

Trina Felber: All right, guys. Trina here again. Welcome to The Healthy Me. I am super, super excited for this episode because I have a special guest and a personal friend and if you know me at all, you know that I have suffered from health issues that have been very mysterious. I have no idea, can never pinpoint it. Go to doctors. They all just say they have no idea what's going on, so I'm really excited to be talking today to Monica Hershafit and we're going to be talking about those crazy things that you think are all in your head or you're being told they're all in your head, but they're really not. They're really issues that you can actually take care of, get rid of, and live a happy, healthy life.

Monica Hershafit has been the top-rated holistic health practitioner in the Los Angeles area for the past nine years. She is the bestselling author of the book *Undiagnosed: How to Heal From Your Chronic Mystery Illness*. It's sold on Amazon if you're interested. Monica is also a motivational health speaker. She has helped thousands of people get their health back and go on to live happy and fulfilling lives free from the obstacles of chronic symptoms. Monica helps people who struggle with chronic symptoms, but can't get a real diagnosis or get any sort of answers, so if you struggle with health issues and you don't know what the cause is, she is here to tell you that you can get your health back. Just because your labs are normal doesn't mean you're not sick. Okay? We're going to talk about that today and how you can truly learn how to get your health back so you can keep it.

As someone who struggled with unanswered questions pertaining to her own health for over a decade, Monica knows firsthand what it feels like to be sick and unable to function and not be able to get any answers. She was told time and time again that nothing was physically wrong with her. Monica is not just a healer, but she is someone who went through this herself and she knows exactly how you and I feel and how it impacts your life and how to help you. That's the key. She's here to help you.

I am so excited to partner with Monica because our products and our mission and our lives and our views and everything align with her holistic program, so when you have your health, nothing is standing in your way to be your best self and live your most powerful life and that's what we all want. If you want to get the owner's manual to your own body and find out how you get your health back, stay tuned because she's about to teach us how. We're so lucky, Monica, to have you here. She's also created a special gift for us. We're going to provide a secret code that you can be a part of this really great opportunity, so we're going to be providing that later in the podcast, so stay tuned. There's only a limited space. I'm telling you that now and this offer's only going to be good for a short time, so stay tuned to hear more about it, but first of all, Monica, thank you and welcome to the show.

Monica Hershafit: Thank you. It's so exciting to be here. I love talking to you and I love talking about this.

Trina Felber: I know. We both have such great energy. It's positive energy and it comes from positive mindsets that we never give up, which is why we're

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both here. We've never given up in our lives. Tell me a little bit about your story and how you got sick and what you went through and all the details.

Monica Hershaft: Yeah. It's kind of a crazy story because I was living in Los Angeles and I was working as an actress at the time. Everybody in my school and my friends were all doing this really hip and trendy detox program and I really wanted to be a part of it because I wanted to do what everyone else was doing, so I did it and I immediately got sick on it. It was crazy. It was like a visceral reaction right away. I went to talk to them about it and they said, "Oh, you're just detoxing. Don't worry about it," and so I kept doing it and I kept doing it. I didn't listen to my body, which is the first lesson, listen to your body. If you know something's wrong, it's wrong. You're not crazy.

They kept sending me to doctors and the doctors kept telling me nothing was wrong with me and so I kept doing this program. Now, the program entailed very high doses of supplements. The reason I bring that up is because a lot of people think just because supplements are available over the counter it's completely safe to take them. Nothing could be further from the truth. If you're taking a bunch of synthetic supplements that are not right for your body, you can cause deficiencies and you can actually hurt yourself, so you should actually get your supplementation from a qualified professional that knows what they're doing.

Anyway, long story short, I ended up getting really severe reactions. I stopped sleeping. The skin under my eyes was coming off and I had red slashes under my eyes. I'd never seen anything like that before. I got really moody. I was having nightmares. I had a lot of brain fog, so I couldn't think straight and I started having trouble just working at my job. I couldn't remember things and it got so bad that I couldn't sit up for long periods of time. I thought that was really weird. I said god, that's more than a detox reaction, but every doctor I went to said, "You're perfectly normal."

In my case, what ended up happening is because I was raised a vegan, I had a choline deficiency because my diet didn't provide enough choline, so on the detox program, they gave me high levels of niacin, which most people can buy over the counter and think it's perfectly safe, but if you have a deficiency in a certain area, any supplement can affect you badly. As a result, I became severely choline deficient. That affects your ability to digest fats, your phase two liver function, which is how you detox. It's how you remove toxins from your body. Mine was broken, so the toxins just went right back in, so I was constantly getting sicker and sicker and sicker. It went on for 10 years. I'm not kidding. I lost 10 years.

Trina Felber: Wow. Wow. That's crazy.

Monica Hershaft: Yeah, because everyone kept telling me nothing was wrong with me. The doctors don't know to check for that stuff, you guys, so it's great to go to a doctor and get your labs run to rule out serious things, but then

you need to go and find a holistic or nutrition specialist to help you get to the bottom of it.

Trina Felber: Yeah. How did you finally figure that all out and get your health back?

Monica Hershaft: Well, that was tricky because the first five years I had never even heard of holistic. I was raised by a scientist and just finally somebody said, "Hey, my brother's an osteopath. Go check him out." An osteopath is a medical doctor, but they are more trained from a holistic standpoint to look at the whole body. He's the one who finally found something wrong and he said, "Your phase two liver function is not working," but he didn't know how to fix it. Then the next journey, the second half of the five years was me going to holistic practitioners and trying to get the solutions to fixing it now that I knew there was a problem.

It took a really long time and ultimately, I ended up finding somebody who told me that they could not heal me unless I started eating animal protein, which was difficult for me because I was born and raised a vegan. This is one lesson I learned is that from the very beginning of my practice, when I started working on my patients, I used to not be as strict with them about the food, but when I started eating animal protein and eating organic and incorporating more of a paleo lifestyle, I got my health back so fast. Within weeks I started to be able to use my brain again. I started being able to laugh again. I started being able to feel like a normal person again as opposed to being trapped in this invisible prison. It felt like I was being tortured every day because I was suffering so much from what I was going through.

Trina Felber: It such a shame that it took 10 years, 10 years, and the fix wasn't that elaborate. It wasn't anything out of the ordinary or crazy or anything like that. It was really just your diet was being affected.

Monica Hershaft: It was diet and I really had to take choline supplements in my case because the deficiency was so severe that it would've taken too long just from diet, but diet would've eventually fixed it. It just would've taken longer in my case because the choline deficiency was so severe.

Trina Felber: Oh, so how did you end up becoming a practitioner and then becoming the top-rated holistic practitioner in Los Angeles?

Monica Hershaft: Yes, well, thank you for asking that. Basically, I was so mad at everything I went through because I have a New York temper and I just really wanted to make something out of this 10 years I lost. I thought I can't have gone through this for 10 years and lost everything. When I say everything, I lost all my money. I lost my job. I had to close my business down. I was running a plant business at the time. I had to quit my agency. I was working as an actress and making money and booking campaigns and had to leave my agency and leave all of it. All of my friends dropped off because after that many years, people start to lose faith in you when you don't have a name for what's wrong with you. There's a stigma. It's almost like you're not really sick because nobody has a name for what's wrong with you and you feel embarrassed.

Trina Felber: Right. You're kind of making it up or you want attention or things like that. Yeah.

Monica Hershaft: Yeah. Yes, or you're being dramatic, yeah, or you get the whole hysterical female thing from some doctors, which is really annoying, or it's your hormones. This is the part that makes me the craziest. They try to put you on antidepressants or antianxiety medication because they can't find out what's wrong with you and you're tired. You're listless. You don't have energy. You feel like you can't do things. That's depression in their book.

Trina Felber: Right. They start treating your symptoms, but not looking for the source and what's causing that because your body is always trying to go back to normal and normal isn't depressed and no energy and brain fog. That's not normal.

Monica Hershaft: Exactly. I knew I wasn't depressed because I was perfectly happy and fine and active and then one day, I wasn't, in one day. In my case, I was lucky there was an event that triggered it because it helped me stick to the reality that I knew that this was not in my head, no matter how many people told me over and over again. Really high-end doctors, like at Cedars-Sinai and really renowned physicians were telling me nothing was wrong with me and I was like no, you're wrong. I was able to stick to that and that's one of the hardest challenges for you out there if you're sick and you can't get a diagnosis is believing in yourself over what a professional doctor tells you. That's the biggest lesson you can learn from this is you have to stick to what you know to be true.

Trina Felber: And don't give up. Keep, keep, keep, keep searching. I know you talk about layers of disease. Can you explain how and why a person starts to feel symptoms or get sick?

Monica Hershaft: Yes, absolutely. When I became a practitioner, one of the reasons I became so popular is because the people I worked with, I saw through applying my training and the diet, being stricter with the diet when I saw how well that was working. I saw that there was a system that worked for every single body and I started to see this pattern emerge. What I realized with the combination of my training and observation through the many people I helped over the years is that the bottom layer that was causing inflammation and this is also in the training we received, but actually witnessed it, is heavy metal toxicity and chemical toxicity and food can cause toxicity, so food is either hurting you or it's healing you. There's no in between. It's either doing one or the other.

Trina Felber: Okay. It's either good or it's bad.

Monica Hershaft: Yeah. There's no gray area and so-

Trina Felber: Really, for some people, what's good for them is not good for other people. It's not just sugar is not good. It could be certain foods that even are healthy aren't good for you.

Monica Hershaft: Well, let me speak to that for a second because I kind of don't 100% agree with that. Here's why. Because if you're really doing it right and you're doing free range, grass fed, paleocentric raised animal protein which you can get in any store, people, and you're doing organic vegetables at every meal and you're staying away from legumes, you're staying away from all sugars and you're staying away from pasteurized nuts, even raw nuts are pasteurized because most of them come from California, we'll talk more about that later, and dairy and soy and you're really eating real food, you actually are okay because some people think they're allergic to certain things and they're not. Allergies, we'll talk about that later, as well, are an inflamed response. People who think they're allergic to, for example, I had someone who thought she was allergic to lettuce, for example.

Trina Felber: I was. No, that's me.

Monica Hershaft: Let me explain. Let me explain that.

Trina Felber: Yeah, no, that was so funny. I'm the girl that eats salads every day, 10 times a day, and they told me I was allergic to lettuce. I'm like you've got to be kidding me.

Monica Hershaft: Yes. The reason those kinds of allergies showed up is because of an inflamed immune response. That means there's other stuff you're eating in your day that are causing the inflammation that then in turn cause the aggravation with the lettuce.

Trina Felber: Yay, I can eat lettuce. I didn't stop eating lettuce.

Monica Hershaft: Yeah, but no, I mean, really, I've had people be like yeah, I'm allergic to water. Not really, but yeah, and so what happens is if you eat certain allergens with a healthy food, your body gets confused and thinks you're allergic to that food that you ate with the allergy-producing food, which would be a sugar or caffeine can cause stimulation and allergy reactions in certain cases. Keep in mind if you're really not doing organic, pesticides that are in the foods you're eating because we use pesticides that are outlawed in other countries in recent years. It wasn't like this back in the day, but now we use pesticides that no other country will use as part of our conventional growing. That causes an immediate allergic response, so if you're eating lettuce that is not organic, you will be allergic to it, for sure, because you're allergic to the pesticides that are on the lettuce.

Trina Felber: Right. Right. It's not really the lettuce. It's everything else that's with it. You're right. To speak to that just a little bit from my background, too, not just pesticides, but here in the US, we're not as health conscious. In other countries, they've banned like thousands of chemicals from cosmetics and in the US, we've banned like 35. It's really what we're speaking to is really the fact that you need to understand your body. You have to be responsible because if you leave it to the government and you leave it to your doctor, you're going to be sick or you're going to get sicker.

Monica Hershaft: Yes, and that being said, the FDA's priority is basically it seems like they want to keep you safe, but it's actually a financial protection and so a lot of times, just because the FDA says something is safe, you have to understand it doesn't mean it's safe. It's your responsibility to learn what is safe for you and act from that because doctors aren't trained in nutrition either, FYI. They have no nutrition training in their degree. It's not their fault. They're not being purposefully unhelpful. They just are doing what they're trained, which is to squash symptoms with medication and that's pretty much all they know how to do, or read labs and if the labs are abnormal then they have a system for how to handle that. They don't have any other training. That is not their fault, so you have to do your due diligence and know who to go to and part of the program we're going to talk about today that Trina and I are partnering on is how to learn how to pick the right practitioner for you, how to find someone near you, how to find somebody who knows how to fix your unique issues, and how to know if something's working for you or not.

Yeah, but I know I'm kind of jumping ahead, so let me just finish answering the question that you asked. Basically, to get back to what you were saying about the layers of disease, so toxicity, that is one of the places toxicity comes from, not just food, but I want to use examples for the chemical and metal toxicity. This is why Trina and I are such great partners. Your cosmetics and toiletry are a huge source of that. I'm not even going to get into Botox and fillers because there are alternatives that are really easy for that, you guys.

Also, just what you're putting on your face, how you're washing your face, your lotions and creams, what you're putting on your body, what you're using to wash yourself with in the shower, the chlorine in your shower, which is easy to fix. Trina's products are solutions to all of the cosmetic and toiletry issues. The aluminum in deodorant, the fluoride and aspartame in your toothpaste, there's so many things. Those of you getting your teeth whitened, Trina has a new solution for that, too. There are so many hacks that are easy to do that I teach you in this program so that you can eliminate the toxic burden because if you don't do that, it doesn't matter what you do to get well. It's not going to work.

Trina Felber: Right.

Monica Hershaft: You could take as many supplements as you want and go to the best practitioner on the planet. If you're not fixing the source of the toxicity that's suppressing your immune function, it'll be a bandaid and you'll be on a hamster wheel, literally not fixing.

Trina Felber: When is the last time you went to your doctor and he said, "Hey, let's test you for heavy metals," because a lot of people like that could ... Seriously, that's a big issue and people don't realize it. The toxicity starts with in utero. I don't know if you talk about that at all, but how it crosses from mom to baby, so you can actually be born and I know people that have had this issue from birth because of it. They go back and their mother's been toxic and so-

Monica Hershaft: The firstborn child gets the brunt of it. They're usually worse because they get most of the accumulation of the toxicity, but the other point to add to what you're saying is that they now give vaccines in utero, too. It's not just from the mother, so you're actually getting vaccinated when you're-

Trina Felber: Oh, now you're opening that can of worms, that big vaccine can of worms because really, we could go off on that and talk about poor kids. This doesn't stop with you. This is something that you'll learn and then you'll be able to take this information and help your children who might already be suffering with brain fog that you have no idea why your kid's hyperactive or they're brain fogged out, so this isn't just for you. It's to protect your family, as well, so tell me, did you finish answering that question?

Monica Hershaft: Almost. Let me just tell you the rest of the layers. I know. There's a lot in the layers. Anyway, so I want you to think of it like this. You've got this bucket and there's a drain at the bottom. Our bodies are actually built to get rid of the toxins, you guys. It does that on its own if you don't overburden it. What happens is you have a bucket with a drain and you're putting in water, which is the toxins, and then it drains out. That's what your body does. Well, if you start putting more in there faster than it can drain out, what happens?

Trina Felber: Gets clogged.

Monica Hershaft: It overflows and it overflows, right? It's still draining out, but now it gets fuller and fuller and it starts to overflow everywhere. That's what happens with the toxicity layer, so then that inflammation from that overwhelm then what happens is it starts to interrupt your digestion. You stop making pancreatic enzymes properly and you also stop producing the hydrochloric acid you need properly to assimilate the nutrients you need from protein. Then the digestion problem, now you're having issues with fungus, candida, because that also starts to develop when this happens and now you can't fight things off. As a mammal, guess what? You're getting exposed to bacteria, parasites, virus, fungus every day because you're a mammal and you're built to fight that stuff off, but now your immune system's overloaded with this toxicity and now it's not digesting properly, so the things you normally give it to repair itself, which is the food, now it's not working. That's why and so then you stop fighting that stuff off properly, it's still not enough to show up as abnormal labs and that's why-

Trina Felber: Right. You're still healthy. You're still okay.

Monica Hershaft: You're feeling that, though. You're feeling the symptoms around the disease chain. Then it'll show up in labs and that's why your labs are normal, but you feel sick and the doctors can't find it and that's okay because you can fix it through nutrition and holistic experts.

Trina Felber: Yay, that's what you need. You need us. You need us to save your life. Okay. Tell me, why do the doctors tell you nothing's wrong with you

when you feel so sick and have chronic symptoms interfering with your life? If they're interfering with your life, you're not making this crap up.

- Monica Hershaft: Exactly. That's the segue of what we were just speaking about. It's because when you have this bucket and that overflow is happening, you are feeling the symptoms. Let's say the disease chain looks like this and over here is where you have enough degradation for abnormal labs to show up, but you're showing up with symptoms over here. Let's say degradation needs to be at 60% to have abnormal labs. You're at 30% degradation. Your labs are normal, but you're feeling it sooner. We're more sensitive because in today's day and age, we have EMF radiation from cellphones and laptops and wifi and we're pinging off of cell towers and we're having a lot more chlorine in our water than ever before because the bugs are getting more resistant to getting killed by the chlorine, so they're adding more chlorine. We're showering in it. We're cooking in it. We're drinking it and it's suppressing our immune function more and more so we're feeling more sensitive. The food has more pesticides. It's genetically modified and nobody gave us the memo that these things changed in the last 10 years so nobody knew to make any adjustments.
- Trina Felber: Right. Nobody told us. That was my whole spiel with skincare. Nobody told me they were putting poisons in there.
- Monica Hershaft: Yeah. They don't exactly release an alert when they make these changes. They just do it, so that's, yeah.
- Trina Felber: Yeah, it blows my mind. In a society that we feel like we're advanced and really we're not. We're not for health.
- Monica Hershaft: We're the worst country, yeah. In fact, there's a syndrome. I can't remember the name of the syndrome, but there is a syndrome when people who have grown up in Europe move here, within one year, they get sick.
- Trina Felber: Yeah, yeah. Mm-hmm (affirmative).
- Monica Hershaft: They're not used to this.
- Trina Felber: They've proven that, too, with dental health, too, even from Third World countries, because the soil is depleted and because they start eating processed foods and their diet changes. It's all related.
- Monica Hershaft: And the chlorine in the water, yeah, exactly.
- Trina Felber: And the chlorine and all the toxins. They come here and they get sick. We're making them sick. We're making ourselves sick.
- Monica Hershaft: But we have easy hacks for all of it that we can teach you.
- Trina Felber: We're going to hack. We're going to hack you. We're going to hack you back to health. How's that?

Monica Hershaft: Hack you back. I like that. Hack you back.

Trina Felber: Hack you back. Okay. What are some examples of diagnoses that may not really be a true diagnosis, like if people hear these things, they're being labeled these things, like let's stop that right now.

Monica Hershaft: Yes. You need to know what's not a real diagnosis because a lot of times, I find that patients would come into my office and they would say, "Oh, yes, I was diagnosed with this or that." I'm like that's not a real diagnosis. That's because a lot of times, if they don't have an answer, they'll give you a blanket diagnosis just to give you medication because if they give you the diagnosis, then they have a way to solve it and then a lot of times, you get put on meds that squash symptoms and actually kind of bandaid the problem. That's dangerous because if you squash the symptoms with the medication, I'm going to explain how that works. It bypasses your nervous system like a bully. It goes in there and it's like nervous system, get out of the way. It forces your body into a certain desired state so that you don't feel those symptoms, but in doing so, is doesn't fix the underlying imbalance that's causing that symptom, so that continues to grow and get worse and turn into other new symptoms. You also get new symptoms from that medication, exactly.

Trina Felber: Right. I was going to say and that medication, every medication you take, it's a killer of something else, of other cells, so you have to look at it it's a tradeoff. When you're taking it to take care of this symptom, it's killing cells of some other area or whatever, so you're going to end up with other issues and it's not even solving the problem most of the time. What are some of those things? I would imagine like depression and anxiety and things like that, chronic fatigue. Don't use it as an excuse. Let's get rid of the labels that give us an excuse.

Monica Hershaft: The problem with those labels is they're hopeless.

Trina Felber: Yeah, they are.

Monica Hershaft: They basically say there's nothing we can do so you have to take this medication to cope for the rest of your life and that is not true.

Trina Felber: Sometimes you feel like okay, at least now I know what it is, but it's really not that, so let's figure out what it is so we can move on.

Monica Hershaft: Yes, and things like IBS or sometimes even Crohn's, yes, it is technically like an autoimmune in the digestive area because your body's attacking its own digestive area, the intestinal tract, and whether it's large intestines or anything in the digestive tract, but a lot of stomach things get misdiagnosed because it's inflammation in the pituitary, FYI, because pituitary rules the stomach. The other thing is a lot of times, overgrowth of candida and fungus, if you handle the fungus, your IBS is gone. Not in every case, but a lot of times, people over diagnose as IBS when something is really just bacteria that's been missed or parasites.

I want to speak to parasites for a second because that's something in the holistic community that we have tons of solutions for. You can't find a

medical doctor that knows how to find them unless they specialize in infectious disease. Regular doctors don't have that in their protocol and guess what else? They only know how to do stool samples. The statistics for stool samples are 11 out of 12 are false negatives and the reason for that is because good luck getting the right part of the poop to find the parasite and then even if it is in the poop, they may be hanging out in your gallbladder or liver area. They may not even be in the intestine, so you may not even find them through a stool sample. I did a home stool sample one time through this one doctor I went to back when I was sick. I took that same stool, one piece of poop went to this lab and one piece of poop went to that lab and one lab find it and the other one didn't, so it is not a good way.

Trina Felber: Yeah, and it makes a huge difference. The result makes a huge difference because it impacts your treatment.

Monica Hershaft: Exactly. Also, the way they treat most, especially the microscopic parasites like the amoeba and the protozoa, they usually treat it with antibiotics, which causes more fungus, so it's not a good treatment.

Trina Felber: Right, yeah, it just kills off ... No. Mm-mm (negative).

Monica Hershaft: Also, if it is a bigger parasite, like let's say it's something ... I know it's gross, but they call it egg layers. Let's say it's a bigger parasite and the problem is is that even if they kill them, they are actually secreting a substance that prevents their eggs from hatching while they're there. If you kill them, it stimulates eggs to hatch and and one's doing anything about those new little hatchlings. I know.

Trina Felber: Thanks. That's really gross.

Monica Hershaft: That's how it works. What can I say? It's nature. Nature.

Trina Felber: This is right up my alley. That's the nurse in me who loves to talk about this kind of crap. All right. Why do antidepressants or anti-anxiety medications seem to work for these symptoms? Why are they working? We think they're working. We think okay, they must've been depressed.

Monica Hershaft: Exactly. It's like what do they call that? It's like a gaslight and so what happens is it actually affects your neurotransmitters and so that impacts your body's ability to feel the symptoms. It masks the symptoms because it keeps your brain from communicating with the area that's out of balance. The other thing that happens, unfortunately, when you're taking an antidepressant or anti-anxiety medication is it impacts your digestion greatly. It actually affects your pancreatic enzyme production. They don't talk about that and so then you down the road develop some kind of issue, whether it's GERD or IBS and now you're taking Prilosec and some other medications for your gut. It's really a slippery slope.

I understand if someone loses a parent or a child and someone dies. Sometimes it's just overwhelming and if somebody needs to go on that, just think of it as a temporary bandaid if you do do that. It's better to find alternative solutions if you can. There are supplements that you

can use instead of the drugs that are out there and you can get a practitioner to help you with that. There are also a lot of holistic practitioners that can help you manage the grief. You don't want to avoid the grief, but help you manage the grief.

That's part of what I teach in the program we're going to be talking about today because I teach you you get a Holistic Modality Resource Guide that lists all the different holistic modalities out there, a description of what they do, and how to find someone near you. A couple of the ones in there are for emotional issues, whether it's some people have emotional eating problems. There's a practice called NET, neural emotional technique, that helps pull the effect from the emotions out of the body. There's amazing stuff out there and it's not your fault you don't know about it, but this is a place, a resource guide that teaches you how to find it and exactly what's out there.

Trina Felber: I love that. You know what? We, as a society, have become so disconnected not just with each other because of technology, but with ourselves, so part of these therapies just help you get reconnected with your mind, which is so powerful over your body, so really just the reconnection. For me, one of my favorite therapies, I call it my therapy, my cheapest therapy, is my yoga. I go to a hot yoga. Sometimes I'll go twice a day, once in the morning, once at night. Those are my therapy weeks. I'm just like you know what? It's my one hour in my mind by myself with my body and it's my therapy. I stopped calling it yoga. I go to therapy. I love it. I think it's awesome, so reconnecting, reestablishing those connections with yourself and your body and then you're going to be more in tune and you're going to totally understand. Then when you take this course, you're going to really get it. You're going to be like oh, my gosh. I felt awful and it was easy. It's just an easy solution.

Monica Hershaft: Yes, absolutely.

Trina Felber: Let's talk for a second the difference between what a medical doctor is and a holistic practitioner is because I know a lot of people in my audience probably have holistic practitioners or might, but there might be a lot of people that still don't understand what the difference is, so yeah, speak to that.

Monica Hershaft: Yeah. I think that's an important distinction because when I first got sick, first of all, I lived in Los Angeles, which is like the Mecca for holistic, and I had never even really thought about or understood what a holistic practitioner did or why they mattered in any way. After going through what I went through for that 10 years, I went to so many different holistic practitioners all over the place and I had no idea there were so many different types out there. What I learned is that medical doctors are trained, as we spoke earlier, to identify symptoms and create a diagnosis. They run labs and then if they find an abnormal lab, then they treat you based on the lab with medication or drugs. Sometimes they'll advise lifestyle changes and they don't do anything about nutrition at all. In fact, I've heard doctors with my own ears tell people with cancer it's fine to eat sugar and dairy, which is not true.

That feeds cancer. Not because they mean any harm. They just haven't been trained differently. Basically, to put it in a nutshell, medical doctors squash symptoms. All they want to do is get rid of your symptoms. They don't care how. I don't mean they don't care, but they're only taught to squash symptoms. How that happens is irrelevant. It's more so about-

Trina Felber: There is a time and a place for ... I don't want any medical physician out there to be angry. There is a time and a place because yeah, it's always great to have your medical professional, but there's other alternatives, especially when you're not getting those answers because there's other alternatives.

Monica Hershaft: That's why we're speaking about people who can't get a diagnosis specifically in this podcast and for this program because yeah, if you have diabetes, you should take insulin. Also change your diet and over time, you could probably deal with certain types of diabetes, but a medical doctor is very important for interventions with real diagnosed conditions, 100%. For these vague, kind of I can't diagnose you. Nothing's wrong with you or you're probably just depressed or maybe exercise more, for those kind of things where there's more, I mean, the number is growing. Hundreds of thousands of people are suffering from chronic symptoms that interfere with their ability to live their normal life and they're not getting a diagnosis or an answer.

Trina Felber: What I like to think of, like the medical doctor, like you said, if you have diabetes rule it out and take your meds and do what your doctor says, but you're probably-

Monica Hershaft: Yeah, or if you have cancer, God forbid. You need to know. You need to know.

Trina Felber: But go beyond that because the answer in curing it or healing yourself or getting off the medication isn't going to lie probably from your physician. It's going to come from the next step, which is your holistic, who could take a look at the whole picture and go your diet needs to do this. You need to get out and exercise. Let's put you on a program. Let's get you in some support groups or classes, things like that, so that you have the support that you need to go beyond the disease and maybe get off it so you can kiss your doctor goodbye for that diagnosis, right?

Monica Hershaft: Yes. The other thing with doctors that's really important is if your body is in an emergency situation. God forbid you break a bone or there is an emergency surgery that's required to save your life. I know people who have used certain IUDs that cause ovarian cysts that burst that had to have emergency surgery, things like that. Of course that's very important delivering babies, going through a pregnancy. There's a lot of that is very important. The medical doctors are very important, but they're being used incorrectly. That's what I'm talking about.

Now, a holistic practitioner, the training is 100% different. They're taught about nutrition and how that heals or hurts your body. They're taught how to treat the source, the underlying source of the problem as

opposed to the symptom. That's why my tagline is treat the source, not the symptom and my program is treat the source because let's say a thyroid is showing up as being abnormal or it's inflamed or it's not showing up as abnormal, but it's causing a problem. It's inflamed, so instead of going what should we take to force the thyroid to do what we want it to do, we say hmm, why is the thyroid doing that? Okay. It looks like it's because these metal fillings are causing trouble with the thyroid and it's having trouble processing all the mercury that's leaching into that area right next to the parotid glands, so let's replace those fillings and get some minerals in there. Oh, the thyroid's working great now. That's fantastic. It's more about figuring out what's causing that imbalance and fixing it from the underlying source.

Trina Felber: Yeah, and what's interesting about heavy metals is that a lot of times, your body gets the signal from the metal that it's a mineral and thinks that it's mineral efficient when really, you're mineral deficient. You're metal toxic, but your body can't distinguish between those two.

Monica Hershaft: Yes, exactly. That's 100% right.

Trina Felber: Yay, I pass. All right. Tell me, you used to have a private practice. I know you were very successful. I can tell. I can tell why. Why did you close it? What do you have going on now because I know that you've got a program that I'm excited to be able to offer, The Three Pillars to Reboot Your Health. Tell us a little bit about why you closed your practice and what's going on now. What's the future look like for you?

Monica Hershaft: Yes, well, the reason that I have joined forces with you to do this program is because first of all, so much of what I'm teaching in this program is 100% connected to everything that Primal Life Organics stands for and offers as products. That really addresses the underlying layer of toxicity that is literally the source and the initial cause of the inflammation that causes all symptoms and disease. Literally, for really that is the serious problem.

The reason I closed the practice is because I was able to work on about 50 people a week at the time and I saw that there was a growing number of people that were really having issues and the program in my office, everybody would come in every week for about a year to get through this intensive program. I realize if I could just teach people how to monitor this on their own and apply what I'm teaching them through an online course that breaks everything down and creates systems for them to follow and apply, they can achieve the same results and I can help a lot more people. I can help thousands of people instead of 50 people a week. I just started feeling like it was really important for me to create a system so that more people could get educated and conscious to be able to stand up and take their health back and know how to communicate with potential practitioners or doctors and be able to say no to certain things if it's not right for them and be able to stand up for what they need.

Trina Felber: That's amazing. I think it's so important, like you said, that everyone takes responsibility for your health. You investigate everything and that

you have a plan for yourself and for your family and I love the fact that you have a program that you can now reach and teach people how to do this themselves. Let's talk a little bit about this program and see if my listeners or if they're listening right now and they're thinking what is this program? Would this be a good fit for me? I know that you've got some things that you can help them decide would this be a great fit for me or not.

Monica Hershaft: Yeah. Yes. It's not right for everybody and so I'm going to ask you some questions and I want you to just think about huh, that sounds like me, so tell me if any of this sounds like you. Are you suffering from chronic symptoms, but can't get a real diagnosis? That means a real diagnosis, not you are suffering from fatigue. You are suffering from depression, but a real diagnosis. If you've got symptoms and you're not getting answers, then this program will save you. It will give you your life and your health back.

Or if you've been told nothing's wrong with you. It's in your head. You're probably just hormonal, then this program will give you your life back. If you've been put on antidepressants or anti-anxiety medication because they can't figure out what's wrong with you physically, this program can help you. Let me just tell you I know of a young girl, as an example, and this happened to many, many people that I encountered over the years that went to the doctor with stomach problems and got put on antidepressants because they couldn't find something wrong with her and you know what? It masked her stomach problems, but then she had a horrible pregnancy and her baby came out a little messed up. You have to understand what you're taking.

Let me just break in here for a second and say I forgot to mention this earlier. Those of you on medications, please look them up. Go to [drugs.com](https://www.drugs.com), [drugs.com](https://www.drugs.com). Look up what you're taking. Less than 10% of the people that came into my office over the decade that I was in practice ever looked up what they were taking. They didn't even know what the side effects were.

Trina Felber: Good point, totally.

Monica Hershaft: Yeah. Now, let me ask you also, listeners, if you've been put on medications to squash symptoms and it was working at first, but now it's not really working anymore or it's causing new symptoms like what we talked about before, like now you're having stomach problems even though your depression is better and you feel like you're on this never-ending hamster wheel, it's just spinning, or a rollercoaster. This program will save your life. It'll give you your power back. Let me just ask you, if you think about it and you feel like any of that sounds like you, how long have you been struggling with these symptoms that are getting in the way of you living that life that you know that you could live and being that person that you know that you could be? How long have you been struggling with it and how much time have you lost because this will give you that time back. You have to stop. If what you're doing isn't working, you can't do the same thing and expect

different results. You have to try something different to get the results that you're looking for.

Trina Felber: You also have to ask what experiences have I lost? I know a lot of people, like a lot of women have young kids and if they're exhausted all the time, they're not doing the things that they wish they could do with their kids, so you're not just losing time. You're losing experience with your family and family members and even yourself, your job. You owe it to yourself to feel good and be your best.

Monica Hershaft: Yeah. It affects how you're interacting with the people in your life and how you do your job. Back when I was sick, I didn't date for almost 10 years because I couldn't take on the pressure of another person. I did date in the beginning and I had so many issues with them getting frustrated and annoyed with me because I'd have to cancel last minute or I didn't feel up for something or I didn't answer the phone because I couldn't deal with it. When you're sick, people don't realize how it impacts you and it really affects your ability to not only sustain a relationship and be who you are in that relationship, but you miss out on a lot of life. I basically didn't have kids because I was sick throughout my baby making years. I always planned to have kids in my 30s. I got sick when I was almost 34. Who expects to stay sick for 10 years? It's crazy. All of a sudden, I was almost in menopause by the time I got my health back. Then I was creating my practice. You miss out on so much and all of a sudden, time is gone and you just go where did all those years go?

Trina Felber: Right. Yeah.

Monica Hershaft: You have to ask yourself how are you currently dealing with these symptoms? What are you doing about it and is it working for you?

Trina Felber: That's the key, is it working? Is it getting you better? Are you better today than you were yesterday? Are you better this week than you were last week because if the answer is no, then you're not getting better, so something needs to change.

Monica Hershaft: Yeah. Yeah. Part of what you learn in this program is how to track your symptoms and there's a system there. There's a symptom survey tracking system and it teaches you how to know if you're getting better or not because one of the biggest issues I saw over the years working with my patients is that they couldn't tell if they were getting better or not because what happens is when you start to heal from a symptom, you forget it was there. When you have that record to look back on and you rate your symptoms, you go oh, my god. I totally forgot I used to have problems with nightmares. Oh, I totally forgot that I used to have gas when I woke up in the morning because you're not having it anymore, so you can really tell if you're getting better and you'll be able to see if you're getting new symptoms. It's very hard to track that stuff when you're in your own body.

Trina Felber: It is, especially the busy lives that we lead.

Monica Hershaft: Yeah. The other thing, too, is a lot of people, if you have been out there trying different diets or food programs, so let's say you're that person who's like, "Oh, I tried paleo. It didn't work for me. I tried holistic. It didn't work for me." I don't know if you realize this, but it takes 90 days for tissue change to happen in the body minimum. You don't heal in 90 days. That would be insane. It took you years to get layers of disease. You can't just get rid of it in 90 days, but you can start experiencing relief and a better quality of life in 90 days, for sure. Then, if you keep at it, you can heal and recover and put your body back in its original working state when it's actually repaired. You are trying things for two weeks and deciding it doesn't work or trying things for a month or two months. It's not long enough to really give something a try, so don't waste your time and money.

Trina Felber: Right. I agree totally.

Monica Hershaft: Yeah, and for those of you that are out there ... I just was talking to Trina about this earlier. I figured it out. I calculated it. I spent between 180 and \$310,000 over the 10 years that I was sick, so not only did I lose 10 years of life, my baby making years and zero social life during that last five years of it, but I also ... It wasn't my money because I couldn't work anymore, but my poor dad. It was horrible. We were desperately trying anything just to get some relief. I couldn't stand up long enough to take a shower and, at one point, got to the point where I couldn't drive. We had to hire someone to drive me. Then my dad had to eventually come and stay with me. Look, we're all varying degrees of severity. Maybe it's not that bad for you, but it could be if you don't do something about it because let me tell you something. If there's an imbalance that's not getting addressed ... Remember that bucket with the drain?

Trina Felber: Yeah.

Monica Hershaft: It's going to keep filling. You will get to that point if you don't do something about it. It's not going to go away and it's not going to fix itself. For those of you out there, don't spend hundreds of thousands of dollars and waste anymore time. This program will teach you how to get your health back in a year if you don't have a diagnosis and can't get any answers and to start experiencing relief and improvement in as little as six to nine weeks. I mean, come on. If I look back now, if I had known then what I know now, I would've had my health back within a year, for sure, and I would've literally spent less than \$10,000 for sure. This program is nothing compared to that.

Trina Felber: Yeah, it's going to save you thousands, thousands.

Monica Hershaft: Yeah, thousands, and not to mention those precious moments with people you love and the experiences. I couldn't travel for the longest time. Now I appreciate if I'm able to travel and go on a vacation with a friend. Oh, my god. I experience it on such a different level because I know what it's like to not be able to do that, to not physically be able to withstand an airplane. It is so good to be able to do that and enjoy my

life again and have that sheer experience of being able to be in my body without pain. That is possible for all of you.

Trina Felber: Go for it. Tell us about solutions people might've already tried.

Monica Hershaft: Yeah, well, first of all, if you want something holistic and have no idea where to go or what to do, you'll learn this in this program, too, because of not just the Holistic Modality Resource Guide, but also, there's a system for how to find the right match for you. Basically, what would you be doing differently? Just I want you take a moment and think about this in terms of some of the solutions that you may have tried. What would you be doing differently if your health wasn't in the way?

Let's say you've been going to practitioners and maybe you're trying some new remedies. You're trying to work a program with a practitioner or you found something online or you're working with someone near you or even with a doctor that's got you on a medication. You want to take a look and see if you've been trying it for more than 90 days and haven't experienced a difference, it's time to move on. That means it's not working for you. If you've tried any kind of a diet for less than 90 days, you haven't tried it for long enough.

Just take a moment and think about what would your life be like. What would be different? Would you maybe have a different job? Are you staying at a certain job because it fits with your illness schedule and that you can work it around your obstacles with your health? Would you maybe be going after something that you would enjoy more or would you be dating somebody differently? Are you staying in a marriage or a relationship because it's easier than leaving it because you're sick and you need that support?

There's so many things, there's so many choices we make to accommodate our illness that are affecting our life and guess what? You're going to look back one day and realize how much time you lost. You have to think about what you would be doing differently and really connect with what it would be like to be in a relationship with a person who is at your energy and is the right fit for you and be able to experience your family on a different level. I know I'm single and Trina has a family and she's got kids and a husband. It's your interactions with them and what you do with them and how you experience them and listen, they're little sponges, those kids. They pick up on things. When I was growing up, I have memories of my mom always being sick, always being in bed with a headache, always taking some kind of medication for some suffering she was going through. It was a miserable experience for me. I missed out on having a real mom and you don't want that for your kids. Don't just do this for you. Do this for the people who love you because watching someone suffer is torture. It's helpless. It's powerless. You can fix that.

Trina Felber: Yeah. Tell us, Monica, the three pillars. You've got three pillars. Tell us how they work.

Monica Hershaft: Okay. Basically, first of all, it's 90 days because as we mentioned, it takes 90 days for tissue change to happen in the body. I want to tell you There's a lot of things included that are amazing in this program. You get tons of bonuses. It's worth so much. First of all, the three pillars are health. We don't want you wasting time and money on these remedies and practitioners that you don't know will work. We want to teach you The Holistic Modality Resource Guide. You get email templates of how to vet practitioners ahead of time and what to ask them and how to prepare your own health history to communicate what your needs are for your unique issues. There is a system for all of this. You will get all of that and I would've gotten my health back in less than a year if I had this back then.

You also learn how to track and assess your symptoms with the symptom survey tracking system and how to know something's working or not. You learn a lot about how your dental health will affect your body and how to find the right dentist because each tooth connects to a different organ in your body and a lot of people don't know that. You'll learn how hormones affect depression and anxiety, but still show normal in labs and what to do about that and, as we talked about, why labs are normal when you still feel sick. There's a bonus on how to find a good holistic vet for your furry friends because you will still want to give the best care to your animals and there's a way to find somebody who can do that for you from a holistic standpoint. That's health. That's the first pillar.

The second one is nutrition and food. You can't get well without this. It's impossible. It's either hurting or healing you. You will learn a system for what foods are good, what foods are bad, what foods heal you, what foods hurt you, lots of tips and tricks. What do you do when you go to a restaurant? How do you order? What do you do when you travel? That is the biggest challenge. We have hacks for that. Knowing the difference between all the different eggs out there, the different waters out there, how to know what's right for you. We give you solutions for all of that.

The difference between recovering your health or making it worse is whether or not you do organic. You'll learn about that. You'll learn about microwaves, cookware, what is the best way to cook and eat your food, but still be able to enjoy your life. You do not have to be inhibited by these hacks and these tips we're going to give you.

Trina Felber: We practice this. Do I look like I'm inhibited? No? Right. People like, "Oh, gosh, I can't go anywhere. I'm going to be like ..." No. You're going to have more energy. You're going to be doing great things. Your mind is going to be like I can think. I can think straight. I can actually have conversations with people. I can stay up all day. My kids are firing at me at 7:00 at night and I'm not exhausted on the couch, things like that.

Monica Hershaft: Yes, and also, for those of you out there that are single and think it's going to screw up your dating life, it's not, okay, because let me tell you, I go out with friends. I travel. I'm going to Mexico. I'm going to France. There are ways to do this and enjoy your life and not feel

deprived. You can go to a wedding. It's not going to kill you. There's 90 days where you want to really be good with this because you need to learn it and your body needs to learn it and it becomes a habit. Then I will teach you how to incorporate normal lifestyle into this in a way that will keep you healthy.

The third and final pillar of the three pillars for the treat the source is toxins and that's where Trina's products, Primal Life Organics, comes in because you have to learn. There's a really cool environmental toxin worksheet that covers all the different areas. This inflammation is the root cause of all symptoms and disease. You will learn how to identify them in every area of your life with alternatives and hacks to eliminate that toxic overload. Remember that bucket with the drain? It's going to start going down and so then your inflammation goes down and your body can heal. If you don't do this, you cannot heal your body. It won't work. You will get bandaids solutions without this.

Environmental toxic checklist for kitchen, bathroom, cleaners, bedroom, toiletries, which is important, beauty. Instead of Botox and fillers, I have solutions for that. Dental, work environments, and there's additional bonus items. There's going to be a private Facebook group where you guys can interact and share stories and ask questions of me and Trina. Also, we'll offer special discounts on products and special items in there that no one else is going to get.

Live virtual coaching and orientation with me. There will be days where you can come into this live portal and it'll be happening a couple of times a month where I'll be going over and walking you through the modules, where you can ask, you can submit questions to be answered live. If you can't make it, you can still access the recording of it after in your portal forever. Yeah, you'll have access to all of that. Then all of the bonus items that are included with it, which is all of the things we talked about with the why organics and the systems in place, the email templates, the symptom survey tracking system, the Holistic Modality Resource Guide, the environmental checklist with all of the solutions. All of that's going to be available to you forever. It never goes away so that you can continue to apply this and you can help the people you love.

Trina Felber: Yay. That's awesome. I love this program. I'm such a believer in it because I believe that if you don't take control of your health, no one else is going to. Don't wait for your doctor to do it. Don't wait for the government to tell you, none of that BS. It's all BS. You have to take control of it yourself.

Monica Hershaft: Yes, and it empowers you to not only take your health back, but to know if something's working for you or not. You get your power back with this and you get your life back with this and you learn how to stay healthy. It's the owner's manual to your body. You will save so much time and so much money and you won't miss out on all of these experiences in life that will be taken from you.

Trina Felber: I'm going to play the devil's advocate. I'm going to ask you some questions. I'm going to fire these off at you. Okay. Don't be nervous. I think you're going to do great. Will it work for me? I'm kind of weird and nobody can figure out why I'm sick and having these problems and these symptoms. Will it work for me?

Monica Hershaft: Yes. It will work for you and here's why. Those things that I mentioned to you are exactly how a body gets sick. If you apply this and you're patient and you do it right because it also includes how to find the right practitioner because it is important to know what supplements to take. If you're out there, oh, I read a study that I should take these supplements, that may not be right for your body. I'm going to teach you how to find the right person to do that with you and so yeah, it will. You know what else? There's a 14 day money back guarantee. If you start doing this and you don't feel like it's right for you, which I think is a little weird, but it might happen, it might just not be your gym. Not everybody is ready. Look, not everybody is ready to take responsibility for their health. Some people want a quick fix. They want a bandaid. If that's you, then that's not the right fit for you.

Trina Felber: Really folks, it is a little bit of work. It is a little bit of work, so you're going to have to do some work, so if it's not right for you, it's not right for you. It might not just be the right time for you, but really, it's going to be a little bit of work on your end, but it's not hard. Monica's got it all written out for you.

Monica Hershaft: Yeah. It's all spelled out for you and so you get all of these benefits of learning how to not just address your current issues, but prevent problems from happening in the future for yourself and your family and it's so freeing. I know everything I do throughout my day and in my life I never have to worry about getting sick. It's just never even a thought. That's so empowering. You feel like such a weight's lifted off of you.

Trina Felber: Okay. I've tried food programs before. I've done vegan. I've done paleo. I've done all these great things like keto. Nothing's working for me. Will this still work or what's the deal?

Monica Hershaft: Yeah, well, the answer to that is also the 90 day formula. If you tried it-

Trina Felber: Oh, I didn't stick with it for 90 days.

Monica Hershaft: If you tried it for less than 90 days, then you don't know if it worked or not, A, and B, if you tried it and you didn't incorporate these other pillars, it's not going to work. If you're still doing toxic things in your daily life, if you're doing nonorganic, if you're injecting yourself with Botox, if you're doing tanning beds, I have a lot to say about that. There's better resources. If you're doing things that are bad for you and you're using these toxic ingredients and aluminum in your deodorant and you've got metal fillings, nothing's really going to work right because all three pillars work like a triangle. See, that's like a triangle, right?

Trina Felber: Yeah. This is a heart and that's a triangle, yes.

Monica Hershaft: Really important or else you're a ... No, just kidding.

Trina Felber: No, right. You're a half triangle.

Monica Hershaft: Yeah, it's equally important, so if you're trying those things or those diets and you're not incorporating the nutrition properly and the toxicity in your daily life and getting the right support for your health, you're not going to have anything work. A lot of people will say, "Oh, I tried that, but then I lost too much weight." That's because your metabolism is off because of whatever is affecting your endocrine organs like your thyroid and your pituitary and so that's why it doesn't work and you have to also commit to it and also know when you've done something for too long.

Trina Felber: Yeah. Okay. I've tried holistic before, but it didn't work, didn't help me.

Monica Hershaft: Same thing.

Trina Felber: Okay. Same thing?

Monica Hershaft: No, but let me speak to that, though. It's also part of the problem is that people don't know if a holistic remedy or program or practitioner is working for them because they don't have a way of tracking their symptoms.

Trina Felber: Can you help me do that because I also don't know where to find one.

Monica Hershaft: Yeah, so not only go I teach you where to find them near you and sometimes there are things you can do virtually. There are also people that work virtually, so that doesn't even have to be in your home. It doesn't have to be a person you see in person. Both Trina and I know tons of people that actually work with people online from all over the country, so there's so many resources in this day and age. Then with the system we have in place, you'll be able to not only communicate effectively what your needs are and give them a proper list of your history, but also, you'll be able to know if something's working or not within the 90 days and then you won't waste time. So many people came to my office who had been seeing a practitioner or doing a program for over 10 years without it working and not leaving. Don't let that be you. You can know in 90 days if something is on the right track or not.

Trina Felber: What about if I'm nervous to spend the money on it?

Monica Hershaft: Well, that money back guarantee comes in handy. Really, you should be able to tell within two weeks. If you start doing this and you get excited and you're like oh, yeah, this is my jam, this is working and actually, Trina, I'm going to do something that I didn't tell you I was going to do. For your people only, I'm going to make it a 30 day money back guarantee. Give it a month. Give it a month.

Trina Felber: Give it a month.

Monica Hershaft: Give it a month. Within a month, if this doesn't feel like you can commit to this and you can do this because this is not ... Look, it's work, but it's not impossible. It's fun work. It's exciting work. It makes you feel like what you're doing is working. It's working, so it feels good to do it and the more it works, the more exciting it is to do and the more you want to do it. If you're not experiencing that and it doesn't feel positive and good and supportive, get your money back.

Trina Felber: Yeah, and after 30 days or before 30 days, you'll know. You'll know if it's for you. Like you said, you'll know. For most people, it's not even going to be a question. They're going to know this is what I need to do. I need to get my health back. This isn't just a one time thing. This is lifelong. It's going to change your life. It's life-changing. All right. Let's talk about the course. Where do we go from here? What do we do?

Monica Hershaft: In order to benefit from all of these amazing features, Trina and I are going to be providing a link that is just for the Primal Organics family. Just to let you know, I did this with individual people to make sure that this was a good fit for transferring all of my knowledge and practical application into an online platform. The charge for working one on one with me is it's close to \$5000. It's \$4997 because that's how the marketing people like to do things. I have to say I want to make it affordable for everybody, so I wanted to do it in a way where my time isn't necessarily needing to be there the whole way, so then moving into groups and then now moving into the self-propelling course. Now it's only \$1997 and there's a payment plan, but for your people, just for Primal Life Organics, we're giving \$1000 off. Okay.

Trina Felber: Thanks, guys. Yes. Everybody high five.

Monica Hershaft: \$1000 off.

Trina Felber: Woo, thank you, Monica.

Monica Hershaft: Yeah, so it's only going to be 997. You use the code PLO1000. We're going to have this information in the link and you can access it for literally and you can make payments, as well. Yeah, and you guys, this is only going to be open for a short time, okay, so if you, within the first day, like today, within the next 24 hours, if you purchase this and pay in full, we're going to give you an additional \$100 off.

Trina Felber: Yay.

Monica Hershaft: Yeah, and you can also upgrade to a 20 minute private with me and so that will be included if you do it within the first 24 hours. If it's after that, you still will get that \$1000 off, but the only difference is that's only going to be open for a short time, so within that week is how long that cart's going to be open and if you don't buy it within that week, you're going to have pay the full price of the \$1997.

Trina Felber: Guys, it's totally worth it. Your health is totally worth it to get your energy, your life, everything back under your control. We're not saying medical doctors are bad. We're saying there's a time and a place for

them. Put them in their spot in your life, but go beyond that. Go beyond that because you need more than just someone looking out for your symptoms. Need someone that's going to be looking out for your life to get it back and that means treating the source of the problems that you're having, whether it's depression and anxiety or it's, like we talked about, brain fog or fatigue or even bowel symptoms or if you're having a lot of candida issues, things like that, anything, get your life back. If you feel like your kids are always on your nerves, it's probably not your kids. It's probably your nerves are dead because of all the crap that's inside you, the toxins and heavy metals and things like that. I urge everybody get your life back. It's a small, small, small price to pay for the rest of your life. It's really not just the rest of your life. It's the life of everybody that you come in contact with, whether it's your husband, wife, kids, your dog or your mom, your dad, taking care of them and that kind of thing, so I urge everybody to check it out.

Monica, I am so impressed with this program. That's why we've partnered. I looked at it and said this is perfect. My audience is health-oriented, health-minded, moving forward, not just putting health in their body, but moving forward to get beyond issues that they're suffering from and make their lives better, so I thought that partnering with you was just the most precious thing that I could offer them besides my skincare.

Monica Hershaft: Thank you. Yeah, I'm so excited, too, because everything you do is completely in alignment with this program and is literally perfect for how people can eliminate the toxins in their daily life, so I'm super excited.

Trina Felber: You are the perfect practitioner to teach this program because you're so knowledgeable. You've lived through it. You've lived past it. You're experiencing it right now, so guys, I urge you to click the button that will take you to the signup page. You'll get more information and you'll get signed up. There will be the groups. You'll get all the bonus stuff. Everything that Monica has talked about you will have and you will get your life back. You will treat the source. You will help find a practitioner that will help get you where you want to be. Monica, anything else you want to add?

Monica Hershaft: No, just if you have any questions, feel free to reach out, but don't wait because, as I mentioned, the first 24 hours, that's only if you pay in full. You get a 20 minute bonus session with me to ask me any questions you want and an additional \$100 off, so it's really worth it.

Trina Felber: It's really worth it.

Monica Hershaft: Don't wait because what have you got to wait for? There's nothing to risk. There's nothing to lose. There's a money back guarantee within 30 days, if it doesn't work for you. Literally, all you have is what to gain in getting your life back. I'm telling you, I never thought I could feel like this. I never thought that I could enjoy my life and feel so healthy and sleep through the night and have energy during the day and I'm in my

50s. I feel amazing and I just want to give that to you and let you experience that for yourself, that there's nothing better.

Trina Felber: That's right. I just turned 50, so we're here. We're living proof that things like this do help and they do make a difference, so I urge you guys. Monica is gracious enough to offer this. I love the fact that we could partner and bring it to more and more people so that more and more people can get the help that they need to feel better, so I appreciate it. Thank you so much.

Monica Hershaft: Thank you. Thank you.

Trina Felber: You are amazing. Yeah, if anybody has any comments or any questions, please feel free to get in touch with either Monica or myself and we will guide you in the right direction. I urge you to check this out. You have nothing to lose, just life to gain.

Monica Hershaft: Yes. Thank you.

Trina Felber: All right. Thanks, guys.

Monica Hershaft: Bye.

Trina Felber: Thanks for watching. Make sure you subscribe to keep learning how to create your healthy self. See you next time.