

Podcast Series: Holistic Nature of Us

Episode # 76: Lana Nelson

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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 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 passion with all of you.

And today I'm delighted to introduce you to Lana Nelson. Lana is the author of *The Food Codes, Intuitive Eating for Ever Body* and can help anyone, even you, to discover what foods are good for you. Lana has a fascinating story of going from ten years of chronic pain to being pain-free. She found the answers to healing in her own kitchen and through the healing arts. Lana's unique insight into our relationship with food and balancing our food energy is one of a kind. Lana Nelson is married to Dr. Bruce Nelson, a holistic chiropractic physician and is passionate about their family of twelve children and spouses and their 34 grandchildren. She says that she is living her dream in beautiful northern Montana.

Welcome, Lana, to Holistic Nature of Us. It's a pleasure to have you here today.

LANA: Thank you Judith and it is a true pleasure to be here with you too, it really is. Thank you.

JUDITH: You're welcome. What I'd like to do is start with your journey. You have quite a clan. You have quite a story about healing and we're all about healing and about how we can be more sustainable as a human being, etc, so tell us how you began with this healing journey of yours.

LANA: All righty. I was a young mother. I had five little children at the time. I owned a dental lab and it was early morning and I actually was pregnant with my sixth child at the time. I had just discovered that, but I was delivering a set of dentures. I worked with prosthodontists and at that time on the cutting edge of implant dentistry and so on and I was delivering a set of dentures one morning in my delivery car. There was an accident ahead of me and a semi-truck did not slow down behind me and crashed into my little delivery car. That – yeah, not fun. That sent me with an ambulance ride to the hospital and head and neck injuries, and so on. And over the next ten years I suffered chronic, chronic pain. I went to neurologists. I went to one of my neurologists who said. “for these severe headaches you're having I think you really should see a chiropractor because you tried medications.” And I would be given a medication and I had never really taken medications before and so given a medication I'd go, oh, okay this is going to cure my pain. And the doctor would look at me and say, well we'll see. And mostly it was things like muscle relaxers and really it didn't help with anything. It actually just made me woozy so that I couldn't really operate much. And so fast forward that. I am looking everywhere for ways to get out of this chronic pain from the bottoms of my feet to the top of my head. And I have a new child, you know. I'm raising these six kids. I became a single mom during all of this time and still having to be the support of my family. And so, I started looking into natural medicine. Now in the 80s natural medicine was yoga back then Judith, and was considered wo-wo, okay? Juicing was weird, really weird and anyway, so one of my neurologists says I think you should see a chiropractor and I did. That did help with some of the pain and some of the headaches. I also started having some severe bowel conditions and bowel problems and excruciating bowel pain and so I'm looking into food. I started taking the best nutrition I could find, and I borrowed a juicer from a friend. I learned that you never, no never, juice an entire head of cabbage and eat it with garlic. You just drink it back. It was, you know it didn't taste bad but drinking it back really fast,

popping a couple of garlic cloves in my mouth, chewing them up, don't even do that. It's very vibrant how fast it will come back on you.

JUDITH: I can imagine.

LANA: Yes, don't ever do that. And so anyway I learned to gently juice, not do all the juicing in one big gulp. I was looking, really looking into food and nutrition and one day I said to a friend of mine, "You know, I really should marry a chiropractor. I'm seeing one three times a week." And we just kind of ha, ha, hah laughed about that and giggled. Well with what you say and what you think often, someone in the Universe is listening to you out there. I actually had friends and relatives that had, unbeknownst to me, and unbeknownst to the man I would eventually marry, had been trying to get us together for five years. And every time they would make a plan to get us together one of us would not be there.

JUDITH: How about that! I love how that works, huh.

LANA: Isn't that interesting? I lived in, the town I lived in a mutual friend of a man got us together on a blind date. There was a, like a school dance and a parent's night and so my friends called me up – and they were like distant friends. It was like a friend of a friend. We have someone we'd like you to meet and I'm going, oh gee I don't do blind dates. No, no but anyway, we did meet that night and it was like wow, we just clicked. And his name was Dr. Bruce Nelson. And I said well what kind of doctor are you? And he said I'm a chiropractor and then we kind of started giggling and I'm going, oh my gosh you're the one that my friends and family have been trying to get me together with. And he said, oh my gosh you're the one that...and we just had a good laugh about that meeting. But the cool thing was he specialized in fibromyalgia, chronic fatigue syndrome and this is back in the early, early 90s.

And that was just being discovered then, okay, that people that were in extreme pain that you couldn't see, you really did have something going on inside you. And so within about two weeks of meeting him and him working with me with his special chiropractic techniques I literally had full range of motion in my head and neck. I was completely out of pain and fast forward that, we have been married for 27 years this year.

JUDITH: Wow, what a great story. Not only for yourself personally but just for a healing journey to find somebody who was receptive to hearing you,

number one and having the courage in his own career to pursue something that wasn't in vogue at the time. It was sort of cutting edge at the time.

LANA: It was, very much so and he helped many, many people, yes.

JUDITH: That's wonderful. So, this journey led you into the field of more nutrition and through this you developed the Food Codes, which is Intuitive Eating for Every Body. That's the name of Lana's book. Tell us about that and how that developed.

LANA: Well as I learned, my husband's technique, how he discovered, for instance with food. He was testing me as he did chiropractic work and he used muscle testing. It's becoming really well known these days. It's like a lie detector test. You ask the body a yes or no question and your subconscious mind, your brain knows the answer to pretty much everything. You can use a muscle, press down on a muscle, your own muscle or you can have someone else do that with you and get a yes or no answer. I was actually taking some very good, I thought, B12 vitamins and Bruce, Dr. Bruce tested me for. You said you're B12 deficient, as he was going through his initial exams and so on. And I said oh no, no I can't be. I'm taking the most expensive and best brand of B12 I can find. He said, well that one's not working for you. So with that, and after we were married, I became so fascinated with what he did I actually, I kept my dental lab for about six years and worked at a distance, back and forth but I eventually started working in his office and I said, you know what? With what you do, testing to find out what imbalances that your patient's bodies have is there something in there, like an infection or something bothering that person or is there something out like bones, muscles, joints. Is there something out like nutrition that the body actually needs? With muscle testing and using that, also, I used some bio-feedback technology at that time. I tested his patients to find out what their best healing foods were. And eventually people were asking me to do that for them, you know friends and family and patients asking for like, well if I need to lose weight what are my best foods, and so forth. So that is how I developed it and found that everyone's foods are different. Your foods, Judith are different. The foods that your body needs are different than mine.

JUDITH: Oh I agree with you.

LANA: Some of them are similar but some of them are different. So, with people saying, wow you need to write a book about this, I did.

JUDITH: Oh, and it's a great book. I have it here and I highly recommend it to my listeners. But you're right. I have experienced that also in my journey that not all foods are created equal, number one, but number two what you need and what I need could be two different things and again, we get back to the medical model that one size fits all. And I think your message and mine is one size does not fit all but we have a lot of choices in that paradigm to work with and you are offering a choice.

Tell us just a little bit more about the muscle testing. I've done it where I held the first finger and the thumb together and I tried to break it apart for a yes or no answer, so that's one way of testing, correct?

LANA: Correct, yes. There are actually many ways of muscle testing. Dousing is a way of muscle testing where you take a pendulum, establish a yes or no answer and that is viable to that. It actually connects with your subconscious, your subconscious mind so again, back to the lie detector part of the brain. Your brain will give a different signal for a yes answer than a no answer and that's exactly how a lie detector test works, a congruent or incongruent answer. Your brain is a binary computer, which attaches to every muscle in your body, okay? You can use any of your fingers like to form the circle like you mentioned, an O ring with right or left hand and then maybe put another, you know finger to finger you could connect those. In my book I give you many different methods to use as well as instructions and just problem busters and things like that, including pictures. But one of the method's that is super simple, that people can use, is simply called the sway test. So standing or sitting, and let's just imagine if any of your listeners are driving right now just wait and do this at another time, but just simply standing, calming your mind and taking a couple of deep breathes and having the intention that a yes answer would mean swaying forward. And so swaying forward is to a happy thought. You could say think of roses, think of your favorite food, think of a sweet kiss, something like that and then just imagine that you're feeling very, very happy and your body will actually sway a little bit forward toward a good happy yes thought. And then you can kind of clear your mind and think of someone who insulted you maybe, something distasteful, a food that you really dislike, or whatever and know your body will actually sway away from that. The sway test can work really well. You can hold a food in your hand. Let's say any kind of a food,

even a jar of food. You could hold something in your hand, and you could say, “Is this good for me right now?” and if it is, you’ll sway forward, if not you’ll sway backwards. So that’s one way of testing. And like I said there are many methods of muscle testing, but you will get a yes answer for something that is good. Now here’s an interesting thing too. Our bodies are ever changing. For instance, let’s just take seasonal. You know that different foods for different seasons in most climates around the world.

You’re really craving salads and light foods, cucumbers and so forth in a hot summertime but then in the wintertime you might need more solid, more heavy foods. Your body is ever changing and so those foods that are testing really as your best foods right now may not in another season, or under a different stress. Let’s say you get sick or something, your food requirements might change. Muscle testing is just ever useful for determining what you need and at what time and in what kind of stress is happening in your life, or if you have an agenda. If you really would like to lose some weight or if you would like to have better eyesight or something like that, foods can help you.

JUDITH: Yeah, those are great suggestions. I have my own story with muscle testing from years ago. My younger son did not have what I call foundational health. He had several issues that kept popping up and I went and explored a couple of different venues. I ended up with a naturopathic physician who used muscle testing. Because he was only 3-1/2 she put him on my lap, and she put I don’t know how many different foods in I believe under his tongue or in his mouth or mine and she used my arm muscles to test him. We had laboratory testing done for food allergies and it said he was allergic to like twenty-five or three different foods and I didn’t feel that was right. And when we did the muscle testing, we narrowed it down to seven, one of which we didn’t really eat a lot or two of them but the others we did, and it made a huge difference. I mean my son changed in seventy-two hours. He was like a different person just because I eliminated what this testing showed I needed to eliminate and it really, really did work. So that’s one example of a practitioner using it and you’re giving us several techniques that we can do on our own. And I know I few people who do the sway method and it works very, very well for them.

Let’s go into intuitive eating. That’s a part and parcel of it. I love your brain research number one but how does that tie into intuition in terms of using the food codes?

LANA: Very, very good. We have, each of us I call it our inner knower, that inner intuition. Now I was a person who didn't think that I had intuition, okay? You know you have people who claim to be, well that are psychics and things come to them easily – a thought, or a smell or a touch. There are different types of intuition. But take it from me, we do each have our own intuition that inner knower, that subconscious brain. And tuning into that is very easy with muscle testing. Actually, with learning the muscle testing it increases your knowing, your intuition because let's say you say – is an apple good for me – and you know it, you just kind of know it in your heart or you feel it. But then you use the muscle testing and it says yes, you know it's a very strong answer. And then you could say is a beet good for me at this time and you just kind of feel repulsed by it and that is a feeling or a knowing. Some of the things that we are already feeling or knowing – for instance our intuition will tell us as the season changes – oh I really don't feel like a salad right now. I really feel like a soup. I feel like some concentrated foods. Your intuition it's there. And how you can – I give you an idea of using your intuition in my book of knowing when you're hungry and knowing when you're full because we've lost that internal intuition. A baby is born. Every person is born. A baby is born with intuition, knowing what they like, what they don't like, when they're full and when they're not and I give you some tips in my book on how to know that. Each of us does have that intuition. We've just kind of gotten away from it as we've grown up and learned different things and learned some prejudices actually about food and about life. Does that answer your question?

JUDITH: It does because I think what happens in the food world, our portions have so increased in the outside world and I believe there might be a study – correct me if I'm wrong – but the more food you put on your plate you have a tendency to eat more and that overrides that intuitive ability that you're saying about hunger vs. non-hunger. So one of my guests on my show has been an Ayurvedic physician, Dr. Gerson down in Florida and in the Ayurvedic system he recommends that you pay attention at every meal to when you're like 80% full, so that you don't feel really full or you don't feel a lack of but to train yourself to understand what it means to feel nicely full when you're not feeling stuffed, like you've overeaten, like you can't move. Those kinds of feelings we get when we go to a restaurant or we overeat at parties, or that kind of a thing. And I think that is a missing understanding for most of us, because we don't think that way. We see this beautiful plate in front of us at a restaurant and we're paying for it, so we

either take half of it home or we eat the whole thing, do you know what I'm saying?

LANA: Yes ,we're taught to clean our plate. But I give you in my book – I actually give you an energy exercise on how to use muscle testing to know when you're full because your inner knower knows it before you feel the fullness. And so that muscle testing and what I teach you in my book will actually teach you to know when you're full and know sooner and OH it is fabulous. It's very freeing. I also give you a really cool story of the first time I did that. And it's basically called mindful eating. A lot of people are calling it mindful eating. But muscle testing can help you be more mindful and bring that back to you.

JUDITH: Right, right, that's so true.

Well Lana I would love you to give us three tips. You've given us a lot of information today, very useful information, but I always like to end the show with three practical tips that somebody can take into their everyday life today.

LANA: All right. One of those, I think my main tip is **stop judging food**. We have become a world of food judges, especially in Western life. Stop judging food because it's not all bad and sometimes it is okay to eat that piece of cake and satisfy your self, okay? Number two I think would be to actually **learn and know when you are hungry** and sometimes that's just once a day and sometimes it could be three, or four or five times a day you're really hungry. It varies day to day. And stop eating when you're full. And like I said I teach you how to do that. And number three I think is very, very important. It has to do with gratitude and my main mantra or saying is, **do your best and bless the rest, give gratitude**. Energy work actually, blessing or energy on your food can take something from a low frequency to a high frequency.

JUDITH: Well yes and in my journey, I actually had a teacher who taught me – because I work with plants, I've done a lot with herbalism as well as nutrition and blessing our food, as you said - raises the vibration of it. We forget that so much of our food is mass produced and there is no blessing along the way in that journey for that food to get to us. If we can remember to do it at the table, I think we're offering something on a different level and we're also giving back on a different level to the food substances.

LANA: So true.

JUDITH: Food substances that nourish us on a day-to-day basis and we need it. We need it to survive and to thrive and I think some of our foods, maybe this is my judgment that I need to let go of but some food I think has poor quality nutrition in it. I think your system of checking in, in whatever way it works for you, can actually allow each of us to make a better decision about what's right. And I agree with you there are times when food is actually good for us that may surprise us. I can give you an example. I was getting into some metaphysical work and I was doing a lot of meditation and I'm a very strong dreamer. I was craving Genoa salami and my meditation teacher said that's okay. That's what you need to stay grounded. Other people need to give up the meat for example because they need to lift up more. So, we get different messages about food and what it means for us and all I'm suggesting is for people to pay attention to themselves, as you so beautifully say with what's right for them in any given moment.

LANA: Thank you for that. That was beautifully said Judith, beautiful.

JUDITH: Good, all right. Well our time is up and what I would love you to do is give my listeners your contact information and information about your book.

LANA: All right. You can find a lot of information about me at www.TheFoodCodes.com I have some free gifts on there that are wonderful. My top ten food list were the top ten foods actually for our patients for many, many years but those that tested across the board good. Now of course you would want to test foods for yourself like instructed, but go there www.thefoodcodes.com and you can also purchase my book through my website or you can go to Amazon.com and just look for The Food Codes, Lana Nelson. So, thank you.

JUDITH: Oh, that's great! Well all I can say is thank you Lana again for joining us at the Holistic Nature of Us and I hope my audience feels as inspired as I do by your very practical advice and our discussion today.

LANA: Thank you Judith.

JUDITH: All right, so this is Judith Dreyer. I'm the author of "At the Garden's Gate", book and blog. My book is available through my website which is 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 get the word out and support each other.

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

Enjoy your day.