



Carol Egan

Mental Welless: Is Environmental Toxicity Affecting Your Immune Sustum

SUMMARY KEYWORDS

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Hello, everyone. I'm your host of the summit today. My name is Dr. Patrick Porter and I have a very special guest for you today. This is someone that went back to school at 36 years of age and got a full ride scholarship. So if you're out there listening, wondering, wow, am I too old to go back to school, she's going to share with you what she did, how she did it and what she's found out. She also instead of going to an ashram and studying and meditating all day long, she decided to go for a bike ride on Ireland, which I think is be fascinating. I've been to Ireland, I think it's a great place. But one thing we want to talk about today is how you went ahead and basically changed and transformed your life so you don't get sick anymore, and how you can help our summit guest on that same experience where we practically never get sick. So I want to introduce purely into the call Carol. Hello. Welcome to the summit.

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Hi, Dr. Porter, thank you so much for inviting me. I'm just honored to be here with you.

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I know that you you specialize in a lot of different areas and when somebody researches, you're going to find out that you're on the cutting edge of what's going on out there some, some actually, parts of health and maybe people haven't even considered before. But the first thing I want to talk about is your health hacks, because you're very good at summarizing things, giving people little bite sized pieces that they can then basically digest using their life and then go on



to the next one. And the first one I really thought was incredible. We used to take 100% responsibility. And as a clinician, I find that's kind of hard. So first of all, how did you discover that and how do you motivate your client base to become 100% responsible? what's what's your motivation for that?

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Well, you know, what I learned across time, Dr. Porter is this, if the question was posed to me, so how responsible are you for the relationship you're in? And typically the answer is 50/50. But what I learned was in 50/50, means there's a backdoor open, that I can get out But I have not fully committed to that relationship. And so we could say, I've not fully committed to my health and well being, or I've not fully committed to my Financial Integrity. And when I learned about hundred responsibility, I was doing an in depth leadership training. And then I came upon jack Canfield book, the success principles, and he opens the book, you know, that is the foundational principle.

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And

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how do I use that to inspire my clients? By living it? Of course, if there's no integrity in my space, how can I create integrity in the space of the work that I do? Right?

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Right. I think that's great. Jack Canfield and Mark Victor Hansen actually coached me to start my first franchise. Janet sweitzer wrote that book with you actually was our marketing director. So that's great that you tapped in started learning from those principles, but number two, now we're gonna kind of break it down into some other things, but number two, you Prepare. I know a lot of people live their life and they, they think that they can just intend something I have a saying you get what you rehearse in life, not what you intend. But what do you mean by prepare? That's, that's a health hack you have. What do you mean by that? And how do you motivate your clients to do that?

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Well, you know, you think about it, my clients come to me, they hire me, they pay, you know, a significant amount of money, because they want to create success in a particular area. In this case, its health and well being. And I like to say, you know, as it's, it's kind of out there, and also Jack Canfield again, you know, success is when preparation meets opportunity. So it can be as simple as I want eat healthy, great. If you're not prepared, you can be sure if you're not if you're



hungry, you're going to eat something you're not committed to eating because you're not prepared.

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Right? Yeah, I had a client once tell me they said Dr. Porter I don't think your program is working. And I said, What do you mean what's happening in a weight loss clinic at the time? She said, Well, I'm eating Oreo cookies. I said, What? You're eating Oreo cookies? And she said, yeah. I said, Well, what are you doing into the store? You looked at your cookies, and you said, Wow, that looks like something I can lose weight with? And she said, No, that's not what I was thinking, because I'm on this program, but I don't think my my grandkids should suffer. And I said, they're not suffering. I said, there'll be suffering 50 years from now, or 30 years from now if you don't teach them to eat correctly. And there was a long drawn out story about that. But I told her just buy healthy cookies for your grandkids. They don't care. And the exciting thing was for her was she was actually getting up at night and eating them. So she wasn't even enjoying them. But when she didn't have those in the house, like I think is one of the points you're making is she wouldn't eat them. She didn't get in their car, drive to the store in the middle of night and get them. So what's the difference? I know you work with some really high level VIPs and you work with, you know, everyday housewives I say and in workers that are just looking to improve the quality of life. What do you see the difference between being prepared is between those high achievers when this is the Optimal Performance Summit. So what's the difference between those high achievers preparing once you give them the information, and the people that are maybe struggling a little bit that they don't don't think of themselves as I believe everyone can be a high achiever. So what is your thoughts on that?

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Haha, awesome question. You know, I'm going to say this. The distinction between a winner is not the success they've created in other areas of life. The distinction is the willingness, having leverage, being willing to challenge their belief systems, you know, because you know, I've had clients invest a lot of money for the long for the bigger, let's say, enchilada work that I offer and, you know, in the end, you No say Carol, I just don't want you to just want to hang with my friends the way I'm used to hanging and and it's the ones that will be willing to put the rubber on the road to the preparation point, you know to, to literally be, you know one of the quote to incorporate everywhere. Patrick is Derek from Darren Hardy's book success prints on Darren Hardy's book the compound effect. And it is small smart choices. Plus consistency plus time equals radical difference. And those are the people those are the people that when they're willing to take those small steps in in be satisfied with those small steps and then build on them.

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Tell us tell us a story about a client you had that maybe followed small steps and where they



went along the journey.

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Ah

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this this client came To me, and at first, Dr. Porter, I heard a smoker's voice. And I thought, I don't know. I don't know if she's going to be able to and I'm going to tell you, she is the picture of success because she was willing to, she didn't meditate. But she opened to it. She didn't juice like everything that I recommended in the whole mind body spirit equation. She was willing to look at where she was stuck and pick it back up again. Like she listened to my coaching around, not making herself wrong. And she came Dr. Porter she went off of three different prescription medications. One including autoimmune disease, one including a neurological problem The other I think, allergies. And you know what I like to say Dr. Porter it's a lot of people could say I take medication and fine. And I say it's not about getting off medication only. Of course, that's so much healthier for the, for the human body to have natural substances. Now synthetic, some substances coming in what she now in this moment, is working with an editor and a publisher, because she went from wanting to just get healthy. And I always say, it's not just about that. It's like, what would be possible, what would you most want? If you felt your very best?

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She said, Carol, you know, I always

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had this fantasy that I'd love to write a book. I said, let's do it. And so we incrementally use that carrot along the way and she's actually in the throes of publishing a right now. And so, you

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know, one of the things we have at the summit Actually, we brought in Steven E, who actually helps people write books too. So it's great. You're doing that because we believe everyone has a book inside of them. So that's great. So tell me now that she's doing that. You said something about the mind body and all this. It's not just one thing or another. I know you're, you have a hack about doing juicing. So maybe because you brought that up. Let's, let's talk a little bit about that. And why do you think that's so important? As a health hack? What what are the main benefits? Because we've heard about it online. A lot of people think oh, it's just as bad you see a late night television where people are selling the ninja juicer or whatever they're selling. What does it do for you and why are you such a advocate for juicing?



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So I'm so glad you asked that question and that way, so you know, how in the world as you know, there's a lot of things that can be you know, I'll use the playful world word of boujee. It's in bold, you know, drink green juice, it's cook No, no, no, it's a tool. It's literally a tool, like a magnetic tool. Because it's live fruits and vegetables. If you make this juice at home yourself. It's going to be highly magnetic with the life force energy of those fresh fresh foods, fruits and vegetables. So when you drink that, it's going to literally start

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pulling out

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toxic waste matter, that can that does impede the whole quality of life. So I'm an advocate of juice because of the magnetic energy it provides in awakening, toxic waste with you know, within the body.

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I know there's some others that I think are maybe a little controversial for most people because when they hear about it, it's like wow, I don't know if that's true or whatever. And I know you're with the with a company that I also believe in called cell core and they do something to actually like you we deworm our pets, but we never be warm ourselves. So I know some of you might be thinking, how do we get from there to here? It's because when you're eating live foods, fresh alive foods, there's a different. There's something different that you call it life force, when we eat foods that are filled with parasites is what we're talking about here. But in most people don't even know that they have parasites. They could have a physical, mental or emotional problem, and they could do everything under the sun, nothing changes, but then when they finally do something to clear out these parasites, magic happens. So you can talk a little bit about that for us because I know you're an expert in that area, at least you know more than I do. So share that with share that with our group. What are we talking about here with parasites what what is the most common parasite you see within people and how do you clear that out? And how long does that take that process?

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So can I answer that after I accepted a little so when I met that Dr. Todd was from self bio sciences, Patrick. It was like a lightning bolt that I felt because in my work from illness to wellness, in my journey, my personal journey, not just my professional journey, I developed what I call the Michelangelo method. And that is Michelangelo says that the statue of David always existed inside that block of marble. All he was charged to do by the heavens was to remove the blocks of marble that were in the way of a seeing this radiant, gorgeous Adonis.



Right. And so I like to say that that's my charge. That's what I was charged to do was that type of work and that is to help my patients my clients remove what gets in the way from them looking and feeling Feeling their most vibrant self. And so now we say we've got the green juice, we've got this very live diet that's going in and helping remove the toxic food stuffs. We are marketed all of these foods that are foodstuffs, but there's no voltage. There's no life force energy in these foods any longer, they're packaged, they're dead, and often our bodies don't know how to remove them. And so now we have this environment that is a breeding ground

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of

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toxic waste matter. And we can say, you know, to the points we're making entity, you know, parasites taking over the body. So now, if we look at the digestive system, and you know, we can get into all of You know, this environmental toxicity. And now we have this dirty environment that's just a breeding ground for, you know all of the impact of the modern lifestyle on the human body. Now we become a host to parasites, rogue, yeast, mold fungus, because if we're not removing what we're ingesting, then it's just sitting there. Then you're going to see an overgrowth of yeast, mold, fungus, rogue bacteria, parasites. So now you have this dirty environment. And we're living in an environment where we're exposed daily, to radiation, to heavy metals, to pesticides and chemicals and herbicides. They're never intended to be inside the human body and what they're doing inside the human body is it's literally shutting us down. I mean, you can see tit for tat, the escalation of the use of glyphosate, we'll say, and the escalation of chronic illness and sadly, among our youngest, most vulnerable, the young, the infant's

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that's pretty sad. I mean, what they say is used to say you are what you eat, but now we know you are what you don't eliminate. So if you can, if we can get them eliminating these things, so tell us a little bit about the technology that's out there in the form of supplementation and research. It's out there that says how can we clear this out of the body because I know that our country is one of the only that allows this roundup type pesticide I guess, to be so prevalent at some countries. They've even been In which some of our listeners might not even be aware of, and they might still be using on their yard. So tell us because you have ways to teach them how to set up their environment to be healthy. But tell us how do we get it cleaned out? Now? What is your solution to your patients or clients?

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Well, you know, so there's a there's a few prongs to it. Of course, it always is going to come



down to a mind body spirit equation, because we could we all know we could muscle through something you challenge me, oh, I'm Taipei I can do that kind of a thing, right. But if we don't confront our belief systems and our thought patterns, then we're going to bottom out and that way if we're not connected to something beyond just ourselves, you know, I, you know, we could say spiritual but I like to also say it this way, our relationship to self if we don't Have a relationship to our higher self. You know as as Byron Katie, author of loving, what is would say, you know, if you focus on your breath, you're not breathing, you're being breathed. So if you don't have a connection to this force outside of yourself, then you can get pulled out, but in a very tangible way. You know, I like to say that it begins with diet and and movement, we've got to bring oxygen into the body. Chronic Illness cannot live inside a body that's highly oxygenated. Chronic Illness loves dark, moldy, funky fungus places and and unfortunately, it's very prevalent today. I focus on you know, on a physical realm, you know, I do talk about internal cleansing. You know, it's also known as hydro colonic therapy. And and then from there the other you know, besides the, the spiritual work that is resonant to you, not to me but what resonates to you. I mean, I have clients that come that are very spiritual and can dive right into that. And then I have some clients that are not connected to that in any way and yet they can go out in nature and be really, you know, deeply connected. And then mindset work very, I spend a lot of time on mindset work. But the tangible tools are formulations that go into the body and remove in an exponential way, like green juice as I described, drink green juice that go in and pull off the colon, digestive walls, things that don't belong there like biofilm and what lurking underneath living and thriving and living on the tissues of our body, Dr. Dr. Porter, is is these rogue parasites? And we're not, you know, yes, there's all kinds of parasites there are, you know, five foot you know, round intake forms and then there is microscopic parasites that cross over the blood brain barrier, you know, we suffer with, oh my gosh with, you know, brain, right, we can keep it simple and say brain fog. But then, you know, poor concentration, poor memory level, there was a time doctor, Dr. Porter that I felt that I created an identity of myself and I never talked about it was just kind of like an unspoken thing that I was stupid. I mean, I wouldn't even use that word around. By Son, but I believed that I was stupid because my brain wouldn't work. And when you start doing this deeper here, so now let's go back to the, the tools. So then there's this protocol. And this protocol is created by self core bio sciences. And I'm happy to offer any information to any of the listeners at any time in a just a generous hearted way, of course, and that is, you've got to remove parasites from the body, but first, you've got to build strength up because glyphosate and environmental toxins and

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toxins

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Patrick their coming in and literally shutting off the energy production



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inside

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the machine of ourselves of our energy production, the mitochondria, the glyphosate is literally shutting off energy production. So we begin with building energy So the the body and opening the drainage pathways, so the body is strong enough to lift out all of this pathogen in the body. So now we go ahead and remove that and we start turning up the volume a little and moving on to like whole body. Once you clear the colon, and start reducing some of the pressure off of the liver and the kidneys, then we start then we have to start looking at pathogen that has moved beyond the gut walls and has spread throughout the body through the blood and again, into the sinus cavities into the into the lungs into the brain.

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And then Dr. Porter the

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most. Let me just ask you a question about that before we go on to the user. The listeners when when they're think they might be sitting out there going well, I obviously don't have those but Just so they know my wife, we went to India, this was in 1998. And we came back and she got a chronic. Like she got chronic fatigue, which we don't quote believe it until it happened to her. But we because we have the the tools in our research lab, we have darkfield microscope, we can actually see critters in her blood. And then so we started researching that until we clear those out. She could not overcome that. But what are some other symptoms that the users out there might have because they might be thinking, well, I've never seen a tapeworm cut on my nose or, or in my stool or anything like that. What might they be experiencing that this you've seen this really accelerate their healing?

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Well, first, I would love to say that this is what hooked me with Dr. Todd watts his tagline and he would laugh if I if you know he laughs when he hears anybody say this is, you know, he says, Take your two fingers and put them on your wrist and if you can feel a pulse You've got parasites. If you're if you have a pulse, you have parasites and that is because of kind of what I just described. We are a host to an overgrowth of pathogen in the body and about parasites. Dr. Porter get into the body in so many ways, and if the body is backed up, which we know it is, it's, it's, you know, laxatives are one of the top over the counter medications that are sold, you know, make the most money, people are not eliminating, and so



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most people don't know that the biggest reason people miss work in the world is zero bowel syndrome. Yeah. So, you know, they're, they think they have an upset stomach every day. You know, there's there's an issue there.

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And Dr. Porter

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the glyphosate is breaking it Destroying the gut wall.

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The glyphosate, it's Yes. Processed foods are also, you know, here's the villa, you know, here's the digestive wall. Here's the digestive wall and around the digestive wall. If somebody who's watching doesn't know there's the villa that are responsible to absorb all the nutrients we take in, and they're supposed to be very tight junctures with the processed foods, the glyphosate, in the herbicides, the pesticides that chemicals start separating those villas, those tight junctures in the, in the digestive wall, they say, is half the half the width of a strand, single strand of hair. The digestive wall is our protective mechanism from the world because we bring the world in through the foods we eat. It's only the Half is thick is a strand of hair. And we're taking in foods that don't belong in the human body. chemicals are coming in. So now if this

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is starting to open, if this is starting to open, that means it's stuff that doesn't belong inside our holy temple.

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Stuff got through Dr. Porter.

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And this is where what's on the other side of that wall. So the immune system and the entire nervous system, and we are seeing autoimmune disease off the charts. We're seeing higher rates of depression in neurological problems more than ever. How can we not say one See, and why are we talking more about one plus one equals two, the digestive wall

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is broken.



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For those listeners who don't know this, you'll hear it in some of the other talks but 95% of our time neurotransmitters are made in the gut, we have this gut brain connection, it's not just the gut is is often considered the second brain. So and then once we get it, the gut health isn't there, it actually mirrors in the brain. So they're going to have a leaky brain as well as a leaky gut at the same time, so but they'll get, maybe we'll go deeper into that in another talk on the summit. But that's great. I just want to let them know so that they understand what your

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perfect, perfect. Yes. You know, and then when you when you say that statistic, that anywhere it's cited anywhere between 70 and 90% of dopamine, serotonin and neurotransmitters are produced around the gut wall. How can we call it the second brain? If 75 to 90% of it is happening around the gut wall, like you know, and so that's where, you know, we have to really for our mental health and well being we have to really start being attentive to but let's go to your question. What types of things have I seen my clients or I you know released from the body, you know, with and this is not a plug this is this is hard, cold fact truth. Nothing Have I ever seen anything like what cell core bio sciences releases from the human body which, which goes in and extracts pulls out in releases from the human body and that is, I've seen five foot looking earthworms. You know, I have clients that send me pictures all the time. I've seen half dollar size, half dollar size, liver flukes being removed from the liver and the kidneys

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and the liver bile duct.

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So if so, if we take the focus off of what we've seen in rather the impact of entities that will large inside the body clogging

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the prana

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life force energy, the meridian fields in the in the literal drainage pathways. How could we hope to be living our best life and we want to talk about optimal performance and living our best life. It's like, dude, we got to get this stuff out. Right? Right.

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One of the things that most of the health practitioners that I've interviewed are associated with over the years, which has been thousands, they'll say that our job is to get rid of the interference



and you're kind of mirroring that when you're saying we have this and that, like the way you said it's the Michelangelo effect because every I do believe everyone has health, we're born healthy. If our mother was healthy, if our mother wasn't healthy, some of it starts right then I mean, they they found some of these things you're talking about in the in the breast milk of the mothers Like glyphosate and things like that, so they, they have to test breast milk because sometimes it's toxic to the baby, which should never happen. I mean that thing.

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Yeah, they're finding that in the umbilical cord, they're finding it in newborns, you know, 300 different chemicals in the umbilical cord in a newborn babies. And so that's a really important point. You know, Dr. Porter, which we probably won't go too far into, but is the, what I call the, the, some people call it the lineage, you know, that we're born into, and I say, the generational impact of chronic illness because, you know, if we're, if we're born from a mom and dad, who adored us, but had parasites or overgrowth of pathogen or chronic illness of some sort that's rooted in those things I just said, then there, it's shown that it crosses over. I mean, this is clinically proven that you know, all This pathogen and chronic illness crosses over in Why wouldn't it it's born of those tissues. It's the fabric of that child. It's what it was knitted from. So

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it takes us to our next question because you're, you're leading into but you're not saying it exactly. Someone asked the question. The you have a you have one of your health hacks is get rid of that inflammation. Most people will say that all 20 years ago, you couldn't see inflammation anywhere in the literature like nobody thought of that. But what you're talking about is the body being inflamed a lot of these chronic conditions because the body's in a constant fight like a fire, like a fireman that keeps hitting more fire trucks, but the fire is still being fed and somebody in the back of the fires feeding it kerosene. So how do you recommend people start to first identify they have inflammation, which I think it'd be the same thing. Put your two fingers on your pulse. Most people have if they have any, any chronic disorder in the body. It's probably Being exacerbated by inflammation, but what are your thoughts about inflammation? And and how do you talk to your, your client base and teaching them how to start cooling off the body start getting the body to operate as it was intended.

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So it's, it's, you know, it's gonna sound like another plug in, it'll be for you, but it's really, you know, we can use the word inflammation, which is the truth of what's happening. And we can also talk about internal stress. And so we have two worlds. We have an internal world, and we have an external world. And I experience what Brain Tap has had, I have personally used Brain Tap, and I know the benefits that it provides for reducing stress and creating calm in the outer world. And, you know, to my dismay, there have been times where I have said maybe a little



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too strongly

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that, you know, we can namaste all day long. But we've got to get to this fight this fight or flight stuff that's going on in here too. That's where the magic happens. And so we do things like Brain Tap. Especially with the with all with all of the the binary beats and all of the sounds that you have integrated into that. It's just, it's brilliant. What together with the internal work in reducing the internal fight, the internal stress that causes inflammation.

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And so you're asking me, how do we do that?

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Yes, what's what do you think is the number one thing people you tell people instruct them to do first, to start lowering the inflammation

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Well, the first thing is diet. The first thing, the first thing is diet because we could go to the bigger work that I've talked about. And it's, it's absolutely vital at this point. It's, it just changes the whole I just told you about a woman who's now publishing a book and she, it was a fantasy. It wasn't a reality was just a i, but I pull that out of my clients. And

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if if we don't get to

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the diet, we're going to keep feeding the overgrowth of the pathogen. You know, it's, you know, scientifically proven, you know, that sugar, you know, it's doctor, not, Doctor, it's Craig Thompson, who in 2011 in the April issue of New Yorker magazine, Dr. Porter said, um, excuse me, Craig I just said his name and I went blank. Greg Thompson was the president of Sloan Kettering Hospital, one of the leading cancer centers, research centers in the world, right. And he said in the New Yorker magazine, that is the single thing that he could do best to limit his chances of getting cancer was removing refined sugar from his diet. That even somebody at that level of in the science world in the science and research world for him to say that you know, I'm wouldn't be too far off in saying that it's shown that sugar feeds, yeast, mold, fungus overgrowth, and there's and there is research that says that it is yeast mold fungus, that is the root of things like cancer and chronic illness.



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We have one of the doctors that's going to be on the summit here. His name is Dr. Darrell Jaffrey. And he actually had a summit called Get off your sugar summit. So it's that big that they could have a whole week long summit about it. And it's hell, and we know that. So number one, get off your sugar. What do you what's number two for you? What's the second thing that they do?

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Number one is alter the diet and sugar. So the top three, the top three common toxic trigger foods known to cause inflammation in the body. Number one is gluten. Because it's so genetically modified. It's so sprayed at this point. It's not you know, if you go to Europe, it's a very different grain of wheat.

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We were just on a cruise down the Rhine River and my wife actually had bred the whole way through never had one upset stomach. And because somebody said you could do that, so she tested it the first time she said, I feel great. So she enjoyed it along the whole trip. No problems. It's not treated like here. It's It's

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not it's not grown like it's grown here. So the three Tomic pack, excuse me three common toxic trigger foods known to cause inflammation in the body. Number one was gluten. Number two is dairy. Number three is sugar. Each one of those I'm going to say are in step with the other. So that's my first, you know, top recommendation is to, in terms of diet to remove those things. But you know, in the world of a math equation, which is how I played playfully call it is we take out those three things. And if we add in the green juice in a meal sized green salad, and maybe a green smoothie bowl, or a green smoothie, or some fresh, low, low sugar fruits, then we have just exponentially increased the lifeforce energy foods in our diet. We're starting to support the whole idea that we are voltage beings we are electrical beings. So it's number one it's the Remove number two, it's the

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what we add in and number three

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it is it is Hydra. Well, it's

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before we



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can get to the big pathogen. So then I'm going to say then number three would probably be if you've got the diet down, then we're going to go start going after pathogen

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and once those are cut, do you know I mean, I think it's an ongoing process right? Unless you just eat all fresh live and know your foods or you had something to do like you do like a spring cleaning or court. I know that in our franchise, we should do a we don't know everything they do. Now this was back in the 90s. So but we used to have people do a cleanse of one sort or another. And we used to do it every quarter because we felt like they needed to do something to clear out their body a three day cleanse, but what do you recommend as far as cleansing cycle once they're on board and doing this,

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well, let me say this if, when the client arrives I make the assumption, of course, depending on their age, you know, if you've lived on a version of the standard American diet for 40 or 50 years, which is the standard age of my, my client, we've got we've got some work to do, where the, the state of your being didn't happen overnight. So we're going to have to spend a little bit more than overnight to clean it up. And once we get there, you know, the thing is, I say this, once you begin a cleaner lifestyle, and you start feeling the impact of it in the way that radiates out into every area of life. It becomes a self generating machine, it's not something that you question, how long do I have to do this? The question rather becomes, I would never go back. I feel so good people, you're you're wearing clothes that you prefer to wear you're feeling energized, you're feeling more innovative, you're feeling more creative. You're feeling clearer, you're feeling more emotionally balanced. It's like, and then you go back and maybe eat something you don't usually eat. And I hear it over and over. Carol. I enjoyed eating it while I did, but I felt so lousy afterwards that I don't even feel called to it anymore. That's great.

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That kind of takes me to the next question, and it'll be our last question. We're going to do some wrapping up here. But we could go on I'm sure you have so much information and you have a free gift for our summit people. So we'll introduce them to that as well. But a lot of people talk about one of your hacks hacks. Health hacks is starting in creating new healthy habits, right? These are the not really what you're talking about here is creating these healthy habits. What do you say to somebody who says I can't afford to buy organic or can't afford to do these things? Because I know the way we handle it, but how do you handle it? Because there's going to be above that to go. It's easier just to go by, unfortunately, it's easier just go buy junk food, but they don't understand what's going on. So tell tell me, what is your strategy with your clients? Maybe



they don't say that to you. But the we worked with the general population and they we heard it all the time. So what do you tell them?

40:36

I love that question. Patrick, I love that question. Because it really does bring the conversation to the arena that I like to just keep it real right let's let's so let me just show you. There's no fingernail polish on my fingernails. I stopped getting manicures. I stopped All these little and so first, let me answer the question by saying this we lean in, we lean in, it's not like we step completely in, I eat this way. And then overnight, I eat this way. That could be the markings of failure, it could be too much for you to take overnight. But if we go back to that Darren Hardy quote, small Smart Choices plus consistency plus time equals radical difference if you just lean in and start creating one small, healthy habit, but in terms of organic, I made the executive decision that I wanted to start eating more organic. And I can remember when I did that, and that was about 15 or 20 years ago, I was living in Boston and I can remember being in Whole Foods and picking up stuff Some organic peppers, you know, I didn't buy everything organic. It was almost like I literally started picking one thing at a time. But I'm going to tell you what you're going to use as the guide in a soup and it's made super easy. There's a group out in the world, you can go to it's ewg.org, the Environmental Working Group. And they have created two handouts that your listeners and viewers can go and download. And one is called the Dirty Dozen. And the other one is called the clean 15. So for example, on the Dirty Dozen, you would never buy conventional strawberries again. They are not sprayed with just they're sprayed with fungicides. herbicides, pesticides, like they're sprayed with everything. And because they're lower to the ground, they're fumigated, like they're so heavily sprayed But then there might be something like an avocado, you know. So again, you begin and you lean in. So a little bit at a time and you might say, it's too expensive.

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The more you start,

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if you are concerned and you do want to and of course, I'm speaking to people who are listening in,

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if you genuinely

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are concerned about conventional versus organic, start educating yourself a little and how I



would begin that is read about the impact of glyphosate on the human body. And that will compel you and inspire you to try a little bit more. And as you're leaning in, you

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do a little bit at a time

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and that's it's really, you know, it's almost like preparation You know, you you do the ground work, and then it makes room for the bigger work.

44:08

There you go you, Carol has done a great job of summarizing some things you can learn more from her if you go to the gifts section of the summit, and you have a gift for them here. So tell us a little bit about the gift that they can get. And they'll get contact information from you with that gift as well. If they want to pursue some of the other things and maybe take you up on that offer to have a conversation about parasites or whatever is going on in their with their health. So tell us a little bit about the free gift that you're going to give away here.

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Well, you know, I have outlined what you know, in a guide. But the five top things that I see high performers use and do

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to create

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the foundation. And in many ways, we've talked about some of that. There's a few things that we haven't talked about and we'll we'll exclude that so it'll inspire you to check it out. But

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if you

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download that guide from either you know, the summit's website, my website, however you choose to get it, trust this. There are simple steps similar and akin to what I've talked about here. What it is often you know that saying it's simple but not necessarily easy. Don't underestimate the power of the simple it's the simple that lays way for the bigger things that we want to create life like my client Terry who is publishing a book right now.



45:42

So there you have it, it's been said that spirit is simple man is complex. So we need to we need to be simple about this. We need to actually I love your your point about the simple steps, taking small steps and making these big massive changes. Well, there you have it, you can listen to this over and over again, please reply. Your family, your friends, everyone that has a pulse. And she said earlier in the show, do watch this, get in tune with it, start making those three big steps, the diet, the clearing out the planning for the future, you can listen to this over and over again, if you've subscribed to the to the summit. But this has been the Optimal Performance Summit. Again, thank you for such an enlightening topic in time. And thank you for the gift that they can get and start learning a little bit more about you your work and how to raise their level of performance. Because really, everyone out there is a peak performer. They just don't know it yet. Whether you're going to get the groceries or you're going to work out in the gym, or you're going to work with your grandkids or your grandparents or whatever is going on in your life. We want to do it at the highest level and have the most joy, the most happiness the most successful. So my hope to you is that each of you will take this information, apply it in your life, along with all the other speakers in the summit. But thanks again, Carol, and we look forward to seeing you and your performance moving on and it achieving great levels of success. Thank you.

47:02

Thank you so much.

