



## JANE BARLOW INTERVIEW

### Barlow Herbal

By Chris Wark

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## **JANE BARLOW INTERVIEW**

### **Barlow Herbal**

Hey everybody, it's Chris. And today I'm with Jane Barlow from Barlow Herbal. Jane and I met a few years ago. And she's actually Robyn Openshaw's cousin, which is pretty cool small world stuff. And she and I met at a health and wellness event and got to chatting. And I just thought she was fascinating and she has so much knowledge about herbs. And herbs can be a powerful addition to your healing arsenal. But I didn't know much about herbs and when I was trying to get well. I did take a lot of stuff, but I really didn't know what I was taking or what I was doing. I was just flying by the seat of my pants. So, I'm excited to have Jane on to talk about herbs and just educate you and me. There's one in particular that I'm really geeking out on lately that she turned me on to. So, we'll get to that.

Chris: So, hi Jane. Welcome.

Jane: Hi Chris. Thank you. Yeah, it's exciting to be on your podcast because I know your tribe is very likeminded. And I can geek out on this whole thing with herbs and natural healing. And so, yeah, I'm excited to have a conversation with you.

Chris: Let's do it. So, can we start with your story and your Dad's story? Because your dad has sort of a legendary story, right?

Jane: Yeah. I grew up really differently than most people, in a really lucky way. So, my dad was a medicinal botanist. And his PhD was actually that: making medicine out of plants. And that's what he used to seriously... Talk about geeking out. When we were growing up, if my dad would see a plant along the side of the road that he wanted to teach us about, or just was something he was trying to identify, he would pull over, we would all pile out, and he would be teaching us about it. Like you use this part of the plant, you collect it at this time of the day. We'd be learning the Latin names and the common names. And that was the way we were raised. And there's 14 kids in my family. I'm second oldest.

Chris: That's amazing.

Jane: Yeah. So, we grew up in this big crazy family. I grew up in the sixties and seventies, so this was a time when all of the manufacturers of food were making housewives' jobs easier. Like packaged foods and processed foods and fast foods started just like exploding. And we never got any of that. We felt completely deprived. Like, "How come we can't go to McDonalds?" or "Can we go to the restaurant?" or "We want wonder bread, instead of this horrible homemade wheat bread" that my mom used to make. And we had big gardens and we thought we were really,

really put upon because we didn't get all of these great Hamburger Helpers and whatever that was. So, most of us are in our fifties now, and we realized pretty quickly, when we grew up, what a gift we got.

So, growing up with a dad that loved everything plant, it was kind of super hippie-ish. And we were totally embarrassed by my dad and his hippie friends and plants everywhere. And I mean, it was just kind of crazy, because we didn't go to the doctor very much. We used to get comfrey out of the garden and put it on. I mean, we'd get a bone set if we had a broken bone; we'd go to the doctor for that. But we were always just raised like little hippie kids and we were completely horrified by the whole thing, growing up.

Chris: Just curious. Were you vaccinated? Was the family vaccinated?

Jane: None of us. And this is where people honestly thought my parents were crazy because this was when a lot of these vaccines were kind of still in the developmental phase. And my dad was just way too smart. He was just this guy who loved being an outlier. He loved doing things that nobody else was doing. And that was a big gift that he gave all of us. It's like, you don't just line up for a flu shot because everybody else is lining up for a flu shot. Or if everyone else is vaccinating their kids... I was born in 1961. This was really out of the norm for the way that kids were being raised, even after that. So, we're so lucky. So lucky.

Chris: That's amazing. So, he, at some point, founded Barlow Herbal, right?

Jane: Yeah. I was about 14

Chris: When you were 14. Okay. And was he ever a practitioner? Or was he religiously selling herbs and herbal formulations?

Jane: No. He was mostly selling to other practitioners. But the interesting thing is that he was a hardcore researcher and a collaborator. When I was a senior in high school, he wrote a book that is still very much in demand today. It's called *From the Shepherd's Purse*. And I'm actually in the process, right now, of updating, reformatting, and adding to it because it's been now 40 years since it was first published. And what he loved to do most was to collaborate with other people. Like I was telling you when we chatted, he collaborated with Hulda Clark. She was one of his favorite collaborators. Dr. E.T. Krebs. Rene Cassie, of Essiac fame. He worked with her for several years in the late sixties. And so, as kids, we used to take turns going on business trips with my dad. And I got to meet E.T. Krebs when I was about 16. And I was not impressed, at the time. It was like not a big deal. So, his favorite thing really was collaborating with other people who are really interested in what makes herbal medicine, what are the properties. He was really into what makes it work, what makes it antiviral. In fact, the plant that I was telling you about, he

studied that one for about 30 years. And that is a game changer. Truly. So, he didn't really see patients.

Chris: Got It. And for anybody who doesn't know, Krebs was largely responsible for introducing the world to apricot kernels – amygdalin, B-17, laetrile. Lots of different names for the same thing. That was sort of his discovery. And then, of course, most of my audience has heard about Hulda Clark, she wrote *The Cure For All Cancers*. And Essiac tea obviously comes from the Canadian nurse, Rene Cassie. And so, yeah, that's so cool. I mean, I had no idea. It kind of blew my mind that he worked with like all of these legendary healers.

Jane: Yeah. It was a pretty amazing childhood. But was really normal. Like a normal dinner for us would be a couple of my dad's chiropractor friends coming over. And as little kids we'd all be getting chiropractic adjustments or acupuncture or iridology or we'd be getting our hair read. Like it was just seriously granola.

Chris: I love it. Okay. So, let's talk about some specific herbs, like some of your favorite herbs. And maybe some that people haven't heard of. And whatever you want to say is going to be good, I know.

Jane: Yeah. So, sadly my dad passed away very young. He died 21 years ago. He was only 62. And that is a whole other story. But what happened is, he was really kind of a rebel. And he kind of ran his business underground a little bit. So, when he passed away, none of my siblings wanted to carry on his work, out of all 14 of us. So, I restarted his company about 17 years ago. Now I've been going for a really long time, I've been able to collaborate with a lot of other practitioners. And I'm not a practitioner, but I've been able to get this amazing feedback. So, I have a kind of a list of my favorite anti-cancer herbs. I know your tribe's goal is not just healing cancer, but cancer prevention. To me, that's where it's at. It's easier to prevent than it is to cure.

Chris: Oh, absolutely. And also just the candida parasite viral connection too, which appeals to even more people.

Jane: Yeah, exactly. If people are familiar with Essiac tea... When my dad worked with Rene Cassie, he worked very closely with not only the herbs that are the four traditional herbs that are in Essiac, but he made a really concentrated tincture. That's what he was really well known for: his ability to take plants and put them into a concentrated tincture. In fact, a lot of people might not really a tincture and an extract are very different. A tincture is 100% alcohol, whether that's grain or cane or grape or whatever it is. And an extract is a combination of alcohol, water, glycerin, or something like that. So, what he really loved to do was to put herbs and herbal formulations into tincture form, because then you've got a really hardcore power. You can always add it to water and dilute it a little bit, if you need to.

So, to the traditional four herbs that are in Essiac, he added two powerful anti-cancer herbs, which are blood root and watercress. So, we make a tincture that was one of my dad's original formulas that we call Essiac 20 because it has the addition of those two herbs. And that is honestly one of my favorites. I go through a round twice a year, just for prevention and blood cleansing. And you just don't know what's going on inside of you. So, like I said, prevention. So, that's probably one of my favorite things to talk about, especially if you're familiar with Essiac. It is a powerful blend of herbs.

And the thing is, what people might not realize, is sometimes herbs need other herbs to complement each other and to give it the power. So, you could do singles, which are good too, and sometimes necessary on their own. But when you start to blend herbs and all their constituents and what makes them complement, then you've got some real power. So, that's probably one of my very favorites.

I love things like Pau D'Arco and cat's claw and feverfew. So, feverfew is really well known for headaches and migraines. But what's really cool about feverfew is it contains an alkaloid called parthenolide. And when you extract it just right in a tincture form, it actually stimulates adult stem cells. When you're healing from things like cancer and you're maybe doing some fasting and putting your body in autophagy, you take tincture like feverfew, then you've just given your body a power punch to even get those stem cells working for you even more. So, that's a very short list because almost every herb has cancer-fighting properties.

Chris: Yeah. And there is this synergy when they're combined, like Essiac is sheep sorrel, burdock root, slippery elm bark, and turkey rhubarb. Cool. So, do you also sell a paste, a blood root paste?

Jane: I do. Black salve. But most people don't know we have it because you have to really use knowledge and wisdom and intuition. You can't just haphazardly slap this stuff anywhere you think there's a problem. I make it. And I make it for my family members and close friends. It's my dad's original recipe. It's got blood root. It's in a whole wheat base. It's got zinc chloride. And then we use frankincense and myrrh essential oils. And I've used it several times on myself, over the years. I used it on a couple of family members with great success. I actually had one of my dad's brothers come to me a few years ago. He had some cancer on his ear and he was just crazy with it. He actually lost a chunk of his ear. But he didn't care because the cancer was gone. He was in his seventies and he was just like, "I really don't care. I'm not going to go through all that crap that the doctors put me through." And so, yes, I'm very familiar with the cancer paste, black salve. Yeah.

Chris: Yeah. You do have to be very careful with it. And work with a practitioner if you're going to use it, especially on your face.

Jane: Oh, and I would never use it on my face first. In fact, the Essiac tincture I've seen used topically on several things, especially on a face. That's the best place to start. And I've seen crazy, miraculous things.

Chris: That's really cool. Now, what's the value of the alcohol in a tincture? Why is that better than an extract?

Jane: Oh, it's not that it's better. It's just different. It's just to say there is a difference between a tincture and an extract. So, some herbs actually need to have water or glycerin as the agent that actually extracts the properties. We don't make any of those. My dad really loved and used herbs that really just needed the alcohol. So, the alcohol extracts it out, it acts as a preservative, and it also acts as a carrying agent. So, when you take a very concentrated tincture, it goes right to the bloodstream because alcohol goes right to your bloodstream. So, even if you dilute it in a little bit of water, it's still going to go very quickly and absorb quickly into your tissues. Nothing has to digest or break down or assimilate. Your body just goes, "Yep." So, yeah, it's not that it's good or bad, it's just different.

Chris: Got It. So, what other herbs shall we talk about?

Jane: Well, I love adaptogens because I think some cancers can be exasperated or even come on because of stress. And I think, as modern humans, we have these stressors come at us that our body thinks we're running from a tiger, when really we're just stuck in traffic and we're pissed off. Or maybe we got fired, or maybe we're just a busy mom. And we have these stresses that are unique to modern humans. And adaptogenic herbs help to balance body chemistry. They support your adrenals. And they help your body realize that you're not running from a tiger, you're simply living as a modern human with modern stressors. So, I love, love adaptogens. Like ashwagandha, rhodiola, maca root, suma root, the cordyceps mushrooms, and reishi mushrooms. Those are all things for people to look into. Holy basil. I Love holy Basil. So, things like that help bring your stress into control. Because I think a lot of cancers can be exasperated by stress.

Chris: Absolutely. Yeah. It's the root cause. It's not talked about enough. I talk about it all the time though. Not only because stress directly triggers the production of adrenaline and cortisol, and those hormones promote inflammation. But they also suppress your immune system while they're elevated and circulating. And so, if you're in a state of chronic stress, then you're also in a state of chronic inflammation and immunosuppression. That's not good. And over time, your body can become a place where cancer can thrive if it is in this chronic state of stress. That's the direct connection. The indirect connection is that when you're stressed, you tend to self-medicate. And when you self-medicate, it's usually unhealthy diet and lifestyle choices – cigarettes, alcohol, junk food. And people even self-medicate with being a workaholic, or with

consuming too much media and becoming sort of like couch potatoes and sedentary, or sex addiction. So, that's the indirect correlation with stress. So, it really is so harmful in so many ways. And yeah, adaptogens are amazing because they really help calm down your nervous system. And they help you relax physiologically. But what I encourage people to do as well is to really identify and address the root causes of stress in their life.

Jane: I agree completely. It's huge. Huge.

Chris: If you don't get to the cause and you're just constantly dealing with it, fighting it, trying to medicate it, or whatever. So, forgiveness is a big, big, big, big part of dealing with the root causes of stress. Forgiving people who've hurt you.

Jane: Yeah. I think forgiveness literally heals you. That is a huge message I give out to anyone that I come in contact with – my customer base, people on my list. You can't be holding this horrible grudge and drink green juice every day and have all these good lifestyle habits. If you just can't forgive somebody, you can't expect to be healthy. Forgiveness is, to me, one of the biggest things. And sometimes it's forgiveness of yourself. It's not just, "Oh, I'm going to forgive this person who hurt me." You've got to sometimes forgive yourself for whatever. So, I'm with 1000% on that.

Chris: Good. I'm so glad. Forgiveness does heal. It absolutely does. And if you don't do it, it'll get in the way of everything else you do. It will sabotage your success. It will be the one barrier to health and healing. All the herbs, all the green juice, all the everything that you try to do, if you're still full of bitterness and anger and resentment, it will just poison you.

Jane: Yes. There's a really good book I've read probably three times. It's called *Letting Go* by Dr. David Hawkins. It's really, really powerful. So, if someone needs a tool to help them learn to forgive and let things go, this is a powerful resource and it's available on audible. So, if someone is listening to this and they think, "I'm really trying to forgive, but I just can't because this person did this horrible thing" or whatever, get a tool or something to really help you talk yourself through these steps that might wake up something or turn a light bulb on for you. And I'm not an affiliate of that book. I just love it.

Chris: That's great. Okay. Let's talk about this herb we've been hinting at for a little while – lomatium.

Jane: Lomatium. Yes. Okay. So, if I had to pick out of all of the herbs that are available on the earth to humans and I could only pick one to take me through this life, it would be lomatium. And that's a powerful statement because not only do I love all plants and herbs, but I use a lot too. So, I'm grateful I don't have to pick. But in a nutshell, it is a powerful antimicrobial. And there's a lot of antimicrobial herbs like oil of oregano

and garlic and tea tree oil. These are all powerful antimicrobials. And if you don't know what an antimicrobial is, it's something that's antiviral, anti-fungal, antibacterial.

And this one is broad spectrum. It covers all of those. But I believe it's most powerful constituent is antiviral. So, think about the things that come at us as humans that are viral – Epstein-Barr, shingles, mono, all of the viral viruses that come at us, and even just things like cold and flu season. So, my dad studied this plant, lomatium, for 30 years. And this is the one he studied with Dr. E.T. Krebs.

A brief history of lomatium is that it's a Native American plant. It only grows in one part of the world, which is the Pacific northwest of the United States. And it's never been cultivated. So, you can't gather a bunch of seeds or even go cultivate it in its own environment. We actually go out every fall, as a family still to this day, and we wildcraft it. It's a huge labor of love. And after we wildcraft it, we dry it, we cure it, then we safely barrel it up and take it to the manufacturer who puts it into a few products for us.

Chris: It's also known as desert parsley, right?

Jane: Desert parsley is a common name; or black carrot. It is in the parsley family, but the part of the part of the plant you use is the root. So, I used it for my kids when they were little. I now use it on my grandkids. I have an eight year old and five year old grandkid. And so, it's super safe for babies. But I've seen it completely eradicate things.

Chris: We'll get into that too, some specifics. But there is a legitimate viral and bacterial connection to cancer; some types of cancer, for sure. I talk about this in my book and in the SQUARE ONE course. CMV, cytomegalovirus, is in the herpes family and has a strong connection to childhood leukemia and other cancers. And it's a very common virus. I mean, it's something like 80-90% of adults are carrying CMV. And then, of course, herpes is very common. There's a lot of different forms of herpes. And again, there are lots of viruses out there. The problem with viruses is they tax your immune system. So, they're not causing cancer directly, they're causing immunosuppression. And immunosuppression weakens your body and makes it a place where cancer can thrive.

So, same with bacterial infections, fungal infections, like all these microbial infections. You can live with them for years. And some of them you don't feel anything. Others cause chronic disease in various forms, inflammation, arthritic-type problems, thyroid problems. Like you said, Epstein-Barr and thyroid, there's a strong connection there. So, if you're watching or listening to this and you're like, "I don't know. I'm good. I'm fine. I don't have cancer or anything else," it makes sense to do a periodic targeted cleanse. And cleanse might not be the exact right word, but I think people understand what I'm getting at. It's like, if I'm carrying some

stuff, I want to wipe it out because I don't have any health problems right now. I'm in the best shape of my life. I feel great. A couple people in my house got the flu. I didn't. So, I'm like super, super happy about that. You mentioned Essiac earlier. I like to take Essiac at least once a year, just because. We drink Jason Winters tea. I know you're probably familiar with Jason Winters tea. And that's chaparral, red clover, Indian sage, and herbalene. And even the Hulda Clark parasite cleanse formula. So, those are things I like to do.

But I've never taken lomatium you've really turned me onto it. I'd never even heard of it, before talking to you. And now I'm really looking forward to taking it. So, talk about what happens when someone takes lomatium.

Jane: Okay. I spend a good chunk my time educating people because it's a very powerful antiviral, anti-fungal. In fact, it's so powerful that there's a percentage of the people that take it for the first time that will get a full body, one-time detox rash. We've been making a tincture of this, and even a capsule form of it (because you can still get the rash from the capsule form). We've been making these products for 45 years. So, we've seen thousands. And in the 17 years I've been going on my own... I know I sent you a couple of pictures, but I have thousands of those. Like literally I have a file full of pictures like that. It's incredible. It's incredible and it's intense.

It's actually the hardest thing I do because people get scared when they go through a healing crisis. And I think it surprises some people because they think, "Well, I eat clean. I do detoxes all the time. And I'm super healthy. Why am I getting this rash?" So, this is what I believe is happening. When some people, about 10% of the population I've found (and it was less when my dad was alive)... I think we're a lot more of a toxic society than we ever used to be. So, when my dad was alive, it was about 3% what he found, before he passed away. He figured about 3% of the population got the rash. Now it's about 10%, if not a little bit more than that. So, what I find is that when someone takes it for the first time, the rash doesn't show up until it's been about 5-7 days.

So, it doesn't show up on the first couple of days, typically. It might show up, very rarely, for someone after 2-3 days. But very classically it shows up at about a week. And this is what I believe is happening. A lot of people carry systemic or chronic viral or fungal loads. And they might not rear up. Most people they kind of stay at bay, they're just kind of low-grade. People might not know why they are fatigued or they can't kick something out or they just don't feel 100%. Or maybe they think they do, but they don't know what it feels like to be super vibrantly healthy. So, when this plant (lomatium) is introduced into the body, it finally has the tool to eradicate and help the body get rid of it. So, the liver is your main detox organ. If your liver's a little bit compromised, or maybe it just simply can't handle how fast your body is able to get rid of it, your skin

(as your largest organ) is helping you out. And it's expressing this huge detox rash.

Now, what I find interesting is, say someone has Hashimoto's and they've got the underlying Epstein-Barr virus. If they get this lomatium rash, it'll show up there first. It'll show up right where their thyroid is. Now, say someone has chronic UTIs, it'll show up back where their kidneys are. And then it will move. Because it will always spread out through the whole torso, face, arms. Most people, they don't really get any part of their body that doesn't get the rash. But it's interesting. So, your skin is really just helping out. So, what we have found over the years is that if we can support and detox the liver... Because the goal is to get the same results without the rash.

Chris: Yeah. I think people are tracking with you. But what you're saying is that when the liver gets overloaded, it's like your body's secondary mechanism for detoxification is through your skin. But when it's trying to excrete all the dead bacteria, viral, whatever – everything that's dead – that it irritates your skin. And it's just trying to expel it. And it can produce a pretty dramatic rash. I mean, the pictures you showed me were like a total body rash, which would definitely freak me out. But also, in kind of a weird twisted way, it would produce a lot of satisfaction for me.

Jane: No. This is what I get, Chris. It's really interesting because people will say to me, when they find us and they've heard about lomatium and they learn about the rash and maybe they've been suffering for so long, I have people that tell me, "I hope I get the rash," because to them it's proof that something is happening.

Chris: Yeah. It's like when you take a parasite cleanse and you're like really hoping you poop out some giant worms or something. And you're like, "I knew it!" And by the way, I never did. I never saw anything. I really wanted to

Jane: Totally. It's exactly the same thing. I've talked to many people over the years that have ended up in the emergency room because their family members scare them.

Chris: Just from fear, not from a legitimate reason?

Jane: Total fear. And sometimes there's fever or sometimes there's swelling. People get scared when they aren't used to the way the body heals when you have a true healing crisis. That's what this is.

Chris: And fever can be part of that, for sure.

Jane: Totally. So, our number is on the bottle. I've gotten calls before from the emergency room with people whose doctors think they're having an

allergic reaction, they get a steroid shot, and it does nothing. It doesn't touch it.

Chris: Because it's not a histamine reaction.

Jane: No. So, I get a call, "What the hell is happening?" And I've educated more than one emergency room full of doctors. And it's uncomfortable. But I just talk them through it. "This is what the person is seeing. This is what they're experiencing. This is what you've noticed," or whatever. And it can be very intense for the stuff I deal with.

Chris: So, I know you said you have like a liver support product and sort of a pre-detoxification herbal formula that I'm going to take. By the way, everybody watching, by the time you watch this, I may have already done this. We'll see on the timing. But anyway, I'm going to take that first. And that helps as like a pre-detox to open up your liver and get things moving and all that, so if and when you take lomatium, it doesn't produce such a dramatic detox reaction with the rash. But if the rash manifests, how long does it usually last?

Jane: Well, it can vary. It can be anywhere from 3 days to 10-14 days. And if someone does have a rash that last a couple of weeks, there will be a few days in the beginning of it where it's at it's worst. And then, it will kind of work its way through. And some people will get a mild rash and it will last 2-3 days. But the precursor, let me just talk real briefly about that.

So, out of pure self-preservation, about 12 years ago I formulated a product called MunityBoost. And this is the one that you're talking about. And it has 25% lomatium in it. So, there's lomatium in it. And there's dandelion root, which is a liver detox and liver support. There's red root, which helps clear mucus out of the organs. So, when you support the body... I've been able to take it back down to about 3-4% because you can still get a rash from this precursor of a formula.

But I would also suggest something liver specific, like we have a product called Liver Love. But there's lots of great liver products out there that help really give your liver some nourishment. And stop drinking alcohol. If you're going to try this and maybe you've been compromising your liver with alcohol, stop drinking alcohol for a couple of weeks before you try this and let your liver recover. Because I know people who drink every day, even if it's just a glass of wine. And I'm not saying that's a horrible thing. I'm just saying...

Chris: Well, drinking everyday definitely raises your risk for cancer and heart disease. So, it's not a great thing, even if it's just one drink a day. But it's so fascinating to me. And you've seen thousands of people take this product. You've seen thousands of rashes or whatever. That just kind of blows my mind. So, I'm trying to think about where to go next with this

conversation. What are the types of chronic infections that you've seen resolved by people who took this?

Jane: Well, almost everything. It's really rare for little kids to get this detox rash. A couple of years ago, a friend's six year old had chronic urinary tract infections for a year. And she was on antibiotics the whole year and it didn't clear them up. And as we know it, that's not what you want to do for chronic UTIs, but they don't have anything else. So, here's her six year old daughter suffering, like UTIs are painful. Sometimes I'm surprised that it takes friends of mine so long to come to me. Like, "Did you forget what I do?" And that's okay. I don't push or whatever. But this little six year old broke out in a full body, really intense rash that normally we don't see on little kids. But she'd been suffering with these chronic UTIs for a year. And it only took a couple of days for her to clear up. But this has been two or three years, and she's not having one UTI. So, chronic infections, UTIs, shingles. This is a game changer for people with shingles. Any type of infection. I told you the story about my husband.

Chris: Yeah! Tell that story. He had herpes for 20 years, right?

Jane: Yeah. We got married later in life. We've been married more than 20 years now, but we got married when he had already had it for 20 years. And he grew up with a dad who taught physics. So, everything had to be scientifically proven. And he was very much in to medical, traditional medicine, modern medicine. And of course, here I am, hippie girl. Like, "Give me a plant first before anything." And it took me a long time, even after we got married, to convince him to try it. He would take his little prescription to knock down a cold sore. And finally, he was getting ready to go on a business trip one day and he started to feel a cold sore coming on. And he didn't have any of his prescription. And he was like, "Okay, where is that stuff?" So, he took it. Now, he didn't get a rash. He was one of the people. I mean, like I said, most people don't. He didn't get it. And it knocked his cold sore down.

He ended up saying, "Okay, now what do I do?" So, he took it every day for 18 months. And I find anywhere from 3 to 18 months works for really chronic, longstanding systemic issues. So, it's not a super quick fix. You can't go, "I'm going to take it for two weeks and it's going to be gone." But then, after that, he went in for just his normal checkup. And the doctor who had been prescribing his prescription said to him, "So, what's going on with your herpes?" And he said, "Oh, well, I don't have breakouts anymore. I'm taking this herb my wife does." So, they did a test on him and he tested negative. And the doctor actually said, "Well, maybe you never had it." And he was like, "Okay, you've been giving me a prescription for 20 years." So, I don't want to say that this is the cure or that this is going to eradicate it for everyone. To me, this is a very natural way to help keep your symptoms and keep it even lower grade. But the goal is to eradicate. The goal is to get rid of and heal.

Chris: So, for someone who is taking lomatium and gets a rash, is there anything they can take topically that helps with that?

Jane: Well, Epson salt baths really help because it can get really super itchy for most people. And because it is such a high level healing crisis, it also can be a really incredible emotional detox for some people, which I have found really fascinating. It's almost like something is lifting, not only out of their chest and their body, but there's an emotional release. And so, it's almost so maddening, this rash and it's itch, that an Epson salt bath is nice. Emu oil is really good and nourishing to help with the itching. But for the most part, they just need to ride it out and give their body love and give themselves permission to rest. Some people are super fatigued when they get this rash and some people are like super energized when they get it. It's kind of funny how it affects different people. And we detail everything out. When someone finds us for the first time, they get a very detailed book full of information. Like we need to front load you and educate you, so you know what you're going in for. But the thing is, don't let it scare you away from doing it. I give it to my grandkids. I would give it to a baby. You know what I mean?

Chris: Yeah. That's good to know. What about Saunas? Can they help? Like sweating. Your body is trying to excrete this stuff through your skin. Is that something that people have incorporated or that you can comment on?

Jane: Yeah, yeah. A lot of people will do saunas. I find that it actually makes the rash a little more uncomfortable, just because you heat up the skin, especially with an infrared sauna. Like I have an infrared sauna and I love it and I use it. But I've really found that everyone who does use a sauna, whether it's a regular sauna or infrared, it kind of just irritates it more. So, I would say no. I mean, it's not going to hurt you to do the sauna. But I would say don't. From all the feedback I've gotten, it just makes it more uncomfortable and intense. And you don't want that.

Chris: Yeah. Okay. Fair enough. This is awesome.

Jane: So, are you ready? Are you ready? I'm excited for you to try this.

Chris: Oh, I'm definitely ready. I'm definitely going to take it, for sure. And I probably will have my wife take it too. We'll probably both take it. Let's just do it. Let's see what happens. Hopefully it isn't unpleasant and we both don't break out in big rashes. But we're going to follow your instructions and do all the prep stuff. What is the protocol leading up to it? A few weeks to a month of pre-detox stuff?

Jane: Well, we have the formula that I was telling you about called MunityBoost. And it comes in a two ounce or a four ounce. And it does have the lomatium in it. So, you're going to acclimate your body. And an

adult just needs to go through one of the small bottles. So, you and your wife can get the big one and just share it. So, just go through that bottle.

Chris: How long would that take us to go through it?

Jane: About a month. And if you're concerned, you can even start slow. And we have in detailed in the information we send you: If you want to lessen your chances for the rash, do this exactly. And we tell you the dose for an adult.

And I provide videos on my YouTube channel for dosing for kids. Like how do you dose tinctures for kids? Because to me it's not like, "Oh, here's this plant that does all these amazing things. It can cause this big rash, but don't be scared of it. Use it." It's like, "Okay, let's give you some specific instructions," because herbal medicine on this level is really just about education and empowerment. It shouldn't be too much and intimidating. It's like, "No. Let's learn about it. Let's empower."

I'm so grateful because I don't worry about anything. I don't worry about cancer. I don't worry about any viruses or funguses. If another epidemic swept around the world... In fact, here's a cool thing about lomatium. There are two tribes of Indians near Carson City, Nevada that were using this plant (because it's a native American plant) during the 1918 flu – the Spanish flu. And not one person from either one of those tribes died during that flu. And it affected every other group of people in the whole world. Like there was not one community of people that survived without deaths, except for these two Indian tribes – these Native Americans.

Chris: Yeah. That's amazing. And so, that also makes me want to ask, what do you recommend or take if you get a cold or the flu? What does that protocol look like?

Jane: So, there's two really cool things about lomatium that I think is really amazing. Number one is that your body doesn't appear to build an immunity to it. So, what I do during cold and flu season, especially when I'm around a lot of people or I'm super stressed... Like if I have a lot of stuff going on and I know that I'm feeling kind of fatigued and run down, I just take a preventative dose every day. And that's about 25 drops. If you squeeze up a dropper about halfway, that's about 25 drops. So, you can do a preventative dose. Or if I ever get on an airplane. So, if I travel overseas or anywhere, like I just saw you last week at a conference, I have my lomatium with me. I don't travel without it. Think about it! You're in this tube. So, if someone is sick, they cough. In fact, on this last trip, on my way home, there was a person behind me who was so sick. And everybody just kept giving him dirty looks because he was coughing and sneezing. I just wanted to go, "I have my weapon!"

Chris: People who follow me closely know I wear a mask on airplanes. I'm the weirdo in the mask.

Jane: I don't think you're a weirdo.

Chris: It's black, too. So, it looks kind of scary.

Jane: You're a ninja!

Chris: Yeah, I wear a mask when I travel because you're in this tube with a hundred other people or whatever. And they're sneezing and coughing, and it has nowhere to go. It's just coming up the aisle. And a lot of viruses are airborne pathogens. Hand washing is super critical. Wash your hands, don't eat food with your hands if they're not clean. But then, also, you can breathe that stuff right in and you're in trouble.

That conference we were at, a bunch of people have gotten sick afterwards. I did not. But the guy that I traveled with and who I shared a room with got sick. After he got home, like the next day or whatever, he was telling me like, "Yeah, man. Several other people that I know that went are sick now." And I was like, "Not me, bro." But I was hitting the vitamin C really hard. I was taking about eight grams a day of vitamin C, while I was there. And then, I was also taking mushrooms from Host Defense. You probably know Host Defense.

Jane: Yup. I do.

Chris: Yeah. I was taking their MyCommunity, which has like 12 different mushrooms in it. And I was taking beta-glucans, too. So, I was really doubling up, trying to just get my immune system as much support as possible. And it worked, along with compulsive hand washing.

Jane: You have to do that. You have to. There's just so much out there. So, to me, that's such a powerful tool.

Chris: I can't afford to get sick. If I'm traveling, I'm speaking somewhere. It can screw up the whole trip.

Jane: Well, besides the fact that it makes you feel crappy.

Chris: Yeah. I mean, nobody wants to feel crappy. I mean, I'm okay with feeling crappy at home, whatever. But yeah. I mean, when I'm spending money on a plane ticket or someone's flying me into an event or whatever, I've got to protect myself. I can't show up all sick. I'm the health guy. I can't be like coughing.

Jane: You and me both, dude. I mean, it's very rare, but I can't be sick.

Chris: Yup. So, lomatium is your go-to for colds and flu?

Jane: Yeah, it totally is. And like I said, I have grandkids and I raised my kids on it. My sons are 36 and 37, and they've never had a prescription

antibiotic. And my grandkids now are the same. And I only had boys. So, I kind of thought, "Okay, when they get married, I might not have any influence when they start raising kids. And what if they believe in vaccines?" And, and I was a little stressed about that. But the coolest thing happened. So, when my oldest son was started dating a girl, she was amazing. And so, I hired her to work for me before they got married.

Chris: Oh, you are very smart.

Jane: It didn't happen on purpose. I didn't know they were going to get married. I mean, I hoped because I loved her so much. But she worked for me probably five years before they got married. And her mother raised her in the medical industry, only because that's how most people do. So, she would listen to the phones and she learned about the products. And now she's exactly how I would raise my kids. So, my grandkids have not been vaccinated. They use herbs and essential oils. And I am just like so grateful. And my other son, who is single, if he decides to get married, I might just have to hire her too.

Chris: Hey, clearly that strategy works. That's super smart. Well, Jane, thank you so much for your time. This has been really awesome. You're amazing. You're just a wealth of knowledge. I value your time so much and I want to be respectful of it. So, thanks again everybody for watching. You can find Jane and connect with her at Barlow Herbal. Again, they have all this information and resources, if you're interested in doing a parasite, virus, bacteria, antimicrobial cleanse. Is that the best word for it? Is that the word you use?

Jane: Yeah. Totally.

Chris: Yeah. Which I will be doing. And again, by the time this comes out, I might have results of my own that I'll post in the show notes below that. So, we'll see on timing and everything how that works out. Eventually it will be in the show notes, if you see this before I do this. Either way, it will be there eventually. Anyway, thanks again for watching everybody. Please like and share this. People in your life need to know that there are amazing, natural, non-toxic solutions and protocols and therapies that can be incredibly helpful to reverse chronic disease. So, yeah, let's just keep spreading the good word. Thank you, Jane.

Jane: Thanks, Chris. You're awesome.

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