us that we did not find any solution for us that we did not find any peace in was to medicate her for the peace in was to medicate her for the rest of her life. But, that's rest of her life. But, that's >> Yeah.

>> Yeah. >> Yeah. >> very weighty as a parent and to think my >> very weighty as a parent and to think my child

will have to take a medication, child will have to take a medication, [music] [music] [music] you know, and and we weren't sure, so we you know, and and we weren't sure, so we discussed it and we were like, "We'll discussed it and we were like, "We'll start [music] with the medication." But, start [music] with the medication." But, we were just praying and praying and we were just praying and praying and and praying. [music] And the next and praying. [music] And the next morning I went to exercise downstairs in morning I went to exercise downstairs in our in our room and I turned the TV on I our in our room and I turned the TV on I turned YouTube [music] turned YouTube [music] and there you were giving your and there you were giving your testimony.

testimony. testimony. And I just felt like it was just And I just felt like it was just it was just [music] for us. Like I it was just [music] for us. Like I didn't really search it it was almost didn't really search it it was almost like like like here it is, you know.

here it is, you know. >> You saw me my story and then you said I >> You saw me my story and then you said I got [music] to get in touch with this got [music] to get in touch with this company you immediately reached out and company you immediately reached out and then you booked a free session with us.

then you booked a free session with us. Like you just we got on the phone. So Like you just we got on the phone. So that's one thing guys [music] if you if that's one thing guys [music] if you if you're stuck and you're feeling this you're stuck and you're feeling this whatever right below you can there's a whatever right below you can there's a link you can book a free hour session link you can book a free hour session with us. There's no hassle there's with us. There's no hassle there's [music] no gimmick. This is exactly what [music] no gimmick. This is exactly what Alana and her mother did. Just get to Alana and her mother did. Just get to know us build integrity and trust. I know us build integrity and trust. I understand there's a lot of crap out understand there's a lot of crap out there.

there. there. >> [music] >> [music] >> [music] >> We need a home we need a training center >> We need a home we need a training center and we need to build that connection if and we need to build that connection if we're going to do anything cuz we want we're going to do anything cuz we want you to win. We don't want any bad we you to win. We don't want any bad we want great energy. Right? I love this. I want great energy. Right? I love this. I want to be I want more of this. I want want to be I want more of this. I want more manifestation of testimonies, more manifestation of testimonies, right?

right? right? >> [music] >> [music] >> [music] >> Of people changing their lives cuz I >> Of people changing their lives cuz I wish I had this. And I I just a side wish I had this. And I I just a side note if you we went over dad over the note if you we went over dad over the last year and a half he's happy?

last year and a half he's happy? >> He's very happy and you [music] know to >> He's very happy and you [music] know to >> Dad's good? He loves the program?

>> Dad's good? He loves the program? >> He does. He's so grateful and and >> He does. He's so grateful and and [music] he always said and said let's [music] he always said and said let's really try.

really try. Because of what happened when we put her Because of what happened when we put her on the medication, [music] you know, she on the medication, [music] you know, she would need to be medicated to be would need to be medicated to be medicated and we [music] I made the medicated and we [music] I made the decision as a mom decision as a mom to tell the nurse please remove this.

to tell the nurse please remove this. This is this is not the way. We [music] This is this is not the way. We [music] never felt it never there was no peace never felt it never there was no peace about it there was no and so about it there was no and so and she looked at me with [music] tears and she looked at me with [music] tears rolling down her eye and she said thank rolling down her eye and she said thank you and and we walked away and I knew you and and we walked away and I knew that wasn't that wasn't >> Well, and >> Well, and there's medication is so [music] there's medication is so [music] necessary and we should also mention necessary and we should also mention >> No, yes absolutely.

>> No, yes absolutely. >> you can use both in this instance the >> you can use both in this instance the program

and the medication. [music] program and the medication. [music] But thankfully I wasn't in a place where But thankfully I wasn't in a place where I was dying cuz we jumped on it, you I was dying cuz we jumped on it, you know, like I was so I was so immediately know, like I was so I was so immediately we went to the doctor about it, but we went to the doctor about it, but >> [music] >> [music] >> [music] >> I I can confidently also say a lot of >> I I can confidently also say a lot of people use both. So, people use both. So, >> There are differences.

>> There are differences. >> Yeah. >> Yeah. >> Yeah. >> And you Thank you for saying that. We >> And you Thank you for saying that. We agree. You know, everything we do here agree. You know, everything we do here can only help medication if you need it.

can only help medication if you need it. And you were on Remicade and you were on And you were on Remicade and you were on prednisone when you started and you had prednisone when you started and you had this leap of faith that you saw us and this leap of faith that you saw us and you said, "I'm going to jump in. I'm you said, "I'm going to jump in. I'm going to do this. We're [music] just going to do this. We're [music] just going to fully commit. We got to do going to fully commit. We got to do something besides just lifelong something besides just lifelong medication at 16 years old." Like, medication at 16 years old." Like, >> Yeah.

>> Yeah. >> Yeah. >> Absolutely. That's how I felt, too. I >> Absolutely. That's how I felt, too. I was starting to get terrible symptoms at was starting to get terrible symptoms at 19.

19. 19.

Elena's Ulcerative Colitis symptoms before the S.H.I.E.L.D. Program

And so, what were your symptoms? You You And so, what were your symptoms? You You started, but what were those symptoms started, but what were those symptoms like? You were on medications, but you like? You were on medications, but you know, I see here that [music] you have know, I see here that [music] you have were upwards of eight bowel movements, were upwards of eight bowel movements, but usually four, five, six a day. Is but usually four, five, six a day. Is that right?

that right? >> Yeah. It was inconsistent, but >> Yeah. It was inconsistent, but definitely up Yeah. Six to eight for definitely up Yeah. Six to eight for sure.

sure. sure. >> [music] >> [music] >> [music] >> And then, >> And then, >> What were the symptoms? >> What were the symptoms? >> I was having So, all those bowel >> I was having So, all those bowel movements, extreme [music] fatigue, movements, extreme [music] fatigue, brain fog, inflammation, like my whole brain fog, inflammation, like my whole body was inflamed, and not [music] body was inflamed, and not [music] digesting anything.

digesting anything. I was depressed. I feel like that's a I was depressed. I feel like that's a symptom. So, symptom. So, >> yes. >> yes. >> yes. >> Yes.

>> Yes. >> Yes. >> [laughter] >> [laughter] >> [laughter] >> And And you also were getting mucus, a >> And And you also were getting mucus, a lot of mucus in the stool, loose stool, lot of mucus in the stool, loose stool, you're getting [music] undigested food you're getting [music] undigested food in the stool like you just mentioned, in the stool like you just mentioned, you were getting some bloating, you're you were getting some bloating, you're getting some cramping pain, gas.

getting some cramping pain, gas. And it looks like you were You were not And it looks like you were You were not waking up in the middle of the waking up in the middle of the >> [music] >> [music] >> [music] >> the night, thank God. You were getting >> the night, thank God. You were getting some skin issues. So, acne reactions.

some skin issues. So, acne reactions. Your skin [music] looks great, by the Your skin [music] looks great, by the way. You You just got back from You look way. You You just got back from You look like you just got back from Capri or like you just got back from Capri or something, you know?

something, you know? Yeah, I'm in Italy just like living it Yeah, I'm in Italy just like living it up. up. up. >> [music] >> [music] >> [music] >> I spent a lot of time in the sun, so >> I spent a lot of time in the sun, so >> Yeah, and then some brain fog. And so, >> Yeah, and then some brain fog. And so, you were going through it, but I mean, you were going through it, but I mean, this was brand new as you said, this was brand new as you said, >> [music] >> [music] >> [music] >> jumped in.

>> jumped in. And you've been working with Coach And you've been working with Coach Taylor for since November of 2024 Taylor for since November of 2024 [music] [music] [music] and it is now mid-2026.

and it is now mid-2026.

Elena's progress after two years in the program

So, we're almost 2 years. What are your So, we're almost 2 years. What are your [music] symptoms now? [music] symptoms now? >> I don't have IBD symptoms at all.

>> I don't have IBD symptoms at all. >> [laughter] >> [laughter] >> [laughter] >> Congratulations. >> Congratulations. >> Congratulations. Let's put icing on the cake, Alaina.

Let's put icing on the cake, Alaina. What medications are you currently What medications are you currently taking? taking? taking? >> I'm not on any medication.

>> I'm not on any medication. >> Wow. And how long have you not How long >> Wow. And how long have you not How long has it been since you taken medications?

has it been since you taken medications? >> I think [music] like 6 months and that >> I think [music] like 6 months and that was just mesalamine which really doesn't was just mesalamine which really doesn't Yeah.

Yeah. Yeah. >> Okay, so you got off Remicade how long >> Okay, so you got off Remicade how long ago? ago? ago? >> A week a year and a half ago. Yeah. >> A week a year and a half ago. Yeah.

>> So you >> So you >> [music] >> [music] >> [music] >> we we were able to you and the doctor >> we we were able to you and the doctor all came to point where you were able to all came to point where you were able to not go on the Remicade long-term, stay not go on the Remicade long-term, stay off it, and get these symptom relief.

off it, and get these symptom relief. You used [music] mesalamine which guys You used [music] mesalamine which guys is my favorite medication if I'm going is my favorite medication if I'm going to use what is so light 5-ASA to use what is so light 5-ASA anti-inflammatory. I don't have any big anti-inflammatory. I don't have any big beef with mesalamine, guys.

beef with mesalamine, guys. >> [music] >> [music] >> [music] >> And then you were on prednisone which we >> And then you were on prednisone which we got off quickly soon. So you got off got off quickly soon. So you got off Remicade, prednisone, used mesalamine Remicade, prednisone, used mesalamine for a year and a half, but that was the for a year and a half, but that was the only medication you used [music] and now only medication you used [music] and now you've been off that but mesalamine for you've been off that but mesalamine for 6 months no problems.

6 months no problems. >> Yes. >> Yes. >> Yes. >> And [music] what was your calprotectin >> And [music] what was your calprotectin result? result? result?

>> Now well, it started at 1982 >> Now well, it started at 1982 and then now it's and then now it's >> 1,982. >> 1,982. >> 1,982. Okay. With With prednisone, mesalamine, Okay. With With prednisone, mesalamine, and a few doses of Remicade, what else?

and a few doses of Remicade, what else? And what is it now? And what is it now? >> Now it's less than five, so >>

Now it's less than five, so >> Undetectable.

>> Undetectable. >> Undetectable. >> Undetectable. >> Undetectable. >> Undetectable. >> [laughter] >> [laughter] >> [laughter] >> Yeah. >> Yeah. >> Yeah.

I cried baby. I cried baby. I was so grateful. I was so grateful. >> So here's also a little bit more icing >> So here's also a little bit more icing >> He He told us we're boss now and he said >> He He told us we're boss now and he said like he thinks he misdiagnosed [music] like he thinks he misdiagnosed [music] me which I know isn't true because I me which I know isn't true because I have the pictures from my colonoscopy have the pictures from my colonoscopy and he knows too. So I think he's just and he knows too. So I think he's just shocked. But he's like our best friend shocked. But he's like our best friend [music] now, so I we love him.

[music] now, so I we love him. >> Yeah, we really do. [laughter] >> Yeah, we really do. [laughter] >> We >> We >> We Can we all everyone listening to this Can we all everyone listening to this testimony manifest that we love our testimony manifest that we love our gastroenterologist? How much would I gastroenterologist? How much would I love to love my gastro? We could all love to love my gastro? We could all just have a heartfelt conversation and just have a heartfelt conversation and >> Yeah.

>> Yeah. >> Yeah. >> [music] >> [music] >> [music] >> You know, and just get along. Like let >> You know, and just get along. Like let me go natural, give me the me go natural, give me the you know, conventional as needed. Let's you know, conventional as needed. Let's talk about this whole camera up the butt talk about this whole camera up the butt thing. We can just take our time on thing. We can just take our time on that.

that. that.

The benefits of personalized coaching for Holistic support

>> [laughter] >> [laughter] >> [laughter] >> You know, we did tell him about that we >> You know, we did tell him about that we were working with [music] were working with [music] Taylor with the Shield program.

Taylor with the Shield program. >> Yeah, Coach Taylor, yeah. >> Yeah, Coach Taylor, yeah. >> He asked me, he's like, "Well, [music] >> He asked me, he's like, "Well, [music] what do they put her what do they put her What is she on?" And he just thought What is she on?" And he just thought He's like, "So, you're telling me that He's like, "So, you're telling me that I'm sitting here with [music] a I'm sitting here with [music] a solution." Essentially, you know, but solution." Essentially, you know, but >> [laughter] >> [laughter] >> [laughter] >> He He's >> He He's >> Well, I mean, it's important [music] >> Well, I mean, it's important [music] to know. Like I don't think we would be to know. Like I don't think we would be here without God and bringing obviously here without God and bringing obviously us to this [music] program and all that.

us to this [music] program and all that. Like the healing of Like I I I can't sit Like the healing of Like I I I can't sit here and not say that. So, here and not say that. So, >> Yeah.

>> Yeah. >> Yeah. >> And also the the >> And also the the >> [music] >> [music] >> [music] >> healing of Jesus. >> healing of Jesus. >> Yeah, Jesus heals, absolutely. Yes, he >> Yeah, Jesus heals, absolutely. Yes, he does. And he gives you the discipline.

does. And he gives you the discipline. So, it wasn't just on me, you know, I So, it wasn't just on me, you know, I >> [music] >> [music] >> [music] >> I believe this program like I'm so >> I believe this program like I'm so thankful for all of you, too. Like and thankful for all of you, too. Like and Coach Taylor Coach Taylor >> has been She's seen me through like >> has been She's seen me through like >> was my next question, right? But go >> was my next question, right? But go ahead, keep finishing up what [music] ahead, keep finishing up what [music] you're saying and is yeah.

you're saying and is yeah. >> Okay, I was just going to say Coach >> Okay, I was just going to say Coach Taylor has been there in everything. So, Taylor has been there in everything. So, I'm so thankful. I would not be here I'm

so thankful. I would not be here without her support, too. [music] So, without her support, too. [music] So, >> Taylor's amazing. And she is the voice >> Taylor's amazing. And she is the voice of peace for us.

of peace for us. >> Let's go into it. Uh you already >> Let's go into it. Uh you already answered my next question was, "Could answered my next question was, "Could you have done this without Coach you have done this without Coach Taylor?" [music] What do you think are Taylor?" [music] What do you think are the things that Coach Taylor really the things that Coach Taylor really helped you out? Mom, daughter, what were helped you out? Mom, daughter, what were the things that you were like, "Wow, the things that you were like, "Wow, above and beyond. I couldn't even above and beyond. I couldn't even imagine this." More than ever thought.

imagine this." More than ever thought. >> [music] >> [music] >> [music] >> If you guys don't know Coach Taylor, >> If you guys don't know Coach Taylor, amazing. She was diagnosed with Crohn's amazing. She was diagnosed with Crohn's when she was a child.

when she was a child. >> [music] >> [music] >> [music] >> She's a you know, clinical herbalist, >> She's a you know, clinical herbalist, master's nutrition. She's been studying master's nutrition. She's been studying this for years. Me and her just got back this for years. Me and her just got back from CellCore [music] the other day.

from CellCore [music] the other day. She's just absolutely one of the She's just absolutely one of the absolute best in the world at this. What absolute best in the world at this. What do [music] you guys think?

do [music] you guys think? >> I was just really going to say just cuz >> I was just really going to say just cuz I have this in my mind. I think it's I have this in my mind. I think it's really beautiful because all of the really beautiful because all of the coaches have been through hell and back.

coaches have been through hell and back. Like worse [music] than I went through. Like worse [music] than I went through. So, anytime I was like in So, anytime I was like in deep deep waters of just pain and deep deep waters of just pain and isolation [music] because can't explain isolation [music] because can't explain this to my friends. They think I just this to my friends. They think I just have a cold and I'm waiting for it to go have a cold and I'm waiting for it to go away. So, I think she was [music] a away. So, I think she was [music] a friend. She was my, you know, my doctor friend. She was my, you know, my doctor in many cases. And most importantly, in many cases. And most importantly, like in those deep dark times, I could like in those deep dark times, I could email her and she'd get back to me and email her and she'd get back to me and then I would remember her story that she then I would remember her story that she always shares with me always shares with me and how, [music] you know, she was in and how, [music] you know, she was in the hospital room dreaming of going to the hospital room dreaming of going to college and just how that felt college and just how that felt impossible, but now she's traveled the impossible, but now she's traveled the world. So, world. So, >> [music] >> [music] >> [music] >> that just showed me like, oh, this is >> that just showed me like, oh, this is not going to stop my life or be, you not going to stop my life or be, you know, my identity. So.

know, my identity. So. >> What do you think What do you think, >> What do you think What do you think, Mom? The importance of Coach Taylor for Mom? The importance of Coach Taylor for your daughter's success. I mean, this is your daughter's success. I mean, this is unbelievable. Medication free, no unbelievable. Medication free, no symptoms, doctors say she's symptoms, doctors say she's misdiagnosed. She's 18 years old. She's misdiagnosed. She's 18 years old. She's got no problems anymore.

got no problems anymore. >> I mean, I cry a lot and I'm I'm just >> I mean, I cry a lot and I'm I'm just grateful. [laughter] grateful. [laughter] I'm I really am. I cry a lot. And I'm I'm I really am. I cry a lot. And I'm grateful for Taylor. I'm grateful for grateful for Taylor. I'm grateful for her voice in our lives [music] and it her voice in our lives [music] and it meant meant meant so much. Sorry.

so much. Sorry. >> Mom, don't cry. >> Mom, don't cry. >> [laughter] >> [laughter] >> [laughter] >> You really And to [music] hear her story >> You really And to [music] hear her story and how nothing stopped her. Nothing.

and how nothing stopped her. Nothing. That was so encouraging and that gave us That was so encouraging and

that gave us so much hope. I don't even know that she so much hope. I don't even know that she has any idea, but we talk about Taylor has any idea, but we talk about Taylor all the time in our household. We're all the time in our household. We're just very just very You really did amazing.

You really did amazing.

Coach Taylor's perspective on Elena's success

>> [music] >> [music] >> [music] >> I love that. I love that. Coach Taylor, >> I love that. I love that. Coach Taylor, what do you think aloud Elena and her what do you think aloud Elena and her mom to be successful? I mean, this is mom to be successful? I mean, this is such an undertaking, right? We see a lot such an undertaking, right? We see a lot of parents where people are getting of parents where people are getting diagnosed young. I mean, we got so many diagnosed young. I mean, we got so many parents who got these these children are parents who got these these children are being diagnosed with this incurable being diagnosed with this incurable disease. We're talking about biologics disease. We're talking about biologics with these children. What do you think with these children. What do you think really helped them? Just words of advice really helped them? Just words of advice to anyone out there listening or what do to anyone out there listening or what do you think helped them be so successful?

you think helped them be so successful? >> So, I want to just say thank you so much >> So, I want to just say thank you so much for you guys for just allowing me to be for you guys for just allowing me to be a part of your story and just to sit at a part of your story and just to sit at the table with you and to allow, you the table with you and to allow, you know, to support you guys through this know, to support you guys through this as a family unit. I know we shared a lot as a family unit. I know we shared a lot of emotional moments and [music] it was, of emotional moments and [music] it was, you know, it was a blessing really to be you know, it was a blessing really to be paired together. We always We were just paired together. We always We were just actually sharing the universe wasn't, actually sharing the universe wasn't, you know, we weren't sure we were going you know, we weren't sure we were going to be paired together and the universe to be paired together and the universe aligned and we were.

aligned and we were. >> [music] >> [music] >> [music] >> And I'm so glad that we made it to this >> And I'm so glad that we made it to this point because I think Elena is just such point because I think Elena is just such a special teenager too and a special teenager too and >> [music] >> [music] >> [music] >> not most teenagers I was actually >> not most teenagers I was actually telling her, you know, there there's not telling her, you know, there there's not a lot of folks that take a hold of their a lot of folks that take a hold of their health the way that Elena has, the health the way that Elena has, the responsibility and the independence that responsibility and the independence that she just has, you know, taken the reins she just has, you know, taken the reins truly and it's really admirable to see because and it's really admirable to see because when I was a teenager, yes, I was when I was a teenager, yes, I was hopeful for the future, but I didn't hopeful for the future, but I didn't know. I didn't have the guidance. I know. I didn't have the guidance. I and I think it's just [music] so special and I think it's just [music] so special that you are just such a beam of light that you are just such a beam of light for all of those out there and young and for all of those out there and young and old and it is just so I'm just so old and it is just so I'm just so grateful to witness, you know, your grateful to witness, you know, your healing through these past 2 years and healing through these past 2 years and just to be a part of that. And quite just to be a part of that. And quite honestly, you know, I feel a big part honestly, you know, I feel a big part moving your needle was also just being moving your needle was also just being able to relate to someone who also had able to relate to someone who also had [music] the experience themself, right?

[music] the experience themself, right? We spent a lot of time just unpacking, We spent a lot of time just unpacking, right? Emotional things that just come right? Emotional things that just come with this disease [music] that no one with this disease [music] that no one knows about. You can't read about it.

knows about. You can't read about it. You can't talk to a nutritionist about You can't talk to a nutritionist about it. There's really just something it. There's really just something special I find with clients that when we special I find with clients that when we have both walked a similar not the same have both walked a similar not the same path, but a similar path, it could just path, but a similar path, it could just be really really a great jumping point be really

really a great jumping point for just long-term [music] for just long-term [music] success.

success. success.

Elena's empowerment: Becoming the CEO of her life

>> Mhm. Absolutely. And it's been so >> Mhm. Absolutely. And it's been so beautiful to watch her become the CEO, beautiful to watch her become the CEO, like you say Dane, of her life. Really, like you say Dane, of her life. Really, now I'm I'm to a point where now I'm I'm to a point where >> [music] >> [music] >> [music] >> I stopped meeting with them. Like I just >> I stopped meeting with them. Like I just allowed her to become cuz she's going to allowed her to become cuz she's going to college and [music] she's got college and [music] she's got she's got to be the CEO and she really she's got to be the CEO and she really has she knows what it takes, she knows has she knows what it takes, she knows [music] what to do, she knows what she [music] what to do, she knows what she can eat and she knows what she can't.

can eat and she knows what she can't. She knows She knows it's just beautiful as a parent. [music] it's just beautiful as a parent. [music] Like I feel so confident letting her go Like I feel so confident letting her go now.

now. now. >> We have Atlanta, we have so many college >> We have Atlanta, we have so many college kids, we've got kids [music] at UCLA and kids, we've got kids [music] at UCLA and University of Arizona and all around and University of Arizona and all around and you know New York all over in in in the you know New York all over in in in the program. So it's really cool that like program. So it's really cool that like more people are just really thriving more people are just really thriving with this cuz this is also what's going with this cuz this is also what's going to help you just like be in the best to help you just like be in the best shape of your life, have great energy, shape of your life, have great energy, travel, like all the things.

travel, like all the things. >> Yeah. >> Yeah. >> Yeah. >> [music] >> [music] >> [music] >> Um >> Um >> Um one thing just to finish guys, anyone one thing just to finish guys, anyone who's listening really connecting, if who's listening really connecting, if you also want coach Taylor to be your you also want coach Taylor to be your coach, when you book that call ask for coach, when you book that call ask for Taylor. Ask for Taylor to be your mom or Taylor. Ask for Taylor to be your mom or dad. Okay? Shout out so because the dad. Okay? Shout out so because the thing is is one of the things that thing is is one of the things that really helps you have a great experience really helps you have a great experience when you work with Natural Medicine is when you work with Natural Medicine is like that connection with the coach. So like that connection with the coach.

Key highlights of Elena's IBD remission journey

So if you're really resonating with this if you're really resonating with this story [music] and and Taylor and you're story [music] and and Taylor and you're like, man I need that in my fam my like, man I need that in my fam my family with my daughter or me, family with my daughter or me, then just say I'd like to request coach then just say I'd like to request coach Taylor when you get on your call, okay?

Taylor when you get on your call, okay? Uh what last few questions guys, one Uh what last few questions guys, one thing in the [music] program you want to thing in the [music] program you want to highlight that really worked. I think a highlight that really worked. I think a lot of people are listening it's like, lot of people are listening it's like, okay how'd you do it? That's the big okay how'd you do it? That's the big question. Everyone wants to know. Well, question. Everyone wants to know. Well, let me tell you guys, year two years of let me tell you guys, year two years of hard work, shifting, customizing, hard work, shifting, customizing, tweaking, growing, it's not [music] one tweaking, growing, it's not [music] one thing, but Lana, one thing that you thing, but Lana, one thing that you think really helped, what do you think?

think really helped, what do you think? >> I >> I >> I >> Could be a strategy, it could be a >> Could be a strategy, it could be a supplement, it could be an herb, it supplement, it could be an herb, it could be a mindset, it could be could be a mindset, it could be a hack you learn in the program, a hack you learn in the program, anything.

anything. anything. >> I think we like throughout the program >> I think we like throughout the program you guys always say and everybody says you guys always say and everybody says it's a lifestyle, that's why it's called it's a lifestyle, that's why it's called Crohn's Quite a Lifestyle.

Crohn's Quite a Lifestyle. >> Yeah. >> Yeah. >> Yeah. >> But there were many moments when I'm >> But there were many moments when I'm going to be completely honest, it took going to be completely honest, it took like eight months for [music] things like eight months for [music] things where I fully felt consistent for a good where I fully felt consistent for a good bit.

bit. bit. And so I think [music] like it's so And so I think [music] like it's so important that you just wait and you you important that you just wait and you you incorporate everything and most incorporate everything and most importantly for me I think was just like importantly for me I think was just like letting releasing [music] stress and letting releasing [music] stress and anxiety and tension as somebody who has anxiety and tension as somebody who has a lot of that all the time. I think it's a lot of that all the time. I think it's the best thing that this has taught me the best thing that this has taught me having this disease is that I can't live having this disease is that I can't live like that and I think that will help me like that and I think that will help me in the future. So I think that was the in the future. So I think that was the most important [music] way. Whatever most important [music] way. Whatever way you can do that.

you can do that. >> So consistency, >> So consistency, falling in love with your plan, making falling in love with your plan, making it make sense for you and I think it make sense for you and I think everyone can see that as oh I have to be everyone can see that as oh I have to be on a restrictive diet for the rest of my on a restrictive diet for the rest of my life. No you don't. [music] life. No you don't. [music] Can you eat a broad amount of food now?

Can you eat a broad amount of food now? >> Yes, I can. Yeah. >> Yes, I can. Yeah. >> Have you when you started to what you >> Have you when you started to what you eat now you can eat a lot more variety eat now you can eat a lot more variety than when you were specific?

than when you were specific? >> I could only two foods without a >> I could only two foods without a reaction. [music] reaction. [music] So So So >> So that two foods without a reaction >> So that two foods without a reaction when you started but we grew that when you started but we grew that quickly and how quickly did you start to quickly and how quickly did you start to see symptom relief in the program? Do see symptom relief in the program? Do you remember?

you remember? >> Two weeks. Yeah. >> Two weeks. Yeah. >> Two weeks. >> Two weeks. >> Mhm. >> Mhm. >> Mhm. >> Two weeks. Okay. >> Two weeks. Okay. >> Two weeks of consistency and discipline.

>> Two weeks of consistency and discipline. [music] [music] [music] >> Two weeks of consistency. 14 days baby. >> Two weeks of consistency. 14 days baby.

14 days. That's crazy. Guys we can't 14 days. That's crazy. Guys we can't guarantee that for everyone but just to guarantee that for everyone but just to say when she's saying like consistency say when she's saying like consistency in 8 months in 8 months she saw results in two weeks. So it's she saw results in two weeks. So it's it's easy to get consistent when you it's easy to get consistent when you start feeling better. But then you also start feeling better. But then you also do you consider yourself on a diet or do do you consider yourself on a diet or do you have a lifestyle that makes you you have a lifestyle that makes you happy and healthy?

happy and healthy? >> No, I'm not on a diet. I could never >> No, I'm not on a diet. I could never >> go. >> go. >> go. >> Yeah, I wouldn't >> Yeah, I wouldn't No.

No. No. >> It's one of the biggest gifts I wish >> It's one of the biggest gifts I wish someone gave me is the power to say this someone gave me is the power to say this is my lifestyle and not my diet. [music] is my lifestyle and not my diet. [music] I'm invested in my freedom. I'm not I'm invested in my freedom. I'm not fearful of disease.

fearful of disease. >> Mhm. >> Mhm. >> Mhm.

Elena's chronic illness advice for those on a similar path

>> So I love that guys. Any last words you >> So I love that guys. Any last words you would say to anyone out there [music] would say to anyone out there [music] who's resonating with your story?

who's resonating with your story? >> I would say that one day you're going to >> I would say that one day you're going to like look back and you're you're not like look back and you're you're not going to going to >> [music] >> [music] >> [music] >> diet identify with your disease. Like I >> diet identify with your disease. Like I think for a long time in the healing think for a long time in the healing process the first year it was just I process the first year it was just I left my house and I thought how is this left my house and I thought how is this going to affect me today? [music] How is going to affect me today? [music] How is ulcerative colitis going to affect how I ulcerative colitis going to affect how I speak with people and how I can, you speak with people and how I can, you know, go about [music] my day. But now, know, go about [music] my day. But now, I I can do so many things I didn't think I I can do so many things I didn't think I I'm going to college. Like, I travel I I'm going to college. Like, I travel all the time. I have friendships.

all the time. I have friendships. [music] [music] [music] I can drive for a long period of time. I can drive for a long period of time. Like, these little things, you know? I'm Like, these little things, you know? I'm not [music] exhausted all the time. I not [music] exhausted all the time. I can walk across my driveway. You know can walk across my driveway. You know what I mean? There were things I what I mean? There were things I couldn't do before.

couldn't do before. >> [laughter] >> [laughter] >> [laughter] >> One day, you're not going to identify >> One day, you're not going to identify with it. So, I just would say keep up with it. So, I just would say keep up the good fight because there's a lot of the good fight because there's a lot of people who have done it before you.

people who have done it before you. Thank you so much. Thank you so much. >> Yes. >> Yes. >> Yes. >> [music] >> [music] >> [music] >> Yes. >> Yes. >> Yes.

>> Mom, any last words for all the moms out >> Mom, any last words for all the moms out there? there? there? >> I think just be consistent. Stay in the >> I think just be consistent. Stay in the game.

game. game. I remember I remember I'm so grateful for all I'm so grateful for all Besides [music] Taylor, well, one thing Besides [music] Taylor, well, one thing I would say is stay with your coach I would say is stay with your coach longer if that is a possibility.

longer if that is a possibility. I think it's crucial to stay with your I think it's crucial to stay with your coach. [music] I didn't feel that after coach. [music] I didn't feel that after 4 months Alaina was ready to 4 months Alaina was ready to walk away. I don't I think she would walk away. I don't I think she would have fallen back in a sense. She [music] have fallen back in a sense. She [music] just was very just was very just very young and and and not just very young and and and not processing so much emotion and the processing so much emotion and the trauma of being diagnosed. And so, it's trauma of being diagnosed. And so, it's [music] [music] [music] >> 16 years old, it's a big It's a big It's >> 16 years old, it's a big It's a big It's a big undertaking.

a big undertaking. >> Yes, it's huge. So, stay if if you're if >> Yes, it's huge. So, stay if if you're if it's a possibility, stay with your it's a possibility, stay with your coach. But the other thing is I'm so coach. But the other thing is I'm so grateful for all of the videos that you grateful for all of the videos that you made [music] cuz I can't tell you how made [music] cuz I can't tell you how many times we went back and like, "How many times we went back and like, "How do we travel like this?" And like, we do we travel like this?" And like, we bought the bags that you have and bought the bags that you have and >> Yeah, and we have them.

>> Yeah, and we have them. >> The trainings, like the Hawaii training >> The trainings, like the Hawaii training and things like that. and things like that.

>> My favorite one is we go through >> My favorite one is we go through security and then it's like, "Oh, we security and then it's like, "Oh, we know them." But know them." But >> My favorite one is like where you tell >> My favorite

one is like where you tell them [music] like, "Just bring it up to them [music] like, "Just bring it up to them and tell them you have this and them and tell them you have this and then they're going to, you know, have to then they're going to, you know, have to look through it." look through it." >> He has it.

>> He has it. >> every time and they let me through. So, >> every time and they let me through. So, >> [laughter] >> Yep. Yeah, the traveling the traveling >> Yep. Yeah, the traveling the traveling ones are really great and like [music] ones are really great and like [music] breaking down the menu and how to make breaking down the menu and how to make sense of the menu and yeah.

sense of the menu and yeah. >> Yeah. >> Yeah. >> Yeah. >> Beautiful. Love it. All right guys, >> Beautiful. Love it. All right guys, thank you so much. Happy healing thank you so much. Happy healing everybody.

everybody. everybody.