

Unedited Interview Transcripts for Dr. Baxter Montgomery

00:00:42.440 --> 00:00:57.110

Chris Wark: Hey everybody. It's Chris got another interview for you today with a plant-based medical doctor, Dr. Baxter Montgomery. He has been around a long time, and many of you may recognize him know his face. You've seen him on other interviews, and in documentary films, and what not, as have I and I'm really excited to connect and and talk to him about plant-based nutrition and his personal journey into diet and lifestyle medicine. So Dr. Montgomery thanks so much for taking the time. Looks like you're streaming. Live from a hospital or a clinic on my door here, so we should be safe.

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00:01:28.600 --> 00:01:29.880

Bmontgomery: Thanks for having me.

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00:01:30.040 --> 00:01:53.329

Chris Wark: That's great. Yeah, it's great to connect. And so i'd love to start with your with your journey right being conventionally trained. And my understanding, after talking to many, many doctors, is there's virtually no training in nutrition in med school, and and so did you have a background in nutrition? What happened in your life to make you think a little bit differently, or to open up to

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00:01:53.340 --> 00:01:54.429

Chris Wark: nutrition?

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00:01:54.440 --> 00:02:06.170

Bmontgomery: Yeah. Well, first of all, there was no background in nutrition in my former claim of medical school training or a regency, and I actually, I actually think of that as a benefit, I think that was a good

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00:02:06.650 --> 00:02:11.599

Bmontgomery: has to be received training. It would have been the long thing.

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00:02:11.700 --> 00:02:14.469

Bmontgomery: And so um you know the medical education.

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00:02:15.640 --> 00:02:17.900

Bmontgomery: It's compromise, and i'll kind of get into that

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00:02:17.970 --> 00:02:19.909

Bmontgomery: that a little bit later. But

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00:02:19.950 --> 00:02:30.570

Bmontgomery: but you in my background, you know I wanted to be a doctor. I knew that it's a nice way, and I never, you know you know, thought about it again. And then I went into

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00:02:30.800 --> 00:02:37.490

Bmontgomery: in total medicine. I made that decision when I was in medical school. In fact, I knew I wanted to be a cardiologist.

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00:02:38.520 --> 00:02:42.210

Bmontgomery: It's like a medical school based on research expense I have been.

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00:02:42.740 --> 00:02:52.100

Bmontgomery: And so again, that led me to the clique of Internal medicine and cardiology training that I wanted to go into the subspecies.

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00:02:52.360 --> 00:02:54.999

Bmontgomery: It's a

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00:02:55.530 --> 00:02:58.430

Bmontgomery: so uh I was blessed to be able to make these decisions

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00:02:58.810 --> 00:03:01.979

early on. And so I moved right on through the course.

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00:03:04.820 --> 00:03:06.930

Bmontgomery: Uh and i'll put here.

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00:03:07.310 --> 00:03:09.090

We're training because i'm not sure to see them

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00:03:09.940 --> 00:03:11.250

to that in a minute. But

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00:03:11.360 --> 00:03:16.600

Bmontgomery: so my loss was short. I went through my, you know, tidying career and

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00:03:17.230 --> 00:03:18.640

my career.

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00:03:18.910 --> 00:03:31.370

Bmontgomery: So the dawn. It's in. No audience knows. Um. There You, of course, would be to four years on undergrad, and you four years in medical school. Then I did three years of internal medicine training. That's one-year regency two years.

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00:03:31.530 --> 00:03:33.979

So one of the

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00:03:34.180 --> 00:03:36.400

Bmontgomery: and then I did uh four years

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00:03:36.590 --> 00:03:53.759

Bmontgomery: combine Joe cardiology and chronic electrophilic training. And so after that I went into private practice, and I never worked for anyone. I went into practice immediately after my train kind of machine over, and this starts in pages. I'm. Here in Houston

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00:03:53.770 --> 00:03:59.399

Bmontgomery: and I was working in and around the world's largest medical center, so I had hospital.

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00:03:59.550 --> 00:04:03.459

It's at somewhere between eleven and fifteen hospitals around you. Since

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00:04:05.690 --> 00:04:06.780

the sounds it's been

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00:04:08.230 --> 00:04:09.480

I'm just starting My business.

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00:04:10.000 --> 00:04:16.810

Bmontgomery: Just got magnated a year and a quarter to coming out of training. And then, you know, within

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00:04:18.290 --> 00:04:20.059

Bmontgomery: uh. So having kids. So just

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00:04:20.370 --> 00:04:24.059

Bmontgomery: it's a very, very busy lifestyle as young

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00:04:24.080 --> 00:04:25.150

his entrepreneur.

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00:04:26.380 --> 00:04:29.790

Bmontgomery: It's the context.

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00:04:30.610 --> 00:04:37.250

Bmontgomery: So I was saying that you know General choreography procedures device implants, which is just some mono circles

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00:04:37.740 --> 00:04:39.399

Bmontgomery: and plans to cast the procedure,

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00:04:40.060 --> 00:04:41.130

operations,

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00:04:41.340 --> 00:04:49.330

Bmontgomery: et cetera, and it was I took that experience, You know. We saw a I saw patients, and, you know, did a lot of good for people

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00:04:49.400 --> 00:04:50.919

to the, you know,

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00:04:51.080 --> 00:04:52.910

on your kind of devices, I would say

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00:04:53.070 --> 00:04:58.330

patients lives and the like. I would take the legislative call, and so on the

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00:04:58.500 --> 00:05:01.649

Bmontgomery: during that time in the back of my mind.

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00:05:02.920 --> 00:05:04.149

This and well, that's why I take that

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00:05:05.560 --> 00:05:18.359

Bmontgomery: as far as doing like cardiology training. You know we had a rotation, that cardiac rehab, and I remember feeling that, you know, sitting in a quite half facility in the face of the come. They walk on the treadmill, and they talk to nutritious et cetera.

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00:05:18.520 --> 00:05:20.799

I would not like to have this in my.

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00:05:21.030 --> 00:05:23.750

Bmontgomery: I didn't know exactly what it meant beyond that, but

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00:05:24.460 --> 00:05:28.080

Bmontgomery: I had a desire to do that. So um as I move

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00:05:28.170 --> 00:05:30.850

training and same patient of the patient,

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00:05:31.980 --> 00:05:36.089

Bmontgomery: and being in private practice, and being in training

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00:05:36.880 --> 00:05:39.670

for practice. You develop along the tunnel perspective.

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00:05:40.180 --> 00:05:41.850

So, for example,

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00:05:41.880 --> 00:05:52.589

Bmontgomery: and I may go from one rotation to the other. And gradually we did have our contributed care clinic, but it was it wasn't the dominant part of our practice, our training,

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00:05:52.770 --> 00:05:59.540

Bmontgomery: so it was always a consult here, there, and so on in my private practice my patients became almost like family members,

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00:05:59.650 --> 00:06:03.340

Bmontgomery: so I saw a patient You have the year, and so two years,

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00:06:04.570 --> 00:06:07.190

Bmontgomery: and once I got notice that, despite the

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00:06:07.750 --> 00:06:08.920

technology

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00:06:09.470 --> 00:06:11.220

medications and the light,

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00:06:11.380 --> 00:06:18.460

Bmontgomery: my patients were getting sicker and sick, you know the virus implants between better medications and so on.

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00:06:18.610 --> 00:06:23.830

Bmontgomery: So that was something that stuck out. Then what was the other thing? I noticed? My health wasn't

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00:06:24.650 --> 00:06:27.210

so it's going out, but it's getting late prices out,

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00:06:27.330 --> 00:06:35.079

Bmontgomery: and then I had a number of life issues, and my mother had taken me, and just

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00:06:35.870 --> 00:06:41.650

Bmontgomery: of that she, you know, had diabetes, and I've left her your chronic. He's on a lot of medications,

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00:06:41.950 --> 00:06:49.159

Bmontgomery: and she met her demise with Commentator lady, to removal of a brain to it. But she got a liver fake,

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00:06:49.710 --> 00:06:53.420

Bmontgomery: and as I understood that process,

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00:06:54.060 --> 00:06:55.759

Bmontgomery: I'm. Looking at my own life,

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00:06:55.790 --> 00:06:59.960

Bmontgomery: exposed to alternative ways of medicine,

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00:07:01.310 --> 00:07:04.050

and then things to you about earliest and all, I would visit

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00:07:04.860 --> 00:07:10.579

Bmontgomery: these alternative practitioners. Allow me to start reading outside of the medical literature

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00:07:10.610 --> 00:07:11.740

in the papers.

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00:07:13.960 --> 00:07:16.789

Bmontgomery: These things I thought it reading about different things.

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00:07:18.560 --> 00:07:21.079

It's just something that this vitamin, this new chim

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00:07:21.350 --> 00:07:24.159

Bmontgomery: that was a common denominator, was, you know, a healthy

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00:07:25.380 --> 00:07:28.599

Bmontgomery: and the common lot of the denominator of a healthy diet was

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00:07:29.790 --> 00:07:31.810

Bmontgomery: so your healthy diet.

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00:07:31.900 --> 00:07:33.159

Bmontgomery: They, sir,

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00:07:33.390 --> 00:07:38.929

Bmontgomery: like oil, you know portion plus health and food to bed with an exercise, you know it would help you.

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00:07:40.480 --> 00:07:47.779

Bmontgomery: So if I ran through things that experimented with things, etc. I took a raw vegan chef. Course

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00:07:47.970 --> 00:07:50.840

Bmontgomery: I don't remember how it came about that. But I took this

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00:07:52.870 --> 00:07:54.430

if I have nothing except

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00:07:54.580 --> 00:07:56.409

Bmontgomery: over the weekend, and they

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00:07:56.910 --> 00:07:59.419

So I learned about a lot of resources, one of which was

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00:07:59.850 --> 00:08:03.310

Bmontgomery: a gentleman named John Rolls. You see, in the Houston area

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00:08:03.540 --> 00:08:06.930

he was known for coaching people on.

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00:08:09.060 --> 00:08:14.090

Bmontgomery: I met with him, and we met, and we talked to the whole food for about the

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00:08:15.130 --> 00:08:16.379

some length of period of time.

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00:08:16.930 --> 00:08:19.119

Bmontgomery: We got a new everything about food, too.

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00:08:20.180 --> 00:08:22.680

Bmontgomery: It's on the side of the tape. It's juice fees, class, I different,

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00:08:22.900 --> 00:08:24.569

it's

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00:08:26.130 --> 00:08:31.479

Bmontgomery: and I just felt the main I at that time I was somewhere around

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00:08:31.740 --> 00:08:34.019

Bmontgomery: thirty-seven years old, maybe

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00:08:35.559 --> 00:08:37.279

Bmontgomery: at that point seven, thirty, eight

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00:08:38.470 --> 00:08:40.829

Bmontgomery: uh and I felt I was eighteen.

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00:08:41.110 --> 00:08:45.380

Bmontgomery: It's like no I wasn't thirty, eight. I was thirty, nine, almost forty,

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00:08:45.770 --> 00:08:51.800

Bmontgomery: but I felt like I was eighteen, and so it was an amazing experience,

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00:08:51.950 --> 00:08:56.999

Bmontgomery: and after I finished this I started saying, Well, I can eat if you can diet this,

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00:08:57.340 --> 00:09:02.659

Bmontgomery: you know. Thirty, eight, thirtys and days would not be anything, you know, just right up eating

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00:09:04.030 --> 00:09:07.850

Bmontgomery: uh. So the course of my early life, and using this

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00:09:07.900 --> 00:09:10.919

Bmontgomery: by it. Uh, I noticed that there was

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00:09:11.710 --> 00:09:13.330

I don't even

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00:09:13.370 --> 00:09:14.410

the house and stuff.

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00:09:14.420 --> 00:09:16.050

Bmontgomery: Every year. I did one or two juice.

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00:09:16.170 --> 00:09:17.539

He's not recognized the different.

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00:09:18.400 --> 00:09:20.039

Bmontgomery: That may be down a course of

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00:09:21.430 --> 00:09:23.109

cage system and the like.

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00:09:23.350 --> 00:09:26.110

Bmontgomery: But the other main point I don't want to make

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00:09:27.400 --> 00:09:34.660

Bmontgomery: commentary is that when I started when I experienced this myself, I've been started applying its patience to

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00:09:35.630 --> 00:09:39.249

Bmontgomery: seven days, another seven days, ten days, et cetera,

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00:09:39.420 --> 00:09:42.000

Bmontgomery: and I would ride out salad recipe,

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00:09:44.310 --> 00:09:47.070

Bmontgomery: and I just saw amazing changes in some

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00:09:47.550 --> 00:09:54.100

Bmontgomery: patience around. In a very short period of time the kind of pages I saw were not just patients come in with this.

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00:09:54.160 --> 00:09:55.960

I flash all the one to his way.

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00:09:57.210 --> 00:09:59.180

Bmontgomery: It's strange to deal there. Just come out of,

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00:09:59.490 --> 00:10:01.409

so it probably need to go to the hospital there

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00:10:02.730 --> 00:10:05.180

that it just had bypass surgery, et cetera.

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00:10:05.310 --> 00:10:08.920

I put on the detox side, and then a week's time. They had amazing.

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00:10:09.690 --> 00:10:16.870

Bmontgomery: There was one patient I I called the detox, and it was on life support. That happened to be a small, long-term acute

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00:10:17.180 --> 00:10:21.999

Bmontgomery: that I was a medical grad at the time I gave a simple

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00:10:23.110 --> 00:10:24.990

I want to make some water, the pay to

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00:10:25.120 --> 00:10:29.719

Bmontgomery: we them off all the other parental nutritions, as well as for medications

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00:10:30.000 --> 00:10:32.630

Bmontgomery: wrestling, and that pace that she walked out of the hospital.

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00:10:33.490 --> 00:10:34.949

Bmontgomery: So I just saw amazing

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00:10:35.030 --> 00:10:36.759

Bmontgomery: one thing at one amazing event

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00:10:36.890 --> 00:10:41.769

Bmontgomery: to the other, and I had. I decided at that point I have to figure out how to

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00:10:43.230 --> 00:10:55.689

Chris Wark: well, and you must have had a significant changes in your own health when you did that thirty three day juice feast juice fast, right? I mean. I imagine your cholesterol went down. You lost weight. Blood pressure went down. What was that?

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00:10:55.700 --> 00:10:56.639

Bmontgomery: Yes,

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00:10:56.660 --> 00:11:05.009

Bmontgomery: yeah, that was great. So you know my cholesterol at the time my elbow ice fall, I think, was around one hundred and thirty eight

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00:11:05.610 --> 00:11:15.149

Bmontgomery: in that range, and I have done other diets, because then I was experimenting with things that I was a internal medicine physician who had

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00:11:15.170 --> 00:11:22.249

Bmontgomery: an internal medicine pediatric practice, where she would put her clients on this very low calorie diet,

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00:11:22.340 --> 00:11:25.780

Bmontgomery: and it's five hundred dollars a day. It's like I

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00:11:25.900 --> 00:11:29.959

Bmontgomery: on this regiment, and I lost a lot of like with the aldehyde of question. But

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00:11:30.040 --> 00:11:33.950

Bmontgomery: so it was. It was a weight loss

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00:11:36.210 --> 00:11:38.360

Bmontgomery: of my body did not approve.

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00:11:38.680 --> 00:11:45.499

Bmontgomery: And that's One thing I've noticed about a plant-based nutritional regiment versus other times. We've just read there are many ways of losing weight,

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00:11:45.770 --> 00:11:48.950

Bmontgomery: but the biochemistry of how your body changes,

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00:11:50.020 --> 00:11:51.330

and that makes the difference.

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00:11:53.200 --> 00:11:56.040

Your cancer diabetes of inflammatory condition

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00:11:57.340 --> 00:11:58.530

for the

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00:11:58.850 --> 00:12:08.649

Bmontgomery: not just matter of weight loss. In fact, when I talk to my patients. I talk very little about weight awesome. I don't even mention that math and money at least, or not

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00:12:08.980 --> 00:12:11.170

Bmontgomery: not shooting for weight, loss, necessary

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00:12:12.210 --> 00:12:14.790

Bmontgomery: optimal nutrition. First and foremost,

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00:12:16.110 --> 00:12:17.270

Mobile came up and

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00:12:17.440 --> 00:12:22.740

Bmontgomery: change. That's the result in things normalizing, including optimal weight. The

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00:12:23.080 --> 00:12:28.289

Chris Wark: yeah, the way it comes off when you get the diet Right and lifestyle practice is dialed in.

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00:12:28.300 --> 00:12:30.690

Bmontgomery: So let's talk about cholesterol.

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00:12:30.700 --> 00:12:33.219

Bmontgomery: I know. For many years

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00:12:33.670 --> 00:12:50.510

Bmontgomery: there was Ah seemed to be a general consensus that high cholesterol was not a good thing, and that it contributed to heart disease, cardiovascular disease. And then it seems like, in the last, maybe five or ten years there has been this big push back,

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00:12:50.520 --> 00:13:01.430

Bmontgomery: and mainly among people who are very heavy meat-eaters, paleo and keto and carnivore type, and advocates who

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00:13:01.440 --> 00:13:11.060

Chris Wark: are basically trying to say no. Your cholesterol is great cholesterol doesn't matter High cholesterol is fine, you know, and i'd love for you to weigh in on this

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00:13:11.240 --> 00:13:17.989

Bmontgomery: Yeah, that's a great point. I listen to uh different uh podcasts and Youtube channels with some

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00:13:18.490 --> 00:13:19.680

Bmontgomery: salvation

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00:13:21.660 --> 00:13:22.810

based diets.

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00:13:23.010 --> 00:13:27.449

Bmontgomery: Um. I know many of them have been a little bit

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00:13:27.480 --> 00:13:39.150

Bmontgomery: in some of the data in the recent pandemic related to high protein.

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00:13:39.700 --> 00:13:41.649

It's a way of the cholesterol.

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00:13:41.770 --> 00:13:43.409

I'll take on it in general.

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00:13:43.530 --> 00:13:45.200

Bmontgomery: Um!

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00:13:45.530 --> 00:13:51.070

Bmontgomery: When we look at one biomark, I don't think it's cholesterol. Let's see, we have the fault. You know what in the case they

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00:13:51.780 --> 00:13:57.600

Bmontgomery: you're just looking at one biomarket, and then one biomark. It's going to be abnormal,

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00:13:57.890 --> 00:13:59.130

Bmontgomery: a number of reasons

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00:13:59.780 --> 00:14:02.410

Bmontgomery: and yes, in Kanye. How do we tradition

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00:14:02.700 --> 00:14:07.370

Bmontgomery: that i'll be on flesh for all being a major, in fact, for

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00:14:07.440 --> 00:14:08.600

Bmontgomery: cardiovascular Z

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00:14:08.720 --> 00:14:10.419

and cardiovascular death.

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00:14:11.180 --> 00:14:14.159

Bmontgomery: One of those things that we put a lot of emphasis in. But you know, so

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00:14:15.070 --> 00:14:17.090

Bmontgomery: get the elbow down, et cetera.

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00:14:17.310 --> 00:14:18.969

Bmontgomery: But you know there's been some

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00:14:19.020 --> 00:14:23.310

Bmontgomery: that you know i'm looking at. If that's an Ldl

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00:14:24.690 --> 00:14:28.489

Bmontgomery: strong of an impact on survival. You look at meta-analysis

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00:14:29.150 --> 00:14:30.990

Bmontgomery: as we as she thought.

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00:14:31.250 --> 00:14:33.330

Bmontgomery: But but even that

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00:14:33.470 --> 00:14:39.520

Bmontgomery: my standpoint is not so important, because when I look at an abnormal method, profile

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00:14:41.370 --> 00:14:45.570

Bmontgomery: context of abnormal metabolism and abnormal

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00:14:45.590 --> 00:14:54.999

Bmontgomery: paddock or abnormal liver function. I like to think of it that way as opposed to saying when you elbow festival is high. You must get it down to,

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00:14:56.330 --> 00:15:02.009

Bmontgomery: if you remember calling camp on this day in the Chata study.

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00:15:02.070 --> 00:15:07.239

Bmontgomery: They also saw a correlation with elevated Lvl: Let's go with kids,

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00:15:07.990 --> 00:15:10.400

Bmontgomery: and and they're on it so that it's

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00:15:11.480 --> 00:15:13.870

Bmontgomery: so. I'll do a question on the element, plus one.

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00:15:14.040 --> 00:15:23.930

Bmontgomery: We can show that there may be a contributing factor of having all of these fatty particles floating around in your blood. That

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00:15:23.980 --> 00:15:25.560

Bmontgomery: so? I'm not saying that's not the case,

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00:15:25.900 --> 00:15:27.320

Bmontgomery: but you also have to

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00:15:28.460 --> 00:15:30.459

Bmontgomery: increased file markers

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00:15:32.650 --> 00:15:35.779

Bmontgomery: underlying metabolic abnormalities

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00:15:36.680 --> 00:15:40.489

Bmontgomery: on the bio-market now i'm. Ah, Ah! Reduced to file. Mark it doesn't necessarily

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00:15:41.320 --> 00:15:51.380

Bmontgomery: core of the metabolic abnormality you may reduce the amount of elbow crescent in the blood, and maybe you don't have as much, you know, plaque in the arteries,

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00:15:51.450 --> 00:15:54.950

Bmontgomery: but the biochemical physiological personality is still there,

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00:15:55.860 --> 00:15:57.039

the standpoint of the liver

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00:15:57.570 --> 00:15:59.390

You're

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00:15:59.620 --> 00:16:05.689

Bmontgomery: that's all the towers, and it's off. That means biochemical reactions are not happening that should happen. The

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00:16:05.790 --> 00:16:06.950

Bmontgomery: and so there's a

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00:16:07.030 --> 00:16:10.810

and a balanced ball, and it then needs to get back balance, And so

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00:16:11.940 --> 00:16:14.519

to get that one number down,

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00:16:14.800 --> 00:16:16.649

step back and look at a process that

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00:16:17.100 --> 00:16:22.200

Bmontgomery: brain divide its biochemical balance. That number will come down naturally. But what's it

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00:16:22.300 --> 00:16:25.920

down? Because the biochemical process is normalizing, not because it's the

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00:16:26.200 --> 00:16:30.800

Bmontgomery: in one possible reaction, but not affecting trillions of others,

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00:16:31.650 --> 00:16:34.280

makes sense. And there's two, you

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00:16:34.670 --> 00:16:54.650

Bmontgomery: two contributor, major contributors of high cholesterol. Obviously eating it is one. When you're eating animal food, you're eating cholesterol, and then the other is your liver is producing cholesterol, as that's part of normal liver function. So what you're saying is abnormal liver function, suboptimal,

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00:16:54.660 --> 00:17:05.890

Chris Wark: metabolic function whatever that can trigger a person's liver to just produce more cholesterol and it's probably some kind of protective response. Do you have any thoughts on that

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00:17:06.470 --> 00:17:08.939
protective response? I mean, the body is is

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00:17:09.599 --> 00:17:11.450
Bmontgomery: adjustments uh in many different.

211
00:17:12.099 --> 00:17:24.300
Bmontgomery: And so um you know you can call them on just this way that the body will adjust. But I've had situation where I have made certain medication adjustments for patients. So these are

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00:17:25.839 --> 00:17:34.159
Bmontgomery: so high they can have a plant-based subject applied. The numbers don't change away. But once I start making medication of justice. These are medications are clear.

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00:17:35.020 --> 00:17:38.540
Bmontgomery: Then the question will come down so so you can

214
00:17:40.270 --> 00:17:49.410
Bmontgomery: by that means other than just by reducing fat, or to putting them on a question or a drug that other medications you make a test of on. I've seen where the

215
00:17:49.710 --> 00:17:51.429
Bmontgomery: it'll come, and you know it'll come

216
00:17:51.470 --> 00:17:52.090
the control.

217
00:17:52.100 --> 00:17:54.320
Bmontgomery: So you have to look at the to about chemistry.

218
00:17:54.330 --> 00:18:07.590
Bmontgomery: That's a really good point that I think. Yeah, maybe there are folks out there that haven't thought about this or heard about it that they could be on a medication that could be

promoting high cholesterol or cholesterol production.

219

00:18:07.600 --> 00:18:08.789

Bmontgomery: Yeah, yeah,

220

00:18:08.800 --> 00:18:15.399

the hepatic function abnormalities is something that we don't pay enough attention to

221

00:18:15.510 --> 00:18:16.800

Bmontgomery: um.

222

00:18:17.290 --> 00:18:21.289

Bmontgomery: There's this condition, not alcoholic.

223

00:18:21.590 --> 00:18:22.830

Bmontgomery: This is where

224

00:18:24.070 --> 00:18:25.530

Bmontgomery: underlying Liverpool

225

00:18:25.560 --> 00:18:31.070

Bmontgomery: that develops, and someone who's not an alcoholic or it's not consuming alcohol

226

00:18:31.490 --> 00:18:34.699

Bmontgomery: and so oftentimes it's so. Why is that in

227

00:18:34.710 --> 00:18:35.930

Bmontgomery: and in

228

00:18:36.720 --> 00:18:38.700

Bmontgomery: you the diet, you know process,

229

00:18:39.910 --> 00:18:43.659

Bmontgomery: whether it's processed carbohydrates animal proteins

230

00:18:43.700 --> 00:18:44.810

to that, Because you

231

00:18:45.390 --> 00:18:49.600

Bmontgomery: down the nitrous compounds, but medications also.

232

00:18:49.700 --> 00:18:53.989

Bmontgomery: So we're consuming many chemicals in our diet,

233

00:18:54.500 --> 00:19:01.730

Bmontgomery: this foods being very high ammo protein being high- contribute but also medications ebay over the counter prescription.

234

00:19:02.550 --> 00:19:06.300

Bmontgomery: So then these things go through what was called first pass and the limit.

235

00:19:09.090 --> 00:19:12.000

Bmontgomery: And so if you get into a situation

236

00:19:12.070 --> 00:19:13.490

Bmontgomery: where the liver.

237

00:19:15.860 --> 00:19:17.349

Bmontgomery: You'll start to have a

238

00:19:17.620 --> 00:19:19.760

cell or liver cell breakdown

239

00:19:20.130 --> 00:19:28.359

Bmontgomery: over time. The liver will become fatty, but also start, and and many doctors don't

recognize this because I

240

00:19:28.620 --> 00:19:30.990

um, we'll look at liberate enzymes.

241

00:19:33.740 --> 00:19:37.339

I don't. I don't want to pay, so I don't want that and drugs.

242

00:19:38.180 --> 00:19:39.350

It never ends up.

243

00:19:41.110 --> 00:19:43.819

Bmontgomery: It's that good. That's the problem, because

244

00:19:44.000 --> 00:19:46.439

Bmontgomery: that drug can kill the liver without the liver

245

00:19:46.470 --> 00:19:48.030

been abnormal.

246

00:19:48.200 --> 00:19:49.969

Bmontgomery: Uh, and so I've seen

247

00:19:51.460 --> 00:19:55.290

Bmontgomery: who had go all the way to member uh failure

248

00:19:57.080 --> 00:19:58.180

Bmontgomery: without signals,

249

00:19:59.430 --> 00:20:03.230

Bmontgomery: episodes of the enzyme thing that mobile. Why, wow!

250

00:20:03.600 --> 00:20:12.859

Bmontgomery: Remember, enzymes are frequently released when you have cells that are acutely injured, and the cell membranes are disrupted

251

00:20:14.450 --> 00:20:16.880

that you say the space and to the edge of the

252

00:20:17.500 --> 00:20:18.730

blood train, and therefore it's just.

253

00:20:19.060 --> 00:20:22.909

Bmontgomery: Maybe you get a virus it yet, or getting a cute

254

00:20:23.300 --> 00:20:28.079

Bmontgomery: of the liver and the enzymes to go up. And so that's a hepatitis, or something you

255

00:20:28.210 --> 00:20:29.460

fact of where the case may be,

256

00:20:30.090 --> 00:20:31.120

Bmontgomery: however,

257

00:20:31.730 --> 00:20:33.440

Bmontgomery: if you have a process

258

00:20:33.570 --> 00:20:36.120

Bmontgomery: and what you're causing it, that

259

00:20:37.490 --> 00:20:38.930

Bmontgomery: so them progressively.

260

00:20:41.140 --> 00:20:43.560

So you'll have membrane destruction as you.

261

00:20:44.160 --> 00:20:46.049

Bmontgomery: Ah! And so the enzyme

262

00:20:46.560 --> 00:20:51.759

Bmontgomery: the blood will not be elevated. However, those nailer cells and the liver dish itself has been.

263

00:20:53.240 --> 00:21:00.180

Bmontgomery: So you develop the start. So that's why we're seeing so many people, in fact, that they were a non-alcoholic mirror solosis,

264

00:21:00.340 --> 00:21:05.010

Bmontgomery: because we are guides in our food consumption

265

00:21:05.530 --> 00:21:08.519

it's becoming increasingly chemical in the process.

266

00:21:08.690 --> 00:21:12.930

Bmontgomery: And We bring these things into our system. It's all liver dysfunction.

267

00:21:12.990 --> 00:21:16.239

Bmontgomery: It's happening, despite the fact that your doctors are following the

268

00:21:16.750 --> 00:21:19.719

Bmontgomery: and they don't realize it's. In fact. But we do in my practice

269

00:21:20.530 --> 00:21:22.230

that other parameters of livers,

270

00:21:22.450 --> 00:21:23.500

it's it's

271

00:21:26.560 --> 00:21:28.280

enter it, and so it's leaking

272

00:21:29.670 --> 00:21:33.500

Bmontgomery: functional What might happen? So the river does important

273

00:21:34.290 --> 00:21:43.859

Bmontgomery: make protein, so we will look at our viewing level, and i'll look at what's called a pizza nine. These of a quadration profiles,

274

00:21:43.960 --> 00:21:48.130

Bmontgomery: and they're important for you.

275

00:21:49.130 --> 00:21:51.070

Bmontgomery: They're made to deliver.

276

00:21:51.530 --> 00:21:54.250

If I have a patient on some of the medication that I see,

277

00:21:54.700 --> 00:21:57.710

and I it's elevated me. They're not making

278

00:21:57.790 --> 00:21:59.870

Bmontgomery: a specific type of enzyme

279

00:22:00.200 --> 00:22:03.200

Bmontgomery: to normalize their coilation profile. That makes me so.

280

00:22:04.050 --> 00:22:05.130

Some member

281

00:22:06.500 --> 00:22:08.109

we'll take a modular level of which

282

00:22:08.220 --> 00:22:13.599

Bmontgomery: you know, frustrate more rapidly than the ten nine are, but it also is another sign. So we look at

283

00:22:13.960 --> 00:22:15.010

parameters

284

00:22:15.300 --> 00:22:18.350

and someone who's on a lot of any case, or someone who i'm unsuspecting

285

00:22:19.080 --> 00:22:25.260

Bmontgomery: the paddock dysfunction. I'll follow these parameters as opposed to just rely on them.

286

00:22:28.100 --> 00:22:29.489

Chris Wark: What are some of the

287

00:22:29.500 --> 00:22:30.330

Chris Wark: yeah?

288

00:22:31.080 --> 00:22:41.819

Chris Wark: What are some of your favorite stories to tell about patients who have come to you in very ill health, and seeing them turn around with a plant-based diet.

289

00:22:42.440 --> 00:22:53.129

Bmontgomery: Yeah, that's a lot to tell. One of my earliest stories I tell frequent is a lady who came in, and she was, I think it

290

00:22:53.910 --> 00:22:56.909

Bmontgomery: um and um she um,

291

00:22:56.960 --> 00:23:02.110

Bmontgomery: I think four vessel bypass. Certainly maybe five, six years.

292

00:23:02.580 --> 00:23:03.720

The time

293

00:23:03.990 --> 00:23:05.509

Bmontgomery: she'd had step placement,

294

00:23:06.110 --> 00:23:10.990

Bmontgomery: maybe within a year or two prior to that time after the bypass. Certainly,

295

00:23:11.960 --> 00:23:13.550

Bmontgomery: despite that a heart was feeding it.

296

00:23:14.660 --> 00:23:16.440

Bmontgomery: Ah! And she had just been

297

00:23:16.470 --> 00:23:18.230

and discharge from the hospital. It's time

298

00:23:18.250 --> 00:23:19.460

Bmontgomery: I saw her for the first time.

299

00:23:20.010 --> 00:23:22.120

It's the full choreography for all,

300

00:23:22.230 --> 00:23:41.100

Bmontgomery: and so her husband wheeled her in. She was a diabetic. She had um Ah, that me! She had had me surgery so she could walk, and then she was on oxygen, and you know I looked at the medication issues on twenty one medications, and and so she was. She was down and so on.

301

00:23:41.450 --> 00:23:44.130

Bmontgomery: So I looked at her, and I thought to myself,

302

00:23:44.210 --> 00:23:50.110

Bmontgomery: Goodness, what am I going to do at medication? Twenty, two, twenty, three,

303

00:23:50.680 --> 00:23:54.789

Bmontgomery: And so you know I thought about it, and I asked. I said, Do you have a juicer?

304

00:23:58.100 --> 00:24:00.450

Bmontgomery: And so that has to say yes.

305

00:24:04.120 --> 00:24:07.030

Bmontgomery: So here's what I want you to do so. I wrote down some juicing,

306

00:24:08.310 --> 00:24:12.040

Bmontgomery: and I said, Oh, okay, for the next ten days I don't want to be.

307

00:24:12.110 --> 00:24:13.210

They want to,

308

00:24:13.460 --> 00:24:14.730

Bmontgomery: and during cold press juice.

309

00:24:15.650 --> 00:24:20.500

Bmontgomery: So they allowed to through the I call them throughout that time and um

310

00:24:21.060 --> 00:24:28.340

Bmontgomery: some medications also over the phone. She came back in ten days walking, talking, laughing, no oxygen,

311

00:24:29.120 --> 00:24:32.050

Bmontgomery: and feeling like on me. But that's just ten days

312

00:24:33.130 --> 00:24:41.379

Bmontgomery: um. The other story I told you about a lunatory is a patient who was in the hospital. She was a patient

313

00:24:41.390 --> 00:24:47.730

Bmontgomery: who I've been treating for some time, maybe several years. Shit, i'm affecting lyme disease.

314

00:24:48.550 --> 00:24:50.479

Bmontgomery: Uh she had to just

315

00:24:50.600 --> 00:24:53.669

Bmontgomery: part failure, and I define it. The simulator in the

316

00:24:54.220 --> 00:24:55.419

it's a that it's a

317

00:24:56.170 --> 00:25:09.940

Bmontgomery: so short-term, with, I think it was made an infection. I don't remember the details because i'm seeing the heart failure. Then she's transfer it to the hell tag a long time to keep that hospital a patient. Don't spend a long of your time before it recover,

318

00:25:10.670 --> 00:25:14.130

Bmontgomery: started to worsen at that time. In fact, he

319

00:25:14.710 --> 00:25:20.129

Bmontgomery: me started to fail, and my my as a colleague went to the

320

00:25:20.910 --> 00:25:22.459

and so the analysis.

321

00:25:23.150 --> 00:25:25.320

And so now we don't want to so on dialysis. So

322

00:25:25.400 --> 00:25:31.609

Bmontgomery: you know we'd rather die. Some people are nervous about dialysis. So when I found out about that, I talked to the

323

00:25:31.880 --> 00:25:34.900

Bmontgomery: So you know what Hold on, uh, I want to try something

324

00:25:35.310 --> 00:25:38.840

Bmontgomery: now. I happen to be the medical director, so very smart as far as I'm. Now productive.

325

00:25:38.940 --> 00:25:41.820

Bmontgomery: So I had a lot of ability to do these things.

326

00:25:41.830 --> 00:25:45.299

Bmontgomery: So what I did is, I decided. This is what I was in early my phases

327

00:25:46.170 --> 00:25:50.540

Bmontgomery: doing plant-based diet, and these things So there was a super food, which was

328

00:25:50.710 --> 00:25:53.190

these tribe doings, all organic that we.

329

00:25:53.340 --> 00:25:54.449

So now this other stuff

330

00:25:55.720 --> 00:25:58.089

I have to do a selective concoction using

331

00:25:58.660 --> 00:25:59.860

Bmontgomery: a part of the substance,

332

00:26:00.610 --> 00:26:04.959

Bmontgomery: maybe of two six groups. Maybe it's about three hundred and fourteen,

333

00:26:05.840 --> 00:26:09.360

Bmontgomery: and makes it about two hundred and miles of water. Take it up and then feed it.

334

00:26:10.050 --> 00:26:13.649

We did that about I don't know forty-six times a day. That was their food,

335

00:26:14.170 --> 00:26:20.799

Bmontgomery: and when I then did, I just stopped all of the parental fees through the iv. That she was getting,

336

00:26:21.280 --> 00:26:28.530

Bmontgomery: and then I started progressively, being your medication. During this time she went to an amazing detached reaction.

337

00:26:28.760 --> 00:26:30.100

Bmontgomery: The restaurant

338

00:26:30.570 --> 00:26:38.320

we're really working hard to keep up with the section, but she's making copious amounts of mucus coming out of a lot. She had chronic lung disease.

339

00:26:40.170 --> 00:26:41.910

Bmontgomery: That's about. When you talk to you.

340

00:26:42.100 --> 00:26:45.130

Bmontgomery: You know, uh tissues that were, you know, most.

341

00:26:46.430 --> 00:26:52.530

Bmontgomery: Was it really this when someone who stopped smoking anyone who's ever in the

audience who's ever smoked for a long time and stopped.

342

00:26:52.580 --> 00:26:55.310

Bmontgomery: They will. They will um

343

00:26:55.340 --> 00:26:59.129

Bmontgomery: cough more early after they stopped smoking frequent

344

00:26:59.330 --> 00:27:02.850

about the coffee as a long to bring up. This is what was going on in her

345

00:27:03.700 --> 00:27:09.610

Bmontgomery: to make it also, in short, her condition, that so much that I we know all of anything else that I was in wrestling.

346

00:27:10.060 --> 00:27:11.449

It's a new of medication.

347

00:27:13.020 --> 00:27:14.789

Bmontgomery: She was somewhat

348

00:27:17.140 --> 00:27:18.750

Bmontgomery: so. Status was was

349

00:27:19.120 --> 00:27:25.740

Bmontgomery: impaired, but as i'm we the medication, so Liverpool she got better. She woke up,

350

00:27:27.090 --> 00:27:28.769

and we're we're off the

351

00:27:28.860 --> 00:27:32.979

Bmontgomery: as her mom's cleared up, and she got to the point where she walked out of the

hospital.

352

00:27:34.330 --> 00:27:37.829

Bmontgomery: Somebody was on best door on the ventilator who we beat.

353

00:27:37.860 --> 00:27:40.259

We've had another situation.

354

00:27:41.540 --> 00:27:58.029

Bmontgomery: I wish I can do um a k-series One of these days I I will. I plan to. I'll figure out the right setting, because I know patients in this acute Ah, ah! Setting can turn around. Another more recent example was a patient of mine who had congested quite,

355

00:27:59.210 --> 00:28:02.280

Bmontgomery: and so she was a bit of a

356

00:28:02.560 --> 00:28:08.060

Bmontgomery: really impaired mit about it's leaking a lot.

357

00:28:08.220 --> 00:28:11.560

Bmontgomery: And ah! She also had in front.

358

00:28:12.070 --> 00:28:14.070

Bmontgomery: We had the systemic lupus

359

00:28:15.080 --> 00:28:16.639

as soon as she was having some flare.

360

00:28:18.450 --> 00:28:19.790

Bmontgomery: So i'm better for

361

00:28:19.850 --> 00:28:21.069

Bmontgomery: controlling my heart, face

362

00:28:21.370 --> 00:28:22.859

decompensate the heart phase you

363

00:28:23.120 --> 00:28:24.480

them for diabetes.

364

00:28:24.660 --> 00:28:26.570

Bmontgomery: We also started her.

365

00:28:28.440 --> 00:28:29.559

It's still ours in a bit

366

00:28:30.060 --> 00:28:31.290

Bmontgomery: calm down information.

367

00:28:32.030 --> 00:28:36.729

Bmontgomery: So I consulted one of my clients and colleagues who deal with structural heart, and they,

368

00:28:36.860 --> 00:28:38.110

and putting a microphone

369

00:28:38.220 --> 00:28:40.319

to reduce the recursion

370

00:28:42.190 --> 00:28:48.250

Bmontgomery: she had been ICU the CC. Rather, and she had a number of problems

371

00:28:48.550 --> 00:28:51.770

Bmontgomery: a lot. She's too ill. We can't do anything for,

372

00:28:52.680 --> 00:28:55.130

Bmontgomery: uh, we are going to just,

373

00:28:55.190 --> 00:28:56.360

Bmontgomery: you know. You just need to

374

00:28:56.870 --> 00:29:02.840

Bmontgomery: let it go. I've talked to another colleague of mine, who was doing some my

375

00:29:03.370 --> 00:29:14.479

Bmontgomery: um electr physiology procedures because I I haven't done this in about forty five years, so focused on wellness, and so she saw the other. My other colleagues know and said, Well, it's nothing,

376

00:29:16.460 --> 00:29:20.049

Bmontgomery: this patient, we She was on a note on Zip, which is

377

00:29:20.090 --> 00:29:22.440

so medication that Harvey patients get

378

00:29:22.880 --> 00:29:24.050

last stage.

379

00:29:24.360 --> 00:29:32.080

Bmontgomery: So we got a right way to get out of the Cpu, and so the

380

00:29:32.380 --> 00:29:33.700

of the millennium. Z.

381

00:29:33.920 --> 00:29:39.320

Bmontgomery: So then she's back in the house from a mill and on depth. And so they said, Well, look! I have to stop to go home, and different. Let you die here.

382

00:29:39.630 --> 00:29:42.579

Bmontgomery: So when I saw the page she was crying, and so on. So look

383

00:29:43.780 --> 00:29:46.789

Bmontgomery: uh, we're going to do something when we get to our house. We.

384

00:29:47.080 --> 00:29:50.539

Bmontgomery: So I put it home on a detox lost movie.

385

00:29:52.110 --> 00:29:53.400

And so

386

00:29:53.540 --> 00:29:54.860

Grants, we need. So

387

00:29:55.660 --> 00:29:59.060

the rest screen we've had it moving out to. You had some

388

00:29:59.360 --> 00:30:02.220

Bmontgomery: components in it, and that's all she did.

389

00:30:02.350 --> 00:30:08.770

Bmontgomery: For seven days I was able to. We off the millennium, and she actually a lot of pressure got better or overall. So

390

00:30:09.230 --> 00:30:15.800

Bmontgomery: even the magic got better, and she walked out of the house. So she actually did well, and then, after was able to exercise and do things like that.

391

00:30:16.340 --> 00:30:19.170

If somebody was too sick to be operated on,

392

00:30:19.550 --> 00:30:22.989

Bmontgomery: who then always think there was a nutrition? One last example

393

00:30:23.830 --> 00:30:32.660

Bmontgomery: was another elderly generation seventy, nine wouldn't, you know. He came in with a harder time. He didn't have a fifty blackwise to call me in the in the

394

00:30:32.730 --> 00:30:38.409

Bmontgomery: and and he had not been too compliant as an outpatient with my veteran. But

395

00:30:38.490 --> 00:30:47.280

Bmontgomery: he had a heart attack and an outside high school. They tried to send him for emergency strategy. The family contacted me and got him to my hospital,

396

00:30:48.050 --> 00:30:50.900

and we both decided to wait and observe him

397

00:30:52.880 --> 00:30:54.009

and see how it

398

00:30:55.270 --> 00:30:56.560

it's medical advice.

399

00:30:57.830 --> 00:30:59.240

Come back within about two thousand and four

400

00:30:59.480 --> 00:31:00.550

six hours.

401

00:31:02.730 --> 00:31:04.439

Speaker. It's as the levels that,

402

00:31:05.110 --> 00:31:09.339

Bmontgomery: and the soda says No, we didn't touch him that he was in the total heart attack.

So

403

00:31:09.760 --> 00:31:13.690

so I can't. Really. It's got multi-

404

00:31:13.840 --> 00:31:21.320

Bmontgomery: so i've talked with fantasy. Look, we're going to have to just detox it. And so again the same thing. He had smoothies most of our food

405

00:31:22.430 --> 00:31:23.640

from our restaurant.

406

00:31:25.970 --> 00:31:28.600

Again a couple of supplements, the videos

407

00:31:29.350 --> 00:31:31.300

Bmontgomery: he stabilized and again disabled.

408

00:31:31.750 --> 00:31:34.859

So someone in you know massive heart attack, et cetera.

409

00:31:34.970 --> 00:31:40.129

Bmontgomery: It was the food that made the difference, and I gave these examples

410

00:31:40.210 --> 00:31:41.370

Bmontgomery: large because you

411

00:31:43.890 --> 00:31:47.239

Bmontgomery: um. The thinking is that Well,

412

00:31:48.620 --> 00:31:50.540

you that's too late.

413

00:31:51.530 --> 00:31:53.900

Bmontgomery: You have to do the surgery, et cetera.

414

00:31:54.320 --> 00:31:55.360

Bmontgomery: It's not too late.

415

00:31:56.100 --> 00:32:02.089

Bmontgomery: It alls, and it's you doing this. Yes, they need emergency stand or bypass. But sometimes these people

416

00:32:02.160 --> 00:32:07.750

Bmontgomery: or so you know they're not even can. I have Other people. People are so hill, and that

417

00:32:08.980 --> 00:32:10.170

Bmontgomery: the only thing you have is

418

00:32:10.770 --> 00:32:14.029

Bmontgomery: so the food prescription, as we. You know this,

419

00:32:14.880 --> 00:32:16.470

Bmontgomery: the raw diet

420

00:32:16.910 --> 00:32:18.500

Detox fashion

421

00:32:19.930 --> 00:32:21.160

to turn around.

422

00:32:22.070 --> 00:32:24.090

Chris Wark: I love. Those stories are amazing,

423

00:32:24.100 --> 00:32:51.050

Bmontgomery: just absolutely remarkable. I mean taking someone out of hospice, turning their health around with nutrition and detoxification and raw food. I mean that to me those are the stories that need to be told that you know people just don't even know they are so hopeless in many cases, and their doctors are the doctors. They're talking to Don't. Have any solutions for them, and they just kind of shrug their shoulders and say, like. Well, you're dying, and that's it, you know.

424

00:32:51.060 --> 00:32:52.090

Bmontgomery: And

425

00:32:52.100 --> 00:32:52.890

Chris Wark: I mean,

426

00:32:52.900 --> 00:32:58.930

Bmontgomery: have you had much pushback from your colleagues about the things that you do about nutrition?

427

00:32:59.220 --> 00:33:00.870

Bmontgomery: Well, you know It's a

428

00:33:01.890 --> 00:33:04.090

question. Um.

429

00:33:04.100 --> 00:33:09.239

Bmontgomery: I frequently start off the answer by saying, I don't know what they say behind my back.

430

00:33:11.230 --> 00:33:19.170

Bmontgomery: But here's the thing it's I don't get a lot of push back in many ways. There've been some situations.

431

00:33:19.390 --> 00:33:23.940

My situation. I was trying to put a patient on a long Detox diet or one of the tissue

432

00:33:24.020 --> 00:33:25.340

the fasten.

433

00:33:25.410 --> 00:33:33.710

Bmontgomery: There were some email fights back and forth in the Mal direct the house for myself, and you know I lost that battle an unfortunate occupation, but

434

00:33:34.070 --> 00:33:38.039

Bmontgomery: other than that one example I've been able to, I think,

435

00:33:39.010 --> 00:33:48.720

Bmontgomery: below the but also many of my colleagues have been somewhat receptive, even though they may not have delved into

436

00:33:48.950 --> 00:33:55.550

Bmontgomery: trying to understand what I do, but they recognize results. I have some colleagues who refer patients to be

437

00:33:55.720 --> 00:34:00.250

Bmontgomery: who they now need. Aggressive lifestyle changes. So I think there's been

438

00:34:00.460 --> 00:34:04.180

Bmontgomery: very least a long reception, and I think people recognize it now.

439

00:34:04.750 --> 00:34:05.800

Bmontgomery: Um,

440

00:34:06.240 --> 00:34:08.929

Bmontgomery: I say that in watch, but I have the benefits

441

00:34:09.620 --> 00:34:14.080

Bmontgomery: working two decades, and being entrenched within the city

442

00:34:15.199 --> 00:34:20.749

Bmontgomery: and getting their, I guess, respect for us as an insider.

443

00:34:20.770 --> 00:34:25.069

Bmontgomery: Then this inside, all of a sudden starts applying this gift.

444

00:34:26.750 --> 00:34:30.300

Bmontgomery: So it's like, Well, what happened to Montgomery's

445

00:34:31.190 --> 00:34:39.130

Bmontgomery: this and that, and you know we have. We've published our results in the medical literature, and we continue to work to do more research.

446

00:34:39.350 --> 00:34:42.370

Bmontgomery: Uh and so uh the

447

00:34:42.630 --> 00:34:46.320

Bmontgomery: um. The scientific validation of what we're doing,

448

00:34:46.389 --> 00:34:50.580

Bmontgomery: and the clinical ah benefit! And we have this

449

00:34:50.690 --> 00:34:51.790

Bmontgomery: to thousands of patients,

450

00:34:52.000 --> 00:34:53.030

Bmontgomery: thousands of people

451

00:34:53.650 --> 00:34:56.640

Bmontgomery: you know over, you know, about a two year old.

452

00:34:58.290 --> 00:35:03.740

Bmontgomery: So it's hard to argue that the actual evidence and the facts,

453

00:35:04.000 --> 00:35:09.259

Bmontgomery: even though I don't see my colleagues, you know, wholeheartedly embracing the

454

00:35:09.700 --> 00:35:17.489

Bmontgomery: I definitely Don't get knowledgeable. Push back, and there seem to be some some

455

00:35:17.540 --> 00:35:22.489

Bmontgomery: important times of the office referring patient who may think the address of life i'll take.

456

00:35:22.660 --> 00:35:29.489

Chris Wark: So you said two decades. So I guess you started this journey of twenty years ago. Started treating patients this way about twenty years ago.

457

00:35:29.500 --> 00:35:32.900

Bmontgomery: Pretty close to say, nineteen is so you can have nineteen years,

458

00:35:32.940 --> 00:35:36.119

Bmontgomery: you know. And so yeah, it's when I did that.

459

00:35:36.320 --> 00:35:38.330

So I had those changes. I said, wait,

460

00:35:40.620 --> 00:35:43.259

Bmontgomery: and I started applying the patients

461

00:35:43.490 --> 00:35:50.240

Bmontgomery: at that time, you know, in my practice I was just, you know I didn't have any

462

00:35:51.080 --> 00:35:57.879

Bmontgomery: that I have now, so I would see a patient I would write down, you know, a salad recipe,

463

00:35:58.330 --> 00:36:06.660

Bmontgomery: you know, and we'll have it, and i'll give it to them, and I would type it on the computer. So I started building these bunch of recipes just one at a time. I would thank them

464

00:36:07.100 --> 00:36:13.429

Bmontgomery: this salad this and this way, you guess, and not write it down. Type it out. And as I figured out different you

465

00:36:13.730 --> 00:36:19.299

Bmontgomery: these I'll write them out, Type them out, and I created a collection so patient one have two or three

466

00:36:20.040 --> 00:36:23.230

Bmontgomery: patient number ten, but have, say fifty.

467

00:36:23.440 --> 00:36:26.450

Bmontgomery: We can not build on those recipes I've given subsequently,

468

00:36:27.410 --> 00:36:33.940

Bmontgomery: and so from that, you know, evolved a book with recipes and approaches

469

00:36:35.340 --> 00:36:44.500

Bmontgomery: from one page to the next. The process was developed, and what happened was in two thousand and eight. The

470

00:36:44.730 --> 00:36:54.390

Bmontgomery: Ah. And I was working as a member of the Advisory committee for one of the big device companies at the time, and they were doing some things,

471

00:36:54.800 --> 00:36:59.699

Bmontgomery: each of their members in their local media. So the local Fox News, the

472

00:37:00.100 --> 00:37:02.610

Bmontgomery: um, and arrange to come and do an interview

473

00:37:03.100 --> 00:37:05.080

Bmontgomery: on um

474

00:37:05.630 --> 00:37:10.529

Bmontgomery: you of uh son credit death of athletes. So they came to my office and

475

00:37:10.890 --> 00:37:14.129

Bmontgomery: accountable, and everything it's so make them all. So it's short.

476

00:37:14.910 --> 00:37:17.719

Bmontgomery: We uh talked about that we didn't,

477

00:37:18.190 --> 00:37:26.760

Bmontgomery: and while they've been waiting for me to come the anchor person was talking to my staff. They share with them about all the other things you

478

00:37:27.130 --> 00:37:29.939

Bmontgomery: in terms of the diabetes in the right,

479

00:37:30.390 --> 00:37:31.870

Bmontgomery: and so the anchor person,

480

00:37:31.940 --> 00:37:40.119

Bmontgomery: that so after we did this, and then she said, Well, can we come back? This is an augmented this is your oh H. Then you come back in October the

481

00:37:40.530 --> 00:37:42.539

Bmontgomery: on that, and so they did,

482

00:37:42.790 --> 00:37:50.290

Bmontgomery: and they asked us to bring two patients, and, in fact, we had forgot about it to the day of, and we call some people last minute

483

00:37:51.280 --> 00:37:53.259

Bmontgomery: and try and also a short.

484

00:37:53.690 --> 00:38:00.099

Bmontgomery: It's going to be like put together with story uh, and that story would file they. They uh put the record

485

00:38:00.130 --> 00:38:16.420

Bmontgomery: it story on twice that week it was actually week of Obama's first election victory, an acceptance speech, and then that. So that Thursday, after that Wednesday election day we found out

486

00:38:16.430 --> 00:38:21.610

Bmontgomery: I may add it again, and then that fire you get a alive interview on air.

487

00:38:21.980 --> 00:38:34.889

Bmontgomery: That story went back to the website up, I mean just to mad. And I didn't have a website, and they're not to make you social.

488

00:38:35.170 --> 00:38:36.729

Yeah, we have any of those things.

489

00:38:37.010 --> 00:38:49.640

Bmontgomery: But then also, in short, we got a lot of phone calls and a big interest came. And that's where we started developing programs around wellness at that point, because the demand for that team that just rose, and so that got it. So next year

490

00:38:50.570 --> 00:38:56.840

Bmontgomery: other situations where, you know, we were elevated to a new level

491

00:38:57.000 --> 00:39:09.610

Bmontgomery: recognition, and we started putting more systems in place and so on. We develop these camp classes, wellness memberships in their life,

492

00:39:09.670 --> 00:39:12.610

Bmontgomery: and it was that through this um

493

00:39:13.210 --> 00:39:22.320

Bmontgomery: that we develop early community that the members started saying, Look, you know, we like the recipes and give it us, but we don't have time to make them. We want to buy the food.

494

00:39:22.600 --> 00:39:28.339

Bmontgomery: And so when they said that we had to get into the restaurant business, and so one thing, that's another. Now we have

495

00:39:28.520 --> 00:39:36.170

Bmontgomery: a restaurant. Now go to store in the kitchen center in our market, still in the expanding that we ship food around the country and the like,

496

00:39:36.180 --> 00:39:38.280

Bmontgomery: and what's it called?

497

00:39:38.310 --> 00:39:42.989

Bmontgomery: Ah, and the website's going to the Foods Total com

498

00:39:43.000 --> 00:39:49.689

Bmontgomery: garden kitchen foods, Com: Yeah, we're updating the website as its feet. And so in the

499

00:39:50.730 --> 00:39:52.109

taken by

500

00:39:52.230 --> 00:39:58.689

Bmontgomery: a couple months from the time this year we'll have a new website up, but there are four website museums

501

00:39:59.030 --> 00:40:01.770

to what we do as a thing you on there

502

00:40:02.240 --> 00:40:07.619

Bmontgomery: at the main number of times, and the new website will have our meal, plans

503

00:40:08.030 --> 00:40:13.259

Bmontgomery: and the like we've had people calling so, I said, or if there's one recent story

504

00:40:13.300 --> 00:40:15.050

Bmontgomery: of a gentleman who's on a heart.

505

00:40:15.070 --> 00:40:18.080

But this seems to the hospital somewhere in North Carolina,

506

00:40:18.610 --> 00:40:28.969

Bmontgomery: and he's on the hard to that. He's been a cartoon unit, and he was saying totally. He's a lesson to go systemized, or L. That in coverage for heart transplants.

507

00:40:29.850 --> 00:40:32.990

Bmontgomery: And uh, we call my

508

00:40:33.490 --> 00:40:39.329

Bmontgomery: coordinator Jackie, and arranged to get food shit from our restaurant to the hospital

509

00:40:40.050 --> 00:40:41.440

to the hospital

510

00:40:42.480 --> 00:40:48.690

Bmontgomery: discharge, and then it should have improved his house. And so that's how people that reach us by a number of different me.

511

00:40:48.700 --> 00:40:49.630

So he wasn't even a patient.

512

00:40:50.920 --> 00:40:51.979

Bmontgomery: He's studying the food.

513

00:40:52.270 --> 00:40:54.289

Bmontgomery: And I like that story because

514

00:40:54.690 --> 00:40:56.290

Bmontgomery: does start with the food.

515

00:40:57.060 --> 00:40:58.129

The terrible fact that once

516

00:40:58.330 --> 00:40:59.940

it's a body to site

517

00:41:00.260 --> 00:41:03.670

Bmontgomery: you itself. Then the body does the most important work.

518

00:41:05.630 --> 00:41:21.449

Chris Wark: It seems like a lot of doctors have sort of an attitude that you know It doesn't matter what I tell the patients they're not going to change. They're not going to quit smoking. They're not going to change their diet. That kind of thing in your experience. How receptive are patients to change when you tell them you need to change your diet,

519

00:41:21.460 --> 00:41:43.520

Bmontgomery: I mean, I imagine. And let me, before you answer. Let me. At least, I imagine. Now they're very receptive because they come to you, knowing that's probably what they're

going to be told. But in the early days before you had established yourself in this way. What was it like? Was it hard to convince people to change? Did most of them not change, or how did that go?

520

00:41:44.130 --> 00:41:46.700

That's a great question. And you know the interesting.

521

00:41:46.880 --> 00:41:49.809

Bmontgomery: Yes, we do have a skewed population, but we still

522

00:41:50.090 --> 00:41:51.779

Bmontgomery: of people who

523

00:41:53.010 --> 00:41:56.209

Bmontgomery: certainly the early days. You know It's interesting, though.

524

00:41:57.110 --> 00:41:58.479

Bmontgomery: Um,

525

00:41:59.380 --> 00:42:06.010

Bmontgomery: when you think about so well, it's probably using now, because you know people that come for that in the early days. It's it's been harder.

526

00:42:06.610 --> 00:42:14.400

Bmontgomery: There was some impact to the early days, too, because in the early days this whole concept wasn't, you know it's

527

00:42:14.500 --> 00:42:22.000

Bmontgomery: unknown or Populist, you know, I mean. Now there are many documentaries and lots of people know about.

528

00:42:23.160 --> 00:42:31.409

Bmontgomery: So there was a little bit of mystery behind it, and so that unknown factor can work both for and against it.

529

00:42:32.600 --> 00:42:39.419

Bmontgomery: So in there early days i'm just thinking that I don't recall that they

530

00:42:39.630 --> 00:42:41.859

Bmontgomery: a major challenge, for example,

531

00:42:42.290 --> 00:42:45.260

Bmontgomery: uh our approach was one where

532

00:42:48.690 --> 00:42:50.860

the changes for a short period of time.

533

00:42:51.990 --> 00:42:57.720

Bmontgomery: I wasn't telling people to say, Okay, let's make moderation and change. Let's cut back this you this

534

00:42:58.270 --> 00:43:04.240

Bmontgomery: I didn't say. Well go, Vegan, for the rest of your life. What I did, as I say,

535

00:43:04.890 --> 00:43:09.280

Bmontgomery: eat just these sales for the next seven to ten days and come back. We'll talk about it.

536

00:43:09.360 --> 00:43:13.089

Bmontgomery: I'll do another Sunday dinner, and during that time in the patient

537

00:43:14.690 --> 00:43:15.759

seven days.

538

00:43:17.600 --> 00:43:19.829

Bmontgomery: In that short period of time they're very much.

539

00:43:21.210 --> 00:43:24.320

Bmontgomery: And then I said, Okay, give me another seven or ten days. It's our so

540

00:43:24.780 --> 00:43:26.310

that time

541

00:43:28.370 --> 00:43:30.910

on the turn of benefits. So that was a psychological

542

00:43:30.950 --> 00:43:32.089

forward to that.

543

00:43:32.240 --> 00:43:34.200

Bmontgomery: Yes, and so

544

00:43:34.220 --> 00:43:41.300

Bmontgomery: it It made it easier in any way, so we often think the world it's too hard raw. Nobody can do this.

545

00:43:41.790 --> 00:43:43.270

Bmontgomery: It's too hard,

546

00:43:43.500 --> 00:43:44.759

Bmontgomery: and to some extent as

547

00:43:45.450 --> 00:43:50.699

Bmontgomery: it there's some challenges to going all law compared to. Not. However, the

548

00:43:52.680 --> 00:43:53.960

Bmontgomery: basically you are to,

549

00:43:54.680 --> 00:43:57.009

Bmontgomery: and you make maybe changes it,

550

00:43:58.690 --> 00:44:02.469

Bmontgomery: and everybody sticks with it. And then, once everybody complies

551

00:44:02.490 --> 00:44:04.040

Bmontgomery: but it

552

00:44:05.650 --> 00:44:07.730

Bmontgomery: a high challenge.

553

00:44:08.580 --> 00:44:10.980

Bmontgomery: The raw died, the more aggressive of

554

00:44:12.210 --> 00:44:14.359

Bmontgomery: it also gave him a more

555

00:44:15.010 --> 00:44:16.510

turn and a fast,

556

00:44:17.940 --> 00:44:21.900

Bmontgomery: and in my opinion that's easier to do than say, take babies

557

00:44:22.220 --> 00:44:29.830

Bmontgomery: when you're taking baby steps. You get nowhere, I mean. Why don't you go for a height five mile height, and just take little one inch baby steps.

558

00:44:30.020 --> 00:44:32.260

Bmontgomery: See if you don't turn around and go back home before you do

559

00:44:33.870 --> 00:44:38.220

Bmontgomery: any block, let alone one mile I mean baby steps where you out. You

560

00:44:38.380 --> 00:44:39.960

Bmontgomery: and you make the road to. No,

561

00:44:40.840 --> 00:44:43.860

Bmontgomery: it's my thinking that you're babysitting.

562

00:44:44.010 --> 00:44:45.759

It's nowhere. So if I said, Okay, so

563

00:44:45.960 --> 00:44:47.109

I see five chicken

564

00:44:47.590 --> 00:44:53.629

Bmontgomery: three days and three times a day, seven days a week. That's what I want you to cut back and eat fried chicken. Just two days.

565

00:44:54.800 --> 00:44:55.830

I can do that

566

00:44:56.260 --> 00:44:59.490

Bmontgomery: five days and do a healthy die, and they get benefits.

567

00:45:00.440 --> 00:45:06.000

Bmontgomery: Five chicken. Maybe you'll reverse all the benefits of the five days ain't healthy, but then the two days Ain't Friday. The

568

00:45:06.070 --> 00:45:09.339

they're only reinforcing, designing five chick and seven days

569

00:45:10.010 --> 00:45:17.430

Bmontgomery: doing that. They're getting no progress to, yet they're maintaining their craters by ticket. So they're visible. Without being

570

00:45:17.840 --> 00:45:21.359

Bmontgomery: so. If I wanted to be cool and evil, and torture somebody

571

00:45:22.140 --> 00:45:24.249

baby steps, and let's do it in moderation,

572

00:45:24.640 --> 00:45:26.209

Bmontgomery: i'll sit back and laugh at you,

573

00:45:28.400 --> 00:45:40.190

Chris Wark: I There's such a powerful insight right there, and we agree because I often say, and you know, massive action produces massive results.

574

00:45:40.200 --> 00:45:40.990

Bmontgomery: That's right. I

575

00:45:41.000 --> 00:45:57.149

Bmontgomery: massive action and radically changing your diet from a standard American diet high in Nano food and processed food, fast food, junk, food going from that to all raw or to a juice Fast is massive dietary action. It's a huge change, and you're right. There is

576

00:45:57.160 --> 00:46:14.129

Bmontgomery: not just the physiological benefit, and which people usually feel very quickly. You know the first few days are kind of hard, and usually feel like crowd. But then, once you get past day, three or four right around that time, you know. Fifth day, something like that. You start to feel pretty good.

577

00:46:14.310 --> 00:46:22.589

Bmontgomery: Most folks start to feel pretty good, and then that momentum picks up, and then they feel better and better. And by day seven or ten like on a juice, fast or raw food.

578

00:46:22.600 --> 00:46:33.090

Bmontgomery: Yeah, they really start to feel good, and so they got the physiological thing. But then they've also got like you said that psychological benefit of one. I can do this,

579

00:46:33.100 --> 00:46:41.549

Bmontgomery: and I can tell it's working. It's helping me. So I love that you're You're giving people this sort of short sprint

580

00:46:41.560 --> 00:46:59.690

Bmontgomery: to get to get a benefit to achieve some benefit, and then build on it from there. That's that's a a smart approach, and I I I could see that being really I understand now why you've been so successful helping people change. Because, yeah, the baby steps thing right. You'll You'll never get there.

581

00:46:59.700 --> 00:47:00.490

Bmontgomery: It'll jealous.

582

00:47:00.500 --> 00:47:01.900

Bmontgomery: Yeah, it's It's it's

583

00:47:02.030 --> 00:47:05.459

bad. Possibly we shoot them frequently and give them lots of things we

584

00:47:05.970 --> 00:47:10.339

Bmontgomery: because, you know, as you said, there's challenges, and we walk and talk them through that.

585

00:47:13.150 --> 00:47:14.859

Bmontgomery: And so

586

00:47:15.060 --> 00:47:18.029

Bmontgomery: some of the common responses I get.

587

00:47:18.750 --> 00:47:21.350

We used to go to the boot camp classes after we two.

588

00:47:22.310 --> 00:47:24.069

Oh, I realized how easy this was.

589

00:47:24.630 --> 00:47:29.889

Bmontgomery: There's one story of a gem in Ridge Houston, the barbecue capital of the world, perhaps,

590

00:47:30.500 --> 00:47:33.840

Bmontgomery: and um This gentleman he

591

00:47:34.390 --> 00:47:35.629

Bmontgomery: here in,

592

00:47:35.750 --> 00:47:40.839

had a business of bargaining this. Now, you ain't probably ten soul barbecues have a large

593

00:47:40.980 --> 00:47:44.270

Bmontgomery: trainers on the behind a truck that's huge barbecue

594

00:47:44.290 --> 00:47:46.029

Bmontgomery: going to offense in the light,

595

00:47:46.390 --> 00:47:51.789

Bmontgomery: and get diabetes, and I think my recollection

596

00:47:52.620 --> 00:47:54.060

Bmontgomery: he was on

597

00:47:54.140 --> 00:47:59.309

Bmontgomery: kills, and it's doctor, the saying, Well, we need to start to an insulin on the logo sensor.

598

00:48:00.390 --> 00:48:02.049

He's the last, he went on to enslaved.

599

00:48:02.410 --> 00:48:04.210

Bmontgomery: Ah, I was told you have to increase.

600

00:48:05.120 --> 00:48:06.190

I think it was supposed to go,

601

00:48:06.920 --> 00:48:10.040

Bmontgomery: and and the fact is that they can do that? They said, Okay, i'm happy.

602

00:48:10.870 --> 00:48:12.220

The numbers aren't right.

603

00:48:12.310 --> 00:48:16.130

Bmontgomery: He was a so-called scared straight now. He hadn't heard about a program in the like.

604

00:48:16.190 --> 00:48:17.680

Bmontgomery: So you came and did our boot camps,

605

00:48:17.690 --> 00:48:19.290

Bmontgomery: and this is somebody

606

00:48:20.420 --> 00:48:22.450

Bmontgomery: I I can't do this, i'm not.

607

00:48:24.060 --> 00:48:25.160

Bmontgomery: You were to the boot

608

00:48:25.200 --> 00:48:27.939

time class and in the boot templates he sold his body to.

609

00:48:28.770 --> 00:48:35.789

Bmontgomery: Yeah. I had a feeling that was coming.

610

00:48:35.810 --> 00:48:36.850

It hasn't

611

00:48:36.890 --> 00:48:46.260

Bmontgomery: on people, and there was a story where one patient I saw and try to get her to do it. She did not follow the program

612

00:48:46.340 --> 00:48:52.649

Bmontgomery: Later on. Another patient I saw did the program, and did very well.

613

00:48:52.800 --> 00:48:54.610

Bmontgomery: She had a relative of

614

00:48:55.150 --> 00:48:59.490

Bmontgomery: a cousin who then was influenced by her to follow the plant-based resident.

615

00:48:59.500 --> 00:49:00.890

Bmontgomery: They did well.

616

00:49:00.900 --> 00:49:02.269

Bmontgomery: They have to be a

617

00:49:02.940 --> 00:49:14.019

Bmontgomery: other person whom I talked to didn't know the regimen, based on talking to me, but was influenced by the relative of the other patient, and she then started following the

618

00:49:14.360 --> 00:49:17.089

Bmontgomery: So it it has affects

619

00:49:17.620 --> 00:49:20.999

Bmontgomery: that could be cascade effects out of the cascade effects.

620

00:49:21.300 --> 00:49:27.649

Family members start to. Do you know, following this regiment it set out. It's seven to zero. It's all they have a chest paying a we

621

00:49:28.070 --> 00:49:30.810

on a law of Detox guide. He followed it, and this

622

00:49:31.880 --> 00:49:34.250

Bmontgomery: to help them out that it has some cook

623

00:49:34.460 --> 00:49:37.749

he's got to that. He's thought of being bad, and his family started even better.

624

00:49:38.090 --> 00:49:41.630

Bmontgomery: So there's a cascade effect that can happen because

625

00:49:42.210 --> 00:49:44.150

people around you now tell my patients

626

00:49:45.010 --> 00:49:46.710

world that change to you

627

00:49:47.520 --> 00:49:49.020

to change the world,

628

00:49:49.190 --> 00:49:56.299

Bmontgomery: and I also tell them. They go into fabby vs. Don't stay away from those events. Go to those events,

629

00:49:56.650 --> 00:49:58.499

salad or whatever raw food you eat,

630

00:49:59.260 --> 00:50:05.479

Bmontgomery: that in the middle of everybody else and live that lifestyle because people around me your loved ones because you

631

00:50:06.670 --> 00:50:08.970

Bmontgomery: and they will ask you questions. And so

632

00:50:09.400 --> 00:50:15.930

Bmontgomery: of things. I try to get them to understand that they're part of a bigger mission, and our bigger movement is

633

00:50:16.620 --> 00:50:18.120

Bmontgomery: uh they're being recruited

634

00:50:18.140 --> 00:50:20.549

Bmontgomery: this movement, and it's not only

635

00:50:21.050 --> 00:50:22.130

Bmontgomery: there to be sixty

636

00:50:22.420 --> 00:50:29.740

Bmontgomery: for themselves, but they need to be successful for people around them. You know. What about their kids? What about your grandkids? Your other loved one.

637

00:50:31.070 --> 00:50:33.039

It's all about a value proposition.

638

00:50:33.350 --> 00:50:34.860

Bmontgomery: When we put this

639

00:50:35.500 --> 00:50:37.790

in the context of a value proposition,

640

00:50:38.030 --> 00:50:42.229

Bmontgomery: then that piece of baked chicken and piece of you know.

641

00:50:42.800 --> 00:50:43.979

Still it becomes less

642

00:50:45.280 --> 00:50:48.810

Bmontgomery: uh and that's what I try to help uh the patients.

643

00:50:51.630 --> 00:51:03.990

Bmontgomery: I'd love to ask you about your own personal diet like, what do you like to eat for breakfast, lunch and dinner? Obviously you mix things up. But what's your What's a typical day for you? What's three meals look like for you in a typical day.

644

00:51:04.000 --> 00:51:12.050

Bmontgomery: Yeah. So the morning that I try to do, and I especially do this on on my workout days, and in my none work out days but

645

00:51:12.250 --> 00:51:15.059

Bmontgomery: the morning's out. I'll try to start with the green. So this one

646

00:51:15.240 --> 00:51:18.470

Bmontgomery: I have uh we make this green drink. Where

647

00:51:20.990 --> 00:51:25.860

Bmontgomery: use squirm? You get an alcohol, Martin. We'll put like a liquid moving in algae, and then

648

00:51:27.190 --> 00:51:33.649

Bmontgomery: ginger cilantro mint in it, and so we call it our super food water,

649

00:51:33.720 --> 00:51:43.550

Bmontgomery: so i'll drink super food water. Sometimes I'll be in Covent water. Sometimes I have a cold press thing, so the morning time. That's how to hydrate, you know. So I need to consider

650

00:51:44.090 --> 00:51:47.359

Bmontgomery: beverages, rob beverages uh water,

651

00:51:47.540 --> 00:51:50.790

Bmontgomery: super cool water uh coconut water, et cetera.

652

00:51:50.800 --> 00:52:01.880

Bmontgomery: Then I often try to consumed food so later than eating mangoes. Early in the summer I was consuming watermelon and

653

00:52:02.670 --> 00:52:03.859

it's catalogue.

654

00:52:03.930 --> 00:52:09.180

Bmontgomery: So the morning I try to do Well, I typically eat more hydrating food,

655

00:52:09.200 --> 00:52:11.129

and in the middle part of the day

656

00:52:11.850 --> 00:52:14.780

Bmontgomery: salads, and so the salads will be

657

00:52:16.680 --> 00:52:17.750

other things.

658

00:52:17.770 --> 00:52:31.280

Bmontgomery: Now I may also have like a raw sandwich. So in our restaurant we'll make make some bread. We have a non, a raw Vietnam. We have a cinnamon bread, and they all seed, base, et cetera,

659

00:52:31.320 --> 00:52:36.429

Bmontgomery: so i'll make a salad to lap easy one of these when they go off pizza, so that may be like,

660

00:52:37.210 --> 00:52:42.719

Bmontgomery: you know the salad, and then later, do they? They have another salad?

661

00:52:47.120 --> 00:52:51.360

Chris Wark: You predominantly raw, or do you eat cooked food some

662

00:52:53.230 --> 00:52:57.930

Bmontgomery: the last year? For the last thirty two years I've been on law.

663

00:52:58.840 --> 00:53:03.109

Bmontgomery: Most of our eighteen years have been predominantly

664

00:53:03.160 --> 00:53:05.849

Bmontgomery: that I would say the first

665

00:53:10.140 --> 00:53:13.499

Bmontgomery: five years of my plant-based

666

00:53:13.580 --> 00:53:14.680

for the last eighteen minutes.

667

00:53:15.930 --> 00:53:19.730

Bmontgomery: Ah, the first five years of that I ate a full space,

668

00:53:20.220 --> 00:53:22.569

Bmontgomery: so I would eat lots of raw.

669

00:53:22.690 --> 00:53:29.190

Bmontgomery: I would do you see some things throughout the year, multiple times throughout the year.

670

00:53:29.310 --> 00:53:31.700

Bmontgomery: Then I ate a junk from video.

671

00:53:32.020 --> 00:53:33.159

So I had a mix of things,

672

00:53:33.850 --> 00:53:36.779

Bmontgomery: and as I realized the you know.

673

00:53:38.620 --> 00:53:41.069

Bmontgomery: Then I just slowly come back to every

674

00:53:42.000 --> 00:53:46.620

Bmontgomery: um. Twice within a year I would, when I come off a juicy

675

00:53:48.490 --> 00:53:50.189

something bad out of the diet forever.

676

00:53:50.730 --> 00:53:52.120

Bmontgomery: And so I

677

00:53:52.170 --> 00:53:55.549

so probably after the first five years after that, and I

678

00:53:55.690 --> 00:53:57.419

are less

679

00:53:57.490 --> 00:54:03.609

Bmontgomery: less throughout the time. They'll steam and boil things, and then research us,

Then all while

680

00:54:03.640 --> 00:54:11.149

Bmontgomery: we we in our restaurant are looking at ways of manipulating,

681

00:54:11.210 --> 00:54:13.160

we we work with a lot of our patients.

682

00:54:13.960 --> 00:54:15.930

Bmontgomery: Uh, I was talking with chefs.

683

00:54:16.110 --> 00:54:19.239

Bmontgomery: I'm gonna start adding Um, this uh

684

00:54:19.320 --> 00:54:21.220

technique called Svid

685

00:54:21.350 --> 00:54:23.230

Bmontgomery: uh the high pressure

686

00:54:23.600 --> 00:54:25.820

under Morse conditions. And you can

687

00:54:25.980 --> 00:54:28.140

Bmontgomery: things like potatoes at low temperature,

688

00:54:28.650 --> 00:54:30.579

Bmontgomery: a longer period of time. So we've got to.

689

00:54:30.630 --> 00:54:32.329

I like it, adding these types of things.

690

00:54:32.840 --> 00:54:35.639

What we're working on doing is creating.

691

00:54:36.650 --> 00:54:41.060

Bmontgomery: Meet the criteria of law from the standpoint of my being

692

00:54:41.330 --> 00:54:42.729

by temperatures

693

00:54:43.160 --> 00:54:44.740

Bmontgomery: heated at low temperature

694

00:54:45.240 --> 00:54:51.870

Bmontgomery: and sousve, allows us to do it even without dehydrate, so that in my food classification system. They have a hard,

695

00:54:53.100 --> 00:54:54.860

say, a dehydrated food.

696

00:54:55.470 --> 00:55:01.829

So we're constantly looking at different ways of getting higher quality food. We're trying to break. We ground in other ways.

697

00:55:02.420 --> 00:55:06.289

Bmontgomery: Uh and uh, for instance, we have a an excellent

698

00:55:06.580 --> 00:55:12.910

Bmontgomery: robbie and meatloaf. I had chef India, who's out of the leaves? Come and work with us.

699

00:55:12.930 --> 00:55:17.659

Bmontgomery: Uh, she came for a week and contract her to come focus on menu.

700

00:55:17.760 --> 00:55:19.310

Bmontgomery: And so we did our

701

00:55:19.520 --> 00:55:21.189

Bmontgomery: It's a lot of high meat

702

00:55:23.470 --> 00:55:24.640

Bmontgomery: of your audience. You,

703

00:55:24.770 --> 00:55:27.969

I don't take a long, even if it's a salad,

704

00:55:28.030 --> 00:55:30.999

Bmontgomery: and this whole area for me raw is,

705

00:55:32.420 --> 00:55:33.590

Bmontgomery: they're all

706

00:55:34.190 --> 00:55:39.429

Bmontgomery: being that many of us were raised on the stand. American God! We have this,

707

00:55:40.440 --> 00:55:43.300

Bmontgomery: the savory comfort type foods on.

708

00:55:45.160 --> 00:55:50.680

Bmontgomery: So when you're in law you may be doing a detox. But to say you want to come off

709

00:55:51.810 --> 00:55:52.930

Bmontgomery: it. Come off the Gc.

710

00:55:53.490 --> 00:55:56.170

The you know salad, feast, or whatever

711

00:55:56.540 --> 00:56:02.690

Bmontgomery: you don't want to go all the way back to cook. So then maybe there's something that's in between. And so the door made Rob, with these

712

00:56:02.790 --> 00:56:11.659

Bmontgomery: like meat Walters heat up to one hundred and thirty degrees. We have a spotted rice my chefs can over a delicious gravy. So this coming Thanksgiving

713

00:56:11.680 --> 00:56:13.429

like a meat little R.

714

00:56:13.470 --> 00:56:25.069

Bmontgomery: Have a mushroom that's marinated, dehydrated, a cranberry relish and a number of other things,

715

00:56:25.410 --> 00:56:28.200

and it's, maybe it has to be the whole temperature.

716

00:56:28.950 --> 00:56:30.889

Bmontgomery: So So we're working with

717

00:56:33.250 --> 00:56:36.210

Bmontgomery: and so, even though I I can do it.

718

00:56:38.630 --> 00:56:40.169

Bmontgomery: It's a label that.

719

00:56:42.050 --> 00:56:46.259

Bmontgomery: But he it's a so that it's some wrong means you don't need that. No dehydrate through some

720

00:56:49.440 --> 00:56:50.489

what we call that.

721

00:56:51.500 --> 00:56:53.529

Chris Wark: That's really interesting.

722

00:56:53.540 --> 00:57:18.950

Chris Wark: I have. Ah, yeah, I wrote. The raw diet was a huge part of my cancer healing journey. Yeah, and and I eat a whole food Plant-based diet now, and Bryan cooked food and um is the main reason why you gravitate toward mostly raw or raw? Is it mainly the preservation of enzymes? Is that a big factor for you, or is it the um keeping the moisture rich

723

00:57:18.960 --> 00:57:21.990

Chris Wark: food state?

724

00:57:22.000 --> 00:57:24.009

Bmontgomery: Yeah, it's so.

725

00:57:24.040 --> 00:57:27.200

Bmontgomery: It's a great question. So I try to deal with these things

726

00:57:27.240 --> 00:57:32.199

Bmontgomery: conceptually, and Colin Cowbo is Book Hole, and he talks about the

727

00:57:32.270 --> 00:57:34.240

Bmontgomery: how we have this reductionist

728

00:57:34.650 --> 00:57:36.730

Bmontgomery: look in the session and course,

729

00:57:36.800 --> 00:57:43.900

Bmontgomery: and we reject this in a lot of ways, medicine and life. And you know, reading this book in a

730

00:57:44.080 --> 00:57:46.160
about things, I mean. So every

731

00:57:46.190 --> 00:57:47.689
Bmontgomery: you have this

732

00:57:48.220 --> 00:57:50.399
Bmontgomery: that we put in a violent castle

733

00:57:50.720 --> 00:58:00.799
Bmontgomery: and say, Okay, this new to this. Finally, we've discovered this nutrient in this vegetable, this plant. Rather it has exped.

734

00:58:01.050 --> 00:58:02.380
Bmontgomery: We'll figure that out

735

00:58:03.290 --> 00:58:05.390
we can isolate. Put it in its castle.

736

00:58:05.680 --> 00:58:06.919
Bmontgomery: Ah! Is

737

00:58:07.660 --> 00:58:12.429
Bmontgomery: we can capsule the same solution in the plaque. And I are not because

738

00:58:12.450 --> 00:58:16.360
Bmontgomery: and that's calling town's argument. Because if you look at food as a sin,

739

00:58:17.010 --> 00:58:18.719
it works very well.

740

00:58:19.080 --> 00:58:20.840
Bmontgomery: And so Okay,

741

00:58:21.060 --> 00:58:23.200

Bmontgomery: that's fair. So then, now you say,

742

00:58:26.210 --> 00:58:28.410

Bmontgomery: and so I've heard, you know,

743

00:58:28.540 --> 00:58:32.239

Bmontgomery: from plant-based doctors assigned to say Well, it's like the carrots

744

00:58:32.390 --> 00:58:39.100

Bmontgomery: cooked carrots you know, have certain nutrients that are more available in the cook care than in the rocket. So

745

00:58:39.440 --> 00:58:43.290

Bmontgomery: um. And so I said, Okay, that's fine.

746

00:58:45.800 --> 00:58:47.470

And the cook here.

747

00:58:47.940 --> 00:58:49.450

I want to cook here

748

00:58:49.650 --> 00:58:51.199

Bmontgomery: in the rock here.

749

00:58:51.600 --> 00:58:52.650

The question is,

750

00:58:52.690 --> 00:58:55.420

Bmontgomery: what other victims in it care to resolve it,

751

00:58:56.330 --> 00:59:01.020

Bmontgomery: you know. And then I say, what are the meetings known, and I know, unless that's available,

752

00:59:01.030 --> 00:59:02.459

Bmontgomery: and that's what she can have

753

00:59:05.040 --> 00:59:06.469

a function that when you communicate,

754

00:59:07.180 --> 00:59:11.530

Bmontgomery: and maybe there's more beta carrots in the cooked character than the walk here.

755

00:59:12.140 --> 00:59:13.179

That was better.

756

00:59:13.790 --> 00:59:16.000

Bmontgomery: But that's okay. That's fine. Just what it's more.

757

00:59:16.130 --> 00:59:23.009

Bmontgomery: Can't see the cook here. But the rock here doesn't mean that cook here. It's better. But there's all I can say. Go back to the Symphony analogy.

758

00:59:23.330 --> 00:59:24.500

You said, Okay. You got the

759

00:59:25.940 --> 00:59:30.579

Bmontgomery: you have the Trumbones, you got the fruits and the stream.

760

00:59:31.030 --> 00:59:33.020

There you go, and um

761

00:59:33.820 --> 00:59:35.749

Bmontgomery: you. You knock off all the fruit,

762

00:59:36.200 --> 00:59:38.470

Bmontgomery: and not i'll follow the

763

00:59:38.580 --> 00:59:41.330

Bmontgomery: uh to the play. You hit the Tom balls a little better.

764

00:59:42.010 --> 00:59:43.700

Bmontgomery: So it's okay. So with the

765

00:59:45.190 --> 00:59:49.349

Bmontgomery: orchestra. But i'm going to a lot of that I can hear that

766

00:59:49.480 --> 00:59:55.099

Bmontgomery: I mean the orchestra is better, though you happen to some of the instruments that helps you find the music

767

00:59:56.430 --> 00:59:57.979

zero one,

768

00:59:58.080 --> 01:00:00.489

you know, insulin better than the other. That means the whole

769

01:00:01.390 --> 01:00:02.589

Bmontgomery: for compositions

770

01:00:02.880 --> 01:00:04.600

Bmontgomery: and the same thing with the food,

771

01:00:04.650 --> 01:00:07.500

Bmontgomery: because we get cook of food, and one nutrient is more,

772

01:00:07.660 --> 01:00:10.559

they will not need the whole food composition.

773

01:00:11.050 --> 01:00:16.489

Chris Wark: Thank you. That's a great answer, and it is true. There, I mean, there is a a

774

01:00:16.500 --> 01:00:37.090

Chris Wark: there is some science on this topic that right showing some nutrients are more bio-available when they're cooked but you definitely are losing others right? You're losing some minerals or definitely killing enzymes, and there are certain chemical reactions, but reactions like in like sulfur fain in cruciferous vegetables, that if you cook broccoli and then eat it. You get no sulfur a fake,

775

01:00:37.100 --> 01:00:41.689

Bmontgomery: right? That's exactly right. So that was the so far same thing was only a recent,

776

01:00:41.700 --> 01:00:43.189

Bmontgomery: you know, finding

777

01:00:43.200 --> 01:00:51.689

Bmontgomery: Yeah, and a lot of people who are promoting cooked vegetables start and say, Well, you can have some raw vegetables now. Well, I mean, there are many other nutrients

778

01:00:53.090 --> 01:00:55.209

Bmontgomery: that a while we've got to discover.

779

01:00:55.320 --> 01:00:58.029

Bmontgomery: And so, my my! Are there some of that? So okay,

780

01:00:58.380 --> 01:01:01.310

ideal diet, the ideal diet. If if

781

01:01:01.570 --> 01:01:08.000

Bmontgomery: again, Let's throw tight the couch and everything out the limit. They're just okay, the ideal dot. I feel God is in the

782

01:01:08.090 --> 01:01:11.959

Bmontgomery: I can go in my backyard and go somewhere and get on hands and meet,

783

01:01:12.220 --> 01:01:15.979

Bmontgomery: and it's on grazing in the grass. I got spinach going.

784

01:01:16.480 --> 01:01:25.749

Bmontgomery: I eat dispatch while I still roots you still in the soil like I'm not saying that's the most

785

01:01:25.790 --> 01:01:26.859

the point of doing it.

786

01:01:26.960 --> 01:01:31.429

Bmontgomery: But what i'm saying is that let's start there,

787

01:01:31.980 --> 01:01:40.950

Bmontgomery: even though we can't be there all the time. Maybe you can't have a garden backyard,

788

01:01:42.520 --> 01:01:45.660

Bmontgomery: but the point is that you want to eat. Food is close to It's not.

789

01:01:46.430 --> 01:01:47.450

Bmontgomery: It's possible.

790

01:01:48.340 --> 01:01:52.120

Bmontgomery: That's that's that's that's That's the

791

01:01:52.940 --> 01:01:55.349

Bmontgomery: further away we are from that.

792

01:01:55.570 --> 01:01:58.289

Bmontgomery: Then the more compromise our food is.

793

01:01:58.650 --> 01:01:59.830

Bmontgomery: Once you put the

794

01:02:00.040 --> 01:02:03.720

Bmontgomery: fruit off of the bush of the tree. It starts to oxidize the meat

795

01:02:04.240 --> 01:02:12.209

Bmontgomery: that I mean. It's bad for you. I'm just saying that there's an ideal, the most ideal, and there's something less than the most I feel. But we just

796

01:02:13.070 --> 01:02:14.799

when we talk about food,

797

01:02:14.980 --> 01:02:17.009

Bmontgomery: and when we're talking about,

798

01:02:17.130 --> 01:02:19.490

Bmontgomery: think about healing. So So these things,

799

01:02:19.520 --> 01:02:21.989

Bmontgomery: maybe. Okay, Once you buy this heel,

800

01:02:22.000 --> 01:02:23.819

Bmontgomery: yeah, you can have a certain amount of cooked food.

801

01:02:23.960 --> 01:02:26.429

Bmontgomery: You have a set up. Your body is healed

802

01:02:29.870 --> 01:02:33.700

Bmontgomery: to go back to ideal and the thing that I've been recently

803

01:02:33.980 --> 01:02:41.679

Bmontgomery: thinking about more because you have people that promote the carnivore diets and the best of the bikes, and so on you.

804

01:02:41.930 --> 01:02:49.010

Bmontgomery: They get some good results. I mean, It's not like, you know. You know All carnivore died for a week, and you drop dead

805

01:02:49.390 --> 01:02:59.089

Bmontgomery: people in the kind of defense. Why, why is it a people to that large? Because they're removing something bad from a diet? They're removing processes.

806

01:03:01.720 --> 01:03:07.620

Bmontgomery: You some people on the Vegan diet are not doing so well, so why they're not been so of them being that because they have,

807

01:03:09.210 --> 01:03:10.709

it is a common nominee process,

808

01:03:11.510 --> 01:03:18.799

Bmontgomery: animal process, food or not am a process to me. So that's the other, you know. Thought process is

809

01:03:18.820 --> 01:03:25.939

Bmontgomery: that even though we eat plant food even more. I mentioned a lot of our food that our process dehydrates at the other.

810

01:03:26.170 --> 01:03:30.140

Bmontgomery: So all the detox techniques i'm working on for our patients.

811

01:03:30.640 --> 01:03:34.700

Bmontgomery: It's getting them back to the place where okay, you're only eating whole foods.

812

01:03:34.740 --> 01:03:36.040

Bmontgomery: Now, if you don't have

813

01:03:36.470 --> 01:03:37.879

that's that's the

814

01:03:38.420 --> 01:03:41.619

Bmontgomery: the smoking, and we got the juice press, and so on for that. I'm sorry

815

01:03:42.770 --> 01:03:44.299

that the Government smoothies in Jesus.

816

01:03:45.360 --> 01:03:54.989

Bmontgomery: It's quite output contributions about breakdown food. That's understood, and that's why I get my level. Zero foods a higher classification

817

01:03:55.590 --> 01:04:02.319

Bmontgomery: Still, I'm. Looking at the concept. We're going to be on like model meals of costing meals, which is a high

818

01:04:02.530 --> 01:04:04.450

classification in our system.

819

01:04:05.670 --> 01:04:10.669

Bmontgomery: You food as closer than that to say it's possible with minimal to no process.

820

01:04:11.320 --> 01:04:27.140

Chris Wark: That's great. I love it. I I had the same same revelation in my own health when I just, you know, I I remember thinking I need to eat and live as close to nature as possible, and at one point it's like, Do I need to move out into the wilderness

821

01:04:27.150 --> 01:04:37.590

Bmontgomery: to survive? You know don't need to move it and then start sleeping outside, you know I didn't. I didn't take it to that level. But I was thinking about it. I was prepared to go there Right?

822

01:04:37.600 --> 01:04:41.039

Bmontgomery: Yeah, but no to that point. It's,

823

01:04:41.160 --> 01:04:51.330

Bmontgomery: you know. Even again, we're creating a bounce between practicality and optimal health. And so, when we think of Okay, this is

824

01:04:51.700 --> 01:04:54.789

Bmontgomery: that's optimal from a conceptual standpoint. But

825

01:04:54.940 --> 01:04:58.539

where I am right now, what I want people to understand that

826

01:05:00.030 --> 01:05:05.089

Bmontgomery: you're understand where the optimal is, and try to do things that you

827

01:05:05.390 --> 01:05:06.490

for that. The rest

828

01:05:06.710 --> 01:05:10.739

Bmontgomery: we're not saying, Okay, Maybe you can't get a hundred more for whatever reason.

829

01:05:12.130 --> 01:05:14.069

Bmontgomery: Maybe you can't live outdoors.

830

01:05:14.330 --> 01:05:17.570

Bmontgomery: The city You got a job. You have a family, etcetera,

831

01:05:17.590 --> 01:05:20.030

to figure out how you will do. Nature walks in time,

832

01:05:22.360 --> 01:05:26.759

Bmontgomery: an increase in those of May you walk, and there's lying out in the park somewhere, laying out the window

833

01:05:27.260 --> 01:05:28.419

Bmontgomery: a couple hours a week, though

834

01:05:28.790 --> 01:05:35.359

Bmontgomery: a month, and then a couple hours a week. It's ever So this is a matter of understanding where ideal is

835

01:05:35.690 --> 01:05:42.240

Bmontgomery: understanding where you are, and then saying, Okay, one, I have a mindset. I can move in that direction.

836

01:05:42.300 --> 01:05:50.820

Bmontgomery: Don't be, you know. Ah, pessimistic. No way I could go and live in a while. Okay, You can't live in a while. But can you expose yourself to the

837

01:05:51.720 --> 01:05:57.959

Bmontgomery: you want to understand? Say, here's ideal. What steps I need to take to work in that direction.

838

01:05:58.010 --> 01:06:00.310

Bmontgomery: That's that's what I try to invade people to.

839

01:06:00.700 --> 01:06:26.490

Bmontgomery: That's great, and most people have a lot of room for improvement, and that's that's a good thing, right. It's like there's so much you can do. And this is my big message to cancer patients, and my communities like there's so much you can do to help yourself right.

You're empowered. You don't realize it until you start learning and listening to professionals like yourself and other people who appealed. There's so much you can do to help yourself, and it'll never Your life and your diet and your routine will never be perfect.

840

01:06:26.500 --> 01:06:27.700

Bmontgomery: I

841

01:06:27.760 --> 01:06:45.890

Bmontgomery: Progress is the goal, and by changing your daily routine, eating a plant-based diet, eating lots of raw foods, exercising, getting fresh air and sunshine, spending time in nature, forgiving people who've heard you right letting go of the past. All those things are so wonderful, Right?

842

01:06:45.900 --> 01:06:46.390

Yes,

843

01:06:46.400 --> 01:06:52.790

Bmontgomery: and you know, when you clean your system out, vow can we get through your arch community. It helps you do a lot of those things,

844

01:06:52.940 --> 01:06:54.139

Bmontgomery: you know, if you

845

01:06:54.460 --> 01:07:01.740

Bmontgomery: your system that to be physical food trash are looking at, you know, trash on Tv or trash on social media. You

846

01:07:02.330 --> 01:07:05.860

Bmontgomery: you're feeding about this negative trash. It

847

01:07:06.900 --> 01:07:16.999

Bmontgomery: impairs your ability to do the things you mentioned that granted, you know, forgiving people, et cetera, it may take other steps, but once you start the healing of pain, and

848

01:07:17.580 --> 01:07:18.709

opens up

849

01:07:19.760 --> 01:07:21.590

avenues to allow you to take those

850

01:07:21.610 --> 01:07:25.689

Bmontgomery: extra steps, but you know you can't medicate yourself with.

851

01:07:26.950 --> 01:07:32.650

Bmontgomery: And so so that's certainly why I like the natural approach to

852

01:07:33.040 --> 01:07:34.620

Bmontgomery: uh to be

853

01:07:34.860 --> 01:07:36.290

step, because

854

01:07:36.430 --> 01:07:37.830

Bmontgomery: it gives you some definitive

855

01:07:37.850 --> 01:07:40.530

Bmontgomery: progress, the of the things you can do,

856

01:07:41.880 --> 01:07:43.759

and and and it's

857

01:07:43.860 --> 01:07:49.509

Bmontgomery: it's the most direct way to get you on that path towards healing uh in many different ways,

858

01:07:49.520 --> 01:07:59.799

Bmontgomery: and it's a big lever that you can pull, because what I like to say is. There's a lot of

things in your life you can change, and some are easy, and some are hard, but anybody can change their diet overnight.

859

01:08:00.090 --> 01:08:26.290

Bmontgomery: It takes time to forgive. It takes time to move or change jobs right. That stuff takes time takes time to change the way you think, and break your bad attitude, mental habits. But you can change your diet overnight, and you can start exercising most people immediately, and you get big benefits right away from that. So I just thank you so much for your time. I love what you're doing, and how can people connect with you?

860

01:08:26.350 --> 01:08:33.939

Bmontgomery: Of course we'll put links before you answer. We will put links in the show notes and below the video, and all that, too. But where can people find you?

861

01:08:33.950 --> 01:08:45.079

Bmontgomery: They can find us up on Galenheart Com. That's my main website, and we have a lot of things coming up. We have a new Doctor series coming up. It's a hard and solo champion,

862

01:08:45.189 --> 01:08:53.149

Bmontgomery: and it talks about our intervention. So heart and soul of a champion is one of our interventions where we take individuals with advanced diseases,

863

01:08:53.460 --> 01:09:06.989

Bmontgomery: and we put them on an initial detox side, with times to be even solid there, and all of these things, and you take them out and exercise it, and as you mentioned early, you may not be with exercise. Right away. We get people with bad arthritis, and we start them from where they are.

864

01:09:08.109 --> 01:09:13.279

Bmontgomery: Once they start detox, and we walk them, and they do lunges. The next thing we're out running heels, so

865

01:09:13.300 --> 01:09:20.429

Bmontgomery: it shows the insights of all of that. It's the hardest on the champion. Be able to look out for that. But my gover heart comm is

866

01:09:20.520 --> 01:09:27.979

Bmontgomery: website, and that's the best way to start. We have online coaching classes, and

867

01:09:28.020 --> 01:09:30.989

Bmontgomery: you may have all that the link to that, The note and um,

868

01:09:31.000 --> 01:09:34.350

Bmontgomery: we have an upcoming day it out. Um, and the

869

01:09:34.529 --> 01:09:36.850

Bmontgomery: this year and October twenty-two

870

01:09:37.300 --> 01:09:38.990

Bmontgomery: shines of the documentary

871

01:09:39.080 --> 01:09:42.010

Bmontgomery: um, Even after the data so

872

01:09:42.279 --> 01:09:46.490

Bmontgomery: com that's the main hub. We can get a number where we are and reach the

873

01:09:46.569 --> 01:09:47.830

Bmontgomery: from there

874

01:09:51.109 --> 01:10:04.920

Chris Wark: it's terrific. Thank you again, Dr. Baxter Montgomery. I i'm so thankful for you. I'm grateful for you. I'm so glad that you exist, and that you're doing this incredible work and helping people actually restore their health. It's so important, and I hope this inspires

875

01:10:04.940 --> 01:10:34.929

Chris Wark: my audience that they can take control of their life and their health, and also inspires other practitioners and physicians, and that'll reach out to you and hopefully connect and start their own wellness journey, and maybe even completely ah transform the way that they

practice medicine, too. So I just love interviewing plant-based Mds and diet and lifestyle practitioners. It's so great. So thanks for watching everybody. Have a great day, please, like, and share this video. Share it with people you care about this information. Is amazing. It's life-saving life changing. And

876

01:10:35.570 --> 01:10:38.589

Bmontgomery: we've got to reach more people. Thank you. Dr. Montgomery.

877

01:10:38.600 --> 01:10:41.020

Bmontgomery: Thank you. Chris. Thanks for having us been an honor.