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# My Journey

- Always was active and enjoyed working outside, football, exercise, and bullfighting at rodeos and camps.
- Attended Selby HS where I graduated in 2005.
- Went to Lake Area Tech in Watertown for Diesel Mechanics.
  - Fell in love with my now wife of 15 years, Meredith.
    - and learned a bit about diesel mechanics :)
- Graduated LATI in the spring of 2007.
  - But not before getting sick three months earlier

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## Hi Doc, Its just a cold. Z Pack please!

- March - Cold Symptoms, got and over the counter Z Pack antibiotic and felt better.
- April - Cold Symptoms, got another over the counter Z Pack antibiotic and felt better.
- May - Third times a charm - Cold and Flu symptoms, got yet another over the counter Z Pack antibiotic and this time. Never felt much better.



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- June - Began losing weight and not having much energy at all. Noticed that things probably weren't right. But didn't say anything.
- Meredith asked if I had lost weight. (didn't like hearing that one:) but truth be told I knew I had been.
- June continued - Always exhausted, losing weight finally told my mom how long I hadn't been feeling very good. She got me doctoring right away.
- July - Bring on the doctors, testing and procedures.
- Local Doctors diagnosed
  - Epstein Bar Virus (similar to Mono)
  - Clostridium Difficile (intestinal infection)
  - Very high Liver Enzyme numbers

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- Began treating with antibiotics and anti-inflammatories.
- Started having symptoms that seemed like Spinal Meningitis.
- This led us on a wild goose chase because the Docs felt as though they had been testing all the wrong things.
- Spinal tap to rule out SM and thankfully the results came back negative for SM.
- Found out that the SM symptoms was all due to a reaction to the different medications being taken together.

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## I'll be honest....I don't know what's going on.

- Let put you on prednisone and you will feel better.
- Lets try for Mayo.
- Two months out.
- My mom called Mayo daily to check on cancellations.
- On my back for three weeks with migraine headaches, severe lower abdominal contractions and cramping, along with 20-25 trips to the bathroom daily.
- We were praying for a cancellation.



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## Mayo

- Prayers were answered and I got into the Mayo a month and a half sooner than expected.
- Got a wonderful Doctor.
- Found out the C-Diff was still very much active. Was put on a very strong and specific antibiotic called Vancomycin.
- Did another colonoscopy to check my small intestine and found abrasions that were consistent with Crohn's Disease.
- Started on Remicade, an IV infusion costing \$9,000 per treatment every 8 weeks. Will be effective for 10 years max until body immunity is built toward the Remicade.
- Began the uphill climb back to health.



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# Crohn's Disease

- Crohn's is an auto-immune disease where chronic inflammation in the small intestine and colon cause:
  - long lasting diarrhea, exhaustion, fever, cramping, and bleeding.
- Web MD says there is no cure for Crohn's, but only steroids, and immunosuppressants to treat the symptoms.



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- Did well on the IV, and began a taper off of prednisone.
- In the fall of 2008 my Doctor realized my liver enzyme numbers were still high and even though I no longer had Epstein Bar Virus, C Diff, and had been feeling better.
- We went back to Mayo where I was diagnosed with Primary Sclerosing Colangitis or PSC. This is inflammation of the liver where a narrowing of the bile ducts occurs due to swelling and scar tissue. No treatment or cure.
- Doctors advice:
  - Don't google the life expectancies for PSC. There's not enough data and we don't know enough about the disease to give any clear answer for that. We will just monitor your blood every few months.
- With that we went back home.

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## Ups and Downs

- Had ups and downs for the next several years.
- Faithfully went into get my IV's and yearly colonoscopies at Mayo.
- 2012 My liver numbers reached an all time high, I felt awful once again.

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## Lab Numbers

<u>Normal Liver Enzyme Range</u>		<u>My Liver Enzymes</u>	
AST	10-37	AST	391
ALT	12-78	ALT	711
ALKPHOS	50-136	ALKPHOS	454
Total Bilirubin	.00 - 1	Total Bilirubin	1.36

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## Another Step In The Journey

- The did a procedure called a ERCP where they went in and brushed open the bile duct and it was hugely successful.
- My Doctor also increased my dosage of Remicade and upped the frequency. Now it costs \$18,000 per treatment every 6 weeks.



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## If Food Matters Then....

- Certain foods are probably healthier than others....what could these be?

The world of nutrition and functional medicine was new territory and I was eager to explore!

- Began reading The Makers Diet, By: Jordan Rubin. As well as all his articles and newsletters.
- This lead me to his good friend Dr. Josh Axe from [draxe.com](http://draxe.com) the worlds leading health website. This is where I learning that food CAN be medicine.
- Meredith and I began changing our diets as we would learn more and more.

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## The Lights Come On

When I was at my worst, being pulled down and sick with my liver issue I noticed a some crucial things:

- When I ate certain things that sat well I noticed an uptick in my body.
- When I ate other things that didn't set so well I noticed more inflammation, sometimes needing to run to the bathroom within minutes of eating.



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## The Lights Come On

- Stress - I could literally feel my liver begin to flutter with inflammation and a headache begin across the top of my head. Usually, ended up having to run to the bathroom.
- If they are having to up my meds and I keep having worsening symptoms I better have another plan.
- So it didn't take a rocket scientist to learn that **FOOD MATTERS** and **STRESS IS NOT GOOD**.



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## Our diet changes started small

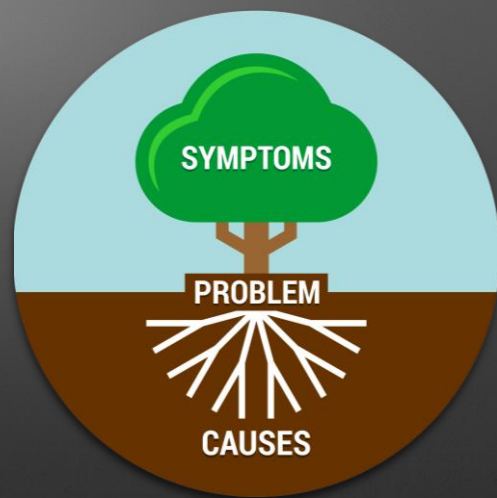
- Limited High Fructose Corn Syrup (HFCS)
- The pop we drink
- Limited fried food
- Limited processed foods



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## The YouTube video that changed my life

- Dr Axe talking about how at the root of autoimmune disease is TOXICITY.
- Toxicity in our food, water, air, medications, dental fillings etc.
- These toxins build up over time and slowly degrade our bodies until it becomes a problem and then turns into symptoms.
- How do we rid our bodies of these toxins and begin healing?



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## This Makes Sense To Me!

- I bought the Secret Detox plan that went into great detail explaining why to do each step.
- As I read and studied the secret detox protocol for days, and things made so much sense to me!
- I was sold, this was my next step toward healing, because this IV sure wasn't working anymore.
- But would my Doctor go along with it?

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## My Last IV

- Talked with my Doc about the IV losing its efficacy, being sicker, and my liver enzymes elevating again.
- She wanted me to get my next scheduled treatment and wait 4 weeks to check the antibodies present to see if my body has in fact built resistance to the meds.
- 4 week wait....hold on thats 28 days :)
- I knew what I was going to do. Get my last IV - do the 28 day detox - see if it worked.

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## I'm all in, lets do this! The Secret Detox

- 28 Day Detox while replacing with healing foods.
- 8 oz Bone Broth upon waking = easily digested and absorbed amino acids
- 20 oz juiced veggies mid morning
- Budwig protocol at noon (8 oz A2 Keifer or Yogurt + 2 tbsp flax oil + 2 tbsp coconut oil + 4 tbsp soaked chia seeds + cinnamon)
- Mid afternoon salad with grassfed protein.
- Supper with grassfed or wild caught protein and steamed veggies.

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## 28 Days Later

- Feeling healthier than ever before.
- More vibrant than ever.
- More energy than I had ever remembered having.
- Went in for my 4 week blood test to check for antibodies and check for elevated liver enzymes.



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# Emails From My Doctor

My Doctor: Roy,

Your most recent blood work is all absolutely normal!! Good job at whatever you're doing to keep yourself healthy.

Me: Wow, that's wonderful news! When do we hear about the antibody test?

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# Later That Day...

Doc: Roy,

You had a very low level of Remicade in your system and a high antibody level. So we must get your IV's on time and be on the highest dose.

Me: Gave her the dosage I was getting and told her about the detox that I did, and asked if she would support me in going off Remicade.

Doc: I would like you to continue your diet and meds.

Me: With all due respect, I feel that I have detoxed out the meds and my body has built immunity. Since I am doing so well with such little medicine in my system would you please consider supporting me on a 6 month trial run without meds?

Doc: I am very afraid of doing this, but this is not a dictatorship, it's a partnership. So if you are ok with the risk of having a flare up and being a long ways away from Mayo, I am ok with it too.

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## Since That Conversation

- Still off medication seven years later with no flare ups or Crohn's symptoms.
- Continued my annual Mayo Clinic check ups and colonoscopies.
- The first year showed inactive disease and no inflammation.
- The second the surgeon had to page my Doc and make sure he was correct on what he was looking for because he couldn't find any disease whatsoever.
- The following years have been great as well. Now I have't gone back for two years.

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## Health Transformation - Where To Start

- Begin with what you consume the most and do whatever you can to ensure you are getting the cleanest healthiest version of that one thing.
- As momentum is built keep making changes to your lifestyle until you feel you have reached your health goals.
- Make it a lifestyle.

### We started with 3 Top Things

1. Water
2. Protein
3. Fats

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# Top Water Woes

- Chloroform (formed when the chlorine reacts with the organic compounds in the water)
- Nitrate
- Chromium-6 (the carcinogenic “Erin Brockovich” chemical)
- PFAS
- Atrazine (second most highly used chemical in the US)
- Lead
- Arsenic
- Fluoride



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Whole House Filter



Our first filter change

Under Sink RO



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## Disease does not have to be a life long condition, but can be a temporary dis-ease.

- Remove Toxins
- Add nutrient dense healing foods like - good quality bone broth.
- Concentrate on healing your gut
- Add in proper supplements (but not too many). Supplement your health with whole sources as much as possible.
- Probiotics and Enzymes
- Don't be TOO clean, get in the SOIL



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## Healing Bone Broth

- Over 19 Essential and Non-Essential Amino Acids - arginine, glycine, glutamine and proline that are readily absorbed by the body
- Aids in Detoxification
- Collagen/Gelatin - help form connective tissues
- Glucosaminoglycans (GAG's) - maintains and supports collagen and elastin.
- Glucosamine - Help keep the integrity of cartilage



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## More benefits of Liquid Gold

- Chondroitin sulfate - Supports healthy inflammation response in Joints, Cardiovascular System, Bone, Skin, and Healthy Cholesterol
- Hyaluronic Acid - helps with cell proliferation in the skin
- Collagen - the main structural protein found within the human body that helps form connective tissue and “seals” the protective lining of the gastrointestinal tract
- Amino Acids - These amino acids also contribute to the body’s natural way of healing



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## Microbiome

- Our microbiome has diverse symbiotic relationships taking place within the bacteria and fungal communities of our gut.
- The vibrancy of our microbiome largely determines the vibrancy of our health.
- Antibiotics, other medications, environmental toxins, and stress can kill these bacteria and disrupt these diverse communities.



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# Soil Microbiome/Sociobiome

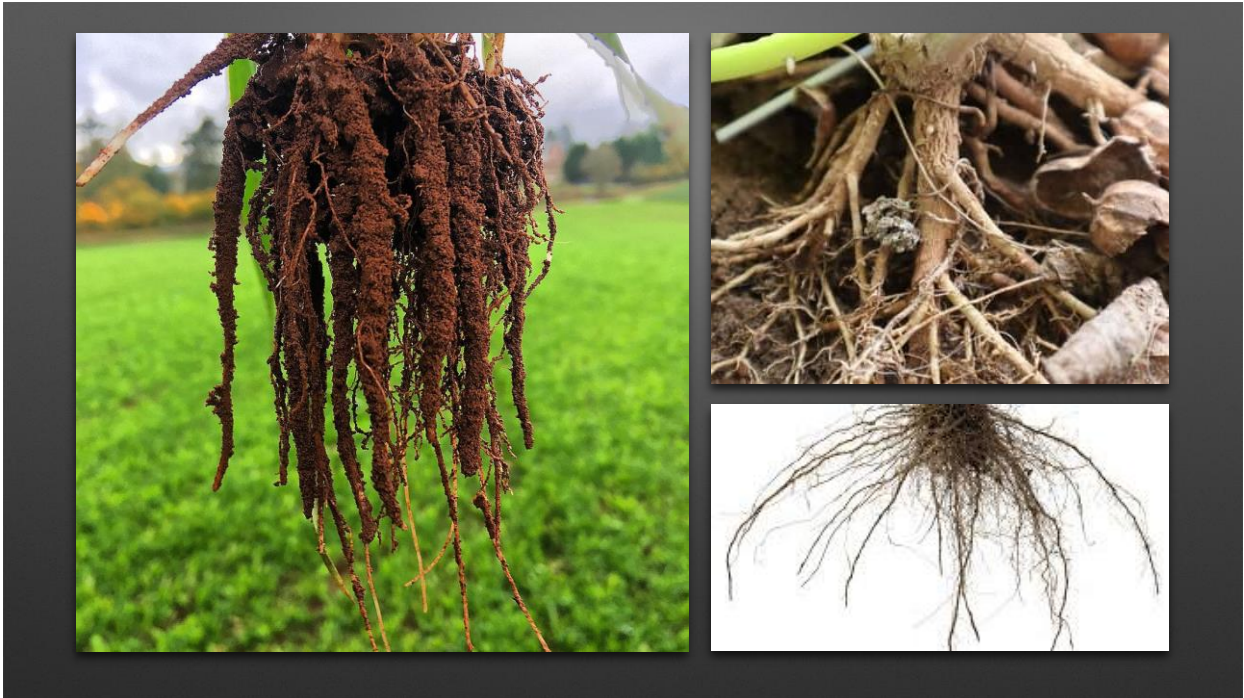
- Much like our microbiome, the health of the soil depends on the health of its microbiome as well.
- Are the plants interacting/sharing/relying on the fungal and bacterial communities under the soil? Or is the soil just a petri dish for simply housing roots for a plant while its being fed by synthetic amendments?
- Similar to antibiotics in our microbiome, tillage and synthetic amendments are very harmful and disruptive to the soil microbiome as well.



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**WHO SAYS FARMING IS STRESSFUL?**



**I'M 34 AND FEEL GREAT**

Has anyone ever felt like this?

I did!

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## The Soil Degradation: All Health Begins In The Soil

- Farmers are paid for QUANTITY not quality. (Pounds and Bushels)
- The soil is treated for the desired purpose. Minerals and other nutrients are mined from the soil without being replaced, then high amounts of synthetic NPK fertilizers are used in high amounts to grow the next crop.
- Fungicides are harmful in the way that they disrupt and kill most of the relationship between plants and fungal communities that would typically transfer nutrients to the plant as well as water absorption. While the plants provide the fungus with carbohydrates formed from photosynthesis.
- Insecticides knock the entire ecosystem out of balance by killing off the beneficial and predatory insects. Out of nearly 1 million known insects only 2% is actually considered a pest.
- Herbicides can be very harmful to soil biology in the way they can chelate/bind up nutrients. Kills of microbes, fungus, and bacteria.
- Synthetic amendments in the soil is much like antibiotics and steroids to us.

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- Carbon is always removed from the mono culture crops. Nothing being done to heal the soil.
- NPK Fertilizers may aid in helping the plant grow large and seem to be thriving. But Dr. Christine Jones would say that the plant is nothing but an empty vessel.
- Find a smaller plant grown in healthy thriving soil and ecosystem and that produce will be substantially higher in bionutrients.
- Animals consuming these plants have a much higher nutrient profile including higher amounts of CLA, antioxidants, vitamins, and a far more balanced fatty acid profile in their meat, milk and fat than conventionally finished animals.
- When animals are raised and finished in a healthy ecosystem there is almost no need for any insecticide pour ons or antibiotics. Grassfed/Finished animals are rarely ever given any implanted hormones or ever treated with any synthetic treatment.
- But its best to know your Rancher/Farmer so you know for sure.

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## Another Lightbulb Moment

- I wasn't growing or raising anything that I could eat.
- Had lost 100% desire for the way I had been farming.
- Thought I needed to quit and start a health food store or health website.
- Didn't know how I could keep operating with all the chemicals, fertilizer, hybridized seed, and seed treatment needed to farm and still feel good about it.
- Began taking part in the NRCS Bee Program and was blown away when doing my monitoring. There was no synthetic amendments applied but yet things were thriving. Not only did the plants look to be thriving but I noticed LIFE BUZZING EVERYWHERE! From the bees, to beetles, lady bugs, butterflies, spiders, worms, birds, deer, coyotes, pheasants etc. Then immediately I walked into a conventional monoculture field to the sound of silence! There was nothing! This was the starting point for me.

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## Have You Heard About Gabe Brown?

- At church I was talking with a visitor who seemed to know a lot about organic farming. So I asked him if it was possible to be organic no till, and farm for my cattle and still be profitable. He told me about Gabe Brown. :)
- YouTube was helpful once again. I consumed hours and hours of content from Gabe, Ray Archuleta, Dave Brandt, Dr. Christine Jones and many others.
- I heard Gabe say one time that he didn't care of the phrase "Sustainable Agriculture" because why would we want to sustain a degraded resource. Lets be Regenerative! All this made so much sense to me.
- Not only can regenerative ag heal our soils and our health. But it can also heal financial statements as well. Regenerative Ag done properly begins to think about profitability more than pounds and bushels.

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# Learning What Change Looks Like

- Practice the 6 Tenants of Soil Health as much as possible.
  1. Limit Disturbance
  2. Armor on Soil Surface
  3. Build Diversity
  4. Keep Living Roots in the Soil
  5. Integrate Animals
  6. Context



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# How Our Operation Has Changed

- Selling Grassfed Beef
- Niche grains directly marketed such as Rye
- Diverse Rotation
- Limit any residual chemical and attempting to cut passes as we transition.
- Utilize the Haney Soil test to cut fertility and not sacrifice the yield we do need.
- Farming for our cattle
- Planting untreated seed whenever possible. (Untreated corn story)



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# What is YOUR Context?

## How can you start today?

- When you see things that are supposedly “healthy” make sure they actually are and that you’re not buying some marketing speak.
- Realize that even when things are labeled grassfed, organic, paleo, keto etc. That these labels themselves don’t make them nutrient dense.
- Can you incorporate any regenerative practices into your lifestyle? Garden, Pastures, Farmland, or even encourage a city garden or farmers market that uses regenerative practices in your town or city?
- Buy Regenerative.

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## Organic No-Till Garden



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# Maintenance Plan

- Low Toxicity
- Grassfed Products whenever possible
- Healthy Fats
- Real Carbs
- Lots of homemade bone broth
- Raw and cultured dairy - meet our cow - Rosita
- Fermented Veggies
- Low Inflammatory Foods
- Grains are usually either soaked or sourdough otherwise gluten-free.
- No dyes, fake sugar, or highly processed food
- Organic Freshly Ground Coffee
- REAL FOOD whenever possible
- Freedom and Hope

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## What is YOUR Context?

### How can you start today?

- Start with what you consume most. Example: Water, Protein, Grains, Veggies, Dairy etc. Make the jump to change that one thing. Build momentum from there. (I started by changing the Pop I drank:)
- Do your research to convince yourself. Does it make sense to YOU.
- Make sure they are YOUR health goals not someone else's for you.
- Know your Farmer or Rancher.

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## Resources That May Help You

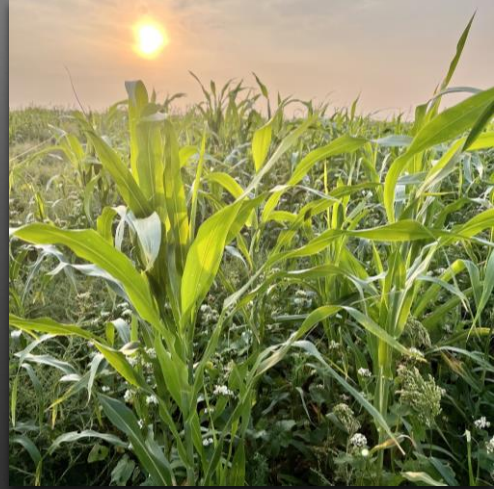
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  - Supplements, Bone Broth Protein Powder, Health Plans, and Articles
- [aquasana.com](https://aquasana.com) - Water Filtration
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## Trusted Sources

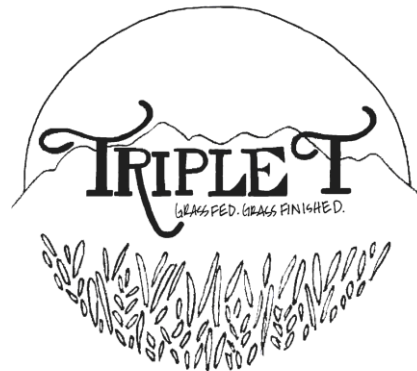
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**Thank you so much for attending!**

Roy, Meredith, India, Hyde, and Mesa Thompson