

Barbara Stitt Tele-Class Transcript

Speaker 1

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Oh, good afternoon. This is Pati Reese, the current president of the Alliance for addiction solutions. It is March 9 2016. And this is our guest speaker teleclass. We are very excited to have Barbara read it on the call today and share with us just her wisdom and inspiration over all the years and working with food and children and the criminal system. And I just wanted to share. Barbara when I opened your book again, I have read it many years ago. I loved the dedication that you wrote in your book, this book is dedicated to the children and adults who have been misled and Miss fed. So guy really touched me again. So I want to welcome you and I think we'll just have a conversation back and forth and then we'll open it up to our anybody that's on the call that would like to talk and ask some questions. So I'd like to start the conversation, Barbara at the beginning of your book, you have enlightenment. And I noticed the chapters were very eye catching and and I wanted to maybe ask you a little bit about what how you created that chapter on enlightenment. What What, what does that look like for you? And can you just talk to us a little bit about how this all started for you shortly, and then we'll go on from there. How this all started my own experience. Yeah, a little bit of your own experience. And then and then more about the book. Obviously, student behavior is one of the best sellers and the work you've done, has transformed a lot of people's lives. So I wanted to kind of dive into that. But yeah, we would love to hear a little bit about you. And that's always a very interesting part of someone's journey. Well, like most other people, you have a reason to get involved in something was very, very, very ill. And I think that that's already listed in your, your background information. I happened to read a book and changed my diet, my behavior and bang, all of those symptoms left. And now it's been like 53 years ago, that I have not been ill.



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So ill before.

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I don't think I would have survived to 50. And it would have been a painful, miserable existence. But it feels so good at this stage of my life to have some people be startled that I'm at this stage of my life. And it's fun, it's fun, but it happens if you take good care of yourself. If you don't, you with this, you reap the benefits wherever you go. So I was very, very concerned about helping people to stay out of trouble once I was with court. And it worked. It worked then and it will work now. I recently had a gentleman or heard about a gentleman who said that he had addictions. And he was, he's now on, on his way out of prison. And he said that he had a new addiction. He

had read my book in the prison, there's several thousand of them that are circulating. And he I read behavior. And he said, He's now addicted to the foods and food and behavior. And so his life is completely changed. That was thrilling. That it's still working after all these years. Yeah. Absolutely. And just for any of our listeners that don't know how you were a probation officer in Ohio. Is that right? Barbara?



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Correct.



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Correct. And how long were you in the



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How long ago was that?

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20 years. I was there 20 years. Wow. And fortunately, at the end of that 20 years, my late husband, Paul stet, who's about chemist, came into my life. And I moved to Wisconsin because he was, he was of the same ilk. And we were like, We were like, hand in glove together. So we work together, and I was able to then get into the schools. And we really worked with thousands of students and hundreds of teachers. And you could walk into a room where it had all the students there, you're like three or 400 you could pick out the classrooms. That We're on the better diet. You could absolutely see they were quieter, they were brighter. It really is amazing. You can see the difference. And those kids aren't, those kids aren't going to get in trouble. The the five years that we provided the foods for Apple to an alternative school, which was in such bad shape that they had, they had a police officer on staff with a gun. And that was 50 kids in the morning. 50 in the afternoon, seven genes 19 year olds during the five years that we provided the food, not one of those kids got in trouble, not one. And it's so basic that's need we really need to get that happening out there. Yeah, I you know, One of your a big part of your book is that one of the chapters, a very thick chapter is called the biochemistry of crime. So

you're talking about that right now that for five years, none of these kids got into trouble or had behavior issues. That's remarkable. A recent long study in Australia was released, saying that everything you put in your mouth affects how you feel, how you behave, and how you your whole life. You know, everything that you put in your mouth, the first thing that's affected is the frontal part of the brain. And if the judgment is impaired, then the actions are impaired. And by the sponsors this is fan not sorry to interrupt, but could you lead,



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get that study to

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Patty so we could send it out to the members. If you have still i think i think you Can I don't have it per se? I just read about it and and and i think that you can probably get it on the web because it was within the last what, five, six months? That it was Oh,



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I'm we'll we're going to search for that.



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Yeah. Searching for the study

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on the effects of diet. Okay in Australia, I think that that might find it for you. Okay, well, we'll certainly look at that. You know, I was looking at one of your character. I wasn't I was going to say character, but it's a true story. It's not an awful Raymond. I'd like you to talk a little bit about the your, your client Raymond who you work with With in your book and I just found it so fascinating that he he was a young man who almost went to prison for shooting his girlfriend and you, you worked with him and the first thing you did was ask them what he ate. And I wondered if you could just talk a little bit about maybe that particular case or maybe another one

and and and the success of shifting this young man's life. I understand his girlfriend didn't go down that same route. But I wonder if you could just address because Raymond represents so many that can be helped through what you're talking about and what we at the Alliance's are talking about, which is, you know, nutrient food therapy and amino acid therapy. But can you share a little bit about Raymond or someone like Raymond Barbara? Well, there are a number of them. Let me see if I can pull up should have I should have looked up Raymond and refresh my memory on him. In particular, even if line of him that well he was he was the young man that ended up. He he shot his girlfriend in the hand. Oh, yeah, it was fine initial beginning of the book. And I said, if anyone starts this chapter, I don't know how that can't finish it.



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He Yes,

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he was. That was an amazing story because actually, I should never have gotten him on. investigation, prisons investigation, but because it was actually an attempted murder suicide. And he and his girlfriend had been living together for quite some time, and they were just living literally on junk food. And he was very hypoglycemic. And so he had gone With two bullets in it, one for her and one for him. And she happened to move, be able to move the the barrel of the gun away from her head, and it blew off her finger. And then of course, that brought a neighbor in to find out what in the world was going on. So the suicide didn't happen then the murder didn't happen. So the police officer deliberately under charged him so that he would get to my office because he was in the police department was familiar with what I was doing. And we got the diet changed. And it was amazing as a change in that young man. He was an artist and one of his paintings later on in the on the walls of the part where he was almost committed for murder but the girls The girlfriend refused to go along with it, she would not give up the junk food. And she got arrested. I followed up on three different arrests and then I quit following up with her because she wasn't part of my, my group. And but he went on and years and years and he's never been back in trouble. And this was a repeated. I got an 18 year old boy, that was pretty amazing. He stole a car. He was an adopted kid. And his mother was an English teacher and his father was an attorney. And they adopted this boy at a young age, you're like days old. By the time he was 10. He was committed to he was not out of a commitment longer than three weeks. They had him recommitted to these treatment centers. And so the last one, he turned 18, and he stole a car to escape from that treatment center. And of course, he was charged with operating a motor vehicle without permission anyway. That boy was so loaded with lead, he had worked on junk cars, nobody thinks about that. But when you put lead and hyperglycemia together, you get bizarre behavior, just bizarre behavior. So, I've asked him to rake leaves in

order to make enough money to pay for the hair analysis. That was done by dr. john Baron in Cleveland, Ohio. And



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we got the lead out.

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There may be something to that old saying get the lead out kids but He just became a different young man. I followed up on him for a long time, he reunited with his parents, his mother had actually locked the sugar physically locked the sugar in the refrigerator, not because she knew it was causing problems, but he made such a mess. He would eat it just right out of the Sugar Bowl, you know, mother spoonful. And so we got the lead out of his system got his diet straightened out. And he had a whole different individuals that reunited and then with his parents, and that was a very, very happy story. But what would have happened to him if he hadn't got referred to my office because by rights, it was a felony, and nobody in the felony level was doing what I was doing. So Yeah, it was an exciting period of 20 years. Well, you certainly are, have been a trailblazer. Barbara and a pioneer in this field. And we're so excited that for, you know, to have you on the call and for all the work you've done, we, we just want to reach more people on this call. In fact, I invited three, three probation officers will to actually onto the call, so maybe maybe they'll be listening later, I hope I hope so. I was looking at one in one of your book on the biochemistry of crime and after like reviewing and assessing some of your your probationers there was a couple key patterns that you you talked about in your book one is no breakfast. Number two, right and, and this is something I think most of us know but just a reminder to is high consumption of sugar and refined carbohydrate. Three is high consumption of processed food and then of course, low consumption of any kind of protein, which we know is that hypoglycemic and then and then no fruits and vegetables and then also the milk one. So on Talk to us a little bit about what the diet is that you you help folks do I understand I'd like to hear that a little bit like, like what what you help them eat and learn about eating. Actually, it literally is printed out and in both of the books. But high protein really increased the protein I know that me, you know, this is looked at and worked on by everybody that's in the Alliance. Right protein is very, very important. Because when you're eating all of those refined processed sweets or not even sweets, you know, local white breads and all those things, then you're not getting protein. You're just getting It turns into sugar and immediately affects the behavior. I literally when I was at my worst, I would literally come to my car, having no memory of getting in the car, having no idea where I was, I've gone up to people's homes. How can I get back to West Market Street? Because if I did that I know where I was. Now that's scary. Right? And yet, the doctors that I was going to gave me tranquilizers, and I finally said, there's something wrong with me. I'm gonna find out what it is. I don't want your tranquilizers. How many people especially kids



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that are put on

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tranquilizers. When in reality the body chemistry is so screwed up. And a doctor highlight cast I know, she is a psychiatrist, but she's not a typical psychiatrist. And she is definitely putting people on the right kinds of foods and things but mostly in the rest of the world that isn't happening. That that's correct. Well, hila cast is on our advisory board and has been part of the Alliance from its inception. So we're neat and unique. Yes, yes. And we hope more more people follow her route. Tell us a little bit about when you the compliance like how did that work for me because I think one of the issues I know that a lot of us advocate what you just talked about the pro recovery diet for the Alliance's, you know, proteins, good fats and veggies. But compliance is one of the biggest things we we found. How did you do such a successful study with it? Tell us more. That? Well, when, when they were first referred to my office, sometimes I saw them, or the first appointment was like two hours, sometimes longer, sometimes a little less, because I really wanted to know how they were feeling. And the first thing that was done was they were given a list of the symptoms of low blood sugar. And it came from a little book that was that was printed by dr. john Baron, and all it had on the cover was b. h. c, which was really barren health clinic, but there was no evidence of that. So I tried to find out who the author was and couldn't. So I said to heck with it, I just copied it and used it because it made absolutely sense. I realized that I had had over 40 of those symptoms. I was really close to being diabetic. So when a person was referred, the first thing they were they were given was that list of symptoms, and then the request of two or three days of everything they had to eat drink. So when they came in, we spent an hour and a half to two hours going over those things and explaining to them letting them understand the connection because they had no idea, of course. But I think the fact that I had been ill and corrected it, and I shared the blackouts with them. In old people, most people don't remember when they commit a crime, because they're in a blackout. And they tell the judge, they tell their attorney, they don't remember and nobody believes them. I believed them because I had been had the blackout. And I saw them often. At the beginning, sometimes twice a week. Then once a week, then Every two weeks and then they were every time they came in. It was going over things educating, discussing making sure that they understood what they were doing and why they were doing it. That's why it was successful, I think. I don't know that members of the Alliance can do that. But the frequency of contact and really listening to their frame of reference. The other thing I'm going to throw in here,



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wait a minute, wait a minute. This is

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Julia. Oh, hi. Hi, Julia, either. I didn't wanted to say that. That question you asked, Can the members of the Alliance do that? Many of us can. Especially if we have nutritionist, specifically assigned to individualized People's food and supplement plan. And this is one of the problems that a lot of inpatient programs that I've noticed, even holistic ones don't have somebody who's specifically assigned. They have kind of a supplement program that uniform, everybody does the same one and the same foods and so forth. So that that can be a problem. But we have also, you know, we, we require diet diaries, which is, you know, hell on earth, yes to extract from people, but it's, it is infinitely useful. And I was going to just raise one other question, which is, what's one when you were seeing people, I believe that as bad as nutritional health was, it wasn't anywhere near as bad as it is now. And I think that the foods are worse. Yeah, the foods are worse and people aren't eating you know, regular meals anymore. It's Pretty much just 100 people they didn't, you know,



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they didn't in the 60s and 70s, either.

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It was more common to have meals I know now, and the quality of the food, what if you did eat was just better, you know, deteriorating, but better. So there was that they weren't as far down in the malnutrition, you know, increased cravings. So that compliance, you know, is even worse now, which is why we have to have the aminos now to get compliance. Even if we spend a lot of time I would say maybe 5% of our clients could do it just with the support and the education now. And everybody else is just so far gone that they have to have that brain shoring up. Oh, you get control over their appetite.



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Yeah, and



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go ahead Barbara and to

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and to keep them that way. Don't you have to have frequent tongue contact? Yes. Make sure that those supplements are doing the job because a lot of people are so used to having cravings that if you cut their cravings by 50% they they regard you with God. But, but we don't regard ourselves as anything that failures unless we get it 100% eliminated. And that's what we can do with the supplements. Right? It can be scot free from you know, we don't combine combining the supplements with the food with the exercise with the water yet binding all of those then it really creates a successful project. Anyway, thank you, Barbara for wrong way. I'm sure Oh, thank you, Barbara, for leading the way I said.



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You know, I'm so grateful that I was ill.



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Yes, I can see that. What you're saying.

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If I had not been I i would not have done what happened. And and I almost didn't get out of that it was so close and scary to think about. But did and the rest of it is history but it is, you know, it's never changed what worked them works now. Well, I I think I used less supplements than you use now. Yeah, but that's okay because you things are different. But um, the combination and another thing, every single person that I got into exercising, jogging, that kind of thing, did not get back in trouble. Not a single one. I kept records for years. And the exercise is crucial because it gets rid of so much stress and, and people that mall each other like husband and wife, if I could get them walking together



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I could get them away from that.

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Because it relieves enough stress, then they do the diet, then they It's amazing. Yeah, I had a number of those. Okay. I don't know if I answered your question. I'm sorry, I interrupted you. You were about to take another step in answering that question. And I can't remember. I don't think we we knew what it was. Do you remember?



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That's okay. That's,

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that's okay. Well, we'll we'll just step into the flow right now. The compliance was asking about the compliance. Yes. Yes. You were saying it was compliance. Barbara and I think what you were mentioning is staying in touch with people and and Julia's comment is that, you know, folks that are been trained as you know, nutrition recovery coaches. That we do stay in touch with people. It's one of the more important elements. And I think her other point too, about the amino acids and the nutrient therapy, I, I have found myself to that if we start there, then you can get people making their food list and and and creating their pro recovery diet. Right. So they do they do work work together. really well. You know, Barbara, you and I talked a little bit before the call and you were talking a little bit about the in Europe you were going to talk a little bit about the stores in Europe and yeah, the times that we have been there. I have noted that in every single country we were in about every block and a half. There's fruits and vegetable stands, stores,

actually stores you could get all this beautiful food in the United States, Reebok and a half. It's junk food and it's based on money. And of course, if people are addicted to something and they eat more of it than the company makes more money, I don't know having had a country company. Of course, we went for the highest nutrition possible and the foods we could not understand the lack of consciousness of people that that sell food that make food, how could they make stuff that causes people to be ill? That is still a dilemma to me. I don't understand how somebody can spend that much time can weigh in here because I'm writing a book called the craving cure about this very subject. Oh, wonderful, wonderful, but there was a book before mine and I think it was 2010 by the farm. Chief of the FDA,



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David Kessler who had always had a weight problem.

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And because at least half of his job was hobnobbing with the food industry, you know, and the other half, of course, the drug industry.



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He

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talked to them about this because it was a personal problem to him. And he quoted them at length in his book answering this question. Oh, we had no idea that it would do this. We just kept trying to figure out the formula that would keep people eating this stuff. But now we know this is 2010 are admitting that they know. Isn't it a shame they say? That the very thing that sells so well, it's also making everybody sick? Yeah, but not a single not a single person even gave lip service to the possibility of backtracking of creating, you know, trying to make a living with something that wasn't deadly. So it's, you know, it appears to be pure agreed. Yeah, yeah, we, we had teachers that were working with the students that would hang a slice of our bread, or one of us on one side of the door, and on the other side, a McDonald's hamburger, Will our bread, of course would start molding in four days, and it would change color and finally end up like coal. The hamburger would not change at all. And a teacher called me and she said, It's been three months. It looks the same, it smells the same. And I said, Does it taste this at all?

Nobody would eat it. Same thing, but I told that story. A lecture was giving in Columbus, Ohio. And there were two McDonald managers there. Oh, which I had no idea until afterwards. They had no idea that their food would not move. Amazing. Ignorant they're kept ignorant, I think for safety probably. This this consciousness of food now.



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Oh,

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and what Monsanto is doing? I think it's not a totally bad thing. I think it's bringing raising the consciousness of



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food.

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I think that it can it can help because most people just don't think they just eat. I that's a really good point, Barbara and thank you for bringing that up. Because I think haven't thought about that lately about that, Pete because of Monsanto, people are waking up to go Wait, what did GMOs do? Like? Nobody knew that they've been in our foods for a very long time. And they're growing gut biome. So I think you're right. I think there is a consciousness movement and you're a part of it. Julie is a part of it with her book, Carolyn, I mean, all of us at the Alliance and and who you are. And I see so many others too. I mean, I there's just you know, Donna gates, who wrote the body ecology, there's a lot of awareness around food now. And I and I love that and I think when a particular thing that we at the Alliance, obviously address is the link between mental health and addiction and that's the one that's gone hasn't really been talked about enough. I mean, obviously, Julius book was one of the, you know, the, one of the best books to bring things out. What's the mood? Sure. I mean, I usually just have people read that book because they have no idea about the connection. Cinema. Okay, let's, let's start here, or your book too. But I think, you know, I feel very hopeful. I feel like we're on the upswing, but unfortunately, a lot of people have been thick. But they listened to someone like you Come on, and share your story and your successes with all your students and clients. And then and then we have inspiration to make change. So I'm excited about that. I have a question for Barbara,

along this line. I disagree that most of the interest in controversy around nutrition is productive. And I disagree because it's missing. The one thing that I think is the most fundamental for evaluating You know, there are thousands of different approaches to food, and every basic food has been vilified and turned again and you know so forth over the last 40 years to two years that Barbara you and I remember the way we ate mostly most people never observed anyone eating three meals a day. When we were growing up, it was unheard of not to. And however our diet was deteriorating, our the sugar intake was increasing, but it hadn't hit



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160 pounds which has been

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a year. At any rate, what we were doing did not result in obesity. It did not result an overweight it did not result in diabetes. It all all of that was flat diabetes incidence was 2% until after 1970 And basically it's 45%. Now, we should combine diabetes and pre diabetes so



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well, diabetes one with the children.

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Okay, that's a different matter I'm talking to. I know, it's still involved because of what the mother was eating. And so it still has to have the good. I had worked with a low No, it doesn't have to but what



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I'd like you to

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Okay, I'm sorry, gone to is my question about how were we eating differently then than we are now. We wilsonville eating some sugar.



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But we were eating a lot of protein.

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We had eggs in the morning we had meat sandwiches at lunch, or tuna sandwiches before the mercury hit it. We had fried chicken or meat low for something at dinner. We're getting a lot of protein. We were getting some vegetables. It was about 20%. Now it's 8% between vegetables and fruits. So we were having meat and potatoes, which people talk about being horrible, but actually they're both good food. And we were fine when we relied on meat and potatoes. So I think this historical perspective from those of us who actually remember as children what it was like, is one of our it seems inane, you know that what what we ate could be important to the world at all. But the truth is that most people now living in the world have no idea that there was a time when people were normal weight and didn't have diabetes. I think that the refinement of the flower in 1882 okay, right Minneapolis and Minnesota when they started refining the flower, the rest it was a down downward skid From then on, okay. And I can remember, my mother made biscuits will we grew up in the south. And I remember an uncle telling her that her biscuits could float off the plate. They thought that was a good thing.



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Light

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breads, light biscuits, that was a good thing. I watched a gentleman



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who

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who would going through squeezing the Wonder Bread loaves define the softest. He thought that meant freshness. And I said to him, Have you ever tried natural ovens breads all I'm not eating that hard stuff. He said and he actually thought that this and he That's common. They think that the softness means fresh. And of course, the buns, the rolls, or everything. The I agree the doughnuts. Everything just got worse. Because they found out that the more addictive it was more people would buy an eat. Were you having any whole wheat bread? And when you grew up? I'm sorry. Were you having whole wheat bread at all when you grew up as a child? No, no. Or in California? We did, but but I would say, you know, like, maybe a third of the time. And probably it was because my father was a health food nut and he insisted. Well, maybe we wouldn't have had holy bread either. I don't think you would know and I knew he had Wonder Bread and



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sugar pops and sugar frosted flakes.



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I went,

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I moved to California, Richmond and San Francisco when I was 19 and 20. And I suddenly felt better than I had felt in years and years. Because the food was so much better there. And it was where I grew up. And and that was very dramatic to me. I couldn't. It didn't stay with me. I, when I lost my husband, I reverted to eating the sweets and the caffeine. And I got really, I almost didn't pull myself out of it. Thank God for that book. But yeah, the foods in California was far superior than they were in Central America. Okay for Southern. Yeah, so maybe people who grew up even in the 50s in Central America we're already cheese. I was making it birthday cakes for people had a little artistic abilities when I was 10 croghan Okay, you if you have the foods or even though I grew up on a produce farm, so I had the fruits and vegetables. I think that's old it saved me



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are you probably had cocaine.



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That was one day it was.

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Yeah, people grew their own beef and pigs and things. But we can't underestimate that because that was a good fat, saturated fat. Absolutely. Which of course then people were to overs bad fat, right? That's why I'm bringing this up that all the bad set stuff



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really hit

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hard in the 70s but it was coming on in the 60s that really hit hard in the 70s. So that's that pre 70s What were we doing because even though we were doing the wonderbread and the cold cereal there was still no weight problem and nobody diabetes problem till after 1970. Yeah, yeah, we could tolerate a certain amount of abuse as long as we kept the protein coming got some vegetables and fruit.



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I mean, we would have, it wouldn't have lasted.

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But I mean, a lot of things happened in the 70s that made it hit the skids really, really fast and and the main thing was we were eating so much more sugar and starch when we cut the fat and we got high fructose corn syrup at the same time. But



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yet, I don't know who



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started that.

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Oh, homogenized fat, of course. Girl Scout cookies. All About a year and a half old by the time people are eating them because they have the worst fat.



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That is a hydrogenated SAP.



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Yeah, yeah. Yeah.

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Speaker 1

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And because hydrogenated fat keeps it keeps it from molding.



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Well hydrogenated fat came on



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in the in the 30s.

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And it wasn't very popular because nobody wanted to give up their butter and they weren't afraid of fat then but but during World War Two we didn't have butter and so everybody started eating margarine and shortening and we just got used to it



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try Wisconsin

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the margarine Of course, was content was noted for the butter wall. And and they really fought the the other margarine and of course, then somebody came up with turning the margarine yellow so it looked more butter. And it's been it's been a gradual thing in and I really believe that the underlying basis is money. Whoa. Because if if companies with no conscience, find out that they can make more money by making something bad for people, they don't care. And it was a lot cheaper to make them all from vegetable oil. Yeah, now we know that vegetable oils kills you. Right? Especially when they're hydrogenated, but even even in liquid form, so that wasn't olive oil and coconut oil I think are the only two there aren't. You have olive oil when you're growing up the anybody on this call? We did not. I didn't know. I didn't know there was such a thing. Well, it turns out that salad were not. They were unknown. because there wasn't oil. We just, you know, animal fat for our you know, a fat Right right what there was more commercial food and then we got things that we got coconut oil and palm oil which seems to be fine. And we got we actually we got olive oil when we were well and in when I changed my diet olive oil was there

because that's what I switched to. And then coconut oil can I argued with coconut oil for a while because it gets, you know, firm more firm

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and and my husband took some and put in the palm of my hand and of course it melted because body temperature I get I kept arguing with him about the coconut oil but it is I'm in a wonderful position right now I'm in a place where Beautiful, beautiful organic foods of course California is a lot of that, but here in Charlottesville North Carolina and just surrounded by beautiful organic foods in every direction. Oh, and here I love it. Oh visit



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we share do



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let's have a conference in Charlottesville



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maybe so

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Speaker 1

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in Hendersonville, not Did I say Charlottesville? Yeah. Hendersonville, Hendersonville, North Carolina. I used to live in Charlottesville for six years, but sometimes my My names of locations slip. Barbara, this is Patty speaking and I'm just going to open up for if anyone else might have a question or a comment that that's on the call right now, because I'm keeping an eye on our time and I want to finish with the last paragraph of your book. So is there anyone that Was had a comment or question for Barbara? Well, I'm I do, I'm Caroline and I am interested in the criminal justice system know how, what worked my powers how to get it into it because even though we had the program in the drug court, it's not in the drug court anymore. There was a change of administration and they didn't have the same commitment to it. And for whatever reason, it's not

there anymore. Not involved anymore either. But I still have the dream that someone was higher up will understand and instituted nationwide and I just don't understand what we need to do.



45:46

What is the

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dream that you have that works in a small scale that we could do nationwide?



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We need more publicity.

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I'm very fortunate. I've had a lot of publicity. And that helped tremendously because I was crisscrossing the United States 3040 times a year for about 16 years. And I didn't know the power of the Wall Street Journal, but it is powerful. Well now and



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a videographer is doing

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is re promoting the, the information. And if it gets publicized enough, it shouldn't help making it easier for it to get out to people that you're in the criminal justice system. No, you were you said you're not anymore.



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What level were you?

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At the time I was in drug court, which are three games in department.



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Right now I work in into drug treatment programs.



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Director of that program, the drug court program is 10 years.



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For a long time,

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between you see, that's one of the things some of us are that were adamant and enthused about it. We've retired. Yeah, it time passes, and that changes. And then the people coming up, it gets more diluted and more diluted. It's, I'm thrilled that you were there. Because I really wish the Alliance would go after probation departments to become members. Because the if the, especially at, really at the municipal level, I know you were in the felony level, but if you could catch them at the municipal level, you could prevent so much from happening. I don't know what the odds are that happening. You have to get somebody that's enthused about it. And that has experienced Right and goes after it. And how do you find those people? I don't know. Well, there

was a purlin Did you notice the you sent it out? You sent it out this this Obama, you know, frantic cry for help on the drug front. I mean, the more I read it, the more it sounds like the same old, same old blood. They are offering money and there is there is some sort of a forum for possibly new approaches to criminal justice and chemical dependency. And I was interested to see that they're specifically interested in research on various forms of marijuana. And one of our members who, you know, probably the only spoke person talking about that,



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which is a book. True. Got



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Scott joetta Yeah, yeah.

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Yeah, he will be one of our speakers in the spring. So we will have him on talking about marijuana but I you know, I think I liked what Barbara said this is Patty speaking now I liked what you said about it being diluted and i i think that is what's happened. I mean, your book came out a while back and it was so powerful that and then it just got diluted because there weren't enough people waking up to it. But I do feel like with the online and social media now, we're reaching more people you may not see it in the general population, as we can see with our politics, what's happening there. But I do think there's an hot surge, I think, the three meals a day I mean, we are promoting that big time as the Alliance and and i i'm hopeful I think the more videographer that's coming through and working with you, Barbara and the more we can get some more documentaries like the American addict to I mean, that's a brilliant video on with Dr. Gregory Smith from last hand As a African American doctor talking about, you know, America is addiction and it's it's very well done so i think i think it's happening I think we're seeing more movies even coming out about it. I mean, in that documentary The American attic to Matthew Kerry is interviewed in there he is a celebrity as well as the guy, the guy that did mask, Jim Carrey is interviewed as well. So I think that the conversation is definitely started and the more we can have called like this and motivate our families, our friends, our clients. I think the more we're going to change so I just want to finish with this quote, this is the last paragraph in your book, Barbara. Okay. And it and you say so by feeding your children responsibly encouraging exercise, insisting they drink filtered water and spreading the word about the Between diet, health and behavior, you can actually do more about changing the world than all

the politicians, philosophers or soldiers who have ever met. This, I believe is that is our greatest hope for the future. And I think that sums up what novel discussing so Thank you, Barbara. Yes. Oh, you're so welcome. I am so glad all of you are out there. Go for publicity. Yeah. Oh, for getting more and more publicity on what you're doing. It's so important. Yeah. People don't know you're out there. People don't know what they can do. And it's really very basic. A lot of us that were really really pushing in the 80s and the 90s are retired now. Yeah. And I've had some that I used to speak with quite often. Tell me Nope, I'm retired. Amen speaking anymore and you lose that but so the Alliance I don't know of any group that has more people that know what they're talking about.



52:13

Get the news

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Speaker 1

52:17

well Barbara, we are we are certainly trying that and and i i thank you and Julia and everybody else Carolyn Dan that have been on and anyone else that are listening that are on the call right now that or will be listening in the future, we have the Alliance really support this work and, and you and making changes in your community. So let's, let's continue getting the word out there. We're going to have next month we have Lyle Murphy speaking. You know, he's from the alternative Med Center and he's going to share his story and a couple of his success stories from detox and withdrawal and getting people back on track. So there's a lot of us doing it. We were coming together as the alliance to share and Bring more hope. And again, Barbara, I want to thank you for being on the call and all of us for doing the work that we're doing and helping more people get well and, and save more lives. So you better so important.



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Thanks, Barbara. It was a pleasure that

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53:18

Yeah, bye Good talking with all of you right now. Bye bye