



# How shame & guilt are holding you back

Lois Hollis is an educator, counsellor & filmmaker who shares her journey of healing from chronic illnesses & childhood abuse.

**INTRO:** Hello listeners and welcome back to the Victim to Victor podcast. My name is Anu and I am your host. And in today's podcast episode I will be talking to an amazing lady called Lois Hollis. Lois Hollis is a shame guilt educator, counselor and filmmaker bringing new information which sets us free from the residual effects of trauma and abuse. Lois teaches us that it's all about identifying and releasing the shame & guilt which we hold, which is responsible in us reliving the traumas of the past. She healed from an abusive childhood as well as chronic illnesses which she suffered at the age of 50. She's now 77 they she still feels 50. Her secret, reading her life of shame and guilt, as well as juicing daily with live vegetables. Listen on to learn more about this amazing lady, she inspires me on so many levels.

**Anu:** Hi Lois, great to have you here. It's so lovely to see that beautiful smile.

**Lois:** Thank you. I know the mountain.

**Anu:** For you listeners out there. My name means mountain. You're a very deep and soulful, emotional being and which is how our paths have crossed. I'm looking forward to finding out more about you, how you became the amazing woman that you are today and all that you have achieved?

**Lois:** Well, thank you so much. I am 77

**Anu:** Wow.

**Lois:** Yeah, and thank you. I didn't look good at 50 though, okay, that's the journey. I was dying, my heart was failing, I had a mitral valve prolapse, a leaky valve. I had severe mental brain traumas from childhood and had 30 years of migraine headaches which was caused by all the brain traumas. And then I had severe jaw problems and broken neck and severe scoliosis and the saddest thing is I got thrown out a yoga class. I know it sounds awful, I had a crooked body, scoliosis, broken neck and head traumas and I wasn't walking straight and so I joined a yoga seminar for two days and I started getting my body moving. So, just because my body was stuck, I mean like frozen, I mean like, I couldn't move, I thought I could still do yoga, right. So the teacher took me outside of the class before it started and she said "you're not a good fit for the class". I cried because like she was right, because I couldn't bend to do any poses. But my spirit doesn't see that. Isn't that interesting? I think that's interesting. And it's not her fault, that yoga teacher, but I saw it as like well, of course I can do it, but I just can't do it. But I can do it. It was very paradoxical. So I guess that shows you my spirit that I'm crippled walking into a yoga class.

**Anu:** It's mind over matter you know

**Lois:** I know and I didn't realize that until you know, you look back on your life. So anyway, I was very accomplished, even though I had severe dyslexia and things of that sort because of the brain traumas and at one point, I couldn't even go outside during the daytime, because of the brain traumas.

**Anu:** What was it, the pain?

**Lois:** People with brain traumas, I understand they can't be in the sun, because it heats the brain up and the traumas can allow the circulation of the brain, but I was so compromised that I couldn't even go out in the daytime if it bothered me. That's severe, that's severe. So anyway, I created the first kidney hemodialysis issue in the country in the 60s, and I created a way to guard against hepatitis in the unit and I started a nurse's technician organization for it. I was in open heart surgery at its infancy in the University of Maryland. So I mean, I've done a lot of firsts, I just, I guess that's just My MO

**Anu:** What does MO stand for?

**Lois:** My calling card like you know, your speaker, your travel agent, your cook, your chef, my MO is my Trailblazer. You know, I didn't realize that until I started making shame guilt an individual study. And they said, nobody ever did that and I went, well, that's what I do. I make things, I start things.

**Anu:** You're a starter, you're a creator, and you're just an inspiration to anybody who has ever been ill

**Lois:** So yeah, I wouldn't have talked about that. Because I was severely ill, I had a near death experience in my childhood. And I didn't remember that until my 50s. So to me, my spirit is everything and I'm always used to talk to God, and there was always the communication. So that's how I started making a film because I could see things with the inner personalities when I was starting to heal. And I was given lectures, and I was talking to people and I would say, well, that's how you talk to yourself, you see this inside yourself and you talk to yourself, etc. And people say Lois, I do not know what you're talking about. And I go, what do you mean? They said, you say you see things. I said, well, I really don't see them, I feel them. You know, it's not like schizophrenia. You know, I feel things, I just feel things. And they said, I still can't understand you. So I said, I guess I have to make a film to show you what I do in the unconscious mind, not meditating. And so I did. There's a film on my website out of discord into harmony. And it teaches people how to talk to depression, how to talk to anxiety, that all came about, because I went to therapies you know, talk therapy, and it helped to a certain point because I was severely depressed. Well, with all the abuse, the shame and guilt piles up. And we need to relate that to someone else. I was even suicidal at one point, because I was so downtrodden, even though I accomplish so much, but you know how it is. If you're 50 or so, and you didn't do emotional healing work from an abusive childhood, you go straight down, and it's called trauma and trauma release, and everyone's into the trauma release. Because I tell you, everybody's had a trauma in their childhood. We live in this world. Everybody has PTSD, just depends on how much to a degree it is.

**Anu:** Yeah.

**Lois:** And so that's just the story. So you'd have no guilt and shame about having PTSD, because that's part of it. Because if your mother and father were perfect, your teacher at school was not perfect.

**Anu:** So true. Oh my goodness, that's so true, yeah.

**Lois:** Or that the priest at the church was so good. I mean, or your girlfriend shamed you or the boyfriend shamed you. I mean, you get it. So it's just a given not that it's normal. So, it's just that we all have PTSD. Okay, and we all have trauma, and we need to get out of it but we can't. Okay, so I got very tired of talking to therapists about depression. It's like, I would talk about it and then go back the next week and talk about anxiety. I was getting nowhere very quickly. So I said, I'm going to talk to my emotions instead of talking to a therapist.

**Anu:** That's a fantastic approach. Yeah, because...

**Lois:** Guess what, they talked to me.

**Anu:** Because when you were going to the doctors, were they just prescribing you?

**Lois:** No, they didn't give me any drugs, because I wouldn't take anything but I was severely depressed. I was depressed, there was no question about it. But I just talked about being depressed and I was like, Okay, I can get to my girlfriend's and have a cup of tea, and we can talk about depression. It's just not working. And then the more that I went to therapy, the more I got depressed, because I'm like, this is so bad

**Anu:** A spiral of depression absolutely.

**Lois:** Yeah, and I'm not saying I'm not saying that's bad, because people need to have a vent, but it wasn't getting me healed. That's all. You know, like I went to first base in basketball or baseball. What are you going to call? You know, I got so far, but I wasn't getting any place.

**Anu:** Okay.

**Lois:** So I'm not saying that therapy is bad. I need to say, that people need it, but it's not going to bring you to a healing place and that's what we want.

**Anu:** Yeah, we shall ultimately.

**Lois:** So I said, Hi, depression. How are you? I would write it down on the paper. Hi, depression, how are you? And I would get words coming out and they were talking to me. And so I would say, thank you so much for coming to talk to me. Because depression is trying to get your attention because that's why you're depressed.

**Anu:** But, and I love how you're treating depression as this subject you know, this object which is coming to haunt you, and you're not actually seeing it as you you're seeing it as an entity who you need to get rid of. I love that approach

**Lois:** Not to get rid of, to make friends with.

**Anu:** Even better basically, keep your enemies closer.

**Lois:** Okay, we are a family of emotions. My depression was a 12 year old stuck in time in 1960 to 2021. So I say hi, depression it's the year 2021. You don't have to hide anymore. I'm an adult. So we made a deal, we make a partnership, I can say shut up to my depression. I say thank you so much for coming to talk to me. Well, they can look at my DVD out of discord into harmony. And that'll show you how I talk to each one of my emotions. And I made kid actors.

**Anu:** Okay. Oh, interesting.

**Lois:** And they talk to me as little children.

**Anu:** This is such a new approach to what we're so used to the mainstream.

**Lois:** Well, the mainstream is not used to this. However, there are some people that do sub personality work. They say the younger self and the oldest, that doesn't cut it. And I said what is your name? And my depression said Deborah.

**Anu:** Wow, okay. But your name's Lois, by the way listeners, just to remind.

**Lois:** Yeah, and then my anger part has no name. I said, what is your name? Because when you give them when they have a name, I didn't give him the name. They gave me their name.

**Anu:** Okay. Right.

**Lois:** Because that's narcissistic.

**Anu:** Yeah, absolutely.

**Lois:** So they give me their name, and they become real. They lose the shame guilt energy they have. Did you ever notice when people talk to you and they call you by name, you feel better?

**Anu:** Yeah. Well, yeah. That's the identity now.

**Lois:** Yeah, you look them in the eyes. Hi, I see you, then you become real.

**Anu:** Yeah.

**Lois:** So I've done that and then a person and that helped me to heal. Because when you heal inside, you heal outside, and then the 10 year old depression energy is now inside of me. So that's how I got younger.

**Anu:** Okay, that's why now you look amazing. And so it's all about narrator, it's about talking to your depression.

**Lois:** Talking to your emotions, your emotion, they say 'Okay, so what I do is'? I make friends with my emotions. Why? Because they're the ones that carry the shame guilt energy. Okay now, can I say why would we have this shame guilt energy?

**Anu:** Please do yeah, this is our Yes.

**Lois:** Okay. Now, this is a new approach, but it's the truth. It's the truth. We have love energy. And what does that do? Ah, happy, happy. We have joy, we have confidence, we can climb the mountain. So the love energy has many emotions to it. It produces many emotions. Happiness, love, empathy, compassion. So love energy produces many positive emotions. Okay?

**Anu:** Absolutely, yeah.

**Lois:** Okay. We also have negative energy which produces many emotions counteracting. Okay, shame guilt is an energy that turns our positive emotions to negative ones. It turns compassion to depression. So it turns passion to anger. It turns intuition to anxiety. So hello, that's why talking about depression is not going to help. Because you got to get rid of the shame guilt energy that's causing the depression to happen.

**Anu:** Wow. So talking therapy is like Person Centered counseling

**Lois:** It's good to get you out of the dugout when you're not suicidal anymore.

**Anu:** Yeah, yeah because you're exposed.

**Lois:** Yeah, and someone cares. You know it's definitely important, but it's like ground one. Yeah, that's a good start, but it's not going to bring you home.

**Anu:** It really won't.

**Lois:** Yeah, it won't. Because you'll keep going in this in the mud. We'll keep talking about the depression. We keep depression and I get phone calls, can we just get rid of this depression? I don't want to manage it anymore. And I said Okay, you got to get rid of the shame guilt, then the depression will turn back to compassion. It's very simple.

**Anu:** Oh yeah, absolutely.

**Lois:** Now what happens to your computer Anu, when a virus energy comes into it?

**Anu:** Shuts it down.

**Lois:** Yeah, and if it doesn't shut it down, it just acts wacko.

**Anu:** Yeah, absolutely

**Lois:** And some of them can even destroy your Microsoft's files and everything.

**Anu:** Oh goodness, yeah.

**Lois:** Right. I mean

**Anu:** You know, we need cloud because I have a Mac. So thank God for the cloud.

**Lois:** Yeah, but I mean, before that, it would destroy your operating system and everything.

**Anu:** Absolutely. All our documents. Yeah, that's true.

**Lois:** Okay. We as a human are crystalline and we are a computer to you know, we have the meridian lines, we are energy. We are spirit. So what does the negative distorted dangerous energy do to us? It distorts us. It turns our positive emotions to negative ones. It turns our mind into confusion. Do you ever get confused? And if you say, Oh, it's shame

guilt. It's not confusion, then you can get out of it. Do you see where I'm going with this?  
If you don't name your enemy

**Anu:** You have to name it

**Lois:** And learn about it. You'll never get rid of it. But our culture has said.

**Anu:** So it's about acknowledging it and owning it.

**Lois:** No, we never own shame guilt.

**Anu:** We don't own it.

**Lois:** It's not us. It's not up for humanity. It's an outside negative energy that doesn't belong to us.

**Anu:** It's a visitor then.

**Lois:** No, it's a hacker

**Anu:** Oh, virus. Okay, a virus, yeah.

**Lois:** Whatever you want to call it. But it's not up to humanity. You don't own it. We don't own it. It is not of us. God did not give it to us. Shame doesn't belong to us. Love energy belongs to us. We are loving beautiful humans. We are loving, beautiful humans, but shame your energy has been put upon us and I am revealing that.

**Anu:** That's amazing. I just wanted to ask how you came about all of this and you know, what was it from your childhood or from your adulthood which led you along this amazing journey?

**Lois:** Well, I have our sense of self-healing. Like, I always wondered why I had severe dyslexia. And how did I get out of that? Because the most important thing I received was a letter from the University of Pennsylvania Ivy League School here in the United States. I got accepted. And that is called stupid, because I couldn't read. Okay, but I could read eventually. Now, how did that happen? That's really strange. Because you know, you have to do certain exercises and certain therapies and people can work with their dyslexia. Well, I had the innate desire to tap dance. I mean, that's all I ever wanted to do in life. So at the age of, I have no idea six, seven, I tap dance, and I dance all the way through high school.

**Anu:** Oh, beautiful.

**Lois:** And I think that that's how the right left brain communicated because of the ballet and tap dancing movements within our body, and I guess that's why I wanted to go to yoga, because I knew that dancing and movement was very healing. But at that point, my body was stuck you know, from being so crippled for 50-60 years, the body just clumps together. So I found a healer that helped me to have physical movement again.

**Anu:** Yeah, I was interested to understand more about your history.

**Lois:** So I think that I had a self-healing mechanism within me. And then organically I could feel the shame guilt energy happening. And I named it and once I did that, and actually my inner personality emotions actually taught me about that. Because the inner critic, we also make friends with, is the shame, guilt producer. So we had to make friends and I said, hold the shame guilt. I'm an adult now. You don't need to give me bad thoughts, bad feelings. I can take care of myself. Can you come to 2021 instead of being in 1960? So once he stopped doing the shame guilt, that's how I healed, and then people saw me healing, and they said, Lois, can we do what you're doing? Because you change so much. And I said, I'm only talking to myself. So I'll teach you how to talk to yourself and then they had the same results, they all get healthy quickly. And then they said, Lois, you should charge for this. And I said, charge for what? I'm only helping people talk to themselves. And then it got to be a very big thing. And then some people say, Lois, I don't understand what you're doing. So I said, Oh, I'll make a movie, a film of how I am talking to myself,

and how other people are talking to themselves. And then I went to film school to create this movie that I have now out, it's called **"Out of Discord into Harmony"**. And it shows you how you talk to yourself and have self-healing. And that's how you get rid of the shame guilt energy, because the emotions hold it for you until you're smart enough to get rid of it. Like, isn't that interesting?

**Anu:** Oh yeah, tell us more about the movie, how you went about making this?

**Lois:** Oh, that was an endeavor of love. I had many helpers. So and it was very interesting. There was children of families that were in the movie school. And their kids wanted to be in my movie and I want to be the anger, I want to be in the anxiety and it was such fun. The kids are so spontaneous. So that was a labor of love. And it's been very helpful to a lot of people. Now I have a new movie coming out next month. It's called **"I'm Good"**.

**Anu:** Okay.

**Lois:** And it's making shame guilt energy visible. So it shows what I'm talking to you about. It shows how it affects our body and what we can do about it?

**Anu:** Okay, that sounds really amazing. Then where can people find your movie? How can they buy it?

**Lois:** It's going to be free on the internet. And just my website [loishollis.com](http://loishollis.com) is on there.

**Anu:** Okay.

**Lois:** But it won't be there until another six weeks or something? It's gonna be so exciting.

**Anu:** I know.

**Lois:** It's gonna be so I mean, who else is making shame guilt energy visible?

**Anu:** Nobody that I know, this is why I was so intrigued to have you on.

**Lois:** You know, it's so exciting and I appreciate your invitation because you're helping me do my job.

**Anu:** Absolutely.

**Lois:** So when people say how do I get rid of this shame guilt self? I say number one, it's just what I knew when I spoke about when you feel not good enough. You got all that shame guilt energy, and it doesn't belong to me.

**Anu:** Yeah. Okay. We don't own it.

**Lois:** Everyone, we don't own it. I didn't ask it to come here. So you can say I kick you the heck out of here. Now, so you are going to go away. You got to do a little bit more work. But at least you're separating yourself from it. You're not going down the whole of suicide, because people get so depressed. I mean, I got depressed. I mean, when you get depressed, you just go down the spiral

**Anu:** Horrible

**Lois:** Just go down, and down and down. So I'm saying you can stop it by saying, okay, that's shame guilt. It's depression, but it's shame guilt. And it doesn't belong to me. I'm a beautiful human. I am good and then you say, but I still feel depressed. So you take a pencil and a paper and you say, Hi, depression. Thank you so much for coming to see me. What do you want to tell me? Do you see how it takes you out of that spiral?

**Anu:** Absolutely. It's just a split second. It's just changing your mindset.

**Lois:** Exactly.

**Anu:** Making that one decision right. I will not let this shame and guilt own me. It is not a part of me. I am letting it go.

**Lois:** Yes, and that's true. Now Shame guilt energy only has one defect.

**Anu:** Tell me?

**Lois:** It dissolves in detection. That's why the culture has kept it a secret. And that's why Lois Hollis is exposing it.

**Anu:** I know because you also helped save your daughter's life. Tell us about your daughter.

**Lois:** Oh well, she had scoliosis and being the medical person I am, the doctor wouldn't put rods in her back in a surgery. That's kind of like the normal way. And I'm like, Oh my god, I as a nurse, I've seen children be crippled in their teens from these rods in their back. And they said well, we'll put a rod in her back, and then she'll be in a body cast for six months. And I'm like, Oh my God, don't do that to my daughter you know, because I knew what was wrong but I didn't know what else to do. But they said, well, we can do an X-ray for her. And I said, Okay, I'll go down to the X-ray department and get an X-ray. And he says, oh, we can't do this now. And I went, why? They said, we need a full body X-ray, it'll take about three hours. So I said, you're going to irradiate my 12 year old daughter for three hours, I tore up the slip and left and cried and went home. And my daughter said 'I have headaches, I don't know what to do'. I said, I don't know what to do either. But we're not going to cut your back up, and put rods in it. And you're not going to be in a body cast for six months. So I don't know, a couple of months later, one of my friends said, Oh, how you doing? And I said, I'm not really doing well. I'm so upset about my daughter, and I just don't know what to do. Because I'm a trained medical nurse, that's what we do. We cut people out and put rods in them, right? She said, why don't you go to this person who's a chiropractor. And I said, what is that, I don't know what else to do. So I said, Okay, I'll try. So I went to see a chiropractor and she was a lovely woman. And she was training to be a neurosurgeon but she had scoliosis too. And she had a chiropractor who repaired her back after one or two sessions, and she quit medicine, and she went to be a chiropractor. And within two visits, my daughter's back was straight and no problem.

**Anu:** A miracle.

**Lois:** But it's a way of healing naturally. Now, not all chiropractors are great. I'll tell you that much right now. But there are some that do exceptionally beautiful work. And I was fortunate to have our chiropractor in my life. Because I healed my heart disease, I healed my broken Jaws, all the brain traumas, all the broken ribs, everything has been healed

**Anu:** By yourself.

**Lois:** Yeah, do what you have to do like the emotional work, but you got to have a support system for the physical as well. So that's how I totally got into holistic health. Because you know, the other way didn't work.

**Anu:** You also discovered faith. So you want to explore on that?

**Lois:** Well, it was very interesting because they said you can't live any longer. And I was in my 50s. And I said, well, you're probably right, because I had a leaky valve and liver problems and all the other problems. But it was a strange feeling because I didn't feel like I was dying. It was, I don't know how to explain it. But like they were talking to me. And it was like they were talking words, but the words didn't hit me. If the words didn't go in, I don't know how that makes any sense. And I just said, oh God just show me the way. One of my friends invited me to visit her in Sedona and that's where the healer that helped me to heal. And I moved from the east coast to the west coast to be with him.

**Anu:** Oh, that's where you are today.

**Lois:** Oh, no, I'm in North Carolina. I moved back because he moved back. And we got married.

**Anu:** What an amazing story.

**Lois:** Yeah. Yeah, and then I found that I had adjust to now, it's amazing. It's a wonderful story.

**Anu:** It is, oh wow.

**Lois:** We're both getting younger and smarter and all that stuff. But I just feel I'm a servant of God. And I'm working for God to bring him closer to us.



**Anu:** Where do you believe God is? Because there's many of us who believe that God is within us.

**Lois:** It's whatever you want to believe there's another presence. I call it spirit. Some people call it Allah you know. I mean, it's this belief that there is a spiritual being around us and we are spiritual. So whatever you want to call that spirit, but the problem is, is that the shame guilt energy has disrupted the church, the religion is very shaming. You go to church and you feel worse, but it's not God. It's the shame guilt energy that the Priests are using. It's the shame guilt energy our culture is using. So we can't blame our parents and we can't blame their culture and we can't blame our cat or dog. We can't blame the government. We can only blame shame guilt energy for messing it up, like your computer's good until it gets disrupted by virus.

**Anu:** So the hacker, yeah

**Lois:** And we are good. But we got hacked by shame guilt energy, that's it.

**Anu:** I was gonna ask him, what do you do daily now to continue on your journey and to ensure that the shame and guilt don't enter you?

**Lois:** Well, I do what I told you to do. When I say that I cannot go on the podcast and then I say, no I can, I'm good. God gave me this job. And I wouldn't have the job if I couldn't do it. Then I go, Hi, I'm Lois Hollis. I could be on your podcast.

**Anu:** Really? Basically just go for it.

**Lois:** Yeah, because you got to say no to the shame guilt energy. Okay, now I have done years of getting rid of the shame guilt, energy that built up in me, and that's our problem. People say, Oh, just be positive. Well, that helps but everybody has shame guilt build up. So I help people like I help people talk to their depression and anxiety. I help people to find the shame guilt when they were two years old, when somebody wouldn't give them the lollipop or when they were teenagers and somebody wouldn't date them. That energy of shame guilt is still there. So we have to go and get it like surgery, and take it out and get rid of it. Then we are more freer to be positive. It's not such a hard thing to do.

**Anu:** No, absolutely.

**Lois:** But I spent years doing that and that's what I help my clients do. Not that it takes years anymore, because we're getting more and more used to it. We can get rid of the shame guilt that we have carried.

**Anu:** Yeah, absolutely.

**Lois:** Okay, because it builds up, it doesn't go off on its own. Just because you say goodbye, and have to go and fetch it and get rid of it.

**Anu:** And you do yoga daily now?

**Lois:** I do a little bit of yoga, because I'm a dancer. And I love to walk I don't go to the gym, I do more of the hero dancing, walking thing. Everybody has their own way but I kind of like feel the energy.

**Anu:** That's beautiful, and how about your diet because I've attended a lot of Tony Robbins seminars and he really inspires us with alkalizing our systems, making sure that we try and neutralize the acid in our systems because it's acid ultimately, which causes diseases. What's your views on that all?

**Lois:** Okay, well, as you know, taking 30 years of pain pills is not good for your liver. So 20 years ago, I was told that I should use vegetables, and 20 years later, I still juice vegetables. Not juice vegetables with fruit, not good. I use dandelion greens and carrots. I get them from the farm. So I know they're organic and good. So I still juice every morning, the vegetable juice. Not fruit. Do not mix fruit and vegetables. It's bad.

**Anu:** Tell us why?



**Lois:** Okay, somehow the fruit and the vegetables interact inappropriately. They destroy each other. You can prove this yourself - juice some strawberries and peaches and things of that sort and put it in the glass. And then independently juice dandelion greens and carrots. You know vegetables only put them together and you'll see them foam up.

**Anu:** Yeah, they do

**Lois:** And that's bad. You're not getting the nutrients.

**Anu:** And it's interesting because all of these recipes that we see, they mix greens with Apple to sweeten it up.

**Lois:** Exactly, but you use carrots to sweeten it up.

**Anu:** Yeah

**Lois:** Okay. People have cured themselves from cancer with just juicing so that shows. And now if you keep juicing fruits, it's more dangerous plus you're just getting sugar and sugar

**Anu:** Yeah, a lot of glucose.

**Lois:** No, just use vegetables only and get rid of the pulp.

**Anu:** Yes so you basically want just the juice

**Lois:** The fiber is dangerous. It's toxic.

**Anu:** Wow, that's interesting.

**Lois:** People are doing themselves a big dis-service when they put vegetables in like a Vitamix or something, just drink it like they're drinking the fiber, you cannot drink the fiber.

**Anu:** So interesting

**Lois:** Okay, only the juice

**Anu:** But the fiber helps you to go toilet.

**Lois:** You can use other fiber, do not use the fiber, do not eat the fiber, do not make muffins with the fiber.

**Anu:** This is very interesting

**Lois:** And people can email me and I can help them with the juicing. Juicing is critical to your health, but juicing vegetables because its live enzymes, and we don't have live enzymes in our diet.

**Anu:** Don't we?

**Lois:** Use vegetables only in a juicer, do not use an emulsifier. Do not use a blender, use a juicer.

**Anu:** Okay, that's interesting. Wow.

**Lois:** And it will heal you.

**Anu:** Do you have your own recipes as well?

**Lois:** I just use dandelion greens and carrots. Dandelion greens are the most nutrient dense vegetables and don't put dandelion greens with spinach and all these other things. Your body can't absorb or five nutrients. It does better when you just do one or two.

**Anu:** Right. Okay. Wow

**Lois:** Because people don't know this, it's very, very important as it helped to get rid of my grey hair.

**Anu:** Yeah, and your skin looks pure. How many juices do you have a day?

**Lois:** Just one but when I was sick, I would use three times a day because I was so, so sick. And when your livers not working, you better start juicing.

**Anu:** It is the best medicine.

**Lois:** It is.

**Anu:** Absolutely. Yeah, I agree. I just love the nutritional side to well-being because it has a huge part to play in our mental state as well.

**Lois:** Everything, everything it's juicing, it's a life Spark. But you got it to do the right way. No fruit, no fiber.

**Lois:** No you can put carrots in as they make it sweeter because you need something like that.  
**Anu:** So no apples?  
**Lois:** You can do an apple. Apple is sort of okay, but nothing else. Just carrots. People just do carrots and they are wonderful.  
**Anu:** Oh yeah.  
**Lois:** How easy is that?  
**Anu:** So tasty as well. You just can't beat a carrot juice.  
**Lois:** But carrot juice you make, not that which you buy because that's all preservative. Oh, and another thing about juicing, you need to drink it right after you make it.  
**Anu:** Oh yes  
**Lois:** You can't you can't let it set for like the day or half a day or something like that because it doesn't have any preservatives in it.  
**Anu:** Yeah, because it's live.  
**Lois:** It's live. So when you juice it, you drink it.  
**Anu:** So true because all of the foods that we eat, whether it's frozen or processed, we just have so much on our shelves and in our fridges and freezers and it's just dead food.  
**Lois:** Dead food and then what does it do to you if it's dead?  
**Anu:** Yeah, exactly  
**Lois:** But if you take live food, it gives you life. It's really simple.  
**Anu:** It's got to go directly off the tree and into us. The foods that we think are foods really are not food. Just processed. McDonald's. Why is that? I just call that cardboard.  
**Lois:** No, it's not food. Yeah, now of course, I still eat other foods and all but you know, if you want to make it in this world, you got to do vegetable juicing and you got to do it the right way and use a juicer and you get the pulp out and throw it in the trash can.  
**Anu:** Yeah, this is it. But people don't eat the pulp, do they?  
**Lois:** Yes, they do.  
**Anu:** Oh God, really?  
**Lois:** Yeah, that's why I'm making this a big deal.  
**Anu:** Yeah, I wondered where you got that from.  
**Lois:** They say, oh, use your pulp to make muffins. It's toxins. It's the toxic part of the plant. I got to know that later on.  
**Anu:** Oh, that's interesting. And so you are 77 but how old you feel?  
**Lois:** Probably 50.  
**Anu:** Wow  
**Lois:** Whatever that is, but I feel healthier than I was at 50. Because I was really not good at 50. So I don't know how I feel. I don't think about age. I just think about how can I get my message out and who can I talk to and what do I do?  
**Anu:** I think your message is very valuable. And you can help millions of people, I already know that  
**Lois:** And seriously, if you wanted to do another one, just sort of the juicing and things like that. I would be willing to do that. That would be if listeners are interested in that. I would be very happy and we could record it and that would be good for people.  
**Anu:** Absolutely. So, listeners, if you're interested in a juicing episode then please do let me know by email me or just in my comments section and we will do an episode on juices because we all know that we are what we put inside of our bodies. And if we're putting in dead food and drink inside our bodies, and we're going to be dead. It's as simple as that. Yeah and a very important message. That's been amazing. So thank you so much, Lois. You've helped us so much. And it's been really enlightening listening to your story,

and also what you've accomplished and about the film that's already out there and the film that you're about to make and if you want to share how people can find you, how they can contact you, then please share with us.

**Lois:** Okay, [loishollis.com](http://loishollis.com). I have two free eBooks.

**Anu:** Wow. Okay.

**Lois:** Okay. One is 'Now is the time'. You can print that off of my website. These are spirit writings, God talks. I just write what he talks about. And these are beautiful words and language that stop the shame guilt energy. So when you're feeling that energy, read these words. Okay. Isn't that awesome?

**Anu:** It's amazing, yeah.

**Lois:** And it's a pamphlet, but print it out because it's more energy efficient. When you read it from the book, rather than reading it from the computer. Okay, I need to put that on the website to say print it out. And then the other book free book is an eBook. That's 500 questions, one answer.

**Anu:** Okay

**Lois:** That's 500 ways we get shame guilt behavior, because we don't know what it is. We call it normal. So I have to teach people, I had to learn it myself. Okay, so people ask me all these questions and then I compiled the book on what is shaping your behaviors in 500 situations that we go through? And we wonder why we don't feel good.

**Anu:** Yeah, 500 ways, I just couldn't even imagine.

**Lois:** And we wonder why we don't feel good. We feel guilty.

**Anu:** Well, these sound like valuable materials. And I will also be writing the contact details of Lois in my description box so that you can all contact her directly. And yeah, it's been an absolute pleasure having you on the show, Lois.

**Lois:** And I hope to see you again, my pleasure

**Anu:** Thank you so much. Hopefully in our next chapter, we'll see each other again. Thank you.

**CLOSING:** And while this episode comes to an end, do you may want to check out my book of **“Victim to Victor”** to now available on audio and where I have shared. My journey of evolving through self-help and a determination to cast off my damaging path. My goal is to reach out to fellow survivors of abuse and provide hope and motivation in their lives. I hope that I can help victors transform their lives and achieve amelioration in the process of discovering their true self. I also have a 12 week self-development plan which is absolutely free and it aims to guide you on your journey to recovery. You can find the link in the description below. Please like this podcast and tag or share it with somebody whom you know is going through a similar situation and may need help. I will be back with another podcast soon. Until then take care and stay empowered.

