

[Patricia Tamowski] 17:01:49
And start the...

[Heather Plude] 17:02:00
Hi, everyone, and welcome to the 47 Steps to Healing.

[Heather Plude] 17:02:04
Uh, I'm Heather Plude, and I'm here with Tish Tamowski, and today we're going to be doing Step 10, which is clean food.

[Heather Plude] 17:02:11
such an important step, um, if we can clean up our nutrition, it's, you know, one of the things we put into our body every day, hopefully.

[Heather Plude] 17:02:20
You know? So, something that's really important, so...

[Heather Plude] 17:02:25
Uh... go ahead, Tish.

[Patricia Tamowski] 17:02:27
Okay, and I just want to add that there is no, officially, there is no one perfect diet for everyone.

[Patricia Tamowski] 17:02:34
All right? But we will give you basic principles in this step.

[Patricia Tamowski] 17:02:38
to follow, and that we think are gonna make a big difference.

[Patricia Tamowski] 17:02:42
So, uh, just to remind everyone, we are a non-profit, non-denominational healing ministry. We believe in physical healing through the body, mind, and spirit.

[Patricia Tamowski] 17:02:52
Using conventional and integrative medicine.

[Patricia Tamowski] 17:02:54
We set the intention that this session will give inspiration, ideas, and information.

[Patricia Tamowski] 17:02:59
That will assist everyone on...

[Patricia Tamowski] 17:03:01

their healing journey. Uh, we are giving education. This is not to be interpreted as medical advice.

[Patricia Tamowski] 17:03:08

Those who go through the healing ALS Education Program, which is this 47 steps,

[Patricia Tamowski] 17:03:14

We have an 85% response rate for slowing the progression of ALS.

[Patricia Tamowski] 17:03:20

With 40% either stopping or reversing ALS progression over a 12-month period. That was based on...

[Patricia Tamowski] 17:03:29

a 2024 study.

[Heather Plude] 17:03:31

2022.

[Patricia Tamowski] 17:03:31

Please, 2024 study,

[Patricia Tamowski] 17:03:34

And the ALSregistry.org, we are now encouraging everyone, because you actually have a couple of days,

[Patricia Tamowski] 17:03:43

to, um...

[Patricia Tamowski] 17:03:46

Complete your March registry. We'd like you to get it done on the 31st of March. However, we give you a 5-day grace period, so if you have not done your registry yet at alsregistry.org,

[Patricia Tamowski] 17:03:56

Please do that. As soon as we finish today, just get it done.

[Patricia Tamowski] 17:04:01

So, couple of other little announcements, but I think I'm gonna do that after the inspirational video.

[Patricia Tamowski] 17:04:07

So, let's get to the inspirational video.

[Patricia Tamowski] 17:04:10

Right now.

[Patricia Tamowski] 17:04:21

Okay, now we do these inspirational videos because...

[Patricia Tamowski] 17:04:26

The most important piece

[Patricia Tamowski] 17:04:28

about healing.

[Patricia Tamowski] 17:04:31

is free, and it's your mind.

[Patricia Tamowski] 17:04:33

There's more effects, so it doesn't mean that diet isn't important, or supplements aren't important, or toxins. Of course, they're all important.

[Patricia Tamowski] 17:04:40

Yet, your mind can either promote that healing and make it go way, way, way, way faster, or it can slow it down, and even...

[Patricia Tamowski] 17:04:49

Block it! So, it's very important. Okay, so this kind of falls, I think, after what we talked about last week, so it's actually a nice follow-up video.

[Patricia Tamowski] 17:04:57

So, I'm going to try to make this bigger.

[Patricia Tamowski] 17:05:01

Okay, and let's see how it goes.

[Patricia Tamowski] 17:05:03

My story is quite a deep one. A lot of health issues, a lot of track trauma that has come out in eczema.

[Patricia Tamowski] 17:05:10

asthma, allergies, migraines, all of that kind of thing, and yeah, I managed to basically... I wouldn't say the word heal, because that's quite extreme, but I've basically managed to get myself better through diet, mindset, and, um, environment. I've got a big fear that my

[Patricia Tamowski] 17:05:26

health condition, which I've kind of got on top of, is going to come back, and I feel like that's holding me in a state of...

[Patricia Tamowski] 17:05:32

almost stressed, that I feel like it might... it might come back, and it's almost sort of stopping me moving forward. Yeah, yeah. Okay.

[Patricia Tamowski] 17:05:40

So, so it becomes a vicious cycle, right? So you've listened to, I'm gonna guess, enough work where you've probably heard me say, dis-ease, right? The absence of ease, like, to me, is an extension in the physical,

[Patricia Tamowski] 17:05:53

of what is an emotional expression of fear or concern.

[Patricia Tamowski] 17:05:58

So, the irony is, you're on top of, that's your...

[Patricia Tamowski] 17:06:02

way of describing it. That's not a truth either. That's how it accursed you.

[Patricia Tamowski] 17:06:07

So being on top of your health issue means, to me, that actually there is that underlying subtext of, like, concern that, one, it's still there, and two, it might actually exacerbate or come back.

[Patricia Tamowski] 17:06:18

So, even though it seems like, oh, I'm on top of it, like, I'm in control, that's an illusion, and it's only perpetuating,

[Patricia Tamowski] 17:06:25

The very thing that she thinks she's in control of.

[Patricia Tamowski] 17:06:27

So, it gives you the stress, and the dis-ease, which is the...

[Patricia Tamowski] 17:06:32

precursor to the manifestation and the cascade into your physiology. Do you follow? Yes.

[Patricia Tamowski] 17:06:37

Great. So...

[Patricia Tamowski] 17:06:39

Going back to what I was telling all of you, that you are 100% responsible, not in a way that's false, but rather in power, that you generate your experience of life.

[Patricia Tamowski] 17:06:48

So, at some level, that you will not consciously know. You're creating this

[Patricia Tamowski] 17:06:55
to serve a purpose. It justifies something about the way you relate to life.

[Patricia Tamowski] 17:07:01
Right, so, if I were to keep my back bad, I could use it... it's collateral.

[Patricia Tamowski] 17:07:08
As an excuse, or a justification for something, like...

[Patricia Tamowski] 17:07:11
oh, you know, like, my dad wanted me to be a pro athlete, but I hate my dad, so I've manifested a bad back so that I don't actually have to do it. Do you see? Good story, yeah. Yeah. So...

[Patricia Tamowski] 17:07:22
There's something about whatever your health issue is that actually allows you to be right about something.

[Patricia Tamowski] 17:07:28
Okay.

[Patricia Tamowski] 17:07:31
No, it's gonna take a minute. So, whenever we attract any circumstance, physiologically, circumstantially, relationally, financially,

[Patricia Tamowski] 17:07:39
Everything in your life is inextricably connected to the vibration that you hang out at.

[Patricia Tamowski] 17:07:46
Whether you realize it or not. Now, you might not even know what your vibration is. She's caring, loving, she's probably, like, you know, had, like, we even talked about it on the live, and it's, it's, obviously, I know, sensitive and emotional for you, but...

[Patricia Tamowski] 17:07:56
Like, she would never say, no, I want to be sick.

[Patricia Tamowski] 17:08:00
But at some level,

[Patricia Tamowski] 17:08:02
She's choosing that.

[Patricia Tamowski] 17:08:05

Now, until she really owns that I'm choosing that, she's in constant resistance to it, which actually perpetuates it.

[Patricia Tamowski] 17:08:14

So, if I told you that...

[Patricia Tamowski] 17:08:16

By the end of, let's say,

[Patricia Tamowski] 17:08:20

September.

[Patricia Tamowski] 17:08:22

you're completely not only symptom-free, like, I mean, you don't actually feel anything, but in terms of all your diagnostics and tests,

[Patricia Tamowski] 17:08:28

There's nothing that shows anything to do with...

[Patricia Tamowski] 17:08:32

whatever you currently think you're on top of?

[Patricia Tamowski] 17:08:35

Like, it's all gone.

[Patricia Tamowski] 17:08:39

How would you feel? That's okay. Yeah.

[Patricia Tamowski] 17:08:44

So then you can cry. Yeah, like, I...

[Patricia Tamowski] 17:08:48

find it hard to even, like, think about that. Yeah. I've had it since I was...

[Patricia Tamowski] 17:08:53

Right, so do you see time justifies the illusion of truth?

[Patricia Tamowski] 17:08:59

So the longer we've had something,

[Patricia Tamowski] 17:09:01

The more we think that's just the way it is.

[Patricia Tamowski] 17:09:04

So, that gives evidence, like...

[Patricia Tamowski] 17:09:07

You know, somebody... I did a live Q&A where people asked questions on Instagram, and somebody said, you know, how do you deal with chronic pain?

[Patricia Tamowski] 17:09:13

And I said, by realising you don't have chronic pain,

[Patricia Tamowski] 17:09:16

you have pain right now.

[Patricia Tamowski] 17:09:18

The chronic part is your story about it.

[Patricia Tamowski] 17:09:21

Which only exacerbates the pain that you have.

[Patricia Tamowski] 17:09:25

And as long as, like...

[Patricia Tamowski] 17:09:28

Like, on a scale of 1 to 10, right now,

[Patricia Tamowski] 17:09:30

You're doing amazing. Yeah. Um...

[Patricia Tamowski] 17:09:35

If you were to quantify the pain, the actual physical pain,

[Patricia Tamowski] 17:09:39

of whatever your symptoms are, on a scale of 1 to 10, what would you say they are right now, just sitting here with me? Today, um...

[Patricia Tamowski] 17:09:49

Wait, it's 10 bad? 10's bad, yeah, sorry. The amount of pain, yeah. Yeah. So today, I'd say they're good, like...

[Patricia Tamowski] 17:09:56

2, 3, okay. Great. So this further is evidence, right?

[Patricia Tamowski] 17:10:00

So, she's at a 2 pane,

[Patricia Tamowski] 17:10:03

I'm gonna guess most of you are probably hovering between a 1 and a 4, just because you're human. It's your back, it's your knee, it's your jet lag, whatever it is, right? So you're with us.

[Patricia Tamowski] 17:10:14
Humans.

[Patricia Tamowski] 17:10:16
So now, what's the difference between being at a 2? What's the actual suffering?

[Patricia Tamowski] 17:10:22
that you're experiencing. Because, literally, you're at a 2.

[Patricia Tamowski] 17:10:25
Yeah. So where's the suffering coming from?

[Patricia Tamowski] 17:10:29
Um, so...

[Patricia Tamowski] 17:10:31
I guess, I know you spoke to Bert about it earlier, it's about, like,

[Patricia Tamowski] 17:10:35
my memories of the past, so it was only back in 2020 when I literally was bed-bound, and I was covered from head to toe and scabs, and I was...

[Patricia Tamowski] 17:10:43
Bright reds, because my ex was so bad, and I was frightened. Yeah. I didn't know if it was ever gonna come to an end. Yeah. And I think I got myself into a state of, like...

[Patricia Tamowski] 17:10:53
you know, fear that I was not gonna be the same again. Yeah. Um, and therefore, I've got...

[Patricia Tamowski] 17:11:00
you know, almost, like, still a bit of...

[Patricia Tamowski] 17:11:03
emotional trauma about going back into that space where I lost my life, basically. I was stuck in my room, and I couldn't...

[Patricia Tamowski] 17:11:09
Do you remember, you get it, right? And we've all got our version of, this is, like, we could say PTSD, right? You know, like, we go through our

thing that creates fear and hurt and scared, and then the brain, because it's designed to predict and protect,

[Patricia Tamowski] 17:11:20

It takes, as I said earlier, past her, and it informs future fear. So she went through a horrific experience, young,

[Patricia Tamowski] 17:11:27

beautiful, healthy, she thought, woman who goes through this, she's covered in scabs, it's scary, the brain is like, well, shit, I don't want to do that again.

[Patricia Tamowski] 17:11:36

But even in a language, she's scared that she'll go back.

[Patricia Tamowski] 17:11:41

Now, what day is it today?

[Patricia Tamowski] 17:11:43

Oh, Saturday? Yeah. Can we go back to Thursday?

[Patricia Tamowski] 17:11:48

Why not? We can't go back.

[Patricia Tamowski] 17:11:50

Okay, but listen to your language.

[Patricia Tamowski] 17:11:53

What did you say about being in the hospital?

[Patricia Tamowski] 17:11:57

Yeah. So what did you say?

[Patricia Tamowski] 17:12:00

Um, I can't go back. Well, you didn't say that, you said I don't want to go. I don't want to go back, yeah.

[Patricia Tamowski] 17:12:04

But can we go back to Thursday? Um...

[Patricia Tamowski] 17:12:08

And we can think back to those things. We can, but can we go back to Thursday? No. And when were you in the hospital?

[Patricia Tamowski] 17:12:14

Um, previously? 2020? 2020, yeah. Couple of years ago. Yeah.

[Patricia Tamowski] 17:12:18

But we can't get back to Thursday. But you think you can go back to 2020?

[Patricia Tamowski] 17:12:29

That's impressive. So it doesn't work in days, but years is good. Yeah, so do you see in language, so what you're actually doing... see, if I was...

[Patricia Tamowski] 17:12:40

like Men in Black, you know, when they wave that wand, and then we saw that, they see the aliens, and they wave the wand, so they don't remember it.

[Patricia Tamowski] 17:12:46

So if I do that, and you have no history, you can't even remember, scabs, you don't remember hospital, you don't even remember it's 2020,

[Patricia Tamowski] 17:12:52

But right now, you're like, oh yeah, I've got, like, I don't know, a little discomfort around a 2, whereas the problem?

[Patricia Tamowski] 17:12:59

Yeah. So it's connected to the fear, then, that I'm sort of not manifesting, but almost... No, you are manifesting. Everybody's manifesting. The question is whether you realize it.

[Patricia Tamowski] 17:13:09

You are creating your own life, but what I want you to understand is, your problem is not what you have,

[Patricia Tamowski] 17:13:15

Your problem is what you remember? Yeah.

[Patricia Tamowski] 17:13:18

Right? If you really get that, the only thing you're fighting is your memory.

[Patricia Tamowski] 17:13:23

It's insanity.

[Patricia Tamowski] 17:13:25

Did you know that I was gonna have this conversation with you right now?

[Patricia Tamowski] 17:13:28

No clue, right? Do you know what's gonna happen tomorrow in the conversation with the group?

[Patricia Tamowski] 17:13:33

No. But the way your brain is functioning is, like, you think you know what's gonna happen,

[Patricia Tamowski] 17:13:39
And it's not good. Yeah. So, to go back to...

[Patricia Tamowski] 17:13:45
what you, my dear, and anyone with a health condition is, like, they're always... I... either I don't want to go back to what I had, or I want to go back to the health that I had prior.

[Patricia Tamowski] 17:13:53
Right? And until you realize that even in the course of this particular 10-minute conversation,

[Patricia Tamowski] 17:13:59
Nobody in this room, and I really want you to get this, is very...

[Patricia Tamowski] 17:14:03
Kind of mind-blowing. Nobody in this room has the same body that walked in here.

[Patricia Tamowski] 17:14:08
If you really get that, it speaks to the dynamic nature of life, which is...

[Patricia Tamowski] 17:14:14
We're made up of, I think, like, 100 trillion cells.

[Patricia Tamowski] 17:14:17
Ironically, the majority of which are not us. It's like bacteria, microbes, DNA that isn't human DNA, which itself is a freaky thought. But, if you realize that the very nature of life

[Patricia Tamowski] 17:14:28
is constant, constant movement forward, but in a way that is constant change.

[Patricia Tamowski] 17:14:35
You start to see how not only futile but ridiculous it is to say anything about backwards.

[Patricia Tamowski] 17:14:41
Right? You have a different body right now.

[Patricia Tamowski] 17:14:45
Here's the question. What's the body that you're creating?

[Patricia Tamowski] 17:14:49

Right. And I have helped so many people with what they thought was a chronic illness, chronic pain, and then it's a miracle when I'm like, no, health, vitality is your birthright, and it's trying to flow through, but you hold onto a narrative which is from your history, and therefore your body's like, okay, I'm gonna take the water that is vitality,

[Patricia Tamowski] 17:15:10

And I'm gonna keep flowing into the same shape

[Patricia Tamowski] 17:15:13

called your sickness.

[Patricia Tamowski] 17:15:15

Right? See, life is wanting to bring you vitality.

[Patricia Tamowski] 17:15:21

Because it's your nature. But you got scared, totally human, totally fine.

[Patricia Tamowski] 17:15:27

But now you've created an absolutely irrational, unjustifiable view of yourself as somebody who's sick.

[Patricia Tamowski] 17:15:34

And then life is like, okay, you're sick, we can play that.

[Patricia Tamowski] 17:15:38

You see that? So that's the belief that I'm living. Yeah!

[Patricia Tamowski] 17:15:43

And so, this is a... there's a great book called, uh, Biology of Belief by Bruce Lipton. I don't know if many people know Bruce Lipton.

[Patricia Tamowski] 17:15:49

He's awesome, so... I've gone to do a couple of events with him, and he's so fun, but he's basically talking about epigenetics, which is, you have genetics, which is, we could say, your code, and then epi means above, so environment, like she was saying, environment, LISA, mindset, diet.

[Patricia Tamowski] 17:16:05

is what turns on and off proteins, and then depending on what you're doing, your body expresses in a certain way.

[Patricia Tamowski] 17:16:12

This is a segue, but it hit me as so powerful. I was, uh...

[Patricia Tamowski] 17:16:16

at spring training, talking to a baseball team, and there was a guy before me talking about

[Patricia Tamowski] 17:16:21
physics and the body a little bit.

[Patricia Tamowski] 17:16:23
and DNA. And he said,

[Patricia Tamowski] 17:16:26
that based on anyone's DNA,

[Patricia Tamowski] 17:16:28
There's 2,800 possible versions of you.

[Patricia Tamowski] 17:16:34
And it just really hit me.

[Patricia Tamowski] 17:16:36
And so I, even on my phone, I have 1N2800.

[Patricia Tamowski] 17:16:40
As a reminder of, like, who am I choosing to be? Out of those 2,800 versions, what's the one I'm choosing to create?

[Patricia Tamowski] 17:16:48
Because I could, in theory, you know, hypothetically, be a guy who's got diabetes, is overweight, has eczema,

[Patricia Tamowski] 17:16:54
has, like, I need, uh, oxygen to support weak lungs. Like, I could, in theory, create that, right?

[Patricia Tamowski] 17:17:01
Horrific diet, don't work out,

[Patricia Tamowski] 17:17:03
take lots of, you know, meds, drink alcohol, whatever it is. Like, I have the capacity, the potential to create that version of myself.

[Patricia Tamowski] 17:17:12
And we think this is, like, this stagnant unit, like, no, it's just me, and I'm this, you know, height, I'm this age, and I'm this weight, and da-da-da.

[Patricia Tamowski] 17:17:19
And it's like, well, now...

[Patricia Tamowski] 17:17:22

But, if you're a piece of art, which you are,

[Patricia Tamowski] 17:17:26

Who are you as the artist behind the scenes? What are you committed to creating?

[Patricia Tamowski] 17:17:31

So, if you know that vitality is your birthright,

[Patricia Tamowski] 17:17:34

Is it true that you are sick?

[Patricia Tamowski] 17:17:39

You know. Do you have the capacity to manifest a sick body?

[Patricia Tamowski] 17:17:43

Yes. You do? We all do.

[Patricia Tamowski] 17:17:46

Is that the choice you want to make? No. No.

[Patricia Tamowski] 17:17:49

Can you go back to who you were prior to the sickness?

[Patricia Tamowski] 17:17:54

Can you go back to who you were when the sickness was at its height?

[Patricia Tamowski] 17:17:58

No. So what do you see now possible for you moving forward?

[Patricia Tamowski] 17:18:03

like, clean sleep, fresh start. Yeah. Change of beliefs.

[Patricia Tamowski] 17:18:07

Right. And right now, in ways that she doesn't understand, but this breath is revealing it a little bit, is that, literally,

[Patricia Tamowski] 17:18:14

The energy and the vibratory state of every cell in her body

[Patricia Tamowski] 17:18:18

is listening to that dynamic of a new narrative. It's like, oh, okay, you want us to become vital?

[Patricia Tamowski] 17:18:24

I'm down. He's so cool. Isn't that amazing?

[Patricia Tamowski] 17:18:30

See, if we measured her vitals right now, there's a little bit of excitement, maybe, but, like, her blood pressure, her heart rate, her respiratory rate...

[Patricia Tamowski] 17:18:38

shifts!

[Patricia Tamowski] 17:18:39

And that is a precursor to her cells mirroring them.

[Patricia Tamowski] 17:18:44

I listened to... well, I'll come back to you, Nikki.

[Patricia Tamowski] 17:18:46

I listened to one of the most incredible oncologists at a conference I was speaking at, and I just popped into his, because I heard a lot about him.

[Patricia Tamowski] 17:18:54

He was talking about cancer.

[Patricia Tamowski] 17:18:56

And my mum passed to cancer, so it was a bit of history. It never really was emotional for me, because I was so young, I didn't understand it.

[Patricia Tamowski] 17:19:02

But obviously, it's something that plagues so many people.

[Patricia Tamowski] 17:19:05

And he really explained, cancer...

[Patricia Tamowski] 17:19:08

It's just a cell.

[Patricia Tamowski] 17:19:10

The... is in an environment that is so hostile, it's doing what it can to survive.

[Patricia Tamowski] 17:19:16

It's not, you're not sick, it's just the cell... you've got an environment in you of loathing, of anger, of self-hatred. Again, someone in my mastermind, it's so powerful. This woman had so much resentment towards her mom.

[Patricia Tamowski] 17:19:28

And anybody in here can attest to it.

[Patricia Tamowski] 17:19:30

She created, quote-unquote cancer, and she just had a second mastectomy when she was in the group.

[Patricia Tamowski] 17:19:35

And I helped to see that the resentment for her mum was the precursor to the internal terrain that was so uninviting.

[Patricia Tamowski] 17:19:42

for herself, if they're like, we're out!

[Patricia Tamowski] 17:19:44

But they've got nowhere to go, because they're in, and so they metastasized and created tumors.

[Patricia Tamowski] 17:19:51

But when you really get that, and I listened to that guy, and I was like, holy shit, I kind of speak about this, but I didn't make quite the physiological connection.

[Patricia Tamowski] 17:19:59

So, her body is just responding to a degree of hostility, judgment, fear that is cascading through it.

[Patricia Tamowski] 17:20:07

Versus the energy of complete love and acceptance. I'm a beautiful woman with limitless potential to express vitality.

[Patricia Tamowski] 17:20:15

Like, if I'm a sell in that body, I'm like, I'm hanging out, I'm plump, I'm looking good. Like, damn! This is a sweet place to hang out! Right? Yeah.

[Patricia Tamowski] 17:20:30

Okay? So, are you sick, or are you vital? Vital. Yeah.

[Patricia Tamowski] 17:20:42

That's right. Now, the only illusion, ladies and gentlemen, and this is the part I said takes discipline,

[Patricia Tamowski] 17:20:47

is for her, time.

[Patricia Tamowski] 17:20:50

Right. Now, I assert, again, if we could see what's going on in ourselves, they're dancing, they're not, like, shriveled and scared, and like, oh, yeah, okay, you want to be sick, it's getting old, but we'll do it, right? It's like, okay, finally, but now it's gonna take a minute for the cell to replicate and to become fresh, and for the skin to show that.

[Patricia Tamowski] 17:21:08

And so that's the part that takes patience and trust, which sometimes people lose very rapidly.

[Patricia Tamowski] 17:21:14

But if you understand, your nature is vitality, your nature is freedom, this is what we're here for, right? Being limitless.

[Patricia Tamowski] 17:21:21

She's living in a limited view of herself, whilst her essence is trying to be limitless.

[Patricia Tamowski] 17:21:27

And that, that friction is creating the sickness.

[Patricia Tamowski] 17:21:30

So, I don't know, you might wake up tomorrow and see a patch of skin or whatever and feel better, and go, wow, that's huge, or it might take a week or a month.

[Patricia Tamowski] 17:21:36

I don't know, but what I categorically know...

[Patricia Tamowski] 17:21:40

is that your nature is vitality. Your sickness is just a storm.

[Patricia Tamowski] 17:21:45

Amazing.

[Patricia Tamowski] 17:21:47

Who can relate to that? Who's dealt with some health stuff? Yeah?

[Patricia Tamowski] 17:21:50

Mr. Otero, please.

[Patricia Tamowski] 17:21:55

Okay, any comments?

[Patricia Tamowski] 17:22:06

Um, Heather can put that link in the chat.

[Patricia Tamowski] 17:22:10
And we will also put it in the step.

[Patricia Tamowski] 17:22:13
So, just to let you know.

[Patricia Tamowski] 17:22:15
And, Heather, thank you for putting in Biology of Belief.

[Patricia Tamowski] 17:22:20
book. Okay.

[Patricia Tamowski] 17:22:23
So...

[Heather Plude] 17:22:23
Yeah, that was... that was me that put that in there, just as a... as you said it.

[Heather Plude] 17:22:27
But, um, do you still have the video up? Because it would be...

[Heather Plude] 17:22:31
easier for you to pop it in the chat there if you still have it up. I can pull it up if you want.

[Heather Plude] 17:22:36
That was one that I picked out. I love Peter Krohn, so for those of you that asked who he was.

[Heather Plude] 17:22:42
Um, he...

[Heather Plude] 17:22:45
puts himself out there as a problem dissolver.

[Heather Plude] 17:22:49
Not a problem solver, like, he just takes the problems and...

[Heather Plude] 17:22:54
Um, shows you that they're not really problems.

[Heather Plude] 17:22:57
Uh, I've watched a lot of his...

[Heather Plude] 17:23:02
method of doing that, and it's very interesting. I like it a lot.

[Patricia Tamowski] 17:23:05

Yeah, and he's really saying what Greg Braden and Bruce Lipton and Joe Dispenza and

[Patricia Tamowski] 17:23:12

Um, who's the one...

[Patricia Tamowski] 17:23:15

the yield of cancer that we had, Louise Hay.

[Heather Plude] 17:23:17

Yeah. Yep.

[Patricia Tamowski] 17:23:17

All of them. Like, these are universal laws. Universal law are what you fear appears, universal law what you focus on expands.

[Patricia Tamowski] 17:23:27

So, uh, Derek Swino and said, always focus on what you can do,

[Patricia Tamowski] 17:23:32

Not what you can't do if you focus on what you can do,

[Heather Plude] 17:23:37

You'll be able to do more.

[Patricia Tamowski] 17:23:37

then you're gonna get more of what you can get.

[Heather Plude] 17:23:39

Right. Yep.

[Patricia Tamowski] 17:23:40

If you focus on what you can't do, you're gonna get more of that. Now, what do you want more of? What you can, or what you can't?

[Patricia Tamowski] 17:23:46

Um, we do create what we have, and every thought has energy. I loved what he said about...

[Patricia Tamowski] 17:23:52

If you were your cell, would you want to live in your body?

[Patricia Tamowski] 17:23:56

Like, we're telling every thought that we think

[Patricia Tamowski] 17:24:00

actually sends an energy signal to our cells, and so if we're happy and unlifted,

[Patricia Tamowski] 17:24:05

The cell is gonna... that's going to promote your healing. The cells are gonna, like, I'm happy, I wanna heal.

[Heather Plude] 17:24:12

Yeah.

[Patricia Tamowski] 17:24:12

If you're miserable, if you're angry, if you haven't forgiven everybody in your life,

[Patricia Tamowski] 17:24:18

Then your cells are gonna, like, eh, I feel stuck, I feel crummy. They're not gonna wanna heal.

[Heather Plude] 17:24:23

Yeah. When he said, um, being in control of your disease is an illusion,

[Patricia Tamowski] 17:24:24

And I think...

[Heather Plude] 17:24:30

It made me think of John McRae, whose long-term... she was diagnosed with ALS

[Heather Plude] 17:24:35

23 years ago, but she doesn't with the disease at all.

[Heather Plude] 17:24:39

Um, and I believe that's why she's so high-functioning now, 23 years later, because

[Heather Plude] 17:24:45

in her mind, she doesn't have ALS, that's what she told the neurologist. I don't have ALS. And she lives, like,

[Heather Plude] 17:24:51

just... I'm just working on my health every day. I'm gonna do something for me. You know, if you can keep that outlook, that positive outlook that, you're not fighting a disease, you're just living for your health, you're living for your best life.

[Heather Plude] 17:25:06

Um, stay in that positive place all the time.

[Patricia Tamowski] 17:25:09
Yeah.

[Heather Plude] 17:25:09
And it's not easy. It's something that you have to keep training yourself to get back to that. But, um, these are just gentle reminders that that's where we need to be.

[Patricia Tamowski] 17:25:18
Yeah, and don't forget to go back to step 3, because Step 3, you had an ideal life statement. So, reading your ideal life statement, remembering what is your perfect day today?

[Patricia Tamowski] 17:25:28
As well as, hey, what's... where do I want to be in a year?

[Patricia Tamowski] 17:25:31
Or 2 years, you know, whatever, think about where you want to be. But also, even today, just exactly where you are,

[Patricia Tamowski] 17:25:37
What is your... what is your best day look like? Are you living your life? Are you enjoying life? Are you having fun?

[Patricia Tamowski] 17:25:43
that's what amazed me with Mark. He couldn't move, breathe, or speak, and he found...

[Patricia Tamowski] 17:25:48
a way to get to concerts,

[Patricia Tamowski] 17:25:50
to go to football games, they would go on the plane,

[Patricia Tamowski] 17:25:53
And it was a huge amount of work. He had to negotiate with Lisa, okay? Because it took her, like, 3 to 4 hours. If you're on a trach and a feeding tube, it took hours to get ready.

[Patricia Tamowski] 17:26:04
Um, and yet, I think that positive attitude of living life to the fullest

[Patricia Tamowski] 17:26:09
served him.

[Patricia Tamowski] 17:26:11

Uh, he also said to me, and I, you know, I don't remember this was in the interview or off-camera, I don't remember, but...

[Patricia Tamowski] 17:26:16

He said, every time I would think a negative thought,

[Patricia Tamowski] 17:26:20

I would get in this fear mode, what's gonna happen? What's this... you know, which things that might not even happen.

[Patricia Tamowski] 17:26:25

But as soon as he got into that mode, he realized

[Patricia Tamowski] 17:26:29

that his body didn't feel as good. He got more cramping.

[Patricia Tamowski] 17:26:33

he had more fasciculations, he just didn't feel as good.

[Patricia Tamowski] 17:26:37

And then, if he would just switch and think to positive thoughts,

[Patricia Tamowski] 17:26:42

Like, hey, what do I want to do next week? What fun thing are we going to plan for next week? Then all

[Patricia Tamowski] 17:26:48

All of a sudden, or just accomplishments, wow, I'm so grateful that I've lived this great life.

[Patricia Tamowski] 17:26:54

Um, and I'm so happy. I'm warm, I'm dry, I have electricity, all the things that you have. I have this battery, this breathing for me. So be grateful.

[Patricia Tamowski] 17:27:05

For the breathing machine,

[Heather Plude] 17:27:07

Yeah.

[Patricia Tamowski] 17:27:07

Because it's keeping your lungs healthy. It's... it's awesome. So, and...

[Heather Plude] 17:27:10

And do plan, do plan fun things to do. It's really important that you don't just stay in the same pattern of

[Heather Plude] 17:27:18

you know, just doing what needs to be done to get through the day. There has to be something to look forward to. And if you're not planning those things, then really look at

[Heather Plude] 17:27:28

Are you, um, maybe... maybe you have a script in your head that you're not worthy to have those fun things to do.

[Heather Plude] 17:27:35

Examine that, and plan the fun thing anyway, even if it's hard.

[Heather Plude] 17:27:39

How hard do you think it was for Mark to go to those football games, or go out with his buddies?

[Heather Plude] 17:27:43

When he was on full breathing machine and needed, you know, any liquids through a feeding tube.

[Heather Plude] 17:27:49

That had to be coordinated. It wasn't easy, but he always did those fun things, because you need to have those fun things.

[Heather Plude] 17:27:56

So that you can keep... that's... that's human. As humans, we want fun things to do.

[Heather Plude] 17:28:01

So, um, if you don't, let me know.

[Heather Plude] 17:28:06

I don't know anybody that...

[Heather Plude] 17:28:08

that does them at least want something to look forward to, so...

[Patricia Tamowski] 17:28:10

Okay, we have some really good, uh, comments here. First of all, can you post the link where you can found the dousing rods?

[Heather Plude] 17:28:11

Make sure...

[Heather Plude] 17:28:18

Yep.

[Patricia Tamowski] 17:28:18

So I'm actually going to show you that. You go to HealingALS.org, and you click on...

[Heather Plude] 17:28:20

I just posted it.

[Heather Plude] 17:28:22

Did you see my comment underneath there? Because I did post it.

[Patricia Tamowski] 17:28:25

Right, but I also want to show them how to get it.

[Heather Plude] 17:28:27

Oh, okay.

[Patricia Tamowski] 17:28:28

Teaching them how to fish. Uh, go to products, click on products, and then click on Environmental Products. We are trying to get a search button, but right now,

[Patricia Tamowski] 17:28:37

And so, the dousing rods are under environmental products along with ground faults, so we'll...

[Patricia Tamowski] 17:28:43

We're trying to get... we're improving all the time, and we know we have more work to do, but that's how you get there.

[Heather Plude] 17:28:50

Yep. And Peggy said,

[Patricia Tamowski] 17:28:50

All right.

[Heather Plude] 17:28:52

Um, that was a good reminder to manifest my life.

[Patricia Tamowski] 17:28:56

Absolutely. And then the next chat, let me just go to the next chat, um...

[Heather Plude] 17:28:58

Love.

[Patricia Tamowski] 17:29:01

Oh, I don't go to clinic anymore, so this is what we're talking about the clinic. So again, we're gonna go back...

[Patricia Tamowski] 17:29:07

to healingAS.gov, I'm gonna click on here to get back to the home screen.

[Patricia Tamowski] 17:29:11

And I'm gonna go to Quick Start.

[Patricia Tamowski] 17:29:15

Because before you go to the ALS clinic,

[Patricia Tamowski] 17:29:18

You're going to click on Quick Start. You're going to go all the way down here,

[Patricia Tamowski] 17:29:24

And why does my neurologist not know this? Here it is. Download positivity Letter.

[Patricia Tamowski] 17:29:29

You're gonna print this out. We strongly suggest you print this out.

[Heather Plude] 17:29:30

Yep.

[Patricia Tamowski] 17:29:34

Do you ALS medical professional? Okay, this is it, just print it out.

[Patricia Tamowski] 17:29:37

And let every single one of them read.

[Patricia Tamowski] 17:29:41

this letter, okay? Um, and before they even speak to you. And then, when you go to ALS Clinic, it will not be a negative experience, it will be a positive experience.

[Heather Plude] 17:29:42

Yep.

[Patricia Tamowski] 17:29:51

And that's really what we want. I just want everyone to understand that it does not have to be a negative experience.

[Patricia Tamowski] 17:29:57

They do... can give you advice on wheelchairs, they have loaner closets, they have, um, you know, some of them have these stand-up machines.

[Patricia Tamowski] 17:30:06

Uh, they have a lot of equipment that they can lend you, so, um,

[Patricia Tamowski] 17:30:10

Please take advantage of that.

[Heather Plude] 17:30:12

Yeah.

[Patricia Tamowski] 17:30:12

But you don't need to... you just give them that letter. The people that have taken that letter and typed it out, you just printed it out and showed it to the respiratory therapist, the physical therapist, the neurologist,

[Patricia Tamowski] 17:30:22

They asked them to greet it. They are very respectful, and they will only say positive things to you.

[Patricia Tamowski] 17:30:28

So please take a look at that button.

[Heather Plude] 17:30:28

Yeah, I have found that too, and I have used it.

[Patricia Tamowski] 17:30:31

Yeah.

[Heather Plude] 17:30:31

Um, Michelle, did that...

[Heather Plude] 17:30:33

the precursor to the comment that you wrote, uh, read, was Michelle's, that said, do most PALS go to the ALS clinic? That's where I feel is the downfall of ALS.

[Heather Plude] 17:30:45

Even when I'm positive, any opinions.

[Heather Plude] 17:30:48

And then there were a few opinions that I don't go anymore. The clinic by me was bad, and...

[Heather Plude] 17:30:53

So, for the people that do have, um...

[Heather Plude] 17:30:57

bad experiences. If you feel like giving it another try for the free equipment, then bring that positivity ladder. It's really important.

[Patricia Tamowski] 17:31:03

Yeah, and the reality is life expectancy is higher for the people that go to the clinic, believe it or not, but you bring that positivity letter, and you say, I'm gonna have the most positive experience manifest,

[Patricia Tamowski] 17:31:13

The best possible experience.

[Patricia Tamowski] 17:31:16

With that letter in tow, and they will... they will... it can... I've had people say it has turned in from a...

[Patricia Tamowski] 17:31:25

terrible experience to a good experience, because of the letter.

[Patricia Tamowski] 17:31:29

So please, please do it.

[Patricia Tamowski] 17:31:31

Um, you want to get your breathing tested. We've had people that didn't go to clinic, and they... they were very... they had CO2.

[Patricia Tamowski] 17:31:38

And had they gone and gotten their CO2... you can check with your neurologist, you don't need to go to clinic.

[Heather Plude] 17:31:39

Yeah.

[Patricia Tamowski] 17:31:43

There's other ways to do it, it just happens to be a convenient way to do it.

[Patricia Tamowski] 17:31:47

But you want your CO2 levels checked to make sure that you are fully inflating your lungs all the time.

[Patricia Tamowski] 17:31:53

Um, if your lungs aren't fully inflating, then they're gonna shrink, and you're gonna get...

[Heather Plude] 17:31:57

I've never seen that tested at clinic, though.

[Patricia Tamowski] 17:31:59

Um, they do test it. They do test CO2 levels.

[Patricia Tamowski] 17:32:02

Yeah, and yeah, and you can... well, yeah, and you can also request

[Heather Plude] 17:32:03

That's at some clinics.

[Heather Plude] 17:32:05

Not the ones I've been to.

[Patricia Tamowski] 17:32:07

Well, you can also request it. We want to get you a VO2 max rate, all those things. It's a really good idea.

[Heather Plude] 17:32:09

Yeah.

[Patricia Tamowski] 17:32:14

to get those testes, and you can ask them before you come to make sure that they have the machines available to test.

[Heather Plude] 17:32:20

Good. So, uh, one more comment. Gaddy said, I find it hard to do fun things.

[Patricia Tamowski] 17:32:20

All right, um...

[Heather Plude] 17:32:26

I don't do anything for fun.

[Heather Plude] 17:32:28

I haven't done anything for fun for the last 20 years.

[Patricia Tamowski] 17:32:31

Okay, so can everyone write some ideas for Gaddy? Well, here is a support group.

[Patricia Tamowski] 17:32:36

So, what will...

[Patricia Tamowski] 17:32:40

Um, great for you, Robin. Um, what can... what can Gaddy do?

[Patricia Tamowski] 17:32:45

Um, you know, one of the fun things... like, I love reading.

[Patricia Tamowski] 17:32:49

Okay? When you're in a wheelchair, and I love listening, I love audiobooks. I love learning, so I have fun learning.

[Patricia Tamowski] 17:32:57

So, I will listen to podcasts. I will listen to YouTube videos, you know, just really uplifting,

[Patricia Tamowski] 17:33:05

I can close my eyes and listen, and I love it.

[Patricia Tamowski] 17:33:08

I... I... there's so much good stuff out there, and I'm learning so much. If I feel like learning history,

[Patricia Tamowski] 17:33:13

I just get a YouTube video on something, and I listen to it. It's awesome!

[Patricia Tamowski] 17:33:18

So, that's fun.

[Heather Plude] 17:33:18

So, Gaddy, what do you think is fun?

[Heather Plude] 17:33:22

I would sit with... with a notepad and write down all the things that I used to think were fun.

[Patricia Tamowski] 17:33:22

So...

[Heather Plude] 17:33:28

And then, from that, pick something that I would think is fun now.

[Patricia Tamowski] 17:33:28

Yep.

[Patricia Tamowski] 17:33:34

Yeah.

[Heather Plude] 17:33:34

Now, there... there's lots of... I don't know, for me, it would be museums, or...

[Heather Plude] 17:33:39
outside parks, or...

[Heather Plude] 17:33:41
Um, I love waterfalls, I love water.

[Heather Plude] 17:33:44
You know, so...

[Patricia Tamowski] 17:33:46
Yeah, so we have one guy who was on a long-term... he's still in a long-term care facility. He was putting 2,000 miles a year on his wheelchair.

[Patricia Tamowski] 17:33:55
Because he would go out every single day in his electric wheelchair.

[Patricia Tamowski] 17:33:59
And so, he thoroughly enjoyed getting out, getting out in nature,

[Patricia Tamowski] 17:34:05
There was a park nearby, so he'd have to cross the street, get into the park, run into all these people,

[Patricia Tamowski] 17:34:11
Um, you know, every once in a while he gets stuck, and somebody would always help him get unstuck, and he'd meet a new person.

[Patricia Tamowski] 17:34:18
So, you know, it's incredible. There's lots of fun. Yeah.

[Patricia Tamowski] 17:34:23
So... oh, I love it. Thank you, Davin and Michelle.

[Heather Plude] 17:34:26
Yep.

[Patricia Tamowski] 17:34:28
You know,

[Heather Plude] 17:34:30
Yep, Davin said I love playing chess board... chess, board games, rock concerts, dancing, making art.

[Heather Plude] 17:34:37

Is that what... it...

[Heather Plude] 17:34:40
went off the screen, Making Art Music, is that what it was? Making art music, yeah.

[Patricia Tamowski] 17:34:41
Yeah.

[Patricia Tamowski] 17:34:43
Yeah. And Ron says...

[Heather Plude] 17:34:44
That's fantastic. And then the vacation ideas...

[Heather Plude] 17:34:48
Um, I just...

[Patricia Tamowski] 17:34:49
Now, we talked to two people who just went on cruises that were ideal for wheelchairs. Not all cruises are ideal for wheelchairs.

[Heather Plude] 17:34:50
I just saw a post I...

[Patricia Tamowski] 17:34:56
You check out that cruise line. I've talked to 3 people with ALS that have recently been on a cruise, and they loved it.

[Heather Plude] 17:35:02
Yep.

[Patricia Tamowski] 17:35:02
So, you've got to get the kind that a wheelchair-friendly, though. Um...

[Patricia Tamowski] 17:35:06
there's so many... there's so many ideas, uh, you know, Mark used to go to football. They loved football games.

[Patricia Tamowski] 17:35:13
Once a month, they would get their community together, their ALS, the pals and the cows would get together at a different restaurant every month, and they would

[Patricia Tamowski] 17:35:20

Call the restaurant ahead of time, make sure they could fit the wheelchairs and all that stuff, and they would just meet, and that's just a fun thing to do. It's a fun, enjoyable...

[Patricia Tamowski] 17:35:29
thing to do. Um...

[Patricia Tamowski] 17:35:32
So... I love this, watch the sunrise.

[Heather Plude] 17:35:37
Yeah, fantastic.

[Patricia Tamowski] 17:35:39
Please, uh, remind yourself of all the things and people you care about, share personal graces.

[Patricia Tamowski] 17:35:44
laugh about old moves, and even if you can't speak, we had the... some of the funniest times. Scott and I visited quite a few of...

[Patricia Tamowski] 17:35:51
view. It's been a few years, because we're taking care of our grandson, which leaves us home a lot.

[Patricia Tamowski] 17:35:56
Um, so...

[Patricia Tamowski] 17:35:58
Um, but we, you know, some of the funniest... funniest conversations we had were with eye gaze.

[Patricia Tamowski] 17:36:03
Hilarious!

[Patricia Tamowski] 17:36:05
Um, and one of my favorites was BOSA, because she was just ordering everybody around, like,

[Patricia Tamowski] 17:36:12
She couldn't move, and she's just like, no, get this, you get this, you get this, and like, she was running that household.

[Patricia Tamowski] 17:36:20
From what I guess, it was just...

[Heather Plude] 17:36:22

Reminds me of one of the people we had stay at our house, and he was the DJ.

[Heather Plude] 17:36:27

So he kept the music going, and we had some great music that we could all enjoy, because he was so good at that.

[Patricia Tamowski] 17:36:35

All right, let's get... yeah, love driving! People love driving! You know, you go on a beautiful drive and just enjoy it.

[Patricia Tamowski] 17:36:42

So, yeah. Alright, great ideas. Thank you.

[Heather Plude] 17:36:44

Oh, Serena! Serena said, I told my neurologist that I wanted to work with him, but the caveat was that I would be following a combined approach with integrative and holistic medicine in addition to conventional medicine.

[Heather Plude] 17:36:57

I would attend clinic, but would not be following everything they recommended.

[Heather Plude] 17:37:02

Very good. Put your foot down and tell them who you are.

[Patricia Tamowski] 17:37:03

Awesome.

[Patricia Tamowski] 17:37:05

Yeah, and keep the letter. You guys can... by the way, you can edit that letter however you want, so just, you know, that's just a sample. You can edit it. I'd love it.

[Heather Plude] 17:37:09

Yep.

[Heather Plude] 17:37:11

Yeah.

[Heather Plude] 17:37:13

Robin said I watch TV, movies, YouTube videos, play games, and read books, and enjoy my life. Smiling helps. It certainly does.

[Patricia Tamowski] 17:37:20

It does. Smiling.

[Heather Plude] 17:37:21

The more we smile, the happier we are.

[Patricia Tamowski] 17:37:23

It's true. Okay, let us get to the step. Please, let's get to work here.

[Heather Plude] 17:37:24

Yep.

[Heather Plude] 17:37:28

Okay.

[Patricia Tamowski] 17:37:29

All right, so this is the, uh, we have two interfaces now, but they go to the same place, so it's awesome. So here's the 47 Steps to Healing, and we are going...

[Heather Plude] 17:37:31

Sorry.

[Patricia Tamowski] 17:37:39

To step 10. And actually, before we go to step 10, since the first Thursday of the month, we're just going to do very quickly step one,

[Patricia Tamowski] 17:37:46

And that's the introductory, the 47 steps introductory course.

[Patricia Tamowski] 17:37:51

So, once in a while, just remind yourselves.

[Patricia Tamowski] 17:37:55

Uh, the reason that we do the registry is because it helps other PALs, functional doctors and researchers, it's helping everybody. It's tracking your health and your treatments,

[Patricia Tamowski] 17:38:04

But it's tracking everybody else's, too. We will be able to put it in A and be able to give you answers. The more of you that are doing the registry, no matter what country you are in the world, the better. So please, everyone, do the registry.

[Patricia Tamowski] 17:38:16

And we have 3 more days, so please try to do it today, tomorrow, rather than leaving it to the very last day.

[Patricia Tamowski] 17:38:22

Okay, your thoughts control your emotions. This is something that Scott and I did. These 6 things.

[Patricia Tamowski] 17:38:29

Scott and I said, what did the people that... all the 50 reversals that we have spoken to, more than 50,

[Patricia Tamowski] 17:38:36

What did they have in common?

[Patricia Tamowski] 17:38:38

The number one thing was that they changed their thinking. They changed their mindset. They said to, you know, they were going to do anything and everything they could to heal.

[Patricia Tamowski] 17:38:47

Um, and... that was it. So, that was it. They were just... they changed the thinking, they researched, they tried anything and everything. Every single one of them. If you don't think you're gonna make mistakes, or you're the kind of person that beats up, absolutely.

[Patricia Tamowski] 17:39:00

Eric tried this one herb, it turned out it was tainted with lead, but he didn't know it.

[Patricia Tamowski] 17:39:06

And he ended up in the hospital.

[Patricia Tamowski] 17:39:08

You know? So, again, it's... you keep trying things, and you might try 50 things. Will 20 of them are gonna work.

[Patricia Tamowski] 17:39:17

But if you don't try the 50, you're not gonna try the 20 that actually work. So, please,

[Patricia Tamowski] 17:39:24

I can tell you, 100%,

[Patricia Tamowski] 17:39:27

of the reversals. Did things that didn't work.

[Patricia Tamowski] 17:39:31

Okay? Our goal is to make you find fewer things that don't work, and more things that will work. And we're trying to get you there faster with the 47 steps.

[Patricia Tamowski] 17:39:39

Uh, they prioritize their health, and they live their life. They all live their life at the same time as they focused on their healing. You can't just do one or the other.

[Patricia Tamowski] 17:39:48

You can't just go goof off and have fun all the time. You gotta study and figure out how to heal.

[Patricia Tamowski] 17:39:54

For part of the time, living life for the rest, for...

[Patricia Tamowski] 17:39:57

The rest of the time, so just figure out how to balance it. They listen to their body, they followed their intuition, they meditated and prayed, they stayed in a state of love, gratitude, and forgiveness, and I will ask

[Patricia Tamowski] 17:40:07

How many of you have totally forgiven everybody on NVIDIA in their life? Raise your hand with a yes or a thumbs up if you haven't, and if you haven't, put a thumbs down, because if you haven't decided today,

[Patricia Tamowski] 17:40:18

Okay? Their determination, they didn't give up, they were in charge of their health, not their doctor, not their partner.

[Patricia Tamowski] 17:40:24

they made their decisions. So Radical Commission from Kelly Turner, changing your diet, take control of your health, these are the things they had a thousand people that were supposed to die of cancer, and they didn't die.

[Patricia Tamowski] 17:40:35

Please review this stuff and find out what they did. So just...

[Patricia Tamowski] 17:40:40

Again, review this step, review step 3, okay?

[Heather Plude] 17:40:44

Is one of them that they change their diet?

[Patricia Tamowski] 17:40:46

Yes. So, out of this... so just to let you know,

[Heather Plude] 17:40:47

There we go!

[Patricia Tamowski] 17:40:50

Yeah, that's what we're talking today, good. So, you'll notice that only 3 of them are physical. Changing your diet, using herbs and supplements, and movement and exercise.

[Patricia Tamowski] 17:40:59

The other...

[Patricia Tamowski] 17:41:01

7 things on mind and mindset.

[Heather Plude] 17:41:05

Yep.

[Patricia Tamowski] 17:41:05

So, just notice that. I would post this on your refrigerator if you haven't done that yet.

[Patricia Tamowski] 17:41:11

Post it on your refrigerator.

[Heather Plude] 17:41:12

Let's get to the step.

[Patricia Tamowski] 17:41:13

Alright, we'll get into the stuff. Okay, just...

[Patricia Tamowski] 17:41:15

you know, just please review this once a month.

[Patricia Tamowski] 17:41:18

Okay, because it's, it's important. Alright, let's get to the step 10, which is what we're working on now.

[Heather Plude] 17:41:19

Yeah.

[Patricia Tamowski] 17:41:24

Alright, so clean food, are we allowed to try to play this?

[Heather Plude] 17:41:28

Yes.

[Patricia Tamowski] 17:41:29

Good.

[Heather Plude] 17:41:30

It's a very good documentary, we're just gonna play the 3-minute trailer.

[Patricia Tamowski] 17:41:33
Nutrient-depleted foods.

[Patricia Tamowski] 17:41:35
One of the major problems is what we do to the soil and the air and the water and everything

[Patricia Tamowski] 17:41:40
We take in our food. Okay, I'm gonna start at the beginning.

[Patricia Tamowski] 17:41:45
Okay.

[Patricia Tamowski] 17:41:48
One of the best things terrorists could do is just build more fast-food restaurants, maybe add another pharmaceutical company.

[Heather Plude] 17:41:53
It's not... it's not...

[Patricia Tamowski] 17:41:54
a couple core infomercials. It's not!

[Heather Plude] 17:41:56
No, we have a black screen.

[Heather Plude] 17:41:59
And a movie that's not moving.

[Patricia Tamowski] 17:41:59
Oh. That's weird. Okay, that's fine.

[Patricia Tamowski] 17:42:03
We're gonna play it inside of here.

[Patricia Tamowski] 17:42:07
We played it this morning successfully inside the, um...

[Patricia Tamowski] 17:42:11
the trailer, so we're gonna do that.

[Patricia Tamowski] 17:42:13
Let me show you again.

[Patricia Tamowski] 17:42:22

Okay.

[Patricia Tamowski] 17:42:29
Nutrient-depleted foods.

[Patricia Tamowski] 17:42:31
One of the major problems is what we do to the soil and the air and the water and everything we take in our food.

[Patricia Tamowski] 17:42:38
We, for whatever reason, decided we're gonna spray everything with every kind of pesticide, herbicide, larvicide, fungicide.

[Patricia Tamowski] 17:42:46
We decided we're going to genetically modify things, we don't anything about.

[Patricia Tamowski] 17:42:50
Can we actually improve what has already been created? And the answer is maybe, but not the way we've been doing it.

[Patricia Tamowski] 17:42:56
If you want to know what's wrong, look down at the table. It's staring back at you.

[Patricia Tamowski] 17:43:01
Think of it as chronic malnutrition, because that's what's going on.

[Patricia Tamowski] 17:43:04
But if we think we're gonna go to the doctor and get a pill for everything,

[Patricia Tamowski] 17:43:09
We've missed the whole point.

[Patricia Tamowski] 17:43:11
We have been taught our whole lives to be consumers of modern medicine, which is pharmaceutical medicine.

[Patricia Tamowski] 17:43:17
Good health makes a lot of sense, but it doesn't make a lot of dollars.

[Patricia Tamowski] 17:43:21
So the drug industry has every right to make money.

[Patricia Tamowski] 17:43:24

The ethics, I think, need to be very closely watched. What the pharmaceutical companies are doing

[Patricia Tamowski] 17:43:30
may not necessarily be in the interest of our population.

[Patricia Tamowski] 17:43:33
You can be as sincere, and you can be sincerely wrong.

[Patricia Tamowski] 17:43:39
Approximately 106,000 Americans die from

[Patricia Tamowski] 17:43:44
pharmaceutical drugs each year.

[Patricia Tamowski] 17:43:48
And these are people who took the medication,

[Patricia Tamowski] 17:43:51
as directed. There's a lot more turning.

[Patricia Tamowski] 17:43:56
What's being done before him doesn't work.

[Patricia Tamowski] 17:44:02
There is no magic bullet.

[Patricia Tamowski] 17:44:04
But there is a lifestyle change.

[Patricia Tamowski] 17:44:07
then reverses serious chronic disease.

[Patricia Tamowski] 17:44:10
It's cheap, it's simple,

[Patricia Tamowski] 17:44:12
It's safe, it's effective.

[Patricia Tamowski] 17:44:15
The solutions are here. They've all

[Patricia Tamowski] 17:44:18
always been here. Every single person in the world

[Patricia Tamowski] 17:44:22
Every culture, every language, every person in the world

[Patricia Tamowski] 17:44:27

You are what you eat.

[Patricia Tamowski] 17:44:30

does matter.

[Patricia Tamowski] 17:44:33

It's a choice. You don't have to be sick.

[Heather Plude] 17:44:41

All right.

[Heather Plude] 17:44:43

So, first we have to cut out the things that are processed, right?

[Patricia Tamowski] 17:44:49

So...

[Heather Plude] 17:44:49

Oh, we're gonna talk a little bit... I think we can skip over hydration. We did hydration in another step. This is just a quick review that it's important.

[Heather Plude] 17:44:57

If you have any questions about hydration, let's look at the other stuff.

[Patricia Tamowski] 17:45:00

Right, although you can drink too much water, so, you know, a gallon of water might be too much, right? Half a gallon of water for the average person of 130 pounds is gonna be about right. 150 pounds, it'll be a little more than that. So just don't overdo the water.

[Patricia Tamowski] 17:45:13

Um, but we did go over the water steps, so I think that's the main thing.

[Heather Plude] 17:45:17

Yeah.

[Patricia Tamowski] 17:45:17

Um, if swallowing is an issue, I wrote this because, again, drink carbonated water, or...

[Patricia Tamowski] 17:45:24

um... consider getting a feeding tube.

[Patricia Tamowski] 17:45:26

That's really important, because if you are not getting enough hydration, you're impairing your ability to heal. So I know that we just did this

[Patricia Tamowski] 17:45:34
Um,

[Patricia Tamowski] 17:45:36
two steps to go, but it is very important that...

[Heather Plude] 17:45:37
Yep.

[Heather Plude] 17:45:39
It's a good review.

[Patricia Tamowski] 17:45:41
Mineral-rich water, right? Uh, don't drink tap water, drink...

[Patricia Tamowski] 17:45:44
Um, some sort of filtered water, um, not the tap refrigerator filter, but either spring... bottle spring water,

[Patricia Tamowski] 17:45:52
Or a big, bulky, gravity-fed filter, or equivalent.

[Patricia Tamowski] 17:45:57
Um, and if you are unable to drink a main meal within 30 minutes,

[Patricia Tamowski] 17:46:03
or you're not able to drink a half an ounce per pound of body weight, which is an ounce per kilogram of body weight,

[Patricia Tamowski] 17:46:09
Please, uh, request IV fluids, get a feeding tube placed as soon as possible.

[Patricia Tamowski] 17:46:14
That will help keep you healthy and alive while you are healed and well hydrated. Okay.

[Patricia Tamowski] 17:46:21
Um, and then we're gonna do... we're gonna say this twice. Up here,

[Patricia Tamowski] 17:46:26
on what to eat... go ahead.

[Heather Plude] 17:46:27

Yeah, no processed foods, nothing in a canned bag, or...

[Heather Plude] 17:46:32
box, if you can...

[Heather Plude] 17:46:34
buy things that are only ingredients and don't have ingredients, then you're doing...

[Heather Plude] 17:46:40
very well. Uh, you want to look out for ingredients that are dangerous.

[Heather Plude] 17:46:44
So, um, there's a lot of seed oils and...

[Heather Plude] 17:46:49
um, ingredients that would be on the list of generally recognized as safe. They call them grass, but they're not going to be labeled as that, but...

[Heather Plude] 17:46:57
Um, there are ingredients in food that are not good for us, so...

[Patricia Tamowski] 17:47:00
Right, and there's no testing. This is the point.

[Patricia Tamowski] 17:47:03
There is no testing, and there's certainly no testing. Some of these have

[Patricia Tamowski] 17:47:08
18 ingredients. There's no testing of the 18 ingredients together.

[Heather Plude] 17:47:13
Right.

[Patricia Tamowski] 17:47:13
Maybe the first 3 are real food and the others are additives.

[Patricia Tamowski] 17:47:16
It's like...

[Heather Plude] 17:47:17
Mix them all up with Teflon, and we got a great recipe.

[Patricia Tamowski] 17:47:19
Oh, yeah, yeah, no, no, please don't use non-stick cookware, reminder. Okay, so let's, let's write what we do want to eat, rather than what we don't, besides lots of water,

[Heather Plude] 17:47:28
Yeah.

[Patricia Tamowski] 17:47:29
What's next, Heather?

[Heather Plude] 17:47:31
So, Whole Foods, uh, you know, if you're gonna eat

[Heather Plude] 17:47:35
Uh, fruits and vegetables, know what the dirty dozen and the clean 15 are. There's a link to it right there. If you're gonna, um...

[Heather Plude] 17:47:42
Like, some of the ones on the Dirty Dozen are... I'll just say strawberries, because it's my favorite.

[Heather Plude] 17:47:47
When I can't find it organic, I don't eat it. Um, so if it's... if it's on that dirty dozen, it means they get sprayed a lot, and they're pretty dangerous. If it's on the Clean 15, and you're thinking, oh, should I buy organic or not, maybe that one can be non-organic.

[Heather Plude] 17:48:04
So just familiarize yourself with that so you're eating good, um...

[Heather Plude] 17:48:10
you're getting good sources, and get grass-fed, grass-finished beef. Um, get the best... best that you can, so when you're getting eggs, get them, um, cage-free, pasture-raised.

[Heather Plude] 17:48:22
Um, wild-caught fish, not the farm fish, because, you know, they sometimes feed those.

[Heather Plude] 17:48:29
Uh, things that we wouldn't want in our own bodies, antibiotics and...

[Heather Plude] 17:48:32
you know, I've heard horror stories of dog food beating.

[Heather Plude] 17:48:36
fed to some of these fish farms, and I wouldn't want to eat any fish from one.

[Heather Plude] 17:48:40

So, it's important what your food eats.

[Patricia Tamowski] 17:48:41
And look for...

[Patricia Tamowski] 17:48:43
Yeah, and we used to order from Wild Pastures, and now... and then Butcher Block, and now we buy half a cow at once from a local farmer.

[Heather Plude] 17:48:53
Yep.

[Patricia Tamowski] 17:48:53
And that works out great. They wrap it, they deliver it, they...

[Patricia Tamowski] 17:48:57
butcher it the way we like it, it's flash frozen, labeled, delivered to our door. It's lovely.

[Heather Plude] 17:49:03
So when it comes to fish, also do the smaller fish, because the bigger fish, like swordfish and tuna, are full of heavy metals, so you want to avoid those bigger fish.

[Patricia Tamowski] 17:49:13
Okay, on fats, coconut oil, MCT, avocado oil, and olive oil, if they're cold-pressed and organic, are good.

[Patricia Tamowski] 17:49:22
Ghee and beef tallow are also excellent fats.

[Patricia Tamowski] 17:49:26
Many nutritionists are suggesting as high as 70-90% fat.

[Patricia Tamowski] 17:49:32
It depends on the person.

[Patricia Tamowski] 17:49:35
And you have to do it slowly, so we're going to talk about slowly later. Coconut oil is better for cooking than olive oil. I never cook olive oil, because the...

[Patricia Tamowski] 17:49:44
The smoke point is too low. Um, coconut oil has a much higher smoke point.

[Patricia Tamowski] 17:49:48
So you're going to resist oxidation.

[Patricia Tamowski] 17:49:51

Um, corn oil, canola oil, like, virtually all of the seed oils are genetically modified, unless organic.

[Patricia Tamowski] 17:49:58

And I'm gonna add, unless organic and cold-pressed.

[Heather Plude] 17:50:01

Mm-hmm.

[Patricia Tamowski] 17:50:01

Even avocado. Safflower and sunflower can be okay

[Patricia Tamowski] 17:50:05

If they are, um, cold-pressed and organic. However,

[Patricia Tamowski] 17:50:10

even them, they're very high in omega-6s versus omega-3s, so you want to get your omega-3 to 6 balance.

[Patricia Tamowski] 17:50:16

Um, and most of us are deficient in omega-3s.

[Patricia Tamowski] 17:50:19

So, um, generally, you want to take a look at what's high in omega-3.

[Patricia Tamowski] 17:50:25

Um, meat, unlike what we've been told, is an extremely nutrient-dense food.

[Patricia Tamowski] 17:50:30

Uh, beef has vitamin B12, D, C, perfect, ideal copper zinc ratio.

[Patricia Tamowski] 17:50:36

Um, and this can be a good option, and if you're on a feeding tube, grind it in a blender with water or bone broth.

[Patricia Tamowski] 17:50:43

For a feeding troop. So...

[Patricia Tamowski] 17:50:46

Um, you can find ground beef, ground bison, ground lamb,

[Patricia Tamowski] 17:50:52

Uh, ground elk, uh, in most stores now, you can find them, so look for them.

[Patricia Tamowski] 17:50:57

Uh, look for fast stud.

[Heather Plude] 17:50:58

The antibiotic-free, grass-fed, grass-finished is what you want to look for.

[Patricia Tamowski] 17:51:01

Yeah, so the reason...

[Heather Plude] 17:51:02

And in chicken, also, you want to look for that antibiotic-free grass... I think they call it pasture-raised. I don't know if they... they might call it grass-fed, grass-finished.

[Heather Plude] 17:51:12

But if you're eating, like, the 39-cent chicken, which I don't know if they still sell it for that, but that's... you know, when I was a mom with

[Heather Plude] 17:51:21

4, sometimes 5 kids in the house, we were going for the cheap chicken, and I didn't realize, but it's full of arsenic, so...

[Heather Plude] 17:51:28

Um, you can't do that. You gotta go for the good stuff. So it may be a little bit more expensive, but, um...

[Heather Plude] 17:51:35

Just plan accordingly.

[Patricia Tamowski] 17:51:37

Right. Um, if you have... the idea of the four-stomach, this is the grazers.

[Patricia Tamowski] 17:51:43

The grazers have four stomachs, so the digestive process is reduce the number of toxins,

[Patricia Tamowski] 17:51:48

Even if they're conventionally raised. So sometimes conventionally raised is your own option, if you're gonna get something conventionally raised,

[Patricia Tamowski] 17:51:54

get one of the ones that, um, that have four stomachs. Chicken and pork only have one stomach, so they're more likely to be allergenic.

[Patricia Tamowski] 17:52:03

We talked about the...

[Patricia Tamowski] 17:52:05

allergies, and we'll talk about that as a mono. To start out with meat, if you start out with meat, and then you can add things slowly to find out what you're sensitive to.

[Patricia Tamowski] 17:52:14

Because meat will give you all the nutrients you need.

[Heather Plude] 17:52:15

Some doctors say pork should be avoided at all costs, because it always has parasites. So keep that in mind, too.

[Patricia Tamowski] 17:52:22

Yes.

[Heather Plude] 17:52:24

All right, so fish, I think we kind of went over that already, so let's skip over that.

[Patricia Tamowski] 17:52:25

Always obsessive.

[Patricia Tamowski] 17:52:28

Well, we do want to make sure that they're not farm-raised. Please check and make sure that they're wild-caught and small.

[Heather Plude] 17:52:34

Yep.

[Patricia Tamowski] 17:52:35

Okay? Um...

[Patricia Tamowski] 17:52:37

And vegetables and low-glycemic fruits.

[Patricia Tamowski] 17:52:40

Uh, generally, this is really important. The glycemic index is important.

[Patricia Tamowski] 17:52:46

Grapes should pretty much be avoided at all costs. There's no reason. It's a very high glycemic, it turns into sugar.

[Patricia Tamowski] 17:52:52

Um, it messes up your digestive system and your gut,

[Patricia Tamowski] 17:52:55

And whereas low glycemic berries are a much better option.

[Patricia Tamowski] 17:53:00

So, just notice what foods, what the glycemic index is, just Google it.

[Patricia Tamowski] 17:53:05

Okay, cool, right here.

[Heather Plude] 17:53:05

When we were really concerned about glycemic index, we avoided all apples except green apples, because they're lower. And I'm not saying that we ate a lot of those either, but if you're going to add something low glycemic and you want an apple, the green apples are better.

[Patricia Tamowski] 17:53:21

Yeah. Okay, so please read about lectins. Consider a low-lectin diet.

[Heather Plude] 17:53:22

So...

[Patricia Tamowski] 17:53:27

Lectins can be reduced significantly by soaking overnight, so look at how to reduce the lectins.

[Patricia Tamowski] 17:53:32

The lectin content of soaking versus non-soaking, and just notice that lectins in general are not good for you.

[Patricia Tamowski] 17:53:39

Oxalates, in general, are not good for you. Avoid high oxalate foods. Many people are sensitive to oxalates, so just look it up. Spinach is a very high oxalate food.

[Patricia Tamowski] 17:53:49

So, if you're gonna eat it, consider a leaf or two. Like, don't drink, don't eat a lot.

[Patricia Tamowski] 17:53:55

Um, foods which are high in oxalates and high in lectins are even worse, so just get there. This is another one, get food sensitivity testing.

[Patricia Tamowski] 17:54:04

You can do a coca pulse test and just Google Coca Pulse test.

[Patricia Tamowski] 17:54:08

And you'll learn how to do it. It's very easy, um, it's just something you take your heart rate before and after,

[Patricia Tamowski] 17:54:15

Uh, most of, uh, you should all, if you don't have one of these finger oximeters,

[Patricia Tamowski] 17:54:19

You should have... everybody should have a finger oximeter.

[Patricia Tamowski] 17:54:23

Alright, in it anyway, and you can get your heart rate. It's a very easy way to check your heart rate before and after a meal to find out if something that you ate

[Patricia Tamowski] 17:54:33

might... you might have been sensitive to it. So, uh, check that.

[Patricia Tamowski] 17:54:36

Okay, next.

[Patricia Tamowski] 17:54:39

Um...

[Patricia Tamowski] 17:54:42

what drinks to avoid. Consider low carbohydrate, just to let you... you know, just consider that. Alright, so let's talk about what drinks to avoid.

[Heather Plude] 17:54:44

Yeah.

[Heather Plude] 17:54:51

All right, so what food and drinks to avoid, but we're gonna, um...

[Heather Plude] 17:54:55

Just go back over that we want to avoid anything processed.

[Heather Plude] 17:54:59

Um, no artificial colors, flavors, sweeteners.

[Heather Plude] 17:55:03

Um, and he... even some stevias, which Stevia is a natural, um...

[Heather Plude] 17:55:08

I would go for the liquid ones and go for a good reputation stevia, if you're gonna have that as a sweetener.

[Heather Plude] 17:55:14
Um, the powdered ones, not so good.

[Heather Plude] 17:55:16
So, um, we don't want to do any processed or ultra-processed foods, and just

[Heather Plude] 17:55:23
be very careful with the ingredients that are in any food. So if you're gonna have a food that has ingredients, look for things like seed oils and, um,

[Heather Plude] 17:55:33
And things that could be dangerous. There's all kinds... there's, like, 20 different names for MSG, and MSG is definitely something you want to avoid, so...

[Heather Plude] 17:55:41
familiarize yourself with that, too.

[Patricia Tamowski] 17:55:44
Yeah, and remember, if you have

[Patricia Tamowski] 17:55:48
If you're allergic to something,

[Patricia Tamowski] 17:55:50
Guess what? It could be chicken and have no carbs. It could be stevia and have no carbs.

[Patricia Tamowski] 17:55:55
But you will get an insulin spike, so if you are... if you are sensitive to a food,

[Patricia Tamowski] 17:56:00
You will get a sugar spike and an insulin spike. So just remember that

[Patricia Tamowski] 17:56:07
You just have to have cuts.

[Heather Plude] 17:56:07
Protein spikes your sugar a little bit anyway, the insulin.

[Patricia Tamowski] 17:56:10
Yeah. Yeah.

[Heather Plude] 17:56:11

You don't have to have a sensitivity to it to get a...

[Heather Plude] 17:56:15

insulin spike.

[Patricia Tamowski] 17:56:15

Right, you can get an insulin spike, exactly, without a sugar spike.

[Heather Plude] 17:56:18

Yeah.

[Patricia Tamowski] 17:56:19

All right.

[Heather Plude] 17:56:20

All right, so avoid any diet sodas, Gatorades, anything like that.

[Heather Plude] 17:56:26

power drinks, protein drinks, and unless you're absolutely positive of the organic

[Heather Plude] 17:56:33

sourced ingredients in them. Most of the things that are on the shelves are not something that

[Heather Plude] 17:56:39

we should be drinking.

[Patricia Tamowski] 17:56:40

Yeah, and Dakota is so...

[Heather Plude] 17:56:42

Diet soda's worse than regular soda, but they're all bad.

[Patricia Tamowski] 17:56:44

they're all bad. I thought the diet was worse than regular, but regular's really bad, too.

[Heather Plude] 17:56:49

Yeah, they're all about.

[Heather Plude] 17:56:52

Yeah. So, um...

[Heather Plude] 17:56:54

If you need to drink the carbonated water, some people can swallow that better than drink carbonated water without the additives.

[Patricia Tamowski] 17:57:01

Right, and add some extra, um, mineral salt under your tongue to get extra minerals, or liquid... and add liquid minerals.

[Patricia Tamowski] 17:57:09

Because when you're drinking carbonated water, it leaches minerals.

[Patricia Tamowski] 17:57:12

But sometimes that's the only Kim Cherry did it for 3 years. They took extra minerals.

[Heather Plude] 17:57:18

Okay.

[Patricia Tamowski] 17:57:18

So, um, please avoid fruit juice. It's fructose.

[Patricia Tamowski] 17:57:23

So, fructose is about the worst thing that you can eat. So, in general,

[Patricia Tamowski] 17:57:26

I would say avoid the whole fruit. I wouldn't even eat the whole fruit.

[Patricia Tamowski] 17:57:30

But, if you're gonna eat it, at least it is lower glycemic index with the whole food than with the fruit juice.

[Patricia Tamowski] 17:57:37

But in general, it basically concentrates the amount of

[Patricia Tamowski] 17:57:40

uh, sugar, and they're finding more and more about how harmful fructose is.

[Patricia Tamowski] 17:57:45

So, they're just getting more and more studies on it, so...

[Patricia Tamowski] 17:57:49

Um...

[Heather Plude] 17:57:49

All right. So, limit your coffee, or eliminate your coffee.

[Heather Plude] 17:57:54

Um, it... it...

[Heather Plude] 17:57:56
dehydrates you and pulls magnesium from the body, and...

[Heather Plude] 17:58:01
Probably is... I mean, it's got some good properties, but it's probably better to avoid.

[Heather Plude] 17:58:06
I'm gonna tell you right now that I don't even want to talk about it, because I haven't had coffee in two weeks.

[Patricia Tamowski] 17:58:10
Okay, so I... they did a... there was a... one of the groups that I'm in did a... I don't know how many hundred people that were several hundred people in it, though.

[Patricia Tamowski] 17:58:19
And they, uh, people went off, everybody went off coffee for a month.

[Patricia Tamowski] 17:58:24
And it was a question of, did you feel better being off coffee, or worse?

[Patricia Tamowski] 17:58:28
Or the same. And...

[Patricia Tamowski] 17:58:31
50%. I was surprised that 50% felt significantly better on no coffee.

[Patricia Tamowski] 17:58:36
So, the other fifth...

[Heather Plude] 17:58:37
I've gone a whole year before.

[Patricia Tamowski] 17:58:39
Right, so the...

[Heather Plude] 17:58:39
I quit... I quit the day after my birthday, and had a... had a coffee on my birthday the following year.

[Heather Plude] 17:58:46
And then I... it's the hardest thing I've ever tried to quit. But anyway...

[Patricia Tamowski] 17:58:49

I don't have it every day, and I have a small amount when I have it, so that's just... I'm... I'm weaning myself off. But understand, it is diuretic, and it does...

[Heather Plude] 17:58:50
That's great.

[Heather Plude] 17:58:54
Alright.

[Heather Plude] 17:58:56
So, if you're...

[Heather Plude] 17:58:58
If you're drinking coffee, or a reverse osmosis water, or something that leaches the chemical... the minerals out of your body, then you need to be adding those minerals back in.

[Patricia Tamowski] 17:58:59
all my new stuff.

[Heather Plude] 17:59:09
Um, so things like...

[Heather Plude] 17:59:11
zinc and magnesium and, um, even...

[Heather Plude] 17:59:15
copper and other... other small minerals, so you want to get something with, um...

[Heather Plude] 17:59:20
Trace minerals in it. And... and regular minerals. So, you want to make sure that your body is well mineralized.

[Patricia Tamowski] 17:59:26
Yeah, admin seesaw, I think, has 86 minerals in it.

[Patricia Tamowski] 17:59:30
So, it's good. It's a good one to choose. Okay.

[Heather Plude] 17:59:32
All right.

[Patricia Tamowski] 17:59:34
Uh, we talked about food...

[Heather Plude] 17:59:34

So, yep, use the COCA Pulse test and other allergy tests to look for allergies.

[Heather Plude] 17:59:40

Um, sugar-free is usually a chemical

[Heather Plude] 17:59:44

BOM, so stay away from it.

[Heather Plude] 17:59:46

Um, also gluten-free

[Heather Plude] 17:59:49

processed products are another chemical bomb.

[Heather Plude] 17:59:52

So, just be careful of those things. They're kind of...

[Heather Plude] 17:59:56

sound healthy, but aren't fat-free, another one. I would avoid, like, the plague.

[Heather Plude] 18:00:01

All right.

[Patricia Tamowski] 18:00:03

Elimination diet, if you want to know... there is a skin patch test that insurance covers.

[Patricia Tamowski] 18:00:08

So, consider getting a skin patch test.

[Patricia Tamowski] 18:00:11

You can also get an LRA test, it's rather expensive, but some of the holistic doctors will feel that this is

[Patricia Tamowski] 18:00:18

An even better measure of food sensitivities that isn't detectable in other tests

[Patricia Tamowski] 18:00:23

You can also do an elimination diet, and I like it if you're vegetarian, you might want to just start with, like,

[Patricia Tamowski] 18:00:31

wey protein with some added fat.

[Patricia Tamowski] 18:00:33
And then... then add things from there.

[Patricia Tamowski] 18:00:37
rather than starting with...

[Heather Plude] 18:00:40
We need to pick up the face a little bit.

[Patricia Tamowski] 18:00:40
salary. I'm gonna be hungry all the time. So get something that's... start with something as a base.

[Heather Plude] 18:00:42
So we have time for questions.

[Patricia Tamowski] 18:00:45
Uh, that you're not gonna be hungry with, and then slowly add foods to figure out what you're sensitive to. But I would absolutely do a skin patch test. Everyone should do that.

[Patricia Tamowski] 18:00:54
Um, why not?

[Patricia Tamowski] 18:00:56
Okay.

[Heather Plude] 18:00:56
There we go. Um, we need to pick up the pace a little bit so we can get to questions.

[Patricia Tamowski] 18:01:00
Okay, so sugar-free, dairy-free, gluten-free, all of these are very well documented on reducing inflammation.

[Heather Plude] 18:01:01
So,

[Patricia Tamowski] 18:01:08
Uh, we know that they... sugar, dairy, and gluten weaken the immune system. The exception to that is butter.

[Patricia Tamowski] 18:01:14
Uh, ghee is totally dairy-free. Uh, butter

[Patricia Tamowski] 18:01:19

can be, uh, it has... it has a little tiny bit, but it's fairly small, and it has butyrate in it, so it's actually good for the gut, so...

[Patricia Tamowski] 18:01:27
Usually grass-fed butter is fine.

[Patricia Tamowski] 18:01:31
And you can get grass-fed butter in the grocery stores. So, um...

[Patricia Tamowski] 18:01:37
let's just talk really quickly. The main thing with corn, soy, wheat, and many other grains is they are sprayed

[Patricia Tamowski] 18:01:44
before harvest, so...

[Patricia Tamowski] 18:01:47
they... they ready to harvest, they used to let them sit for 6 days, and then they would... they would dry out, and then they would harvest them.

[Patricia Tamowski] 18:01:53
Now, they found out if they spray pesticides on it,

[Patricia Tamowski] 18:01:57
Especially glyphosate and wound up,

[Patricia Tamowski] 18:01:59
They will dry out in 2 days.

[Patricia Tamowski] 18:02:02
And increase the yield?

[Patricia Tamowski] 18:02:04
And they end up getting a better harvest.

[Patricia Tamowski] 18:02:07
However, you are eating

[Patricia Tamowski] 18:02:10
the...

[Patricia Tamowski] 18:02:11
Pesticides, and you don't want to do that. So please, please,

[Patricia Tamowski] 18:02:15
Uh, really consider stopping all grains.

[Patricia Tamowski] 18:02:19

Okay, as well as...

[Patricia Tamowski] 18:02:21

A lot of these also have, um, bacteria and funguses and mold in them.

[Patricia Tamowski] 18:02:26

Because they get stored in silos.

[Patricia Tamowski] 18:02:29

So they're really bad in a lot of different ways.

[Patricia Tamowski] 18:02:33

Alright?

[Heather Plude] 18:02:33

Okay, transitioning to a new way of eating.

[Heather Plude] 18:02:37

So, whatever you do, do it gradually. Don't go from zero tablespoons of fat a day to 12. You know, if you're going to want to go

[Heather Plude] 18:02:47

Uh, you know, everything that you do, you're going to want to change gradually, so...

[Heather Plude] 18:02:53

that you can see what's going on with your body. Listen to your body. If your body is...

[Heather Plude] 18:02:57

you know, not responding well to a certain diet, then.

[Heather Plude] 18:03:03

Um, you know, change and do something that...

[Heather Plude] 18:03:07

works for you. Watch your weight. You don't want to lose too much weight. So...

[Patricia Tamowski] 18:03:10

Yeah, and if you're translating to a low-carbohydrate, if you're used to eating 2 grams, 100 grams a day of carbohydrates,

[Patricia Tamowski] 18:03:18

Transition to 175.

[Patricia Tamowski] 18:03:19

And then 150, like, do it slowly, please be kind to your body and to your gut, and don't make drastic changes.

[Patricia Tamowski] 18:03:27

Period. It's not worth it.

[Patricia Tamowski] 18:03:32

Alright.

[Heather Plude] 18:03:32

Yeah. Okay, so we do have a lot of diet options down there. I think this is something that they can go through. Let's get to some questions.

[Patricia Tamowski] 18:03:35

Yeah.

[Patricia Tamowski] 18:03:39

Okay, let's get some questions, and I might go over the options, but the main thing is maintaining your weight, so just... everybody's different, I think that's the main thing.

[Heather Plude] 18:03:42

Okay.

[Patricia Tamowski] 18:03:46

So, you've got, uh, you've got low carbohydrate,

[Heather Plude] 18:03:47

Yeah.

[Patricia Tamowski] 18:03:50

Uh, which is under 75 grams a day. Modified ketogenic, which is under 50 grams a day, a lot of functional doctors like people

[Patricia Tamowski] 18:03:58

to slowly move towards 50 and see how they do. And if you can increase it, see if you're feeling better or worse, decrease it, see if you're feeling better or worse.

[Patricia Tamowski] 18:04:07

Just and eat plenty of fat. If you do this, you will lose weight. If you don't eat enough protein and fat.

[Patricia Tamowski] 18:04:13

So don't just reduce the carbohydrates, please increase your protein and your fat accordingly.

[Patricia Tamowski] 18:04:19

Um, we're not pushing one particular diet. I would say this is probably the main diet that I see, mostly.

[Patricia Tamowski] 18:04:26

Okay? In addition to the, you know, this Mediterranean, but except that no greens.

[Patricia Tamowski] 18:04:31

And low glycemic fruits and vegetables.

[Patricia Tamowski] 18:04:34

Um, you can go all the way to ketogenic, which is less than 20 times of carbohydrates a day.

[Patricia Tamowski] 18:04:39

Carnivore is zero carbohydrates. Some people are very, very sensitive to a lot of foods, and they actually do better

[Patricia Tamowski] 18:04:48

On a zero-carbohydrate diet.

[Patricia Tamowski] 18:04:50

It's not for everyone. Other people find they're doing really well on ketogenic, others find they're really better on modified.

[Patricia Tamowski] 18:04:57

Other people are doing better on 100 grams a day, so do what works for you.

[Heather Plude] 18:05:02

Yeah.

[Patricia Tamowski] 18:05:02

Um, I can say the main important thing is if you go on a plant-based, low-carbohydrate diet,

[Patricia Tamowski] 18:05:08

Make sure that you're eating enough protein and enough fat.

[Patricia Tamowski] 18:05:12

Some people have had good results with medical medium, other people have had terrible results with medical media.

[Patricia Tamowski] 18:05:18

So,

[Heather Plude] 18:05:18

And we do have people that are complete vegetarians and people that are doing carnivore, and...

[Heather Plude] 18:05:23

No, no real...

[Patricia Tamowski] 18:05:23

Yep. And everything in between.

[Heather Plude] 18:05:25

Yeah.

[Patricia Tamowski] 18:05:25

Everything in between. Figure out what works for you. It's trial and error, listen to your body. We just had somebody stop eating gluten and dairy, and all of a sudden, he said, my stomach doesn't hurt anymore, I'm not bloating anymore.

[Heather Plude] 18:05:37

Right. Mm-hmm.

[Patricia Tamowski] 18:05:37

Just with that change. So, it makes a difference. If you do get Candida or fungus, I know you have to read through this, but it's really important

[Patricia Tamowski] 18:05:45

that if you do have Candida fungus, along with... you have to get rid of, go back to step 6, get rid of the mold in your home,

[Patricia Tamowski] 18:05:52

Once that's gone, make sure you're not drinking mold... you may be drinking mold-free coffee, mold-free nuts.

[Patricia Tamowski] 18:05:59

Basically, all peanuts and cash cashews.

[Patricia Tamowski] 18:06:02

have a ton of mold in them, and almonds have a ton of oxalates in them, so you've really got to be... maybe the other nuts. Look at the other nuts.

[Heather Plude] 18:06:03

I have a

[Patricia Tamowski] 18:06:10

Um, anyway, you can go through this, but I just want to go over a feeding tube.

[Heather Plude] 18:06:15
Yeah.

[Patricia Tamowski] 18:06:16
Please don't hesitate to get a feeding tube if you need one. It can be removed once you heal.

[Patricia Tamowski] 18:06:21
If you need strength, you know, this is just... you need strength, and you need nutrition.

[Patricia Tamowski] 18:06:26
to let you to heal ALS. So, it can be removed. We've had a bunch of people get feeding tubes removed.

[Patricia Tamowski] 18:06:31
So, if you...

[Heather Plude] 18:06:31
Yeah, and what's the best diet for somebody with a feeding tube? The same diet as somebody without one. So you can just put everything that you would eat normally, um, well, normally once you've changed to the totally organic,

[Patricia Tamowski] 18:06:38
Yeah.

[Heather Plude] 18:06:45
You can put that in a Vitamix or a Blendtec, and you can blend it up, and you can eat it that way.

[Heather Plude] 18:06:50
So, you're getting the same nutrients. If you have to do, um, processed...

[Patricia Tamowski] 18:06:52
Yeah, so ideally, the best... so we put good, better, and best. So this is good.

[Heather Plude] 18:06:58
Yep.

[Patricia Tamowski] 18:06:59
Better Best, so the best is homemade, in general. Homemade.

[Heather Plude] 18:07:03

Mm-hmm.

[Patricia Tamowski] 18:07:04

Better is going to be Liquid Hope.

[Patricia Tamowski] 18:07:05

Some of these other organic feeding tube formulas,

[Patricia Tamowski] 18:07:08

Um, please avoid insurgevity and pretty much all the commercial

[Patricia Tamowski] 18:07:13

feeding shoe products. So...

[Heather Plude] 18:07:14

If they offer it to you in a hospital, it's probably not good for you.

[Patricia Tamowski] 18:07:17

Yeah. So, above the pre-made liquid hope, it is still a processed food,

[Patricia Tamowski] 18:07:23

Please consider blending your own food. We had one guy on Liquid, and we said, look, every time I go on any processed food, I've tried, like, 3 or 4 of them.

[Patricia Tamowski] 18:07:30

I get sick, and yet I do just fine with my blended food that I'm used to. So please consider blending your food.

[Heather Plude] 18:07:34

Mm-hmm.

[Patricia Tamowski] 18:07:37

Okay, all right. I think we're done.

[Heather Plude] 18:07:37

All right. So, a great comment to start with is Serena, she said, getting a G-tube was a great decision for me.

[Heather Plude] 18:07:47

so grateful.

[Patricia Tamowski] 18:07:48

Okay, I just want to go through the rest of this, we're done. But there's Coco, and there's a boot camp, and then we have check for understanding, and then we have... and we have references!

[Heather Plude] 18:07:50
Yeah.

[Heather Plude] 18:07:54
Woohoo-hoo!

[Heather Plude] 18:07:56
Yes. All right.

[Patricia Tamowski] 18:07:57
Okay? So, just to let everybody know, there you go. Now...

[Heather Plude] 18:08:00
So here's a good source. Kathleen said, I order salmon from Wild Alaska.
Excellent customer service, so...

[Heather Plude] 18:08:07
Very good. Wild caught Alaskan fish.

[Patricia Tamowski] 18:08:10
Yeah, I'm able to find frozen wild-caught in my grocery store, and you can
tell by the color, and it's very inexpensive, so...

[Heather Plude] 18:08:15
Yeah.

[Heather Plude] 18:08:17
Costco's good for that. They have wild... you have to watch, because some of
it is farmed, but Costco has some wild-caught.

[Patricia Tamowski] 18:08:18
Yeah, I mean...

[Patricia Tamowski] 18:08:24
Yeah, so look for the wild-caught label. Oh, by the way, you cannot say

[Patricia Tamowski] 18:08:29
Oh, gosh, it'll say wild salmon!

[Patricia Tamowski] 18:08:32
But it's farmed.

[Heather Plude] 18:08:33
Yeah.

[Patricia Tamowski] 18:08:34

It has to say wild-caught.

[Heather Plude] 18:08:37
Yeah.

[Patricia Tamowski] 18:08:37
Salmon. So, I couldn't believe that they did it. We opened one up, and I was like, ugh, this tastes awful.

[Heather Plude] 18:08:39
Alright.

[Patricia Tamowski] 18:08:43
And it was because it wasn't. They called it wild salmon instead of wild-caught. I was... I was...

[Heather Plude] 18:08:45
Yeah.

[Heather Plude] 18:08:48
Oh, that's terrible. So, John said...

[Patricia Tamowski] 18:08:49
Um, I wanted to thank... just a second, I just want to thank the feeding two person for sharing that.

[Heather Plude] 18:08:51
People...

[Heather Plude] 18:08:54
That was Serena.

[Patricia Tamowski] 18:08:54
I would say, Serena, thank you. The reason that I say that is that we hear that all the time. That Serena's one voice.

[Patricia Tamowski] 18:09:02
I've probably heard it 50 or 100 times.

[Patricia Tamowski] 18:09:05
I wish I'd gotten my feeding tube sooner. It was the best thing I did.

[Patricia Tamowski] 18:09:08
So, just don't hesitate. They can get sewn up. Don't worry about it, you want to stay healthy.

[Heather Plude] 18:09:09

Yep.

[Patricia Tamowski] 18:09:14

And you want to stay healthy now, so just don't hesitate.

[Heather Plude] 18:09:17

So, John said, people are overlooking eggs that come from chickens fed soy, flaxseed, or seed oils.

[Heather Plude] 18:09:24

They're high in polyunsaturated fatty acids.

[Heather Plude] 18:09:28

P-U-F-A.

[Heather Plude] 18:09:29

So, thank you, Dawn, for sharing that.

[Patricia Tamowski] 18:09:31

Absolutely.

[Heather Plude] 18:09:32

And Tanya said, what about cooking lard? I have a funny story about that. My Uncle Stanley

[Heather Plude] 18:09:38

used to eat lyard with a spoon.

[Patricia Tamowski] 18:09:40

Well, it's... if you're talking about beef tallow, it's different. If you're talking about Crisco, forget...

[Heather Plude] 18:09:41

And he lived to be 90.

[Heather Plude] 18:09:46

I don't... no, no, no, LARD... LARD is not Crisco. Um, it's...

[Heather Plude] 18:09:51

I don't think it's...

[Patricia Tamowski] 18:09:51

I think it's beef tallow. I think lard and beef...

[Heather Plude] 18:09:53

I don't think it's beef tallow, either.

[Heather Plude] 18:09:57

I don't...

[Heather Plude] 18:09:58

Um, but yeah, are you gonna Google it?

[Patricia Tamowski] 18:10:01

Yeah...

[Wendy Konopke] 18:10:03

Lord is from a poop.

[Patricia Tamowski] 18:10:03

Oh, Lord is pig fat. Okay, so it's... yeah.

[Heather Plude] 18:10:05

Oh, okay, so that would be the reason why not, because of the...

[Heather Plude] 18:10:09

parasites in pigs, so that would...

[Heather Plude] 18:10:12

I would avoid it.

[Heather Plude] 18:10:14

because of that, I would use beef tallow instead. Okay, that's...

[Heather Plude] 18:10:18

I never really knew what lard was, but I...

[Heather Plude] 18:10:21

Just remember cringing every time I would see him go in with a spoon and eat it.

[Heather Plude] 18:10:26

But he lived to be 90, so...

[Patricia Tamowski] 18:10:27

Yeah. Yeah, but he lived to be 90, exactly. Good point. Lived to be 90.

[Heather Plude] 18:10:32

Uh, Mike said I work... work in power plants for 17 years. I was exposed to fly ash, which contains arsenic and other heavy metals. So you need to be working on getting your heavy metals out, um, when...

[Patricia Tamowski] 18:10:44

Right.

[Heather Plude] 18:10:45
you know, when you're ready, when you feel like you're ready for that.

[Patricia Tamowski] 18:10:48
Yeah, once you've kind of built up your body, um...

[Patricia Tamowski] 18:10:51
And, uh, stop the incoming toxins, like a sauna, a home sauna with the head sticking out,

[Patricia Tamowski] 18:10:57
is an inexpensive, like a foldable sauna. Very inexpensive, and it'll last for the next 20 years.

[Heather Plude] 18:11:00
Yeah.

[Heather Plude] 18:11:02
And you can start that and just ease into it. If you...

[Patricia Tamowski] 18:11:05
Yeah.

[Heather Plude] 18:11:07
have access to all of the 47 steps, jump right to that step, and refresh yourself, or learn about...

[Heather Plude] 18:11:13
ways to do that. Um...

[Heather Plude] 18:11:16
So, Kathleen said, I soaked my pumpkin seeds overnight to reduce lectins.

[Heather Plude] 18:11:21
Gundry sells lectin Shield to help

[Heather Plude] 18:11:25
dissipate the lectins. Okay.

[Heather Plude] 18:11:29
Alright, never heard of that.

[Patricia Tamowski] 18:11:29
Oh, by the way, on having fun, grandchildren.

[Patricia Tamowski] 18:11:34

Awesome. Or... or nieces and nephews and children that aren't yours.

[Heather Plude] 18:11:35
You have...

[Heather Plude] 18:11:38
Yeah. Okay, back to the having fun, yes, grandchildren. That's a good one.
Alright, I was like, what?

[Patricia Tamowski] 18:11:43
Sorry, I just wanted to mention that.

[Patricia Tamowski] 18:11:46
Children that aren't yours.

[Heather Plude] 18:11:46
Um, Ron said, I enjoy buy coconut water juice, and I hope it's helpful.

[Heather Plude] 18:11:53
Well, I would just make sure it doesn't have any added sugar. Whenever I
buy a, um...

[Heather Plude] 18:11:58
Bye, bye. Whenever I buy a coconut water or, um, any kind of coconut
product, I just make sure there's no added sugar, make sure it's just the
coconut.

[Patricia Tamowski] 18:12:07
Yeah.

[Heather Plude] 18:12:07
So, Michelle said, I am on Liquid Hope, as well as Natural Foods in my
tube.

[Heather Plude] 18:12:13
Protein is pea protein. Any opinion? I love pea protein? I didn't, um... I...
I...

[Heather Plude] 18:12:19
The Liquid Hope is one of the best processed

[Heather Plude] 18:12:23
Um, tube fed...

[Patricia Tamowski] 18:12:26
Yeah, and if you're vegetarian, be prone as soon as great. If you're not
vegetarian and willing to eat grass-fed beef,

[Heather Plude] 18:12:26
formulas off.

[Heather Plude] 18:12:27
So...

[Patricia Tamowski] 18:12:34
That, you put in a blender with some broth or some water, and put it in the feeding tube. That's very nutrient-dense.

[Patricia Tamowski] 18:12:40
Believe it or not, um...

[Patricia Tamowski] 18:12:43
Beef is one of the best nutrient-dense things that you can eat if you... if you do eat meat.

[Patricia Tamowski] 18:12:47
If you don't eat meat, then the pea protein is just fine.

[Heather Plude] 18:12:51
Natalie said, I can barely stand the pea protein and spices in the Liquid Hope after years of it. So if your body gets the same food for a lot of years, it can develop...

[Heather Plude] 18:13:04
an allergy, so, um, it may be that you need to switch or go to blended food if, um, if you're having issues with it, especially after years of

[Heather Plude] 18:13:15
I'm glad you added that. After years of doing it, so...

[Patricia Tamowski] 18:13:18
Yeah.

[Heather Plude] 18:13:18
Um, just something to think about.

[Patricia Tamowski] 18:13:20
Um, you might want to consider Cystus tea. The issue with black tea is it actually has oxalates in it, so green tea can be helpful, but remember, especially black tea has oxalates, I'm not sure how much green tea... I think green tea does as well.

[Patricia Tamowski] 18:13:32
But again, we're balancing. It's not like you don't have any oxalates.

[Patricia Tamowski] 18:13:36
instant. You notice how many oxalates you're eating. Okay, I'm gonna eat

[Patricia Tamowski] 18:13:39
I'm gonna eat some oxalates here.

[Patricia Tamowski] 18:13:41
And that's okay. Um...

[Patricia Tamowski] 18:13:44
So, just to... but just notice, they have caffeine,

[Patricia Tamowski] 18:13:47
Um, and the Ovaltines and Sisters tea is amazing. If you haven't found any downside for Sisters tea yet.

[Heather Plude] 18:13:52
Yeah.

[Patricia Tamowski] 18:13:55
C-I-S-T-U-S.

[Heather Plude] 18:13:56
Uh, Gaddy said, does the source of dairy matter? I'm dairy-free, but sometimes I'm tempted to have some. We have dairy goats. I make yogurt, kefir, and cheese for everyone. Um, that would be the best kind, is the non-processed...

[Heather Plude] 18:14:10
fresh, um...

[Heather Plude] 18:14:13
dairy, but, I mean, even Dr. Cowden, I think, says that's not good. It can...

[Heather Plude] 18:14:18
produce phlegm. So if you, um, have a lot of phlegm, then I would try

[Heather Plude] 18:14:23
Cutting the dairy out and see if that resolves. So...

[Patricia Tamowski] 18:14:25
Yeah. And on the other hand, if it's not affecting you, and you want to have it once a week, and you're, like, not noticing any bad side effects at all,

[Patricia Tamowski] 18:14:35

then you might want to consider, you know, sure, have some key for yogurt.

[Patricia Tamowski] 18:14:41

Um, so just, again, everyone's got to experiment. There's no one answer for everyone.

[Heather Plude] 18:14:41

Yeah.

[Heather Plude] 18:14:47

Yep, here's a good one. What about milling your own...

[Patricia Tamowski] 18:14:48

Um,

[Heather Plude] 18:14:50

organic, non-GMO grains at home.

[Heather Plude] 18:14:54

I have no idea, David, but maybe dishes.

[Patricia Tamowski] 18:14:55

I would think you'd need to go to the Ancient Ones, because the Ancient Grains don't have that big gluten. Gluten is a big problem.

[Patricia Tamowski] 18:15:03

So, if you have this big gluten thing, that is irritating your stomach. However, the ancient grains are either gluten-free or very, very low on gluten.

[Patricia Tamowski] 18:15:13

So, I would look at the ancient ones, if you're gonna do that.

[Patricia Tamowski] 18:15:16

Um, to me, I can live without them. Like, I really, truly can live without grains.

[Patricia Tamowski] 18:15:21

It's amazing. We just get...

[Heather Plude] 18:15:22

Yeah.

[Patricia Tamowski] 18:15:23

We get addicted to things, and then once you haven't had them for a while, like, you don't need them anymore. I never thought I'd be able to live without...

[Heather Plude] 18:15:29

I wish I had felt that way about coffee.

[Patricia Tamowski] 18:15:31

Yeah, I haven't thought I'd be able to live without bread. Oh my goodness, I used to get, uh...

[Heather Plude] 18:15:32

Anyway...

[Patricia Tamowski] 18:15:36

I used to get a chocolate croissant.

[Patricia Tamowski] 18:15:39

I used to work in Manhattan. I would... grandson Station. I could not walk by Grand Central.

[Heather Plude] 18:15:40

All right, enough.

[Heather Plude] 18:15:44

You're all trying not to eat that. So Adolphosa, is this the one you answered? Naturopath put us on one black...

[Heather Plude] 18:15:49

and one green tea per day for lowering firteen?

[Heather Plude] 18:15:53

Was that the one you were answering, yeah?

[Patricia Tamowski] 18:15:54

Yeah, I don't even know it was the other one, but Fujin, I don't even know what that is.

[Heather Plude] 18:15:57

I think Ferridin. I think it's supposed to be ferridin.

[Heather Plude] 18:15:59

Yeah, lowering ferridance.

[Patricia Tamowski] 18:15:59

Oh, ferritin, yeah. So, again, notice the oxalates, notice how you feel on it. If you feel better, because that's only one green and one black, it's not huge amounts.

[Patricia Tamowski] 18:16:09
But just notice.

[Patricia Tamowski] 18:16:12
You just notice.

[Heather Plude] 18:16:12
Yeah. Hey, um, I'm gonna have Don help me on this one, because the next question is, are electrolytes good? I tried one, LMNT, which is a popular one that's out there advertised all the time, and it made me feel worse. All my scans were really weird.

[Heather Plude] 18:16:27
Um, and...

[Heather Plude] 18:16:29
Um, Don told me that there's an ingredient in it that is no good for you. Dawn, please put in the chat what that ingredient is, because I always forget, and I'm sorry.

[Patricia Tamowski] 18:16:37
I'm assuming you're talking unflavored, because all of the flavors have stuff in them.

[Patricia Tamowski] 18:16:42
But the unflavored one,

[Patricia Tamowski] 18:16:44
Um...

[Heather Plude] 18:16:44
Yeah, I had unflavored. It doesn't... didn't matter what it was, it was... it made me not feel good that.

[Patricia Tamowski] 18:16:50
Yeah.

[Heather Plude] 18:16:50
So, I would avoid that one, and many of the other ones, and I think there's only one good one.

[Heather Plude] 18:16:56

Um, and I can't remember what it is, because I've switched to salt. I'm all done with those electrolytes.

[Patricia Tamowski] 18:17:00

Yeah, no, and I have, like, my mineral salt right here, and I just take a little bit and stick it under my tongue.

[Heather Plude] 18:17:03

All right.

[Patricia Tamowski] 18:17:05

And that's it, just leave it.

[Heather Plude] 18:17:06

Yep. So which is better, pee or whey protein? Um, I think organic.

[Heather Plude] 18:17:12

And I think they both could be good, so...

[Patricia Tamowski] 18:17:14

It depends, and it depends. Some people are sensitive to whey, and other people aren't.

[Heather Plude] 18:17:15

Um...

[Patricia Tamowski] 18:17:18

But the way is lower in carbs.

[Heather Plude] 18:17:19

Yep.

[Patricia Tamowski] 18:17:21

So, in general, it has more protein

[Heather Plude] 18:17:22

Kathleen?

[Patricia Tamowski] 18:17:23

Uh, just make sure you eat plenty of fat, plenty of protein, and we're gonna talk about that next week, by the way, the amount of protein, fat, and carbohydrates.

[Heather Plude] 18:17:31

Okay, good.

[Patricia Tamowski] 18:17:31

Well, that's really going to be focusing.

[Heather Plude] 18:17:33

Um, Kathleen said, while Alaska is wild-caught, and I did get that from that, but just to reiterate, that was the...

[Heather Plude] 18:17:40

um, place she said that you could order from, Wild Alaska. I'm trying to get through these, because we've got a ton of new ones, and I want to... and we're already past our time, so... Uh, Ron said, how do I find the links for the recordings on these webinars? And they're on each step, at the top of each step.

[Patricia Tamowski] 18:17:46

Yep.

[Heather Plude] 18:17:56

Um, give us a couple days to get this one up, but...

[Heather Plude] 18:17:59

you know, by next week, they... it should be up.

[Patricia Tamowski] 18:18:02

Yeah, we should have it up within a few days. It will then be at the top of the step. We're moving them up to the top.

[Heather Plude] 18:18:05

Robin said, thank you.

[Heather Plude] 18:18:08

Uh, Brent said, I'm reading the metabolic typing diet that helps you find your customized diet based on your unique metabolic characteristics. I love it! Good!

[Heather Plude] 18:18:19

Yes.

[Patricia Tamowski] 18:18:20

Yeah. And Mike, if you look at You HeavyMattal Detox, check out the Heavy Metal Detox

[Patricia Tamowski] 18:18:25

stuck, okay? That's down further. You have to log in. If you're part of the study,

[Patricia Tamowski] 18:18:32

You get the 47 steps for free, you have full access to the 47 steps.

[Patricia Tamowski] 18:18:37

So, uh, now that you've done your registry, please make sure that you do your study application. HealingALS.org, click on study, get the application done, you get all access to all steps for free.

[Patricia Tamowski] 18:18:49

And for the rest of the world,

[Patricia Tamowski] 18:18:52

we were supposed to do it this week, we will do it by next week for the rest of the world, we will have a separate application for you so that you can get the 47 steps free as well, as long as you're willing to do

[Patricia Tamowski] 18:19:02

this other application for the rest of the world. It'll be the same application.

[Heather Plude] 18:19:04

Great.

[Patricia Tamowski] 18:19:05

One's for the US, one's for the rest of the world. The reason we do that is because of publication rights.

[Heather Plude] 18:19:09

Fantastic!

[Heather Plude] 18:19:11

So, for right now, if you don't have the 47 steps and you're not in the country, just, you know, and you want access to them, you could just do the monthly thing until that opens up.

[Patricia Tamowski] 18:19:20

Yeah, it'll... yeah, and it will be... it will have it up by... by next week, for sure, and it might even be open by tomorrow.

[Heather Plude] 18:19:20

Right? Yep.

[Heather Plude] 18:19:24

Okay, so don't forget that.

[Patricia Tamowski] 18:19:27

Uh, the Ji Wu Li I wanted to mention that too, but let's finish this... finish the...

[Heather Plude] 18:19:28

Alright, good.

[Heather Plude] 18:19:30

Alright, so Kathleen says, I eat coconut yogurt and make L...

[Heather Plude] 18:19:36

Alara Terry Yogurt with coconut milk? Not sure what that is, but um... that sounds... it all sounds good. Coconut...

[Patricia Tamowski] 18:19:43

Eliguchiwi, you know that, that's an Elguchiri, it's a... it's a bacteria.

[Heather Plude] 18:19:47

Okay.

[Kathleen McCallum] 18:19:48

El Ruderaí is supposed to replace some nodes in your stomach that have been wiped out by antibiotics.

[Patricia Tamowski] 18:19:49

Right.

[Kathleen McCallum] 18:19:55

And it's supposed to help sleep?

[Kathleen McCallum] 18:19:58

And also...

[Kathleen McCallum] 18:20:01

improve your empathy.

[Kathleen McCallum] 18:20:03

make you feel better overall and more loving.

[Heather Plude] 18:20:06

Woohoo! We could all use a little of that.

[Patricia Tamowski] 18:20:10

Okay.

[Heather Plude] 18:20:10

Al Rutary, huh? Okay.

[Patricia Tamowski] 18:20:12

Daddy, I love this question. I'm eating twice a day on keto.

[Patricia Tamowski] 18:20:17

And my... they said, you want to eat more often to regulate blood sugar?

[Patricia Tamowski] 18:20:23

So, just so you... you know that that's just... this... this person, whoever she is,

[Patricia Tamowski] 18:20:30

isn't really understanding that blood sugar is totally... so I'm just gonna give you... I'm gonna share my screen real quick.

[Patricia Tamowski] 18:20:38

Um, you need to eat more carbs only if you're losing weight. We guess that you're probably gonna eat more fat. Everybody come next...

[Heather Plude] 18:20:45

And I don't think you have to add in carbs if you're losing weight. You can eat in...

[Patricia Tamowski] 18:20:48

Right. So this is on zero carbs.

[Heather Plude] 18:20:50

Add in fat and protein.

[Patricia Tamowski] 18:20:51

So this is on zero carbs, and look at my blood sugar. It is solid as a rock.

[Patricia Tamowski] 18:20:56

Okay? The minute I start eating carbs,

[Patricia Tamowski] 18:21:01

Look what happens. You start eating carbs. This is what happens is in my blood sugar map,

[Patricia Tamowski] 18:21:07

When I... on a day I ate carbs, you eat carbs, it goes up, then you have an insulin reaction, it goes back down,

[Patricia Tamowski] 18:21:13

Then it goes back up, then it goes back down. I mean, it is a disaster.

[Patricia Tamowski] 18:21:16

So, this, uh, you know, eating once or twice a day is fine, and you'd have to be... make sure you eat plenty of fat. Get a continuous glucose monitor. That's how to convince the doctors.

[Patricia Tamowski] 18:21:27

Um, the CGM, we'll talk about it next week, it's \$80 for a month.

[Patricia Tamowski] 18:21:32

\$40 for 2 weeks, you can spend \$40 now for 2 weeks,

[Patricia Tamowski] 18:21:36

show the doctor, I take pictures of my continuous glucose monitor every day,

[Patricia Tamowski] 18:21:41

And then you can show the doctor, and then

[Patricia Tamowski] 18:21:43

in a few months, you want to try it again, see how your body responds to different food. I think it's one of the best things you can do.

[Patricia Tamowski] 18:21:50

Okay?

[Heather Plude] 18:21:50

All right, good. All right, Kathleen said flax is a good old grain, and she also said, I drink Cigna coffee with Lion's Mane mushrooms.

[Heather Plude] 18:21:58

That's the one I have, too, when I have coffee, but it's still half and half, so it's not just...

[Heather Plude] 18:22:03

mushroom, it has coffee in it also.

[Patricia Tamowski] 18:22:05

Right, and flax is very high in omega-6, so you have to make sure that you balance that omega-6 with omega-3s.

[Heather Plude] 18:22:11

So, the thing I asked Don to help me with was maltodextrin.

[Heather Plude] 18:22:18

And I have to put that somewhere, like...

[Patricia Tamowski] 18:22:18

Yeah, so we don't want maltodextrin.

[Heather Plude] 18:22:20

ingrained on my brain, because...

[Heather Plude] 18:22:22

I always forget. Maltodextrin, you don't want that, and if you're looking at electrolyte drinks, most of them have that.

[Patricia Tamowski] 18:22:29

Okay, salt tea is good. Okay.

[Heather Plude] 18:22:32

Salt tea is, yeah, the good electrolyte brand. I don't know what Aussie is. Aussie, is that a, um...

[Heather Plude] 18:22:38

a meal replacement off the sun.

[Patricia Tamowski] 18:22:39

Aussie Minerals is, uh, Aussie Minerals, possibly Aussie Minerals, yeah. That is a nice, good liquid mineral supplement.

[Heather Plude] 18:22:40

Oh, Aussie Minerals, okay.

[Heather Plude] 18:22:43

Yeah.

[Heather Plude] 18:22:45

All right, lots of thank yous. What is MCT oil?

[Patricia Tamowski] 18:22:47

Okay.

[Patricia Tamowski] 18:22:50

Yeah.

[Heather Plude] 18:22:50

Oh, good. Medium chain triglycerides from coconut. Perfect. Thank you, Don, appreciate it.

[Patricia Tamowski] 18:22:52

Yeah.

[Patricia Tamowski] 18:22:57

Yeah, and...

[Heather Plude] 18:22:57

Um, Rich says he eats Coco Jun yogurt, yummy, and that's from Coconut also.

[Heather Plude] 18:23:04

Good, good.

[Patricia Tamowski] 18:23:04

Okay. Just check the sugar content, so just eat a little so you don't eat too much sugar.

[Heather Plude] 18:23:07

Devin said, does anyone use the Deanna protocol? I think we have... you know, if anybody here does.

[Patricia Tamowski] 18:23:11

Uh, we have a bunch of people that have tried the Deanna Protocol and tried parts of it. Um, some of the parts of Jana Protocol are very good.

[Patricia Tamowski] 18:23:18

Um, the AAKG, people have had some AAKG+, people have had some good...

[Patricia Tamowski] 18:23:24

results from.

[Heather Plude] 18:23:25

Uh, Elizabeth said, my natural doctor gave me pectasol for heavy metals. What do you think of that?

[Patricia Tamowski] 18:23:25

So, um...

[Patricia Tamowski] 18:23:32

Why don't we talk about that in the heavy metal test? On the heavy metal step. I believe it in there, I believe it's in that step.

[Heather Plude] 18:23:37

I'm not really familiar with pectasol, but it sounds like it's a citrus pectin.

[Heather Plude] 18:23:42

Which is a week binder for heavy metals.

[Patricia Tamowski] 18:23:44

Yeah.

[Heather Plude] 18:23:44

Um, you know, it's not gonna hurt you as long as you're not using a chelator with it, so if you...

[Heather Plude] 18:23:50

You stir up things, um...

[Heather Plude] 18:23:53

It's not gonna grab everything, but if you're not stirring anything up, it might grab something.

[Heather Plude] 18:23:59

So, citrus pectins are good.

[Heather Plude] 18:24:02

All right, so lots of thank yous, and thank you all. We got through everything.

[Patricia Tamowski] 18:24:05

Yeah, thank you all. Next week, uh, Dr. Cowden is talking on something or other on the Expert Talk. I forgot what, but it'll be good.

[Patricia Tamowski] 18:24:13

We'll be good. And, um...

[Heather Plude] 18:24:16

Uh, there are some people who found the WALs protocol helpful, so Eileen says she's reading the wellness protocol, so yes.

[Patricia Tamowski] 18:24:21

Yes. Yes.

[Patricia Tamowski] 18:24:23

And the WALs protocol, maybe with a little less pork and more other things, but I've had several people say the Walls Protocol was helpful. I meant to mention that out loud, so thank you for mentioning.

[Heather Plude] 18:24:24

Yes,

[Heather Plude] 18:24:33

Yeah, it's in the step, but very short in the step, but, um, yes, read the book.

[Patricia Tamowski] 18:24:39

Read the book. Um, yeah, yeah, so there's a lot of... a very... look, it's worth reading the books. It really is. There's some good stuff in the books, even if you don't take all of it.

[Heather Plude] 18:24:46

Absolutely.

[Patricia Tamowski] 18:24:48

Um,

[Heather Plude] 18:24:50

All right. Thank you, everyone.

[Patricia Tamowski] 18:24:51

I think we're done.

[Heather Plude] 18:24:53

Thank you, Tish.

[Patricia Tamowski] 18:24:55

Thank you, everyone, for being here. Thank you for taking your health into your own hands.

[Patricia Tamowski] 18:24:59

We look forward to seeing everyone next week.

[Patricia Tamowski] 18:25:01

Um, because we're gonna be doing part two of diet,

[Patricia Tamowski] 18:25:04

Which, uh, we're gonna get, uh, deeper into the macros.

[Patricia Tamowski] 18:25:08

Which is going to be excellent.

[Patricia Tamowski] 18:25:10

So, we'll see everyone next week. Please do your registry. Everyone, please do your registry.

[Heather Plude] 18:25:11

Great. I'm excited.

[Heather Plude] 18:25:13

See y'all next week.

[Patricia Tamowski] 18:25:15

Before the end of March. Okay, well, it's not the end of March, but please do your [ALRegistry.org](https://www.alregistry.org),

[Heather Plude] 18:25:17

All right.

[Patricia Tamowski] 18:25:22

Get it in there. If you have any problems, please text Joanne.

[Patricia Tamowski] 18:25:26

Um, or at the bottom, it tells you to send an email to registry at healinganalyst.org.

[Patricia Tamowski] 18:25:32

Okay,