

Karen Ranzi - Building a Healthy Inner Terrain for Wellness and Freedom

Dr. Will Tuttle:

This is Dr. Will Tuttle, your host for the Worldwide Vegan Summit for Truth and Freedom. We now have the wonderful opportunity to learn from the vegan life experience, research and the inspiring example of Karen Ranzi. Karen is an award-winning author, internationally acclaimed speaker and holistic health coach. She's a speech and language pathologist for 43 years, and is a director of the online 100-hour vegan certification course and a vegan and raw food chef.

Karen is the winner of the Living Now Award in the category of health and nutrition and the Peer-to-Peer Award for Service to Children's Health for her book, *Creating Healthy Children*. Karen has traveled throughout the United States and abroad to speak on the benefits of a fresh wholefood vegan lifestyle.

Her newest book is *Heal and Prevent Autism: Natural Solutions That Work*. She has been a keynote speaker at many vegan festivals throughout the US and worldwide. Following tragic family experiences, Karen learned the power of whole plant foods and lifestyle modifications, and has been a vegan for ethical reasons for more than 30 years, also healing herself of three decades of cystic acne and digestive issues.

By means of her education, life-changing personal experiences and sincere desire to share her message, Karen has been able to guide thousands of people toward developing excellent health through simple plant powered living. So, thank you so much, Karen for joining us here on our Worldwide Vegan Summit for Truth and Freedom.

I'd like to ask you here at the very beginning, with your new book on healing autism naturally, I wonder if you could say something about what you've learned from that experience of the research and writing of that book and all your experiences with children over these years and helping them with autism. What that's taught you not only about nutrition and the power of vegan food, but also about our medical system and the pharmaceutical complex? If you could talk a little bit about that and how that relates perhaps to our pandemic situation today. That'd be great.

Karren Ranzi:

Yes. It's been five years in the process, this book, and I've been a speech pathologist for many years. I also am a holistic health coach since 1998, the past 20 years focusing on autism. And what I saw working in the public school system in an autism continuum program was depressing me for many years. All the drugs that the children are given, psychotropic drugs and the foods that are readily available and are even pushed in the school system.

The kids are eating macaroni and cheese, and pizza, and hot dogs and lots of processed package stuff and they're being rewarded on a continual basis with M&Ms, with Oreos, with potato chips. As a speech therapist, I felt that by the time I worked with some of them in the afternoon, after eating that stuff all day, they were completely numb. They couldn't really focus very well or concentrate on what I was doing with them.

And so, for many years, I thought about how wonderful it would be to expose these kids to a much healthier life and to build up their immune systems, and what would really happen when I would work with families who would be motivated to do that. So back in 1998, and I was still a speech and language pathologist in the schools at that time, but I started a nutrition coaching practice as a vegan lifestyle coach and started to promote it for families of autism who were looking to make changes in the diet and lifestyle, even though many of these kids, as we know, can be very finicky eaters.

A lot of parents say, "Oh, my child won't eat other foods." And I've had teachers and therapists tell me that why am I wasting my time? I started doing in the school, like we would make a salad together as a language activity, and we would name the different fruits and the vegetables. I would do a fruit bowl. We would make green smoothies. I would try to introduce them to healthy whole plant foods.

And all these people who were telling me that the kids wouldn't eat them, they all ate them and they all loved them. And especially some of the kids would love it so much that they would start eating it if I brought some in for them. There were some children who refused to eat these healthy whole plant foods. And what I would do was I would do desensitization activities.

For many of them, because they have sensory issues and they haven't been raised on these foods. They are not drawn to them. I would do sensory activities like art projects with fruit, or just cutting them open together and seeing what they look like inside. A lot of visual activities with the food. We would smell the different foods and just taste without eating.

I wasn't putting any pressure on them to eat, but as they got more and more used to having these foods in their environment and saw me as someone who loved them, they started to want to try to taste them. And I was able to get many kids to really love the taste of healthy whole plant foods.

The kids were drugged during the day. I would not participate in that because I just did not feel that these kids, a lot of these kids are absolutely brilliant. Brilliant, brilliant. Autism is not retardation. Cognitively, I found that many of these kids, even the nonverbal children were absolutely brilliant. Some of them were excellent in music. Some of them were excellent in puzzles.

I saw one kid do an entire table of a puzzle that I would never ever, I wouldn't have had the patience to put that whole thing together, but he was just brilliant with putting puzzles together. I learned over the years that these kids just have these very strong communication issues, especially those who are nonverbal.

And also, there are behavioral issues, but a lot of it comes out of frustration because of not being able to communicate and engage. And over time with families coming to me, and some of them had remarkable improvement, some of them turned around symptoms of autism through gradually getting off of these drugs and instead going a different route, going to whole plant foods.

Dr. Will Tuttle:

Wow, that's great. So, you really had some positive change by changing their diet primarily.

Karren Ranzi:

That's right.

Dr. Will Tuttle:

Yeah. So why don't we hear about that? Now we have all this sickness going on in this pandemic and we're not hearing much about improving our diet or any of these other things that you've been talking about that you've had so much success with these autistic kids.

Karren Ranzi:

Yeah. It's really sad that on the news that there's nothing brought up about health and building a strong immune system, everything is about taking a drug or a shot. And the thing is that we can build our good gut bacteria by eating healthy. We can have a strong gut microbiome. And through having that, we are building immune defense. And so, we will be much stronger if we do get a virus.

I'm not scared. I'm not scared. And the families I've worked with are not scared because they've seen the changes. They've seen the changes in themselves and in their own children. There was a woman who came with her husband. Her husband was not in the same page as she was about going to total plant-based and I'm talking about plant-based wholefood not packaged junk food, but a really healthy wholefood vegan lifestyle.

She was hopeful that through working together that her husband would also make the switch, which would definitely give her support for their oldest child who was on the autism spectrum. And they came to me a couple years ago and through starting with the child and building up step-by-step from what they were going to eat in the morning, to midday, to later in the day and snacks, working out a meal plan for plant food nutrition, they made all these changes and they were highly accountable.

And the boy started making changes. The mother believed strongly that the boy developed the autism because during her entire pregnancy, she was eating a lot of fish. And we know that all fish today is loaded with mercury. She really believes that her son had excess mercury. She was looking for ways to detoxify and to turn around some of his symptoms. He had difficulty communicating often and very limited speech, very limited eye contact, didn't play with his siblings or with other kids, it was mostly parallel play.

There wasn't a whole lot of communicating going on. And they were looking to get help for him in that way. I did help him with some speech therapy things as well, but most of what I did was through lifestyle transition. And as we went along and did more and more with juicing and whole plant foods and incorporating more raw food into his diet, the first thing that's often noticed is an improve in the gastrointestinal, which is a lot of children with autism have gastrointestinal disturbances, whether it'd be constipation or something else.

And that's often what the parents tell me that that's the first sign of improvement. And the gut is very much connected to the brain. And once you start cleaning up the gut and eating these healthy fiber rich foods, because it's the fiber, animal food has no fiber, it's all in the fiber. And when they start getting in all this whole plant food loaded with fiber, their digestion improves and the gut being connected with the brain and the neurological system, the gut gradually leads to improvements in brain function.

Dr. Will Tuttle:

Right. Yeah, that microbiome, the community of bacteria it's so important. It's funny that for years, the whole medical pharmaceutical complex was dousing us with antibiotics and really

killing. And even today, glyphosate is such a broad-spectrum antibiotic and it's in all the food. So I'm sure you're recommending that people eat organic because otherwise we're getting glyphosate.

Karren Ranzi:

Of course.

Dr. Will Tuttle:

That's killing the vibrancy of the microbiome, as you're saying. And when that happens, it's hard for us to digest food properly and like you say, there's the vagus connection, the vagus nerve and our whole mental state of mind and emotional state of mind is very much connected.

If the microbiome is unhappy, then we have an unhappy mind. So, these are things that you're blessing the kids with just by changing their food and changing the understanding too, I think is a big part that instead of seeing bacteria and viruses as the enemy, we start to see that they're living inside of us and they're helping us.

Karren Ranzi:

That's right. And for people to realize that like 70% of the human body is viruses, fungi, and bacteria. So, you can have strong bacteria and viruses that work in your favor, or you can be sick all the time. It's really a personal choice, and it all has to do with what you're bringing into your body. And if you're having all this high fiber rich foods, and I also do talk about glyphosate in my book, heal and prevent autism, and how glyphosate is one of the major causes of autism, and high fructose corn syrup is another major cause of autism.

Dr. Will Tuttle:

Which is high in glyphosate residue too.

Karren Ranzi:

Yes. And women eating this stuff during their pregnancies is not good for the child. There are so many things that a parent can do and know in order to prevent and heal. This one child that I was talking about once the parents got on the same page and the father went completely vegan. When he started seeing these improvements, he was just so impressed with it, that he knew that it was the way to go, and he totally supported his wife.

So not only did the coaching help for the child, but it also helped for the couple, because they both got on the same page of being vegan. And this boy started communicating better. He started looking at his parents. And one of the major things that she noticed was that he had calmed down, that the violent episodes stopped and that he was a very calm child at this point. And that he was communicating now.

And instead of just playing parallel to children, he was playing interactively. His speech also increased. His receptive and expressive language was improving. So, all of these things were happening.

Dr. Will Tuttle:

Right. And if you reduce the consumption of the drugs, I would think that that would be nothing but a blessing to these kids. Drugs, and what are they going to do? They can only harm. They can never help. So given your background, five years of research just into this book and all these years, 30 years of vegan living and so forth, when we heard back a year and a half ago that there's this, "Oh, be careful. Be very afraid everyone, we've got a terrible pandemic. It's going to come sweeping through here." What were your thoughts about that?

Karren Ranzi:

I have been a vegetarian for 50 years since I'm 17. And then when I went vegan in 1989, so I've been vegan for 32 years. And then I went raw vegan in 1994 because my son had a mucus condition and asthma and chronic ear infections. And he healed in 10 to 11 months. And so all along, nutrition and lifestyle has spoken to me.

So right from the very beginning when this happened, I'm like looking at the news and I stopped looking at it eventually because they're not talking about health at all. And so right away, there was an alarm that was ringing, that was saying, "Something's not right here."

They're promoting drugs. They're not talking about health at all. They're not talking about the immune system. Something's not right. And we need to talk about what makes a strong body and builds up immunity and gives immune support on a regular basis.

Dr. Will Tuttle:

Yeah, which they weren't talking about.

Karren Ranzi:

And it's nutrition and lifestyle.

Dr. Will Tuttle:

Right. Exactly. They were talking about just the opposite, because we know obviously that if you shut down businesses and cause a lot of economic hardship, that creates tremendous stress, which is well-known to just harm our health and then you have wearing masks that we're breathing in our own exhaust and bringing in the ... Our body's main way of actually detoxifying is through the breath. We're not allowing ourselves to do that. We're losing the cues that we get from each other smiles and all these different things. [crosstalk 00:19:05]

Karren Ranzi:

Yes. And you want to talk about language and communication. It is so frightening. I think a lot of people don't realize how frightening this is for children, to see people in these masks and not to get all of those visual communication cues. That is really devastating for a child. And it's not good for child development, because children don't see speech that way.

Dr. Will Tuttle:

Right. And plus, there are the messages that we all have to be afraid of each other and don't trust anybody and what you are is dirty and will make other people sick. I can't imagine a more negative message.

Karren Ranzi:

Everything is fear and sickness.

Dr. Will Tuttle:

You can't imagine a more toxic, enslaving narrative than this narrative. So, my question is in your experience then as a long time vegan in the vegan community and so forth, how did other people respond especially people in the vegan community to your ideas about let's question this narrative?

Karren Ranzi:

Yeah. I have some people, even my own sister who isn't talking to me right now. It's been a divide. I've seen a real divide even in the vegan community about belief systems. And there are animal ingredients in the shots. And I do believe that each person should make their own decision. It's my body, my choice, so if that's what they want to do, that's their personal decision. But I don't feel that my choice should be taken away.

I feel like I should have my choice. And I also feel that people should be educated and very aware of ... And hear all sides, because there are many doctors who are talking about long-term effects and we also have to be really, really careful with our kids in terms of mercury, aluminum, formaldehyde. All of these things going into their bodies. We're already exposed to a lot of it just in our environment. Do we really want to be bringing in more? So, parents really need some good education.

Dr. Will Tuttle:

Right. Yeah. So, you see already, of course that the basic VAERS, the vaccine adverse event reporting system is off the chart. There's never been any vaccine in the history of the world that's had so many deaths and so many serious injuries. We're talking about literally millions at this point after only seven months. And yet they keep rolling it even farther. So, do you have any thoughts about why that's happening and if it's just for money? You've worked in this realm of dealing, trying to help people who are damaged by chemicals and toxins and drugs.

Karren Ranzi:

Yeah. I think that there's definitely big money and the pharmaceutical industry just wanting to grow. I don't think that we're really, our bodies and our health are considered because there also would be information online readily available, not just people like you and me who are trying to educate people in our own events. There would be news channels going out to millions of people.

Dr. Will Tuttle:

Yeah, that were all censored.

Karren Ranzi:

They're all censored. I've had YouTube videos taken down.

Dr. Will Tuttle:

Right. Have you?

Karren Ranzi:

Yes. I did one YouTube video with one of my students. I have a vegan certification course where I work with students to go out there and become health coaches. And one of my students was really excited about her work as a vegan and raw food coach. And she was with her husband one day and he actually got the COVID virus. He got sick and he was on a mainstream diet, animal based and got violently ill. Couldn't breathe, having a hard time walking and she got really scared. She felt like he was going to be one of those people ending up in the hospital on a ventilator.

And she told him at that moment, "You're going to bed. And I'm only going to prepare for you what I want you to eat." And she did a raw food cleanse for him, where she was juicing and smoothies and some other food as he started getting better. She didn't expect that he was going to go vegan, but she was hoping. And he is really. Now, he saw the benefits of what happened to him. And he's so grateful that he didn't die, that he is eating, I think he's very like mostly vegan right now.

So hopefully he's going more in that direction, but he healed in three weeks. So instead of going back to the hospital, because she did this whole dietary change with him, it ended up saving his life. I was so excited about it. I was like, "Let's do an interview for YouTube." She was like, "Yeah, let's do it." And we did a beautiful interview and I called it, "Healing Coronavirus with Raw Vegan Food." And it got taken down 10 minutes later.

Dr. Will Tuttle:

It's so funny. I've actually heard a number of vegans, even prominent vegans have said to me things like, "If someone does a YouTube or posts something on Facebook or writes an article that is spreading misinformation, then they should be censored. That shouldn't be allowed because misinformation can kill people." I mean, these are vegans that are saying this and they don't realize that when you stop free speech for people, but you say when one person says it's misinformation, it may actually be very accurate, very helpful information. It's just the perception of whoever's controlling the media.

And now we're seeing it happen. Actual vegan, just pure vegan messaging is being seen as misinformation because it goes against the mainstream narrative, which is to maximize profit for those who are controlling the mainstream media, which is the pharmaceutical industry, of course is the richest industry in the whole country, really.

And so, we're seeing, it's starting to come back, like you're saying, I'm glad you told us that story, it's starting to come back and bite us as vegans. And the people who say that others should be censored will be censored themselves. And that's what we're starting to see. I've seen this already. There were times just a few years ago when Cowspiracy was being censored on Facebook. And so, this is nothing new. Vegans have been censored all along because when people become healthy, we don't need a lot of drugs and so we're a threat.

Karren Ranzi:

That's right. There's no money in being vegan.

Dr. Will Tuttle:

No money. There's no money in health. There's a lot of money in disease. They want people as sick as possible, as long as possible without questioning anything, to keep the money that's reliable flood of cash from sick people thinking that they need drugs and other interventions. And what you're doing is basically promoting something anyone can do, exercise and healthy food and getting off of the drugs.

Karren Ranzi:

That's right. Healthy food, good sleep, exercise, positive attitude, low stress lifestyle, as low stress as we possibly can, clean air and water. All of these are the lifestyle factors that promote good health. And right now, for this year and more than a year and a half, most people have been sitting inside their homes, not going out, not socializing, wearing masks, which like you said, you're breathing in your own carbon dioxide.

And I had to wear a mask at the school a couple of times when we first went back and I was so dizzy at the end of the day, I almost collapsed. And I told them, I cannot do this. I cannot wear this. They went along with me and they lowered my days there. They tell me I could work remotely most of the time, but eventually I really didn't want to do that. I don't want to be wearing a mask and I don't wear a mask anywhere else.

And I retired from the job because that's not what I want to do. That's not something that's going to promote health for me. And I want to remain healthy. I know some people who have gotten really sick from wearing masks. And I think it's really detrimental to be asking children to wear masks. That is heartbreaking.

Dr. Will Tuttle:

Anyone. Yeah, exactly. So how do you think this can play out in a positive and what would you say would be the best thing that anyone can do to be part of the solution to what we see unfolding around us right now?

Karren Ranzi:

To be part of the solution, first of all, stay positive, number one. A lot of people are in fear mode, so don't let that fear get to you. Do things like meditation, walking in nature, connecting and connecting with the earth and grounding. This is especially important for all ages, but even more so with kids with autism, because that also helps with the gut microbiome is connecting with nature.

I go for hikes and I hug trees and I go outside barefoot, take off your shoes and your socks and get out into the grass, go to the beach and run around in the sands, go in the ocean, really connect with nature and trees, the environment with plants. The more connection that you have with nature, the healthier your immunity is going to be. You're going to build up the good bacteria in your gut along with healthy whole plant eating.

This is the best that you can do for yourself. And you can be a model, an action model instead of the fear model. I come from the place of not having any fear and just really being an action model for others. And I've had people come up to me and ask me what I'm doing. They want to do the same thing. And I've gotten people to take responsibility.

A lot of people who are raising families or who want to have children, instead of preaching to them, I show them my book, *Creating Healthy Children*, which I have here. It's won numerous awards and they can start right away to start incorporating more fruits and vegetables and whole plant foods. You get plenty of protein from whole plant foods. You don't need animal protein. I know you know this and you've written about it in your wonderful *World Peace Diet*, that we don't need protein from animals.

In fact, that protein is very harmful to us. It puts a lot of stress on our liver and our kidneys and stresses our organs out. And the calcium in an animal food like dairy because the protein is so difficult to digest from the dairy, the calcium 70% or more gets just washed out. And that's why the countries that have a high rate of osteoporosis, they're all high eating dairy countries.

Dr. Will Tuttle:

Just the opposite of what they tell us.

Karren Ranzi:

So yeah, you can get plenty of calcium source in whole plant foods. It's like all over the place. Leafy green vegetables, figs, oranges, almonds, it's all over in the plant kingdom, loads of places to get calcium. I would say build up your immune system and get outside, and get good sleep, exercise every day, stay positive, get sunshine, all of these things are going to be really important for you staying healthy in this very challenging time and to stay optimistic as well.

Dr. Will Tuttle:

And do you have any thoughts about the role that the government has say in the United States or even worldwide, but say like here in the United States since it's been pretty much captured by the pharmaceutical industry? Do you have any thoughts of what people can do to try to keep our basic freedom and human rights? Because the underlying ideas like in Germany in the 30s, for a lot of people, there was no right to bodily autonomy. They were experimented on without their permission, without their consent.

Karren Ranzi:

My family was some of those people because my mother grew up in Germany.

Dr. Will Tuttle:

So, after that happened, there was a whole tribunal and these doctors, a lot of them were put to death. A lot of the local authorities, the government officials who during the time they were highly respected and everybody was highly respected. They were thrown in jail. And so, do you think that there's something similar that could be happening here? Basically, we see a similar thing happening that authorities, medical authorities and governmental authorities are taking away our freedom and they should be held accountable and thrown in jail eventually for what they're doing.

Karren Ranzi:

I agree. They're taking away our human rights. They're going against the constitution. I believe that we should always have freedom of speech and it's being taken away. And anything that doesn't bring in money is censored now, bring in money for the pharmaceutical industry. It was very clear to me from the beginning and I think it's grown. And I think the best thing that we can do is to, when we see that there is a rally, that there's an opportunity to express ourselves in a peaceful way that we should definitely go out.

And I also feel that we should be part of health freedom groups to express ourselves and to be able to get help if we are being censored in any way, if we are losing our ... if our job is threatening us, if the school that we want to apply to is not letting us in. There are many things that are happening right now that are taking away our health freedoms and our natural rights that we have had for a long time. And now, all of a sudden, it's just being changed.

Dr. Will Tuttle:

Right. Yeah. I appreciate your perspective on that. And I think this is a really a time. I remember where I grew up in Concord, Massachusetts, the revolutionary war was still very much alive. My father especially was, he was one of the minute men and we would go down to the Old North Bridge every April 19th. And we would reenact the battle of the revolution that started the revolutionary war. And some of the sayings that he would quote like, "These are the times that try men's souls." He loved to quote, "Give me liberty or give me death," these kinds of things.

But the basic idea is that this is a time, I think, we're entering into a war against humanity on a scale that's completely unprecedented. And I think a lot of people don't realize it. A lot of people think that the war is against these viruses, which in a sense makes us victims of these invisible little creatures, but actually the war perhaps is against us. And it's time for us to realize that and not consent. It seems like what you're saying, don't consent with what's being asked of us to do, if it goes against our basic human rights, or we will be turned into livestock property ourselves.

Karren Ranzi:

And connect with others who feel the same, very important right now to build numbers and to connect with others. I started a health freedom group on Friday evenings, and it's grown tremendously in the last few months. And so, it gives each person support. And I was only starting with New York and New Jersey, but people have come in from all over the country. And so that's something I feel I can do and go in a positive direction.

And I also remember my own mother who grew up in Germany, and I remember growing up with her after she had already come to the United States after the war. And I knew that her mother, my grandmother, that she got her kids out because she could see clearly what was happening. She got her kids out of Germany. And much of their family was killed. And I feel that energy right now. I very much feel that energy.

Dr. Will Tuttle:

Well, it's underlying it all, I guess, is our spiritual awareness and our basic confidence that we have and our true nature and the bigger picture. And which is something that you, I know always emphasize when you do your work with these kids, that when you speak to their spirit and draw

that forth, then they start to react and respond. And then of course, giving them the food that reflects that is critical.

Karren Ranzi:

Definitely, definitely. And even on the back cover of my new book, I don't have one with me right now, but on the back of Heal and Prevent Autism Natural Solutions That Work, well, I have a quote from T. Colin Campbell. He wrote a three page forward for the book with his son, Dan, who is a special education teacher working with autism.

And below their endorsement on the back cover are three notes from parents who I've worked with about the healing of their children and the turning around of symptoms through plant food and how the plant food way of eating is the best therapy that they could have done for their children on the autism spectrum. So that speaks to how this works. And it just shows like a lot of people are doing all kinds of drugs to try to detoxify things like heavy metals, but these kids are detoxifying through healthy nutrition.

Dr. Will Tuttle:

Yeah. And there's been studies showing that people who eat a healthy plant-based diet have a much lower risk of this so-called COVID, whatever it is.

Karren Ranzi:

That's great.

Dr. Will Tuttle:

There's just that basic thing, keeping a healthy immune system, so we don't have to worry about that kind of stuff.

Karren Ranzi:

I was really happy that I saw that there was a study done recently on like 600,000, because I was wondering during this whole thing, I kept saying to myself, "I have a feeling that vegans who are eating healthy vegan foods that they are most likely getting by this. I haven't heard, I mean, I know some people who have died and I've also known some people who have died after the shots. And I was wondering like healthy vegans, are they falling down and dying so easily? And this study showed 600,000 people who were looked at and that vegans have much better outcomes with COVID. I was really excited to see that because I was feeling that that was definitely true.

Dr. Tuttle:

Right. Yeah, even though there's no real test for COVID, the PCR test has already been shown to be a complete scam. So whatever people have, it's hard to say what it is, but I think in general, it's pretty clear that we as eating a healthy diet and all the things we're talking about, it's the ideas to not be afraid that life is meant for living. It's not meant for hiding and being afraid to go outside and being afraid of each other. This precious human life is not something to fritter away in fear.

Karren Ranzi:

Right. And we keep thinking that it's going to be ending and that it doesn't end.

Dr. Will Tuttle:

It's not going to end. No.

Karren Ranzi:

It just keeps going and going and going and more recommendations and I don't think it's going to stop anytime soon. You have to stop it in your own life.

Dr. Will Tuttle:

And we have to work together to stop the rollout ourselves. And I would say it's essential that we begin to engage in civil disobedience and not ... I mean, I've never worn a mask and I'm not going to go into any place where they require that of course. I think we have to really stand up for our rights and not let anyone take them away.

Karren Ranzi:

Definitely.

Dr. Will Tuttle:

Because standing up to tyranny is a responsibility that we have more than just being healthy, to actually protect future generations.

Karren Ranzi:

We definitely have that. That's something that we really all need to do. We need to stand together and we need to stand up for our health freedom. We need to look for groups that are going to support this belief. And that's probably the most important thing that we can do right now is to grow those groups, to grow numbers and to be prepared for anything that comes our way. And with numbers, we can do that much better.

Dr. Will Tuttle:

Right. We interviewed Derrick Broze who started the Freedom Cell Movement, and we have freedom cells hundreds and hundreds of them all over the world now growing up local people, banding together to resist the tyranny that's unfolding. So very good. Thank you so much, Karen. I really appreciate your sharing your success stories with us, where these children against the pharmaceutical complex and the drugs that are so harmful. And I was wondering if you could maybe disclose, or just telling people a little bit about your website and where people could find out more about your work. Thank you.

Karren Ranzi:

Thank you, Will. I appreciate that. I have two websites. One is www.superhealthychildren.com and people can reach me through that website or through just even emailing me at Karen@superhealthychildren.com or through my other website, because I also work with women

with hormonal weight and gut health issues. And that website is www.feelfabulouswithfood.com and it houses a course that I do because it's my goal to get more and more vegans in this world.

And so, I have a vegan coaching certification that I've put together over my last 22 years of work. It has all my articles and has videos and I work privately with my students to help them so that they can help themselves, their families and even spread this very valuable information now more than ever before. It's needed so badly. So that website is www.feelfabulouswithfood.com and that's really what I do. My books are up on Amazon and my book, Creating Healthy Children, a recipe book called, "Raw Vegan Recipe Fun for Families" and "Heal and Prevent Autism" are all on www.superhealthychildren.com.

Dr. Will Tuttle:

All right, well, thank you so much. It's been really very enlightening and great to hear the work you've been doing. Thanks so much for joining.

Karren Ranzi:

Thank you, Will. And I'm so glad that you're leading the way for the vegan community and talking about not only the health aspects, but also how we really need to stand up for ourselves in the face of medical tyranny. Thank you.

Dr. Will Tuttle:

Absolutely. Thank you.