



**Trim Healthy Podcast with Serene and Pearl**  
**Episode 63 - Finally Confessing Our Secret Dr. Z Helps Us**  
**Come Clean**

*Counting calories is out. All the food groups are in. Becoming trim and healthy doesn't have to be difficult or painstaking anymore. After trying almost every fad diet out there... sisters Serene Allison and Pearl Barrett, authors of the best-selling Trim Healthy Mama book series, took matters into their own hands and the Food Freedom Movement was born. This podcast offers a deeper dive into the world of THM. Listen in as the girls (and their sidekick Danny) tackle a variety of food, fitness, and lifestyle topics with the same quirky attitude and style that has endeared them to an ever-growing audience of women who are changing their lives and the lives of their families. **Welcome to the PODdy!***

S = Serene · P = Pearl · D = Danny · Dr. Z = Dr. Eric Zielinski · Mama Z = Sabrina

Zielinski · J = John · L = Lesley

[00:00:00]

S This is the PODdy with Serene...

P And Pearl

S Get it right, P-O-D-D-Y.

D Hey, so we've got a special day and a special guest here at the PODdy Cabin. This is Eric Zielinski, Dr Eric Zielinski. He's known as Dr Z. He's an essential oil expert and he's written a cool book called "The Healing

Power of Essential Oils.”

P Hey, what about Mama Z. right behind you?

D Yes, Mama Z, got Mama Z, of course Lesley, looking stellar and lovely Nashville, the whole PODdy crew with Serene, John, Pearl. We're all here and we're about to get this party started. So I'm going to let you guys go, I just wanted to see who was with us.

P Also, for everyone who is not watching this, Danny is taking a video. The people listening right now don't know what the heck you're sort of doing.

[00:00:46]

D Well no, now I'm going to intro the podcast.

P No, no, this is it, mate. That was your jam.

D Oh, is that it? That's it?

S Okay now, I want to say this is so...

P Sorry Danny that was your intro.

D We're live

S The thing that sold me about Dr Z, like that he was going to be the one in the know about this subject, essential oils, was just the name. Who's not knowledgeable and they're called Dr Zielinski?

P That's true.

S It's a heavy name.

P But Dr. Z makes him hip, too.

S No no, he's hip. He is completely hip. But I'm just saying, there's something

about the name that I knew that this book was going to be filled with the truth about it.

[00:01:16]

P Can I just say something before we get you talking, Dr Z, because we're definitely going to give you the platform. I'm so glad you're here today. Essential oils have been such a huge part of, actually, Serene and my life, but we've sort of had to keep it on the down-low because anytime you mention essential oils, there is drama. There are cat fights. There is like... You're murdering your children because you're giving them essential oils, or you're using the wrong ones, or oh my goodness, it's like, we couldn't even say the word essential oils!

S Well he wrote a line in his book that says something like, I'm to going to say it as wonderfully as him, but you don't bring up politics, religion or essential oil companies at Thanksgiving.

D Oh that's funny.

Dr. Z Amen, that's exactly what I wrote.

P And actually when Dr Z is here and you know why I love him, and this is why we're having him on our PODdy today, ladies, is because this is balance. I'm telling you, we have balance in our eating plan and now we finally have balance with essential oils, and he's going to bring you the truth. We're going to get rid of all the fads and all the drama and all the fighting, so we're not in a brawl in the mud, like, fighting each other, right?

S Yes and we're going to find out what's safe and what really is the truth and it's not paid by some company. You know what I'm trying to say?

[00:02:32]

S So it is going to be the truth because he's got no other ulterior motive.

P Exactly, just as he doesn't have a company but he teaches millions of people about the subject, and he's got the book. The book is "The Healing Power of Essential Oils." It is so good. Okay, we're going to talk more about it.

D You know, Pearl, I'm glad you mentioned the drama of it, because honestly that's all I know about essential oils, is the drama on Facebook.

P Oh you don't use them, or you only know drama?

D No, this is the first... I'm looking forward to learning some real facts, you know.

S Your life's about to change, Danny.

D Yes, this is cool.

Dr. Z Have you ever used them?

D Never

Dr. Z Can we give him something, let's anoint this guy.

P Yes, put some joyful on.

[00:03:03]

Dr. Z Yes, we've got Joyful. Mama Z blessed the Mamas with Joyful. Let's get you some Joyful blend.

S Created by Mama Z, his beautiful wife, this Easter basket of incredibleness

and I put a little squirt of this Joyful on, and I'm already a happy person, and I was just ecstatically exuberant, like I was ready to do cartwheels.

P She just made... Mama Z just made these for us. She's out of her...

Dr. Z It's safe for babies too.

S Is that Joyful that he's got in his hand? Okay, but don't take any of mine, because I need it.

P Okay, behave yourself, Serene. I want to get to nitty-gritty. I want Dr Z to speak, because all the Mamas are like, stop, just let him speak and tell me stuff! Dr Z why is there so much drama around essential oils, and what the heck?

Dr. Z Well, if I may say, it's a \$6 Billion industry, that's why.

P What? I had no idea.

Dr. Z That's why. And there are millions and millions of distributors that sell them, so that's why the drama comes in. What brand is this, or I do this, because a lot of folks are sustaining their families on selling essential oils. That's why, and also...

[00:03:55]

P And that's okay, right?

Dr. Z No, there's nothing wrong with that, but that's why there's drama, because there's a lot of fighting. Like, I represent this company, I represent that company, but also, there's the whole, dare I say, Big Pharma medicine aspect, because we're helping people who don't get help from medicine and

don't get help from surgery. And so it's become a natural plant-based alternative, and people are getting well.

P Wow, so Danny, all you've heard is drama. Why would Danny, then, start to use essential oils? I mean, what can they do for his life? What are these things? Heck, if someone's listening they're like, essential oils... If I'm like Danny, I'm never... All I've heard is people fighting about them. Why use them?

Dr. Z Well Danny, you are using essential oils, my friend. You don't even know it. Every day all day long. Have you ever eaten a food or a flavor... or a processed food that says natural flavors on it?

D Oh yeah

Dr. Z Essential oils, have you ever used, like a lotion or a potion, or anything that had fragrance or parfum?

D Of course

Dr. Z Essential oils

[00:04:49]

P You use our deodorant, Danny, right?

Dr. Z Essential oils, but those are synthetic essential oils that are known to, dare I say, be neurotoxic and cause cancer and autoimmunity. So what you're doing is you're putting toxic chemicals on your body if you go to these stores that have these conventional products. Why not use the real deal? That's the difference.

D You know, I've always like, putting shampoo on in the shower, I'm just so conscious nowadays that I'm putting chemicals on my body.

S So are they synthetic because of the way they're processed, or is it synthetic because they don't even come from nature at all? I'm just trying to get to the bottom of it, because when I see fragrance, in my head I'm like, cancer.

Dr. Z Parfum

S Yes, parfum, see I'm already getting a placebo headache.

P Dr Z, are those coming from essential oils in some form or another?

Dr. Z They are essential oil-based products that are chemically manufactured to be produced in bulk, if that makes sense. So it's not like the real deal. It might just be one drop of the real deal, but then there's a lot of fillers and then chemicals to make it smell sweeter.

S Okay, almost like adding MSG to food.

[00:05:48]

Dr. Z Essentially, yes and they also mimic. That's what a lot of our drugs are. You know, we've talked about this before like in our podcast. All these drugs we see, and all these drugs that we use are based off of compounds from the plants, the essential oils.

S So true

Dr. Z So that's what this is. It's not like chemists are inventing new chemicals.

P Hold on, they are? This is new to me.

Dr. Z Yes, like aspirin, so aspirin, right? What's aspirin? There's a chemical...

P I thought it was from willow bark or something.

Dr. Z Well yeah, so when you extract...

P But it comes from the oil of the...

Dr. Z Yes, birch specifically, and then there's other chemicals like methyl silicate in wintergreen and others, that if you extract that you can actually get the pure essential oil, but if you want to make a nice shiny white pill, then you have to chemically manufacture it, and the chemists are creating basically fake versions of it. Synthetic, synthetic oils are bad.

[00:06:33]

D So aspirin, it's essential oil-based? Is that what you're saying?

Dr. Z The chemical compound that makes up aspirin is based off of the essential oils from the plant. So yes, these chemists... It's brilliant, so these chemists say, okay, what is the pain-relieving quality?

D Oh come on, people

Dr. Z Is that a phone? Is that mine?

P It's mine, it's mine.

Dr. Z Mama Z is that...? No, it's no one's.

D We can't get out of a podcast without a phone ringing.

Dr. Z So when, you know... Just go back to our ancestors, going to the roots and going to the herbs and going to the resins in the flowers and the trees to heal themselves, they find out, okay, this plant has analgesic, pain-relieving properties, so why don't we mimic it and just change a little bit of



an isomer, change a little bit of a chemotope, whatever it might be. So they're just inventing these drugs...

D So it's a synthetic version of a natural healing substance?

Dr. Z Yes. 100%.

[00:07:23]

P And you know what? I love that you're a believer and in your book you share scriptures, and it makes sense, that scripture that says, you know, give the herbs, give you the field for your healing and... It's another phone.

D Oh, this time, Mama Z breaks the law.

P That really makes sense, then.

Dr. Z 100%

P From the actual oils in these plants

Dr. Z And can we actually say this though, too? This is a big myth. Jesus didn't use frankincense oil y'all. Please.

S Yes, yes, I read that.

Dr. Z Please don't say it. It didn't exist.

S It was the resin, just the straight resin, right?

Dr. Z Because steam distillation wasn't invented until like the 9th century, so they didn't have what we have. We have these super-concentrated oils. All they used were resins. You know, when God told Moses to get this big vat of olive oil and put calamus and cinnamon myrrh, that's an ointment, that's an extract.

[00:08:08]

Dr. Z It wasn't a pure essential oil. It's just extracted from...

P So essential oil's been around since did you say the 9th...

Dr. Z The 9th century, A.D

S It was Arab, right?

Dr. Z You read the book, you read the book! I'm so impressed.

S I'm the good girl! I was late, but I was good.

Dr. Z I love it.

P Well I've gone through, I was really stuck in all the recipes, because I've been sort of making my own. I mean, as we've said, Serene and I have been into essential oils but all on the down-low, it's been hush-hush. We can't tell what we've done to the community, they'll think we're murdering our children or something. And so, I've been making my own little blends and concoctions, and then I asked Dr Z about them today. I was doing a few things wrong, so I think we're going to clear some of that stuff up. Because I love how safe you are about essential oils and one of the other things that causes big fights on social media is like, oh do you only breathe them in, or

do you ever put them on your skin, or, oh no! Do you swallow them?

S Can I prove my good girl-ness again?

[00:09:05]

P What?

S Again I loved how I read in his book, because it really cleared my wrong way of thinking was, aromatherapy doesn't mean just smelling. It's actually the medicinal use, the therapeutic use, the smelling, and the topical.

P Yes, and so Dr Z, let us know, because I love that you actually said there is a place for all three. Honestly, sometimes on the internet you go if you actually swallow a little drop of essential oil you're going to die. But let us know your thoughts on this.

Dr. Z Again, going back to Danny enjoying essential oils all day long every day, 50% of all essential oils used on the planet are in the food and flavor industry. It's just dosage. So what do you think flavors your root beer, a little microscopic drop of wintergreen or clove or others. It's in your lemon bars, your peppermint patties.

D That's so interesting because I've always thought, like, how do you just flavor something? Like, how do you invent flavor? Like... Out of nothing? But yes, it's got to come from somewhere.

Dr. Z But there's a synthetic version of it. You've always got to remember that. So, they're so safe. It's just dosages. That's why all the recipes in my book

count like just two or three drops per dose, per capsule, or there's a number of other ways...

[00:10:14]

P And there's always a carrier oil too, isn't there?

Dr. Z Always yes 100%.

P Because even when you put like a lemon oil in your water, you're like, that's going to stay on top. No, put it with a carrier oil, put it with coconut oil. I loved that. I was like, finally! And now I know how to ingest oils internally!

Dr. Z Yes, and in your bath too

S Yes that's what I learned from him too, yes. Because they repel water, right? They're anti-water, but they love the oil.

P And you also, you love them on your body but you're not a big like, neat. You don't like, right, neat on the body. And so I've been...

S Explain for the people that don't know what neat is, Pearl, or Dr Z can...

P Neat is an essential oil direct on the body, correct, and...

Dr. Z Undiluted.

P Undiluted. And what are the problems with that, Dr Z?

Dr. Z First, that's not the best way. In my opinion that's not a natural way. You're not going to walk into a lavender field and be around a lavender pool of essential oil.

[00:10:57]

Dr. Z It just does not exist. I mean really, it takes 35 pounds of lavender to get one itty bitty bottle of lavender, so they're tightly concentrated, right? So the body, I don't believe has been designed by God to be in interaction with them in its full concentrated form. So you dilute them to A. prevent what's known as sensitization, which is a contact dermatitis. So people are becoming allergic. They're getting rashes and burns. They're hurting themselves just by putting oils straight on their skin. And also, it's safe, it's effective, it's sustainable, and this is where part of me just... The hippie part of me comes out. I want to make sure my kids and my kids' kids get the chance to enjoy these. We're consumerising plants to extinction because we're using too much oil, and that's a concern, a lot of plant matter just being wasted because people are just using oils too much.

P Oh interesting, so you put them like with coconut oil, or some...

Dr. Z Jojoba, coconut, almond, so any others, and also, they help evaporate, and this is one cool thing, not to go too much... I have this science geek part in my book. You know, EO are volatile organic compounds- volatile meaning evaporate. So if you were to put a drop of oil, and we could do it right here on the table in front of us, we'll smell the vapor. That's literally because it's evaporating and those particles are emitted and touching our nose and saying, hey, there's a smell here. Well how do you stop the evaporation,

because if you're evaporating you're wasting your money, literally, it's just coming up. So a carrier oil prevents evaporation. It also opens up your pores, and we know that essential oils get into our blood stream.

D What's a carrier oil? :Like coconut oil?

Dr. Z Oh, any fatty oil, coconut, olive oil, grape seed oil, jojoba, shea butter. There are just dozens and dozens kinds of carrier oils, anything to help dilute so you're not using the pure concentrated form.

S I also like how he brought up in his book, he was saying how your body cannot absorb and break down probably and deal with that much concentration at one time, so using one or two drops instead of like overdoing it like my personality would be, just like keep it coming, drop drop drop. The body is going to freak out.

Dr. Z That's my personality too, and I had to learn. My wife will testify, if one's good, 20 is better. I had to learn. Like I got trained, that's one thing y'all, I'm a researcher and when I started learning this stuff, I'm like, research says this this... Man I hurt myself. I literally hurt myself a couple of times bad. Like I created reflux and I burned my skin because I wasn't using them right. And I learned, like literally, I went back to school again and I learned how to use it right. And true aromatherapy uses it for a lot of ways : medicinal, internal... I mean, we'll talk a lot of different strategies.

P We'll get to internal soon, but I say something that I I've shared my my struggle on here with all our Mamas.

[00:13:32]

P And we're Mama-based, but you're a doctor so you can listen to this. You know, I've always fought fibrocystic breasts and lumpiness and the pain in my childbearing years, really, and you know I've had some breakthroughs. But one breakthrough I had was my own little concoction. I'd read about the therapeutic, beautiful oils and clove oil and frankincense, how good they are for the breast tissue. So I made up my own little concoction a little bit of a carrier oil of coconut, but I wasn't using enough coconut so I've been putting this into myself and what you said, it's probably too high doses even though it's really helped with my lumpy breast, a lot, incredible. I don't need to use that much just because it works, right? What is your basic amount of drops per carrier oil?

Dr. Z So the standard, if we're not talking a medicinal dose, a standard is a 2% dilution. So what's 2%? Okay, math, everyone. There's 600 drops in an ounce. So whatever, if you have a carrier oil like one ounce of olive oil let's say or coconut oil you get that 600 drops. So if you want 2% of 600, that's 12. So it'll be 12 drops of essential oil in total to a carrier oil, per one ounce of a carrier oil. That's the standard aromatherapy ointment for your skin. But when it comes... I would say breast, underarms, genitalia, because people use this for everything. Then, you want to get 1% or lower. But for someone that has like cancer or diabetes or you actually are trying to really affect a condition, then you could go 5%, maybe even 10% if it's a gentle oil.

Gentle oils, good oils like... Well they're all good, but gentle oils that are non-caustic, they won't burn. Like lavender, frankincense, sandalwood, Roman chamomile, right.

[00:15:13]

P Can I ask you, for people who are not good at math like Serene and I, because both our eyes are glazing over at the ounce.

Dr. Z I get that, yes, I get it. That's why you got to get the book.

P Hey, we're in kitchens, we work with tablespoons. Let's just say we have a tablespoon of a carrier oil. How many drops to that, about?

Dr. Z 1% is 300... Three.

P So three drops to a tablespoon is about right.

S I can do that, that's a drop per teaspoon.

P See I love that

Dr. Z I love it. This is cooking now.

S My math works with tablespoons and teaspoons because there's cooking...

D Anytime somebody does math in their head I'm like...

Dr. Z I know, it's like, help me. But you want to premix your blends. So Pearl, your blend, you want to premix it so it's really easy. You're not like, in your hand dropping it...

P Oh, I've been dropping it in my hand. I'm totally going to premix now.

[00:15:53]

Dr. Z So when you're creating, that's one thing I love about my wife, she labels



everything, and you know, you want to have your like, Breast Health Blend, you want to have your Happy Blend, Joyful Blend, you want to create your own little blends and you want to label it so it's just easy, boom boom boom.

P Mama Z is amazing she made up her own blends. You need to come and see some, Mama Z.

S I'm so excited. I just wanted to say, as we're talking about breasts, so we can get the breast done all at once.

P Breasts

S And then we just won't keep them going through the whole party. Well, that was the big thing that proved essential oil's power to me. Because sometimes you can think, you know, sometimes you can think well, was it just placebo... I mean I'm going to pass the mic to her in a second.... Is it just placebo? Or, you know, is it really...

P Yes, like Danny's a skeptic an Essential Oil skeptic.

Dr. Z I don't think anymore. He's joyful over there. He's feeling very joyful at this moment.

D I'm joyful.

[00:16:34]

Dr. Z You can see it in your eyes.

S So anyway, I was thinking to myself, I had a great milk supply, but I'm OCD. I'm like hey, if it's good, why not make it fantastic? Why not make it

so it's just like, the land flowing with milk and honey. So I want to make my baby fat. So I looked up on the Internet, essential oils that are really great for milk supply, and I read a couple and I thought, well I'll put one drop under my arm. Because I don't want it too close to her as she drunk... drink, drank, drunk, whichever. It's really sounding not very intelligent. Anyway, I wake up in agony. Stones like, so filled with milk. There was no room for the skin to stretch anymore. I was just so chock-full of milk and I'm like, what did I do? One drop of fennel under each armpit, and I'm like, this stuff is for real. It's for real and I'm in agony. What am I going to do? I gave myself mastitis.

P That's incredible.

Dr. Z Wow

P Here's Mama Z.

Mama Z Well, and when I make all my blends...

P Serene, can you help Mama Z? Put it right in her face. There we go. She just flung microphone, like I'm done.

[00:17:43]

Mama Z And when I make my plans... Because I'm a Mom, so I use them on my kids, so that's why I always use the six to eight drops for every one ounce of carrier oil, because I'm in and around the babies all the time. And so, whether it's the Joyful Blend or we're going to bed and we use the Sweet Sleep blend. It's so important to make sure if you're going to be around kids

and the oils are going to be around kids that it's also the safe dilutions for the kids and the babies.

P What do you think is the best thing, this just popped into my head, best blend that you would put together for a headache?

Mama Z I love peppermint, wintergreen, and lavender. Those three really... because some people respond well to peppermint and some people respond well to a wintergreen, but those combinations together, and then lavender that just calms everything down. I love that for quick...

P And what would you do with it? You'd put it in your carrier oil and your blend and then where would you rub it. What would you do, or would you inhale it? Would you drink it? What would you do?

D Snort it probably.

Mama Z Well I guess I start with the shoulders and do a nice deep shoulder massage. And then what I want to do is take my hands and cup them over my nose and inhale, and then I usually press the sinuses.

[00:19:00]

Mama Z You know, this time of year in Georgia, we have yellow pollen all over the vehicles, so there's just lots of stuff in the air. So it could be tension related, so that's why I'm going to take care my shoulders. It could be allergy related, and so I want to make sure that I'm opening everything up in all of those places that could possibly be... And even behind the ear on the mastoid bone, especially for kids, because sometimes you don't know what's

wrong, and their ear's hurting or they're teething or whatnot. And I love to like, massage that area because it just opens everything up.

D So does the oil, is it going through the skin or is it mostly the inhaling of it?

Dr. Z Both, okay so that's why I love topical. Out of all the different ways, topical application you get a two-for-one deal when you apply topically because you get the inhalation benefit, but when it applies on your skin, this is one thing that blew my mind when I started researching it, the chemicals can be found in your bloodstream within five minutes.

P What? No way.

Dr. Z And here's the key. They've done lavender studies where they just apply the 2% dilution of lavender over a male patient's abdomen, and within five minutes full concentration of the oils. They get into the bloodstream within 20 minutes, and here's the kicker, this is why I love them: within an hour and a half, they're gone. Completely metabolized, I don't know of any drug on the planet that our body can completely metabolize.

[00:20:13]

P So does that mean we need to frequently apply the oils if we're dealing with a condition?

Dr. Z If you're dealing with something like a flu or a fever, yes, you want to apply it every... I usually recommend around four hours. But for some like a

chronic condition, I'm concerned with people... This is one thing too, y'all. I do not want people to be on oils like people are on drugs the rest of their life. We're talking freedom we're talking... I don't use oils every day because I have to. I use them in ways that I want to, to enhance. Like the Joyful Blend, or I want to get in a perky mood or I really want to calm myself down. I don't want to be in bondage to anything.

D Will it really perk you up, though? Like will you notice a noticeable...

Dr. Z 100%

D That's cool. Because right now, I don't want to you know... speak too soon, and there's a lot of people in here and everyone's smiling...

Dr. Z Like the placebo effect

D Right, am I placebo-ing because of my joyful or... But I truly do. I'm happy in front of people as well, naturally, so it's a hard test right now but.

[00:21:05]

Dr. Z The orange oil stimulates your limbic system, which is where your mood, your emotions, your primal brain. I mean, it's been shown over and over. It is an antidepressant. So we have people, and I've got to be careful because, you know, if you're on an antidepressant be very careful, don't cut cold turkey that could be bad, but there are a lot of people weaning themselves off of drugs and they're using inhalation, the essential oils, to get free from these.

D So how... That actually just, I have like a thousand questions firing in my head so I won't ask them all, but I do want to ask one more. Let's take a classic headache, right, because then this can spill over into... I'm reading in your book about irritable bowel syndrome alleviation and major things, right, that people struggle with their whole life. What percentage would you say, if I, let's say went with Mama Z's headache concoction vs. an Advil... Do you think it's a 50% to pain relieving of Advil? 98%... Has that ever...?

Dr. Z That is a really, really good question. Very good question, there's every topic that I've seen regarding everything from cancer to blood glucose balancing to mood... The bottom line is this, you'll rarely find an essential oil, quote, outperforming a drug in effectiveness, okay. There's a reason why drugs are the way they are and they work the way they do, right. But a lot of studies, here's a cool thing, A. show equal effectiveness, or two, if it's not as effective, it usually takes a little longer, there's no side effects. I can't stress this enough. I don't know of any drug, period, that doesn't have a side effect.

D Big side effects

[00:22:43]

Dr. Z And there are no side effects to essential oils if you use them right way. Again, if you slather clove oil on your body because you're trying to fight an infection, you will hurt yourself eventually.

D That's where your book comes in handy, because it has those recipes and that's it.

S You said you don't want to be a slave to essential oils. You know, you use them because it's freedom, because you can, and to uplift your mood. Now, maybe not anybody is going to relate to what I say. Maybe it's just my personality and there's no one else psycho out there like me, but my brain gets confused straight away. What if I want to use them everyday? Like, it's not going to hurt me right?

Dr. Z Yeah, so what I want you to do is use them in the way that you want to.

S In the next ten years, if I want to do something everyday like part of a ritual in the morning just because it makes me happy, right, get out of the shower and slather frankincense on, that's okay?

Dr. Z Yeah but what I don't want... Because I want to help people not have headaches everyday anymore. Because I have so many people they have chronic issues that they're going from a drug everyday to an oil but they're never healed. So that's when they get on your plan.

[00:23:44]

Dr. Z That's when they start dealing with root cause resolution, that's when they use oils to heal. What I want to do is give people healing so you use them when you want to and not because you have to.

P Do you feel like, then... Are you saying that you feel like, rather than be a method of soothing, of taking away pain and everything, you feel like oils

actually, literally can go on to the body and heal the root of these conditions?

Dr. Z They can help, and this is where the chiropractor comes out, because we've been told that the power that made the body, heals a body and an innate intelligence. We want to give the body what the body needs to bring healing. Your Ylang-Ylang, okay. We hear about Frankincense, the king of oils maybe. Ylang-ylang is his queen. Because your Ylang-Ylang does so much to bring harmony. It's a known harmonizer. So, not to get too scientific, but you know, when blood pressure rises so should heart rate, and when heart rate rises so should blood pressure. Well, what Ylang-Ylang has done is actually cause people's heart rate to rise where it should and people's blood pressure to lower where it should. It's counteracting conflicting measures on the same people, which basically says, how can one thing do conflicting measures? In the medicine world, it's impossible.

P Wow

[00:24:50]

Dr. Z But in the essential oil world, what that says is Ylang-Ylang gives the body something the body needs. It all starts in the brain, y'all. So if the brain knows what the brain needs to do, the brain will say heart, calm down. The brain will say okay blood pressure, go where it needs to. We don't treat disease; we treat the body, so the body can treat disease. It's a fundamental difference. Like food...



D That's a big deal.

S And a question that I have, because a lot of our Mamas listening, and men...

D She looked at me.

S May have issues with blood sugar high blood sugar, high glucose. What are some essential oils that you know of that can help them in that area?

Dr. Z Melissa, Cinnamon, Lavender... Those are the key, Also, thyme. These are really shown in the research to really help bring balance. But also people that are hypo-, you know. They need to raise, some people, too. They can also have a similar effect. You want to be careful; some oils like rosemary, when it comes to blood pressure, it has such a blood pressure spike effect that if you are hypertensive, you want to stay away from rosemary.

P Really

[00:25:55]

Dr. Z Yes, you want to be careful. some are just so strong, where they don't have the harmonizing effect like Ylang-Ylang does, Sandalwood, Frankincense. These are harmonizers.

S My husband deals with, just like a... I don't want to speak ill of him, but a genetic blood sugar issue. You know, it's just that their whole family, even if they eat really, really good, their blood sugar is higher than it needs to be. So what is something that he could take, like, here I go again, every day.

Dr. Z I know, I know.

S You said Melissa, you said Cinnamon, but can you tell me a combination, or a drop, or a little recipe?

Dr. Z I'd love to. I would want him to get on a capsule, where he could put two drops of cinnamon with some olive oil in a capsule.

S Cinnamon leaf or cinnamon bark, because I saw in your book...

Dr. Z Ooh, thank you. She read. Cinnamon Bark, because Cinnamon Leaf doesn't have that, Cinnamon Leaf has a different effect. But Cinnamon Bark because it has cinnamaldehyde in it. Cinnamon Leaf has eugenol, which is a completely different chemical. But yes, Cinnamon Bark essential oil, a good pure essential oil and I would be very curious how he would respond. Twice a day.

S With oil like, dilute it in the capsule?

[00:27:06]

Dr. Z Oh yes, you want to put like... You know what my best friend is? A little pipette or a little dropper from whatever bottle you might have. But get just a little, couple drops right in there, coconut oil or... It hardens, I guess, if it's cold weather, but olive oil. A couple drops of that with a couple drops of that with a couple drops of cinnamon.

S So equal-equal, carrier to medicinal

Dr. Z No, I would actually do just two drops in total. Two to three drops of essential oil in total and fill the rest with your carrier.

P And I love what you just said, Serene. You brought up, because I wanted to get there, about, you're all talking. Now it's like the taboo thing, ingesting essential oils. But you just did it in a very balanced way. Can you just give us your whole idea about ingesting essential oils, putting them in your body?

Dr. Z Yes. Again, remember y'all: we're eating foods that are flavored, and that they're flavored by either a pure or a synthetic version of an essential oil.

D So we're already ingesting essential oils?

Dr. Z You already are. You already are, it's just dosage. And so what I'm concerned... I'm really concerned about Pinterest. I really am, and I got to pick on Pinterest.

[00:28:05]

Dr. Z I've got to pick on the mommy bloggers and the Dr So-And-So's who aren't trained, because it freaks me out. These 15, 20, 30-drop capsules that they come up with and it's like, you guys are going to overdose. There is such a thing, you could tax your liver and your kidneys, just like anything. You can drink too much water, right. So we want to have balance and want to have propriety, so I usually stick at with, you know, two to three drops per dose.

Dr. Z If you want to be more aggressive, you can, but if you want to, you've also got to consider, y'all... Anyone on blood thinners, clove's something want to stay away from internally ,right. You want to stick away from certain

drugs. Talk to your pharmacist and your medical doctor, because there can be drug interactions. I talk a little bit about that in my book, too. But yes, you stick at two to three drops and maybe two, three doses per day.

Dr. Z Here's the thing, though: when it comes to intervention, so someone has a blood sugar issue, I don't want someone to do the same thing every day forever. If someone still needs support, and that's a good thing, I understand that, I would still switch up the protocol every four weeks. Why four weeks? Couple reasons, one, a lot of the research studies that we see are always on a four week cycle because our body, our skin, regenerates itself every 28 days. We're on a cycle. Women, you're obviously on a cycle. Men we're on a monthly cycle.

S I knew it. I just knew it.

D What!

[00:29:19]

Dr. Z See? There's something to it, this monthly cycle. So if someone has a chronic condition, what I want to see is... Okay like for your husband, let's do Cinnamon once a day for a month, see how he responds. And then let's change to Melissa once a day for four weeks. So let's change it every month, just every month. You don't want to do the same thing forever, because of

resistance.

S I didn't even pay when I came in here, mate. This is a good thing.

P I love it, and I love that everything's so balanced but that you're not saying we're going to die if we ingest essential oils; you're actually saying, no, it can be wonderful, but just do it in a safe way. So we don't need to be extreme, right?

Dr. Z And you know what's really safe? This is where we've got to combine. We've got to do like a cookbook, because how can you add oils to your... Like one drop of cinnamon, oh I'm sorry...

P We've been too scared to put essential oils in our recipes, and we use them at home, but we have been too scared to put them in because...

Mama Z You will love them, seriously. Guacamole...

Dr. Z Come on. Give me a lime, give me some cilantro, I'll make guacamole. You haven't tasted guacamole until you've tasted guacamole until you've had cilantro and lime in it.

[00:30:11]

Mama Z Yes, lime and cilantro, and I'll make lemon bars with fresh lemon juice, lemon essential oil, lemon peel, and I mean it just gives a well-rounded flavour all the way around and it's so healing.

S If you saw Mama Z, Dr Z's wife, you would just want to get on essential oils.

P She is like, the most beautiful woman you've ever seen.

Mama Z You're so sweet. I just turned 40 in August.

P It's just wrong. Just stop it. I can't even look at her, it's shining the beauty is shining so much.

D I like what you're saying about the knowledge of it and the dosage and everything, because it's really the medicine of the earth, is what it sounds like. So in the same way you would want to know what sort of hardcore pharmaceutical you're putting in your body...

Dr. Z Can I say this? Okay, okay, here's my... Who is going to go to...What do y'all have here, Walgreen's or Rite-Aid or

D We have it all. We're a modern society

Dr. Z Okay. Who's going to go to the local pharmacist and pharmacy store and go get an over-the-counter pain med and just literally do whatever... 15, 20 pills and take it. You read the instructions.

Dr. Z Why do people look at probiotics, supplements, and essential oils as like, oh it's natural, let me do what I want to do, you shouldn't be doing that. We should be...

S You still have to be smart about it and educate yourself, right?

Dr. Z Yes educate, read the label, find out what you're doing first. It's medicine, y'all.

D So, you know, the earth has medicine for you.

[00:31:54]

P Hey, you're listening to the PODdy with Serene and Pearl and I'm Pearl

and who are you?

S Serene

P I feel justified now, Serene, in putting some essential oils in our recipes, and putting them out there, and if people say stuff to us we'll say Dr Z said we could.

Dr. Z Love it.

S We're backed by the doctor.

Mama Z Or you can always put optional on there in parentheses.

S Can I put a drop of orange essential oil, because we grew up in Australia where, at the Cinema, at halftime... They still had half time because that's how old we are, right. No I'm just joking.

D Half time, oh you mean like... What they call that, though? What's the real word for halftime?

Dr. Z Intermission

D Intermission

S Okay so when the intermission music would come on, they had these chocolates called Jaffa, and they were orange, orange flavored chocolates. Oh my goodness, so all I want to do is drop one orange drop of essential oil in my Hot Cocoa Trimmy.

Dr. Z Why don't you?

P Because you've got a little coconut oil in there, we can, right?

Dr. Z Yes. Premix it. Premix your coconut oil first.

Mama Z Yes, and you know what? How about a couple drops of cinnamon or cardamom in your Sweatpants Oatmeal? I mean, you put it on top. That's going to balance your blood sugar and it's going to taste amazing, and you can switch it up and add other things to it.

P So if anyone is like, maybe has a blood sugar issue and you know, they just can't eat oats where the rest of us can, you know that that would be a good idea for them. And that little bit of coconut oil we put in, in the water they could put it in...

Mama Z Yes, one drop of each. And I think it's like, what is it? Like three tablespoons of water and then it's like half a...

P Half a teaspoon of coconut oil

Mama Z But you want to mix it

Dr. Z So when the coconut oil, though, here's the thing. You have the coconut oil separate, put the essential oil in the coconut oil first and premix it, done.

P Question, Serene and I are fighting over this microphone now. But when you said guacamole and you said the lime... The guacamole is a fat. Do we still have to premix it in a little bit of a carrier oil even when we put it in guacamole?

Dr. Z No, because the fat content in the guac and the avocado is sufficient...

Mama Z And if you add fresh lemon juice to the guacamole and then the lime oil, you get another balance of citrus in it so it is so amazing, and then that



cilantro. You know, a lot of times when we make our salsas and those things, in my garden, you know, the cilantro's going to be done before we ever want to make our stuff, so we have to like course chop it and freeze it and all that stuff. And we have cilantro essential oil, it's right here and it's ready to go.

S That's so great. Now, this is okay for nursing and pregnant woman too. Is this a big, scary topic that I'm bringing up?

Mama Z No, it is not...

S Because you know you, you even have coconut oil, you even have Barley Green powder or something: Please ask your doctor before ingesting. It's like, what? This is greens.

Dr. Z So let me ask you this. How many pregnant women and nursing mums, if y'all are out there: do you think twice spraying your air freshener? Do you think twice having your Plug In? Do you think twice using your chemical cleaners? No one thinks... Do you think twice going to Bath and Body Works and using their lotions? People don't think that way, and so I'm telling y'all...

S Or their laundry detergent

Dr. Z Yes, I'm telling y'all. So it's very safe, but again it's... There are couple oils, and Mama Z can remind us about the ones that will diminish milk supply, or can. You want to be careful. Fennel obviously helps boost, but there are some things you want to be careful of.

Mama Z So sage...

Dr. Z Yes, sage is one.

Mama Z Sage not the Clary Sage, I usually use the Clary Sage and the jasmine to stimulate the milk production before it comes in. So I drop in like a mother load but then I like tailor off because I'm going to focus on the fennel and the basil that's going to boost the milk supply. But the regular sage will plummet your milk supply, so even out in the garden I have double gloves because when you go to even clip the sage, you get the resins on your fingers and that can really destroy that milk production. So a lot of Moms always say, okay well what am I going to use in my cooking then? And so, I use Herbs de Provence, that's a blend of herbs that has lavender and other things in it, instead because it produces a nice a nice, well-rounded flavor and you won't miss the sage.

P But what about peppermint, Serene's always worried that that's going to diminish her milk supply.

Mama Z So I am not one... I have not one that's ever had peppermint affect me, and I have had... One of my babies, I had 400 bags of extra milk within the first two months, so I have had peppermint almost every day in one form or another, it does not affect me. Some people, it does. So you want to really know your body and you want to know how it affects you.

Dr. Z Yes, there's a lot of concern about it because just... I just gotta say, like this whole Lavender thing and applying Lavender can cause young boys to

develop breasts, which is just junk science.

P Can we bring that up right now? Estrogenic oils, there's a big worry about it.

Dr. Z Yes, you've got one person... And there's nothing... I mean really, you might have one woman who had a bad reaction to peppermint, and so on then it got viral online, so same thing with Lavender. I don't know. I don't understand why it became such big news, but it frustrates me as a researcher because in 2007 there were three cases of three boys that developed prepubescent breast growth because they applied... It was after applying an ointment or like, a topical solution. I don't even know what it was, like one was shampoo, one soap, one was something else at the store. And out of all the parabens and phthalates and all the other chemicals in it, there were essential oils, synthetic essential oils. So the researchers bastardized the oil and said, oh Tea Tree and now Lavender can cause breast growth. Well that was eight years ago. No, I'm sorry, 2007. Help me out with math, I'm doing math over here.

D Don't look at me.

Dr. Z 11 years ago, and now, a researcher who is, dare I say, allegedly funded by Big Pharma or a pharmaceutical company, which I'm really concerned about, right. Interestingly, he came out with another study that said, you know, there's reason to think that this could happen. I'm telling y'all, there

is no research at all to say that Lavender, or any essential oil, is estrogenic. These oils don't have the effect to really produce estrogen, so for women who have estrogenic-positive cancers: you don't have to worry about lavender, you don't have to worry about Clary Sage.

P That's huge to hear, because I'm telling you it's all over the Internet, and when I made my special breast rub, I was so worried about putting lavender in it because of these scares. Why don't they contain estrogen? I mean, what if the plant itself somehow does? Does the oil not?

Dr. Z Yes, because the steam distillation completely changes the chemical structure of the oil. Because, you got to think, steam distillation is a highly processed environment where the plant matter gets heated to an extreme temperature, so the chemicals that you get from the plant before and after steam distillation, you can't compare apples to apples. It's not. it's not even the same, and actually chemicals change. There's different... again I'm not a chemist and I actually write about in my book because that was really profound. Like, to say really, the chemical compounds in Lavender pre- are not the same chemical compounds post-. So the essential oil is like a different product. So even though, yes, Lavender and Clary Sage as an herb might be estrogenic, the essential oil isn't.

[00:38:40]

Dr. Z And I quoted Robert Tisserand, who wrote the book on essential oil safety, it's like the textbook, and flat out, Robert Tisserand is the foremost expert

in essential oil safety and chemistry, and he's like, look, there's no research, that's unsubstantiated. I can confirm it from my own research, and just helping all the women we have, Clary Sage and Lavender have actually been shown to help women with breast cancer, like help the body kill breast cancer.

P This is such a freeing, freeing message that I'm hearing today with balance. I just love it. Hey, now I want to get... We're sort of close to wrapping up, but I want to talk about where on earth do you get good essential oils, now. I know a lot of our Mamas sell them, and they they do well, and they're beautiful companies and they have really good essential oils, so I don't want to demean any oils here, but you know, what do you say? You must get asked this all the time.

Dr. Z So, we use oils from several different suppliers and companies. We actually have some close friends that own essential oil companies and...

P But what should we look for

Dr. Z You know what's important to realize? Purity is purity. You can't get more pure than pure, right? If something is pure, that means there are no chemicals in it and there are. So what you look for is, you look for, quite frankly, a company that you could trust, like y'all. I mean really, at the end of the day no one's monitoring or testing. The FDA, the government isn't

testing what you guys are producing.

Dr. Z We trust you, we love you. We realize, you know, you're going to have good products and you're going to do your internal testing. So that's what I encourage people to do, is A. find a supplier company that you trust, ask them about how it's manufactured, ask them about the harvesting, the distillation process, the sourcing, because you want to find out where are they getting this?

Dr. Z And in my opinion, indigenous sourcing... My father-in-law, my wife's husband... my wife's husband? My wife's Daddy is an agro scientist. Man, how many husbands do you have, babe? My wife's Dad is an agro scientist, and he explained to me, plants grown in their native environment, indigenous, contain a more robust nutrition profile than plants that are just farmed in your backyard. Just because the soil and everything is just how God planted it. So we want to get the plants were God planted it, and we want the oils where God planted it, so sourcing is a big deal.

Dr. Z Organic, quite frankly, doesn't matter as much as you might think because, as we know, there's runoff, we have chemtrails we have cross-pollination. Even though your farm is organic, here, 20, 30 miles down the road you have Monsanto spraying, and we find that orange and citrus essential oils that are, quote, organic can still have pesticide residues, which is why you really want organic in nature. You want to know where they're sourcing.

Make sure it's a safe environment.

[00:41:11]

P And you said to me, and I said, well where are you getting your essential oils? I said I had some wonderful ladies I was buying them off, that were MLMs. But I ran out, so I got some off Amazon. And you were like, be careful with that. If you don't know the people and you don't know the source, you want us to do our best to educate ourselves on where we're buying them, right?

Dr. Z Yes, and I would even dare say, and I don't want to get shut down by Amazon because I sell a lot of books on Amazon...

P Oh, yes, we love Amazon.

Dr. Z But please, I would say...

P Just to investigate the company

Dr. Z Yes. I would caution to get any essential oils on Amazon. And you can get your supplies, your little bottles and diffusers and stuff. But the bottom line is people are using essential oils as medicine. So why would you get... Would you get your medicine on Amazon, you know? I mean, would you really? You just can't test it, you just don't know and you can't prove, and you just, and so for me...

P Do they need to be. Essential oils, do they have to be called medicinal grade?

Dr. Z Oh good

S Therapeutic is the buzzword.

D Yes, therapeutic grade

P Do our oils need to say that?

D What's therapeutic?

Dr. Z You know it's just... Therapeutic means it has an effect on the body, that has a positive, desirable effect. It has one of the most brilliant marketing strategies. Therapeutic, medicinal, food-grade, there's no such thing. It's pure or it's not. If an oil is pure, meaning it has no chemicals in it, it's literally just pure, unadulterated, it's safe for internal use if it's within the safe category. Again, wintergreen, wormwood, roux, those are ones you don't want to ingest. But if it's in the safe category, a pure essential oil is what you need. And it is medicinal, it is therapeutic, and it is food-grade. You just don't... The label doesn't matter.

S Yes, because I've seen therapeutic frankincense oil for like, eight bucks, for like two ounces. Then you can get an \$80 bottle of 7 ml, I think.

D Do you have the safe, unsafe list in your book?

Dr. Z Yes.

S What's the deal with such a difference?

P John wants to speak. The John-eth is talking!

D A lot of people in this room here today, folks.

J Hey, I'll take the hit for this one, so blame me. Dr Z and I were talking...



And this is just because we're all sharing information here, you know. We're all trying to learn our way forward, right? I will say I use essential oils a lot for a lot of different things, and I wanted to get to the bottom of the medicinal, therapeutic grade issue, and I took the time, and I went out to all the biggies. I tried to get them on the phone, email. The only company that... and I'm not endorsing this company... I'm just saying, the only company that got back to me, started a conversation, and answered my question was NOW. And it was through that company that I learned... and they said it, and I'm not going to say the person's name who told me, but they were the ones that said that term is... It's just a made-up term.

Dr. Z It's just like all-natural. What does that mean?

J I also had a lot of respect for the way they answered it too. They said, look, you know, we've got it on ours, in some instances. They said, we've got it on our label as well because it seems to mean something to people, but truth-be-knownn it's a nonsense term and anyone can make that claim... There there is no authoritative body in the industry that regulates it, there's nothing...

Dr. Z It's the wild, wild west.

J It really is. So I applaud the NOW company for... You know, again, I'm not endorsing them, but they were the only ones that thoroughly answered my question on that, and that informed my buying going forward. So, for what it's worth...

Dr. Z And price makes a big difference. You mentioned it. That's the other deciding factor. It's literally impossible in America right now to buy a gallon of gas for ten cents, right? I mean, remember back in the day, for those of you who are old enough listening you could buy a gallon gas for ten cents. It's impossible. It's literally impossible to get a real bottle of pure Frankincense for like under 30, 40 bucks.

P Really

Dr. Z It's just impossible because of... Again little 15 ml.

J It's just what it costs.

Dr. Z It's just... Yes, and so the price is a factor...

P So if we get buying out frankincense for under 30 bucks for 15 ml, we... You're doubting it.

Dr. Z It's either diluted... Yes, it's either flat-out fake or it's diluted, where it can say all natural where there's like ten drops of real frankincense and just, like, 150 drops of jojoba. That's the other thing you'll find on the back, what are the ingredients in it? You'll find a lot of them, even, don't label their carrier oil, which is really frustrating. And can I say that too? Buy carrier oils yourself... don't... Unless you're busy, I get it, we're all busy. If you've got the time, make your own roller bottles and blends. Because when you buy a premade one that has a carrier oil, already you're paying for the cheap carrier oil.

S The rancid, right?

J Or at least the ones they buy in large bulk.

S Yes, they're cheap. But if they're cheap, you see, they go rancid.

Dr Z And then they can go rancid, too. She read the book.

Mama Z The other thing is, make sure that you read... That companies that produce the reports on the oils, that have done the testing, you can look to see how pure, as well. And not every company...

Dr. Z Yes. A GCMS, gas chromatography mass spectrometry. Ask them for the report and it's going to look like Greek to you, but A. if they give you a report that's a good sign because they're not afraid of transparency, and B. the report should have, like, an analysis. Like if you were to go to like anylabs.com and get like a blood work, they should give you like, this is what's in the... They should explain it.

S Do you know what's so interesting? Because all this math, you know, carrier oil, the 600... It's just over my head, right. But that whole, like, can you say all that language again, that...

Dr. Z GCMS

S All that kind of stuff you were talking about to get the analysis.

Dr. Z Gas chromatography mass spectrometry, yes.

S That is kind of familiar to me, because Sam, my husband, is kind of the one that goes over and sources the different countries, our products. And I have all that paperwork, you know, slapped on our kitchen table all the time. So Mamas listening, if you want to know, we have all of that. We have all of

that testing and all, for all of our products.

P Also, and I know we're going to wrap up here because we've covered a lot of ground. Danny, but you've been writing down questions, right, haven't you?

Dr. Z You have notes, there.

D Yes, I've written 16 or so pages... No, I haven't.

P You've got one; pick your best.

D No, well, one was, Dr and Mama Z, you don't sell essential oils.

Mama Z No, we don't.

[00:47:48]

Dr. Z We are free.

D You're free.

Dr. Z We are free to speak. You know, one thing that I didn't realize... Our friends, and there are so many of them I know listening that are distributors for the companies out there, and you know who you are, you're restricted. You literally are. Your freedom of speech has been taken away. You can't say things like asthma, you just can't. You have to use words like respiratory support whatever that means. You can't say cancer you have to

say immune compromised, or whatever it might be. And so by not selling oils, we literally maintain our freedom of speech to report what the research says. And we're not making fanciful claims. I'm not saying if you put frankincense on your tumor, you're going to be cured. But what I am saying is that research suggests that applying diluted frankincense can help X Y Z. And so that's a big thing. That is a big thing.

P Can we talk a little before we close, I mean... The book is incredible. It's like a handbook in our homes now, *The Healing Power of Essential Oils*.

D Does it function like a recipe book?

P Yes, there's beautiful recipes and stuff that, you know...

S And Mama Z's beauty remedies, I'm sure.

P They're amazing. If we would all look like her, we'll be using this every day. What else do you do? Don't you bring people together over this? What what do you want to talk about, about what you do for essential oils in the community? Rather than dividing people, you educate right?

Dr. Z Yes, we really... That's the blessing of it all, we've created... And it's just by God's grace, we have a global following of people that, they just put aside their brands. We just talk and we communicate, we educate. And wherever we go speak, or if we have Master Classes that we teach online, or our own little Inner Circle private group that we have on Facebook, whatever it is.

P Can we share, I know our Mamas are just going to be so interested. Can you share, like where do they go to find these resources?

Dr. Z Yes, go to my website first. Go to [drericz.com](http://drericz.com). D-R-Eric-Z.com, and there's a number of different... Whether it's our inner circle that we joined...

P You're on Facebook.

Dr.Z Yes, Dr Eric Z, or Essential Oil Revolution, that's all oils, all the time. Dr Eric Z we talk, it's more of a... We have devotionals and it's where our Bible Health Ministry really comes to play. We talk about food and just educate people about diseases and... I really just appreciate what y'all are doing and just giving us this opportunity, because this is really sweet. I love your tribe.

[00:50:04]

Dr. Z You guys have done something beautiful.

Mama Z And we love the Bible, and we love that it's, you know...

Dr. Z We love Jesus.

Mama Z We love Jesus. We really want people to share in that abundant life, that John 10:10 abundant life. And God wants us to have it to the full. And so, by using essential oils, by having the the right nutrition, and all the other areas of our life that we need to focus and and bring balance. Then we're able to have that John 10:10 abundant life, and be able to sow unto other people.

P Yes, I just love it. I love that, you know, we're all similar here in our, just what we want, to reach out and bring health and life to people, and you guys... We just have to feel such an affinity for what you're doing and, man,

you're making huge ,huge differences.

D Is this a work cited in the back, here, of your book? So, you know, I'm just...

Dr. Z Yes. Hundreds of resources that... The recipes and the blends, many of them come straight from the research, medical literature.

D Okay

P I feel like we're wearing the same tartan. We're clan, we're clan. We're clan family.

Dr. Z Amen

P Cool. I mean, definitely we want you back sometime and we should just partner up on stuff.

Dr. Z Lovely, I would love to.

D So great, well, Dr Eric and Mama Z, thank you so much for coming onto the Trim Healthy Podcast. I feel like I've learned a lot. Last week I even told Serene and Pearl, oh, essential oils, okay, all right. We're going to go there, great.

P Yes, he had this skeptical look in his eye.

D Yes, just because of the...

Dr. Z We've gotta go to the woo-woo.

D Yes we gotta get all, like, unfactual, but get into the belief realm now. And so I feel like, I don't feel that way anymore. And just looking at the book too, not just hearing you, but kind of going through this and then seeing the works cited, and that you've really done the work to say, hey here's why

we believe what we believe. You you go look it up yourself. Here's what the FDA has said, here's what the World Health Organization has said, it's not just our opinion. That's that's always helpful for the factual me in the room.

[00:52:07]

Mama Z And you're so joyful.

D I feel the joy.

Dr. Z You're anointed. Have we converted you? Can I ask, are you a believer? Are you going to be a user?

D Well, here's the thing: As much appreciation as I have for the medical community, and what modern medicine has done to help mankind, I am very wary of putting chemicals in my body and I love the idea that there is an earth providing our health, providing our food, providing everything we need to live in this little bio-dome. Why is it not here to help us? So I love the concept of taking things from the earth, from the plants and...

P So yes user Danny. User or not? Yes to user or no to user? Right here.

S I forgot my main question! We'll have to do another PODdy sometime, because this one, you open this up... I had to do it, right, me and my ghastly...

P Well let's do a PODdy 2. Serene, should we just close this and do a PODdy



2?

S Let me just start the question and then they can look forward to it next time.

P Okay.

S What about essential oil enemas...

P Enemas

S Essential oils yes, for cleansing.

P She had to go there, didn't she!

D Serene why? Why?

S Because, some people, listen, some people that are very, very, very, very sick, they actually absorb better with nutrition...

P Up the bum

S Well I didn't say up the bum, did I? I said enema; it was so much more classy.

D You know, Pearl, we almost got a podcast off without bathroom talk from Serene. Almost.

S Hey! To be continued. Oh that was such a cliffhanger. Everybody will be back.

P Hey, see you guys here next week!

Mama Z Bye!

Dr. Z Bye!

~Advertisement for Butcher Box

P Let's get to the point, Serene. We want to talk about Butcher Box today. What is Butcher Box? This is 100% grass-fed and grass-finished beef. Did you hear that?

S That's huge, because that makes a huge difference.

P Free-range organic chicken,

S Heritage breed pork directly to your door, people. Like no worrying about, oh man, I'm going to have to go to that health food market like way downtown and blah, blah, blah. No, this is to your door. It's not just pure, it's pristinely pure. It's amazing.

P This is the sort of thing we want to get behind, because the incredible quality of Butcher Box meat starts with this, they raise their animals humanely, and no antibiotics or hormones, ever.

S Hey, you don't have to feel any guilt. When you put this meat on your table, you'll be like, oh my goodness, my family is well-fed tonight, I am well-fed tonight. You can choose from... You know, you can customize your box completely, or get a mixed box of beef, chicken, and pork, or just get all beef, all beef and chicken, all pork... Whatever you want; it's your decision.

P And I'm more of like... We've got it right here, this beautiful tote, and I love the beef. I love that ground organic beef and you can... Each box comes with at least eight to 11 pounds of meat, and then you can pick and choose.

S That's like 24 meals all antibiotic, hormone-free. This stuff is incredible. I just love it, because sometimes I'm like, oh I'm out, I'm out, so I'll run to the store and get me some meat that is just... It's inferior, and I know it's inferior, and with every mouthful I'm aware of the inferior.

P I know, and I love that it's delivered to your door and guess what else I love, convenience because you're the one that chooses your delivery frequency. So you're in charge of that, how frequent do you want this delivered or how infrequent.

S So there's no more running out. No more inferior morsels.

P You know when you eat meat and you're like, well I know meat's good. I mean, I've got a good low blood sugar meal here, I've got my meat and veggies and you think, but what about the quality of this meat? Is that at the back of your mind?

S Yes, like were they all pooping on each other, these cows?

P Only Serene would say that.

S But no more, I mean, I love Butcher Box. If you want to even have some free bacon and \$20 off your first box, go to [butcherbox.com](https://butcherbox.com). Free bacon peeps!

P Yes, yes, yes. People can get free bacon if they want bacon. Go to [butcherbox.com/trimhealthy](https://butcherbox.com/trimhealthy) and enter TRIMHEALTHY. That's just one word. Go to [butcherbox.com/trimhealthy](https://butcherbox.com/trimhealthy) and enter TRIMHEALTHY.