

Margarita Restrepo - Freedom Through Education, Nutrition, Veganic Permaculture, and Harmony with Nature

Dr. Will Tuttle:

This is Will Tuttle, your host for the Worldwide Vegan Summit for Truth and Freedom. We're now honored to have the valuable opportunity to learn from the nutritional wisdom and the life experience of Margarita Restrepo. She is the founder and editor-in-chief of the award-winning NAKED Food Magazine. NAKED is an acronym for New Authentic Kind and Enlightened Diet.

And she's also the founder of the International Association of Reversive Medicine and the founder of WFPB.org, a nonprofit organization that empowers human and planetary health through a wholefoods, plant-based way of eating and living. Margarita is also the co-founder of the Anima Mundi Education, a K-12 school that includes plant-based nutrition, health consciousness, and sustainability throughout its curriculum.

She's the author of the evidence-based Universal Guideline for Human and Planetary Health as well as for wholefood plant-based culinary medicine cookbooks. Margarita is an impassioned proponent of lifestyle medicine for body, mind, spirit as well as organic and vegan permaculture and holistic living. And so I'm really delighted that we had this opportunity.

We've known Margarita for many years. This magazine that she creates is fantastic in terms of really bringing the heart and soul of the vegan movement into the general public. And she has also recently about a year ago, I guess, moved from the United States Florida to Italy. So she's joining us from Italy.

And Margarita, I'd just like to ask you here as we get started, if you can just say a few words about what got you started on this path of healthy living and especially the NAKED Food Magazine, which you've created and written articles and created the recipes and done the graphics. It's amazing the range of your talents and your enormous energy. If you could tell us a little bit about that, that would be fantastic.

Margarita Restrepo:

Absolutely. Well first of all, thank you for having me. It's always an honor to talk to you and to be part of anything that you do, Will. You always empower us in so many ways, and I thank you for that. Yes, absolutely, and NAKED Food really was a ... It was inspired by a personal experience that I had.

My partner was actually diagnosed about 10 years ago with a glioblastoma multiforme, which is a cancer. The cancer is a tumor in the brain. It's a very rare type of cancer and it doesn't have a lot of hopes in, the diagnosis is always bad. The prognosis, it's a few months or maximum a year or two of life.

Well, we started reading and reading and reading about nutrition. And so nutrition based on plants, vegetables, wholefoods, all these plant foods and how healing food could be.. We decided, we don't have anything else to try. They didn't really give us any other therapies or anything. Thank God. Now, that I see back, I'm like, "Thank God." And so we decided to try food.

And so, we started this nutritional protocol and three months after his diagnosis, he got a second test and his test showed a decrease in tumor growth. This was a miracle, really. This was crazy. This was not heard or seen by doctors or the medical staff. They were asking us what we were doing and we were doing nothing but food.

This gave me a lot of answers while at the same time, it showed me a lot of the dark side of the medical system and the healthcare or disease care system, I should call it. So it was positive, but at the same time, I saw the bad, the really, really bad, because we were told that a lot of the procedures that he should have had were really damaging. They wanted to put stents in his arteries. All the drugs that he was prescribed were really killing him. And it was really tough to come face that yourself.

Unfortunately, he passed away eight months after his diagnosis, but we did see improvement. If we would've been able to only do food and lifestyle really diet at that moment and if I would've known what I know today how to do it, the water fasting, the raw foods and all these things that I could have applied, I believe that the result would've been even better.

I saw improvements on myself as well after these eight months. My body went back to feeling as good as when I felt when I was probably my 20, 18. I don't know. I felt great. My skin cleared up. I had been diagnosed with anxiety disorder. I was also diagnosed with ovarian cysts. I had cysts everywhere apparently, and I had really painful menstruation. I had a lot of issues.

I used to feel lightheaded a lot and this nutritional protocol, even though it was not perhaps as good as is today through the process of learning and all these things, it saved me. And so, this sad and bad situation that my boyfriend had to go through actually saved me. It opened my eyes in so many different ways, in different aspects of life and also mortality, so spirituality, also nature, and the appreciation of nature, animals, flowers, food, soil, water, air.

Really, it's like another person was born. I wanted with all of my heart, and my talents, and my power, anything that I could do to share the message. And so little by little, I started finding amazing people like Dr. Colin Campbell and his teachings about holism and about wholefood plant-based nutrition. I found you. I found these many beautiful people really that inspired me to do something for others and to help the world or to help give a little bit of light on these subjects. So, I did.

I started making food truly with nothing else, but a laptop that I had. I had graduated from college, from marketing and design, I had a double major. And so I said, "Well, I have a computer. I could probably do this." I felt like I was pretty good with graphics and visuals. And I had studied and practiced branding for a long time. And so I did and it was wonderful. It was really wonderful.

Dr. Will Tuttle:

Wow. I've been able to appreciate what you're talking about as someone who's been a subscriber to NAKED Food Magazine. I just reached over here while you were speaking. I've got all these. They're so spectacular, these magazines. They're so beautiful when you see the amazing creativity and vitality and color that just bursts off every page. And the love that you put into this and the love and the food that you create.

You create literally dozens and dozens of vegan dishes in a very creative, playful, joyful, nutritious way. So you're showing people how food can be beautiful for the eye. It can be beautiful for your health. And I know my wife, Madeline, who is an artist, she just loves your

magazine because it's so artistic. And she likes to paint the meal, she says, to make them really colorful.

Margarita Restrepo:

Oh my God. Wow.

Dr. Will Tuttle:

You are such kindred spirits, I think in many ways.

Margarita Restrepo:

Yeah, sure.

Dr. Will Tuttle:

This has been really a huge blessing, I think to the vegan community to have your publication, which goes out in a print edition, it goes out on online too. And not only do you talk about the importance of healthy living, but one of the things I've really appreciated about you is your emphasis on compassion for animals and sustainability on the big picture.

You also have been, from my point of view, very courageous in being willing to tackle some of the more difficult issues that we're facing now. I'd like to segue into that because you talked about seeing both the light side of human nature and the beauty of people, but also the dark side of the medical industry with your boyfriend's disease.

For the last year and a half, of course, we've been seeing I think from my point of view, anyway, the dark side of the pharmaceutical, medical, corporate, media, governmental complex playing out and you have been writing about this somewhat. So, what is your basic perspective on what we're seeing unfolding in our society here and how do you think we can best respond on to this?

Margarita Restrepo:

I think the one thing that I've realized, and it's that same switch that you were mentioning before that when awareness comes in, it doesn't come compartmentalized, it's complete. So, when you realize the amazing miracle of nature, a little sprout that starts from a seed and you see it bloom, and then the flower comes in and then it creates the fruit.

If you're not amazed by that, it's because you haven't seen it. With the same token, when you have not been able to experience the magnificence of an animal, the spirit of an animal it's something that only by experiencing it, or by seeing it, you can really understand the beauty and the God that lives within that animal just like within all of us.

So only when you are able to see that you understand that whatever damage you're doing to someone else, whether it is a human or an animal you're doing it to yourself. And vice versa, of course. I understood that switch went on in many, many ways.

In that same situation that we see with the medical system is the same situation that we see with media, propaganda, education, institutions, religion, politics, everything follows the same narrative. And the same narrative is followed because they don't want us to think on our own. They want us to follow orders. They want us to follow rules.

They want us to not develop our inner knowledge, our higher self, call it whatever you want, but they don't want us to be able to think, to critically think about things. And so I guess that's the magic, not good magic, but is the magic of propaganda. And so when you talk about for example, academia and you talk about a scientific paper and you realize that a scientific paper can talk about how good Coca-Cola or Pepsi can be for your health.

You know we're screwed. We're screwed because you know it's not good, but the science says it, then they're just using it to sell. They are using science as a marketing tool and it's a shame. It's a shame because I love science. I love the fact that we, human beings develop sometimes I call them arts, but it's this love to explain things, to really convey things and understand what it is that we're experiencing or seeing. And I love science.

I hate the fact that everything gets hijacked. And so, when science gets hijacked, it's probably one of the most shameful things that we can experience, because everybody says, "Well, but a scientific always evidence-based." Well, really? Let's see who did that study. Let's really analyze.

And it's the same thing that's happening right now with this situation that we're living in. There has really not been any virus isolation ever. Last year, I dedicated time that I didn't have to actually delve into the subject of virology. I had to understand for myself what it is that we were talking about. So, I actually got certified in virology because I needed to understand what it is that people were talking about or the news were talking about or everything that they were telling us about.

At the same time, I've been learning a lot for the last three, four years about permaculture and about nurturing the soil and how the microbes are great along with the microbiome in our body. And so, when you understand that virology is based on, I don't want to offend anybody because again, I'm certified in virology, but when you understand the virology is based on something that has not even been scientifically proven, then what are we talking about?

There hasn't been any virus isolation. There's no proof that a virus is the cause of a disease, ever. And why? Because of this concept of this reductionist concept that we have, this reductionism, which is the opposite of holism. When we talk about wholefood plant-based, we're talking about a nutritional protocol that includes the food in its whole state, right?

So that means that you eat foods that are not processed or nutrients that have not been isolated from the whole food or extracted, right? So, the food is whole. Let's say broccoli. Broccoli is a whole food because you eat it when it's intact, not a broccoli extract or a broccoli pill. You eat the whole food.

This concept of holism is that important, which is one concept that Dr. Campbell magnificently explains in terms of nutrition. When you understand holism that you understand that the problem is not a particle, what causes the problem? A whole is like he says, in his examples, imagine an orchestra. And so, there are 30 different instruments in that orchestra, but every instrument plays a part and that part is as important to that piece of music as any other. But all together, they build this magnificent opera, this magnificent masterpiece.

It's the same with our bodies. The environment of our bodies of our cells is called a terrain. And that terrain really constitutes the wellbeing of our body. If a lot of us have seen that little example of a little fish that there's two bowls of water, one is contaminated water, and the other one is clean. And so, the fish in the little contaminated bowl gets sick, right? It's sick because of

course, its environment is completely contaminated. So what do you do? You give a pill or you vaccinate the fish, or you simply change the water of the bowl.

Dr. Will Tuttle:

Purify the water. Right. Exactly. I know that's a great example. Right.

Margarita Restrepo:

Right. Because the fish can only be as healthy as the water it swims in. It's that simple. So it's the same with us. We eat wholefoods as much as possible, organic, non-GMO, we drink pure water, we breathe non-toxic air, we do our best to create this environment for ourselves. So that's really what determines health or disease, which is it is your lifestyle. Everything that you do in your lifestyle is your environment. And that's what determines, if you're ill or you're not.

This situation is very frustrating because all the rules of common sense or science or even everything that we know about the human body has been hijacked, has been violated. There's a magnificent microbiome that exists inside of us. It makes up our immune system. What happened to that? Where did that go?

Dr. Will Tuttle:

Yeah, that's being destroyed by pharmaceutical medication. That's really well understood. And of course, they don't make any money on healthy people. They only make money on sick people.

Margarita Restrepo:

Right. And that's the thing that people like you and me and hopefully the people that are listening to this interview want to eat better or to be healthier or to acquire immunity. But this term of immunity really, it's this: Health is cultivated, it's not injected. So don't expect that an injection is going to give you something better than what nature can. We're all part of nature. So, there is no way that something synthetic and even further than synthetic, something that distorts your DNA and your RNA is going to do something for you.

It's your responsibility to actually allow nature to heal. I think that one important thing that perhaps I would like to say is that one of the worst things that we have been led to believe is that when we feel sick and I say sick in quotations, let's say that we get a fever, right? So we feel like, "Oh, I have a fever. Oh, I'm sick because I have a fever." But nobody has really taken the time to explain to people that when you get fever, it's actually your immune system activating itself by creating heat so you can sweat, so you can detox, so you can get rid of toxins.

Same thing that when you sneeze, or when you cough. When you sneeze, you throw toxins through that mucus same with when you cough, same when you have digestive problems and you have to go to the bathroom right away or whatever, these are all ways that the body uses to detoxify to get rid of toxins. To try to convince people that because I sneeze is because I'm sick, it does not make sense. It's a way for the immune system to get rid of something. There is something that your body needs to get rid of, help it get rid of it, give it the right fuel that it needs so you can actually renew yourselves and detoxify the way that you need to.

Dr. Will Tuttle:

Right. Yeah, that's really well said. I love how you said that immunity is something that we should be cultivating. It's never something that can be injected into us that reductionism and the idea that sickness is actually our beautiful, magnificent, physical miraculous vehicle detoxifying itself from the thousands of different chemicals and poisons that the same industry, the pharmaceutical chemical industry is producing all the time and ends up on our food and in the water.

And our doctors are not trained to encourage us to cleanse, to let the cold or the sneeze or the fever run its course and purify. They say, "No, give some drugs, take some toxic poison, chemical, and stop the cleansing. Then you'll feel better." And what happens then? What do you do? You just drive the whole thing deeper and then they make more money when you have cancer, right? More money because your body's not being allowed to detoxify.

And when you think about, it sounds like that's where you're going with what you're saying, that just we should trust our body. That's the beautiful revelation that you were talking about it seems to me. Trust nature and our inner wisdom and in Italy where you are, probably it's similar here. It seems like everything that the government and the industry are rolling out, are against this like wearing a mask. What do you think about some of these protocols that have been introduced to the population for us to be healthy, to make us healthy?

Margarita Restrepo:

Well, that's a great question and this is the way I see it. So let's go back to basics. And if you think about what a human being needs to live, not even to be healthy, but to live to survive are a few basic things which are air. We need oxygen, because we breathe oxygen, right? Wear a mask. Wear a mask so you can't breathe the oxygen. Now the bad thing of course is that we breathe out dioxide-

Dr. Will Tuttle:

Carbon dioxide.

Margarita Restrepo:

Carbon dioxide plus toxins because of course you detoxify 24/7, your body's detoxifying 24/7. So carbon dioxide, which is also, you breathe it back because you're not able to really take in oxygen. Now these masks are really, they harbor a lot of bacteria. Why? Because we take it down, we put it back, we have makeup, we eat, da, da, da, all these things, we'll put it back. Even if you throw it away and you put another mask back, you're not letting your body breathe, which is again, number one, basic need of a human, right?

Another need is vitamin D. Vitamin D comes from the sun. We all know that sunlight actually processes that sunlight in through the skin and vitamin D is a hormone that gets produced in the body. Back in, well last year, through the lockdown and all these things, you couldn't get out of the house, people were so afraid of getting out because there was this killing virus that was going to come and get you. And it's in the air. It's in the air, so wear your mask, right? No oxygen and also no sunlight because, be careful.

So, no vitamin D, no sunlight, no oxygen, our water, which will probably constitute number three of the basic things that we need to live. Well, we all know that our water is in pretty bad

condition. Why? Because our waters are full of heavy and soft metals, chemicals, what have you. If you don't have a filter at home at least for your water, water is contaminated.

The basic elements for a human to really let's say survive are being compromised. Now, take it a little further. Yes, we know that all of these things that they spray in the air, of course, in our foods, in our soils, in our water, every crop is full of pesticides, herbicide, blah, blah, blah. So if you add all of these toxins up, you're like, "Okay so I'm really ..." I mean, my body is getting so many insults. These are like insults to your health in a daily basis from everywhere you see.

So again, if we go back and we talk about this ecosystem or let's call it terrain or our environment, this is the environment of ourselves. So, whatever we put in is the environments of ourselves. Now, we have a huge change in the electrification of the earth, which a lot of people still I believe, they may, "Ooh, that's a conspiracy," but it's not really a conspiracy. It is happening. There's thousands of new satellites that have been sent into the atmosphere for a reason. And so when there's a change in electrification, our body, our heart has an electric pulse.

Our brains, our neurons have electric pulses. They move to electricity, let's say. This is all based on electric pulses. So you bet that if there's a huge change in our atmosphere, which surrounds everybody, there will be consequences to that. It would be naive to think that our planet, any change, any manmade change, heavy change in our planet would not cause anything to any living organism that lives in that planet.

So, these are all things that have been, I think crazy. And when people get sick, this is really the first time in, well, probably this happened before in the history, but this is the first time that you have to test yourself to see if you're sick. Go test yourself and see if you're sick. And in these tests, actually I have an interview, I welcome anybody who's interested in seeing it. I will hopefully be uploading soon, but I have an interview with actually a nanotoxicologist, an Italian nanotoxicologist, who talks about what they have found in the swabs from these PCR tests without even talking about the fact that in virology, a PCR test cannot diagnose any type of viral condition.

It just sees a genetic chain, a genetic sequence, but it cannot diagnose a virus. So just making that little comment there. But anyway, so I spoke to her, she's an amazing nanotoxicologist. And she is able to see the nano particles that are present in these tests. All this is done with an electron microscope and tools that probably you and I cannot or don't have really access to easily. And she's found a lot of toxins that are in these swabs.

Then you go and you check if you have this disease, you're healthy or maybe you sneezed, or maybe you got fever because your body is detoxifying from something that you got, whether call it the electrification of the earth or some toxin that you have or whatever. Your body is just detoxifying. So, you're sick because your body's detoxifying. And you have to go test yourself and then you test yourself and again, a test that cannot diagnose the virus, you're either positive or negative depending on the cycle threshold that that test is designed with.

And so okay, so the roulette says that you are positive, because there's a roulette. So, you're positive because the cycles are a big number. And so, you feel like you got this disease, this virus that you can't do anything against or whatever. And then the doctors give you antibiotics. And the doctors treat you with things that they should not be treating you, antibiotics, anti-life, anti-life. And so that's the first thing that every time that you're ill or you have something doctors give you antibiotics, because the purpose is to kill any kind of microbes that are in you, when 99% of

our DNA is actually microbes. 99% of our DNA is made by microbes. Only 1% of our DNA is human.

So, when you see it from afar, you're like, "Wow, what the heck are we doing? We're really doing the exact opposite." When I say we, as a society, we're just telling people the exact opposite of health, of wellbeing and we're killing their immune systems, killing their good bacteria, their intestinal flora, it's a mess, Will.

Dr. Will Tuttle:

It's interesting because when I got my PhD at Berkeley in education, one of the things I really looked at was the educational system. And one of the things people say is, "Well, educational system is really not working. It's not really working. It's not making people who are really critically thinking in powerful ways and creative and so forth. It's really not working." And of course, my research led me to understand in a very deep that actually that's not true. It's working exactly the way it's supposed to work.

It's designed to dumb people down. That's what it's supposed to do. It's working perfectly. And I'm seeing the same thing with what you're saying with the medical establishment and they're using tests that are completely bogus. They're giving so-called therapies that are designed to harm you and make you much sicker and people say, "Well, it's a mess. It's not working." Well, actually I think it's working exactly the way it's supposed to concentrate wealth in the hands of a few people, which is what we said about animal agriculture the same way.

So, the last thing I wanted to talk and we are getting a little bit close to the end of our wonderful time together, but you have also made an effort to have a school for children to help them understand these ideas. And I was wondering if you could talk a little bit about how that fits into your vision and thank you so much before we go into that deeper, just telling us that this nano scientist-

Margarita Restrepo:

Toxicologist.

Dr. Will Tuttle:

Yeah, toxicologist was revealing that even the tests, even the swabs have toxins in them so even getting a test you're actually harming yourself.

Margarita Restrepo:

Yeah, because a lot of people, I don't know if you've heard, but a lot of people after they do a PCR test, two, three days later, they are completely sick. And families, for example, I have two cases of families of four people that have been traveling lately. And the four people have fallen completely ill after two or three days of taking that PCR test. So it could be a coincidence? But..

Dr. Will Tuttle:

We don't know it's in anything. We don't know what's in the test. We don't know within any pharmaceutical product at all. We really don't know. That's something to be ...

Margarita Restrepo:

And you know Will, one useful thing about what you were saying about education perhaps is people should research two things. The first should be the Flexner Report. The Flexner Report is very enlightening because it will explain to you why the medical system works the way it works, because it's been planned to work-

Dr. Will Tuttle:

Commissioned by Rockefeller, back in the twenties...

Margarita Restrepo:

Yeah, and Carnegie, exactly. Yup, and as part of that whole plan that they did with the Flexner Report came also the General Education Board. And so just, people can go ahead and do their own research, just research the General Education Board, and you will see how schools started, how the beginning of public education started and the idea behind it, and how they financed it is disgusting. But it's something that probably will be good for people to know.

Dr. Will Tuttle:

Right. And the Flexner Report is about the medical schools and the training of doctors and how anything else other than a strict pharmaceutical protocol became completely forbidden. And homeopathy was basically destroyed and natural healing systems were destroyed and the Flexner Report really laid the foundation. And it's very good to, like you say, to research that understand, where these doctors are getting their training, who are telling us that we have to take these drugs and so forth.

Margarita Restrepo:

Yeah. And something curious that will people probably would think is another coincidence, some people, but guess which university was chosen as the, let's say the model university again from Rockefeller and Carnegie to do this, get rid of plant-based medicine, herbal medicine, homeopathic, any natural medicines were removed from medical curriculums because of this Flexner Report. And guess which university was actually the chosen one to be the model for this. And this one university that's been causing or actually providing a lot of the information on COVID 19 like all the cases.

Dr. Will Tuttle:

I bet it's Johns Hopkins, is it?

Margarita Restrepo:

Yup. It's a circle. It's a circle, another coincidence, I guess.

Dr. Will Tuttle:

Wow. That's amazing.

Margarita Restrepo:

Yeah.

Dr. Will Tuttle:

All right. So yes, tell us a little bit about Anima Mundi School, please. I know you have to wrap it up here, but it's been so fascinating.

Margarita Restrepo:

Thank you so much, Will. First of all, thank you so much for having me and for allowing me to share. Anima Mundi Has been a dream for a long time and my partner, Claudia Diaz and I had decided a couple years ago to do something about education. We wanted to create something where holism as we talked about it here was a part of the educational curriculums, but not only holism but also culinary medicine and plant-based nutrition and consciousness, and kindness, and compassion and spirituality, and also languages and academics and science and biology, but not as divided subjects.

But as the term holism says, as a whole. So what we wanted to do was really inspire children to develop many of their intelligences. So not just, let's say, memory or data memory, not this kind of thing. We wanted children to really be aware from an early age. See for us, it takes three or four decades or five or six or seven to really get to the point of an awareness of nutrition, the medical system, compassion, nature, all these things.

And it's like because of course, we were part of this society or this paradigm from our families, from the institutions. And we wanted to create something where children actually from the start could have the knowledge that we have today, or this awareness that we may have today. Of course, it's something that we always keep learning and we keep all these things.

So we wanted to create a method of learning. And this method of learning includes all of these things that we would like to have had ourselves, permaculture, organic permaculture, wisdom, real history, not the history from those who won the war or the history from those who wanted to tell their own story, but the real history, wisdom, how to really be our best not only as spiritual human beings, but physically and emotionally and how we can be part of this earth, but not of it.

Dr. Will Tuttle:

Wow. That's a beautiful vision. Yeah, that's really beautiful.

Margarita Restrepo:

Yeah, it's a wonderful thing. And we hope to really truly give our best into a new way of education, one that is completely cohesive in all ways, and really imagine the concept of wholefood plant-based nutrition, but now imagine it about everything, about every aspect of life, where everything is complete, where everything is it's your spiritual being, your emotional being, your physical being, everything that's around you is part of that holistic, complete, coherent ecosystem that is around you.

And so that really is what Anima Mundi education is. And we hope that we can achieve it because I think that more than ever, we need this. And I guess my pitch for your listeners is that we are offering homeschooling, off grid learning and also online learning. We offer three different types of learning for anybody, any parent or anyone who knows of a parent who needs this kind of solution for their children. They can go to our website and check it out. I believe that they will not be disappointed.

Dr. Will Tuttle:

Wow. Thank you. We are really at the end of our time. Can you just close maybe by letting people know where they can actually go to find out more about your offerings? That would be great.

Margarita Restrepo:

Yes, of course. Okay. So for the school, www.animamundi.school, that's the website, it ends with dot school. And for the organization, www.wholefoodplantbased.org or www.wfpb.org and the magazine www.nakedfoodmagazine.com. I hope that we can keep bringing light and awareness through everything that we do. And I thank you, brother Will, because you are part of this amazing change that we're trying to see in the world.

And I'm just so honored and thankful for having people like you, who have the guts to really stand for truth and wisdom and freedom, freedom in everything. We're human beings who deserve freedom and awareness. So, thank you! Thank you for being you.

Dr. Will Tuttle:

All right. Thank you so much, Margarita. This has been really a *tour de force*. We've learned so much. And I want to thank you for everyone, for all your work.

Margarita Restrepo:

Thank you.

Dr. Will Tuttle:

It's really an honor to be with you. And so go forth everyone and check out these resources that she's providing, and we'll look forward to keeping the momentum going. Yeah.

Margarita Restrepo:

Thank you. Thank you so much.