

I want to tell you my story of how I regained my health. I hope this story will help you understand how and why I've structured things the way I have in this program. Maybe you'll see similar experiences to your own that will help you get started on your own journey to good health.

I had a typical childhood experience with my health. I've never had allergies, like everyone I came down with the occasional flu/cold during flu season, the chicken pox and had only ever broken one bone. Minor things. I did not experience any serious issues with my health until having pneumonia for 3 months at age 17. I had never experienced such poor health as I did from this point on. After getting pneumonia, I was constantly getting sick for years following. Like a clock, every 2 months, I was in bed with a cold. As a teenager I didn't pay much attention to this detail of my health. It didn't interfere much with my life at the time. Getting sick with a cold was pretty normal for most people...right?

18 years old. Still getting sick often. I just learned to live with it. I had developed aches in my ankles and wrists and would frequently wear wrist braces while working and sleeping to ease the subtle irritating aches. "This must be what it feels like getting old." I would tell myself. I was only overworking myself at my job and my dance classes right? Maybe. The aches spread over time to my shoulders and elbows. The pain in my joints had gotten so bad at one point, I had woken up from a deep sleep in agonizing pain. The piercing pain was in my shoulder and down my left arm. It felt as if I had broken my arm in my sleep!

"I just slept on it weird. That's all." I told myself.

Age 19-21. I had become accustomed to high stress environments. My job at this point was very high stress including my personal life. Although I never would have considered myself to be stressed, the environment was normal. I had gained about 15-20lbs as a young adult moving out of my teenage years, becoming more isolated and stressed and less active as a result of the stress and changing habits. I felt terrible about myself. I was bullied for the way I looked, which for anyone, you know how soul crushing this is. I became extremely depressed and felt trapped in this body that I had no control over. I had never learned how to REALLY take care of myself. Yes, to be "healthy" means staying active, eat fruits and vegetables, stay away from sugar and processed foods to maintain a healthy weight. That's easy enough. Except it wasn't. In a sense, I had decided this cycle of bingeing and starvation was what everyone did so I might as well except it.

Age 22-24. I became engulfed with diet culture before I could see where this destructive road lead to. This obsession with finding the "Answer" lead me to have an even more unhealthy relationship with myself and food. Under-eating then bingeing. Over and over. This cycle was vicious. I slowly lost sight of myself and food became a comfort and the source of so much anxiety at the same time. I saw progress if I starved myself. I knew this worked, but you know what happens when you deprive yourself for too long? The bingeing episodes become a beast to be reckoned with. I truly believed this was how my body was supposed to be. I was told, "It's okay, you're just big boned." more times than you could count. What nonsense!! I was sick with something at least once a month now. This toxic cycle continued for years. My energy had slowly decreased over time. I had never been a napper but now, I was napping everyday just to function. My sleep patterns were horrendous! I was sleeping anywhere from 3-5 hours a night on weekdays and 13+ hours on my days off. No matter how much I slept, I NEVER felt rested. Circadian Rhythm what? .

2019

DECEMBER

Unknown neurological symptoms became a new trick my body learned. A handful of times, I awoke with a snapping *SHOCK* in my head as if I had been electrocuted! This continued with other odd symptoms like heart palpitations that would lead to blacking out. I had no answers for these experiences. I had no means of

getting medical care so I asked a friend who was a nurse practitioner if she could give me a checkup in her time off. She kindly agreed. After a quick vitals check and examination, she concluded I was most likely suffering physiological symptoms of stress. Fight or flight mode, ya know? I knew now I was just going crazy from stress, which was at an all time high. It made sense. I can deal with that, but I can't quit my job...I can't cut out my friends and family off who were contributing to the stress. It would be too stressful trying to lay boundaries for myself now! I just couldn't do it. I tried to manage my stress any way possible without being an inconvenience to anyone with little success. My health continued to decline.

2020

FEBRUARY

I was struggling my way through all aspects of life. Barely staying on top of anything. Texting someone back in a timely manner? Forget about it! I still could not say no to anyone or lay appropriate boundaries to protect my mental health. Still not making time to address the problem sufficiently, my health was #27 on the list of priorities. I absolutely have NO TIME to be sick! February 2020 was when my body said "No more." If you do not take the time to take care of your health, especially if you're already in poor health, your body will give you warning signs until it's time to take you out of the game entirely.

I had gone on a trip to Mexico with my Fiancé. My mind was swimming while waiting for my flight at my gate. I could not put two thoughts together I was so disoriented. I knew something was wrong inside. And...I missed my connecting flight. I did not have the presence of mind enough to know what was happening around me. How did this happen? I was here the whole time! Like I was frozen in my chair from exhaustion while I watched everyone board the plane. My mind was swimming. When united with my Fiancé half way, our last flight to Acapulco, Mexico, I randomly passed out while taking off in the plane! I have NEVER had this happen. I loved flying. This was just too weird. I was tired, hungry ect. I logically explained everything away to myself and my fiancé like I always did. I just have to push through a little longer! While in Mexico, the first day I got a few blisters on my feet from walking in damp shoes. Yeah, rookie mistake. My feet and ankles swelled so much, my shoes did not fit from the inflammation of the blisters. I had gained 6lbs in fluid retention weight in just my calves, ankles and feet. No veins or bones in sight! There was clearly something more going on. Being my first time in a tropical climate, I was expecting some adjustment in my body, but I wasn't expecting this! My weight fluctuated so much while in Mexico even my fingers went from a size 8 ring to size 6 1/2 when my body temperature changed. This is how I lost my engagement ring by the way. During one of these freak episodes of my body frustrating with swelling, my engagement ring slipped off my hand never to be seen again. Let me tell you, DEVASTATING! I can't tell you the affect this had on my mental health. David and I, in preparation to get married, traveled back to Canada then Idaho after this trip visiting various family member and planning our future together.

MARCH - COVID TIMES

A few weeks after our trip, being back to real life, my symptoms started coming back. While in Mexico, they had subsided somewhat. Amid the chaos and fear pre-lockdowns, David and I had decided I would move to Ontario, Canada a bit sooner to be with him while covid ran its course. I also felt like something was really wrong with my health and needed him for support for whatever came next. We drove from Idaho where I was still living to Canada the day they closed the border. The symptoms were all back with full force. On our way, I had lost my eyesight after waking from a nap. It regained after 30 minutes. No explanation AT ALL! When we had arrived at our home in Ontario, I had experienced a full blown seizure the first night. What was happening?? No doctors or clinics would see me because my symptoms too closely resembled covid symptoms...yeah. We reached out to a friend who was a retired surgeon. He suspected I was anemic after a

quick checkup. I was so weak, I could hardly move. The past 6 months of pushing through the fatigue was now catching up with me. My body was completely shutting down. I rested like I've never rested before. I did NOTHING. We had tried getting some fresh air by going on light walks the first week being home, which ended with losing my eyesight from the stress of walking and collapsing from so little strength. David had to carry me back home. In the difficult first two weeks in Canada, I started seeing dark demonic like figures everywhere and hearing voices. Hallucinations were a common occurrence now. I was terrified to sleep for fear of sleeping paralysis. I have never been so scared in my entire life. This is what going insane was like. We were repeatedly turned away by doctors. In this time, we addressed stress as being a major factor in controlling my health. We cut out social media and all contact from anyone who was remotely non-supportive or negative. This decision was made after receiving a hurtful message from someone who meant well but it took me 3 days to have the strength to walk again after this incident. Mentally I could not take it. Too much precious energy was being spent on people and situations that did not contribute to the betterment of my health. I ended up turning off and putting my phone away entirely. This helped give me the space to rest my mind fully. This helped a lot in the short term.

APRIL

By a miracle, David and I were able to be married. We picked a date, my 25th birthday April 29th. Two weeks after being married, we (David) packed up the house and we drove to Alaska from Ontario for a family emergency and seek medical treatment for myself after no success in Canada finding help. When we got to Alaska, It took us weeks to find someone who would see me because of the same complications with covid. I was so sick at this point, I thought I was actually spending the last few weeks of my life with my, now husband, David. One night our first week in Alaska, I screamed out in fear to David, feeling as if my life were coming to an end. He sat holding me crying together praying to God this was not a goodbye. I was not ready to die. I had only been united with the love of my life months previous. How could this be the end? I was so angry and my God, so scared. Thankfully, this was not the end.

MAY

Finally, we got in touch with a family wellness doctor in town. She met with me telemedicine and agreed my symptoms were so severe she would see me in person. Thank God! Immediately, I got bloodwork done. I was unable to drive, cook or go grocery shopping for myself at this point. My memory was so bad I had literally forgotten my own parents names!! A good friend from Idaho, came to take care of me while David was out of town for a one-day work trip to Canada. My Dr. called me with my bloodwork results the morning David left. "Your iron levels are lower than I've ever seen in my career. I need to talk to my colleague and ask her opinion on your case." An hour later she called, "I need you to go to the ER right now. I don't know how you're alive right now. You're so low in Iron, in our 40+ years of experience, we've never seen levels this low." I felt numb and alone. I went to the ER with my mom and friend. No one was allowed in the hospital with me. This was too much, no one was able to assist me. I had to tell the nurses WHY I was there, when I could hardly even remember what town I was in. I had more bloodwork done and a CT scan of my brain instructed by the nurse that sent me to the ER. The scan had to be redone with contrast because they had suspected a brain tumor on the left side and needed clearer scans. Sitting alone in the cold hospital room in a little gown. "How did I get here?" I kept asking myself. Was a brain tumor how I would leave this world? I cried sitting alone in the cold hospital room fearing what results would come back. The suspected tumor was only an abnormally dark spot in the brain. No internal bleeding. No tumor. Praise God.

No further questions. I was sent home after 3 hours. My doctor who sent me to the ER was furious they did not give me an iron IV. She could not believe they sent me home. "That is one of the most irresponsible things I've ever witnessed from FMH!" She said.

JUNE

My nurse started me on a high dose of iron supplementation. 60mg a day. We STILL did not know where this deficiency was coming from. No internal bleeding, no tumor, no infection. I tested for Celiac, Lyme disease, MS and other autoimmune disorders. I saw many doctors, no one could identify what was wrong. The last doctor we saw before giving up was a neurologist, who summed up all of my problems with a migraine medication of which the side affects were infertility, MIGRAINES, fatigue and potential sterilization. The migraines at this point...they were so severe, I had had many falls at home getting around. I couldn't keep my body upright even while sitting. I had severe nerve pain and deafening ringing in the ears. My shoulder pain was so painful I couldn't lift or hold anything. Flashback of when I was 18 with the pain in my shoulder. Rashes, acne and boils covered my face, chest and arms. Never before had I struggled with acne. I had seen a dermatologist in this time as well who had said, "This is some kind of autoimmune disorder. You have severe inflammation going on from something but I'm sorry there's nothing I can do."

My eyesight was so bad I could no longer see more than 5 feet in front of me. My hair started falling out too. My depression was crippling. For the first time in my LIFE, I had become suicidal. I had never thought this would be something I would experience. Because of the anemia, low blood oxygen was a major problem. I woke up multiple times a night gasping and choking for air. I stopped breathing at some point in my sleep. This is called Ondine's Curse. Shallow breathing from my weakness, especially during sleep, leads to an oxygen shortage (which I already had from the anemia) and excess carbon dioxide in the blood. The condition is usually due to nervous system damage or impairment. Whenever wearing a mask, I'd always black out, which was very isolating at this time because you were hardly allowed to go anywhere for public facilities without a mask. I could not sleep the nerve pain was terrible. Every night I cried myself to sleep. David had bought an oxygen concentrator before covid because of my past with pneumonia. We wanted to be prepared for anything. This was a key tool in keeping my oxygen levels from depleting from the anemia. The migraines were from the oxygen deprivation and inflammation in the body. My brain would suffocate without it.

AUGUST

A dear friend of ours had heard about what was going on and recommended we go to her functional medicine chiropractor who was not considered and a "real doctor" by some people. We got in for an appointment immediately. The staff allowed me to enter without a mask which was already so welcoming. Upon putting it on, I had already started blacking out. Dr. Costello wanted to know everything. He listened to my whole story from childhood to the present. Talking took a lot out of me. From the exhaustion of trying to recall events related to my health, I started having another "episode" while sitting in his office. These happened multiple times a day. The "episode" was triggered by exhaustion and low oxygen. I would fully or partially lose my sight, my ears would ring so loud I could not hear anything and I could not move my limbs. Gasping for oxygen was the only thing I could do. The doctor was startled and asked David what was happening. He explained this is what happened when I overexerted myself. He did a few response tests and after a few minutes, he ended with, "Okay, You're EXTREMELY inflamed, most likely from food. Have you heard of fight or flight? Your body is in full shutdown mode. Your organs are shutting down. Your nervous system is not functioning. There's inflammation in the brain, the joints, which you've probably had since you were a child, neurological damage from long term inflammation for sure. The pain you had in your " I was shocked. He put me on an elimination diet. No dairy, no grains for two weeks. A whole foods diet. Nothing eaten that was not a food in it's "whole" form. He added a few neurological exercises to practice a few times a week. My nervous system was so damaged, I needed to train it how to work again. I ate unprocessed meat, fruit and potatoes. That was it. After the first day on the elimination diet, I no longer had migraines. Day 3, my nerve pain was gone. Day 7, I wasn't hallucinating anymore. My sleep paralysis and nightmares were getting better. Day 14, I was able to sleep well again. One month in, the acne and rashes started clearing up. The fatigue was exponentially better after

eliminating the inflammatory foods. All my previous doctors treated my symptoms as individual problems. Dr. Costello was the first person to take note of all symptoms as clues to see the bigger problem. After all, we do not just have a brain or a foot. By treating symptoms individually, we may often miss how everything is interconnected. A part of one living body. Two months in, I was able to get some exercise for the first time in almost a year! I continued this protocol.

SEPTEMBER

I had developed pretty severe fatigue anytime after eating. We had thought maybe I had insulin resistance. That would account for the energy drops eating. I tested. Nope. It must be something else. I stayed away from carbs like my potatoes and some fruit for months to prevent any sugar crashes. This led me mostly eating being carnivore. I was still very anemic at this point, but for the first time since starting Costello's food elimination diet, I was finally absorbing the iron supplements I had began months previous. This showed on my bloodwork results. While it can take years to bring your iron levels up from where mine were, they had not budged since addressing the diet. While I had unbelievable improvement, I still had relapses. It turns out I was responding very strongly to not just grains or dairy at the time but added ingredients like gums, emulsifiers, preservatives, chemicals and pesticides. It took month of trial and error to identify what substances were causing the relapses in my improvement. Certain foods can cause different responses. For example, I identified that gums were especially inflammatory for me. They caused me to hallucinate again. Soy, Not fermented soy like soy sauce or tofu but soybean oil and soy lecithin, made my nervous system shut down. I experimented with gum that had soy lecithin to see what happened. In my mind, I didn't believe something so small could take me out. Well, sure enough that night on our evening walk, I collapsed after my limbs giving out from a sudden onset weakness. It was like a switch. One minute I'm fine, the next, I can't make my legs move to make me walk. It felt like my brain forgot how to use my legs. David carried me back home again. Through these experiences, I tuned my diet to work for me. I knew very well what to stay away from because of these freak episodes.

2021

JANUARY - JULY

I started a strong probiotic supplement along with my iron supplements to repair any damage that might have occurred early on in my autoimmune disorder. I started experiencing mysterious boating after eating occasionally. I had no idea where it was coming from.

Still continuing to figure out how to eat to reduce inflammation and get optimal vitamin and mineral absorption, I had found Dr. Paul Mason online who had a Youtube lecture on autoimmune disorders. It BLEW MY MIND. Everything he said, was exactly my experience! I latched onto this information for dear life. He spoke on anti-nutrients, FODMAPs and lectins. How our bodies metabolize food into energy and how to fight disease with diet and lifestyle. I officially started carnivore after watching Mikhaila Peterson's talk of her experience with autoimmune issues. She had very eerily similar experiences with hallucinations. She saw the same dark faces in the shadows as I, hearing voices, suicidal thoughts and depression were all the same. She had very similar responses to certain food that led to collapsing episodes, rashes, nerve pain, joint damage and migraines to name a few. She had treated her condition very successfully with going carnivore. This worked tremendously for me. I highly recommend it, the all meat diet and her talk. :)

AUGUST - SEPTEMBER

All my other symptoms had almost completely been resolved. I was able to walk over a mile by this point.

OCTOBER - NOVEMBER

I noticed the bloating problem more frequently and severely. I had no idea what was causing it. I went in to get my bloodwork done again just to see what my iron levels were doing. Because I was experiencing gut problems I wanted to make sure I was still absorbing iron. My results came back. My iron levels were going down!! This was terrifying. I had flashbacks of being in the ER again even though I was feeling really good besides the mysterious bloating!

One week in November, I was feeling very comfortable with my diet, got lazy and started eating grains. I felt really sick one Sunday morning after eating toast for breakfast. I was chatting with a friend at church when I suddenly couldn't hear anything she was saying and collapsed to the ground with the worst sharp stabbing pain I've ever felt. Other symptoms started to return. I recognized I overdid it on the grains. It was related somehow. I knew it. It was the only thing I had changed. After all, I knew most grains were inflammatory.

DECEMBER

Even after cutting grains again, the swelling had gotten so bad, there was not one meal or glass of water than went into my body that didn't result in a 4 month pregnant looking belly. The sharp pain attack in my side happened once more. I had experienced blood in my stool late December and was terrified. My worst fear was colon cancer although more for older people. When you have long term inflammation in the intestines and colon, this is common. Shortly after this, I had another attack of the pain in my side. I went into an urgent care. Had an MRI of my stomach. It was most likely a hemorrhoid. Remnants of this showed on the scan.

2022

FEBRUARY

Eliminating almost all fibre from vegetables and produce and eating lots of meat was the most helpful thing I'd done in the past so I went back to this way of eating, which managed my swelling VERY well. My husband and I had gone to Mexico for our belated honeymoon in February 2022. We walked miles everyday and been working to get stronger for this trip to enjoy the countryside. I got all the sun I could wish for with no sunburn... that's interesting. I remembered the last trip to Mexico I had burned badly. In fact, I had burned from the slightest sun exposure since I was a kid. What has changed? I later learned that processed food diets even healthy ones, full of seed oils cause a LOT of oxidative stress in your system. This is why people go crazy for their plants high in antioxidants. The antioxidants repair the oxidative stress in our bodies just from aging, our environments, being exposed to wi-fi, technology radiation from phones and bluetooth not to mention the foods. Seed oil are highly oxidized. The seeds become rancid before they are even made into "Vegetable oils". I use the air quotes because seed oil or "vegetable oils" are not oils. It is chemical waste from manufacturing plants. It is so unnatural, It is impossible to make in your own kitchen. So, since completely cutting seed oils and lecithins, I no longer burned in the sun. My body is able to repair itself from oxidative stress from the sun, resulting in a tan not a burn. I should tell you work your way up to sun exposure. This helped a TON.

I had suspected a gluten sensitivity at this point. I experimented with observing any symptoms after bingeing on a TON of gluten purposely. Yes, all the symptoms were there. Nerve pain, brain fog, forgetfulness, irritability, blurred vision, loss in energy, constipation, swelling and the pain in my side. I cut wheat out for good this time.

I immediately saw my symptoms improve. No more pain attacks in my side either. I started working with a nutritionist before our trip to Mexico. I needed an expert to help me resolve these kinks, especially the bloating which was still pretty bad anytime I ate. I did more bloodwork. It all came back okay. Iron still low but getting better. Another celiac test done. Although my test came back negative, we both suspected a severe gluten sensitivity. That was good enough for me.

MARCH

I had another food sensitivity test done and requested a particular protocol that consisted of only eating foods that were the least reactive on my immune system according to my bloodwork. This protocol is called LEAP. At this point, I had become pretty familiar with what foods were irritating and what weren't. But could not figure out where this swelling was coming from. Some of the foods that showed on my bloodwork as 'low reactive' or 'safe foods' were inflammatory for me for other reasons than being just having a strong immune response. But, because I wanted help figuring out why I was still responding to foods so much by swelling, I decided to give this program with the nutritionist a shot. I had managed to keep my symptoms in somewhat in check and was seeing some improvement before starting the LEAP program after cutting wheat for good. This might have been my missing piece but wanted to make sure. The weeks before starting, I felt good. Hardly any swelling either. I was healing well after not eating wheat for about a month solid. Day 1 of the program, I felt very sick. The first meal was eggs and sweet potatoes. I had avoided eggs because they generally don't make me feel great. But they were on the "good list" so I ate them.

Now let me tell you something. Many people don't know this and my doctors have been surprised when I've bringing this up with them. When your gut is inflamed for WHATEVER reason, no matter what food sensitivity test you have done. ALL FOODS that you eat the most, will be VERY high on your (IgG) immune response reactivity scale. The foods that could potentially be the food causing the problem will be hidden in the rest of the high reactive foods. Some may experience an accumulative food sensitivity over time. Our food is so different now than it was even 50 years ago, that our bodies do not recognize half of the chemicals and GMOs that go into our body. Our bodies over time, can produce an immune response to some of these foods. Wheat and dairy are just an example. Just think of one person who is suddenly "gluten intolerant". I dare you. It's so common. Our bodies are under so much constant stress from our environment with media, technology, broken relationships, crap food and poor sleep. There's no wonder why we are all so sick, tired, metabolically unhealthy and overweight!

Alright, back to the story. Day 2-9 of the new LEAP protocol. Bloating even more than normal. Day 10-11 Extreme stomach pain, brain fog and nerve pain. Day 12-13 This was actually the worst pain to date I have EVER had. Nothing came close to this pain. Rolling on the ground sobbing kind of pain. The last time I had gone to the ER for this kind of pain, they couldn't do anything and it cost us \$1,000. I wasn't about to do that again. I'd rather be in pain at home than pay \$1,000 to be in pain on a chair in the hospital with doctors telling me there's nothing they can do. My poor husband has been the biggest trooper through all of this. Lots of prayer during these times. I quit the program on day 13 before I ended up in the ER again. You can't say I didn't try!

APRIL

While recovering from the last horrific episode, I learned about this condition called SIBO (small intestinal bacterial overgrowth). In one of my sleepless nights, I dove deep into the internet on bloating. Specifically water retention in the small intestine after eating or drinking liquids. After close observation and experiments, my bloating was not coming from gas buildup. It was fluid retention from the lymphatic system. I still had to go deeper. Many things can lead SIBO just like most GI problems. I was on no specific diet plan after the terrible first few weeks of LEAP. "Only eat what makes you feel well." my nutritionist had instructed. I had felt confident in the knowledge I'd gained from the nutritionist especially with the gluten sensitivity discovery and decided to end my treatments with her. I had to trust my instincts. She put me on a probiotic and prebiotic supplement plan for 3 months before I quit working with her and I was feeling pretty great! No swelling at all for over a 1.5 months now! Yet...because I still highly suspected my bloating and side pain to have come from SIBO, I quit my probiotics to prevent feeding the suspected overgrowth. Months later, I remembered I was put on a strong probiotic along with my iron supplements back in 2020...

This could have very well been where the overgrowth began. I have only since gotten better and stronger since quitting. But where did this really start? Before SIBO. Well, I believe it was leaky gut. Let me explain. Everyone's guts are semi-permeable. The mucosal lining of our intestines is designed to absorb water and nutrients from our food into our bloodstream. But some people have increased intestinal permeability or hyper-permeability. That means their guts let more than water and nutrients through — they "leak".

Studies have shown that people who have certain chronically gastrointestinal diseases have leaky guts that let larger molecules through — potentially toxic ones. Part of the job of your intestinal lining is to act as a barrier to bacteria and other infectious agents inside the gut. This barrier is an important agent in your immune system. Foods and chemicals that already have this ability to breach the stomach lining are prone to break through the barrier and leak its toxins into your bloodstream and lead to autoimmune conditions and malabsorption in nutrients, vitamins and minerals especially IRON...

Many doctors believe that increased intestinal permeability that leads to leaky gut, can occur when being subjected to high levels of stress. Our emotional and mental health has a HUGE influence on our body's physiological health. Do you ever get a stomach ache when experiencing stress or depression? This happens because when the brain detects stress from your environment or disease, your body's internal "atmosphere" changes. The brain signals the body to produce hormones such as Cortisol. This is the body's main stress hormone. Your stress levels can actually change an alkaline body to acidic. Disease loves acidic bodies. The brain and gut constantly talk to each other. When the gut is compromised, eating foods that are already inflammatory will make the permeability worse and could lead to all kind of autoimmune conditions and diseases.

TO CONCLUDE

Some food like grains and dairy can agitate inflammation in your system. The more inflamed your gut, the more food you're going to have a problem with. The intestinal barrier that separates the food from getting past the intestinal wall and into your bloodstream, can decrease over time from stress and eating inflammatory foods for a prolonged period of time. This thinning of the protective barrier, leads to the intestinal wall being permeated. When food travels through the intestines, it can leak through and travel into your bloodstream. This is called leaky gut syndrome. Many people have it. The body's immune cells that naturally defend the body from foreign invaders, attacks itself because it cannot distinguish the body from the food molecules and toxins that have breached the stomach. This is how you can go from having no allergies and sensitivities to having an auto immune response to EVERYTHING. You can also develop a sensitivity to things by means of accumulative exposure over time. This is why many people develop food allergies as they age.

Over the last few years, I've learned that almost all chronic illness starts in the gut. When our diet is heavy in processed foods for example, our microbiome (the gut environment full of bacteria) becomes very acidic which allows only certain bugs to survive leaving your gut with less diversity in its flora to digest different kinds of foods. Stress alone can change our gut microbiome drastically making it more permeable to infections and leaky gut syndrome eventually leading to autoimmune conditions. When the gut is inflamed, other organs become inflamed too causing more problems. When we have a healthy gut, it's much more capable of handling what we throw at it. Our food has changed so much even in the last 50 years, we do not know the full extent to which the changes will have on our long term health. I for one, believe and know my experience is not all that uncommon especially now. Over the last several years I've listened to countless lectures on gut health, autoimmune diseases and chronic illnesses. Did you know that dementia is now being called type 3 diabetes by some doctors?? They describe dementia as a metabolic disease. This is just one example in which our society is changing. Our gut health is key for a healthy metabolism. Our gut is where we get all of the nutrients to be converted into energy to live. If we aren't getting what we need from our food, we will suffer in the long term.

While still on my own journey, I have come a long way. I can now say I'm in better health than I've ever been in my life. 40lbs of fat loss when this was not my intention. Seriously. I no longer have any achy joints or nerve pain. My eyesight only continues to improve. My acne and rashes have completely disappeared. I do not have depression or hallucinations. My hair stopped falling out. It's as thick and shiny as when I was 13! I only get sick about twice a year now and only minor things. No ringing in the ears. My nails grow strong again. I sleep well. My energy is more stable than ever before. My mood disorders have totally transformed. The crashes mid afternoon or after eating are completely GONE. Also, for the girls, my period has tremendously improved in period cramps and no PMS. My quality of life is unlike I knew it could ever be. I have finally learned how to listen to my body. Our bodies are always talking to us. Showing us what state of health we are actually in. What is yours telling you?

I hope this information will give you some insight to the state of your own health. I have wanted to put this program together for a long time and I am eager to help problem solve any health related issues you may have, or just help you listen to your body to achieve better health. Let's learn what true individual freedom of health looks like. It will be entirely unique to you.

To Good Health!