



**Trim Healthy Podcast with Serene and Pearl**  
**Episode #105 - Your Body Wants to Heal This is How You**  
**Help it Get There with a Special Guest Interview with Dr.**  
**Lucky (Original Air Date: 1/30/19)**

*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!***

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S = Serene • P = Pearl • D = Danny • Dr. L = Dr. Lucky

[00:00:00]

P Hey, before Danny introduces the podcast today, this is Pearl sneaking in here to say the way we do podcasts, we record ahead of time. So today you're going to hear a podcast that we recorded well over a week ago and I have some more news and it's really big news.

S Hello Grandma!!

P I wanted to chime in here and say, I'm a Grandmother for the second time, my daughter in law Kahoru and my son Bowen had a beautiful baby boy Finn Barrett.

S He's a miracle.

P He is a miracle. He was born emergency C-section, a month early. He was footling breech and that little foot was in the birth canal when she woke up

bleeding. But thank the Lord, it was fantastic. He's so strong. He is doing well. He's nursing, feeding, no oxygen and right now, and I'm in...

S Mommy's healing and baby's healing.

[00:00:51]

P I am Prissy that's what I call myself, my grandmother name. I'm in Prissy like heaven.

S You can... You know what little toddlers say, right? They can't say Prissy, but just I won't spell it out.

P I will answer to whatever they call me. If it is the P I S S word, P I S S Y, that's me, I'm coming when you call.

S Even when I call you that?

P No, hey, also today and you're going to listen to Dr. Lucky here. He's our special guest.

S Get his book, a man of knowledge.

P It's incredible, some things today you might not agree with.

S Hey, we don't agree with everything.

P No that's the case in every book and what everyone says, you might not agree with everything Serene and I and Danny say, but still the basics today are they can be really life changing. So, enjoy today's podcast.

S This is the PODdy with Serene.

P And Pearl

[00:01:41]

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

D Women and men, boys and girls, welcome back to another episode of the Trim Healthy Podcast with Serene, Pearl, Danny and today's latest special guest, Dr. Thomas Lucky. Welcome to the show Sir. Dr. Thomas Lucky, he practices from an integrative. Am I saying that right integrative or integrated?

P Integrative

D Okay, well, I'd say integrative, but whatever, rest of the world, an integrative medicinal approach, combining the best and holistic and traditional medicine. He graduated from Mississippi State University in the field of biological sciences, University of Mississippi School of Medicine and finished his internal medicine residency at the University of Tennessee College of medicine in Chattanooga. Wow, doctor.

P But why do we have him here Danny? All that to say, okay, yes, he's a doctor, but we could have any doctor here and they're not here, we have Dr. Lucky here for a special reason. And we got these two books in the mail, one for Serene and one for me with a little note...

[00:02:44]

S Who gave them to us?

P It was Dr. Lucky himself, he said...

S You, yourself Dr. Lucky

Dr. L Yes, ma'am

P He said, To Pearl blessings and health and he's called Thomas Lucky and I'm like, who's this guy? And what's this book? It's called unleashing the healing miracle within. I thought I probably won't read that. We get books sent from a lot of people and I'm just like, put it on the shelf. Then we're going on vacation with the family. I thought I'm going to take that and have a look at it, well...

S And also I took... Looked around, looked at the back picture, I'm like, yes, it looks like he might be kind of normal. I don't know, maybe I won't read it. But then I read it, I'm like, this guy is not normal, I love this book.

P Well, I told you to read it because I started reading it on the vacation, I couldn't stop. My children were annoyed at me. I kept reading it out to them, listen, listen to this, guys. And so I finished the whole thing, read in one sitting. We were traveling from Nashville to Florida, I just read the whole thing. And then I told Serene, read the book.

S And then you came over to visit me like 24 hours later?

P No, back when I was back.

[00:03:42]

S Because you were on vacation

P Yes, exactly.

S And you'd normally come over and I'm in the middle of the thick of it in my house, homeschooling, like my hands in bread dough or something, just busy. You came over and I was on a lawn chair with bare feet, with my feet in the grass, reading this book, grounding as I was reading.

D Bare foot on the grass

S I was like, so inspired by just the simplicity of the truth that he had to share here and just the simple, simple techniques.

P We're going to let you say hello Dr. Lucky, you can actually speak.

D Does he get to speak on this episode or do we just have him here like a little totem?

P Talk about him.

Dr. L Well, I'm enjoying every minute.

[00:04:21]

P Hey Dr. lucky, I have a lot of questions for you. I have things that you've said that I want to speak and I want you to elaborate on them. You actually... He read up all those names about MD, internal medicine and stuff, but you don't call yourself that. What do you call yourself?

Dr. L Well, to be perfectly honest... Honestly a transformational physician.

S And don't I love that term.

P Does that not go with the butterfly?

D A "TP"

P Transformational physician, because you're taking someone somewhere and they're ending up somewhere else healthier

S Flap the butterfly.

P Yes. I want to read on page five, this is what got me and started to draw me into the book, once labeled as a certain medical disease, it has a snowball effect on the emotions and heart of a patient who now has to try to live down to it rather than live up to it, live up to his full potential of health. So the labels that so many people are getting everyday labels of this, you have Hashimoto's or you have...

S Even the labels we put on our children, you're autistic, you're this, you're that

[00:05:33]

P So this label, you actually have this. You actually have this condition, Arrhythmia. You have high blood pressure, all these. Can you elaborate on that and what do you do with labels in your practice?

S And before he does, before he does, I'm just going to say one thing, just to quote him.

P But he needs one question for one comment.

S No, it goes with your questions.

P All right.

S And then he's going to elaborate, but listen to this because this is my first thing I underlined in the book.

P Okay, you're allowed to.

S Yes, it's the rules of the game. You read your first thing. I read my first thing, then boom. He says, "what I do is akin to brainwashing a patient with hope and healing the hopeless feeling within their heart. It is their own bodies that start the healing, what the heart believes the body can do." So that's why he is a transformational doctor because he brainwashes the patient with hope.

P I love it.

S There you go, Dr. Lucky go for it.

Dr. L Absolutely, when we look at things is from the heart perspective instead of the mind perspective or the brain perspective, the logical analytical perspective, but

the creativeness. We are created beings. Our heart is a created being. And so when people come to see me and they were given labels, they're in the spider web of life and what I mean is that they're thrown in that and they dig into their internet, they Google search, they do all these fine searches looking to see what this label means. And they're really just getting themselves deeper and deeper into a designation or a diagnosis that has no power except the name that's behind it. And so what we like to do is to step back and see the big picture. It's like flying in an airplane. If you're on the ground, everything looks so dangerous and threatening and all this is going on.

Dr. L But when you fly above like an eagle or an airplane, you see it all and you see the simplicity of what it really represents and that's what labels are all about. They put people in bondage to their condition and they take ownership to it. They make a... I talk about in the book a contract and when you make a contract, that contract is binding.

[00:07:50]

Dr. L If you go and you go to a grocery store and you buy something, you get with money, then you get a receipt that says, I have bought this process. So when you go to see a physician you have bought and you have taken ownership of that label and that label now has power and the authority that speaks over you has power. So when we have a patient that is hopeless, we try to give them hope by standing back and saying, okay, don't live in denial of your condition. We're not asking for you to live in denial. We're asking you to recognize this. This is just a constellation of symptoms. That's where they come up with the disease. We have to step back and say, what is the root of this problem? Is it because of emotional problems or spiritual problems with that person and their beliefs? Which is about 80 to 90% of our problems today anyway.

P That's amazing.

Dr. L Or is it physical or is it in the aspect of minerals and vitamins are just food. Because if we eat the right kinds of food, we have no need to even take the minerals and vitamins because God has already provided it to us.

[00:09:11]

P Yes. You talk in the book and you talk about how the body is designed to heal. You cut yourself, you heal. But then we look at big things that sometimes we are labeled with like, oh, you have endometriosis, or you have irritable bowel syndrome, but we don't look at that. That can heal because it's on the inside and it's dark and it's scary and oh, we just can't heal from that. But like talk about

how we're created to heal Dr. Lucky.

Dr. L I always look at things from a perspective of we are earth and God created image. He made us in his image, in his likeness, and God created the Earth. And God blew into man's nostrils and he became a living soul. So that breath, that inspiration that God breathed into us, allows us to also have a part divinity ourselves as well, the I am.

Dr. L And so the whole issue with things is we can look at things from a spiritual perspective or a physical perspective. And it's all the same thing when you think about it. We are earth, we are soil, we are soul. So if I look at creation, I look at God and what He has created and then I look at the Earth, His creation, they should mimic the two.

Dr. L And that's the way I practice medicine, it's simplicity. It's not complexity. Health should be so simple and miracles happen every day. We're all miracles in ourselves in the first place.

P Absolutely, I think we stopped believing and that's the issue.

[00:10:50]

S Well Bingo Pearl, I want to quote from...

P Can we just say the name of the book because people I know are Googling right now, Unleashing the Healing Miracle Within, Unleashing the Healing Miracle Within with Dr. Lucky. It's amazing.

S A belief can heal or harm. Believe that your life is coming to an end in eight days and you will not even try to prevent it. Your subconscious will do everything it can to make it come true. On the other hand, believe that you can get over some illness that has been plaguing you and even conventional medical practice agrees that it is at least half the battle. Belief has started wars, one cause and both created and cured large scale suffering and it's true. And he's talking about simplicity.

P What page is that on?

S Page 13, it's talking about simplicity. And I believe at the first rung of the ladder, maybe I'm wrong and Dr. Lucky just tell me I'm wrong and give me the other first. But I believe the first is where your belief is.

[00:11:44]

Dr. L Right, absolutely. Belief is... If you look at the word belief, it has a lie in the middle of it, so a lot of people believe things that are not in alignment with their own lives, it's somebody else's life that's passed down. It's their parents, their grandparent, it's their friends and we need to always reevaluate our beliefs all the time because they can sabotage the direction that we're going.

P What happens when you believe you can't heal versus you believe you can heal Dr. Lucky that you've seen in your practice? And when someone comes to you, and let's just say they've been diagnosed with something. And you see miracles all the time, you call them miracles, but people get well that come to see you because you install this belief. But what do you say to change their minds about their current beliefs? They say, okay, let's... For example, I can come to you and I'll say I have endometriosis. I have PCOS, polycystic ovarian syndrome. No I don't have that, but pretend I'm saying that to you. What are you going to say to me?

Dr. L Well, when people come to see me, I am a little bit unique. I never ask them what their problem is because I don't want them focusing on their problem. They go to the doctor and they focus on their problem. Their problem is not usually their problem. The problem is deep down here.

P That's profound that line there.

Dr. L So you have your brain, which is logical, analytical, it runs off of fear, it runs off anxiety, stress. It runs off the past, what's happened to me in my life. I want people to live in the present when they walk in the door, I don't know them from Adam's house cat, is what I like to tell them. But the whole issue, I sit there to evaluate them and then I tell them about their life. I tell them where they actually have come from, what has happened in the womb, and then it resonates with their heart because the heart is going to win out always. It's always in control. And this is where our beliefs are as a man thinketh in his heart, so is he.

Dr. L So as we think, we don't think with our brain, we think with our heart and it is dealing with everything and it's always in the present tense. It's not operating in the past tense, it's operating in the now and suppose if we actually are up here, we're operating out of the past or the future and really the past and the future does not exist. It's all present tense. That's why God is omnipresent. He's throughout your present. He could care less about what happened yesterday or tomorrow, but we can take the past and really mess up our future by actually living there. We have to let go of that. So I want them to let go of that because

I call it the heart drive, not the hard drive, but the heart drive.

[00:14:45]

Dr. L That's where our thoughts that's where our beliefs resonate, I talk about in the book an operating system. You can get your operating system corrupted by the thoughts; the viruses that you allowed to penetrate that are not your thoughts in the first place. They're just random thoughts that people would get exposed to and we begin to resonate with actually.

P Do you believe thoughts that line up with God's words are that powerful? Obviously we've got a lot of people struggling right now, let's just say someone, and this is a diagnosis, but the people living in this real world and some of them can't get to see you, right?

Dr. L Right

P You live in Mississippi, so what if we've got someone in New Jersey listening right now and she's just been diagnosed by the medical community with breast cancer, stage two. Now that's something that her body's dealing with. It has a lump, they might do chemo, radiation and as you say, all things can help. But are thoughts that line up with God's word, can they heal that?

Dr. L Absolutely 100%

P Do you see that?

Dr. L All the time all the time, almost every day.

S Wow, and have you seen in your practice too thoughts that do not line up with the word of God, negative thoughts, thoughts of death? Because the thief comes to steal, kill and destroy. But God has come to give life, right? And so if they're lining out with the negative side, do you see healing that has taken place beautifully with a positive, well, not a positive think about a person who is thinking Godly thoughts, right? Because positive thinking only goes so far, have you seen just like stagnated, like limbo, a healing where it's not healing, it's just basically stuck in the rut of their issue?

P He doesn't know what you're talking about.

Dr. L I don't understand what you're saying.

P Because she put it in a Serene way, she means that if they don't... If someone doesn't change their thought processes, can they be healed. It's what I'm saying.

S They could be in the positive.

Dr. L If they're in the right of their thoughts, their belief systems that are corrected, I see very little chance of healing, but on the other emphasis. Other side is, like I said, when they come to see me, I don't go down that pathway in the first place of their disease process. Now, in the end, we integrate everything, but I want them to see it from their heart. I want to penetrate like you said, brainwash their heart into believing because it builds faith for them to see me and to talk to me about their condition, not knowing anything about them in the first place and tell them the events that happen in their life and them not knowing anything. So then at that level, your body can heal just like that instantaneously.

P But you obviously...

S I love it.

P You feel gifted in this thing that God has given you and you deal with this. But what I'm saying is if someone can't see you, and they're dealing with just this, their brain's being washed in another way.

Dr. L Well that's what I wrote my book actually for in the first place.

P Exactly

Dr. L Because I get tired of people suffering, they're going through tremendous hardship and they're really being deceived in a way. Like she mentioned here, Serene did, the devil, the thief cometh, but to steal, kill and destroy. But I come to give you life, there are two pathways you can take. Well, the system is based off a lack, want, need, or perceived need.

[00:18:20]

Dr. L While God's system here, the creation system, the creator system is based off of love, peace, joy, fulfillment, abundant excessiveness. The other system is based off of standard of care. God's system is based off a uniqueness empowerment. That's the system that I choose to live in is in God's system and that's what the book actually details...

P Yes, it does.

Dr. L How to live in God's system and regardless of what you believe, regardless of anything, we all have the typical background of a person that is God's creation if we believe in any type or act, even atheist. I've actually seen people, atheist's heal because if you just opened up a little wiggle room in your heart actually to receive that, you're just not going to say, well, this is going happen. If a person says, this can't happen and it won't happen, it will not happen because your tongue is the rudder to the ship. It will direct you. The words that you speak are powerful.

P Yes, absolutely.

[00:19:32]

Dr. L So when you speak positive words and you have positive belief systems that you anchor those in, regardless of what you believe, you can go in the positive direction. But if you speak negative words and to a positive belief system, you have to work on it, but you still may see benefit. But if you speak negative words in a negative belief system, you're probably never going to see benefit of anything.

P And before we... I want to get into...

S That's what my weird question was about before. What I was trying to say is the reason why I see belief at the beginning of the ladder is all these wonderful things you said at the end of the books, certain rife machines and I don't know exactly if it was right. But there were all kinds of electrical, magnetic, amazing machines and there was glyconutrients and there was ozone therapy and all this stuff and diet suggestions. And if they do all that but have a negative belief system, my question was to you, you've seen... You haven't seen the healing, right? You've seen only stagnation.

Dr. L The only thing I can say in that situation is some of these devices are crutches that's what... You are the best device there is, the human body.

P Here we go, love that.

Dr. L You don't need anything in the first place, anything, but you don't need the external world. You don't need doctors. Your body is designed to do the magic if you...

P And that's one thing you said and you said, a lot of times you go to doctors and they give us medicine and stuff and we're like, oh, that worked.

[00:21:03]

P Well, your body was actually healing anyway. It just took some time to get there. I'm not speaking against doctors and there are wonderful medicines and there's an integrative approach, right?

P And before we want to get into some of your steps, because I love some of them that we're going to talk about practically on how to get well, but I want to... Some people might be thinking, we have a Christian audience and we have people listening that aren't Christians, and then you just talked about, someone comes up to my office, I can tell them things about their life.

P People might thinking, who is this guy? Is this voodoo? Is this weird new age business? They're hearing about ozone and rife and magnetic and they're like, are you a big new ager? What are you talking about here?

Dr. L I am a big old ager. That's the whole issue behind this, this is old medicine. This has been around thousands of years and it's Biblically compliant with the way God has designed has to be. We live so far below our potential. God has gifted us all, but we are so brainwashed in believing that things can't happen.

[00:22:14]

P So true.

Dr. L So there's a condition called Beriberi and it's a Vitamin B-1 deficiency is based off a thiamine deficiency, but the word means I can't, I can't, I can't. And it promotes heart failure for goodness sakes. So a lot of people are walking around here with broken hearts and so we try to help people mend their broken heart and give them that hope because when their heart is mended, then they do have hope. And it's like the first chapter that I tell people to read in that book is actually Chapter Eight...

P So the faith one?

Dr. L The last chapter, the faith chapter, because that is really what gets people healed in the first place. I like to say that healing begins just like nature is from top to the bottom and the inside out and you get sick from the bottom up and the outside in. So we have to be careful who we communicate with, I call them parasites essentially because they're not organism, they're people, they're things that we allowed to disturb our inner being. We have to take care of the soul, but we have to take care of the soul as well because you have what it needs. If you give it what it needs spiritually, physically, mentally, emotionally, you can heal

from any condition. It doesn't matter what the label is, the diagnosis, the designation. I've seen it all in my life.

P So you've seen incurable cancers and things like this?

[00:23:57]

Dr. L Absolutely.

P Then what do you say when a heart... These are the hard things, Serene's son has been through stage four cancer and we believe it was through prayer, belief but it was a multitude of things. He got medical help and that was part of it too.

S Yes, which we would have called a slow responder to and when he was not taking the medicine was when he saw most of his healing, just to say that.

P Yes, exactly.

S But I believe, I believe God gave him his miracle and it just took time for the harvest.

P Yes. But all I'm saying is these people are facing things and have you seen incurables cured?

Dr. L Sure.

S Can I say one thing though? Just really quickly because you mentioned Arden and I want to say one thing. Yes, God totally healed him, but he walked in a positivity, I believe, which was a gift from the Lord. When he was in hospital receiving treatment, the doctors would be like, you need to take this more seriously. And he'd be telling them jokes. I think one of his doctors was Dr. Such and such. He called him Dr. Pistachio instead of Dr. Peter Shui or whatever his name was, he like, hi Dr. Pistachio.

D Wait, this is a real person?

S Yes, sorry doctor, anyway, the point being is... That's fine. That's fine. That's fine. They had a good friendship. But the point is he saw the humor, the side of it and...

P I know I wanted to go into it.

S And I wanted to read too lines in here when you talk about, my methods are about compassion, empathy and patience. Healing is not about diagnosing, labeling and taking expensive medication. It is about humor and you go on from there, but I feel like when people are not so bogged down in the anguish of it all, they are on the right plane for healing and so Arden, Pearl remember?

P Yes.

S Would be like how're you feeling? And he's like, great, amazing. He never took the time to try and go through the senses to think about really how badly he felt. And I feel like that is a total key that for healing there has to be that positivity and that humor because that's the right.

[00:25:57]

S And then like you said, it's old age, but in new age with the right vibration.

P Well in fact doctor, you have a whole point on, and you called it laughing and it's part of your seven steps to healing, laughter. Is it actually one of your prescriptions? This, I loved it, what you said, laughter improves the immune system by 40% and oxy generation increases from the gulping of the air that you do while laughing and just 10 minutes of laughing a day is what it takes.

P And then you say there are 15 different facial muscles involved in laughing that you would not use otherwise. The act of laughing improves oxygenation in the body, balances hormone levels and the adrenal glands and serotonin and you go on and on about it and you even have a laughter file, right? That you encourage people to keep, a funny stuff, and you say, start your day with laughter 10 minutes a day!

Dr. L That's good.

P Before you eat any breakfast.

S Really was great medicine for myself, every 10 minutes, I had a really hard day, the other day, my family had a spew bug and it was going through and it was just clean up, clean up, clean up. And I just kept playing the Danny dance and it was the medicine for the bug Danny. We got over that quickly. But my mom told us a story, our mom I should say.

D Hold on, we got to tell people where to find the Danny dance.

S The Danny dance.

D The Danny dance can be found...

P Danny Valdes on Facebook or Instagram, you're on Insta, right or Facebook?

D Yes, you could find it on Instagram...

P It was to do with how the health podcast was number one, Danny.

D Did you share it on the Trim Healthy Mama page?

P Yes.

D It's on there, it's on my Facebook page. It's on I think your instagram too.

S See, I love the fact that you brought that up, Pearl about what you said Dr. Lucky that laughter is medicine. Well, science backs up the Bible. The Bible said at first, right, merry heart doeth good like medicine. No, but Mom, our Mom told us a story when we were growing up and now she said it so many times to all of us.

S Now she tells the grandchildren. She's like, oh, I know a man and in New Zealand, in our town and he had stage four cancer. He was given two weeks to live. That was it. And apparently he was like, well, I've only got two weeks. I'm going to make them the best two weeks of my life. And he went and rented all the funniest movies that he could like think of, and he sat down for two week movie marathon and he laughed himself better. He went back, the cancer was gone.

D No way

Dr. L Absolutely

S That's a true story.

P And I don't know if that was in her little town, but it was someone she knew.

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P Hey, you're listening to the PODdy with Serene and Pearl and I am Pearl and who are you?

S Serene

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S This is the PODdy with Serene.

P And Pearl

S Get it right. It's P- O- D- D- Y.

D May I ask some questions?

P Yes, you can.

D I'm just over here, wondering.

[00:29:36]

D So it sounds like people come to your practice for physical healing in their body, but they get in addition to, it sounds like some of the technological things you use to heal them, it sounds like they also get mindset coaching?

Dr. L Right

D Is that right too?

Dr. L Yes, definitely

D And so how far can the mindset, how far can we take this? I mean, can it be a true alternative to surgery? Can people escape death? I mean, how deep does this go?

Dr. L I'll give you one example here, I had a lady, just recently... Several months ago now actually, but she came in and she had so many tumors in her uterus, they call them seven plus tumors and she was supposed to have surgery the next... well that Friday. And she was really bad shape and she was bleeding all the time, had severe pain and I don't know how much faith she had about being healed, about her condition, but she left and after being with us, our visits are quite extensive. Our visits can take all day long and one person actually because we usually get to see them one time.

P Really

Dr. L Because that's essentially they come from all over United States and so it's not like they can come back in two or three weeks. But what happened with the woman was that in about two days she called, she's, well, I'm feeling a little better. In about three days, she called and asked my wife, is it medically possible to release and I don't like saying lose, release 11 pounds, feel great, no abdominal pain, no evidence of how I released this way and no bleeding. And I said, well, it's not medically possible but it's God possible. And I said, you've just received your healing. So she cancelled her surgery and she came back a couple months later and she said she felt like a 14 year old and everything was totally normal now. So she did not need any surgery. It all disappeared just like that.

D And do you believe that this is the power of God or the power of the brain and the body to heal itself?

Dr. L I believe it's the power of God who created us with the body is in His blueprint. So He's built this body in a way that it will heal itself, that it really does not need much help. It's like animals. They cut themselves all the time. They go in the woods. They don't run off to see doctors, they either heal or they die, but the whole issue is the body is a self-healing entity and if we give it what it needs again, and a lot of people are living off of life experiences that are not true in the first place. So like you mentioned the word cancer, I don't even believe in any of that terminology.

P Really

Dr. L Because that terminology is not true, it defines something that's hard. It's difficult. You look at a crab, see there's power in that word in accepting that word because it's hard to crack a crab open, it goes deep down underneath the

surface and it's hard to get ahold of it. Why don't we rename it because we're the person that names it. That's where the power at, from the lips that speak the word, that's where the power really comes from.

P So what would you call if someone's having the symptoms or they've been diagnosed with stage two and you're going to see things on ultrasounds and all of this, what do you say to them? How do you encourage them to rename it?

Dr. L See that's only on the physical basis that's not on a spiritual basis at all. You've got to blind them to see in that, because see, this is where doubt originates, is from the eyes, faith cometh by hearing and hearing by the word of God.

S Well, can I say...?

Dr. L So we go to the heart of the matter and there's no need for the eyes to see all that fear, anxiety and stress and everything is behind that. And we teach them ways of how to deal with this process, so they can truly heal. The problem with people healing is the environment they live in. They go talk to their relatives who live in fear and they mean good. They go talk to the doctor who lives in fear because there's no cure for it. See, the key is there's a cure for everything. It's just not from this world. It's from another kingdom.

S So interesting, when you say that, it sparked a verse, not by my power, but by my Spirit, says the Lord and it's the Spirit.

Dr. L The Spirit's in us.

P Yes and you know...

Dr. L The divine spark that took place at creation, see, I believe in creation, I'm not shy about that, I'm not shy about God and the power of God. But people, they can think in a positive manner and they can have beliefs in a positive manner and they can heal as well because regardless of what you believe, the facts are the facts, if I'm wrong, it still works anyway. If I'm right it works anyway. So what's the harm?

S Yes, I do want to say one thing just to clarify. I feel like you're saying this is an incredible way to begin your healing and you're also saying some people have issues because of negative thinking, but we're not saying that all sickness is from negative thinking because you've got some two year old who's running around thinking of lollipops and daisies and has leukemia, right? So the devils come to kill, steal and destroy. That's a fallen world. There are sicknesses, illness, and it happens to the most joyful lady at the Baptist Church. She makes

donuts for everybody, right?

S But this is a way of healing. This is a beginning step. This is... I just wanted to clarify, we're not trying to be all often the fairies and saying all sickness is from negativity, no. I know Dr. Lucky's not saying that, but I want to clarify that I'm not saying even if I've come across that way. I do want to ask you another question. Laughter has been one of your remedies.

[00:35:42]

S We've also talked about some of the machines and you're like, well that's secondary because the body is the first machine. But this is another thing you choose to have people do and I want to ask you about it, but just to instigate it, you talk about visualization and we're talking about cancer and how it's a big deal and kind of as...

P A crab.

S Look at the crab, right?

P Hard to get to.

S And you said that you encouraged some of your people or maybe one of the people... One of your patients came up with a Pac-Man visualization of eating up all the abnormal cells. Talk about visualization. Talk about how you see that as helpful.

Dr. L Well, I like to go to the source, which is the heart, by the way, if you look at the heart it hardly never ever has cancer connected to it.

P It's true.

Dr. L Because it is where you get CoQ10 from and CoQ10 is so important actually as an antioxidant and providing energy so that your heart is strong. But we looked at it from the emotional aspect of the heart as well, so the physical aspect and the emotional aspect, so when you look at the heart and you visualize not from your eyes but from your heart, you've got to see from your heart.

[00:36:54]

Dr. L And when you see from your heart, it's all based off of creativity, is based off of laughter, is based off of music, is based off of being in the heart mindset instead of the brain mindset. So the funnier things are, the more ridiculous they are, the

more out of proportion things are and you close your eyes and you put your hands over your heart because touch is so important.

Dr. L Other people's touch, just touching people can heal people actually, anybody can do this. It doesn't take a physician and the nurses have the best opportunity there is because they are around touch. And doctors, we don't do a lot of touching, we sit and write notes and go talk to the patient, but there's power in that touch. And so when we look at things from a visualization standpoint, we're actually seeing things with our heart.

Dr. L And our heart goes beyond what our mind or our brain can conceptualize and it responds and it goes in that direction and healing because where do our thoughts come? They come again from our hearts. That's where our belief systems are at as well and that's why people today, they're brain dead and they recover because they're not dealing with a brain.

[00:38:13]

Dr. L This is just a transmitter and receiver. The heart is in control, so when they resolve emotional trauma and spiritual issues that actually happened in their life because they've been told they were worthless. They'll never amount to anything. You're no good and all this negative programming as a child. Because our heart is programmed when we're a child, it's not programmed as an adult and so we're all running off our childhood programs. We have to take those programs reframe them and visualization is a great way of doing that. You see it in your heart and you believe it because it comes from your heart.

P One way it helped me when I first read that, you talked about cancer cells, people visualize them. You said, try to look at them, completely re-look when you consider an aspect of your body that has had... that is in trouble and look at the little cells, maybe now they'll instead of all worried, instead of indicate they're laughing, they're having a great time. A few years back I had a thyroid issue and they said I had Graves' disease and I took the medicine and all that. And then I decided to walk out of it and there was a little nodule there. And I always get scared thinking about that nodule, then I read your book and I'm like, oh no. When I think about my thyroid now I actually envision all these little happy thyroid cells, they're laughing, they're having the best time. They are the healthiest little cells in the world and that really helped me get rid of the fear.

[00:39:45]

Dr. L So the thyroid has to do with the expression, vocalization. It's a spiritual organ.

S That's interesting. So say somebody did have a thyroid issue, negative things they say all day maybe about, oh, I've got this, I've got Hashimoto's, or I've got Graves' is that even a deeper connection to the spoken word, to the thyroid issue than even a regular issue.

Dr. L Yes, absolutely. And so really that if you look at the heart, embryologically, what you see, it descends from the back of the tongue down into the chest cavity.

P Really

Dr. L So that puts it into perspective of what the word of God said, out of the abundance of the heart, the mouth speaketh.

P So hold on, say it again, the heart.

Dr. L So it's the method.

S And it's with all diligence what goes in the heart because out of it flows the issues of life.

[00:40:35]

P Well, so the heart is actually almost descends from the tongue part of the heart cells.

Dr. L Right that's where it comes and it pulls the nerves back down into the chest cavity.

S Can I ask you a question?

Dr. L Yes

S Because the spoken word thing, we've been talking about it quite a bit here on this podcast and I'm such a believer about it. Sometimes I feel like I'll sound like a loony if I speak out what I want to speak out all day because I've got a lot of people around me all the time, so I think a lot of great things. I think a lot of positive things, but the spoken word is more powerful, correct. And I've read once and I would like to know if you have read anything about it, how when you speak aloud your inner ear hears and feeds your spirit because why do we have an inner ear and an outer ear? Because when you plug your ears, plugged your outer ear, you hear yourself differently. And that's what speaking to you out. I don't know if I'm making sense to you, but...

Dr. L Absolutely, you see the order that God has designed us with. Our eyes are a little bit above our ears, our ears are a little bit above our nostrils, our nostrils are a little bit above our mouth. Then you see the importance of that two eyes, two ears and one mouth. So we have to be careful what we speak. Speak is very, very important in this whole issue. So when we speak these things that again, like you were saying, it's all a hundred percent connected to our thoughts, what we are. What we have allowed to be sowed into our heart, into our soul. And it becomes us. The Bible says where the treasures are... The heart is where the treasures are. So that's where our treasure are. That's where our intentions are coming from our heart. And when we set our intentions and we believe in our intentions, it's like when people come to see me, first of all I pray for every one of them. I don't know who they are, I know their name, but I pray for them. And if they are coming with the right intentions and I have the right intentions, I set up the program for healing of their body just by doing that. But if you're coming out of fear because of what you've said or that type of thing, because your feelings, they get stuck down here. It's important for us to express ourselves and our thyroid allows us to express ourselves. But if we choke down the feelings, then actually we're going to live on that process, on that, what I call program that will actually destroy us. One thing that people deal with, weight loss, see the word loss is very negative to begin with because it creates programs of loss that brings back into your present. Like you lost your dad, you lost your mother, you lost your keys, you lost your wife, you're lost.

Dr. L All this loss actually comes back. Just the word lost. The body operates off that word loss. That's why I always tell people release in a healthy way or to let go because it's based off of freedom. You can literally release weight and anything else that's actually going on. So when you are losing, it is threatening. So this is what happens like in the case of lymphoma or... I don't like the terminology in the first place, but lymph node enlargement; it's something coming at you. So it's like a bear coming at you. You've got to get bigger...

S So on the physical, when there's a bacteria or virus coming at you, our lymph swell and you're saying in the spiritual also, when there's something coming against you, whether it be from people, parasites, with people or anything that's like a danger, then it will also flare.

Dr. L But things will get big because you're trying to survive.

S I kind of see it as the snake, how it kind of like spreads right there and trying to protect it.

[00:44:36]

Dr. L The body is always... When anybody have a disease process, it doesn't matter what is, the body is trying to protect itself. It's trying to heal itself and it may not heal like you want it to heal because it may not have the energy to heal. That's why it comes to eating right, exercising, having a good mindset, maybe even doing some of the machines I'm talking about in my book that...

P And I love grounding.

Dr. L Because it builds you up.

P What you said we got to go because we're over time.

D No the doctor's here.

P I know, but he said one of them was laughing. The other was grounding and I've been doing grounding. It's a bit cold now that it's winter, but you can't buy ground.

S This has been an amazing winter in Tennessee.

[00:45:16]

P I know.

S Oh my goodness

P But summer here, since I've read your book, every evening, take off my shoes, I've got that round circle of grass over there in front of my house and I got a bench, it's my grounding bench, I just sit there. And you even say you talked about nutrients in your book, but you consider the Earth a nutrient for your body. Isn't that simple? It doesn't cost very much.

S What is it about getting the shoes off and grounding in the earth Dr. Lucky before we leave, because people need to pick up your book to really get all this. But can you elaborate on that?

Dr. L Well, you have electrons and electrons are negative charges and that's when lightning strikes the earth, it produces a charge. I mean you could go to even fertilization, it's the same process that takes place. There's a light up when the sperm meets the egg. So that everything is based off electricity. That's the beauty of everything.

P Wow, isn't that interesting? Sperm meets the egg...

Dr. L We're electricity.

P There's a little bit of electricity, a light up, is that amazing?

[00:46:12]

Dr. L Yes, so when you have electrons in the earth, you can actually, they will go up inside your body and they will clean out the toxins, go back into the earth. So it's God's cycling system, to get rid of things.

D Almost like a home electric system has a return.

Dr. L Exactly and you live just perfectly out here in the woods here with earth. There's not whole lot of electromagnetic stuff going on here. I mean it's a great place to ground, but you have to be careful about grounding because when you're grounding above electrical wires and it's better actually not to ground in those situation. Or when people have their yard sprayed with pesticides and things that are totally unnatural in the first place.

P But the grounding is important, should someone, if they've got a yard sprayed with pesticides and electric things under their grass, should they just go buy a grounding mat then or something like that?

Dr. L I would highly recommend it because you're thinning the blood, number one, which is very important. You're improving oxygen. You're improving the alkaline state. You don't have to have an alkaline water machine or anything like that.

[00:47:13]

S Actually you talk in your book, they'll have to read it in the book but that's a little dangerous.

Dr. L You're improving your alkaline state, you're regenerating your tissues, you're turning blood, this is essentially ketchup into fine wine. It just flows directly through.

S I love it.

D It's a great picture.

Dr. L No obstructions

P That's good.

Dr. L So that's what grounding is all about.

P And that's just something God just gave to us. Hey, here's the earth. Put your feet on it, people.

Dr. L My opinion is I'm a conduit. I'm a vessel. We're all supposed to be vessels. We're not supposed to be victims, we're supposed to be victors and then we can choose to be a vessel where we're less of everything. And then God's spirit can flow into people, their bodies are already designed to heal. It's already there. I'm not a healer. I don't have anything to do with the healing. I can't heal an ant, a roach or rat or anything actually. I don't have the capability to heal anything that would give me power over someone, the power is within. That's why I wrote in this book, the miracle is within all of us to heal, if we just recognized it.

S I love it and closing up, I want to just clarify this because I know from where I come, in my upbringing, hearing some terms like power within and Danny's terms. He's kind of millennial, so he starts talking about, one with the out of bodies souls

D I'm an old ager.

S Right, but it is, we're clarifying here today as Dr. Lucky, so beautifully put forward. This is not new ageism and if you're a new ager, please forgive me. I'm not trying to step on anyone's toes, but this is actually old age stuff. It is science that's founded on the Word of God by the word that came out of His empoweful mouth and this is new age, this kind of like has just plagiarized the real truth. So we're not whacked out here, we're not actually starting to hang crystal. But crystal's come from the Lord.

P I know exactly.

[00:49:07]

S See, I keep on trying to add to the hippie New Ager but every time I think, well actually they've just probably stole that too.

P I know like energy thing, all this stuff...

D Counterfeit

S Counterfeit

- P Magnet therapy, all of it
- P I'm sorry, it's like grounding, no, God created it all.
- D No think about this, like at the same time that I was anti what, I just said everything I was anti. I was also like, I'd have 50 friends with their crystals and their scents and all this stuff and I was just so like... I was Mr. Science and I was like, get that junk out of my face.
- D That is so silly, but if you think about the old way, the ancient ways and maybe some of the ways people on earth used to think were not scientific and childlike or whatever but if I were walking around and I saw... I mean, have you ever seen like a real ruby or a crystal or something, and I saw that right? And I would instinctively be like, I want that in my house. Like I want to... I have found something so rare and precious and what does it do? And I don't even care. I'm just going to put it on the mantle. I started to get more childlike in the way I walked on the earth and stopped being so like it's time to be a practical adult. And just, I don't know if crystals have power, that's not my point. My point is that they're really pretty and maybe there's something to them.
- S There's a shadow of God's healing.
- D Yes, I don't know.
- S In things from the earth that's come from Him and He's put it in them.
- D Yes, like it's not... I love that it's not new age. The new agers out there, they're really... All they're doing, it's kind of like the millennials who are getting like 1920s haircuts and drinking craft brew and getting into wikki.
- P It sounds also true.
- D They're actually reviving this old authentic way.
- P And CBD oil it was part of the healing and honey and all these things that used to heal and now people are just rediscovering them.

[00:50:58]

- S But I do want to say, when I say old age, we're not talking about millions of years and the mammoth's in the cave with the Neanderthal Lithic. We're not talking that old age.

P We're talking creation.

S Thank you.

P So interesting, thank you so much for coming Dr. Lucky, and you have your beautiful wife here and son in the PODdy cabin. It's just a pleasure for us. It's an honor. I hope people check out your book because really it's fantastic.

S It is.

P And then just helping change your mindset, and I want to end with this final question, we've got a lot of people, their husbands are doctors, there's people in the medical community, many of them do good. We don't want to be this podcast...

D Thank you, yes.

P That speaks badly about medicine.

S I agree.

D They've saved my life by the way.

[00:51:48]

P So what...? You were a MD, now you're a transformational... whatever you are called. How do you...? What do you say? What do you say?

S He might like to clarify his name.

P Yes.

D Just whatever you're called.

P You know what I'm saying? We don't want to be bashing doctors. How do you deal with this?

Dr. L I believe there are steps to healing. The journey is different for different people and people can go to medical and if you have surgery and you break your neck, I go to Dr. I highly agree with that. But when it comes to conventional medicine and healing, the general 80% of the things that's going on, the answer is not in the medical field. I've done it. It can bring about Band-Aids that you can put on and get out of your symptom. But it's again, can be a step to their healing.

[00:52:43]

P It can.

S I liked that. I liked the Band-Aid thing because some people aren't ready to hear this. They're not ready to act on it.

P And so it can keep you alive while your heart's transforming too right?

Dr. L That's right, so it's based off of what I've said before, which is really people have to be restored, if they're empty, they're gas tank's empty. They have to be restored and the whole issue is when they actually are restored, then they can get to the level of transformation. That takes place.

S That's what happened with Arden at a certain stage in his battle. That's my son who was battling with cancer and he's totally healed. It's so great. But he got to a level that even the very alternative doctors that we were dealing with said, if it was my son, I'd take him to the emergency room right now because you need to get the cancer load off. You need to just hit it hard so that then his body has time to heal naturally because... But he got to a certain stage that it was a desperate stage where it needs to just, we need to put a quick something calmness so that there is... We need to buy for time.

P Right and God has equipped doctors with many wonderful gifts to the human race. But like what you said, a lot of the problems that people keep going to see the doctors for, it's just Band-Aid after Band-Aid after Band-Aid and there's not real healing.

[00:54:01]

Dr. L So I'm not against medical doctor, I'll let you know that first off, I am a medical doctor. I've gone through that and I am for the integrative approach which is to bring the best of the medical world and the scientific advances that they have made or we have made really. Really, I haven't made any of them but what they have made and actually to compliment that with the best that we can do from the spiritual, emotional aspect, the health coaching aspect because essentially I am a health coach myself. That's what I do. I do pastoral medicine which is I'm also a minister, which allows me to see things from a spiritual perspective but also a fiscal perspective as well to put the whole picture together and they can really truly find the root of their problem.

P Yes, it's exactly right because there's not just one side. There's so many sides to these conditions and you're right, we've got to just look at it all and heal it all and so, hey, thank you so much.

[00:55:09]

P We're at the, wow, one hour mark. It might be our longest podcast ever, but it was necessary.

D People are going to thank us, they're going to say, finally you gave us something, some meat!

P I will see you guys here next week.

D Yes, and thanks Dr. Lucky.

P Thank you.

D Wait we've got to mention his book one more time.

P And your website

D And his website

Dr. L My website...

D What kind of pros are we?

P We're terrible.

S We're not pros that's very obvious

P Where do people go and find you Dr. Lucky?

Dr. L Okay, the website is www.

[00:55:42]

D He's from the South.

Dr. L The Flow Clinic, which is T-H-E-F-L-O-W-C-L-I-N-I-C.com, [www.theflowclinic.com](http://www.theflowclinic.com).

D The Flow Clinic

P I love it, that fine wine flowing.

Dr. L Or in Canton, Mississippi and that's the basis of the flow. We have to get in the flow of things.

D Get into the flow people

P Yes, and the book is Unleashing...

S Instead of what, I want to hear what he was going to say, instead of...

Dr. L Instead of going against the flow, we have to go with the flow.

S See that was important.

Dr. L Well thank you guys for having me.

[00:56:17]

P You're so welcomed.

L I'm so grateful to be with you guys. It's been a blessing.

D And we'll see all of you next week, we love you.

[00:56:34]