

Heather Paulson: [00:07](#) Hi, this is Dr Heather Paulson and welcome to the connecting health summit, breaking the link between cancer and auto immunity. We're so grateful that you've joined us today and I'm really grateful for our guest, Dr Carol. Lori, Doctor Lori is going to be talking to us about inflammation and the connection between inflammation and cancer and auto immunity. So I'm so excited to have this conversation with you. Thanks for joining.

Carol Laurie: [00:38](#) I'm thrilled to be here. Really

Heather Paulson: [00:41](#) awesome. So why don't we get started by just simply defining inflammation. I mean, does that might seem maybe too simple of a place to start, but inflammation can be such a broad topic. So how do you want to define exactly what is inflammation?

Carol Laurie: [01:00](#) Well, let's give a really common example that people know about. Um, you're out hiking and you come back and you have been exposed to poison oak and you get this red, itchy rash on your skin and that is absolutely one form of inflammation. Another form of inflammation can be you have a knee injury and all of a sudden your knee swells up. So what? The body is into self protection. So when it perceives has a trauma or an injury or a viral or bacterial attack, it mobilizes it's biochemical forces to protect the body, to protect you, and one of the first things that happens is white blood cells are brought into the area and they release fluid which causes the swelling and the redness and the heat. So those are the three signs of inflammation. And when that happens, there are brady kinds and cytokines that come into the area.

Carol Laurie: [02:04](#) You're already. You've already begun the inflammatory cascade. So ideally your body calms down and all the bad things that are attacking. You Go away and you get back to normalcy. But sometimes if you have a genetic predisposition, if you have leaky gut, if you've been stressed out and not taking care of yourself, your body can go into an auto inflammatory component. And that's when all of a sudden you have Hashimoto's thyroiditis. But it's really not. All of a sudden, of course, none of this is all the sudden I'm. The foundation has been there for several years before the symptoms all of a sudden pop up and people go, oh, it's all of the sudden, and actually it took years to get there.

Heather Paulson: [02:55](#) So we have inflammation that you can see that you mentioned like on the skin or part of a joint and then we have this kind of stuff,

- Carol Laurie: [03:03](#) stealthy inflammation that we can't always see, but sometimes maybe we'll feel it or maybe we don't know until down the road. Is that right? Yes, that's correct. That's the, there are two different types of inflammatory response. So the stealthy kind is the kind that we really need to be concerned about because the acute reaction, uh, we can deal with, but it's that hidden reaction that gets us into trouble with breast cancer or thyroid problems or any other chronic disease is, oh, I feel like all chronic disease has a serious disease, inflammation as its foundation. And I take that statement pretty seriously.
- Heather Paulson: [03:45](#) So if this is so important, how come we're not talking about this more in our typical medical visits or I know you and I are talking about it with our patients of course, but why do you think inflammation maybe flies under the radar or isn't discussed very much in other medical
- Carol Laurie: [04:05](#) visits? Well, I actually think inflammation is discussed but not the way you and I would discuss it. It's disgusting. In advertising. You turn on the news to watch the national news and you have an advertisement for an anti arthritic drug. You have an advertisement for an anti psoriatic arthritis drug, and I'm not going to name the names, but that is disgusting discussions of inflammation and unfortunately those discussions are for a drug which is what I call a top down approach. It's not dealing with the underlying illness or dysbiosis as we do, but it's dealing with the symptomatic approach and those symptoms, like when the more you push down, the more your body pushes up and eventually there is what I call a toxic rebound effect and you haven't dealt with the contributing factors that are creating inflammation and you can get very sick from these drugs and they also have some pretty serious side effects.
- Carol Laurie: [05:05](#) So, uh, I think that is how American Standard Medical Care Discusses Inflammation. They say, Oh, you have a problem. Here's the anti inflammatory drug. We all know prednisone, cortisone, it's very common and they have serious consequences. Now of course there are times when it is an emergency and thank goodness there is that drug available, but for a general approach towards the optimal level of health, which is what we all want for the people we work with, um, it's not the way to go. And so I, I think the people who are listening to your wonderful summit are talking about inflammation and they're interested in it, but the general public no. And it's a shame.
- Heather Paulson: [05:52](#) Absolutely. And so we have these two different types of inflammation in the, don't we have an understanding that

there's maybe some fluids, some messages going on in the body at the same time? Um, what are some other things that are occurring in the body when we're having an inflammatory response?

Carol Laurie: [06:13](#)

Well, you have these protein complexes called cytokines, which are Immuno regulatory proteins and they're released and they stimulate another protein complex code nf Kappa B, and that controls transcription of DNA controls, cytokine production and control cell survival. So you're getting into very complex biochemistry but you can't see it. But if you do some blood work, which we'll look at your inflammatory response and one common blood work which is, um, we see with breast cancer or a thyroid Hashimoto's would be a c-reactive protein that, that is, that shows up across the board anytime there's inflammatory process. And ideally you want it to be less than three. But sometimes I, the, in my practice, that's what I wanted. But you know, some of the standard allopathic readings can say it can be as high as 10. That is a sign that you have cytokine release. And that there is inflammation in your body and that is common both to breast cancer and to thyroid disease. Hashimoto's.

Heather Paulson: [07:19](#)

Yeah. So that's really interesting. So it's tying these two diseases together more at a root cause at a lower down or higher up kind of cost than the actual disease itself. Like what are some of the things that you see in your practice happening in patients that have these cytokines? Are there subtle symptoms that they might be experiencing?

Carol Laurie: [07:47](#)

Yes. If you, if you have elevated cytokines, one of the cytokines is histamine. So you can have an elevated history what we call a histamine or a response. And that could be, I have a woman come in last week. She could only seven foods. That's like extremely a problem [inaudible] foods. And that's assigned that otherwise she would go into what is known as a histamine release, read flushing hot abdominal pain potentially, you know, diarrhea or, and it's just, I'm very difficult difficulty breathing. So, um, where do I start? It all starts with the gut at that point. I mean, you have to do oxydative stress testing and that's one of the other things that breast cancer in Hashimoto's has in common because inflammation breeds oxydative stress and there are, thank goodness we know labs that measure that and they will have oxidative stress in common breast cancer and thyroid disease.

Heather Paulson: [08:47](#)

Hm, interesting. So some of the labs you've mentioned are c-reactive protein, oxydative stress markers. Are there some other labs that you like to recommend?

- Carol Laurie: [08:58](#) Um, I do something called an ils. In breast cancer you can see elevated aise six, aise 17 and in aise one, aise 10 and [inaudible]. So those are, once again, those are interleukin factors and they're a form of cytokines. So when I do those tests, I have to bring out my complex biochemical chart because I don't have this memorized and I look and I have to follow where am I and what's happening, what's contributing to what, what's going on, what's upright regulating what's down-regulating I'm tnf Alpha is another test that we also look for. It's a protein complex that's very much connected to. And if Kappa Beta and the eels sixes and 17 and the [inaudible], so we're getting into pretty complex biochemical testing now that's for breast cancer. Some of that is also come to thyroid disease, but the main ones for thyroid disease, which I'm sure everybody has heard of, or the thyroid peroxidase and the thyroglobulin tests, and these are very specific to inflammation in the thyroid gland where the thyroid peroxidase is a normal enzyme, which is part of the thyroid gland. But if you're having inflammation in the thyroid gland, the thyroid gland is attacking itself and that you'll get elevated tpo antibodies and that's an indication that you have an autoimmune problem which is called Hashimoto's autoimmune thyroiditis.
- Heather Paulson: [10:30](#) And so with. So I like to think of Cytokines as cell messengers. If you haven't heard of that term before, you're like, what the heck is a cytokine? So they're just selling messengers. I think of it as a messaging system between one cell and another cell. So it would be kind of the, uh, cellular towers that are text messages.
- Carol Laurie: [10:54](#) Text messaging. Thank you for bringing that up. I forgot to say that cytokines come from the Greek Sido, meaning cell and kind meaning messenger, and they are so messengers, so when you have an inflammatory response and cytokines are released the cytokines and started calling their neighbors to come in and to deal with the inflammation.
- Heather Paulson: [11:16](#) Awesome. And so just to, to recap, some of those cytokines that you mentioned are interleukin six, interleukin [inaudible] and a Kappa Beta. What? And TNF Alpha? Yes. Trying to recap because uh, those are, those are really strange words, right? And they are, I don't know about you, but I had to like kind of practice in the privacy of my own home when I was a medical student saying
- Carol Laurie: [11:43](#) I've just been practicing yesterday. I mean, you know, you never practice enough. So. And I have a blog that's coming out in which I went back to my and I went into pub med. I mean, we

all need refreshing of this information. It's not something that we use every day and it is a level of biochemistry that's really important for us to know. And I think the key is how do we take this information and provide it to the person out there so they can get a sense when you're talking about cytokines, I can't see them. Why do I need to change my diet? What is, how is leaky gut contributing to my elevated cytokines? I don't quite understand. I think that's, that's the trick, because people do better if they can understand why we're telling them that they have leaky gut and they need to radically change their diet from the standard American Diet and start getting on a healthier food program. And if they do that, then there are cytokines will go down and their inflammation will go down and they'll feel better.

Heather Paulson: [12:43](#) Yeah. So diet is a huge cornerstone to bring inflammation down. Is there a particular diet or a particular dietary pattern that you tend to recommend for inflammation or even specific to autoimmunity and cancer?

Carol Laurie: [13:02](#) Well, I've been studying with Donnie Yance of the Missouri Foundation for the last many years. And his approach is, it's basically a modified Mediterranean diet. Um, there are a lot of diets out there. There's the Paleo, there's a ketogenic, um, some people come in and they're Vegan and they're severely vitamin deficient. I think people need to be able to live their life. And when you look at the statistics about an actual Greece, how the health of the people who live there are, how the health of the people who live there is, excuse me, um, people are doing very well and they are living for a long time. And so I'm a proponent of a gluten free, organic, very low sugar, modified Mediterranean diet. And with that, I think people can go out to a restaurant and get some grilled protein and vegetables and a salad. I don't think we want to have the type of diet where you feel like you can go and have dinner with your friends or go out to a restaurant where you can order. I mean, we're not talking about people going to McDonald's goodness for bid, but we're talking about being able to go out to a place where you can sit with your friends and community and enjoy company. And I think that's extremely important for people these days.

Heather Paulson: [14:18](#) What are the aspects of a Mediterranean diet, if I haven't heard of that particular phrase before, what would be some components of a meal if I were to eat dinner on a Mediterranean

Carol Laurie: [14:32](#) Diet? OK. So I love talking about this. It's so, it's so important and that's really fun because I love talking about food. So, um,

we're looking at protein, usually chicken organic chicken or fish. More fish than chicken, a little bit of meat a couple times maybe three or four times a month we would have red meat, but the bulk of the nutrition comes from the phytonutrients of vegetables. And when you eat with, and if you're doing the phytonutrient approach, that actually contributes to turning off the genes that will promote cancer. So this, and there's research about this. This is one of the reasons I love the Mediterranean diet has been researched in pub med extensively. So you're having dinner, you're grilling fish, you're having a beautiful south that you dress with olive oil and lemon juice or balsamic vinegar. You make a vinegarett, you steam up some vegetables, or if it's the winter you roasted vegetables and you can have a yam or baked squash and your food is your plate is filled with these beautiful colors of delicious healthy food and you can eat a lot.

Carol Laurie: [15:44](#) I mean I don't, you know, you can eat as much as you want until your fall and I think that is. I'm not into calorie restriction or accounting. I think that's an unhealthy way of being. I think pete, the food and the main thing about food is that it's nourishing and it's fresh and it's local and seasonal and people need to spend time shopping and cooking. That's the other thing that we all have to do in our society has made us feel like we shouldn't do that. It's too easy to do fast food, which is how to get sick without even trying.

Heather Paulson: [16:18](#) Yeah. So if I were to eat a Mediterranean breakfast, what would that look like?

Carol Laurie: [16:24](#) Well, America is the only country that has us brainwashed that we should be eating cereal in a box, which I call. I'm eating cardboard was triggering it and milk, so it's not that I'm breakfast does not have to be what America thinks is breakfast. Breakfast can be chopped salad and an egg or a chopped salad and some cottage cheese or root vegetables baked with I'm an egg on top or some polenta with an egg on top or a piece of fish with some GAM. It does not have to be what we've grown up to. Think about as breakfast, cereal, croissant, a latte and two hours later we're starving and we're reaching for another coffee and a doughnut. Um, so, so it's more about protein in some complex carbohydrate and some vegetables.

Heather Paulson: [17:18](#) I love that. Shifting the perspective of what breakfast can be. You know, my, I used to make fun of my husband when we first met because he loved to eat dinner for breakfast and I'm the type of person who loves to eat pancakes for dinner, although now they're like Paleo coconut oil, but it, you know, I learned a

lot from him and we went to a restaurant once, a here locally on a farm where they or, and then they steam the eggs over the top of them was the first time I had a really the first time I had vegetables for breakfast. So if you're listening at home and you're thinking that's kind of weird to eat eggs for breakfast, I get it. Like I get where you're coming from, but it can, it can be really awesome. It can be really delicious.

Carol Laurie: [18:10](#)

What are the things I recommend people do is make a little bit extra at dinner and then when you're cleaning up, putting in a little glass container and with one of those plastic tops. So it's like Bpa free and then in the morning you just wake up and you heat it up and then you have your immediate breakfast or you make a lot and then you take it for lunch the next day. Um, I'm a big proponent of overcooking at dinner because you can eat it for breakfast or lunch the following day and it's still very healthy.

Heather Paulson: [18:38](#)

It's such a, that's such a great tip and it makes life just easier. Just this whole process easier.

Carol Laurie: [18:44](#)

Yeah. So what else do you. Oh, sorry, go ahead. It does take a while. I want to really say to people that when you're making these shifts, it take of all, you think that you're never going to have enough time to go shopping and it just takes too much energy. But when people are changing a habit and they're in a Rut with that old habit that's no longer serving them and you're pulling yourself off and you're bringing yourself over to a new path, it takes energy and it takes time to adjust and you can feel really discombobulated for awhile. And I really want to support people in feeling that way. It's very normal, but you know, within a week or two it's going to get easier. And that's what I want to tell people. It does take time to figure it out. When you're going to shop, what are you going to buy? How are you going to make it? You don't want to be spending money and wasting the food. It takes a couple of weeks to figure this all out.

Heather Paulson: [19:37](#)

So besides over cooking and having leftovers, do you have other tips to make that transition easier?

Carol Laurie: [19:43](#)

Make shopping lists. I know on my website, and I'm sure on your ears there's a lot of free information out there about how to cook healthy. I have information like that on my website. Go and find some recipes for yourself that really are interesting for you. And then make extensive shopping lists. And before you start this cleanout your kitchen food that is no longer healthy for you. So there's no hint of unhealthy food left in your house.

Give it away or if it's old, throw it out. It's a kid's kitchen pantry clean-out moment. So that you have easily within an access for yourself, food that you're gonna like and it's going to be easier for you to start cooking in a healthy way.

Heather Paulson: [20:31](#)

I really like whenever my husband and I are making some dietary shifts because you and I are probably, I don't know, I could just speak for myself, but we're experimenting with foods and Diet and oh this week we're going to be gluten free. This week we're going to try this other way of rotating our diet and one of the things we like to do is sit down and pick out which recipes we're gonna try together and make our shopping list based on kind of what our schedule of new recipes are going to be. And that makes it fun for him cause he can. I'm sure if you're listening you have a family member or you've had kids or whatever kind of roll their eyes when a new way of eating hits the table, but engaging them in the conversation and having them go on a treasure home for recipe finding can really help ease everybody into the transition as well.

Carol Laurie: [21:29](#)

Well, there's a lot of great information on the intranet. Two of my favorite, there is a gluten free goddess that has a lot of gluten-free recipes and I love using 52. That's food [inaudible] dot com. They have really wonderful recipes. They have a whole gluten free category and they have delicious recipes that you can easily modify for yourself. The danger of becoming gluten-free is people just go to the store and then buy a ton of gluten-free pastries and a ton of gluten free bread and cookies and crackers and I. I don't think that's. There is a healthier way to be gluten free and it's not taking what you're normally used to eating and then just making it into the gluten free version. You want to get away from doing so much sweets and crackers and pastries and bread. It's not so healthy for you and even though it's gluten free, it's still made with a lot of white flowers which are not so healthy. So you have to be mindful of that when you're making a change.

Heather Paulson: [22:29](#)

Absolutely. So diet is a major cornerstone of reducing inflammation in our bodies. What other kinds of things do you see being effective for the patient side

Carol Laurie: [22:40](#)

you work with that have elevated c reactive protein or cytokines? I'd say, um, they all have leaky gut or they have some version of Gut dysbiosis, which means your gut is not organized well inside. It could be small intestine bacterial overgrowth or it could be leaky gut, and for those of you who don't know what leaky gut is, usually your gut should have very tight junctions so the protein can't like slipped through. But if you have inflation,

if you've been under a lot of stress, if you've been on antibiotics a lot, if you've been on other drugs, those junctions start like instead of being touching, they start getting a little farther apart. And the next thing you know is you have these proteins slipping through and that is going to make, that's called leaky gut. That makes more inflammation and it's very hard to get better with your thyroid antibodies or your inflammatory markers. If you have leaky gut. And as I said earlier, it all starts with the. So when people first come to see me, I do functional medicine testing to see if they do have leaky gut, how is the health of their God and where do we need to start with that.

Heather Paulson: [23:57](#) And so if they do have leaky gut, one thing that you suggested as dietary changes, are there some other suggestions that you make to help

Carol Laurie: [24:07](#) balance that out? Well, as natural paths, we have a whole selection of tools which we're very lucky and fortunate to know about. So there are supplements which actually heal the gut and probiotics which can reestablish the internal gut flora or the environment of the gut. So it's, we're not at, we're not at a lack of supplements and in my practice I use supplements may to pharmaceutical quality standards so people get them from me as opposed to going to cvs or a drugstore or Sam's or cause. I mean that is a waste of money. So if you have a serious illness, you need to have the supplement that's made to pharmaceutical quality standards. So we can guarantee what is on the label is in the bottle and that there has been research that's, you know, gives verification of why all these different items are in this one bottle.

Heather Paulson: [25:09](#) Absolutely. It's really important to have things that we can trust. And also in terms of gut health, we did interview a bone broth panel with shuffling and Dr Kayla Daniel. So they talk a lot about gut health in that interview if you haven't watched that one yet. And we also talk about a dysbiosis and got infections with Dr Todd Watts. So yeah. So there is some information throughout the summit to dive a little bit more specific and deeper into those topics too.

Carol Laurie: [25:46](#) I have um, people in my practice if they're not into making their own bone broth, they purchased from Dr [inaudible] from chef lance and it's one I've tasted. It's wonderful.

Heather Paulson: [25:57](#) Yeah. And he reveals his recipe. So two and yeah. So what else can we do to. Are there other things you would recommend we do to help lower inflammation?

Carol Laurie: [26:10](#) Yes. Stress is a big driver of inflammation, running, running, running 24, seven, taking care of everybody but ourselves. He wanted to go having high cortisol levels, not getting enough sleep. This all drives inflammation, so I just said a lot there, but when you're stressed out all the time, your hormones and cortisol is your stress hormone that becomes elevated and elevated too much. Then you get into this, I can't sleep syndrome, which you're getting into a very bad cycle. People work until they have to go to bed and then they wonder why they can't fall asleep. It's very difficult to have a really busy day and beyond the computer all the time and then just turn it off and get into bed and go, OK, I'm going to sleep now and our nervous system needs to relax and rejuvenate and if you have high levels of Cortisol can actually interfere in your sleep pattern.

Carol Laurie: [27:13](#) So I think stress reduction is a very important thing and making sure that you're able to get good sleep. I'm not having television. The television in your bedroom, you don't want to keep your cell phone right next to your bed because it emits amps and the same with the computer. You need to have your bedroom be your sanctuary where it's as free of electronics as possible. Some of the things that I love to recommend for reducing cortisol are as meditation and Yoga, but I know there's a lot of things that we can take or other things we can do to reduce cortisol or stress response. Are there some favorite things that you like to talk about with your patients? Um, I like to use Ashwagandha. Ashwagandha is an Indian herb that's been around for hundreds, if not thousands of years. It's an adaptogenic herbs and then also treats a lot of the stress response and it also helps nourish the Yin and the Yang of a woman's body.

Carol Laurie: [28:19](#) So it's a very balanced herbs. So that's one of my go to herbs for women who have elevated cortisol levels and there are a lot of formulas that are from the vitamin companies so that I utilize that are filled with other adaptogenic herbs. So I do in my practice muscle testing to see which one is best for the person because one shoe doesn't fit all. One vitamin bottle doesn't work for everybody. Absolutely. Absolutely. So we have diet and stress. Is there anything else we should be paying attention to for reducing inflammation? Um, exercise, fun and joy. I know these are like basic things and you might be getting tired of hearing them over and over again. It's like, oh, another person is talking about all this stuff that I need to do. It's really about lifestyle management and lifestyle changes and there are a lot of people have written books lately about how they became ill with due to their stressful life and they had elevated thyroid

body antibodies or they developed breast cancer and the how they realized as part of your healing path, it needs to do a total lifestyle revision moment.

Carol Laurie: [29:36](#)

And I think that having joy and having fun and hanging out with your friends and family and laughing and being away from electronics being walk. If you can't be an a triathlon athlete, and believe me, I am not an. I don't think everybody should be, but walking for 20 minutes when the weather is nice right now. It's raining. Where I live is a really wonderful thing to do. Even 20 minutes outside breathing and getting that vitamin D from the sun can make a really big difference if it changes. The goal here is to change your nervous system from the sympathetic, which is the rushed, rushed, rushed to do due to the parasympathetic, which is being in nature, being connected to yourself and being able to relax and stay happy.

Heather Paulson: [30:23](#)

One of the things that I wanted my friends and I tease each other actually, he teases me and says, I should open a clinic or write a book called why wait for cancer? Um, because if you're listening to this and you don't have cancer or you don't have auto immunity and you're looking for prevention, why wait? Why wait until you get sick to start some of these lifestyle changes?

Carol Laurie: [30:48](#)

Um, I couldn't agree with that more. It's much harder to recuperate when the volume of the disease has gotten so large that you now have a diagnosis than it is to say to start wherever you are and eating like this and living like this. It just makes. Well, from my perspective, I've been in practice for over 30 years. I couldn't imagine doing not doing it. It's just part of my cellular DNA. Even if you don't have a history, a family history of thyroid disease or a cancer in your family, you want to feel good in your life and you want to be able to live happily and healthily for yourself and your family and American society approach towards diseases. You don't have to do anything different and when you do get an illness, don't worry. There's a pill. So I mean, I have a person in that I know who had polycystic kidney disease, very big guy, massively overweight and I was, you know, offered to him a lot.

Carol Laurie: [31:56](#)

Don't you want to work with me? We can do something about this. Now I'm just going to get a kidney transplant. So now he has a kidney transplant and he has hypertension, has cardiac arrhythmias, and he's on other massive drugs at. He's still overweight and he's still just go to the cardiac doctor. It's going to be fine. So that's. This is unfortunately a lot of how people think in American society and I hope that we're getting to the

point where we're getting to a revolution of a different approach for people's healthcare. This is not a radical concept. It's not like the way I'm suggesting people eat means they can never go out to a restaurant or go over to somebody's or have fun. You want to eat like this 80 to 90 percent of the time and when you're going out for a special occasion or it's a holidays or you're on vacation, eat what you want. But for the most part the Mediterranean diet is I'm not hard.

Heather Paulson: [32:56](#) Absolutely. So that kind of brings us to. We've talked about all of these lifestyle changes that people could make. If you were to pick one, for someone who's feeling a little overwhelmed or just needs cleats to start, what would you recommend to them?

Carol Laurie: [33:14](#) First of all, it is overwhelming. I absolutely want to acknowledge that what I've mentioned, Oh, you, you just have to do these 15 things and perfecting that should happen in a day when I work with people. Um, it can take two months, two to three months to really get everything in line and you have to work with people at the level that they can do it. So there's no judgment if it takes you a month to change over your how you're eating and start eating healthier breakfast than that's how long it takes you. Um, for me, it's clean up your diet, always, you know, change over to a healthier way of eating. And if you can't radically shift to a Mediterranean diet, start with one meal. I mean, if all you did was change how you eat for breakfast, that would be great for your health.

Heather Paulson: [34:03](#) Absolutely. I think that makes it super easy to say, I'm just one meal a day. I'm going to shift. That makes it so much less overwhelming and I'm sure that would naturally trickle into some other ways of being. So we've heard about what other people can do for their health. What's your favorite thing that you do on a daily basis to take care of your own health?

Carol Laurie: [34:29](#) If I make something called a blended salad? Um, when a long time ago I was working with this, um, iridologist detoxifying doctor in Long Island, New York, and he, when I first started working with him, I didn't know anything about natural health care. I was thinking about going to medical school and he was getting all the rejects, quote unquote, that the allopathic profession had not been able to help. I mean, this one woman came in, she had really bad skin and she was going to start this detoxifying diet in the seventies. Nobody even knew what that was. And I was thinking to myself, what is her problem taking antibiotics? I mean, you have bad skin, take it biotics. I was very naïve but she came back a month later, her skin cleared up. She had lost all this weight. She was really healthy. And how I came

to become a naturopath is there was a catalog to the national college of naturopathic medicine.

- Carol Laurie: [35:21](#) In this doctor's office, so it was meant to be, but for me, what I learned there working with him is he had people make vegetable juices every day and this splendid salad. Now I don't use every day. I do several times a week, but I make a blended salad day and a blended salad is five ingredients. It's celery, cucumber, lettuce, tomato and red pepper and everything has to be organic and you put it in a cuisine art and you go around three times because some yummy olive oil and squeeze in a fresh lemon and you pulse it. I like, you can like it chunky or you can like it smooth, but I pulse it like 18 times and I eat that some for breakfast and then I eat it with a little bit of feta cheese for lunch, which is what I had today. And um, I make my blended salad, you know, seven, six to seven times a week.
- Heather Paulson: [36:15](#) Awesome. That's very Mediterranean diet of it is. And it also is a perfect
- Carol Laurie: [36:22](#) at
- Heather Paulson: [36:23](#) segway to your gift because you're talking about detoxing and you have a way that you can support people with detoxing. Can you tell some more about that?
- Carol Laurie: [36:34](#) Not sure. I took all of my over 30 years of knowledge and learning with Dr Cursio and in my practice and I created this mini healing detox e-book, which is free to everybody. It's my honor and pleasure to give it to you. And it's not a very. It's a detox in that you can go to work and live your life. It's not a water fast. It's not that we're only drinking vegetable juice and broth seven days a week all the time. I created this so that people can detox and clean up their intestines and like help them feel a little healthier while they're working and living their busy lives. So there's recipes in there, there's shopping lists, everything you would need. And you can do it for five days. You can do it for 21 days. You can do it for as many days since you'd like.
- Heather Paulson: [37:26](#) Amazing. That's great. And it's a great way to get started on this journey to health and when that last question for you, what would you say in terms of words of encouragement for somebody who's listening that is currently going through cancer or just recently diagnosed or someone who's been struggling with automotive?

- Carol Laurie: [37:54](#) You're absolutely right to feel afraid and feel sick and not feel well that don't let anybody tell you that just snap out of it. It's very scary and you don't feel well. So that is. It's even harder when you don't feel well to motivate yourself to find the right people to work with. But I think that if you're listening to this and I hope you are and I'm sorry you're sick, never give up. Find someone that will listen to you and respect you and take your needs into consideration and work with you as part of a team. You don't want to go to any professional who's just says, oh, just do this, to like take a pill and call me in the morning. You need it. It's a process. Took you a while to get
- Heather Paulson: [38:36](#) sick. It's going to take you a while to get better and you want to find someone who will really respect that and know how to work with the unique individual that you are.
- Heather Paulson: [38:47](#) Absolutely, and we're so grateful that you've been a guide on this journey. Dr Carol Laurie and so grateful to you tuning in, listening tonight and today or whenever you're listening and if you have some Aha moments, some questions, we have some ways for you to comment on the bottom of this page and we want to give you more information. One of the principles of naturopathic medicine as doctor as teacher and Carol and I are both naturopathic doctors and we are here to answer your questions and also make sure you go back to this page to get the link to the detox book that you can get from Dr Carol Laurie on her website and be part of her community and just get started and we're so excited to have you here and support you on this journey to health.
- Speaker 3: [39:46](#) All right,
- Heather Paulson: [39:49](#) awesome. That was great.