

Laura: Laura [inaudible 00:00:02]. , I currently live in Charlottesville, Virginia and I am 60 years old.

Interviewer: Laura over the past 60 years has your wellness and health journey been like a straight line or kind of jagged. Tell me a little bit about it

Laura: Super jagged, super jagged! I have come to learn about myself, I don't know, in the last maybe 15 years or something that the fact that I am an adopted person; adopted at birth impacted my food choices. I learnt which makes a lot of sense when I think about it; that when you are taken away from your mother at birth, you are in unfamiliar land at a time that you are not verbal. You've been listening to a heartbeat, you have been listening to muffled voices, you're gaining your familiarity and then you are taken away from that. And so, sort of I call it my lizard brain is frightened like life and death frightened. And you learn very rapidly how to respond and how to react and I think I became a very competent person which is good, but very self-reliant and very thinking that I had to know ,everything be able to fix everything and most importantly I had to make sure I could feed myself and never starve.

Then I found, I don't know maybe 20, 25 years ago a recipe card that had sort of my birth weight. They keep you in a foster situation for like 30 days to make sure you are a healthy, perfect child, because in the '50s it probably still is I don't know but it was a very big deal to adopt a child in the United States. And they would match you ethnically so that you looked like you are a regular person to that family and checking your health and making sure that everything was working in order and it cost a lot of money. And your parents went through a lot of research, you know, secret undercover people talking to neighbors and talking to dad's workers you know in the work place and buses and financial records and so on and so. And I really was lucky to have excellent parents, which I didn't learn until much later when I saw friends that did not have excellent parents and that outcome was.

So I was happy and never thought to look for my adopted parents or anything because I had great parents. And I was like; "Well, I've got parents what would I," and they would ask me, they told me I was adopted; I knew I was adopted from whenever you have that awareness of what that is about. They were proud of it. They were supportive of me, but you know I always felt not belonging to anybody. I was on my own kind of thing and nobody was like me and blah, blah, blah. But they, not my parents, but they the foster care people fed me Karo syrup as an infant. This probably has a little bit of an impact on your metabolism, right out of the shoot, but that's what they did at that time. I guess that

was somewhat common to mix it in with formula. And I'm sure in a foster situation they just wanted to boom, put some energy in a little human being and keep everything running at low cost or I don't know whatever their motivation was. But I think now, looking back and the things that I have learnt that really impacted my food choices.

I mean for my life I grew up in a Scandinavian household that was big on starchy vegetables, sort of meat and potatoes, lots of carbohydrates. And of course, I just look at that as an addiction. I mean I was just hungry all the time because that stuff is useless in terms of nutritional energy. Fortunately, I have always been very, very healthy and that's probably part adoption mentality too, maybe I don't know, to be self-sufficient and self-sustaining and like don't rely on other people kind of thing. So I don't know it became a really - I was very athletic, my parents weren't athletic, but I was. And I was the first class in the title 9 when they let women actually play sports and none of the schools were set up for that at that time. So we got the assistant coaches from the men's teams in basketball and so on and so on. And so they were pretty brutal and rough and we sort of had really great teams, you know, back in the day.

And I just went from one sporting event to another, so I was burning a lot of calories. So I could eat a lot of crap, but I always did feel fat. And I think women generally from I don't know, it feels like the beginning of time, women have felt fat, been told they were fat, they have been told they needed to look a certain way to find a spouse and you know it was just very important. So you know, I always had the large uniforms, but I'm tall. I was taller than almost everybody else so of course I would have the large uniforms. In my mind, I was fat and that's why I had the large uniform and I would do every diet you could imagine as we all did to lose another 5 pound. It was just ridiculous, hunger and torture and torment and feeling just sort of generally bad about yourself in that arena.

And I look back and I see pictures and it's like I was not fat, like where did I - I totally know how I felt, you know. And I look totally regularly, but fat it was, I don't know. Then as I got older, I did start gaining weight because of course I was just eating things with no nutrients in them at all. I mean I could go through a loaf of French bread like a pencil sharpener and be hungry. So diets were like starving, I was always starving, you know; "Eat less, eat less, exercise more," and I liked exercising, you know I liked going to the gym. So that wasn't a hardship but oh my gosh! The torture that I put myself through and I would just gain weight, gain weight. You know lose it, gain more. It is the old story, the sad yo-yo tale and oh, men I think how much time, energy and expense was put into that ridiculousness. But it was just bad information that was absolutely what it was. It was bad

information. I cared about my body very much and I read a lot and studied a lot and thought I was doing the right thing and it just isn't so.

And I think to this day that the medical industry, lots of nutritionists, lots of places that one would go thinking that they were getting the right information and it's ridiculously wrong, wrong like opposite wrong. So how are people to ever get out of that trap, you know, how? But I really hit a rock bottom; I don't know I weighed about probably 50-45 pounds, 50 pounds more than I do now. And I was just – I mean I was depressed when I think about it and depressed for me is pretty active. I'm sort of an active depressant and people would never think that I was depressed ever, really. People that know me very well wouldn't think that I was depressed, but it was depression. I had just started wearing baggy, yucky clothing, I would go to the gym and just be like, oh, men I mean it got to be this hateful, torturous thing where I would go to the gym and get on the treadmill and put my headphones on and watch TV. I mean, I'm not a TV person, I don't own a TV in my home because I don't care for it, but in the gym it was like I had to entertain myself to get through the torturous things.

Then at one point I got a kidney stone and I had never had any medical anything in all my life and that just nailed me to my bed. I mean it was horrific and you know, "Oh you have to do this and we should vibrate this," and I'm thinking, "You're going to vibrate my organs like really? And that's going to like shake the kidney stones through these little vessels, you know." And I thought please this is so more bad information sort of, but I was just like, I passed the kidney stone, I suddenly felt like after all that pain and everything I was all excited. I went to the gym carrying my extra 50 pounds and my poor quads that had been laying in bed for 3 weeks.

And my friends called me from Pickle ball court "Laura we haven't seen you. Where have you been? Come play with us." And pickle ball as a sport is sort of like tennis like but indoors on a hardwood floor. Fine so I go down to play pickle ball with my buddies and they were playing doubles. I came in and I happened to be playing doubles partner that is like super pickle ball champion woman literally and am like "I'm not going to let it down, am going to do this."

And I'm an avid golfer and I have always golfed although my other sports have fallen away do to my inability to have strength and stamina over the years. So anyway, my hand-eye coordination is pickle ball is kind of easy peasy. So I'm like super competitive, so I get on the pickle ball court with superwoman and we're going along somebody did a little [inaudible 00:13:03]. I took my 50 extra pounds and my weak quadriceps I and belt

to that net and I was going to get that shot and my knees went or a knee went, “Boom. We’re done now Laura.” You know you try and hit the skids and we are doing a header, face plant on the hard floor, fell my extra 50-pound weight, smashing my hand between the edge of the racket and the wood floor. My face going into the net standard so I’m like, my lip is cut; I can feel it swelling up.

I go up here and check if my teeth are just like dislodged. I go like this to see my teeth are still intact, I chipped one and I see on the other side of the net they’re going. I said, “What? What?” and they say, “You’re bleeding” and I go like “Oh yeah I know, my teeth are okay though,” and they go like “No your hand.” And I look at my hand and I have this puddle size split and my hand is just going ooh. “Oh my gosh here I am again, I just got out of bed. I haven’t worked at the restaurant because I can’t get out of bed for 3 weeks. I’m going broke slowly and methodically and now, I have smashed my hand. Of course why cannot I work, my right hand is now wrecked. Now I rushed, “Nothing’s broken fine. You must have that elevated to keep the swelling down, elevation above your heart. My heart that’s kind of like high up. Now I have this thing and I have to walk around like this. You know, I mean and again nothing has ever happened to me before and now I just felt like, all right this is it. My body is like falling apart. Is this now what aging looks like? This was only 5 years ago, 4 years ago something like that and I was like - I thought this is really - my blood pressure went through the roof with that. I am sure the inflammation that I had no idea how to handle other than ice and elevation, no kinds of nutrients or anything or take Advil, it’s like, “Really?” So that was like my rock bottom thing. I really felt that this is, this is just ridiculous. I cannot, I really cannot live like this.

I had somehow come across SANE; sanity somewhere in that recent time and I was sort of like attempting green smoothies and so on and I was wanting to do it perfectly instead of the listening and being told it’s progress not perfection which now I know, but I didn’t then so I was loading up the green smoothies with the roughest tasting stuff you can imagine because it was in my mind the perfect smoothie, I would just oh “Eat it, eat it.” You know and then one day I was like, “I cannot do this anymore.” I cannot live like this and I stopped. But it was like something inside like I knew it was right and I can’t even remember how it really happened, but I thought, “I’m going to take sugar out for a month.” I think before that I was dog sitting, that’s what happened and I had to walk these dogs on a lead and I couldn’t make it. It was friends who lived in a very big fancy house. I could not make it walking from the house and to their tennis court with dogs. I thought that if I could make it to the tennis court they can run around, you know in a safe container.

And I would get to that point and be (humming) so by the end of 2 weeks I could walk them a mile down that road and back and do it again. Later in the day and again later I thought, you know I started like feeling better and better about myself. And then I started like eating a little better and then I did the sugar out thing, which made me like super cranky for like a week and a half, 2 weeks I felt bad. I mean physically like sick and I thought, "Okay, I felt sick for like 7 days now. I am not going back to sugar now because I have got 7 days of that cleansing behind me." So it was like one day at a time, that's all one day at a time. I did it again and did it again. I got to the end of my 30 days without sugar and I thought, "Wow; I can do this now I'm going to take grains out. I don't need wheat you know. Like I learned about that thing and I thought this is probably going too far because; what will I eat if I'm not eating bread? That is ridiculous. You certainly cannot eat without bread in your life, you know because it's in every meal. It's in everything thing that I do whether I eat out or eat home." But I thought, "Well, I'll do that for 30 days."

So I did that and I sort of learnt that wow and I sort of got to the point where who made this bread thing? Like that is like useless, useless. There is no point in bread, really at all and all the grains that I really did take out. I mean I just started feeling better and stronger and my energy was even and my sleep was deep and restful and relaxing. And the green smoothies suddenly tasted really, really good. I mean I'm not making that up. They tasted really good and I thought, "What was I putting in them before? It must have put something, but I'm making the same green smoothie and I'm not kidding. I get now a little cranky if am not having my green smoothie like every day. And I mean it, I can't believe it.

I threw my scale away and I really, really did, so I have really no idea what I weigh. I started forget my annual physical that is like, "Who needs that?" I get a really complete blood panel done annually and then every 6 months I get a regular blood panel done and tweak things based on that. And I listen to my friends that are SANE, you know and I talk to my friends that are SANE and it's made all the difference. I mean I'm a different person. I mean really it's like myself I have found myself and I don't know if I ever had her before really.

So I mean I can sit now with people that are eating crap and I feel really, really bad that my friends are eating crap and that's why I'm here. People need to know, they really do. It's stupid what we've been told and what people are still being told and what people are still doing and putting in their bodies and thinking, "Well, I'll cut this down a little bit or something which is fine to start, but commit to it and go all the way, because it's different

when you go all the way and taking little tiny steps, little tiny steps in the absolute right direction. And when you get comfortable with the little tiny steps, take another little tiny step and do not go back. And then at some point you will not want to go back. It will be a disgusting thought to go back because it's no way to live. You're not living, you're not living. It's a torturous existence and I didn't really know how bad I felt about it, you know until I didn't feel bad about it.

I didn't know, I didn't realize all. It was all I knew was to feel like that and I thought that's my personality or that's my make-up. And because I'm functional and I'm bright and I have a lot of friends, I didn't think anything was wrong with me. I thought, "This is how you feel." I mean I thought 10-15 years ago, I thought, "Boy, I have I really got bad knees. I should find out who my birth parents are so I know some health backgrounds kind of stuff because maybe I've got some genetic knee thing. Oh my gosh my knees are fine. My knees are fine today. My knees feel better today than they felt in high school when I was running track and doing things when I was 16 years old or 17 years old. I remember my knees hurt. It was inflammation. It was stupid nutrition that was not on my awareness. And you know, the power of fueling your body properly is unbelievable and this is the information that has been missing. This is the information that has been missing. Listen to this information and begin where you can begin, it doesn't matter, just begin wherever you can begin with this information until you feel it, you know in 2 weeks or 3 weeks or 2 years and it will change your life. It has changed my life really. Did that answer your question?

Interviewer: That was great! That was awesome. Thank you so much. So it sounds like you're experiencing literally a whole new you.

Laura: Yes.

Interviewer: Sorry, forgive me. What was your age again?

Laura: 60

Interviewer: 60?

Laura: Yeah

Interviewer: What do you do like best about this new you?

Laura: I can be me like all the way. I can do anything. I can do anything really, I can.



Interviewer: Do you see the world differently now?

Laura: Yes, yes I see the world differently now. I'm sad about a lot of things in the world. I'm sad that we are here in the United States with this kind of misinformation. I am sad that we have internet with this kind of misinformation. I'm sad that so many people are working so hard to do the right thing for themselves and their families and it's based on misinformation. And it is harmful, it's poisonous, it's not right and that really makes me sad. I mean maybe I'm too new to myself to know what to do about that, but that is why I'm here, that is why I'm participating in this; just to have something that people can see and learn from. Real actual, regular people, I mean I don't have some miraculous story going from death's door to vibrant health, but what I am experiencing spiritually and emotionally and physically is beyond words, really. I mean you must experience this to know. I cannot tell you what to do or how to be or something. Listen to this information and take it in and apply it to your life, to your everyday life and you will have what I have now that's remarkable.

Interviewer: I love that phrase that you just said; "You will have what I have now." If you had to put into one word what you feel you have now that you didn't have before what would it be? And if you could say that as a complete sentence.

Laura: Oh good because I have tried to distill it to one word. Yeah I have myself what I was born to give and it's available to me. I mean it's every one's birthright and you should be free to follow your passions, whatever they are in whatever field without being held back by all the crap that weighs on you with that old weight of eating. It's about eating, it is about nourishment and fuel. And you know all bodies are wanting to move towards health. I mean I know things change as one ages, but I would say, I am here to say I am much, much younger right now than I have ever been. I really I'm much younger now and I plan to be younger next year. I really do and I will. I mean I know what I'm going to do next and I will do it because I can do it.

Interviewer: Well this is absolutely beautiful. So I'm going to change gears a little bit. And we're going to play a little game that I think you're going to like which is I've been asking you questions. What we're going to do now is that am going to make statements.

Laura: Okay

Interviewer: And if the statement resonates with you, I would ask that you say it back. If it doesn't resonate with you, you can say and we'll move on. If you want to just rephrase it a little bit, that's cool too.

Laura: Okay, cool.

Interviewer: I still can't believe how well this worked.

Laura: I still can't believe how well this worked.

Interviewer: I always felt like something was holding me back. I don't feel that anymore.

Laura: I always felt like could just like, there was just a little more to me there.. I couldn't exactly put my finger on it, but I always thought there was something more that I needed to be, do, make something

Interviewer: Do you feel like you are that now?

Laura: I am that now

Interviewer: I feel like my body is finally in balance.

Laura: I feel like my body is finally in balance, yeah.

Interviewer: That's good. I'm finally reaching my full potential.

Laura: I am finally reaching my full potential for real.

Interviewer: My life will never be the same again.

Laura: My life will never go back.

Interviewer: For the first time in my life, I feel free.

Laura: For the first time in my life, I feel real free, available to the universe

Interviewer: It was so much harder to be sick than it is to be healthy.

Laura: It was so much more torturous being sick, so much more frustrating being sick. Being healthy is easy, natural; I am going with the flow instead of against the grain.

Interviewer: It's worth it, it's all worth it.

Laura: It's worth it. It is all worth it. It is worth every single little bit, worth it. Well worth it.



Interviewer: I feel like I'm seeing my life in full color for the first time

Laura: My life is in full color for the first time.

Interviewer: I am free from fear

Laura: I am free from fear. I have confidence now. I thought I was always a very confident person. This is confidence.

Interviewer: I am living an unlimited life

Laura: I am living an unlimited being.

Interviewer: I am priceless beyond compare.

Laura: I am priceless.

Interviewer: I am of the highest quality and because of that, I deserve the best quality.

Laura: I am of the highest quality and I deserve to be able to care for myself with the highest quality, with the highest focus, with the highest energy.

Interviewer: I am worth it.

Laura: I am worth it

Interviewer: Now you're talking to me ,but imagine that I am some of your friends that are feeding themselves with crap. You are worth it.

Laura: Yeah, boy, all my friends, I really- really hope that you'll see what you can do, what you can be, what you can change. Even if you - I don't know what, even if you don't believe it maybe do it and just see because if you really do, do it, you will see, you will feel it, you will become it. You deserve it. You deserve it.

Interviewer: You are worth it.

Laura: You are worth it. Do not torture yourself

Interviewer: You are not broken.

Laura: You are not broken. This is a case of misinformation for years and years and years and decades and decades and decades. You were doing the best you can. I know who you are. You are a quality human being. You are my friend. And I know that you

don't do shoddy work or things half-ass, you don't and you just have done the best with what you were told, given understood to be true. Listen to real biology. Listen to real science and I know if you take that under advisement, you'll be okay.

Interviewer: Living your best life is not selfish

Laura: Living your best life is your birthright. It is your responsibility. It is yours. It's a gift to be alive and to be the one in charge of this wonderful body that's like a miracle. It is a miracle and this is how to take care of it.

Interviewer: Fear is toxic.

Laura: Fear is toxic. Misinformation is toxic. Abuse is cruel and it's not- you can do this. You can really do this and comfortably and gently, and lovingly, you can do this.

Interviewer: You can heal permanently.

Laura: You can heal permanently. You can heal permanently and I promise you as your friend, you will not look back.

Interviewer: Now is your time

Laura: Now is your time.

Interviewer: Now is my time.

Laura: Now is my time.

Interviewer: I am living SANE.

Laura: I am living SANE.

Interviewer: I am going SANE.

Laura: I am going SANE. I am SANE. I can be SANE.

SANE

BY JONATHAN BAILOR

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