

Hey everybody, today I'm interviewing. Hey, everybody. Today I'm interviewing Tonijean Amato Kulpinsky. She is a cancer survivor, long-term cancer survivor. Love to interview the long-term survivors. We can learn so much from them. There's so much wisdom that you get when you interview and and talk to people who have overcome cancer and really achieved remarkable things. And as I like to say, we need to learn from successful people.

And Tonijean is definitely a successful person in that regard. She was diagnosed with kidney cancer way back in 2008. And that really changed the whole direction of her life. And she ended up becoming a board certified naturopath. And but before that, she was actually working in hair salons. So she'll get into that part of her story. But I'm excited to share this interview with you and for you to get to know her. And again, this is just one more example.

Tonijean Amato Kulpinski (02:43.726)

this is wonderful. Thank you for having me. It's a blessing to be here.

Chris Wark (02:49.804)

that cancer can be survived, that you can thrive through this disease, that you can overcome it, that there's so much more you can do to help yourself than maybe you've been told by a conventional doctor. And so Tonijean, thanks for taking the time to do this.

Chris Wark (03:08.556)

Well, it's a blessing to have you. like I said, I'm just excited. Every time I get to share a story like yours, I'm excited. Like that, it it just that's more fuel to my fire because there's a lot of skepticism that surrounds claims of people who have overcome cancer and healed cancer. And the more of these stories that we gather together, the stronger the evidence becomes, right? This is patient-centered evidence because.

Frankly, the cancer industry has no interest in doing studies on people who heal against the odds, right? And they have no interest on in doing studies on people who walk away from conventional therapy and get well. And so the only way this information gets out there is, you know, people like us sharing it. And so anyway, let's jump back to your story, like your your pre-cancer situation, your life leading up to cancer. What was that like?

Tonijean Amato Kulpinski (03:43.647)

Yes.

Tonijean Amato Kulpinski (03:47.93)

True.

Tonijean Amato Kulpinski (04:05.112)

Well, I want to start out briefly. when I was a little girl, I always did have an interest in holistic nutrition. Had no knowledge, but a lot of wisdom. And the reason being is because I always had

an interest in wanting to see people be better, better version of themselves, literally from a little girl. And it would hurt my heart to see.

Both women women and men, but especially women putting themselves down. You are a temple of the Holy Spirit, and we were created in the image of God. And why would we look in a mirror and criticize our nose, our mouth, our lips, our hair, our bodies? And I've seen that so often. And my grandmother was very sick when I was a little girl. And my mom dar decided to start to begin to study independent research, nutrition. And long story short, she healed my grandmother.

holistically God's way with food as medicine. And it just inspired me from a little girl. And my mom opened up one of the first health food stores in the Hudson Valley here in New York back in 1980. So I'm giving away my age. I was about Yeah. And she had a great rapport with with her clients. And I was just so impressed with my mom and her relationship and what she did for my grandmother. And my grandmother went for a follow-up and

Chris Wark (05:05.432)
That's so cool.

Tonijean Amato Kulpinski (05:18.271)
Her doctor said, Wow, Francis, I haven't seen you in years, in a couple of years. I can see you're doing fantastic. The medications are working well. And I am going to continue to write your prescription. And my mom says, No, I cleaned up her diet, took her off medication. She hasn't been out of any. And from that moment, he looked at her and said, and he got very upset with my mom and said, no, this is terrible. You can't do this. You can't do this. You have to get her back on the medications.

And my mom said, But doctor, you just said that my mom is doing well. Her labs are perfect. You've never seen her do this well. And he wouldn't agree with that part. So we left. And proceeding forward, you know, never underestimate the power of slant plant planting a seed. And even though I was a little girl, it impressed me so much with what my mom was doing. But unfortunately, there wasn't an interest in holistic medicine back then in 1980. And yeah.

Chris Wark (06:07.436)
Well, let me just interject because I had a very similar upbringing in that my mom was very interested in health and holistic medicine. And although she was never sick and we didn't have any sick people around us, she was always dragging me along to the hole in the wall health food store, you know, to buy sprouts or kefir or to buy some, you know, she was a you know, back then those health food stores, as you know, like there would always be a rack of books.

In the health food store, like the super healthy books, right? It's like Pavo Ariola and some of these other, like old Paul Bragg and these, you know, all these old school guys. And and so she you know, she I was exposed to that growing up. And she wasn't like hardcore, she wasn't a

vegetarian or vegan or anything, but she was just very interested in health, always was. And so anyway, that planted a seed a seed in me as well. And

Tonijean Amato Kulpinski (06:33.841)

Yes.

Tonijean Amato Kulpinski (06:40.742)

Yes.

Tonijean Amato Kulpinski (06:53.831)

Yes.

So similar, wow.

Chris Wark (06:58.668)

And I'm curious, do you remember any of the resources that your mom used to help your grandmother back then? Any of the authors of the, you know, the sort of influential

Tonijean Amato Kulpinski (07:04.954)

I I wish she was here right now, but I will say Ma Dr. Max Gerson, with the Gerson Institute. I will say Mendelssohn. why can't I? I have his books. The Last Name Mendelssohn, does that ring a bell? I think he's his title of one of his books is Vaccinations and Medical Time Bomb. I have one of his. there are a few. Yes, this one and I have that book. Yeah, I it's old, it's ripped, it's from my mom.

Chris Wark (07:11.31)

Sure.

Chris Wark (07:17.762)

Yes. Mm-hmm.

Chris Wark (07:24.918)

Yeah. How to raise a healthy child in spite of your doctor, I think is one of his. Yeah.

Tonijean Amato Kulpinski (07:34.436)

in my little library. but Ann Wigmore. Yeah, yeah. So real legends, the legendary holistic pioneers. And but you know, like you said, I this I'm just very impressed right now with the with the similarity in our stories. And that's what intrigued me about you initially when I was in the beginning of my journey, I I saw your, you know, how you journeyed through all of this and

Chris Wark (07:39.084)

Yes. Absolutely. Legends.

Tonijean Amato Kulpinski (08:00.387)

You know, and I I refused, you know, chemotherapy radiation, and you did the same and you know, without medical intervention. But I didn't only have cancer, I had diabetes, I used to have dizzy spells and pass out, I had multi- nodules on my thyroid, I had severe digestive disorders, I had constant migraines. I mean, I was a mess. And I was in bad shape.

Chris Wark (08:18.082)

You were in bad shape. And so what was your life like? Like what do you think was contributing to to all these chronic diseases?

Tonijean Amato Kulpinski (08:23.575)

I I can tell you what was contributing. Now, in the back of my head, because of my history with my mom, and again, we deviated from the lifestyle. It is important to know we were getting our food from farms, we were eating out of the health food store, but there wasn't an interest. So the store closed in a very short period of time because we couldn't keep up, you know, we couldn't stay afloat. So unfortunately and sadly, it did it only lasted a few years because back then there wasn't much of a of a you know an interest in in the holistic medicine.

but what happened was she would have been better off opening up Burger King or McDonald's. She would have been, we would have been billionaires today. But that's not what God, that wasn't God's plan. So so with that said, yeah, I don't, I don't, I'm not upset that I was sick because it gave me an opportunity to transform my own health and show the world or those that want to listen how it's done, because we lead by example. And

Chris Wark (08:53.654)

Yeah, she would have been better off opening a McDonalds franchise.

Yes.

Tonijean Amato Kulpinski (09:17.571)

So with that said, I was never a drinker, never a smoker. I never had alcohol in my life, maybe one time. And just never had those interests. I always felt that my diet my body was the temple of the Lord, but I had I would call an eating disorder. And I always yo-yo dieted and I would, you know, diet, starve myself all week, binge on the weekends or the other way around. So I had an addiction with food. and not food.

Chris Wark (09:41.772)

And were you overweight or were you more like on the sort of you know, sort of paranoid or s anorexic kind of side?

Tonijean Amato Kulpinski (09:49.189)

A little bit of both. I would say that I had some paranoia and anorexia and especially in being 5'11 and always told, you can be a supermodel and you know you're never skinny enough. So

that was pressure on me. so having a model type frame, but never being skinny enough. You know, I was never skinny and I could lose, you know, 10 pounds, 15 pounds, but I would go to the extreme because of that that obsession that the that industry drives you into, that other part of the corruption. So

Chris Wark (10:00.086)

Mm.

Chris Wark (10:16.536)

Yeah.

Tonijean Amato Kulpinski (10:18.508)

So with that said, you know, you never you never liked your body. And that was part of my passion inside for when I saw women doing that. And, you know, and and being growing up in the church and as Christians, I knew that that wasn't what God wanted us to believe. He again made it created us in his image. So, but the fire in me drove me into wanting to help people. So I can basically say is I would I would binge and gorge and do crazy things like that. And and I believe I caused a lot of havoc.

On my skeletal structure, my digestive digestive system, and becoming a top colorist in salons in Manhattan, and then opening up my own salon in the same place where we used to have the health food store, how God works, is is incredible. it was all a family business. I was breathing in a lot of toxic chemicals and and I and knowingly, because like I said, I always had that wisdom, maybe not the knowledge in nutrition, but I had the wisdom.

So when I was, I was never feeling well, I was always with dizzy spells and just not not my not my best. And so cancer gave me an opportunity. I don't get me wrong, I was scared when I was diagnosed. It was a very scary moment. You see your whole life pass you by. I have a husband and I have a child, and she's a baby. And am I gonna see her grow up? And you know, what's what is happening here? And I remember just praying that day and literally getting on my knees, and I'm gonna get emotional. And I said,

Chris Wark (11:21.9)

Yeah.

Tonijean Amato Kulpinski (11:45.686)

You know, Lord, I know that you have a better way. I know there's a better way. And in in scripture it says in Hosea 4, 6, my people are destroyed for a lack of knowledge. And I feel like I don't have the knowledge, Lord. But if you can show me the way, because you are the way, the truth, and the life. And I'm not going to, I'm going to defy the medical mafia. I know that much. I know that it's not where we should be. And I'm not against doctors. They're, God bless them for their emergency care approaches, an accident, a fall, an injury. Somebody's

Chris Wark (11:55.277)

Right.

Tonijean Amato Kulpinski (12:13.853)

Unwell and they need a valve replacement. God bless science for that. But there's no health care in the system, Chris. It's all a disease care management system of lies. And then the anti-fruit movement, the anti-carbohydrate movement, the protein obsession. It's killing people. And so I had to throw that in there. I'm sorry. but I know you do. I'm gonna throw more of it in because I'm I'm basically a a

Chris Wark (12:33.8)

I agree. Thank you for throwing it in. I'm you're you're preaching to the choir here.

Tonijean Amato Kulpinski (12:40.22)

A fruit-based diet and I lifestyle. I don't deviate from this either. And that's why I'm always in amazing health. I'm gonna be 56 in a few weeks and I feel like I'm 20, but a healthier 20-year-old, because there's age is not a prerequisite to good health or poor health. So, with that said, getting the diagnosis again was scared, but it was like a fire was burning in me because I put God first. I knew he went before me, and I

I just trusted him with everything because I had nothing left. I was a broken down jail cell. That's what I was. And I felt like I couldn't get out of my own, you know, body, which was a cell for me.

Chris Wark (13:13.57)

And how old were you at that time? Okay, so you had spent you'd spent fifteen years or more working in salons, right? Something like that?

Tonijean Amato Kulpinski (13:16.325)

I was thirty-seven, thirty-seven, almost thirty-eight.

Tonijean Amato Kulpinski (13:24.892)

I spent from the age of from the age of because you you have to get your six month pre-license before you take your state boards to be a a stylist. so I was from 16 to I started this journey almost 20 years ago. So you do the math. So it was a long time I was breathing in a lot. I started pretty, pretty young breathing in those, those poisons. And and yes, please. Yes.

Chris Wark (13:43.852)

You started early. Yeah, you started young.

Chris Wark (13:48.684)

Yeah. And let me point this out just for folks that don't know. I mentioned this in my in my first book because there's a section in my first book where I'm talking about, you know, the the causes of cancer, because it's important to understand like there are many causes of cancer.

Many of those causes are known. And there are many things that we are doing in our modern world that increase our risk of cancer. And when you add up all of these things and the the little bit of risk increase from this, that, and the other, well, guess what? It actually increases your risk a lot. But one of those

Tonijean Amato Kulpinski (14:16.062)
Absolutely.

Chris Wark (14:16.498)
Is working in a hair salon. So hair salon, hairstylists, you know, people that work in hair salons have an elevated rate of cancer compared to a lot of other professions. And so, you know, it's not a it's not a coincidence or surprising that you ended up with a cancer because he had a higher risk being in a salon for 20 years.

Tonijean Amato Kulpinski (14:26.227)
That's right. Absolutely.

Tonijean Amato Kulpinski (14:37.47)
Absolutely. And breathing in all of that, those toxoids. And the industry knows they're toxins. Yes, because it is heavy metals and, you know, toxic heavy metals and pathogens that create the disease. And yet the industry wants to continue to blame genetics, hormones, immune system. Your immune system doesn't go against you. It doesn't attack you. It attacks what is attacking you. But the industry doesn't want you to know that. And they want you to also believe that as we age, we're supposed to get sicker. That's a lie. That's like blaming an innocent person for a crime that they didn't commit and locking them up.

Chris Wark (14:39.618)
Yeah, that's that's right. It's the f it's the toxic fumes.

Tonijean Amato Kulpinski (15:07.697)
But your body can heal. The body is restorative. It doesn't matter what's wrong with you, because in real holistic science, it's the word disease is two words, dis-ease, a disconnection of ease or balance. And so it's one body, one vessel. And we're separating all of that. There used to be one herbologist, one doctor for the whole entire body. Now we have a doctor for every system. You have the urologist, the endocrinologist, the cardiologist, the gastroenterologist. And yet everything is a disease.

Chris Wark (15:33.878)
The podiatrist just looking at your feet. Yeah.

Tonijean Amato Kulpinski (15:35.421)
The ped thank you, the podiatrist, sure, you can't forget that. So, but the point is, the neurologists, we know we can go on all day, but the point is is that it's even if there's multiple

things going on, it's still all one disease because it's one body and one vessel. And when I do speaking engagements as well as yourself, it's if we had a hundred people in the audience or 300, we didn't even know their name or their diagnosis. What we're telling them is to build wellness, to cleanse, to heal, and you are the cleanse. And that's just what I did. And the Lord spoke to my heart that day, and I can remember it like it was yesterday, Chris.

And I called out to him and I said, Lord, I'm scared, but I know you have another plan for me. I know you know the little girl desires in my heart to somehow help this world be a better place, somehow use my story. And he spoke to my heart and said, I want you to go to Romans 12.1. And I said, Romans 12, one, and I'm crying. And I opened up the Bible reluctantly because I'm like Romans 12.1. Well, I did grow up in the church and seems like they're very sick in the church as well. They're laying hands on the buffet when they before they eat.

how could any of that heal us? So I open it up and I see Romans 12, 1. I urge you, brethren, to present your physical body as a living sacrifice. This is your reasonable act of worship. And it resonated so deeply in my spirit because I knew that God was using me because he knew I had a big mouth. He knew I wasn't afraid to get out there and speak. And he knew that I was going to help myself heal his way, God's way. And I looked through scripture and found many different passages that pertain to health and healing and how I can heal myself.

And I did just that. And at initially my family thought I was crazy because they were just scared, my husband, my mom especially. they were like, you know, very scared that I was going to not have treatment, not do the things that I was supposed to do, because they just want to see me well, listen to the doctor, you know? And but but still open you had the same response. See, so you know you've live you've loved this. And I said, No, they mean well, they love us, my goodness.

Chris Wark (17:21.1)

had the same response. Mm-hmm. For some from some family members. Yeah. They mean well.

Tonijean Amato Kulpinski (17:29.732)

Just like my mother, I remember crying, my mother crying, and I'm holding her, saying, Mom, I'm gonna be okay. The Lord told me, No, maybe you need to speak to someone, Tonijean. I'll never forget my mom saying that. Maybe you should speak to someone. I'm afraid, please, you gotta have to listen. And so I started to implement certain principles that were stated clearly in scripture. And my body started to heal from the very start. And my body cleansed because we have to cleanse out years of toxicity. It doesn't happen overnight, as you know.

And my body started to restore and heal. And I it wasn't fun. I did get some headaches and and but I knew infinitely the infinite wisdom in me. And without reading a book or taking some universal univer going to university, I'm not against any of that. It's just God just kept giving me downloads of what I needed to do and I kept applying it. And my body started to heal. Nodules

disappeared, blood glucose levels stabilized, my energy spiked. I was happy. I was happy with life. And I just couldn't wait to share.

My message with the world. And all in between that, because I'm sure we can't go into every grand detail, but I'll answer anything you want me to. in and this is the God's honest truth. In the almost past 20 years, I haven't even had c colds, nothing. Menopause, I glided through it, never had a symptom because these aren't sicknesses. Hormones don't make us sick. Hot flashes are not because you're changing your cycle or going through natural changes that God created us to go through.

We're not supposed to have brain fog or night sweats or insomnia or thinning hair or or gaining weight. It none of this happened to me because I was following God's plan for health and wellness. And again, one of the biggest things that I did, and in the beginning, I do have to say this before I tell you one of the biggest things that I did. I was going to a farm and getting raw dairy. I was getting things that I don't do anymore today, but it was part of learning.

We're always students. I'm not here sitting here that saying that I know everything, but yet I'm very confident in what I do know, because it does come from God. But I was doing things today that I don't do, rather in the very beginning, the first three years. And and unfortunately, my very first book that I wrote, I've written on my seventh book right now, went international bestseller, Stop Battling Disease and Start Building Wellness, Your Guide to Extraordinary Health.

Tonijean Amato Kulpinski (19:43.826)

I'm having my publisher take that down because that book needs to be revised, because I've grown, I've evolved, I've changed, and I've learned a lot along the way. And I don't partake in dairy or ancient wheat or any of that. my my my diet, even though it was still very plant-based in the beginning, with some exceptions, I evolved and I didn't want to have partake participate in in eating animals. Again, I'm not against that for anybody else. This was just my choice.

And it was a spiritual awakening for me. And I'm glad that I went 100% and don't like the word vegan because there's a lot of vegan people out there that are not well eating vegan foods. I don't eat processed foods. I literally eat fruits and vegetables. That's my whole lifestyle. And I'm thriving. I'm not a cancer survivor. I'm a thriver. I am thriving. I don't have deficiencies, I don't have any deficiencies. my diet consists of mostly fruit, lots of it, because diabetes is not from fruit.

Chris Wark (20:18.445)

I understand that.

Tonijean Amato Kulpinski (20:37.023)

We're eating poison all our lives, and then all of a sudden it's it's fruit gets the blame. People don't even eat fruit. They eat a half of a banana or a handful of grapes because they're afraid of the sugar. but the bottom line is none of that feeds cancer. Your immune system cells need

glucose because it's what we run on. We don't run on fat and protein. So what happens is you weaken the the immune system cells, and now the cancer cell will adapt to anything that you're eating, particularly the fat and the protein. So

That's how we heal. We we we up the glucose. We it's just like the right octane you put in the engine of your car. Same difference. So high blood fat is what the issue is with people who are insulin resistant. What creates insulin resistance is high blood fat. Glucose can't enter into the cell. So you burn out your pancreas, which is your glucose monitor. And people also feel that, well, when I eat fruit, my blood glucose goes up. That's good. Your pancreas is your glucose monitor, just like when you put octane into the engine.

The meter goes up, the engine uses it and you refuel. Your brain needs that, your adrenals, your liver, and every single cell membrane in the human body. You can't, you can't live on high fat, high protein, because this is why we have a disease epidemic. I believe, in my perspective, high blood fat, pathogens, and heavy metals are the three top causes of disease.

Chris Wark (21:56.364)

I'm right there with you. I love love what you're sharing right now. because I I teach the same things. And yeah, absolutely. Diabetes is a disease of fat toxicity. And you know, the you know, the example that you gave, if you just think about it logically, it's like, you know, people are like, Well, I eat sugar, my blood glucose went up. It's like, yeah, when you fill your car with gas, your gas gauge goes up. It's fuel, right? Like

Tonijean Amato Kulpinski (22:04.755)

Praise God.

Chris Wark (22:22.924)

That's the point. The glucose is fuel for energy for your cells. And it's it will come back down. Yeah. Right. If you're if you have a high degree of insulin resistance, which is caused by too much dietary fat, then your blood glucose stays elevated for too long and that can cause problems. But there's a difference, right? And so when you eliminate the dietary fat, your body burns off.

Tonijean Amato Kulpinski (22:26.577)

That's right. And you want it to come back down, of course. You don't want it to stay up, but it won't come down if you've got a lipid lock.

Tonijean Amato Kulpinski (22:39.507)

Thank you.

Tonijean Amato Kulpinski (22:44.561)

sold but huge difference.

Chris Wark (22:49.474)

This excess fat that you've accumulated in your muscle tissue around your organs and that's circulating in your blood and sludging it up. And then you become more insulin sensitive. And when you become insulin sensitive, you eat anything with any carbohydrate, and immediately your pancreas secretes insulin. It tells your cells, hey, here comes some sugar. Get ready. Here comes some energy. And your cells can receive those signals and use the sugar, and it doesn't get stored as fat. That's it, right?

Tonijean Amato Kulpinski (23:16.606)

That's right. my God, so beautifully said. This is so enlightening, so enlightening. I've been interviewed by so many different types of natural pathic people and and just speak to people every day. And I never hear this is such a breath of fresh air. I feel like I'm mirroring myself. This is such a you are such a extraordinary human being. I I I'm thrilled to hear that, honestly.

Chris Wark (23:32.714)

Yeah.

that's sweet.

Tonijean Amato Kulpinski (23:39.019)

the truth can set people free. Yeah.

Chris Wark (23:39.458)

Well, I I'm I'm equally thrilled. Yeah, equally thrilled to hear to hear your your perspective because I know because it's a rare one and what's being put out there by so many people is all about keeping your blood sugar low with a you know, with a high fat, high protein diet, which yeah, it'll keep it low, but it also keeps you in a state of insulin resistance and you're still diabetic, right?

Tonijean Amato Kulpinski (23:53.99)

Yes.

Tonijean Amato Kulpinski (23:59.985)

Exactly. Exactly. Your body starts to rub from Peter to PayPal. And now you now you start to use, you know, your adrenaline is obviously a storage. It's not something that you're gonna run on every day. And that's what people are running on because your brain signals your adrenals to thin out your blood so you don't get a heart attack or stroke. So you know works as a blood thinner.

Chris Wark (24:14.083)

Yeah.

Chris Wark (24:18.954)

Let's jump back to your story because I'd love to know some of the some of the resources that you found early on. And again, I I get that you, you know, you made you radically changed your life. You were trying different things, you were learning new things, and you know, s now some of the things you did back then you don't you don't practice, you don't advise people do. I had the same journey. but I'd love to know, you know, what what were the resources, the authors, the books, you know, and the changes that you made like right there in the beginning. Because clearly, you know, even if it wasn't perfect.

Tonijean Amato Kulpinski (24:33.198)

Yes.

Tonijean Amato Kulpinski (24:39.967)

Yeah.

Chris Wark (24:48.866)

You got tremendous benefit and you're able to heal. And that's actually encouraging, folks. You don't have to be perfect, but if you trust the Lord to lead you and then you take massive action, right? This is like a partnership. You're trusting, but then you're also taking action. that's that's really, you know, when miracles happen. So let's talk about your, you know, that that journey for you.

Tonijean Amato Kulpinski (24:50.242)

Yes.

Tonijean Amato Kulpinski (24:56.719)

Mm-hmm.

Tonijean Amato Kulpinski (25:07.417)

Absolutely.

Yeah, I would love to. I mean, I I have different certifications and degrees, they're kind of all around my head, but I feel like I had to unlearn a lot of that. And initially I did a lot of research with Jordan Rubin and the Makers Diet and the Biblical Health Institute. That was the first certificate that I received is somewhere behind me. and the funny thing is it came a year to the day, a year later, the day of my

Diagnosis, like the anniversary. It's amazing how God works. And I did learn a lot. I think he's a fabulous human being. but there's a lot of misinformation there as well. And like eating eggs and eating lots of dairy, and it's not, you know, dairy is not fit for human consumption. The molecular structure is too large for us to digest, and it's really fit to fatten up a cow. Cows don't even drink milk, but yet we steal their milk. And I'm not gonna get into that because that's a little it's it's sad, and we want the viewers happy and inspired today.

but they could do their own research. Yeah, it's heart wrenching. I could tell this what happens in the in the farms, but if you want me to.

Chris Wark (26:06.222)

Well look it hey

Chris Wark (26:12.32)

I'm I'm with you on that. And I'll I'll just add this to it because dairy is is a useful s food for survival, right? In times of food scarcity, and we say, you know, you can preserve milk as cheese, and in times of food scarcity as our ancestors did, that helped keep them alive. But there is no animal in the world that continues to drink its mother's milk after it's weaned. And

Tonijean Amato Kulpinski (26:22.2)

Thank you, yes.

Tonijean Amato Kulpinski (26:40.065)

Thank you. That's why the infinite wisdom knows to stop it after the babies develop.

Chris Wark (26:44.438)

Yeah. Right. And you know, we don't keep drinking our own mother's milk, but now we're but we're drinking milk from a cow, which if you think about it, it is weird. Right? Well, it's not weird because everybody does it, but if you step back for a second and go, wait, well, if you want the optimal milk, you should just drink human milk. But everybody's got the ick for drinking human milk. They'd rather drink it from a cow.

Tonijean Amato Kulpinski (26:54.637)

It's very weird when you really think about it.

Yes.

Yes.

Yes.

It's so true. And mean, there's there's ice cream and yogurt. And I come from an Italian family. So, you know, that we had the provolone, the mozzarella, the regatta, all of this because it was no different than a banana to me. Cause it to me it was food until I got sick and I learned and I, you know, embarked on this lifestyle. So it's really been a spiritual awakening to me the whole journey. But the the

Chris Wark (27:28.11)

But some of those good principles, right, would be eating whole foods. Right.

Tonijean Amato Kulpinski (27:31.859)

Eating whole foods in the form God creative, fit for human consumption, though. and and like you said, a survival eggs were a survival mode, but people didn't know that scientists, corrupt scientists, actually used eggs to engineer pathogens, the pathogens of the diseases that we are plagued with today. And so when we eat eggs, and this is just a very brief way of saying it, I talk about this in my latest books.

the pathogens inside of us also feed off of those eggs because they were engineered in eggs. And a virus doesn't eat the way we eat with a mouth and teeth. It absorbs it into the membrane, into the cell wall, and creates more feces, creates more disease warfare in the body. And so, in order to heal, we have we need to get rid of eggs, dairy, and wheat. We can't and corn, because these were foods that were used to engineer engineer pathogens. but as far as my independent research,

And I I I I attended the Institute for Integrative Nutrition, which I thought was a great school. and they are going more plant-based. They've been doing that for quite some time, and I like that. But again, plant-based doesn't mean you're healthy, just like omnivore doesn't mean you're healthy, because there's a lot of processed foods. And I think what's behind it, Chris, is the protein obsession. Because what happened with the protein obsession, first of all, the word protein is really isn't a real word. The real pioneers in health before the 18th century were into

Lots of fruit, lots of vegetables, starchy vegetables like zucchini and squash and different types of potatoes, leafy greens, sprouts, microgreens, herbs and spices, sunlight, earthing and grounding, nature, small amounts of nuts and seeds, and you know, we go on and on. But you know, we didn't we didn't focus on protein. But in in 1838, there was a Swedish chemist by the name of Jean Brazilius, and there's several of his colleagues. He's just one to name. and he was studying the composition of food.

And or all living things. And he discovered the chains of amino acids which were essential in all living things. So it was the primary source of everything. And in the Greek word, because the Greek language is the foundation of all languages, in the Greek word proteos, he which means of highest rank or of primary importance, as we know, could pertain to anything, could pertain to somebody in the military, could pertain to anything that's of primary source. So they decided to call it protein.

Tonijean Amato Kulpinski (29:48.924)

How we're creating the food pyramid. Then they discover carbon atoms, which are lipids or fats. Okay, we'll call it fat. Then we're seeing carbohydrate, carbo, water, carbon hydration, carbon and water. So they called it carbohydrate. And then we created the, well, in 1933, Big Pharma took it all over, created the food pyramid, told us we had to eat at certain times, made robots out of us, and we had to have breakfast, lunch, and dinner. And everything was, you know, watch your watch your sugar. You know, you can't have sugar.

Why would they create the sh the anti-sugar movement? You know, yeah, okay, there's bleached chlorinated sugar. They invented domino sugar. I get that. But when you're eating a donut, you're eating cake, you're making cookies, you're not just using sugar. Everybody that says, I don't eat sugar anymore, Tony, you'll be so happy. I look at them and I say, you eat sugar out of the sugar bowl all day long. Nobody eats just sugar. When you're eating those desserts, you're eating bioengineered ingredients, you're eating ingredients you can't pronounce, you're eating a laundry list of poisons.

Plus all the refined bleached grains, all the eggs, all the dairy, all the yaw the lard. You're not just eating sugar, but the anti-sugar mentality is what's keeping us sick because when they were engineering pathogens in labs, they also tried to venture out in f with fruit and honey and maple syrup and pure, real sugar cane. And what happened is that it dismantled the pathogenic agenda. It did the complete opposite.

So they said, wow, well, we can't tell everybody not to eat these things because they're not going to stop eating them, but we can create biased studies against them. Who are they? Those are the classified medical science researchers, the ones that are behind the scenes of the industries, the ones that we don't see. These aren't our mainstream doctors. The mainstream doctors are taught by this curriculum, unfortunately. These are the classified medical science and researchers, what I call lobbyists. Those are the ones that created bias studies against the foods that can heal.

Because if you think about it, raw honey, maple syrup, lots of fruit, this will actually help dismantle the pathogens that are creating the cancers, that are creating the eczema and the psoriasis, okay, and the SIBO and the MRSA and all these diseases, even infectious diseases, they've engineered in a lab. And so they didn't want us to know that. So they blame cancer on, or they blame sugar on cancer. They tell you that cancer is going to feed the or sugar is going to feed the cancer, which we already talked about that.

Tonijean Amato Kulpinski (32:11.489)

And so little by little, I think people are waking up slowly. But unfortunately, we are in a minority group. And I feel like we really do need to stick together, band together. There's power in numbers. And this information just has to get out there because my heart breaks like God's heart heart breaks. And the amount of people that are out there that are sick, I mean, let's face it, Chris, we have a sickness epidemic out there. It's not just heart disease, it's not just cancer, it's not just Lyme disease, it's not just diabetes. There's a sickness epidemic going out there. And

Most people don't have the answers, and everybody's searching, everybody's doing their Google searches. Google is controlled science. I didn't get my information from that. I want to be out there with a louder voice to get this information out there farther and wider. And that's why we write books, that's why we do these shows, we do these podcasts, we do these classes, everything that we do, because we know what it's like to be sick and not knowing if we're going

to celebrate our next birthdays, but we also know the real answer into healing.

And it's not found behind pharmacia. I'm sorry, but it's not. And even in the most holistic medicine nowadays, I feel like so much of that is corrupt too. I really do.

Chris Wark (33:19.884)

Yeah, th there's a lot of the holistic health movement, natural health movement has been co-opted by a lot of pharmaceutical, you know, anti parasitics and you know, methylene blue, fabric dye. And, you know, it's it's it's been discouraging to see sort of all of these strange chem qu it's like, you know, it's the quick fix magic bullet mentality. That's really what's driving it. And it's human nature to want a quick fix.

Tonijean Amato Kulpinski (33:37.462)

Yeah.

Tonijean Amato Kulpinski (33:45.218)

Yes.

Chris Wark (33:49.592)

And then there's also this sort of, well, if it's not big pharma, then it must be good, right? It must be effective and it must be a cure as long as it's not big pharma, right? And so now off-label off-label drugs are now hailed as being, they're so amazing, you know, because they're off-label and they're not going to use them anymore. It's like, yeah, there's there's value to some off-label medicines for sure, but but that that

Tonijean Amato Kulpinski (34:03.339)

So glad you said that.

Chris Wark (34:17.902)

Type of thinking has definitely infiltrated or infected the natural health and wellness movement. And it's really muddled the water for people who are trying to get well because they're hearing all these voices, all these what I call just add water instant experts online who, you know, have never healed themselves. They've never healed anyone else, but they read a book or read an article or saw someone else's video, and now they're just parroting.

Tonijean Amato Kulpinski (34:31.225)

Yes, yes.

Tonijean Amato Kulpinski (34:40.187)

sedm

Chris Wark (34:47.244)

That information to get attention for themselves and to establish themselves as an expert and

get a following and, you know, and hopefully monetize it in some way. So we're it we're in this sort of snowball effect of just bad information from, you know, some people are well meaning and some are just you know, exploiting fads and trends and they're opportunists. But either way, yeah, either way, I, you know, it's like I I I have a sense this is what you're doing, because I'm doing it too, is like.

Tonijean Amato Kulpinski (34:56.269)

Yes. Yes. Yes. Trendy trendy traps.

Chris Wark (35:16.758)

Just continually trying to draw people back to simple truths, right? To the time-tested holistic healing methods that existed long before us. You know, I didn't make any of them up, right? I just learned from healers, I learned from survivors. And that's the thing, is like we need to learn from people who've been successful. I said this at the beginning of the call, like yourself, people who've healed, people who've accomplished what you want to accomplish.

Tonijean Amato Kulpinski (35:29.409)

Yes.

Tonijean Amato Kulpinski (35:34.944)

Yes. Yes.

Chris Wark (35:46.142)

Learn from them. And that should be the filter that you use to divide, right, information, right? Is this person a reliable source? Yes or no? Well, I don't know. Well, here's how you determine if they're reliable. Did they heal themselves? A, or have they helped other people heal? If the answer to those is no, then that's not a reliable source. And and guess what? There's a lot of reliable sources out there that you can find and learn from. And so,

I'm so glad you're doing what you're doing. You're out there doing things. And so, and trying to encourage people and help them get on the path. And so, like, what you know, you know, what are your recommendations now? Someone comes to you, and and I know there's there's individualized protocols and approaches for certain things, but generally speaking, how are you encouraging people to eat? are there certain herbs or supplements that you

Tonijean Amato Kulpinski (36:33.674)

Yeah. yeah.

Chris Wark (36:42.786)

that feel a really helpful for for a lot of people struggling with different issues. What I'd love to love to hear what you you know.

Tonijean Amato Kulpinski (36:48.755)

Yes, I'm gonna I I love that question. I love everything you just said. It's so spot on. And I I wanna just say this briefly, because I didn't really answer this before when you asked me. I I you know, God called me to do this work because of my testimony. And that's when I became board certified and certified local health coach and you know, all that I am now today. So I wasn't any of this prior, just so the the viewers know that and understand that. And, you know, God said I'm gonna I'm gonna heal you, but you're gonna dedicate your life to change lives like you always did.

always like you always wanted to from a little girl. So I just wanted to kind of throw that in there to because when we really align ourselves with what God wants us, we might have one plan for our lives, but God has another. And and when we go through something like this, it's not failure. It's not we did anything wrong. It's not our fault. Our immune systems are not faulty. God has a different plan. And if we just could put God first and foremost, that would be the the the number one answer to your question. That's what we need to take first. That's the Lord should be your number one prescription to

Health and wellness. So that's what I did. And he just he went before me and took over the rest. And I walked the pathway. I followed him. He says, follow me, and I followed him. So when it comes to somebody that comes to me initially, really, I mean, I work with all ages, even animals. I have a passion for animals. So I do see animal patients as well. But you know, the the age is is will probably be the only thing that differs, you know, size, age, whatnot, and whatnot.

But because it is all one disease, this what you want to really start out with is that lemon water first thing in the morning, because lemon water helps cleanse. We have to cleanse to heal. It's not about a cure. Nobody's keeping cures from us. The cures have been around longer than the cause. And the world has evolved so much in a beautiful way. We're in such a great time for such a time as this now, because we have so much more that we have at our fingertips. So I encourage people to get that lemon water first thing in the morning. That's how you start to cleanse and you get the liver and the lymphatic system moving.

When those when the blood cells are stagnate from all that sticky blood, all that high fat, all that protein that you think you need, whether you're vegan or omnivore, doesn't matter. Where people are protein obsessed. We have vegans that are not eating fruit, they're not eating potatoes, they're not eating what they should be eating, and they're just sticking to too many nuts and seeds. I'm not against nuts and seeds. Too many avocados. Avocados are medicine. Don't misunderstand me. They wake up, they have their avocado toast. No, your liver is saturated, your liver is overburdened. You've got to get the lemon water. I can't emphasize on that enough.

Tonijean Amato Kulpinski (39:16.165)
Don't warm it, don't boil it. Yeah.

Chris Wark (39:16.482)

Now, when you say lemon water, are you talking about squeezing a lemon slice in water? Half a lemon, whole lemon? How much how much lemon are we talking?

Tonijean Amato Kulpinski (39:23.685)

I would say about a half of a lemon. Yeah, that's great. I would say about a half of a lemon to start or lime. And then you can work your way up to more. But you don't need more than a full lemon in the morning. If it's a big lemon, do half. If you're starting out new and you have a lot of pathogenic activity, you might not feel good after your lemon water. So put a little honey or and some grated ginger. And this will kind of help the the pay pave the way there for it because this is a sign that you're you're dismantling pathogens, and that's what we want. Don't warm the lemon.

Water, don't heat it and warm lemon. We you take the life force out when you warm it up. So we want to keep it at room temperature or cold because the lemon is going to bring life force. It's going to help oxygenate the cells. You st automatically start the cleanse because we are the cleanse. The word lymph actually means pure clean stream world cleanser. So we don't need to go out and buy one. God didn't make mistakes and say, Well, I made you faulty. You need to eat muscle to gain muscle. You need to eat hair to get hair. You need to eat bone to get bone. You need to eat a liver to get a bit of liver. And you need to go out and buy a cleanse. No.

It's just like he didn't say there's a bad sugar and a good sugar in nature. I made a mistake, I made bad sugar. It's all good. It's what man did to it that made it bad. There's no such thing as a bad sugar. But we got it, what we got. That was a good one. I like that one. God bless you for saying that. You got to eat brains nowadays. But as far as that, I believe in the essentials. The essentials are herbs and and and the right form of B12. And I'm going to just talk about methylcobalamin and adenyl silcobalamin. This is the real form of B12 that we what we need.

Chris Wark (40:27.246)

You gotta eat brains to be smarter, though.

Chris Wark (40:35.939)

Yeah.

Tonijean Amato Kulpinski (40:49.1)

Not cynocobalamin. When you go get a B12 injection, that's cyanocobalamin. This is synthetic, this is harmful. So we need the real form of B12. And everybody is deficient in B12. And here's why: because they don't eat enough raw foods. They don't eat enough biotics coming from real food, like fruits, number one, leafy greens. so you're getting biotics are good bacteria. You're not going to get them from a pill. You're going to get them from the photosynthesis of the sun, it omits its energy into plants, and then we get all the good bacteria. So when you eat an animal that eats

Grass, like a grass-fed cow. And again, I'm not telling you you can't eat grass-fed beef. This is

not a vegan campaign. but the point I'm bringing out is education. And then you apply it to how you feel is best for you. But when that sun, the God-given beautiful sun, omits its energy into plants, it that's called photosynthesis. But those that sun is giving the plants its life force. And so when that cow eats the grass and then you eat the cow.

There's no B12 in the animal flesh because it gets converted into energy. Plus, the B12 is uniquely different for the biology of an animal versus a human. We have different types of B12. So not only does it get converted into energy, it doesn't have time to go into the flesh, but it's a different form of B12 anyway. So that animal has to replenish every day by eating more food, more grass. We get B12 because it actually is manufactured in the gut, just like it is in an animal, in the ileum in our gut.

And creates the B12 because of the good bacteria from the life force of the plants that we're eating, not from the animals that we're eating. So B12 would be so important, again, in the right form. We don't want any other cobalamin, but adenos, silkobalamin, and methylcobalamin. This is so important for healthy liver function, for the methylation of the liver and the lymphatic system, and on and on and on for your heart, for your for your brain, for your central nervous system. Then I also believe in zinc, zinc sulfate. I think this is very important.

it's antipathogenic, it gets rid of bad bacteria, it's an immune system support, also brings oxygen into the cells. Lemon balm and ashwagandha taken together, I feel, are very important. If you do liquids, make sure they're alcohol-free, because alcohol of any kind is corrosive to our blood cells. It's awful for us. There's no value in alcohol at all, whatsoever. So I would say those would be the top four. If somebody's just starting out, plus the lemon water, lower your fats. Trust me.

Tonijean Amato Kulpinski (43:10.32)

Lower your fats. You've got to get the glucose to be used by the body, the sugar, not staying there like Chris said, and causing more problems later on. So those I could go on and on. I feel like vitamin C in the right form, not ascorbic acid. Ascorbic acid is made in a lab. It's toxic. It doesn't exist in nature. When we have vitamin C, we want bioflavonoids, we want acerella, we want rutine. We do not want ascorbic acid. We need real vitamin C, which is

The best antioxidant out there. Vitamin C is like the production of the foundation of all nutrients. So vitamin C is great for your skin, great for your bones, great for your heart. It's an antioxidant, which means goes against oxidation or accelerated stress in the body from all the high fat, all the high protein, all the toxicity, the metals. So these would be my top suggestions. And again, I can so good. So good. So good that you just said that.

Chris Wark (44:02.614)

And it's easy to get it from food. It's vitamin C is abundant in fruits and vegetables. Yeah.

Tonijean Amato Kulpinski (44:08.509)

Yeah, if you're eating a lot of fruit, you're going to get all your vitamin C right there. Absolutely.

Absolutely.

Chris Wark (44:13.442)

And so what what what are the what is an ideal diet look like for you and for your clients? Is do you have a lot of variation in dietary recommendations for folks or do you try to get them on a a s a you know sort of standardized, uniform, you know, foundational diet?

Tonijean Amato Kulpinski (44:23.37)

Yes.

Tonijean Amato Kulpinski (44:29.757)

Yeah. I I take people where they're at. I never tell anybody, you know, I tell them to take slow baby steps because, you know, I I educate. I feel like education is the foundation of my visits with each person because once they it's not about you can't have that, you can't do this, here's your supplement regimen, bye, there's a meal plan. Doesn't work that way. I spend quality time with each person individually based on their needs. again, although I feel like everybody can almost do the same thing eventually.

You also have to take people where they're at. And if somebody doesn't I don't make anyone get rid of their animal foods if they want to eat them, I just tell them cut back. Instead of having animal protein with every meal, every day, like the food pyramid told us, do it four times a week with just one meal. Then maybe you can go to three times a week. You don't ever have to get rid of it. The good news about pasture raised chicken and grass-fed beef and wildfish, which I don't have any I don't partake in at all. I don't feel like we need it. We our body has to convert it back into the chains of amino acids, which

is not usable for your body, so it's not gonna happen. But that's like turning it a couch into a car. But you don't have to get rid of it. You just have to lessen it. You have to lower the fat content. So I would encourage people to just eat less of it. Again, get the right source. Don't eat conventional and just cut back on it. And but you have to get rid of the you have to really wean out the eggs over time and the and the yogurt that everybody's eating and all you know all the dairy products. Like you said, they were survival foods and but nowadays they

They do feed pathogens and and I see people getting getting off of these products and they're they're healing. so like even in the beginning, I healed, I healed my body. I nodules disappeared. I healed myself of cancer and I was still eating eggs from a farm. I was a vegetarian. I wasn't quite a plant 100% plant-based yet, but you can still heal. And then when you're ready to get rid of the rest or whatever you choose, then down the line you can do that. And I remember praying to the Lord one day. I was in my 40s at that time, and I said, Lord.

I said, thank you for healing me the way I just wanted to give him all the glory for healing me the way you did. It's I'm I'm just amazed at the way I feel every day and how and he spoke to my spirit as he always does and said, It's only gonna get better. And I was like, it's gonna get better.

And then that's when more information came to me and I knew to get rid of those those things that I was hanging on to, and it just all made sense to me. So for me, it's providing education more than even meal plans and whatnot, even though my patients will receive meal plan guides and

Tonijean Amato Kulpinski (46:53.398)

And supplement regimens pertaining to their needs bioindividually. I feel like it's important to educate. I think that's the main foundation. And that's what worked for me. I'm all about root cause and not just even supplements can bury the problem. No, we have to cleanse to heal and we have to implement slowly. And even up here, if we've been living for 40 years or 30 years or 80 years a certain way, it's a way of life for us. So it's important to educate people gracefully and lovingly and kindly.

So they understand you do it with grace and love, but you also make them. I also feel it's very important to educate them on the importance of self-love and grace within themselves. And if they fall off, just think of a GPS, you recalculate, it's okay. Don't beat yourself up. You're human. It doesn't have to be perfect. This is not about being perfect. This is about intention, being aware and just knowing the truth that can set you free and lead you to your victory. Pretty much.

Chris Wark (47:47.202)

Talk about your the diagnosis time, you know. How how did you figure out you had kidney cancer?

Tonijean Amato Kulpinski (47:52.386)

Okay, so it was a couple of days before New Year's Eve. I think it was around the 28th. and I was either having dizzy spells passing out. My poor mother would get phone calls at two, three o'clock in the morning from my husband or from me that I, you know, she's passing out, she's sick, and this was because of the blood glucose issues. but that day I had gotten a very, very bad pain in my kidney, a severe pain. And

I we go to the ER. My husband stayed with my daughter because she was young. She we couldn't leave her alone. She was a you know a little girl. Michaela was about five at the time, five or six. And so my mom picked me up and we went to the ER. And they saw bilateral, they came back with the report, they saw bilateral kidney stones and a and a mass, an eight centimeter mass. And and that's when it all started. And I'll never forget the ER doctor that said to me, she said.

She looked at me and she says, I just know that I had the same thing. I don't know, she said 20 years ago I was gonna get married, I was getting married, and I had a pain. And she said, and I went and I seen, but and she did have medical treatment. She had she had chemotherapy, she had certain things done, and hers had been metastasize a little bit into the bladder. And she had, and she wasn't I can remember her now. Visual diagnostics, you can tell a lot when somebody doesn't have bright eyes and

You know, they you can you can see what was wrong with people. And I can remember now, even then, not knowing anything, she wasn't healthy. She had a lot of yellow in her eyes, dark circles. And I don't think it was from being a doctor and being tired. I can see that she wasn't she was eating poorly. so you know, I I I this terrible thing to say, but I I don't think people are living longer. I feel like they're dying longer. Like you can be 90 and eat garbage all your life. And the average person would associate that as good health, because they're still here and try to argue with you, but are they shrinking?

Are they losing their teeth? Are they, you know, have how many cardiac? I'm sorry, how many cardiac events have they had? How many hysterect have they had a hysterectomy? How you know are they still do they still have all their vital organs? Are they dealing with low cognition? Are they dealing with any health issues? And the answer is always yes. So just because somebody's still here, it doesn't mean that they're healthy. So she overcome it. And I really feel like God put that in my life because this woman, because we were gonna go to another hospital, but we went to Vassar instead.

Tonijean Amato Kulpinski (50:16.326)

And I really feel like the Lord brought me there though, just to show me that I got you. You're gonna be okay. And I I know in my spirit that that's why the Lord led me to that hospital. And she was a lovely, lovely person. But I but I can tell you she wasn't healthy. And maybe she will come to me one day as a patient. I don't know. But but yeah, that's so that's what happened. And it was it was a couple of days before New Year's. And I did go into like a little bit of a depression, and I'm not a depressed person because you're getting that diagnosis. It's a grim diagnosis. Nobody wants to hear cancer, but.

People ask me all the time, Tonijean, if you knew what you knew, if you knew then what you know now, you know, what would you have done differently? Or don't you wish you knew what you know now, you know, back then? And I said, no, I don't, I, I don't wish that I know. I'm sorry, that I knew then what I know now. And the reason is because then I would have had no testimony, you know, I didn't I wouldn't have had this great result in testimony to show people, you know, that you can heal.

From cancer or any disease that your body is dealing with. Your body can heal because we have, you know, the infinite wisdom of God inside of us and we have a healing capacity, a restorative, you know, a restorative system. We we have our bodies are incredible. And we just have to get rid of the waste. We have to get rid of all the toxicity and you know, all the metals, all the pathogens. And then you can live extraordinary at any age. And I just want people to know that your body can heal. It doesn't matter what you're diagnosed with. So no, I wouldn't change a thing.

Chris Wark (51:41.336)

What did your treatment path look like?

Tonijean Amato Kulpinski (51:44.478)

So my treatment path at the time was surgery and then to go and take they wanted to start with radiation and then possibly chemotherapy. So at that time, it was an eight centimeter mass in my left kidney. And the sad thing was, maybe because I never drank, never smoked, my kidney, which they never seen, was working optimally. They say it usually loses at least 50% capacity with a tumor that big. And and they were blown away that mine was still functioning at a hundred percent, which

Broke your heart even more because they wanted to remove my kidney. And at the time I opted to do that because of the pressure from my family, my mom, my family, and then the remaining cancer cells, which they believed were still present. I refused because I had already, the moment I left the hospital that day, and I can still envision being wheeled out in a wheelchair into the car from the next day or two after the surgery. I had sunglasses on, which I don't wear anymore.

And I remember crying and feeling defeated and scared. And I, as soon as I went home, that's when I started to listen to the Lord. And I said, I know you have a better way, Lord. And he showed me to go to scripture. And moments later I felt empowered and I refused all form of treatment. And again, my family was not happy. I refused all form of forms of treatment and started to implement the principles that I that I and I started juicing. I started doing the lemon water.

Unfortunately, I did do vinegar that back then. Apple cider vinegar, I didn't realize that it was so high in acidity that it was going to rob my bones and teeth from calcium to neutralize the acidity. So I had to learn the hard way that you know, vinegars aren't good for us. It doesn't matter if it's raw, it doesn't matter if it's coconut vinegar, apple cider vinegar, balsamic vinegar, it's a bone and teeth destroyer. but when I learned, I I stopped and my body though heals from the very start. And six nodules on my thyroid disappeared.

and here I am 20 years later. And I've never had chemotherapy, never had radiation. As a matter of fact, I've never taken a drug. Nothing. Nothing. Not a thyroid drug, nothing. And and again, here I am. And I also found they also found stones in my gallbladder. I might as well tell you that too, because I talk about that in the testimony chapter of all my books. And they wanted me to do, they wanted me to have my gallbladder removed. And I refused.

Tonijean Amato Kulpinski (54:08.793)

I said no, because that's not the answer to healing. Popping out vital organs are not the answer to healing. I knew that there was something going on deeper, and I still have my gallbladder, by the way, and the stones disappeared. So, and that I believe is from fruit loading. Lots of fruit, lots of wild blueberries, lots of every kind of fruit. There's not a fruit that you need to stay away from. It's all amazing. So yeah.

Chris Wark (54:32.538)

What do you think the biggest contributor excuse me? What do you think the biggest contributor to kidney stones is?

Tonijean Amato Kulpinski (54:40.133)

I feel like well, it's definitely not oxalates. So let's just clear that off the top because medical science wants people to believe it's oxalate. An oxalate is an ion or a salt molecule found in every plant and even animal flesh. It's just naturally occurring because God put it there. Why are we villainizing it? It's like lectins and octalates and nightshades and all this is bad all of a sudden. No, this is medicine. We would die without these things. That's why the creator put them there. But again, the biased studies that are

Chris Wark (54:45.315)

Thank you.

Tonijean Amato Kulpinski (55:09.124)

Put there to distract us from what we're supposed to be eating, because let's face it, sickness is a business. It's a business. There's no money in health. You know, they're not gonna make money off of Chris and I and you now that you're listening to this. But the thing is, is that it's kidney stones come from high fat, high blood fat as well, because your blood can't move and everything gets stagnate in there. Remember, all disease begins in the liver, not in the gut, and your immune system is from head to toe. It's not.

70% of your immune system is not in your gut. Because if it was only in our gut, if we hurt ourselves or get a cut somewhere else, we would never heal because there'd be no immunological response. So that was promoted by the probiotic company to sell more probiotics. So very sad. But so yeah, so that when your blood gets thick and sticky, oxygen can't flow properly to your brain or your heart. So you can have a, you know, God forbid, a stroke or a heart attack, or even to your organs, proper circulation of your of all your bodily functions.

So stones are going to form, all the high fat, all the high protein, even, you know, but they're going to blame, they're going to blame, you know, cruciferous vegetables, they're going to blame broccoli. They're going to blame kale. They're going to blame the foods that are actually going to heal you and that are going to work as triggers against the pathogens that are, that are part of the problem as well. Because I also believe the Epstein-Baroviral load will actually rob calcium from your bones and create these benign growths in your organs.

And again, when you cleanse and heal, these things go away as a as a side effect or a result of all of this. So so yeah, it's nothing to do with oxalates, that's for sure.

Chris Wark (56:45.666)

Thank you. thank you for saying that. It's I'm so glad to hear it. I agree too. And you know, my what's so absurd about this oxalate claim is that I mean it's not even based in reality. If you go to

a dialysis center, right, people who have serious kidney disease, or you go to the ER or you go interview anyone, right, who has kidney stones and you ask them, tell me about your diet.

Tonijean Amato Kulpinski (56:48.233)

Yeah, thank you.

Chris Wark (57:12.832)

What does it look like? I promise you, they're not eating a bunch of kale and Swiss chard, right? They're not eating these high oxalate foods. Like that was not the reason they got kidney stones. Right? They're eating McDonald's, Burger King, Pizza, Hut, Wendy's, Taco Bell, KFC. They're eating tons of fast food, processed food, and junk food.

Tonijean Amato Kulpinski (57:18.166)

Thank you. Thank you. No.

Tonijean Amato Kulpinski (57:26.818)

So well said, Chris. So well said.

Tonijean Amato Kulpinski (57:36.076)

Absolutely. Absolut and a lot of caffeine. And a lot of people are living on caffeine. So and alcohol. Alcohol's

Chris Wark (57:42.37)

Yeah. And alcohol, right? Alcohol. I mean, it's just you you you just look at what they're actually pumping in, right? Corn syrup, lots of sugar, there are lots of phosphoric acid from soft drinks, carbonated drinks, right? Like all this processed food, fast food, and junk food is contributing to kidney stones and gallstones and health problems. Right. It's yeah, but no, let's blame, let's kill scare everybody away from the kale.

Tonijean Amato Kulpinski (57:56.93)

Spot on.

Tonijean Amato Kulpinski (58:03.158)

But we'll blame kale because it's medicine.

Chris Wark (58:10.902)

And the spinach and the Swiss chard. Never had no so so many people they've never had kale or Swiss chard in their life. They might have had some cooked spinach.

Tonijean Amato Kulpinski (58:12.194)

They've never had kale. Like you said, that was perfect. They never had it.

Tonijean Amato Kulpinski (58:20.641)

Can I tell you something funny? I right, right. I've I've had clients come to me for the first time and say, you know, they're dealing with, you know, but diabetes and they're they want to help they want me to help because they heard testimonies from other people. Okay. and then we're getting they're like, but my doctor says, you know, for me to really cut down on the f this. I have to repeat this because it's like, you know, it cut down on the fruit. And I'm like, but doc, I really don't eat that much fruit. Like if I have an apple a week, it's a lot. So how all of a sudden am I?

I'm diabetic, and how come it's all of a sudden because of the fruit that I'm eating? It really doesn't make sense. And I got people telling me this, and I'm like, because it doesn't. And then I'm to the like, but you're making what you're saying is making so much sense. It's like for the first time I'm hearing this. And it's so sad to tell people not to eat the foods that are going to heal them. And if you look at doctors, they're sick too. They're not healthy. It's not their fault. The majority of them are good people. I'm not anti-doctor. I don't want people to think that. They're good people, they're also innocent.

Chris Wark (59:14.86)

Right. But no, that isn't that's an important point that I I also make often is that most doctors are suffering from the same diseases as everyone else. And you can't expect someone who is not well to guide you on the path of wellness. I had a I had a I had I had a a doctor visit, that was a few years ago, went in for some routine blood work or something.

And a nurse or nurse practitioner kind of lady comes in and she was, you know, k whatever. And she she did something, pulled her hand out of her pocket, and she had a pill case. The pill case falls out, hits the floor, and pills just go everywhere. And I mean, this this is her personal pills. And I I am not kidding. I it she then she bent over and she's picking them up. And I just I wish I had pulled my phone out really quick and discreetly taken a picture because

There was probably twelve to fifteen different colored pills in her pill case. I was just like, my gosh, this woman is on so many different drugs. Like this is kind and it was so awkward. I just had to sit there and wait for her to pick up all her pills and put them back in her pill case and then and then be like, Okay, what you know, what are you here for today? You know? Yeah. It's wild.

Tonijean Amato Kulpinski (01:00:15.976)

Dear Lord.

Tonijean Amato Kulpinski (01:00:22.278)

Wow.

Tonijean Amato Kulpinski (01:00:35.037)

Right. Wow. It's it's really frightening. It really and it's sad though because it hurts my heart. Like people say to me, Tony, I bet you get this too. I I feel like you do. We need you. I don't want you to leave us, Tonijean, but I feel like why don't you just go live on an island somewhere and live

your dream? And and why don't you why you don't need to do this anymore? You're healthy now and you can just I'm like because this I could never go to sleep at night with the knowledge that the Lord has blessed me with and just go.

Be selfish. I am living my dream. I'm living it every day and I'm leading by example. And knowing the amount of people out there that don't have answers and they don't have time to wait for the answers is is I'll do this until the Lord takes my my last breath because this to me is this is my lifestyle. And that's that's where I'm at and that's where I'm gonna stay. And you know, it's

Chris Wark (01:01:21.358)

Well, I'm so much happier sharing what I've learned, right? Than than keeping it to myself, right? I wanna share what I've learned. I wanna encourage people, I wanna give them hope, I wanna, you know, give them clarity and help, you know, point them in the right direction and get them answers that, you know, if I feel like I have a decent understanding of maybe resources that could help them. I like that makes me feel so good and so fulfilled. And so I'm like you. It's like, yeah, if I you know like I'm just gonna move to the beach and just live on the beach and you know, and

Tonijean Amato Kulpinski (01:01:25.629)

Exactly. Why would we?

Tonijean Amato Kulpinski (01:01:41.481)

You certainly don't.

Chris Wark (01:01:50.764)

drink juice every day and be, you know, meditate or whatever. It's like I would be bored stiff and I also unfulfilled.

Tonijean Amato Kulpinski (01:01:51.717)

Yeah.

Thank you. Unfulfilled. Exactly. Exactly. It's it's our purpose, it's our passion. And I really feel like that's what's missing is compassion for others. And we should be dedicating our lives to change lives in some way. And this is a calling that you you have and I have. And I'm grateful to have this calling. And it's it's just wonderful. And and it's such a breath of fresh air to speak to somebody who's so like-minded.

And because I see so many health professionals out there and I feel like they're prof they're they're, you know, experts in the field of misinformation. There's so much recycled misinformation out there. And, you know, did no disrespect to them. I see some great people, but they're way off, you know, pushing the bone broths and pushing the organ meats and make sure you get your protein with every meal. And it's just just aren't you tired of repeating the same

old school stuff? Like you see the corruption in the industry. They see it. We're on the same page of that.

It's like the same thing with being part of Maha. I they all see it, but they're all, in my professional opinion, they're really not well. They're all dealing with their own health issues. I see, because I see these people in person. And, you know, I love them. They're great people, but you don't you you're aware of the corruption. You're fighting a big fight against the corruption, but yet you're you've fallen into it without even realizing it because you're pushing the protein. You think people can't breathe without protein. So they need a lot of work.

Let me tell you, we we've got our work cut out for us, but it this is very this is so empowering to to to speak with you today and on this because it's this there's power in numbers and there's power in truth and I pray it goes farther and wider wherever the Lord leads it.

Chris Wark (01:03:36.75)

Well, the the protein obsession and the meat and dairy and protein industry is so massive. I mean, it's it's billions of dollars. And and it's yeah, it's a it's a it's we're you know, it's David and Goliath, right? And and we're we are not the Goliath, okay? We're the d the little David with our our

Tonijean Amato Kulpinski (01:03:47.917)

Yes.

Tonijean Amato Kulpinski (01:03:54.113)

It is. It is. And we're and that's for sure. I mean there's protein dorinos, protein water, protein air, protein pasta, protein pizza, protein shake. Come on, people, don't you see it's marketing?

Chris Wark (01:04:02.798)

Yeah.

Chris Wark (01:04:07.018)

It's so there's so much marketing and some people that I, you know, formerly respected in the health and wellness space have become some such massive supplement and protein powder marketers. And it's I all I can say is I it's just makes me sad. I'm just it's so sad to me. I'm not gonna name any names, but it's just so sad to me over the years to have seen people that I just thought were so terrific.

Tonijean Amato Kulpinski (01:04:21.987)

Yes, yes.

Tonijean Amato Kulpinski (01:04:32.055)

No.

Tonijean Amato Kulpinski (01:04:35.447)

Yes, same.

Chris Wark (01:04:36.75)

just become so focused on money and just will sell anything. Yeah, they'll just sell anything. They'll jump from one fad to the next. What's the newest dietary fad? We need to make a supplement out of this or that or the other. We need to have, you know, we got to get on this product, you know, get our own version of the the latest product, health and wellness fad product, like before everybody else. Like it's just been I've I've been around for 20 years.

Tonijean Amato Kulpinski (01:04:40.503)

Yes. It's heart wrenching.

Tonijean Amato Kulpinski (01:04:46.873)

Yeah, absolutely.

Yes, yes.

Tonijean Amato Kulpinski (01:04:59.605)

Yes. Yeah. You see it. Absolutely. Absolutely.

Chris Wark (01:05:04.343)

You know, I mean, it's like I've just seen it so much. And there's nothing wrong. I like I'm not faulting anyone for having a supplement brand or a company or having their own products, but there's a difference I think that should be pointed out, which is there's a difference between motivations. And in my mind, and I kind of learned this lesson hard early on, when when I started speaking, going to conferences, it became very clear to me that there were two types of people there.

Tonijean Amato Kulpinski (01:05:12.34)

Of course.

Chris Wark (01:05:32.886)

In terms of like the speaker types, influencer types. And they were either there to serve or they were there to sell.

Tonijean Amato Kulpinski (01:05:36.735)

Yes. That's right. That's right.

Chris Wark (01:05:41.486)

And you can do both. and but some some folks, and this is just pay attention. Pay attention, folks, because you can tell who the salespeople are. Right. If you're thinking, if you just ask yourself, is this person selling? Are they serving? What are they, what are they here to do? And

it becomes very clear when their main motivation, their primary motivation is sales, and they just

Tonijean Amato Kulpinski (01:06:00.542)

Amen.

Tonijean Amato Kulpinski (01:06:08.113)

Trade. Yeah, marketing strong.

Chris Wark (01:06:09.228)

They just sprinkle a little service in there to sweeten it up. And when I when I had that revelation, I was like, okay, well, that's I don't want that to be me. Right. Cause I was so discouraged and disappointed by people that I looked up to, right? When I realized that that's how they really were. And I just thought, you know, if I'm ever into that in if I'm ever in that position where people are looking to me for hope and encouragement, and I want to make sure that they know I'm

Tonijean Amato Kulpinski (01:06:20.342)

Exactly.

Chris Wark (01:06:39.106)

I'm a person they can trust that I'm I am here to serve first and foremost. And I think it served me well.

Tonijean Amato Kulpinski (01:06:49.392)

It most certainly did. You're amazing. And we know what it's like to see the sentence of death. We know what it's like to be on the other side. And that's why we know and we stand firm, leading by our examples and on the front line, despite of the opposite information out there. Look at TikTok, Instagram, all of these. Look at all the influencers, all these trendy traps. And what hurts my heart, I know hurts your heart, and it hurts the Lord's heart.

Chris Wark (01:06:56.663)

yeah.

Tonijean Amato Kulpinski (01:07:15.036)

Innocent people out there researching for answers and they're falling for all these traps because they're hungry. I was one of those people. I know. So they try this because this influencer is telling you that it's gonna, it's going to change your life in so many ways and then it doesn't. And and you know, people are desperate. They're they're they they need some answers and they're not getting them. So yes, we all have.

Chris Wark (01:07:19.747)

Yeah.

Chris Wark (01:07:35.17)

I've been in that place of absolute desperation, hopelessness, easily influenced. and you know, it's so it's so easy to take advantage of someone that's in that position.

Tonijean Amato Kulpinski (01:07:39.848)

Yes.

Tonijean Amato Kulpinski (01:07:43.379)

Yeah.

Tonijean Amato Kulpinski (01:07:51.582)

Fear can change we we're we if 'cause fear is how you know, how do you control the population? Fear and sickness. And false hope. That's good. Yes. False hope. Absolutely.

Chris Wark (01:07:55.286)

Yeah. Fear and false hope, right? Fear and false hope together. That's that's how people are being exploited. And and anyway, I'm just I'm just thankful for you. I think you're terrific. I'm so glad.

Tonijean Amato Kulpinski (01:08:07.52)

likewise, you're you're amazing, a godsend. This is this has been wonderful. Me too. Likewise. Same.

Chris Wark (01:08:10.85)

Thank you. I'm just so glad we did this. Great to get to know you. I love your mission. Your s I I I love your passion. And I'm just so glad that you didn't go back to cutting hair. That is or a dyeing hair, right? Right. You were a colorist. You didn't go back to that. That you Yeah. That you know that you really it y you know, you sort of followed the Lord's leading and and it it

Tonijean Amato Kulpinski (01:08:23.875)

Me too. And breathing in more poison. I cut two though. You were right. I gave a brave haircut.

Chris Wark (01:08:40.044)

changed the whole direction of your life. It did for me too, but it took a long time. I you know, my path to to being a, you know, patient advocate and author and all that was it took a lot longer for me to get there than than some folks. But anyway, I tried I stayed in real estate for a long time. probably too long. But anyway, I mean yeah, is you know that was my that was my yeah, totally. No regrets at all. You know, it all worked out.

Tonijean Amato Kulpinski (01:08:57.244)

that's fine. I'm sure you touched many lives along the way. It's that's okay. It's all in his timing, Chris.

Yes.

Chris Wark (01:09:08.428)

I think God's timing is perfect. I think He I I know that He directs our steps. And you know, the choices that we make can certainly prolong a a bad situation, or or they can delay a good situation, right? Like so we we have accountability and we live in a cause and effect world and we reap what we sow, but God is so good to us and He's so gracious and loving and

Tonijean Amato Kulpinski (01:09:14.642)

Absolutely.

Tonijean Amato Kulpinski (01:09:22.514)

Yes.

Tonijean Amato Kulpinski (01:09:26.962)

That's right. That's right. I love that.

Chris Wark (01:09:38.666)

And patient with us and and compassionate and caring and forgiving. I mean, he really is just supplying all of our needs constantly. And and I'm just I'm like you, I'm just so thankful for another day of life and health. He has sustained my health, he's preserved my life for another day, to connect with you, which has been really sweet. And

Tonijean Amato Kulpinski (01:09:40.454)

Yes. Yes, he is. Forgiving.

Tonijean Amato Kulpinski (01:09:49.094)

Yes. Yes. That was so good.

Chris Wark (01:10:05.634)

Yeah, yeah. So let's make sure people know because you're you know, you're working with people one on one and I wanna make sure people know how to follow you, how to connect with you, how to you know, just in interact with you.

Tonijean Amato Kulpinski (01:10:11.245)

Yes. Thank you.

Okay. well, I I I just want to say you're you're I feel more motivated being around you, you know, because I'm like solo in this. and you know, it's the Lord's drive inside of me, the fire. But I feel like I and I say this all the time, even though I've been doing this for almost two decades, I feel like it's the first day every day. The drive is I'm so driven. It's like I haven't even begun yet.

Don't you feel that way? Because the world, there's so much out there that's unwell. And when

God blesses you with this type of health, and I say to people all the time, I'm not just like this once in a while. I'm like this all the time. Because that's what happens when we when we do this work and we and we take care of our temples the way we do. And but I don't yeah. Yes. Yeah.

Chris Wark (01:11:00.728)

I'll tell you I before you before you answered my question about how people connect with you, I will I I will say that some days I feel like you do and other days I do I do feel overwhelmed because it's such a monumental task you know, it just feels so big and it feels so hard to to reach people.

Tonijean Amato Kulpinski (01:11:12.303)

That's also because the load. Yeah, the heaviness. Of course. Because it is big, but he does carry our burdens. And we always have to remember to give it to him in the end. That's why that's your first medicine, the Lord. That's the that's the main foundation before the vitamin C, vitamin G, God. But but I feel like I feel like like a lot of people always say to me, I wish I had your discipline.

Chris Wark (01:11:31.737)

huh.

Tonijean Amato Kulpinski (01:11:37.174)

If I had a don't give me that much credit, I don't need it. If I had to rely on discipline, I would have failed a long time ago. This really is a spiritual awakening for me. I d honestly don't have a desire to put things in my mouth that I just don't. I don't, if somebody comes in with something, I'm not, it's not like I'm I want it, but I'm basing it on discipline. And I want people to understand that. And that spiritual awakening can happen to anybody. I'm not any different than anyone else. We may have different callings. I don't have, you know, someone else's calling that's listening. I have my own. And it's uniquely.

Given to us by by by God. But as far as reaching me, I mean, how would you like to provide that? I do have a Facebook page that's Tonijean Amato Kulpinsky. That's A-M-A-T-O Kulpinski, K-U-L-P-I-N-S-K-I. First name is Tonijean, all one word. and that's the page because people have made pages of me that say Tonijean Kulpinski, and they're not me. There's a lot of pages out there that are not me. I don't know why people feel the need to do that. So we

figure we put the maiden name in there, maybe that'll help a little bit. so that is one page. And then I have I am also on Instagram, which I have to learn to start using it more. you know, with a full-time practice and a health coach training program. Also the founder and CEO of Let's Heal America Now Holistic Health Coach Training Program, which was brought to me by different clients saying you really should have some kind of a school or something. You're so knowledgeable and this is such helpful information. And okay, so the Lord opened up the door for that. And I give him all the girl Orient credit because he literally

that on my lap. And because I kept procrastinating and saying, yeah, maybe one day, maybe one day. Cause like you said, it can be raring too, because there's so much on our plates. You know, we we are called to do something huge. and so he literally put that on on my lap and it and it's been great. I think we're going into our seventh or eight year. And it's a it's a seven week program and it's for anyone, any walk of life that's looking to learn what is really happening behind the industry and disease.

And it's not your body. Your body is not making you sick. You know, it's not fruit. It's not your body. It's not potatoes. It's not the sun. you know, but the bottom line is that this is a program that I absolutely love myself. I love doing it, and and it's been amazing. my office number is 845-542-3449. But people can reach out in Messenger. I have a team of people that work behind the scenes and someone can assist them if they want to.

Tonijean Amato Kulpinski (01:13:58.937)

make private one-on-one appointments. All appointments are virtual for those that live out of state. I have patients in different countries. It's amazing how God, I always say, Lord, just use me far and wide. And I get frustrated sometimes because I know how sick the world is. And you know, there's a lot of people I'm well known, and to some people they don't even know who I am. You know, so this isn't about me. This is about you and me being blessed with being the vessel by God called to do this work, just like this amazing man in front of me that I'm

The happiest person right now. I can't wait to go home and tell my husband this incredible person that I got to speak with today. and just rave about you all over the place. So yeah. So I don't have a website right now because it is under construction and it's been under construction for a while. So we're gonna get that together or situated. That's not something that I do, but but I have someone that's working on that for me. So so I'm sorry I don't have that right now. But like I said, the best way to get in touch with me would be through.

Chris Wark (01:14:32.449)

That's great. And now do you have a website too?

Do you have a website too?

Tonijean Amato Kulpinski (01:14:56.657)

social media platforms in Messenger and people can, and it usually works out really wonderful. yeah.

Chris Wark (01:15:02.072)

Okay. Well we'll put those links in the show notes, folks. And so we'll make it real easy for you to connect with Tonijean. And if her if her website's up by the time this interview airs, 'cause we have a little bit of a lag time between interviews when they we do when they're posted, then we'll obviously put a link there too. So yeah, so just check the show notes. It'll be under the video on YouTube or on Chris BeatCancer dot com in the in the post there. So

Tonijean Amato Kulpinski (01:15:06.976)
way, you just put my thing. Awesome.

Tonijean Amato Kulpinski (01:15:12.776)
Yep.

Chris Wark (01:15:28.866)
Yeah, that's how you can connect with Tonijean. And yeah, again, I I appreciate you so much. It's been a great interview. Great to get you know great to get to know you. I love your faith, love your knowledge. I know you're helping a lot of people and encouraging them. And it's just obviously we have a lot more in common than we realized going into this interview, which yeah, which Julie from my team, I think she's the one that recommended you. And and I obviously sh now I know why. You know.

Tonijean Amato Kulpinski (01:15:46.523)
I didn't realize to this degree this has been a blessing.

Tonijean Amato Kulpinski (01:15:53.968)
Yeah, she's lovely. And now you know why. Yeah.

Chris Wark (01:15:57.112)
She was like, you got an interview, Tonijean. And not just because you're a cancer survivor, but clearly she has been following you and and and you know was aware of your perspective on a lot of things and probably thought we would. Yeah. So anyway, okay. Well, thanks again. And folks, thanks for watching, thanks for listening. Please share this interview with people you care about. Tonijean is just another example that cancer can be healed. You can survive and thrive through cancer.

Tonijean Amato Kulpinski (01:16:04.697)
Aw. Yeah, well she was lovely. What a sweet lady. I liked her right away. Yeah.

Chris Wark (01:16:26.752)
Against the odds, if you're willing to radically change your life and your health, you can increase your odds of survival significantly and decrease your odds of recurrence if you're willing to change your life. It starts with what you eat, but it's not just the food. It's your attitude, it's your mindset, it's faith, it's it's physical activity, it's fresh air and sunshine. Right. There's a lot to do, but it's these are all things you can do. And

Tonijean Amato Kulpinski (01:16:34.545)
I'm not using

Chris Wark (01:16:55.49)

Healing happens at home. And so what you do between treatments can make all the difference between survival and death. And so obviously Tonijean is available for consultations and you can connect with her and we'll put those links. But again, thanks for watching and listening, gang. Thank you, Tonijean, and we'll see you all in the next

Tonijean Amato Kulpinski (01:17:00.262)

Thank you. Thank you so much. God bless you and everyone watching.

Chris Wark (01:17:16.947)

Okay, let me s hit stop.