



GREEN JUICING SAVED MY LIFE With Lois Hollis. Find Out How to Master Juicing to Heal and Prevent Aging.

- INTRO:** Hello, listeners, and welcome back to the “**Victim 2 Victor**” podcast. In today's episode, I have a returning guest Lois Hollis on my show to share her 20 years of wisdom on how green Juices saved her life. Lois suffered for 30 years of migraine headaches, as well as being diagnosed with heart and liver disease and structural deformities. Her physicians told her that she could not live past 50 years. So Lois decided to take her health into her own hands. And now at the age of 77, she looks and feels better than she ever has. There are so many myths and recipes that we come across when it comes to juicing. Bottom line is that there should not be any recipes to follow, as we should only be juicing one or two vegetables each time and juicing fruits is a no, no. In this talk, you will learn why.
- Anu:** Hello Lois, welcome back to the Victim 2 Victor show. Oh my goodness, I must admit you just look fantastic.
- Lois:** Thank you.
- Anu:** Just skin and
- Lois:** No makeup, no makeup.
- Anu:** No and No filters?
- Anu:** No. Oh my goodness. And
- Lois:** I am 77.
- Anu:** I know. Wow. And yeah. So Hello, listeners If you didn't listen to our last episode, and Lois, this is the second time I have Lois on my show, purely because her story inspired me so much that we had so much more to talk about green juicing and the benefits of it and how to do it and you know how not to do it. And Lois has been juicing for the last 20 years, and she will inspire you all whilst she drinks her green juice on this show. Amazing. So Lois, what have you been up to since my last call?
- Lois:** Well, I've been very, very, very, very, very busy. Editing my new film, Oh, what a labor of love.
- Anu:** Wow
- Lois:** I'm making shame guilt visible.
- Anu:** Amazing.
- Lois:** It show how it intersects in their mental, emotional, spiritual physical bodies versus like a negative energy.
- Anu:** It is.

Lois: So once people know that, then they know that they can get rid of it.

Anu: Yeah.

Lois: It's not normal. And it has shame. It's common.

Anu: If and it's an uninvited visitor, I remember that from the last show. Yeah, and you know since our last talk, there's been a lot more talk about shame and guilt. I really do feel like you've started, you know, the awareness about it, because I never really used to hear much about it before.

Lois: Of course not. Because shame guilt only has one defect. It dissolves in detection. And it isn't a joke. I mean, it's not a joke when you're thinking about committing suicide.

Anu: Oh, no.

Lois: You know, we need to know that. It's, the jig is up.

Anu: Yes exactly.

Lois: Here you are. We can get rid of you. You don't belong to us. I can kick you out of my personality because now I know who you are.

Anu: Yeah, I like that, you're not welcome, get out.

Lois: Exactly, exactly. I

Anu: How exciting. So and just remind my listeners about your first film that you already have out there?

Lois: Yes, it's called Out of Discord into Harmony. And you can see that on my website or on YouTube. Just type in Out of discord into harmony. Now what that is, is me talking to myself, my anger, my depression, my inner critic. So we're all having talks. We're not throwing anybody out. We're not telling them get away. We're not tapping them away. We're not yelling at them. We're saying Hi. How are you?

Anu: Wow is and I just think man, just by watching that film. I think people are going to learn to talk to themselves and No, it's okay.

Lois: Because how do you make friends? How can you love yourself? If you don't know yourself? People say Oh, love yourself, but if you don't have someone to not happen you love yourself. I mean it, doesn't it you know, eating the good food and buying the main code or something doesn't love yourself. You love yourself by finding someone inside of yourself to love.

Anu: Yeah. Yeah,

Lois: So we find our depression part who got kicked out of its compassion, because of the shame, guilt. We love them.

Anu: Oh, wow. It's true. It's true. And so today's talk is about juicing. And do you think it links to, obviously, how we feel about ourselves?

Lois: Well, juicing, I'm going to talk about it. And first of all, I'm saying that I am a person, okay, I have a medical background. But if you're very serious about juicing, and if you have some medical problem that needs addressing, like diabetes, or metabolic, you know, follow a holistic physician. Yeah, you know, what I'm talking about is how to do it, why the reasons are, but you know, if you need some help, go to your holistic practitioner or your physician and help him to follow you. Now, in the beginning, I was very ill around 55, somewhere around there, and my doctor, luckily, he was a holistic physician, and he said, Lois, you're very sick, your heart is damaged, your liver's not working. And yes, you probably won't live, but you can start juicing vegetables. Now.

He was German trained. Okay, and he has the right way of juicing. Yeah, so he taught me how to juice and, okay, I did other things, but that was the main thing that helped me to start getting well to heal Okay. Now, I'll tell you an experience. I had 30 years of migraine headaches. And I took some drugs for them because if anyone had a migraine headache, you know how horrible it is. I mean, it you can't, it's tough. So I was taking some medicine, pharmaceuticals for that because that's what you're doing. And of course, your liver gets bad and your kidneys get bad and I mean, everyone knows this, but what are you going to do? So I, he said, what you need to do is get some debt, gotta buy juicer and he said I would suggest juicing dandelion greens, okay with carrots, he said, you can do beets. And but he said no, your liver is really bad. You need the, you need the hard things to juice.

Anu: Okay

Lois: So I went to, I lived in Sedona, so I went to a garage sale, sit down, it's like that I got to \$5 juicer it was the juicer by I forget what name it was. But anyway, this swimmer guy that swam a lot he had his own juicer and so forth. So anyway, I got to date, of course you have to do organic. So I went to the store, we had many organic stores in Sedona, I got the dandelion greens and carrots, and I do so that was a rotating juicer. And I found that there wasn't much juice coming out of the dandelion greens, but I said, hey, we got to keep going, keep going. I didn't know much about the way of juicing. So I drank it. And within 10 minutes my headache was gone.

Anu: No, 10 minutes

Lois: I went, oh my god, did God come down and bless me.

Anu: migraine headaches.

Lois: Oh, it was the Jacqueline lane juicer. That's what it was. Everybody knows him. Now. This is 20 years ago. Okay. So that's so that was really available. And thank God for Jacqueline lane because he was a juicing advocate. I mean, he's swearing swaying the English Channel, okay, he got some,

Anu: Right so yeah.

Lois: So, you know, I'm like, in shock cleaning their juicer, like, my headache is gone. And like, I felt like a fog lifted from me.

Anu: Wow. Yeah.

Lois: But I didn't know I was in a fog, you never know it

Anu: Yeah, sure

Lois: I just was better. And then like I'm doing laundry and that's like had energy. I've been doing all that and then all of a sudden, like three hours later, oh, my headache came back.

Anu: Oh goodness

Lois: Sickening headache.

Anu: Wow

Lois: I'll juice so I juiced again and it went away and by then it's like evening and my headache came back again.

Anu: Oh my Chi.

Lois: So I juiced again and I fell asleep for the night.

Anu: Yeah.

Lois: And I woke up and I said before a headache comes I'm gonna juice. I got this thing. So long story short, I juiced three times a day.

Anu: Okay

Lois: Okay now that is not abnormal if you're sick.

Anu: Yeah,

Lois: I was sick. I had a poor liver. I had poor kidneys and I needed to detoxify because they were not. My liver and my kidneys weren't detoxifying. Okay?

Anu: Okay.

Lois: But the juicing was helping me to detoxify

Anu: Okay, yeah.

Lois: And here went my liver and my kidneys now I have to say I had physician support.

Anu: Okay,

Lois: I went to see my doctor and I told him and he says, Lois, it's okay for you to juice three times a day because you're ill. You do not have to do this normally.

Anu: Why?

Lois: But if you have a problem, if you are sick, you come to me, we'll keep blood studies, but you keep juicing and I want you to juice three times a day. That's not unusual for people that are sick.

Anu: Okay

Lois: I just want to make that very clear.

Anu: Okay,

Lois: I wasn't healthy, like I am here. I was very sick. And under my doctor's supervision. He was helping me. Every day I would report to him what I was doing and he was helping me along. So I would've make that very clear.

Anu: Yeah. No that's fine.

Lois: So that's where I started from, being very ill. But I had doctor's support and I was juicing three times a day.

Anu: And you were still taking your medication at this time?

Lois: No, no, no, no, no. No medications. No medication.

Anu: Right.

Lois: And I felt clear. Every day I felt clear and no headaches.

Anu: Wow.

Lois: No more headaches.

Anu: It's just, yeah

Lois: So was it a lot of trouble to juice? I would say no. I felt it was a gift from God.

Anu: Yeah.

Lois: And then I start looking at different things and learning that Dr. Gerson in New Mexico was a big advocate of juicing and they choose three, four times a day for cancer four stage cancer, and they were healing.

Anu: Wow okay

Lois: So it was a big, big thing to do. That was very, very healthy. Now I've got to tell you this story. I'm juicing three times a day. Then I was twice a day. And this went on for a couple months. And by then I had to get my hair cut and all that. I went to see my beautician and he was acting very strange to me. We were very good friends. And he

goes is everything okay? And I said yeah I'm really good really good. He said you look better. And he said, are you not satisfied with my work? And I said, why do you say that? I like you very much. I just haven't been available to come get my haircut. Nobody else has done anything. I said what is the problem? He said, because who was dyeing your hair? I said, nobody's dyeing my hair. He said because your gray hair is leaving. You don't have gray hair anymore.

Anu: Oh my goodness.

Lois: I'm good. I'm juicing. He says what are you talking about Lois? I said, I'm juicing dandelion greens because I got headaches. He said, he said you still have some gray hair. But he said it's only a very small amount. And I wanted to know who are you going to? To get ready your hair who's dyeing your hair. I said nobody's dyeing my hair. I'm juicing

Anu: Amazing. You traitor, you traitor, where're you going?

Lois: Exactly. So he said, tell me about this juicing because he's like,

Anu: Wow

Lois: In his late 30s, early 40s because I go to the doctors for my thyroid. And I take thyroid medicine like arthritis in my hand from doing this and doing that. And I can't seem to lose weight. And he said do you think that juicing would help me, I'm going, I don't know.

Anu: Yeah, oh yeah

Lois: I said just try it. It's only vegetables. It's not like a drug.

Anu: Exactly.

Lois: He said, okay now where do I get it? And I'm telling them how to juice and get the juicer and all that kind of stuff. So this is 20 years ago

Anu: Yeah.

Lois: So I come in, in two months later, you need to get my hair cut again. And he's looking really good. And he says, Oh, no, so I'm so happy to see you. And I said, that's nice you know. He said, I went to the doctors yesterday, and I said, Okay, he said, Lois, I am not taking any drugs. My thyroid is normal. I don't have arthritis anymore. And I've energy that I never had before. Okay, the beautician next to him, heard the story. And she says, what are you talking about juicing? What are you talking about these dandelions? So I'm talking to her about it. And so she said, I think I'll try it. I said, well talk to him about how to do because I got to go today, okay. Okay, now, this is six months into this story. Okay. So I go to the local store to get my dandelion greens and my carrots and they go, I'm sorry. I said, I think I thought you just got your supply in on Wednesday. And I said, this is Wednesday. Oh, no, as we already sold out. There has just been a massive run on dandelion greens.

Anu: Oh

Lois: I'm going oh my god, I better stop talking. Because everybody's juicing dandelion greens in the community

Lois: I had to go to the next community.

Anu: Oh, wow

Lois: To get my dandelion greens.

Anu: Okay

Lois: So it's spread. Everybody was telling everybody to juice.

Anu: Wow

Lois: Isn't that incredible story.

Anu: That is because I mean, I have looked in the UK we don't have them here.

Lois: You don't, how about chicory.

Anu: Oh no, we do. Yeah. Oh, yeah.

Lois: Okay. Chicory is a higher hybrid of dandelions

Anu: right Okay, there you go.

Lois: Chicory?

Anu: Chicory. Okay.

Lois: Okay, so that's my personal story. Yeah, I think that's fascinating.

Anu: Okay, so,

Lois: I'm telling people about the dandelions and now I probably won't be able to get this in the UK.

Anu: Yeah, in the UK, and now in the states and everywhere around the world. And we'll probably as soon as this was published, I think, Yeah, that'll go shortage.

Lois: Now. So, in my travels, you know, I, maybe after a year or so, I'm juicing like one times a day, but I did celery and dates and so forth. I did other things. Okay. So I'm just telling you how it all began. And I started to learn about different celery and, and cabbage and, and other things like that. But I'll go into that more or more, but I just want to tell you the value of juicing, so I had to drive from the west coast to the east coast. And I'm going I'd get tired, and so forth and so on. But I have to drive because I had a lot of things in my car. And so anyway, so I took my juicer with me.

Anu: Oh, it's a big piece of equipment, right?

Lois: I don't care. It's more important than my luggage, because without the juicing, and I don't go,

Anu: yeah,

Lois: my body doesn't move.

Anu: You, It's like carrying a toothbrush around, right,

Lois: exactly. So when I stayed at a hotel because I couldn't do it all in one day, you know, 3000 miles, so I stopped in that hotel, and there's always a farmers market around, so I got vegetables and I juiced it in and I drink my juice, and I carry my juicer and people say oh you carry your juicer, and I said I have to have my juicer because it's part of my life. And then so someone says may well I don't feel bad at carrying my electric toothbrush with me. I didn't really care what people thought because to me, I felt so much better my health improved every day every day. Why would I not use?

Anu: Yeah high energy levels right,

Lois: high energy level and so forth. Okay, now why juicing and not eating vegetables?

Anu: Yes. Fun question

Lois: When I juice like this glass, I had two glasses a day.

Anu: Okay.

Lois: 16 ounces. Okay, you can't do 16 ounces in the beginning the way too much. You start out with six ounces.

Anu: Okay

Lois: six ounces, eight ounces. Your body tells you when, but you got to remember, I've been doing this for 20 years and my body is used to it.

Anu: Okay.

Lois: Okay. Now where was I on that one? Okay. 16 ounces is what I drink a day.

Anu: Okay

Lois: now, I stopped using for a couple months because I moved and, you know, so forth and so on. And I was feeling great. Good. And then I've felt myself going down. So I started back up again.

Anu: Okay

Lois: I feel good. So this glass eight ounces. Probably holds a pound and a half, maybe two pounds of carrots.

Anu: Wow. Okay. What's in that one?

Lois: That's, it has carrots and dandelion greens in it

Anu: okay.

Lois: So it's probably, my husband and I, we juice. And when we juice what we have, we use five pounds of carrots.

Anu: Okay,

Lois: and about two or three bunches of dandelion greens.

Anu: Okay,

Lois: and this is what we make. You cannot eat five pounds, two pounds of carrots?

Anu: No,

Lois: first of all, it's not healthy. Because you have too much fiber in you. You can't do that to your colon.

Anu: Yeah,

Lois: You can you know what I'm saying? The fiber is too much, now why is the juice so good? The juice goes immediately from you into your digestive tract and disperses to the bloodstream instantly.

Anu: Okay

Lois: It doesn't have to be digested well digested but it's liquid and it's usable

Anu: Right, okay

Lois: It's useable so you can use it ready well that's why my headache was gone in 10 minutes.

Anu: Oh, Okay

Lois: Cause it was immediate. Do you know how some people have a heart attack? And they put nitroglycerin under their tongue? And they feel better?

Anu: Yeah, yeah.

Lois: Because it's immediately absorbed. Yeah, this is immediately absorbed

Anu: into the bloodstream? Absolutely.

Lois: It's like getting an IV of vitamins.

Anu: Wow. Yeah. And this is fresh from the ground, right? It's live.

Lois: Yes. So that's why it's so effective.

Anu: Yeah, right. Okay.

Lois: There's no possible way of getting high nutrients. Unless you juice from vegetables I mean you can eat a ton of salads but it's got all that fiber in it. . I'm not saying don't eat salads. I'm saying that's good.

Anu: Yeah,

Lois: But for a high nutrients that you need today. We need these. You can get it from juicing. Yeah, but you only extract the juice, not the fiber.

Anu: Yeah, that's very true. And so there's also a big hoo ha about the types of juicers out there. So I just wanted to gauge your understanding about what kind of juices we need, because I have a juicer and I the amount of juice that I guess not much at all, you know, when I juice kale, and

Lois: Okay don't juice kale, it's not a good vegetable.

Anu: Oh

Lois: It's because, it's the fiber and all, it's, I can't say it's toxic, it's just not healthy. Now some people say juice kale. I'm talking from Lois experience.

Anu: Yeah, yeah,

Lois: I get sick every time I juice kale. Yeah, and I know other people it's toxic. Okay, I don't eat kale. Don't drink. Don't do kale.

Anu: Okay.

Lois: From my point of view,

Anu: yeah, yeah. No that's fine, thank you

Lois: If you can, if you can. I'm talking from Lois.

Anu: Yeah, 20 years of experience

Lois: Don't do kale.

Anu: But spinach, right. Spinach is good.

Lois: It's okay. But you're not gonna eat. I say I'm gonna juice. So what would I juice? I would juice the highest density that I could find of nutrients, why would I deal with a lesser quality?

Anu: Yeah. Yeah, exactly.

Lois: Now, if you go online, dandelion greens chicory is the highest density vegetable at this point.

Anu: Oh with that, oh my goodness,

Lois: It has the most vitamins and minerals in it.

Anu: The thing is, when you go online, there's no mention of a

Lois: and you're not going to get juice from spinach. You're not going to get juice from kale.

Anu: You hardly get anything. Part of the question I had for you was, is it because I've got a rubbish juicer? Do I need to invest in a lower masticating juicer?

Lois: We can

Anu: Go into that.

Lois: Go into that Yeah. But through the years, I have juiced celery. Celery is good, because it has a lot of water in it

Anu: Alright Yeah. Yeah.

Lois: So if you worry, want to make it more diluted with the dandelions, use celery.

Anu: Okay. Yeah. And I guess, cucumber

Lois: Well cucumbers, you got to watch out because the skin is waxed.

Anu: Okay
Lois: You have to peel it.
Anu: Do you?
Lois: Yes. Do not juice cucumbers
Anu: Oh
Lois: Unless they're organic. And you've actually or you can use some type of emulsifier to get that out
Anu: Oh, so
Anu: What happens when you drink the wax?
Lois: It's toxic. You're doing yourself more harm.
Anu: Okay. Oh, goodness.
Lois: So we have to be, 20 years ago, it wasn't as bad as it is now. Or you know, everything. So, okay. In five years, I think we're going to be like happy. But right now we have to be very, very careful. It's a lot of a lot of bad stuff out there.
Anu: That's a shame. Yeah.
Lois: Well, it's sad, but you can be smart. Now, the best way to juice is to grow your own vegetables.
Anu: Yeah
Lois: But you got to be careful of the seeds you buy because they're all GMO, except certain ones. I tried that. I don't have the time. It just ended, bugs got to them. And there are a lot of people I know that plant their own vegetables and that works. Lois doesn't do that because it doesn't work for me. That's okay. I mean that's okay, I have to do my movie. So anyway, thank God, I found a farmer who lives about an hour away from me.
Anu: Okay.
Lois: And they have a big production now. That's it, an individual person because they really been able to help and service the community. He has dandelion greens, chicory, dandelion greens. Like that's heaven. Oh my god, I can't get any better.
Anu: How much you buy, you buy big boxes full.
Lois: So I order I go there. And it's very nice because he only sells the stores, you know.
Anu: Okay.
Lois: And he sells to a couple people. But we've been friends for a while. And I taught him how to juice. So everybody I teach how to juice
Anu: Payback time here
Lois: Yeah. Payback time, so I ordered like four cases. And I juice all of them. And then I freeze the juice. Now that's a whole another story that I might get to. But if people don't have that ability to make them or know a farmer.
Anu: Yeah
Lois: Go to organic store there's a lot of them and get organic celery.
Anu: Organic, yeah.
Lois: Good organic carrots, and organic dandelion greens or chicory.
Anu: Okay.

Lois: Okay. Now you have to wash them off a lot of people do. You know, vegetable washing and all that stuff. I don't do that. Because oh my goodness, you know, it's a lot of mess you know, you've got wax on them.

Anu: Yes

Lois: But it's just like you know.

Anu: Exactly, yeah. Yeah so, because even celery, I mean, that seems quite shiny as well.

Lois: Well wash it off. What I do is just throw away the top part, eat till end part

Anu: Okay, yeah.

Lois: I mean, I got to live too, we got to be practical here.

Anu: Yeah exactly

Lois: So I just get rid of a part and just get the middle part.

Anu: Okay, now that's fine,

Lois: But celery is really good.

Anu: Okay, and that's good. And it's interesting because obviously we're on this, this discussion is about green juicing but you know, you can still have you know, orange juices like with carrots and...

Lois: No, no, no, no, no one rule

Anu: Okay

Lois: This is a very big rule. Some people do not agree with it.

Anu: Okay.

Lois: But I agree with it and I was taught by the best

Anu: Okay

Lois: holistic doctor trained in Germany in action therapies and juicing, so, I take, I take his, and never combine fruits with vegetables

Anu: Okay

Lois: Never

Anu: Never, okay.

Lois: Never. Now you can put apple in your juice, vegetable juice, but that's the only thing only vegetable, excuse me fruit.

Anu: O yeah, why Apple then?

Lois: I don't know. It's just, it's okay.

Anu: Yes.

Lois: It's the, that's, it just says because of the way it's constructed. But you have to peel it.

Anu: Yeah, the waxy layer like

Lois: Or whatever. Even if it's not wax, you just peel it. You just don't use the skin and you take out the black seeds

Anu: but Okay.

Lois: Okay, but you can use an apple.

Anu: Okay.

Lois: that's the only one now if you don't believe me, I didn't believe myself either. So I had to test it. So I juice fruit and put it in a glass.

Anu: Oh, okay.

Lois: And then I juice my vegetables and put it in a glass. I put it together and it starts filming.

Anu: Okay.

Lois: It doesn't mix.

Anu: No. What's that foam? It's something doesn't it?

Lois: Well, it doesn't mix. It doesn't join it fights against each other. So people say, Oh, I'm getting so many vitamins. I'm getting this from this and this from that. And you're actually working against yourself. It's not gonna kill you. But it doesn't help you.

Anu: No, I suppose in that situation, it needs an emulsifier

Lois: That's another story, but the truth is, you should never juice fruits, no smoothies, none of that stuff because you're only getting sugar. Okay, it's natural sugar. But can you imagine how much sugar you're getting? If you juice a couple oranges, a couple bananas and couple peaches. And you're getting that all at once, like vegetable juice into your existence? You get a sugar rush. And if you're diabetic, you're really in trouble.

Anu: That's so true, I know.

Lois: Okay?

Anu: Yeah, and...

Lois: Think about it.

Anu: Yeah

Lois: Think about it. It's the worst thing to do. Now, when you eat an apple, excuse me or an orange or peach, you eat the fiber. Yeah, though, that delays the absorption of the sugar, right. Okay. That's why we don't use it in vegetable juice, because we want it to be absorbed into our system. Yes. That's why juicing is so powerful and so good. But you don't want that with fruit. You don't want the sugar to go and you get a sugar rush and get sick.

Anu: All day, exactly. Yeah. Oh, wow. Yeah I mean, the amount of times out you know, we've just made a banana smoothie, you know, because it's quite nice and filling in for full breakfast with put some protein shake in it. But why is it just so sweet?

Lois: Well, because it's all sugar and they go oh, I love a smoothie. Well, I guess so. I like chapter candy. You know, give me a cotton. You know one of those sugar things that

Anu: Yeah, cuddly floss

Lois: Candy floss of course you'd like it.

Anu: Yeah. It's so true. Wow.

Lois: So my, my recommendation is never ever juice fruit.

Anu: Okay

Lois: If you want fruit, yeah, please eat it. It's great. But eat it.

Anu: Yeah

Lois: Don't juice it.

Anu: Okay, yeah.

Lois: You're doing yourself more harm. And if you have, I mean, I think all of us in this room today have, you know, sugar imbalances because of all the self you know, we're not all that balance. So you overload with sugar. You're going to set off your, I don't know, immune system and all sorts of problems.

Anu: Yeah

Lois: Sugar is not good for us.

Anu: It's not
Lois: I mean, I mean natural sugar in fruit is good for you.
Anu: Yeah
Lois: But to juice a whole bucket load.
Anu: Oh no, and it's like grapes and strawberries. They're so sugar loaded ain't they?
Lois: Of course.
Anu: God, even just to eat. I mean...
Lois: One or two. But can you imagine, oh, we got to use a whole pile because we got to get the juice, right. O my God
Anu: Oh, my goodness,
Lois: I would be very sick because I had, you know, pre diabetic hypoglycemia. And a lot of us have hypoglycemia because of, you know, the food we eat, you know, not that we eat bad food. But our food is, you know, a lot of it's contaminated. So why would you do that? You just can't do that. I mean, you can do it. But I'm telling you not to do it.
Anu: For sure, no and I agree with it. Because in my 20s I was eating a lot of fruits kind of compensate in lunches with fruits and oh my goodness, when I look at my photos, I was so chubby because
Lois: Because of all the sugar. Now, can you imagine juicing that and getting more?
Anu: Goodness, Yeah. Diabetes alert.
Lois: People say, Oh, I put a couple pieces of spinach in it in audible
Anu: Oh, damn
Lois: It's good, it's a vegetable, I put two pieces of spinach. I'm going I put five pounds of carrots and three bunches of dandelion greens.
Anu: Wow
Lois: I mean, there you're talking when one leaf of spinach is not going into it?
Anu: No, no
Lois: So people tell me Oh, I juice, I put a piece of spinach in all my smoothies. In audible I just say, Okay, I don't judge. And they say it doesn't help me out. They say I go. Okay, I'm sure it doesn't.
Anu: Yeah, I've actually had quite a few comments about juicing saying Oh, yeah, you know, I stopped doing it because I wasn't really noticing the benefits.
Lois: Well, yeah, of course not. If you put one piece of spinach in your smoothie.
Anu: But this isn't they're not doing it. Right. So would you recommend vegetables having to be organic or can we go for any?
Lois: No way at this point in our lives, it must be organic. 20 years ago, I could use some vegetable washing or something. But today, the GMOs have really taken over. It's just the way it is.
Anu: Okay.
Lois: It just is where it is. You have to know where you're getting your vegetables from.
Anu: Okay
Lois: And there are places you know, organic farming now is coming up and support the farmers and I'll teach you how to freeze them. So you don't have to get the farm every day.
Anu: Yeah, yeah.

Lois: Okay. I mean, let's face it, you know, we got to live too. So,
Anu: Exactly.
Lois: And so now let me talk about the juicers for a little bit because you've mentioned the masticating an all, so I use Jacqueline that's a rotating juicer.
Anu: Okay
Lois: That is a basic one. But there's a lot better ones now out there, not that that's bad. It's just that, you know, there are more options right now. Breville is a very good quality,
Anu: Okay
Lois: It's a little bit more expensive, but it isn't a \$1,000 like some of the juicers, those ones that aren't like the Norwalk and things that, that start they're like in the \$1,000. And you there's a hard time to clean on everything. I'm talking about practical. If it's not practical, it's not easy. You're not going to do it. You're not going to spend two hours in the morning juicing
Anu: Exactly
Lois: I wouldn't you know, so the Breville is a good juicer. Now I don't have any allegiance to it. I'm not getting any money for saying its name, but that's what I use right now. Okay, and if you're going to order one, order the bigger one, it's just, the little ones little, if you want to, if you're going on a trip, get the little one but in audible yes I carry my juicer with me wherever I go.
Anu: And so is it because I know that there's quite a few aware you have two cooks. So one has to cook and one has to juice.
Lois: Yes, and you throw the pop out.
Anu: Yeah
Lois: I was told oh Lois, she couldn't make muffin out of the pop. I go okay. I mean, you know, I'll try it. Seems Right. Oh my god, I was so sick in my stomach I had is, I found out that the poison of the plant is in the pop
Anu: That's terrible.
Lois: So what you do with the pop is you throw it away? Yeah. I put it in the ground like see that? You know, I don't want to put it in the trash and you know, but you get rid of the pop.
Anu: Yeah,
Lois: Do not eat it. You do not make muffins. Get rid of it or a cake. You just get rid of it.
Anu: Toxic.
Lois: It's toxic and you'll get sick. Well, at least I got sick but it is not. That's why juicing is so good. You don't have the pop.
Anu: Okay, that's amazing. Yeah.
Lois: Okay.
Anu: Yeah. That's brilliant. Thank you.
Lois: Now, when you juice dandelion greens, you're not going to get that much juice out of rotating juicer.
Anu: Okay.
Lois: Okay. Like you said, I don't get much juice out of it. And you're right, it doesn't. Now, I can tell you what I do. But it's a little bit harder because I have a husband who's very

strong. He takes the dandelion greens and puts them in a grinder so, and then mix them all up, people say, oh, you can eat that? No, because it's got the pop in it. It's not Juicing, right? It's not juicing. So what he does, he takes that and puts it in a press. Like they make wine. And he turns it and presses it on that. I do not have muscles like that. I cannot do that. But he squeezes it out.

Anu: Yeah

Lois: And they have a presser that you can do that. That's what he does.

Anu: Wow.

Lois: It's a tin thing and it's got a turn and he turns it and turns it and the juice comes out.

Anu: Okay, goodness,

Lois: I can't do that. Okay, like he's very strong. Okay. He's a black belt. Okay.

Anu: Okay yeah

Lois: He thinks it's great because he gets exercises.

Anu: Okay.

Lois: Okay. So that's what we do. Yeah, now that's really nice. However, if that wasn't available, I would get one of those juicers, juicers that are non-electric. Yeah, they're, you know, the other now Dr. Marcola. I'm sure you probably heard of him Marcola. He's a very big health enthusiast. Now I can put his name in the show notes.

Anu: Yeah

Lois: he is great because he brought the \$1,000 juicers into the 100 range.

Anu: Okay

Lois: So he has a juicer that you can juice carrots and the dandelion greens and other spinach you know, to get more juice out of it.

Lois: Okay. So if you don't have somebody with muscles that can press, get Dr. Marcola's juicer.

Anu: Brilliant

Lois: It's very good and he even has a video on it. And it's very good. It really, is it's very good. Because the Omega juicers, they're huge like this, and it takes two hours to clean them, you're just not gonna do it

Anu: Exactly. So and so you would recommend a non-electric juicer?

Lois: Well, it's, I don't know if it's electric, but it doesn't have this spinning basket.

Anu: Okay.

Lois: See, because they say heat destroys the enzymes. But that's kind of like, we can't live in a perfect world. Do you know what I mean? You got...

Anu: Yeah, exactly.

Lois: So I can tell you, this is what works. Yeah. Because if we're going to get 80% of the nutrients,

Anu: Exactly

Lois: instead of 100, it's better to take the 80 or nothing. So that's what I'm saying.

Anu: Totally. Yeah.

Lois: Okay. So I will. So I use the spinning Breville for the carrots, because you need that you need that strong thing. And then the Marcola one for the other things, but you can use Dr. Marcola for both.

Anu: Okay.

Lois: Okay. So it's like, what works well, for you?

Anu: Yeah, exactly. Okay. Now that's...

Lois: So this is reasonable, it's practical. And you can juice. Now, after I juice with the Breville. And I did not know this 20 years ago, what I do is I put I have a coffee filter. And I put that in picture. And I still juice, pour it in and do it get rid of the rest of the pop.

Lois: Okay, so this juice is so 100% that I get no pop at all.

Anu: Okay. Wow. Nice. That is pure.

Lois: Like, it's like it's almost silk when you drink it.

Anu: And it's live. That's what I love.

Lois: It's alive. Now, if you want to be alive and active and healthy, you got to eat alive and healthy, like a lot of deacons are doing and that's great. But you're not going to get what's in this glass of juice. I'm not going to eat five pounds of carrots. I don't care how big and I am.

Anu: Yeah.

Lois: And my poor body can't digest all of that. I can eat a carrot. I can may be eat two. But that's it.

Anu: Yeah,

Lois: You're talking five pounds of carrots.

Anu: Can't do it now?

Lois: Of course you can. But it's not supposed to.

Anu: Yeah. This is uh, wow. And the thing is, as well about you know, you said you, you freeze it? Is it okay to do that?

Lois: Okay, now we're getting into two things. Now when you juice, they say drink it immediately. And that's a good thing. Because it's live and it's right there. Now, I was got very busy because I was healthy and active. And I went to film school and it's like, I gotta juice first. So I could juice in 5, 10 minutes, clean the juicer and take my juice with me drink it in the car on the way to wherever you're going.

Anu: Yeah.

Lois: Okay, so I mean, like, you got to live. So, my kids were in college and post grad and, hey, we're all living in a busy world, they come, mom you look so good. And I said, I'm juicing. They said, well, Mom, I can't juice every day. And I said, I can understand that. I mean, I work. They said they work at night when I was in med school and how can I you know, Mom, it's just like, not practical, but I want to juice and I went okay, so they came up with, you know the plates, the cups that we have they're different cups or paper cups, whatever. They said on Saturday, they get all their vegetables together, they clean them up and then juice some and then they poured into cups, like six or seven cups and put the cups in the freezer and then the morning as they're rushing out, they take the cup with them and drink it. Okay, it's gonna defrost over a couple of hours, but by the time they're in school and they're drinking there, they got to drink it that morning.

Anu: Okay

Lois: You know but it's gonna defrost. It's only six ounces or eight ounces. And that's how they did it.

Anu: Okay. And it's still as effective?

Lois: And then my husband is saying, you know, we could juice we could freeze this and I'm going, well, they tell you not to freeze them. You got to drink it right away. He said, but let's give it a try. This is five years ago. So I have a picture of this and I want to put it on your show notes. We got little plastic bags, like Zip lock bags, like you know, five and a half by seven. Now, both of us juice. So we each have 16 ounces. So you can't put it in a little cup. So we got we juice some vegetables, the dandelion greens and everything. And I poured them in the plastic bags, zip the mouth and put them in the freezer.

Anu: Okay.

Lois: I found this is me. This is Lois. I found them to be more effective.

Anu: More

Lois: I found it something. I'm not a chemist, and I wish I had the money to do research on it. But somehow it helps some electors again, this is me Lois. Feel like it helps some molecules. I don't know, the more effective more bio available.

Anu: Bio available.

Lois: And I've been doing this for five years now.

Anu: Right okay. Yeah, I guess

Lois: and I put it in the freezer. Of course, you know, I take it out the next morning and defrost it. Chop it up. You know, I don't let it defrost all day. I get defrost and I'm home work and I'm everybody's home working today. And I chop it up the middle pieces. And then within an hour or two, it's, I drink it. And it's worked for five years.

Anu: Wow.

Lois: So one day when I get very rich and I get a scientist I'll prove it. But right now I can only prove it's through Lois.

Anu: Well, it is there's something in that when it changes molecular structure from liquid to solid. And then going back down to liquid. There's some, it'll be something to do with the bonds. Breaking and forming.

Lois: I don't know. And I don't have that mind to do that, but that's what I do.

Anu: Okay.

Lois: Okay, that's what I do. Now. I tried to freeze yogurt and that doesn't work. So I don't know if you can freeze everything. And they tell you don't freeze yogurt. So that doesn't work. It destroys it. So I know there is something to that. But I, so I can offer is what Lois is doing

Anu: No, that's fantastic. Thank you.

Lois: And so that's way of doing it. And my kids did that. They put it in cups, and they're running out the door because you know, everybody's in a hurry. They go in the freezer, pick out the cup. I mean it's a cup, eight ounce cup, it isn't my two to eight ounce you know, and they take it and they put it in the car and they drink it and they chop it down and they drink it. You know, and they make it work and she says I juice on Saturday. I fill up my cups.

Lois: I just take them as I'm walking out the door. I mean, how cool is that?

Anu: Yeah, that's amazing. Well, there's a will there's a way instead of having in your ice cream or your iced yogurt have an ice for

Lois: Or you're Slurpee. You have your juice Slurpee

Anu: Goodness. Yeah

Lois: That's how I solve it I got a Slurpee. Oh, yes. My juice.

Anu: Green Slurpee.

Lois: Exactly.

Anu: I love it. Oh, wow.

Lois: I do too. So I have to credit my kids. Yeah, for that. And they, they don't juice as much as I do. But my daughter her skin got radiant. She lost the extra pounds. And she says Mom, it's worth it because I don't have to do anything else but juice and I'm healthy. So it's easier. It isn't like I'm putting a hardship on myself.

Anu: Yeah, no, absolutely. So there's something to do with enzymes in juicing as well isn't that?

Lois: Okay, enzymes are our life. Without enzymes. We don't move. We don't go. No. Have our biological, again this is very simplistic. If you want it more, you have to go to a scientist, but enzymes make our biological processes work, it's like putting gas in your car. It works. We need enzymes to make us work.

Anu: Yeah, biological catalysts.

Lois: Cooked food, and cooked food is not, it's nutritious, but it doesn't have the enzymes because enzymes are destroyed with heat. I'm not saying don't eat mashed potatoes and sweet potatoes. No, but we need that. But we need enzymes. And that's why that plant based side is so popular right now, because people are getting enzymes. Yes. But I'm saying, can I get more enzymes, please? Because my body really needs it. I can't eat five pounds of carrots. I can't eat three. But believe me, I love food. But I'm not going to eat that many.

Anu: Oh, wow. And so you know, you said about the gray hair as well do you think it, like we mentioned about enzymes, then melanin is a hormone in the body.

Lois: Yes, yes. So enzymes make your biological processes work. What is aging? Aging is a disease of the lack of enzymes. And our bodies not working as efficiently as it was in the 20s and 30s. Yeah, it's just simple.

Anu: Yeah, it's as simple as that.

Lois: We'll let you know. You know, it's the whole mechanism of aging is that you're, you don't have the, your telomeres, and so forth and so on, because it gets destroyed by all the toxins that we keep taking in. And also the emotional release. Why do shame guilt work because it stresses out the emotions and it stresses out our physical body as well.

Anu: It's so interlinked

Lois: So aging is just a result of poor nutrition. And your body not having the ability to compensate. You know, when you're a teenager you can eat hotdogs and cotton candy and you're okay in your 40s you're like man now kill me and you're right. So you have it, so I have my grand kid's juice. I taught him how to juice

Anu: Oh amazing they have a very prosperous future ahead of them.

Lois: So Anyway,

Anu: And your skin as well obviously in your 50s.

Lois: Oh, I was dying. You don't look pretty when you're dying?

Anu: Oh, God, I know we have to laugh because otherwise we cry.
Lois: we would cry.
Anu: Sorry, I was gonna ask wheatgrass. Are you a fan of wheatgrass?
Lois: wheatgrass do not use
Anu: Oh,
Lois: do not use wheatgrass? Do not use it's toxic, toxic, toxic.
Anu: Wow.
Lois: Okay. Again, Lois, you know, and I can tell you some very sad stories, but I won't go into that. Just don't use wheatgrass. At least that's from me. Somebody else will tell you that but I'm one like don't eat I? Oh my goodness. No. I don't buy wheat grass
Anu: Oh goodness. This is interesting. Because when I've been on a few events and we were having wheatgrass shots, we also had olive oil as well.
Lois: Okay, that's good. That's good. But not wheat grass.
Anu: No
Lois: No wheat grass. No kale.
Anu: Okay and beetroot.
Lois: Beet juice, beet juice is wonderful. If you can find non GMO good beets
Anu: right. Okay,
Lois: I cannot find them. Where I am
Anu: Okay, that's the quality of it.
Lois: beets are wonderful beets are very powerful. They're wonderful Vegetable. Don't do the tops.
Anu: No,
Lois: no, don't do the tops. Don't do kale. Don't wheatgrass. and peel the beets
Anu: right okay
Lois: but you got to make sure they're good, meaning they're non GMO. You got to know the farmer or the seeds. I mean, I don't know that. I haven't been able to, 20 years ago, I could find them here in the United States. And I did use beets and it was very, very helpful.
Anu: Oh,
Lois: I can't find one.
Anu: Goodness right
Lois: now, if we talk next year, maybe I'll find one. But it's not beet's fault. Now I just learned something very interesting. A lot of our products our vegetables are now GMOs, and even if they're not they cross pollinate with GMOs. You know, it's a big thing.
Anu: Yeah.
Lois: Our humanity and our food source has its own genetic blueprint and left alone they will revert back to normal.
Anu: Okay,
Lois: Sort of like us, when left alone given the right nutrients we heal, and so there are produce once the GMO thing goes away, which eventually it will. Not today, but it will, our vegetables will be so much more accessible. Okay, so don't give up hope.
Anu: Okay. Oh, I'd love that

Lois: Because they will return back to normal. Yeah. Okay. I don't know how long it takes. But, you know, it will return back because they have their own genetic sequencing that returns to normal...

Anu: Wow, it's been an absolute honor to share your wisdom. Did we cover everything? Is there anything else?

Lois: Oh, okay

Anu: So I wanted to ask about, you know, the alkalizing greens. So all the powdered stuff and all of the juices that you get at the supermarket, what's your views on all of that?

Lois: Okay, now, if you see in the refrigerator in the supermarket, carrot juice, and I think they only sell carrot juice? I don't know if I've seen some other green juices. How can that be healthy? If you make your own juice? And you can have to drink it that day? Exactly. What do you have to put in there to make it last for a day or two, or three or four? First of all, it's got to get there. Now the Norwalk juicer, I think it's about \$2,000. It has a special system where it puts air into the juice so that they can sell juice in a bottle and ship it off to a supermarket. I don't know that I don't understand at all. I have not experienced it because I couldn't spend a couple \$1,000 for a juicer. And also, it takes hours to clean it. It's not very practical. For me, it's not practical for me. Now, maybe a Healing Center or something would have more access because somebody is dedicated to juicing. Because I know some healing centers have a juice section and this person juices all day for people.

Anu: Yeah, yeah, they do.

Lois: Okay, that's a different question I'm talking about me at home by myself juicing every day. Yeah. It's not practical for me. If it's not practical, you're not going to do it.

Anu: Yeah, it's true.

Lois: So juices in the supermarket. I stay away from that because but I don't know what they put in it.

Anu: Yeah. Okay.

Lois: Now, one thing I need to caution is that when you make your juice drink it that day, you cannot put it in the refrigerator and say I'll have it tomorrow. It doesn't have any preservatives in it. And it will make you sick.

Anu: Okay,

Lois: Okay. So it's live. You drink it now or you freeze it. And you know then you can eat. Okay, yeah, so what I'm saying?

Anu: Yeah, so it'll just go off in the fridge.

Lois: But even if you keep it in the fridge overnight, you still can drink it the next day.

Anu: Okay.

Lois: Okay.

Anu: Yeah,

Lois: That day freeze it or forget it. Now, I'm going to, in the show notes, I'm putting in a lecture given by Dr. Marcolla with another physician. This doctor puts vitamin C into this juice so that it's lasts longer. I have not tried that. So I don't know. Okay. All I can say is you juice it. You make it you drink it or freeze it.

Anu: Yeah. So how about if people want some additional nutrients like alkalizing greens you know, the powders?

Lois: There's fine, but they don't have live enzymes.
Anu: Yeah Exactly. That's the difference, yeah.
Lois: Live enzymes are the key to health.
Anu: Okay
Lois: No matter. And that's why supplements are really good. But they don't have live enzymes
Anu: Not live. Yeah.
Lois: And how do you have it? It's live you drink it. You? And that's it, and it makes you living? I mean, do you see what I'm saying? Live enzymes give your life?
Anu: Yes. Yeah, absolutely. Yeah, and dead foods give you dead?
Lois: Exactly. I mean, okay, that's really oversimplifying it, and you should take supplements. They're very good for you. I'm saying supplement your life with juicing.
Anu: Yeah, yeah. And have those additional. Whenever you
Lois: Now you hear up people doing juice fast. That's all they do is juice fast, I can't do that I get, my body is not good for, I can't recommend unless you, and if you do that you got to be with a doctor because you can get sick. Okay, so I can't do that. And I'm married to a doctor. So my body loves food.
Anu: Wow, that's amazing. So yeah, I mean, I think we've covered quite a lot today.
Lois: Yeah. And, you know, you can leave my email there. In case People want to ask the questions. But again, I want to clarify, this is Lois. And I'm giving practical information for my 20 years and make it practical and said you'll be able to do it. And there's nothing that's more valuable than your health.
Anu: This is it.
Lois: Without your health, you have nothing.
Anu: What do we have exactly?
Lois: You have nothing
Anu: It comes before wealth
Lois: I mean, if you can't get out of bed in the morning. Now there's a lot of people that have fibromyalgia, arthritic conditions, if they would juice it would help them now so much.
Anu: Interesting
Lois: Because it's all toxins.
Anu: Well, I guess cancers and all of the
Lois: Oh yeah, everything. Yeah. And that's why you don't, I'll say it now. Dandelion greens are bitter.
Anu: Okay.
Lois: So there's, Oh, it's too bitter. Yeah. Well, our taste buds have changed to sweet. So we're teaching our body to offset the sugar. And we become, it's more alkaline with the bitter taste. Now, I cannot drink dandelion greens by itself. It's way too much.
Anu: Yeah,
Lois: I put carrots in it.
Anu: Okay, sweeten.
Lois: You have to now as someone starting out juicing and I would recommend if you're not diabetic, and if you don't have any health problems, use carrots

Anu: right okay.

Lois: That's the best way to begin juicing because they're wonderful. It's like eating an ice cream fudge sundae.

Anu: Yeah. It's not green, though.

Lois: That's okay, it's live enzymes.

Anu: Okay.

Lois: Yeah, we're, it's more important to have the live enzymes and nutrients because the nutrients aren't going to work if you don't have live enzymes.

Anu: So interesting. And the thing is, organic carrots are readily available, like everywhere.

Lois: Yes. Now in the beginning, you can add like 1/3 of water you know, good water into your juice. It helps absorb it better.

Anu: Okay, that's interesting.

Lois: I know. I don't know personally, but I hear of people that had very severe cancer. And they only juiced carrots and it helped them to heal. It wasn't the only thing they did.

Anu: Yeah, no,

Lois: But it was the help. And they only did carrots. Again, live enzymes...

Anu: Live enzymes hear that listeners it's not about the type of vegetable. It is the

Lois: Live enzymes, and that's again, another reason why the plant based diet is popular.

Anu: Okay.

Lois: Live enzymes. They're the key to life.

Anu: They are the key to life. Yeah.

Lois: They are the key to life. Now. It's important to, you know, use it in increments, you know, might start out with four ounces, and then six ounces, you know, and then you can add water to dilute it. It helps absorption. Now, in ideal setting, the best way to drink juice is on an empty stomach.

Anu: Right

Lois: Because it goes. However, if you just had breakfast and you're running out the door and you want to juice drink it,

Anu: Yeah, yeah.

Lois: As my doctor would say, it's always a good time to juice.

Anu: Yeah.

Anu: And I suppose for people like me because I love my coffee.

Lois: Have your coffee have your breakfast and juice in the afternoon? That's okay.

Anu: Because then it's all about enjoying your life. That's all right.

Lois: I was in California a long time ago and they serve juice with your meal.

Anu: Oh, okay.

Lois: Instead of water or another drink. They would give you juice. They ask you what kind of juice to your warm, which is really nice. It's okay.

Anu: Yeah,

Lois: It's okay. But in the beginning with me at 55 I was very, very ill. I couldn't have breakfast. I was too sick to eat. Coffee made me sick. Food made me, I was very sick, so I juiced...

Anu: Okay

Lois: Now that I'm healthy. I have my coffee and I have my eggs or toast or whatever I'm doing. And then by that time, it's lunch and I have juice.

Anu: Perfect. Oh, I love this. Wow, you've inspired me again on so many levels. That's amazing.

Lois: And sometimes I'm going Oh, I didn't finish all my juice. And I just had dinner. No, I'm just joking. I mean, it's not a mortal sin you know.

Anu: Yeah, absolutely.

Lois: So make it a part of your life. Because otherwise you're not gonna do it.

Anu: You're not, yeah, it's not sustainable. Exactly, wow. So thank you. Is there anything else any other words of wisdom before we close for the day?

Lois: Thank you for wanting to know because it's so easy. It's a lot easier than going to the doctor's and getting all these tests. And my goodness, you just juice in the morning or juice a day. It saves you time, you're not losing time because you got health .people that are unhealthy. They're always at the doctor's and always taking medicines, always getting tests. It's so much easier to juice.

Anu: Just you know what, next time you're at this grocery store or the farm shop, just get yourself some juicing vegetables and just juice. Simple as that, right? Yeah, it's simple as that. That's amazing. So I will be adding links to you know, all of the links that that you spoke about, as well as some guides on, you know, the best juicers out there, and maybe some recipes as well that people were on.

Lois: Well, I don't like recipes, because if you put apples and spinach and dandelion greens and carrots and so much, right, all this stuff, your body can't absorb it all, your body does better with one or two items. Because it can dissolve it easier. Now, if you have celery and spinach and dandelion greens and an apple and cucumber, your stomach is, you know when people are very ill. They only drink soup. They can't drink soup and juice and a hamburger. You know it's too much. Yeah. Your body does better when it only has one thing or two things to digest. Yeah, they say oh, eat all this. You need this and yeah, but don't eat it all at once.

Anu: Yeah, so okay

Lois: So the simpler your juicing is Yeah, the more effective it is. Juice only two things or three things, don't use five things. Oh, I'm getting so healthy. I don't quite know, yeah, no, no, no one or two

Anu: That's it one or two guys, oh lovely. Thank you again.

Lois: Yeah, that's it.

Anu: Oh, perfect. So this has been an absolute honor. And again, you know, I will be adding some relevant information in the show notes and if you do need to contact Louis or myself, then Lois contact details are

Lois: lois3hollis.com or my website loishollis.com and my movie is coming out soon, it just takes so long, I'm good.

Anu: And you can read all about Louis on her website. Again, I'll add that in the link. And I hope you found today's show valuable as much as I did, I think because health is the number one thing in our lives that we need to be looking out for. I think this is going to be one of the most valuable talks that I do. And Louis Lewis has been an amazing again a second time around on and I hope to see you again for some more inspiration.

Lois: Of course, of course, of course. Blessings.

Anu: Our pleasure, thank you so much. And that's it for today, my friend. I'll see you on the next show, Namaste.

CLOSING: And while this episode comes to an end, you may want to check out my book of “**Victim 2 Victor**”, now available on audio and where I have shared my journey of evolving through self-help and that determination to cast off my damaging past. 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 posts, 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.

