

Podcast Serie: Holistic Nature of Us

Episode # 65 Meet: Sara Banta

<https://www.judithdreyer.com>

Hi I'm Judith Dreyer,

Thank you for joining me for this pod cast series "The Holistic Nature of Us".

I invite you to journey with me into a better understanding of the concepts behind our holistic nature and how that ties us directly to the natural world around us. My intention is to be your guide for this half hour as we begin seeing our world with fresh eyes, gaining more understanding and learning how we can connect the dots in practical ways that we are nature and nature is in us.

I feature a broad range of guests deeply concerned about the environmental issues of our time and more, authors and educators, practitioners and others whose passion for this earth and for all species helps us create sustainable bridges of understanding. These folks are innovators, action oriented, creating solutions in a variety of ways that honor us and the planet's holistic nature. I am honored to share their stories, their projects, and their passions with all of you.

And today I'm delighted to introduce you to Sara Banta. Sara is a health coach and a busy mother of three who are now 12, 14 and 16 years old. She completed her undergraduate studies at Stanford University with a degree in Economics and Psychology in 1998. In 2016 she graduated from the Institute of Integrative Nutrition and the Invincible Wellness System. Through her journey she's had to solve many health issues within her family, including her son suffering from Leukemia at the age of 9, her daughter having allergies, anemia and asthma, her husband having heart issues and her other daughter having comprehension and learning issues in addition to headaches. This of course is on top of her own issues with fertility, hormones, adult acne, IBS, digestive issues, heavy metals and more. She too has had to connect the dots and realize what was causing all of these issues and what the solutions were, which also of course involved the mind/body connection.

So today I want to welcome Sara Banta to “The Holistic Nature of Us”. Hi Sara!

SARA: Hi Judith how are you.

JUDITH: Good. Thank you for being here today, I’m delighted for our conversation.

SARA: I am too. I’m excited for today. Thanks for having me.

JUDITH: All right, well why don’t you start with telling us about yourself and how you entered the holistic field for health and wellness.

SARA: Well I could go on and on but a quick summary would be that I was at Stanford University thinking that I was on top of the world and had my whole life planned out with what I was going to do, going into the finance industry, get married, have kids, everything is going to be perfect, right? Along the way my health was just not great, and it was going downhill. With every pregnancy it got worse and worse just as that depletes the body naturally. After my third child I essentially hit rock bottom. I went to Western Medicine Doctors. They put tubes up me, down me, around me and the only thing they could come up with is, “Oh you’ve got IBS. You’re on the verge of Crohn’s disease maybe. And I thought, you know what? I’m not going to settle for that diagnosis. There’s something more going on. So, I actually went to a natural practitioner who uses a couple of different PM app devices. One being a SCIO which scans your body for 10,000 items and it can tell you where your minerals and vitamins are, where your hormones are, where your brain is functioning, where all your organs – your liver, your gallbladder, even down to your appendix how they are. It can even test your motion stability, trauma, those types of things. So, when I went there it was like peeling an onion. Let’s get rid of the biggest issues first. And the practitioner always... you know I always thought oh I probably have maybe some sort of depression. I never...I thought I was a happy person but just bombarded by these negative things in my world and his point of view was we need to get your nutrition and your foundation strong before we get into the other stuff as far as your mental state. So with that I cleaned up my diet, started taking natural supplements and went on my way and it was like I said peeling an onion, getting rid of the heavy metals, getting rid of the other issues, stabilizing the hormones and nothing was perfect initially and that

was gosh, that was 15 years ago. So, so much has happened in our world since then and in me personally.

About 7 years ago my son was 9 years old. He just didn't look well, and I didn't think he had a cold or flu just that his color wasn't looking good. We had him tested and Leukemia came up on the scan and of course it was the worst day of my life. I essentially was told if we don't do anything about this now, we will have a very big issue within a year. So, started treating him naturally with one of my supplements called accelerated silver and then also cleaned up his diet. But at that time, I thought I was doing a great job as a mom feeding him good food, didn't know any better. So after about a year of doing our protocol we got him retested and not only were the cancer cells gone but his anemia that he had had, and other nutritional deficiencies were all corrected. His energy was back. And now I'm looking at a 16-1/2 year old boy who is on the crew team, which you back East should appreciate. And he was actually at the head of the Charles in the fall and he's going to the Nationals in two weeks in Sarasota Florida. He does not get sick. He doesn't even get the common cold and he's as strong as a horse and all three of my kids don't get sick. They have not been to the regular doctor or on antibiotics since we started this journey and since introducing especially the accelerated silver but also introducing a cleaner whole food diet. And it's been wonderful.

So that was my jumping off point, when he was looking at me saying "mom I'm not worried I know you're going to fix me." And when a 9 year old looks at you like that you get this overpowering feeling that everything else stops. I'm going to...this is my purpose in life. And if I see success in this, I'm going to help every person on earth that I can. And that's why I'm trying to do it through my business and through coaching and supplements. What I've realized is we've gone on and then I combated my daughter's asthma and allergies and anemia. She was the kid that if someone got sick and it lasted 3 days, she would get it and it would last 4 weeks and then she'd be out of sorts for another two to three weeks. And I'd watch over her when she slept and wonder if she was going to take her next breath. And so that was scary. It wasn't the Leukemia, but it was scary on a whole other level.

I truly believe I was given by people in my family different health issues and forced to learn how to deal with all of them. So, it's been a journey and it's definitely taught me that we're here for the journey, for the lessons to learn

and as I've gotten healthier and built up my physical body, my brain is obviously working much better. The brain fog is gone. Clarity is there and then you are just much more in tune with an enlightened experience and you're living at a higher frequency and that's been very exciting and to see my kids do the same thing. Then to fast forward to the issues we have today with things like 5G and Chem Trails and EMFs that are surrounding us and those things that are trying to knock us off our foundation. So that's where I'm at now, where I'm really trying to combat that, focus on it and find solutions.

JUDITH: That's a very interesting journey because again, what you're talking about, illustrates the holistic process. You couldn't bring healing into your family, any one of your members, if you just did one of those pillars, so to speak, a pillar of wellness. Food is one of the pillars but so is medicine, even if that's herbal medicine or conventional medicine and then you're looking at, you know, the dynamics in the family, etc. as well as your mental, emotional and spiritual well being along the way. And I love what you said about when we do a cleaner diet and we really look at our lifestyle holistically we seem to operate at a high frequency. And quite truthfully, I don't understand why more of us don't want to achieve that, you know?

SARA: Yes, I was listening to someone the other day and they were talking about how to find a spouse. And the first question they said is "well do you have a growth mindset?" And I thought, gosh, that did it. I mean if you are with someone that does not have a growth mindset and does not want to achieve their best and highest self why would you want to be with them? And I found that on this journey with my kids, they are definitely at a higher frequency than a lot of kids around them. Number one they're not on any medication. They eat clean and with the rates of depression and diabetes and brain fog and ADHD and Autism, all of those things that kids are facing today, it is in stark contrast to what I'm experiencing in my house. And not to say that they are anything better than any other child, it's just that I truly believe it comes from the food. It comes from the environment, the sense of community, the parenting, the exercise, the sleep, you know all of these things that do play a part and it isn't just one thing. Diets, you know if you're in a stressful job you could eat as clean as possible and you can still get cancer, so like we say it comes from all these different aspects and it's kind of like a pie where you can't just have one piece of the pie to fix all of your problems.

JUDITH: I agree. I agree. It's interesting that you bring up children and your son was younger when he had the diagnosis of Leukemia. I think it's absolutely incredible that at the end of the year his markers were all gone, and he was healed, and that took diligent effort on your part. As a mother I know the drill. My younger son had some health issues that I finally figured out by the time he was 3-1/2 and it was like night and day when we started to tackle them. But, he didn't like being different either, you know. I had to bring some different foods into school, etc. and he never liked that. What was so interesting about the process is that the kids were more concerned for him and what he was eating than he was, you know?

SARA: No, it's...I find the same thing. I think us adults are putting more stigma on that than the actual kids because I will have friends of the kids come over and they will ask for green drinks. And they will ask for whatever my son or daughter had at lunch that day. They want that food and they don't want the fruit roll-ups and the peanut butter and jelly sandwiches. And my kids now, we've had to do a lot of coaching of, you know you don't bring attention to yourself when you're at the birthday party and you say no thank you. You just go do something else. Just go and pretend you're busy playing and you're not interested in it. Don't make a big deal about it. You don't prophesy or tell everybody else they're going to get sick by eating the way that they're eating or doing the wrong thing. You just do your thing. If they ask questions, then you can answer them. But I have experienced the same thing as you where my kid's friends are more concerned about them and want to make sure that they feel comfortable with what they're eating and what's available to them.

JUDITH: Yeah, it's true. They did. I would have mothers come up to me. My son Johnny, he wants to have something for your son so that he can come to the party and they were very good that way.

SARA: Yes. And now a days a lot of people have gluten intolerances and dairy issues and peanut allergies so I think people are becoming a little more aware of it but it's definitely something that you have to address and it's in the food system we have now we definitely are a salmon swimming upstream trying to find healthy foods that are in quality soil. That's another problem is that even the healthy foods are contaminated or not as fully nutritionally loaded like they used to be, and we have to make those considerations.

JUDITH: That's true. And just one more point getting back to children, because I think this is of benefit to my listeners. My kids are grown up and they're both in business. I'm very proud of them and they're both very health conscious. And when my younger son who had all the issues was in high school, by the time he was a senior I remember him coming home one day and saying to me, "Mom, half the team, he was a soccer player, and half the team they had asthma, they had allergies, some of them were sick. They were on antibiotics. They were on nasal sprays, etc. and he said and I'm not. He goes I think I'm healthier, you know. So, they had to go through the experience of observation in their world in order to connect the dots for the things that you and I as mothers knew to be true.

SARA: Yes, and I agree that my friends, or my kids are doing the exact same things, especially in their athletics. And how many practices people are missing because they're sick or they don't feel well and it's very interesting. The people, the coaches are noticing that my kids are the ones that are not missing practice. So, I agree.

We're in a very interesting time right now where what the statistic is 40,000,000 people are depressed, 10,000,000 are actually depressed and that the percentage of adults who have a chronic debilitating disease is 50% and 20% of kids too, and that's not even including obesity. So, you're talking about a really broken population with disease and metabolic disease, or you talk about Alzheimer's and dementia and diabetes and depression and anxiety. And I mean anxiety and depression rates, the suicide rates in kids is just skyrocketing. And that goes back to a little bit of what we initially started talking about was the 5G and EMFs. I truly believe yes diet has a lot to do with the anxiety and depression, but I do believe a lot of it is the EMFs, the cell phones and it really scares me as 5G is coming on board.

JUDITH: Well let's step back for one second. Why don't we...EMFs are electromagnetic frequencies and 5G is the latest technology that all of the big companies want us to get on board with, with all our devices. Which means we will have a lot more EMFs affecting us. That's correct, right?

SARA: Yes, it's not even just a lot but the numbers are just staggering. So, you have to think of your phone, your cell phone today has one antenna. The cell phones with 5G are going to have over 100. That's each cell phone. But that's our cell phones, not even a problem. With the 5G it's a shorter wavelength which means that they are going to need towers every 500 feet.

So, by the end of this year they're going to have 5G towers in eleven major cities in the country and by 2020 it will be in every major city. It's a great convenience. You can have your refrigerator tell you what you have in there. You can start your microwave when you're at the market. You can do all these amazing things but it's going to be a complete health disaster. So being around 5G is the equivalent to being in a microwave for over 17 minutes on full power, cooking your brain and your body. And it's just staggering. I mean it's going to cause cancer and debilitating diseases, autoimmune diseases to skyrocket, you know?

JUDITH: Yeah, I've read that too and I've heard some of the testimonials. I know there are very well trained scientists that are attempting to get in front of our Congress and our Senate to alert them to the dangers of this particular technology but sometimes I think we have to learn from the problems rather than prevention.

SARA: Yes, and I heard in Congress they said we don't have time to listen to the studies. We need to be the first one there. So, they're more concerned about being the first country to have 5G than to actually study what the affects are going to be. And these are going to be effects on the autonomic nervous system, the digestive system, the vagus nerve, the immune system and affecting our mental state to such a degree that we can't even fathom at the moment. But like you're saying, do we need to see the repercussions before we actually do anything about it? It sounds like that's the direction we're going in.

JUDITH: And that's the question we need to ask of everyone of our congressmen and senators, anybody in the legislature. We need to put that question out to them because I have a medical background. I did some research for my master's on cottonseed oil and I had to review some of the EPA studies for pesticide, herbicide use in our country and that's exactly the approach we took. We used it without any thought to the future and then when we got to the future, we had to back pedal to correct all the ill health and the serious problems that those pesticides caused.

SARA: Yes. That's a huge issue as well and it's scary to think that that's going to be much less of an issue compared to what we're facing because that is something that I've very concerned about. With the pesticides I'm very particular about eating all organic and where is my food coming from.

And now to think that that's going to be second to all of this EMFs that we're going to be fighting is just crazy. You almost feel helpless.

I have come up with a couple of solutions that my family is using and it's working so far. But what you have to think about is, as I started out, I talked about how the foundation of my body physically was important to get into line before thinking about my mental state and my brain fog. So, with that we're now talking about the body and the mind/body connection if you're dummed down from EMFs and from the 5G than that is going to cause issues with your brain but then also going to cause those autoimmune diseases throughout the body as well. With iodine that is something that I have found is super important to the health of everybody. And if you think about the world population, 52 million people have hyperthyroidism or Hashimoto's. Now you think okay why are we talking about the thyroid and the hyperthyroidism? Well 95-98% of the people are low in iodine. Iodine is the #1 predictor of depression. It creates the chi in your body. It activates your mitochondria which is your life force. It activates the jing in your body which is your deep primal force and that's dependent on iodine and the shen which is in your brain function is dependent on iodine as well. And as you are deficient of iodine you are disconnecting the heart chakra to the thyroid, from the 4th, 5th and 6th chakras. So, as we are being dummed down by 5G and EMFs those particles, they are damaging our body, especially if we are deficient in iodine. When we are sufficient with iodine in our body those things don't take hold in the body. Does that make sense?

JUDITH: Yes, it does, especially if you have the research to back it up, you know? I think today we're understanding that we're multi-dimensional. We're not just the physical body so we have a mental, emotional and spiritual make-up and part of our energetic system, so to speak, is the chakra system. So who wants to be disconnected? We need our heart to be functioning. We need to use our throat, our voice in a good way and we need to see things clearly, which is how I represent the 6th chakra. It's disturbing to me that the EMFs are disrupting that energetic system, not to mention all the health things that you already went through that it's also affecting.

So, tell us a little bit more about iodine and then give us your three tips.

SARA: Okay so the iodine that I'm talking about is a monolatomic iodine is radiation free. You do have to be careful with some iodines out there that

are diatomic and what that means is that they are attached to another particle and your body has to break it apart and it also can be full of radiation because a lot of the supply where iodine comes from can be full of radiation from Fukushima or any other nuclear explosion. So, you did need to be careful with that. The Acceleradine iodine that I'm talking about which is monoatomic is not only radiation free, but it actually has an ability to dismantle the radiation in the body, so you're getting a protection from radiation as you're taking it as well. In the pineal gland, for instance in your 6th chakra where you are trying to connect to your higher self and it controls the flow of energy, that is where fluoride calcifies. So, if you are deficient in iodine, fluorine, bromide and chlorine are going to clog those receptor sites. So, once you are sufficient in iodine those toxins don't have any place to stay in the body. So, with that it's a big protector as far as through the whole body, not just the heart chakra, the 4th, 5th and 6th chakra but it is important for your adrenals and keeping the flow of energy going throughout your body. And then just another tip as far as protecting yourself from these EMFs and the 5G is I have come across a supplement called Accelerated NucNoMore, which literally zeros out all radiation in your body with one to two bottles and then it will keep you at zero unless you are exposed to another big radiation explosion or exposure. So those two things.

JUDITH: I'd like to interrupt you here. Is that something that you'd recommend for people who are frequent fliers?

SARA: Yes, I take it every time I fly, I take it. You probably don't even need to do that. Once you finish one bottle, **Accelerated NucNoMore**, but yes for sure, because there is a statistic speaking of leukemia. The rate of leukemia for a pregnant woman in the first trimester from 1 commercial flight increases 16 fold. And when I heard that statistic I of course am thinking back to when I was pregnant with my son, was I flying? And the answer is yes. Now was that the cause? I don't know but it definitely, and that's just showing you the power and damage of what commercial flights can do, so, for sure.

JUDITH: Sounds great. And do you have one more tip for us?

SARA: Yes, my one other tip would be **intermittent fasting**. This is something that I have incorporated where fasting is part of every religion and there's a reason. When you are intermittent fasting, you are putting your brain in a higher frequency. You're either in rest or digest mode or in more

of a heightened brain alertness. And with intermittent fasting you're stabilizing your blood sugar. You're reducing chronic disease throughout the body, reducing inflammation, healing the gut and there's so many benefits to it. And I go through, if anyone is interested in learning more there's a ton of information on my website about it, but it has changed my life. It definitely is something that most of my clients incorporate and feel so much better doing.

JUDITH: Could you give us an example of how to put intermittent fasting into your weekly schedule?

SARA: Sure. It's actually very simple. You essentially skip one meal. I skip breakfast and coffee does not count so I still can have coffee or tea in the morning and then I end up having two meals a day. And when your body is not eating food, like I said, it is working on apoptosis which means it's killing off the bad cells in your body and cleaning up and healing the gut. And the gut is where most disease stems from, so any autoimmune issues, any skin issues, any brain fog, depression, anxiety, all of those things are caused by leaky gut typically. And with leaky gut that means essentially, you've got holes in your intestinal lining and things are getting into the blood stream that aren't supposed to be in there and causing a huge autoimmune inflammatory response, so when you intermittent fast, you're giving your system a full sixteen plus hours to heal. It says to the self, okay I don't have to worry about eating or digesting, no insulin is going to be released at this time. I'm going to work at cleaning everything up and it's just a happy time for the body to just heal itself, anti-aging and go in the right direction with your health. And so, I'll have a lunch and a dinner. Typically, it's low carb, high healthy fat, moderate protein and I'm on...you know make sure you understand that healthy fats are the avocados, coconut oils, olive oils, you know fattier fish, that sort of thing. So, it's not going to McDonald's and having a hamburger without the bun. You know you're eating whole foods. You eat lots of green vegetables and you know that's typically what my diet looks like. But regardless of what your diet is, just by squeezing your feeding period into a period of 6-8 hours or even down to two hours a day you really are helping your body heal.

JUDITH: Yeah, I know that to be true. It's something my younger son has got me to think about. I don't do it as consistently as I'd like to, but I know it's on my radar to be more consistent with an intermittent fast. I feel better. My stomach feels better, and I agree with you.

Well Sara we're coming down to the finish line here. Is there any other comment you want to make? Give us your contact information before we close.

SARA: Yes, if anyone has any questions for me, I'm here to help. As I started out, I truly believe my purpose in life is to help others reach their optimal health and my e-mail address, you can reach me at sara@acceleratedhealthproducts.com and I've got a lot of information on my blog and the You Tube channel that goes through some of my philosophies and also some of the supplements and how they work and stories about my clients, testimonials, and my children.

JUDITH: Aw that's wonderful. I know she does have a lot of information out there and it's really very helpful, so I encourage my listeners to check out her website. And she's also offering a promotional gift to all of you to put in dreyer15 and you can get a 15% discount if you're interested in a couple of the products that she mentioned today.

So, I want to say thank you Sara. This has been wonderful.

SARA: Thank you so much Judith. It was wonderful for me as well.

JUDITH: I think the discussion was rich and you gave us lots to think about as well as some practical tips. So, I want to thank you again.

This is Judith Dreyer. I'm the author of "At the Garden's Gate", book and blog. My book is available through my website www.judithdreyer.com as well as several distribution arms such as Amazon, Nook, Goodreads and more. I'd like to remind all of you that a transcript is available for each podcast, please like and share them. Let's support each other and get the word out.

And remember, **now** is the time for practical action and profound inner change so we value our world again.

Enjoy your day.