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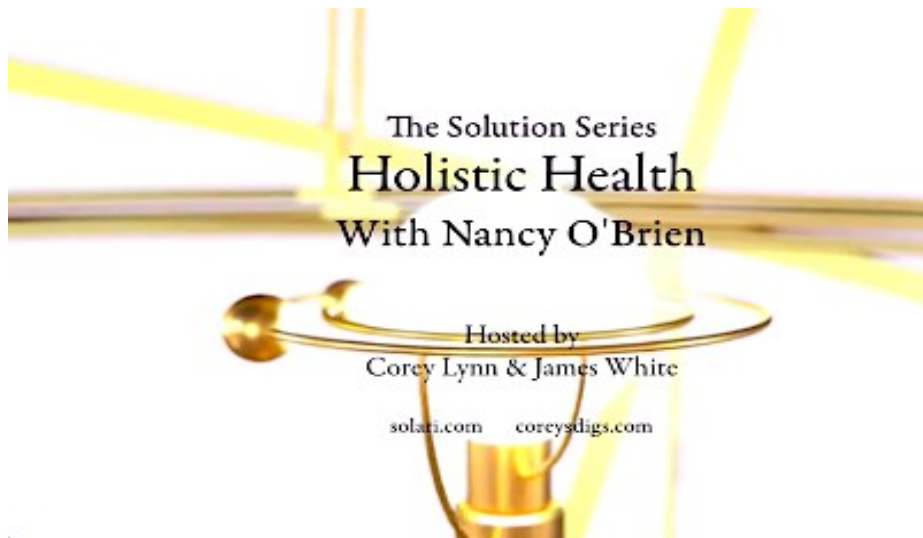


The Solari Report

December 8, 2022

Holistic Health with Nancy O'Brien

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James White: Hello, this is James White once again for the *Solution Series*, brought to you by *Solari.com* and *CoreysDigs.com*. As we continue to move forward through the *Solution Series*, we are very appreciative of all the great feedback that we've received. We've had some great guests on the broadcast, and today is no different.

We will be talking about homeopathic medicine and how you can take things that you have at your house or items in the grocery store, and you can make elixirs or teas or things to help you heal diseases and maladies as the weather gets colder.

We are always glad to be joined by our cohost, Corey Lynn, who is the founder of Corey's Digs. Corey, it's always great to be with you.

Corey Lynn: It's great to be here. I'm looking forward to this!

White: Indeed! I'm going to give our guest, Nancy O'Brien, a quick introduction. Nancy is a retired certified holistic health practitioner. She received her education and certifications from Michigan's Blue Heron Academy in 2007. It is her sincere belief that we each have within us innate wisdom to heal ourselves, given the proper guidance, regarding lifestyle and nutrition, and we can positively influence our genetic blueprint with balanced nutrition.

Quoting Dr. Bruce Lipton, "We are not victims of our genes but masters of our fate."

Nancy O'Brien, holistic health practitioner, thank you so much for joining us here on the *Solution Series*.

Nancy O'Brien: Thank you. I appreciate the invite and the opportunity. In certified holistic health practice as well as in naturopath, I've been trained to work with the body with natural remedies to assist the body to restore and repair itself.

Homeopathic medicine is wonderful, especially for acute illnesses, car accidents, falling off a ladder, or those accidents that affect our lives. Homeopathic, just like 'humpty dumpty', can put us back together again oftentimes.

For short periods of time, pharmaceuticals are also necessary, but that is more acute. I believe that as far as maintaining long-term health and wellness, we need to work with our bodies – with nutrition and with our lifestyles. Through that we can keep our health. If we have lost our health for some reason, we can restore our health gently.

Pharmaceuticals are often very harsh and natural medicine is very gentle. It takes a little longer with homeopathic medicine. You can take an antibiotic and you can perhaps feel better in four or five days. Natural health takes a bit longer, but it also is gentler.

White: Is it safe to say to that allopathic medicine wants to medicate and cut off the cancer or cut off the disease, whereas holistic medicine takes the whole body into account and tries to work with the foods that we eat and herbs and things in nature that occur naturally? Does holistic medicine try to work with those instead of going to the medication and cutting out the bad part? Is that accurate?

O'Brien: By all means, yes. It is hard to separate only the body – just the physical – because we are very complicated beings. We are spirit, we are our physical bodies, and we are soul. So, you can't touch on one without touching on all of these. We are emotion. That all plays into our wellness or lack thereof.

Lynn: I think that is so important right now because we are in a spiritual battle and a mental battle and a physical battle. We are 'hitting' on all of them, and I think now more than ever, people are starting to pay attention to their health, and they are starting to research things. They want to find the natural remedies.

I think it's also a concern with the supply chain with people concerned about being able to get their prescriptions. You look at elderly people, and most of them seem to be on at least five medicines or more. That's our culture here unfortunately.

I think that there are many things that can be done, and I realize in some people as they get older, it's kind of hard to make a huge diet change and switch at this point, but I think there are many people that can do that at different age groups.

We thought it would be fantastic to talk with you and touch on some various tips and tricks that people can do.

My first issue is I've had friends with their family members that are trying to get prescriptions, and there are delays, and they can't get their refills yet. I feel like, if possible, people should try to wean themselves off that and over onto more natural remedies if they can. Obviously, I'm not a doctor.

What comes to mind when you think about fatigue, pain, blood pressure, or different things that people could do for these different types of issues that many of us are battling without necessarily having to go to a doctor and get a prescription? Is there anything that comes to mind that you think would be some things people should keep in their house right now – some items that would be handy for many different issues? Maybe they could grow it or go to their grocery store, as James said.

O'Brien: Many illnesses, and I think most of us are aware of this, are due to inflammation. So, we must get to the point to ask ourselves, “What is causing the inflammation?”

There are natural and very often inexpensive remedies. One of them would be vitamin D, the sunshine vitamin, and it's free. Right now, in Montana, it is snowing, so we won't see any sunshine today by any means.

Vitamin D reduces inflammation. Just 15 minutes of sunshine a day gives you adequate vitamin D. Exercise also reduces inflammation. If we can get out and go for a walk, if weather permits, or ride your bicycles or go for a swim – whatever you can do as far as exercise – is helpful.

We can try to reduce stress; we can spend time in prayer and meditation; we can spend time having fun. Many of us have forgotten how to have fun.

Lynn: That is so true.

O'Brien: We should have fun with our spouses, our significant others, our children, our dogs and cats, and our friends and neighbors. We should get engaged. All of us always feel better after meeting like-minded people. That

interaction and connection that we have with others is healing and reduces our stress.

Lynn: That is an excellent point.

O'Brien: Having something as inexpensive and easy and simple as lemon oil or lavender oil to diffuse into the air helps with calmness. Sitting down and reading a good book is calming. Turn off the TV and turn off the computer. Most of us are on the computers quite a large portion of the day. Take a break from it.

At night, turn off the Wi-Fi. If you are able to, unplug the Wi-Fi and let your body have a break from all that electrical frequency that we are surrounded by.

There are herbs that reduce inflammation and therefore stress. If we get rid of the stress, often we can begin to heal our bodies because we are getting rid of the inflammation.

Lynn: I have to share a quick story. I have spine issues. Years ago, I went to a Chinese herbalist, a tea lady, and she immediately sensed this in me and said, “You have a lot of inflammation. You need to get off the peppers, tomatoes, potatoes, and the natural inflammatory-type foods,” which I wasn’t even aware of at that point in time. Then she put together this concoction of twigs and bark and herbs and leaves, and I would brew it in a pot for 24 hours. It was horrific to drink, but let me tell you that three months of that and I was golden.

There are terracotta pots that you brew it in, and you drink it for six days and then take one day off. That potion is like a miracle drug. It’s all natural herbs and bark and whatnot. So, I totally agree. The inflammation is definitely a major cause in many more things than I’m aware of.

O'Brien: Did you have a question, Jim?

White: I did. Thank you very much for that. I wanted to go back and talk about vitamin D. You talked about how important it is to get the sun. Here in Montana, as you know, we don’t have many sunny days. Can people go to a tanning booth and get sun instead? I’ve heard mixed reactions like, “That is

harmful,” and, “That’s not harmful; that’s a different kind of ray.” Can you let us know if that is a good alternative to go to a tanning booth?

O’Brien: Very much so, yes, it is a good alternative. It is something we certainly don’t want to abuse. Once or twice a week for 10-15 minutes per application is just fine. Use moderation; don’t burn, but if you are only in the tanning booth for 10-15 minutes once or twice a week you are not going to burn.

There are also vitamin D supplements. Probably many of us are already on them, and they are good. I’m not going to put down vitamin D supplements, but being outside and exposed to the ultraviolet rays that the sun provides us is much more healing than just taking a supplement.

The other thing that we need to keep in mind is that if we are going to be out in the sun when we have the opportunity, it’s also a good idea to put your feet on the grass. It’s called ‘grounding’ and/or ‘earthing’. Put your feet in the sun if you live in any of the warmer climates. Spend some time walking along the beach and connecting with the earth. If you can’t do that, sit on your lawn. Put your bare feet on the grass, and maybe read a book or pray or meditate. Spend time with your neighbor; invite your neighbor over to sit in the yard and have a cup of coffee and spend time with someone else sharing and caring.

As far as Vitamin D goes, the sun is the best, but, yes, there are alternatives. That is a good question.

White: You will hear many times that a lot of disease starts in the gut. That is where your intestines and your colon are, and that is where many diseases start. If that is where a lot of disease starts, wouldn’t that be a place that you would want to focus plenty of attention on for prevention? What things can you take that would help strengthen your gut? If that is where most disease starts, we want to arrest it at the source or take an ‘ax to the root’, if you will.

Can you help us know what we can do to help get our gut in good shape?

O’Brien: That is a tough one. This is often a conundrum for naturopaths and someone who is encouraging natural medicine because, often, that means a

change of diet, and it is very difficult to convince someone to change their diet. Even if they are sitting across the desk from you and are listening to dietary changes, very few people want to make those dietary changes. Some will, but some will only commit for a few months and then go back to old habits. It's a plethora of things.

It starts when our children are very young. We teach 'Janie or Johnny', "You've been a good little girl," or, "You've been a good little boy, so here is some candy. Here is a Popsicle. Here is another cookie."

Children come home from school, and the parent asks, "Did you do well in school today?" and then you have Oreos and milk or whatever that reward is. It starts with that, which is part of the issue. My particular belief is that vaccines at such a young age to our children are also a problem to their digestive tract.

When the child is still developing in the womb, the toxins that the mother was exposed to reach the child. Studies have been done in the state of Michigan. When they tested the umbilical cord after the child is born, they already have over 200 toxins in their umbilical cord.

Lynn: So, what can parents do to make this shift? I feel like our audience is well aware of most of this, and they are probably a little more willing to make the dietary changes. What would be some good things as far as digestive aid?

We have ginger and turmeric and cayenne pepper. Also, right now, there are many labels, and I saw one today, Hillman's mayonnaise now says that it contains bioengineered food ingredients. We are starting to see that on many more labels. I think that people are almost going to be boxed in and cornered to say, "Oh my gosh! I absolutely must change my diet at this point."

O'Brien: That would be a wonderful. Most people have finally begun to question. We have only gone by faith that the companies producing our food or the restaurants that are producing our food have our best interest at heart, and that is often not the case.

GMOs have been around for 20-25 years – the genetically-modified organisms. But even prior to that, after World War II, many biochemicals were produced.

As a result of that, Roundup Ready was developed. It was brought back after World War II, and it has been sprayed on the crops for many years.

Also, we see plenty of monocrops. We see acres upon acres of farms growing one crop – just corn or just wheat or just soybeans. That's not good for our soil, and when the farmers do replenish the soil before they plant the next year's crop, they only put in two or three minerals. So, our soil is mineral deficient.

Lynn: So, what sort of solutions can we provide for people?

O'Brien: What we need to do is put those minerals back in our body. We don't have them in our foods for the most part, so we need to supplement with minerals. I have always recommended something that you can get at your local health food store, which are minerals that are food-derived. It will tell you on the label if it is food-derived. That is what our body is looking for.

Lynn: Are you talking about the liquid ones that you put the drops in your tea, or are you talking supplements? What kind of minerals?

O'Brien: There are 92 essential minerals that our body needs in order to rebuild and restore. They can come in a tablet or they can come in a capsule and/or a liquid – whatever your preference is.

Standard Process is an excellent supplement company. Biotics Research is also an excellent supplement company. I trust them and I trust Mike Adams. I also trust Dr. Mercola, who provides this in his store. So, there are a few trusted voices, but keep in mind that the majority of our supplements, and even many of our herbs, come from China. So, I would also look to see where the vitamin/mineral was made and where they sourced their ingredients from. Try to find ones that are made here in the US.

White: If we were to look in your preparedness cabinet or your section where you have the things that you have put aside, without giving up any of your specifics, what kind of things would we see? What would you have there as far as remedies? Do you put things aside to make herbs later? Let us know how that works with you.

O'Brien: I have a mixture with a little of everything. I have herbs, I have

aromatherapy, and I have the French homeopathics. I have these things that look like a little sugar pill, which are little packets from France. Those are in my repertoire as well as dried herbs that I can use to make an infusion. I can also make a poultice out of them. There are many herbs that you can make poultices out of. You could put it on a burn or a wound. After it heals and you get a scab, you could put a poultice on it to encourage the healing.

I also have colloidal silver. I have a colloidal silver maker, and I recommend that everyone have a colloidal silver maker as part of their emergency kit. Colloidal silver acts as an antibiotic. I don't recommend that you take it every day, but I certainly recommend that you take it if you are coming down with a toothache, earache, sore throat, or if you have a cut and believe that you have an infection. You can use silver either internally or externally, and it is wonderful.

When you get the kit, you will get sterling silver threads, and then you can make your own in distilled water.

I have the Miracle Mineral solution from Jim Humble, but it was not encouraged by the government, and Jim Humble was expelled from the country. He can now only sell this product as an industrial cleaner, but you can take it internally. I have taken it for infected teeth.

Lynn: What are a couple of books that you recommend as far as herbs, medicinal plants, edibles, tinctures, essential oils, and that type of thing? What do you recommend, or what do you like to reference?

O'Brien: One of my favorites is *The Complete Book of Essential Oils & Aromatherapy* by Valerie Ann Worwood.

Lynn: I have that one!

O'Brien: Do you really?

Lynn: I do! That's a great one!

O'Brien: It's a wonderful book, and it's easy to understand; it's easy for beginners. You don't have to have schooling. If you can read, you can

understand all the essential oils in there and the mixtures. There are many options in there, which is what I like. It's not just one oil; it can be a blend of two or three different oils because we don't always have 100 oils on hand. It's an excellent book. It touches on just about every modern ailment that we have.

Another book that I think would probably be an excellent resource for your listeners and readers is *The Edible & Medicinal Plants of the Rockies*. This happens to be for the Rockies because that is where I live, but they have these books for many areas. The author of this book is Linda Kershaw. They have these books for different parts of our nation and Canada. It has beautiful illustrations.

I would encourage you to forage. We can go out in our yard or a forest nearby, and we can identify these plants. With the identification of the plant, we can then make a medicinal.

Many times, the easiest to make is an infusion, which is to use the leaves or the stem or the root from the plant and steep it. You had shared earlier, Corey, that you steep plants in water. You do that, and let it sit at least 15-20 minutes. Sometimes you may let it sit overnight, depending upon the plant and the strength of the tincture or the infusion. Then you sip it slowly throughout the day.

I would want to encourage people to start learning how to identify medicinal plants. They are everywhere. I don't care where people live; these plants are everywhere. The plants will be different, of course. What is in the Rocky Mountains will be different from what is available in Texas or Florida or California, but the plants are there. If you can learn to identify them, you can make your own medicines.

This goes back thousands of years; we have treated ourselves with the plants for thousands of years. It has only been about the last 100-150 years that we have been introduced to pharmaceuticals. The pharmaceuticals are often petroleum-based. Often, as you and your audience may be well aware of, most of our pharmaceuticals are made in China.

Lynn: I would like to interject something with the essential oils: I know that you have one favorite recipe that you want to share with us. It's 'powerful stuff'.

I started using essential oils 20-30 years ago, not only on me, but my dog as well.

I had a dog who was old. She had arthritis in her legs. One day I flipped open my book, and I thought, "I'm going to whip up a recipe." I looked it up to make sure that I could use these specific oils on a dog, so I mixed it up. I 'kid you not', I laid her down on a towel because I knew it was going to get messy. I put on rubber gloves because must get it under the hair so that it gets into the skin and absorbs.

I walked up to her, and I had this mixed in a bowl. She was a heavy girl. As I walked up to her, she literally leaned over slightly and lifted her leg just upon smelling it, like she instinctually knew I was coming over to put this on her leg. I was like, "Oh my gosh!"

So I did it, and she loved it. So, I started doing it two or three times a week, and it helped her. It made her feel better.

O'Brien: I have used natural remedies on all our animals as well as myself, my spouse, and my children. Yes, I did have some favorite herbs readily available and some favorite aromatherapies. I don't know if most of the audience is familiar with what is now known as thieves oil. The idea was, during the Black Plague, there was a group of thieves in Europe. Once someone had passed, they would rob the body of everything that was valuable on it, whether it was rings, earrings, watches, or whatever, and they did not get sick.

So, when they were finally caught, they were asked why they didn't get sick. They were told they would be given a more lenient sentence if they shared their secret as to why they could touch the bodies of the dead that had the Black Plague and not get sick. So, this is a combination of essential oils. I don't know if this is true or if this is of urban legend origin. I don't know.

These are the essential oils that are used in the blend: clove bud oil, lemon oil, cinnamon bark oil, eucalyptus oil, and rosemary oil. I will be glad to send this paperwork to you, Jim. It gives the recipe for how much of each oil. You can make a large batch or a small batch.

There are many different applications. You can mix in a little carrier oil because

the cinnamon and the clove are considered ‘packed oils’, meaning they could be hot on the skin. So, you take a few drops of this blend once you put it together, and you could mix it into an oil that you have on hand at home, like coconut oil, olive oil, or almond oil.

You can put it onto the bottom of your feet and put on a pair of socks, and you will absorb the healing properties of those essential oils through the bottom of your feet. If you want to, you can diffuse it into the air. There are so many applications of this.

If you have a sore tooth, you can put a drop on your toothbrush and brush your teeth with it. If you have a sore throat, you can gargle with it. It also kills germs. If you are concerned about pathogens on your hands, or on doorknobs or on your countertops, you can put it in a spray with rubbing alcohol or vodka or distilled water and spray it on surfaces to kill the germs.

Lynn: Speaking of feet, you had mentioned something to us when we talked earlier about aluminum foil. Talk about that. I always love new, fun tips.

O’Brien: This was shared by a gentleman who was in the Navy. They do this on Navy ships, although they don’t use aluminum foil. The captain on the ship will have his own personal sheet of stainless steel, but aluminum foil will do the same thing.

You rip off a piece that is 12-13 inches long. Stand on that at the end of the day after you’ve been exposed all day long to electrical frequencies that we are bombarded with. It will diffuse all that excess electrical energy.

We are beings that have frequencies; our whole world has frequencies. The globe pulses with frequencies, and that includes us. Anything that is living – even a blade of grass – has a frequency. It’s all to work in harmony.

Unfortunately, some of our modern conveniences can cause disharmony, like Wi-Fi and EMF, and other electromagnetic fields. So if possible, we should reduce our exposure to EMF.

There are tablets that you can put on your computer. They don’t get rid of the frequencies, but they diffuse them so that they aren’t harmful.

White: What about glasses that help diffuse the blue light from your computer screen.

O'Brien: Yes.

Lynn: I have reading glasses that have the blue light blocker. It was funny because when I went to my eye doctor and he told me about this, I said, "I'm on my computer 10 hours a day. I start getting aches around my eyes, and they just get tired."

He said, "Why don't you try blue light blockers?"

I asked, "What's that?" So, I got a prescription with the blue light blockers in them. You can get the readers with blue light blockers as well. 'At any rate', I got home and said, "There's no difference. I see no difference. There is nothing in these."

My eye doctor said, "Just give it a couple of weeks and see how you feel."

It completely took care of it. Now I have a friend who says that they didn't help her at all, but it helps me tremendously. I don't get the eye aches anymore.

O'Brien: And you are probably sleeping better.

Lynn: Yes. So back to the aluminum foil, how long do you stand on it?

O'Brien: Not long, maybe 60 seconds. Stand on it while you are brushing your teeth.

White: In bare feet, right?

O'Brien: Yes, stocking feet will work, too. Just don't keep your shoes on.

Lynn: I have a PEMF mat (a pulsed electromagnetic frequency mat). They're not cheap. I got it sometime ago because I have some issues with my spine. I've been working with energy and frequencies for years, so I understand it.

It's fantastic. You do it in the morning and at night, and then if you have specific injuries, the good frequencies are very healing. You are right: We are completely bombarded. You can see that by looking at what has happened with the birds and the butterflies and the bees and all of that. It's incredible.

But it's, "Yah, 5G! Let's bring on some more!"

O'Brien: I'm not even sure that 5G is going to be around long. I think might just skip ahead to 6G.

White: That's what I heard, too.

O'Brien: It is definitely having an effect upon us.

I'm not sure if you are familiar with Dr. Dietrich Klinghardt. He is a German physician, but he does have a clinic in Seattle in the US. He believes that the EMF exposure to a mother when she is carrying her child may also be not the total cause but part of the problem of some of these children who develop autism and Asperger's and some of these challenges. The EMF is bombarding the fetus in the womb, and we know that our children, when they are born, do not have a strong skeletal form. They have a skeleton and it's strong, but it gets stronger and denser as they mature.

With their skull being thinner, their exposure to EMF and Wi-Fi is even more harmful to them than it is to adults.

Lynn: So, it's important that if you have Wi-Fi in your house, unplug it completely at night when you sleep. Don't sleep with your phone in your room. When you do use your phone, if you are still using a cellphone, try to use speakerphone; don't carry it against your body.

There are all kinds of products out there, but you must be careful as far as the different faraday cages and the different things for blocking. I purchased a couple of faraday bags and tested them, and they didn't work. Then I finally got a good one, and I can't think of where I got it right now, but you have to test these things and make sure they are working.

O'Brien: I had a similar experience. I bought a pouch for my phone, and I put my phone in it. My husband dialed my phone number, and it rang. I said, "Okay! That didn't work!"

Lynn: I can't remember the brand that I got, but it's about six inches by eight or nine inches, and you can fit a couple of phones in it. It rolls down and then it has a Velcro closure. It was about \$45, but it works.

O'Brien: Alex Jones sells those bags that work. You can put your computer, your iPad, or your phone in these bags; each bag is separate.

White: Can you buy his merchandise in a store?

O'Brien: Yes.

Lynn: Let me bring up cayenne pepper for a minute because I feel like cayenne pepper is like duct tape; it has so many uses. I would love to hear from you what uses you think.

I know it can be used for digestive aid and with fasting, but something that I did – again, because of the muscle issues that I have – might sound crazy, but my chiropractor suggested this, and it works phenomenally. I've had other people try it, and they have said, "Wow! This is incredible!"

I take a tablespoon of cayenne pepper, mix it in a bowl with warm water, put on rubber gloves, soak it all into a washcloth, lay it across my neck and shoulders, and then I place a towel over that, just to keep the heat in. Then I put tinfoil over that.

Within about five minutes, you start feeling like you're on fire. Then it goes numb. You sit there for 20 minutes.

Is it opening the capillaries or the blood vessels or something? It allows this flow, and it loosens everything up.

You do not want to get in the shower right afterwards because it's like getting into the shower after a sunburn. You use a damp cloth and wipe it off, but it's

incredible. There are so many incredible things that you can do with cayenne pepper.

I would stock up on that. I'm just wondering what 'cool' remedies you might be aware of with cayenne pepper.

O'Brien: It's very good for the heart; it opens the capillaries. That is most of my exposure with that herb for the heart health. Often you can get it in a combination when you buy it from your health food store versus making it yourself. You can get it in a combination that is heart healthy, and it keeps things flowing.

I'd like to go back to your earlier question, Jim, about the gut. Many of us, because we live a very fast-paced life, spend plenty of time going to our jobs, and there is much stress. So, we want something quick to eat. We're very often on the road, and we 'stuff our faces' while we are driving. So, we go through a fast-food restaurant, and are eating food that is, not only lower in quality, but it is full of sugar and unhealthy fat. That is part of the reason for so many gut issues today.

We need to start reading labels. We need to take responsibility for our own health. That will include reading labels, even if we're at the health food store. Avoid soy.

If soy is organic and it's in small amounts, it is probably okay. We need to avoid the PUFAs (polyunsaturated fatty acids). They convinced grandma years ago that she needed to stop using lard in her pie crust and start using Crisco instead. Crisco is still available at the grocery store on the shelf. In my humble belief, that is what causes all the current day heart disease.

White: Hydrogenated vegetable oil?

O'Brien: Yes, hydrogenated. If you could see a video on how these hydrogenated oils are made, it almost makes you nauseous. Of course, before they clean it up, it turns yellow. Then it's this gold color like corn oil and safflower. It's the oil that sits on the shelf and never spoils. It is my belief that is the crux behind modern day heart disease.

Just 120 years ago, heart disease was almost unheard of.

White: So, what oil would you recommend? I've heard that canola oil isn't even from canola; it's almost a toxic substance.

Lynn: Cooking with animal fat would be better, right?

O'Brien: Definitely. That goes back to Ancel Keys and his study on saturated fats, but he had an agenda. So, when he did his research, he used the research that proved his agenda and ignored the research that didn't prove his agenda.

We, as a country, were on this low-fat craze, and it has trickled into other foreign countries. So now, we have a low-fat and no-fat craze. That started in the 1960's or the 1970's. Look around us now. We've seen this unfold over 50 years. Has it helped?

White: We are fatter than ever in this country!

O'Brien: That is exactly right. This low-fat and no-fat has not been the truth; it has been a lie. Getting grandma to stop using lard was a mistake. She didn't know, and my mother didn't know.

Lynn: My parents still have Crisco in their pantry.

White: That's because of marketing; they have great marketing. That's why.

We're at a point here where they are talking about supply chain issues and diesel fuel, and who knows what is going to happen. We want to be prepared regardless. What would you buy right now? I know that there is no panacea, but we talked about cayenne pepper. You can get the little things of cayenne pepper. They are not that expensive. You can buy a gross of them for very cheap.

Lynn: There is also peroxide and alcohol.

White: What things would you stock up on before the rush starts? Everybody is going to rush to the store to get these things. What would you have right now

to be prepared for that rush?

O'Brien: I would have olive leaf extract. You can buy it as a tincture, which is a bottle that has the dropper, and the liquid is usually brown or sometimes it might be a little greenish. The directions will tell you how much to take. Most of the time the tinctures do not taste good because they are made from herbs. They are a little bitter, but they are effective. So, I would start with olive leaf extract, either in a tincture or in a tablet or capsule.

It was every Italian grandmother's remedy. If you had a sniffle or sore throat – just about any ailment – your grandmother or mother would go to the backyard and pick olive leaves off the tree. She would begin by making you a tea with that. Often, nothing else would be required other than a couple of days of drinking an infusion of olive leaf extract, and then you would be 'good to go'.

If it's a little bitter, add a little honey. Local honey is good for us in moderation. I would make sure that it is raw honey, so I would stock up on that as well. Honey does not go bad. It might get a little solidified, but that doesn't mean that it is spoiled.

If we want to make a tincture or an extract or an infusion, and you want it to taste a little better, add some honey.

Garlic is another thing that I would recommend, and you can grow garlic on your deck in a pot or in your yard during the summer.

White: How long do garlic cloves stay good?

O'Brien: You must store it properly, like in a root cellar that everybody used to have. Usually, you have a box or a basket, and often you would put hay or straw in layers, and then you would maybe put a few of the garlic bulbs in, and then another layer of hay or straw as a cushion. Keep it in a cool, dry place.

You can also get dry garlic from your health food store in the bulk section. That would easily keep for ten years and still be good because it's dried out. It will keep just fine.

Onions are good. That is something else that we can grow in our gardens. We could probably even grow them in a pot.

White: Are there medicinal benefits to onions? I've never heard of any medicinal benefits to onions.

O'Brien: They are in the allium family, and there are many medicinal properties in onions. Think of every grandmother. When grandma hears that you have a cold or a cough, she brings over chicken noodle soup. You have onions and garlic and the celery and, of course, chicken broth and chicken meat. Usually, she cooked that with the chicken skin on it, which also has antimicrobial benefits. So, she brings over a pot of soup for her grandbaby 'Jimmy'. After a couple of days of that, he is feeling much better.

Broth is something else, and now you can get broth dry or in a liquid. That will often keep for a couple of years, but you can also get dried bone broth and/or collagen in a canister. I buy a brand called Bulletproof, if you are familiar with David Asprey. I think that Dr. Mercola also has a bone broth. Perhaps Mike Adams has one as well.

There are several good ones out there, so have bone broth. You can even make your own.

White: What does bone broth do?

O'Brien: Bone broth has all the minerals that the animal ingested from what it was fed. When we make bone broth, those minerals come out of the bone and into the broth itself.

If you have chicken for dinner and eat the meat, save the bones. Put them in a freezer bag in the freezer and accumulate them over a few weeks or a few months as you eat the chicken. Then when your spouse is ready or you are ready, get your big crockpot out and put all the bones in the crockpot. Put in some pure water. If you want to, put in some onions and garlic and celery, and let that crockpot stew for 24 to 48 hours.

White: That's a long time!

O'Brien: Then at the end of that time, you have a beautiful, healthy broth that is full of nutrients. This is assuming that we are getting our bones from healthy animals.

That goes back to knowing the source of your food; get to know your local farmer. That is a piece of advice that I think we would all heartily agree on: Try to buy local. Go to your farmer's market; I love the farmer's market. Talk to the farmers, and tell the farmers how much you appreciate them. Farmers work so hard, and they are very often living on a 'shoestring' budget even though they are working 24 hours a day 365 days a year. So, we need to support our farmers. Let them make a decent living. Also show them we appreciate that they are willing to work so hard to provide a healthy food for our table and for our families. That is what keeps us healthy.

Another thing that I would have in my cupboard would be grapeseed extract from the seeds of the grapes. You've probably all heard of resveratrol. It's the health asset of wine. It's what they call the French Paradox. Why are the French so healthy even though they eat all these rich sauces? Why are they so healthy?

We've been told that part of it is the wine they drink. It's not necessarily the wine itself, but it's the grape seed. So, you don't have to drink the wine; you can buy grape seed extract and have that in your cupboard. It has the same properties; it is antimicrobial so it helps against parasites, viruses, and bacteria. It will go into your body and gently stop the microbial from replicating. We all know that bacteria replicates when it gets into our body and it finds the proper environment. Grape seed extract stops the replication so that our immune system can then go in and remove the pathogen that is now deceased and remove it from our body via urine or sweat.

One of the benefits of herbs is that they have so many different applications.

Another thing I always have in my cabinet is oil of oregano.

White: That's right! I'm 'all over' oregano oil.

O'Brien: I know it tastes terrible, and that's why I buy it in a tablet. Some people can take it as a tincture, but it is very strong. I usually can't get it past my

nose. Although, I will take a couple of drops and mix it in a little oil, and I will put that on the bottom of my feet. If you come down with a sore throat or a runny nose or a headache, and you think that a cold is coming on, you get the oil of oregano, take a couple of drops and put it with your coconut oil or olive oil or whatever you have on hand, and some – the size of a quarter – on the bottom of your feet. Then put on a pair of socks and go to bed. You will feel better in the morning. Sometimes it takes two days, but it will definitely help.

It doesn't just help with colds or flu; it helps with many different pathogens. It helps with parasites also.

White: There you go with the feet again! Why is it always with the feet? You said that several times. What is the deal with feet?

Lynn: What is that called? A friend of mine used to do biofeedback and energy work on me, and she had one of those machines. I placed my feet in it, and it could determine that I smoked and all these other different things. I couldn't believe how accurate it was. It pulls the toxins out of your feet.

White: It's like a foot bath, right?

Lynn: Yes, but it's called something else. It was very precise. I was shocked!

O'Brien: Dr. Dietrich Klinghardt is a big fan of the foot bath, and he said in the beginning, he thought it was 'hocus pocus' with the water changing colors. In fact, the water can look quite ugly. In the beginning, he thought it was marketing, but he said that when he tested people's urine and/or blood 24 hours after the foot bath, he realized that they were shedding heavy metals; it was pulling out the heavy metals.

White: That's fantastic! That's what they think causes Alzheimer's. They believe that what causes Alzheimer's is the buildup of heavy metals in your body, and you can't get rid of it. That's fantastic! I didn't know that.

Lynn: I think the other thing is that it's harsh for someone like me. I would find a heavy metal detox where I would ingest it to be very harsh on me. So, if there was a way to do that through the foot bath, that would be better for

someone like me.

If you were to do that at your home and get some sort of device that is affordable, what do you recommend as an easy way for someone to do their own foot bath soak at home?

O'Brien: You need that electrical current. What might be considered a cosmetic at-home foot bath is around \$100, but it would still have the same effect. There's an electrical current, and you put a little salt in it. I would use pure water. Many of our municipal waters are not the best.

White: They are barely fit for consumption; let's just say it like it is.

O'Brien: Thank you! If there are already contaminants in our municipal water, we don't want that. You don't have to go to the expense of possibly distilled water. If you have a Berkey water filter, that is another thing in my emergency stash.

Lynn: Me too!

O'Brien: I want to be able to filter even my well water. I am on a well, so it's nice and clean, but it does have some heavy iron in it. So, I want to use my Berkey to get that iron out.

If I have a Berkey and a way to purify my water, I would use that in a foot bath. Then add a little sea salt. That is the other thing when we are talking about heart health.

Most of us were brought up on Morton's Salt – the cute little girl with the umbrella. It pours, even when it rains. That is not a healthy salt.

Doctors tell us that we need to reduce our salt and have a low-salt diet, and that is the salt that they are referring to.

White: Any iodized salt?

O'Brien: It's not even the fact that it's iodized, but it's the chemical makeup

of that particular brand of salt.

What we want is natural sea salt. So, we can either get the Himalayan salt or we can get what is called 'real salt'. You can get it at your health food store. It comes from Utah, and they have huge deposits of what was, at one time, water. Now the water has left, but it left behind these salt deposits. You can go there on vacation, and they will take you down in the mines.

White: Yes, the Salt Flats.

O'Brien: They will show you how they harvest it. Real salt is what your body needs; it's what your body is looking for.

White: Plus, you can preserve with it and use it to preserve things. Salt was one of the most valuable things back in the old days because there are so many uses with salt.

O'Brien: At one time, the Roman soldiers were paid in salt.

White: I heard that as well. We are coming towards the end of the podcast here. If you could give the people who are listening or reading this two or three things that they could do right away that would be beneficial – whether it be growing herbs on their counter at their home or working on the immune system. We didn't really get much into having a strong immune system, which means that you have a healthy life. It's not 'rocket' science.

Give us a few things before we go so people can start changing their health right away.

Lynn: First, we have one more concern. Maybe you can work this into your answer. Many people are dealing with respiratory issues and mucus issues. As far as any natural remedies for building up those systems – whether it's preventative or maintaining – that would be great, too.

O'Brien: Often, what we have been led to believe is not always accurate, so we need to keep in mind that mucus is our friend. The idea of mucus is to protect us. So, when we are exposed to chemicals in the air or when we are

exposed to pollutants and heavy metals and things that are in the air and we breathe them in, we develop mucus. That mucus is trying to stop that toxin from getting further into our tissue.

Therefore, after the mucus builds up for a while, we blow our nose, and then we get out that mucus that is holding those pathogens and those toxins. Or maybe we cough it up or sneeze it out. I know that it might be uncomfortable to have the mucus, but keep in mind that it's your body's defense system. It's just like if we have diarrhea, it is not wise – unless it goes on for several days – to suppress diarrhea. We get diarrhea and vomiting because our body is trying to rid us of a pathogen.

Lynn: So, if someone says to get Mucinex or something to stop the congestion, that might not be such a good idea?

O'Brien: Yes. You could take a hot bath and put Epsom salts in the bath. The Epsom salts, which we absorb through our skin, will help to remove the toxins. Also, that steam is good for us. We can also get a bowl of hot water and lean over it with a blanket or a towel over your head. Breathe in that warm water. You can put some eucalyptus in the warm water and breathe that in; you can diffuse eucalyptus. If you don't have a diffuser, you can use an old pot or pan and put a couple of drops of water in there, and diffuse that on your stove or diffuse it in your tea kettle.

Eucalyptus is wonderful. Going back to put the eucalyptus on your lymph glands is good. We have a lymph system that is responsible for carrying out all the toxins, but unlike our circulatory system, there is nothing to pump it. We need movement. That's why exercising is so important.

Wherever we bend our elbows, the back of our knees, and our neck, we have lymph glands. Those lymph glands have a job to store toxins. If you've ever gotten swollen lymph glands, they are storing the toxins. If that happens, you can put a little essential oil mixed with a carrier oil onto your glands and massage them.

Some women who have had cancer of the breast and have had a breast removed will often develop swollen glands under their armpit that are huge and very sore.

Often, they can't lift their arm up or down. If they would do the same thing – gently massage those lymph glands – it encourages movement. Selenium is wonderful for women who have swollen lymph glands under their armpits, usually due to surgery.

Going back to the lymph, do an exercise that appeals to you and one that you will be consistent with. I don't mean that you have to go to the gym and lift weights, unless that is what you love to do.; ride a bike, swim, or hike.

White: Even walking works.

O'Brien: Yes. Do whatever you will be consistent with and do it one or two times a week. Take the dog or take the children. Go with your significant other and talk. So often, even when we are home, the TV is going or the radio is going or we are on a computer, which is fine, but if we go out with our children or our significant others and there are no distractions, we can talk to one another. "How was your day, dear?" Talk to the children, "What did you learn in school today?" It's those sorts of things. You need to connect.

As spiritual beings, we need to connect with other people. That is part of what has harmed our society over the last two and a half years. This virus has tried to pull us apart and isolate us, and it hasn't been good for the human psyche.

Lynn: I would argue that the people behind it have, not the so-called virus itself, but I agree with what you are saying.

O'Brien: The policies put in place to have caused this. You're right, that is a better way of putting it.

Paying attention to the lymph system and exercising and earthing are all good. Get outside and get your bare feet in the grass or on the ground for a half hour. Find herbs either in your own backyard or buy them. Mountain Rose Herbs is a wonderful source. They are in Oregon. Their herbs are organic, so they sell both dried herbs and packaged herbs.

They have tinctures and salt and teas. It's a wonderful website. I will forewarn your audience that most of these are not inexpensive. When we are buying

organic, and someone has taken the time to grow that herb, to harvest it, to dry it, and to pulverize it, that takes time and energy. So, we need to be willing to compensate people for the quality product that they have produced for us.

Lynn: Especially if we are unable to grow them ourselves. Many of us are living in areas or on properties where we are not able to grow it. It's a major timesaver for people like us.

O'Brien: We, too often, have that McDonald's mindset where we want it fast, we want it cheap, we want it now, and we want it in abundance. We've got to get rid of that McDonald's mindset. I'm not saying that it's McDonald's fault, but that drive-thru creates a separate mindset.

White: Oh, it's McDonald's fault all right. Make no mistake about that!

O'Brien: You probably remember the slogan: It's trying to appeal to the mother like, "You need a break today. Take the kids out and go to McDonald's. Get French fries and a hamburger and a milkshake."

White: They're better at marketing than they are at making hamburgers. That is for sure.

O'Brien: That gets back to our fast food. Unfortunately, most of the food in our grocery store is 'fast food'. When you are in the grocery store, just shop around the perimeter where you have mostly the dairy, the butter, the fresh fruits and vegetables. When you go into those center aisles of cereals and packaged pasta, those are fast foods.

White: And the fruit juice, too. That is poison; they might as well have cross bones on it.

O'Brien: Our mothers don't know that. The pediatricians are not telling our mothers how terrible for their youngsters that sippy cup full of apple juice is. It's not good for them. There is too much sugar in it. Instead, give your child a full apple, all cut up. Apple juice and these other juices are just sugar.

White: Doesn't cancer feed on sugar? Isn't that right?

Lynn: Yes.

O'Brien: All of us have cancer. As we are here today, all three of us have cancer cells, but our bodies know what to do with them. We have dead, dying, diseased cells all the time. If we are healthy, which gets back to fresh air, sunshine, earthing, and exercise, our body knows what to do to slough them off. That is the lymph system's responsibility to pull all those cells out of our body and flush them out, and we don't even know it's happening. It happens every minute of every day, and we don't know it, but thank God it is.

That gets back to the innateness in our body. When we do eat, we don't have to think about the digestion; we don't have to tell our saliva to start; we don't have to tell our stomach to churn and break down the steak we just ate; our body knows what to do. As a caregiver of the body, we only have to feed it properly and be mindful.

The other thing that is becoming more popular is intermittent fasting.

White: I do that.

O'Brien: That is very good for the body because you are allowing it to rest. We Americans can eat too frequently, and often we eat too much. Every time we eat, we spike the insulin. Even if you are eating good food and even if you are eating organic bird seed, it is going to create a spike in insulin. So, all day long your insulin is going up and down and up and down. That is not good for us.

Time restrictions are good. If you eat from noon until 7 pm, and the remainder of the time you allow your body to rest, and you only eat during those hours, it's wonderful for the body. It helps to control blood sugar, it helps to lose weight, and we will have more energy. Every time we eat, a lot of energy is required to digest that food and break it all down. If we are not eating, that energy can be used towards something else.

White: We are running way after our hour. It's interesting information, for sure, and we could keep talking. We must end this at some time, but before we

let you go, we hear that most people are dehydrated. How important is it?

That is a problem I have: I don't drink enough water. I know I don't drink enough water. I get the purified water that is reverse osmosis, which I have heard may be bad, too, because it pulls the minerals out of the water, but that is another discussion altogether. How much water does a person need to keep their body processes going to properly digest their food and have their cells repaired and that type of thing?

O'Brien: You may disagree with this because I think we have been given an urban legend that we are supposed to have eight 8-ounce glasses a day. I disagree with that.

If we are in tune to our body, we will drink when we are thirsty. That is only if we are in tune.

I would say that most of us probably do drink more than we believe we drink. Also, when we are eating vegetables and fruit, they are full of water. Consider watermelon; watermelon is 90% water. We don't necessarily know that when we are 'chomping' down on it because we can feel the substance of the watermelon in our mouth, as well as strawberries and cantaloupe and celery. There is plenty of water in fruits and vegetables, so we are probably getting more than we think we are.

If we are in tune – and this is where we need to learn to listen to our body – we will get a thirst (not a hunger) response that signals us to drink purified water.

Reverse osmosis or distilled water, and to be honest, I like distilled water. There is another urban legend that distilled water will pull out your minerals. What distilled water will do is take out the organic minerals that you weren't going to use anyway. Let's say there was an excess, and you were going to shed those anyway. Distilled water just helps the process along; it is not robbing you of the minerals that your body needs.

Magnesium is another capsule that we should have in our emergency stash. Most of us are low in magnesium. That helps with muscles so that we don't get stiff.

White: It's amazing how many bodily functions require magnesium. If you look into it, it's like the miracle mineral; we use it for so many things!

Lynn: That is the one thing that I am majorly lacking in.

White: Yes, I have to take these big purple magnesium pills.

O'Brien: I do, too, but they are hard to swallow.

White: They are giant! I hate them!

O'Brien: I think I would notice a difference if I quit taking them for a week or two. I think I would wake up in the morning and probably feel 100 years old and have a hard time getting out of bed and feel stiff if I didn't take magnesium.

When we take magnesium, our muscles aren't stiff; magnesium helps repair tissue. It helps pull water into the bowels so that we are not constipated. If you know someone who is constipated, they should be taking magnesium because it pulls water into the bowels.

White: I didn't know that. That is interesting.

O'Brien: It also helps us to sleep. It's probably wise to take magnesium before you go to bed. Maybe you can find a smaller tablet; you can take a smaller dose.

Lynn: I have it in powder form.

O'Brien: Calm is a very good product.

White: Yes, my daughter uses Calm to help her sleep. This is one of the longest interviews that we have done so far. It's good information!

I feel like I've been monopolizing Nancy, and I don't mean to do that. Is there anything that you want to say or get across to talk to her about before we start

winding things down?

Lynn: No, I think we hit on all my notes that I had written down plus some. Nancy, we certainly appreciate you being here with us today. You provided us with some great information. I'm sure people will get some good tips out of this.

O'Brien: I hope so.

White: I'm going to recap here quickly. If you take those books that you held up earlier and went to that Mountain Rose Herbs website and used the book as a reference, you could look through the book, go to the website, pick the herbs that you want, and have them sent out to you. Is that conceivable?

O'Brien: Yes, and you can go online, too. When I started this journey 25 years ago, there wasn't much online. Now there is so much information, as you know, on the internet. You can go to wonderful websites like Mike Adams' website or Dr. Mercola's website. I know there are plenty of others. Dr. Steven Gundry has a good one, and Dr. Josh Axe is another good source. Many chiropractors have good websites, believe it or not.

They can make recommendations for herbs as well. Books are wonderful if we lose electricity or lose the internet. We want our books because there is so much to know and so much to learn, and we won't remember it all.

White: Don't have it all on your Kindle is what you are saying, because it will be erased.

O'Brien: Exactly! It very well could be. If the lights go out, we are going to want books and games. We will have to occupy our minds and our hands and our time and get knowledge, and there is knowledge in books. We have lost so much of this. My husband recently went hunting here in Montana, and he got a bull elk. Shooting the elk is probably the easiest part. Now how do you get it home? Once you get it home, how do you get that off the bone? How do you butcher it? He's not a butcher, and he's never been trained as a butcher.

Books that show the body parts and how to do these things and how to preserve it and salt it and turn it into jerky are so important. We are going to need to know these things. We will have to go back to the mindset of the pioneers, and we have lost that.

As a modern people, we have lost our touch with nature, and we need to get it back.

Lynn: That's what we need to do an episode on. It might be a little grotesque for people, but we should do an episode on butchering and going through the whole process from hunting game.

White: I've done that many times; I technically know how to do that. It's not that I want to get all bloody and everything, but I do know how to butcher animals.

Lynn: I might not be able to watch it myself; I have a weak stomach.

White: Just don't give it a name before you kill it. That is the main thing.

O'Brien: Bambi.

White: Goodness! Nancy O'Brien, it was great having you here. There is plenty of great information that you shared. I'm going to get the book that you held up.

I have heard all of it before, but I didn't realize all the great benefits of herbs and tinctures and all that. I haven't been utilizing my feet nearly enough, I can tell you that!

O'Brien: My final thought would be that these things from nature – whether it's essential oils or herbs – have a frequency; these have life and that's why they work. They harmonize with us. Modern medicine and pharmaceuticals that are made from petroleum do not resonate with us. That is why these essential oils and herbs heal. Even the homeopathies – these teeny, tiny pellets – heal us.

The pellet I'm holding up is Kali sulphuricum, and it relieves colds and nasal

discharge. So, if you go to the health food store, you can also get Ferrum Phosphate, which is for fevers and fatigue.

All you need to do is take one of those, put it in a stainless-steel bottle of water that you might carry around with you as you are going about your day. Shake it up and let it dissolve, and sip on that all day long. That is going to assist your body in whatever ailment you happen to be dealing with.

There are hundreds of these, and that is a whole education in itself. One of my favorite homeopathics is Cilla Whatcott. She has a wonderful website, and she is very generous with her time. She does interviews such as this. She talks about homeopathic remedies. She is a PhD in homeopathics, so she certainly knows much more than I do. She would be a wonderful resource for your listeners and readers to tap into and gain knowledge from.

Homeopathics is wonderful for children because they are nontoxic and they are easy to take.

Lynn: Do you know what is perfect? I am speaking with someone next week who we are probably going to have on the *Solution Series* who is a homeopath. She has an entire course created for children and families. So that is a perfect way to leave this.

White: Nancy O'Brien, it's great to have you here. It's been great to have you on the *Solution Series*. There is plenty of great information here.

You don't have a website because you are retired now, but people can take the information that you have given us. 'Evergreen' is the information that you've given us here, so you really don't need a website. People can just go to our website and watch the video. How about that?

We appreciate you being here. Corey, is there anything that you wanted to say to Nancy or anything that you wanted to get out before we close out the show?

Lynn: No. I appreciate your time. Thank you so much for coming on with us and giving everyone some great tips.

O'Brien: Thank you! I appreciate the opportunity. We all need to come

together and work together to heal ourselves and to heal our earth. We are in this fight together, and we are going to win it.

White: We have come to the end of the broadcast. You can go to *Solari.com* or *CoreysDigs.com* and click on the link there for the *Solution Series* and find out more about that if you are just seeing or reading the preview here. We do want to thank our guest, Nancy O'Brien, for her work today in coming on the broadcast and giving us all those great tips. I also want to thank my cohost, Corey Lynn, for being here, faithful as always.

I'm James White, and NorthWest Liberty News is my website. We do appreciate you looking in on the *Solution Series*. Until next time, this is James White for the *Solution Series* saying goodbye for now.

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