

I was born and raised in Wyoming on a family cattle ranch during the 60's and 70's. Foods including meat and potatoes, vegetables from a can, small salads with Ranch Dressing made with Mayo and Seven-Seasons envelope and less and less homemade cakes and cookies, but more Betty Crocker or Twinkies. Ear infections were common and so were antibiotics in my family. My mother became a severe asthmatic at the age of 27 and began her life with Prednisone and inhalers, and all the trauma around it during an acute attack. Cavities became common in spite of following good hygiene care.

In the early 80's, Exercise Physiology was my original interest in college, and found nutrition to be fascinating. Decided on Nursing School and then worked in the medical field for almost a decade. Diet and exercise was very important to me and I applied the concepts I learned in college to use as my guideline. Surgeries, infections, and teeth issues continued to plague me. At the age of 34, I was diagnosed with cancer, a Sarcoma in my leg. Jaded with the lack of interest that people had in their own health, I left the medical field.

Why was I sick when I tried so hard (or so I thought) to do the right things for my health and body? I asked a million questions and sought what I thought was the best advice to understand my dilemma. Twenty years later and lots of living, including pain medicine, anti-depressants, and anti-biotics, I was diagnosed with another cancer, Melanoma. I knew I was in trouble when I couldn't even stir my Yoplait Yogurt and had to ask my husband. He would be up at night with me because of such pain in my feet, legs, and arms. I didn't go to the doctor because of the insurance situation...

That was three years ago and that is when I started Yoga and my own research. Quickly I started making changes by eating fermented foods and in time found what I feel makes the most sense and answers all those millions of questions I had about the way I felt and the foods I ate. I started feeling better, lots better.

Unfortunately, I found we were taught the wrong information about what we should be eating. A hypothesis created in 1953 theorized that using vegetable oil was more heart healthy than unaltered whole fats with cholesterol and saturated

fats. Science is slow, and billions of dollars spent on research trying to prove the heart healthy theory, but instead found the exact opposite to be true.

Today it remains difficult to get the correct information when the food industry, pharmaceutical industry, medical industry, lobbyists, and special interest groups remain quiet. What do they feed their families?

Dr Natasha Campbell-McBride MD, MMedSci in neurology and nutrition; creator of the GAPS (Gut and Psychology Syndrome), Natural Treatment, explains and exposes the truths about the foods we eat and the effects of these foods on our health and immune system. Hippocrates (460 BC – 375 BC) believed that all chronic diseases start in the GUT. “Let food be thy medicine and medicine thy food,” another true statement but has been lost in the last century due to convenience needs and greed.

Please come join our discussion about some simple, but incredibly powerful proven truths that our ancestors knew about food without the research. What changed and what can we do to get back to the health that our families shared back in, “the day?”