Hi friends.

So nice to see you all coming in. Can you hear me all right? Last time it was difficult unless I got very close to the microphone. I hope you can hear me, Tara, all the way from Western Australia. You're here every week. It's so wonderful to see you. Hello, Angela, teacher and students from Oklahoma. Hi from San Juan says Thomas. So good to see everyone. Good evening my friends. It's Monday night at eight o'clock eastern time and we do one thing and one thing only on that time. And that is I teach you homeopathy. I teach you what I know. I share with you information and I hope that you also help each other. I hope I encourage you to study and learn more and that you don't just end up us doing this, but I think most of you are doing a lot more than this because I can tell by the kinds of questions you have, they are sophisticated and that only comes from time spent studying and learning and using high howdy from Texas.

Hi, Jennifer from Missouri, and Lori from Naples, Florida. So my friends, my name is Joe at Calabrese, and this is what we do. We talk about homeopathy every Monday night at eight o'clock. I've been doing this for years now. I've not missed one. Well, I shouldn't say that. I have missed a couple when we've had technical difficulty, but I'm right there. Sound went dead as you asked if we could hear you. Come on. Thomas, is that a joke? Are you serious? Can you hear me? Everyone? Please let me know if you can hear me. I do want to know whether or not this is where working out. Need to refresh. Hi, Noreen says Susie B. Hi, Susie B, excuse me, my friends.

Thank you, Joanne. That's really sweet of you to say that. Thank you very much. No, my sound is fine. Says Heather, we can hear you well. Yes, we can hear yes, yes, yes. Okay, here we go. Let's carry on shall we? I want to show you something kind of fun. I was going through my cabinets and I found this jar. It has nothing to do with today's topic, but I just thought it was interesting. It's St. John's wart that I made in Devil's Spring. It was harvested in our meadow and that's, see if you could see that. Let's see if I can get it just right. St. John's board, 1995. I made this look at it all. I guess I didn't need it.

Look how much is there. And it was so this and I made it in Devil Spring. I collected it probably with my children who are now all adults. What was that, 30 years ago? And now they're all adults and married and I've a grandchild. And so this is how long I've been interested in this subject. Now St. John's, what my friends, in case you don't know and most of you do know, is Hypericum. So St. John's, what is the common name? And perforatum is the Latin name. So we use it as hypericum per for perforatum. And in herbalism we use it as a tincture, as a mother tincture. I have used this, I mean not this one, but I did make a lot of it. And apparently that year I made far too much. So I thought I'd share that with you. I think it's kind of fun to see old relics from my past.

And once I started to learn homeopathy, I still incorporated some botanicals, but I found that homeopathy trumps botanicals and that's my experience. We still use some botanicals. I use Corte, I use Curtis Mariani. I do use certain herbs, botanicals. But I have to say that the bulk of what I do is based on homeopathy because the methodology I think is so pure and so clean and doesn't cause any trouble. And I found it to be so efficacious that I've never had to kind of turn back. So excuse me again. Let's talk about summer colds. Shall we? Excuse me, this is not a cold. Please excuse me. I'm going to take a sip of water.

I have water with some lime that I squeezed in earlier and some salt. First I want to tell you that I met with a client today who has actually become a friend through the years, and she was describing a sunburn that she just had and how sick she got from it. I would not call her very light skinned. I would call her, maybe she's olive skinned someplace around there. And she said, she described her sunburn to me. It's not uncommon, she said, I felt feverish, chilled, alternating between chills and being too hot. She was cold, she put extra clothing on. She felt weakened and fatigued and had pain in her joints and muscles. She had a stiff neck. She got a cough. So you think my friends that maybe she got too close to, I don't know. Did she get a virus from the sun, do you think?

So those of you who are my mighty members stay on tonight. I'm going to give you something that's I've been reading up on for a couple of years and I'm going to share it with you perhaps I've already shared some of it with you, but I think it's very interesting. And I'll be honest with you, the reason that I have mighty members and mighty members plus pluses, because I like to share things in that forum that I don't share to the general public on the internet. And that's what I'm going to do tonight. And it's in relationship to this topic.

So then I know this to be for sunburns. When somebody gets a burn, it could be a burn from a stove. It doesn't have to be a sunburn, right? It could be any kind of burn and those symptoms could present. Sounds like a cold, doesn't it? Did she catch it? Maybe she should have worn a mask to be out in the sun because she certainly doesn't want to catch it from someone. So let's talk about, it's actually a little warm in here. Let's talk about what the differences between a summer cold and a winter cold, shall we? So rhinoviruses and enteroviruses are typically treated with supportive care. So we could also say that there's nothing that can be done about a cold in conventional medicine. And so what we do know is that there, I would tell you what the symptoms are for each of those. In the winter we see rhinoviruses. This is conventional thought, just saying. And with the rhinovirus that occurs in the winter, we have symptoms such as sore throat, runny nose, cough, sneezing, and congestion for enterovirus in the summer we have sore throat, runny nose, coughs, sneezing, and congestion.

But I don't know how it sounds to me like it must be really important that they determine which virus it is. Right now in summer viruses, sometimes there's a stomach affliction too. There could be diarrhea or nausea, and sometimes there's even a fever, but I don't know about you friends, but I would say that those winter colds also can bring that on as well. So there's not much that conventional medicine can do. We all know that. That's why we're here. That's why we're here tonight. That's why we're here every week is because conventional medicine when it comes to, okay, so we got some people who are having a little difficulty. So check this out. I don't know if Natalie's with me tonight or Serena, but a couple people said she didn't realize she had to, one person said she didn't realize she had to join in.

Okay, so what can homeopathy do, right? Oh, Natalie's with me tonight. Hi Natalie. Thank you for being here with me. So what can homeopathy do that other conventional medicine can do? Well, let me just say this. The conventional medicine offers, they say rest, drink fluids, and the condition will last about seven to 10 days, whether it's a summer flu or winter flu, excuse me, summer cold or winter cold, excuse me, regardless. So what they offer is acetaminophen, sinus, something that you can take in. You can inhale in the sinuses to help with the sneezing. But in my experience, and not just my personal experience, I don't get colds very often. I haven't gotten one in quite some time, maybe years. That's what often happens. As someone gets older, I think that we become less susceptible. But in my experience, not with just myself and my family, but with my thousands of students and even thousands of clients, is that it usually lasts about 10 to 14 days.

Now what does that mean? If there's a cough, then we know that if the cough is not very painful or it's not impeding the ability to breathe or it's not a horrible, it's not a cro causing any, there's no bleeding with the cough. The person's not spitting up blood, et cetera, and it's just a cough that helps clear it out. That's what we're supposed to have, wouldn't you say? Because if you've got a cold that's going down into the chest, do we want it to just sit there or do we want a mechanism or even in the throat for that matter? Don't we want a mechanism that will clear it? And what's that mechanism? It's a cough. So to cough is actually a very good thing, and a cough is a good thing even long after the cold is long gone. So the sneezing, the runny nose, the achiness, the fatigue, anything else that might be accompanying this malady in the beginning is long gone.

But then what remains is the cough. That's not a bad thing. Now if it goes into a cough that turns into bronchitis now that's something else, right? But we're talking about a cold and that's what we're going to stay here tonight. We're going to stay tonight. I'm going to get my repertory out and I'm going to look up. This is Robin Murphy's fourth edition of the Meta Repertory. And this is what I often refer to. I don't really need to do this when I'm thinking about helping someone with a cold because I know what to use now. But I will tell you that it's a very good resource and I'm on page 2161 and it talks about, and it's the clinical section and it's under colds and mostly under colds. It says tendency to take a cold. That's really what we're talking about. But chilled easily or cold air aggravates causes a cold or dry weather, causes a cold or feel feet are cold from a cold around a cold, wet weather aggravates or colds that go to the chest. And then each of these rubrics that I'm reading from give me names of medicines that can be considered for this, a cold from drafts, a cold during menses, a cold from overheated, and a cold with a lot of sneezing, and then a cold after sweating. So each one of these we could determine might be useful for someone if we have any of those conditions that I just read to you, but I don't know that we need to go that far. Wouldn't you agree?

Yeah. Did I have a cold a couple months back? Did I? Oh, I don't remember that. Maybe I did see, help me remember. I don't remember that, but if I did, it must've been very short lived because I don't get very sick like that very often or get very sick, certainly for 10 days or a week. Okay, so now let's talk about how I would address a cold. The first thing that I would do is I would make sure that I own my medicines. I would own the medicines that I know would be useful for a cold or cough, just like you have in your freezer. You have your meats put aside just like in the trunk of your car. You've got a spare tire just like anything else. You need to be prepared for the eventuality that something's going to happen. And if you happen to have a family, then eventually something's going to happen. So I'm going to suggest that you own the medicines that I'm going to discuss tonight. And more than these, I'm going to only discuss a few of them because I think it is important to do so.

The medicines that I love, the top medicine that I love for a cold, that if you've got it on hand, and if you don't, you can certainly get it on Amazon. You can buy it from boron, B-O-I-R-O-N directly. They ship pretty quickly, but Amazon is a day or two is cold, calm, cold, calm. Makes it super easy to remember, right? There are many medicines similar to cold come in that they are prepared specifically for the generalization, for general cold, for a cold in which most people have around that, that most people will suffer. What I mean by that is it's the same old sneezing, coughing, achy, fatigued, et cetera. Cold is one of our best. And I urge people that anytime you're taking a homeopathic for an acute, not a chronic, but for an acute condition, a bee sting, laceration, sunburn, a cold, et cetera, that you take it the moment you experience it.

Don't wait. Here we go. Natalie says, you can get a 20% off discount@shop.boronusa.com with the code jot. Take advantage of it my friends. 20% is considerable. Even though these medicines are so inexpensive, still 20% is still 20%. So cold comm love it. It's one of our best medicines. And then you use it frequently. So how frequently would one use a medicine, cold comm or any other? Well, of course in cold comm, they have actual directions written on it because it's a combination medicine that boron has put together and they give you exact directions. But let me tell you that if it's a cold that just feels like it's coming out, are you going to take it every five minutes if you feel something serious is happening that you need to move quickly, your cat just got hit by a Zamboni and the cat is flat and you've got to help that cat right away.

That's an acute, you're going to move really quickly. It's not a cold now, now it's an injury, but you're going to use that medicine very frequently, not cold come. You're going to use something like Arnica Aconitum or Hypericum or phosphorus or something like that. You're going to use it within a few minutes of the last dose and then the next dose and then a few minutes from there, the next dose. And you're going to use it frequently because the intensity of the condition is so great. But when it comes to a cold, generally we use it maybe every couple of hours and then do as we automatically know to do what's common sense. Drink some bone stock, some meat stock, some salt water, drink plenty of water, go to bed, get bundled up and take it easy. So that makes perfect sense right Now is this only for a summer cold or am I talking about a winter cold?

Well, as we can see friends, it's pretty much the same. If somebody's going to get sick, like what I've just described with a fever and cough and achiness and fatigue, sore throat, et cetera, what matter is it? The conventional medicine loves to separate things and call it something really special and tarot virus, it's, I find that, how could I say? Annoying. Let's just use our symptoms, my friends. We really need to know what has been isolated to determine whether or not it is of any value. If it's all the same, what difference does it make? Let's just use a medicine that will step right in, whether it's winter or it's summer. Now remember my friend described her symptoms of getting sunburn. They were just like getting a cold so she could use the same symptoms or excuse me, the same remedies I would still add on top of that.

And that's exactly what she did. I would use something for the burn. She could actually use something for the burn only and it might help completely and she may not even need to go to something like cold calm, but isn't it interesting? So couldn't these colds, these viruses be more related to a stress? Yes, that's what I think could be a big part of this. Now, Tara says she uses Anis Barb one M. Usually one dose works. So that's why I'm going to O coum oci, O-S-C-I-L-C-C-I-L-O. I'm not going to get it off the top of my head. O-S-C-I-L-O-C-C-I-N-U-M. I think that's it. So Natalie, hop on there and give us that one because it's now Tara uses it in a one MI like oci, which uses a similar situation but doesn't use one M, similar medicine but doesn't use one M and Sili. Coum comes in a little package and there are little tubes and do not skimp on the tubes.

If you decide to use sili coum or have it on hand, use it exactly as it's directed. Now I have to tell you, my friends, people tell me all the time, oh, I can just use one pill or I can just use line the bottom of that cap. There it is, Lisa. Thank you. O-S-C-I-L-L-O-C-O-C-C. So there are two consonants that are doubled in there, the Ls and the Cs oum. There we go. So you can use as many pills as you like my friends, but if you want to experience this, what I've experienced with my clients, my students and many tens of thousands of others have experienced with these medicines. You might want to follow the directions. More people are benefited by using. If it says to take five pills, more people are benefited by taking five pills. You can test it out and take three. But personally I wouldn't bother doing that. I would go directly to the directions.

Yeah, Donna says, I read that you have to use the entire tube as a dose for silico seum. You do. I've tested it out many times it has acted for my family until I started taking the whole tube. Absolutely, because you know, why have I moved to that? And I use the whole tube as a dose because I trust boron. What can I say? I trust them. I know them well. I know the pharmacists. I know the owner, I know the CEO. I trust them. And not only do I trust them in that regard, it's not blind trust. I've just found that that's what works. A whole tube. Yes.

Yeah, you like Zamboni. Isn't it fun? I a history of working with a classical homey path who said not to mix remedies. I realized this is different. Can you say more about mixing like with cold comm? Well, cold comm is a mixed medicine, and I was classical many years ago and I'm delighted to tell you that that's poppycock. You can mix remedies. This is a perfect example of it. And that is cold, calm. And another medicine that is a combination that is mixed is a banerjee protocol, which is Aconitum 200 mixed with Bia and my friends, it works also. That's my third medicine. It is beautiful. And Foria says he herself. Aria Isha, you're such a good student. Yes, my friends Dr. Samuel Hahnemann, I'll bring him into view. Dr. Samuel Hahnemann came up with Heer Puum Calker. That is a combination medicine, my friends, that is a combination.

So heap self calc is a combination and it is what Dr. Samuel Hahnemann who started all of this determined. And so there are many medicines that are mixed combined that are absolutely spectacular. I can't imagine doing without them. My friends, yes, pat in Kansas says, how about lyco ours? That's a combination. That's a banerjee protocol. That's a combination for burning belly that's bloated, et cetera. Or lyco plum. It's a great medicine like a podium mixed with plumb bone. It's a banerjee protocol specifically for hernia. And so how do you choose between silico signum and cold calm? Well, some say that silico signum is better used when the weather is on the chilly side and damp.

And so some people report that. I've never noticed that that makes a difference. Personally, I like for my family cold come. I find that it works consistently. So what you do is you try one out, see whether or not one works and the other. You could even alternate them. Oh yes, oh yes, you could alternate them. You could take cold calm at 10 at night and you could take silico signum at say 12 midnight and then cold calm at two in the morning and then OCI at four. You could do that and then you get a sense for which of which one is acting. I'm not sure I read on a boron bog, but you can alternate the two. Yes, that's exactly what I'm saying. I'm saying alternate the two. Yes, yes, yes. It comes from duck organs, yes. Heart and liver does I. Alright, let's see what else we've got here.

What are people saying? I don't get it. Isn't it supposed to be one dose, either one or five pills or drops? I'm not sure I understand. If it says on the bottle to use five, you use five. If the bottle says to use one, you use one. Just follow the directions of the pharmacy. That's what I'm saying. In other words, if it says to take five pills and you decide to use one, I think that you're making a mistake. If you can get value out of one, okay, great, but you've just lost an opportunity. You've lost a couple of hours. And for my money, I would much rather have the medicine act sooner because I knew I took the right number of pills. OSI Signum worked for my mom's last flu, but cold didn't touch it in the past, cold comm has worked for her colds.

There you go. Elizabeth says, thank you. All of this is very useful information does not work for me. Love cold, calm or kinine and bia. That's kind of what I have found too. I love cold, calm and I also love kinine and bryna. What do you think says dawn of making a remedy by using a one ounce drop or added a dose to the alcohol water and a couple drops as a dose. Several do this. What do you think of making a remedy by using an ounce dropper? Add a dose to the alcohol and well, you could do that. Listen, you can dilute these medicines my friends, but if you're sick or your child or your husband is sick, you want to try to figure that out, you want to do that, you want to be a pharmacist at that moment in time. I would urge you to play around with it a little bit when it's not that important. But if someone in your family is sick, don't you want to give them relief as soon as possible? That's the way I think. So I would prefer just to use exactly what they say when it matters. If it doesn't matter, okay, no problem. If you're using homeopathic medicine because you get hangnails, then who cares, right?

Yes. We use cold calm when indicated. It is rare that it doesn't have a positive action, whether it's winter or summer cold. My friends now, let's see, Sue, I get it ready mixed from Helios. You can do that. Helios is a great pharmacy in England. OHM is also a very good pharmacy. They're in Texas. But those who are not my students or clients can't use OHM. They're not a retailer. They are actually just a manufacturing pharmacy that's support me in my endeavors. Let's see, they get, okay, okay. OHM has combo remedies. Yes, they have OHM. Pharmacy sells remedies. They sell mixed remedies to students or homeopaths and helio will do it for you if you ask. I've heard, yes they do. I mean these pharmacies are very accommodating. Let's see what else we've got here. But one dose of five pills diluted and one ounce would still be one dose.

No, it's still one dose, but what you're doing is you're diluting it one step further. So then each sip or tablespoon of water that you put in your mouth from that is another dose. So you can do that. I don't urge people to do that in these circumstances. I'm starting to think, I don't prefer to make a dropper bottle seems not as good, but still deciding I found the same. When it's something that's not that important, then I might mix it and put it in some water. But everything that I treat in my family is important enough for me to want to use the full amount. Even though I know Joe Pat used this method, he used 16 ounces of water and put the remedy in the water, especially his arnica method. I think it can still have use, but I don't want to take a chance. Let's see what everybody else is saying here. You've got some good questions here. Remember to share.

I think I missed some here. Corrine says, ARN and mag Foss I take together at night. Yes, you can take them together. I chase a colder flu away. Okay, I got that already. Yes. Good, good. I think I'm following up on all of these. So for those of you who are going to stay on in mighty, just wait until I've got another minute to go. I'll answer a couple more questions and then we'll get on to a meeting with our mighty. Can we get the same combo effect by taking one pellet dose of each remedy at the same time? Well, if the dose is one pellet, that's what I'm saying. If it says on the bottle that five pellets equals a dose, then by taking only one, it may not act. If you want it to act, you're going to use five pellets of one. And then if you want to add another one, five pellets of another, unless it doesn't matter to you whether or not it acts. But for some people one pellet works for other people, three pellets work. But for most people, which is why the pharmacies tell you to use five pellets, more often than not for the largest number of people are affected when five pellets are used. That's why they recommend it.

Okay, throat calm. If it's a sore throat, throat calm is excellent. There we go. Oh yeah, that's right. Laura Boron has a cold season essential bundle with five single remedies and heap herself might be a good one to consider. Shelly. Yeah, well heap herself is another very good medicine, but it's usually more specific for an ear pain or sore throat. Is it best to wait 15 minutes between different remedies? Well, it depends on how sick the person is. So if it's a chronic condition, then you might want to wait about 10, 15 minutes. If it's somebody's very sick and you need to move on and get an idea of what's going on, you might want to go sooner. So if that cat is under that Zamboni, you're not going to wait 15 minutes. So the more dire the condition, the more frequently it's used until you see a shift.

I love heap ourself from my sore throat says Irene from Montreal. It's a great medicine. I know I've used it for one of my sons, just adores heap ourself. Anytime he has any lymph nodes or sore throat or anything like that. And for him it happens when he is exposed to chemicals, he notices his lymph nodes get swollen and sore and it acts like a cold by the way. And so did he catch it from someone? Did he catch it from someone sitting next to him on the plane or does it have more to do with a stress from outside exposure?

I've mixed my pain remedies together, something water bottle. But frankly they don't work as well when I take them individually. They don't work swell as I think that's what you're saying. I've mixed my pain remedies together. I'm not sure I understand, pat. Somehow it doesn't work so well. I think that's because you haven't mixed them or because you have mixed them. When my children love heat birth cell for lymph node issues too. That's right, Fania. That's exactly how it works. Okay, my friends, stay tuned. All of those who are mighty, stay with me and we'll get onto something rather interesting that we should consider when we're talking about these colds and viruses. So are we ready, Perry?

Yeah. Okay, all now let's talk about something a little different, shall we? I mean actually it's the same, but I'm not a virologist. I'm not a medical doctor. I'm a homeopath that's been doing this for, I've been studying teaching homeopathy for 40 years. I've been in practice full-time for about 38, 37 years, and I've seen a lot. I've seen thousands, tens of thousands of clients and students I saw even more when I went to India. It was very intense because I saw, I went there eight times, seven years, eight times over those seven years. Spent a lot of time working with doctors who work in a very similar fashion that I had already started working in. And all I can tell you is that in my experience I find that the longer I do this, the more questions come to the fore. And particularly after 20 20, 21, 22, 23, even though I had a good sense of what was going on because I'm in the homeopathic community, we've known for a very long time that something like that was going to occur. Never however did I expect it to be so sweeping, so universal.

And so from the very beginning it was suspect, but I just didn't know how to suspect it. So from that pivotal moment in history, there are a lot of people, professionals, medical doctors, scientists of all stripes who have been digging into the narrative. And I have to tell you that I have found this man. And there's also a woman that I've gotten to know. I've actually gotten to know her husband, but this man is Daniel. Can you catch a cold as the title of his book? And what he does is he questions virology and whether or not we actually catch something by being near someone who's apparently sick or maybe not sick, but they've got something that is the boogeyman that connects to us, comes into us and then changes our wellbeing. So like my student client slash friend I told you about who had the sunburn, she got sick and it acted like the flu.

It acted like a cold, it acted like a virus. In fact, it acted like she caught it from someone, even though it was from the sun. She did get sick from the sun. The symptoms were all the same, but for the fact that her skin was burned, now you have to, if you start questioning this, many other questions come to the fore. So what I said was, well, the foreword is by Dr. Samantha Bailey. Dr. Sam Bailey, she's a family practitioner in, I'm pretty sure she's in Australia. She's in Australia I think, or New Zealand. Well the accent's so similar that I can't remember. YouTube, Dr. Sam Bailey, YouTube, Dr. Daniel roas, and then Sam Bailey's husband. I've gotten to know, I've met him a few times on Zoom and he's also a medical doctor and they have been questioning this just like terrain theory is a theory. Thank you very much, Melissa.

There are terrain versus germ theory. These are theories we don't really know. Oh, thank you Susan. In 1918, they couldn't make anyone catch the Spanish flu. So what the heck is a virus? Brilliant. Susan, you're absolutely right. They did everything. They found the people who were sick with the Spanish flu of 1918. There were hundreds, thousands of them. They were lining the hospitals with these beds and these people, the doctors got the mucus from these very sick people and first they just put it on their skin and then they also, well, they had them drink out of the same cup. They couldn't get them to become infected. So then they got the mucosal, the mucus from the sick people and actually injected it into subdural into these healthy people or well people, I dunno if they're healthy, but they were, well that didn't do it. So they put it into their noses. They actually blew it. The mucus from a sick person into they could not make someone else sick. So it's a big question. Viruses a biological program on ectodermal tissue in the body.

Spanish flu happened after vaccination says one. Yep. Dr. Samantha Bailey, New Zealand. Thank you. In New Zealand, why were they trying to infect healthy people? They wanted to know if it was possible. They wanted to know how possible was it. They were testing. So that's how you test these things. And they mostly did it on prisoners and gave prisoners relief from their prison, from their sentence by offering to become a subject of the test. Happens all the time. I mean in case, just in case you don't know, they test drugs on young, healthy people who want to get paid. I've been giving my dog keep herself for swollen glands. They are a bit, hold on. Let's see. It's hard. So I gave him one dose of conium. They're getting smaller. Beautiful. Nice job. Very smart. Carrie. My dog has had a coffin, a cold and lived, let's see, and I've tried so many remedies, but she's not better.

Yeah, so consider talking. See what she says. What Shelly says. So what is it then? I don't know. What do you think? There are theories. I read that it was from vaccines. Dr. Susan Humphrey said, I love Dr. Susan Humphreys. She's amazing. YouTube, Dr. Suzanne, excuse me, Dr. Suzanne Humphreys. Dr. Tom Coen talks about viruses as well. Love Dr. Tom Coen. These are all people that I've been studying following. I actually met a couple of times for years, okay. Robin Reed, the invisible rainbow says to find out how the world has a pandemic. Whenever they introduced a new technology like radio waves, which is what happened in 1918, I think SG being installed right during the what could be the culprits. People have said that they were taking a lot of aspirin. The new miracle drug that caused a lot of bleeding. There was a lot of bleeding.

That was a big part of the Spanish. Flu was hemorrhaging. That was the demise. They were being given aspirin. It is puzzling though, how when people get together more than one might get the same sickness and symptoms. Well, think about it. It is puzzling. It is fascinating. But when my husband yawns, I yawn. When it yawns again, I yawn again. Have you ever noticed that when my children are all in the car, somebody yawn. Everybody yawned. Fascinating stuff. How about women when they live together, they menstruate together. What if it's something that's affecting everyone that's extrinsic, but it's not actually a microbe? What if it's just something else? What if it has something to do with the atmosphere? German new medicine explains everything. I know they have a very strong theory here. Personally, I think the only thing we can be sure of in human health and illnesses is that there's really nothing that we can be sure of.

But if you got that right, yeah. Women's menses sink. I just yawned when you suggested it said Michelle, stress Robin. It is stress of some sort. Psychological stress. Emotional stress. The stress of my client slash friend who got a burn this past weekend, stressed, she was stressed by the sun, stressed electromagnetic field stress. It is a type of stress. Now when we say stress, we think, well, I've got too much to do. I got a lot to take care of, et cetera, et cetera. And we're thinking it's all psychological, but stress can come in many forms, not eating properly is stress. Eating carbs and sweetss, eating foods that are not real is stressful. Having a couple of drinks three nights before alcoholic drinks is stressful. It depends on the person, right? Some people can do that, many others cannot. Yep. Let me see what I'm going to go back up here.

Oh, let's see. Yes. My question is how did my husband get the C when he kissed me that morning? Makes me wonder. There we go. Robin's wondering. Yes. Let's see. Okay, I'm going to go back down again. I think we went so far back. Cloud seeding says Melissa. Yeah. Why couldn't it be cloud seeding? That's a type of stress. I've been having fewer coats since eating less vegetables and more meat. Not quite convo yet. Yes, Donna? I think the perfect food, my friends the least inflammatory food. What is the least? What do you think is the least inflammatory food known to mankind? I want to see if everyone has it, what you think it is.

A lot of health gurus also talk about quantum theory, but my view is that sometimes, hold on, I'm flipping around. Sometimes these theories are taken as truth and may only have a partial modicum of the truth. You're right. I seriously question everything. You're right, Christine. I'm not saying that it's any of these things. I do think it is stress though. I do believe that that is a huge factor. I've seen it too many times. File flaming young eggs, avocado, meat, beef. Yeah, I think it's red meat. I think that's the least inflammatory food there is. I think butter can be very valuable too. But I got to say, you can't eat a whole meal of just butter. You can eat a good amount. And I've proven that I can. A raw ribeye. You bet. Animal fat. You bet. Grass fed and finished beef, you all have it.

Bison or beef? Yes. Bison. Beef. Ruminants. Animal fats. Beef. Yes. Robin? Yes. Good old beef says Elizabeth. Yep. Meat liver says so. Yes. Liver's even better. But I have to say liver is not inflammatory. But it's hard for many people to eat liver. And sometimes at some point we've had enough. We can only eat so much of it. I love liver, but I can only eat that about once a week. It's too rich for me to eat every day. But I could eat beef every day. And my friends, I do. Carmen says from Vancouver, ruminant meats. You're right. Beef. Christine says water. They openly talk about. Okay, let's see how far we're getting with all of this grass fed and finished beef. Eat what God says is good food. Says Susie. A rare ribeye says another. Wild caught salmon. Yep. Butter on a steak. You bet. Okay, my friends, I've got to go. I've got a group that I'm meeting with that are coming into at my academy and so we're going to finish up now and I'm going to say God bless you all and I will see you next week. Fascinating discussion tonight. Thanks everyone. Bye.