



Step: Hi Kale and welcome back to the show.

Kale: Thanks Steph. Thanks for having me back on.

Steph: Yeah, I'm looking forward to talking to you more about today's topic. You've been traveling though, in, well across the world. You've been in California. Tell us a little bit about what you've been up to lately.

Kale: Yeah, so I went to California for The Longevity film. We had some screenings over there and we worked with Paul Check on one and did one back in Loma Linda, which is one of the blue zones we visited, which was really fun. That was probably my favourite screening actually. Catching up with Mike and those guys. It was actually kind of strange because I was quite nervous for that screening because we were showing the film to the people who were the film's topic. So the Q and A, I was like, "Oh my God, it's going to be just me asking them questions." But I think it turns out quite interestingly, that in that society, it's very much the older generation who have kind of nailed down that blue zone lifestyle, whereas the young people are still sort of exploring and trying to perpetuate it in those subsequent generations.

So it was cool to go there and chat with them about that and yeah, it was great. And then obviously I did a lot of surfing, did a lot of YouTube stuff and had a bunch of meetings and blah, blah, blah and all the distribution stuff. It was cool. But on the way, and on the way back I saw the craziness that was going on with the world right now, in terms of increased security, all these different things happening in the airport in regards to the lovely little Corona Virus that's happening right now. So yeah, it was pretty fascinating, that's what sort of got me interested in looking at it and writing that little article on it that I did.

Steph: Yes. So your article, Why I'm Not Worried About Corona Virus, is one I'll link to the show notes because I really agree with your stance. I think it's worth while discussing because there is this hysteria. I'm making up words today. I've been doing it all day. Hysteria, there really is. I've seen videos of people having an actual physical fight over toilet paper, in a shopping centre. I don't know what's going on. It's really gone absolutely out of control. And you obviously would have first noticed it in an international airport.

Kale: Yeah, I went to wipe my bum and no toilet paper. Amazing. I did notice it in the airport because there were just so many people wearing masks and all these different things. And I suppose if I was not worried about what a goof I'd look like wearing a mask, I probably would regardless anyway. Because going on planes and going through airports, it's quite a filth bag when it comes to germs. But I think we're definitely overreacting, particularly in Australia. We see that herd mentality where people just get freaked out and then we go out and do this whole toilet paper thing. I think it just is reflective of our very fear driven mindset around how we live our lives and our total reliance on mainstream media and what they do. But I definitely think, and I'm sure we're going to get into it, that there is some economic influence happening around this virus, as much as is real. There's also some very economic strategies going on too.

Steph: I want to talk to you about some of the stats because I know you're across those. But firstly, it's the intellect that we are going to need to lock ourselves in our homes and that's why we need to stock up on toilet paper. Is that what's going on at the moment?

Kale: I don't know the reasoning behind it, but I guess that is the case. I mean, I don't know. It's just totally bizarre for me, for people to go, "Oh, what's the one thing that I need in an Armageddon style scenario? Yes, you're right. Toilet paper. Of course, it is so logical." So yeah, it's interesting, but I'd rather people put that energy into organising our food supplies and things like that. But I guess that is the reason why people are sort of stocking up and living as if it is world war three and Armageddon and we're all going to die and that sort of thing.

But to put it into perspective, in Australia, we have 77 people confirmed as having Corona Virus. As of this morning, looking at the World Health Organization statistics page, which is constantly being updated and just looking at a graph that shows the entire world, in Australia, 77 cases, one of the lowest. In South Africa they have two, throughout Africa it's very, very low incidents. That could be because of the climate, very, very dry. Yeah, in Australia, 77 cases, we've had three people die from it, so obviously not great for those people and their families. Just to put that into perspective, last year during "flu season" we had 217,000 Australians diagnosed with influenza, compared to 77 with Corona Virus right now. Three people died from Corona Virus, last year in terms of people dying from influenza, that was at around 430. So a lot more significant in terms of its impact on Australians.

Now, whether that changes over time, I don't know, but right now there's certainly no reason panic. Which for me, indicates that the mainstream media has been incredibly irresponsible with how they have reported this. But also if you look at what's happening, I mean the American government just put together a rescue package, \$8.3 billion, mind you, to deal with Corona Virus. In the United States, I'm just going to find the numbers here, I don't believe they have a huge, I think it's around 5,000 to be honest, but I can't actually see, oh the United States of America, sorry, 213 cases of Corona Virus in the US and that apparently justifies an \$8.3 billion rescue package to be distributed to the CDC, to pharmaceutical companies, to develop a vaccine and a whole bunch of other measures which are going to be implemented. I just think they're overreacting.

We see these things, we saw this happen with bird flu, for instance, I think we had president George Bush in the US, as a leader over there, he actually went on the news when bird flu was a thing and projected that, this is what he said, I don't know who says this as a president, two million Americans were going to die. That's what he forecasted when bird flu was a thing. He said the best-case scenario, they would lose 200,000 lives. So it was very, very serious. The final death count in the US from that "pandemic" was guess what? Zero. So I think it's a massive, massive over inflation of what's going on. Where that sort of hysteria is coming from, who's initiating it? I don't know. But it's funny that these pandemic scares often are announced and sort of disseminated, around this time of year, so around January, February, March.

And as Dr Mercola pointed out, what I referenced in my article, that is often when the federal budget is being allocated to various sectors. So during a pandemic, a "pandemic" the argument could be made that the pharmaceutical companies, the health area, the health sector, could vie for a lot more funding, a bigger slice of the pizza of that money, if they can say, "Hey look, there's a virus, it's going to kill everyone, we need a lot more money." So that is a potential theory as to why what's going on is going on. But if we look at the statistics, I just don't think there's any reason to freak out, I mean, honestly. If you're in China, perhaps, 81,000 people, it's an issue. In Korea, 7,000. In Iran, six and a half thousand. In Italy, almost 6,000. Those are the only countries in the thousands. So I don't think we need to be stressing, but we are, that's the way of the world these days.

Steph: Well, I think the whole influence of the media and that fake news exaggeration, is a huge issue. I've seen many different examples, but a figure or a stat that blows my mind is that we had nearly 10,000 deaths from type two diabetes in Australia alone last year. And what are we doing about that? We're continuing to ignore that the guidelines are absolutely upside down and that our food system is largely to blame and there doesn't seem to be much more funding, if any, going there. Yet because of that influence of the media and there have been some really unfortunate deaths, it's become this, yeah, absolute saga and certainly this Armageddon style approach, into how we're treating it, when we really need to take a step back and look at, okay, what are the deaths actually from?

Truthfully, the deaths aren't from the Corona Virus, it's from pneumonia. So of course it's related, but it's the side effect that is directly related to our immune system and that is what we have control over. And I think that's what we really need to be focusing on. Whether or not you want to wear a mask or not, I'm with you, I'm that close to wearing them when I travel, regardless of this. But that aside, what we can control is how we look after our immune system and of course, our microbiome, our internal ecosystem that drives everything.

Kale: Yeah, totally. And if we do, regardless of how we look after ourselves prophylactically, if we did find ourselves at a point where we did have a virus or whatever, there have been, according to Dr Mercola, he was talking about a guy called Dr Paul Merrick who was working on vitamin C, intravenous vitamin C, which is actually a different, you would consider it a different treatment method to oral vitamin C. They're looking at using it for Corona Virus So vitamin C when you use it in a protocol straight into the bloodstream, you use it for sepsis, which is basically how

people are succumbing to the Corona Virus infection and then getting pneumonia. It's got a very high impact on people who have those conditions.

So they're sort of actually starting to experiment with that. And I know there have been some reports coming out that people with Corona Virus, with the pneumonia, have gone in, had the intravenous vitamin C and walked out, no problem. So there are actually ways that we can deal with it, as well as actually looking after ourselves prophylactically. When we look at the fact that 80 to 90% of the immune system is in and around the gastrointestinal system, that gut associated lymphoid tissue, it makes sense to just be maybe even more cognizant now. I mean I'm always cognizant of how my immune system is doing, by looking after that. And we can do that number one, by eating a whole foods diet with a wide variety of colours and different fibres and different food sources from all the different kingdoms.

And then we can go a little bit more specific. We can take probiotics for example. We can take herbs, we can take medicinal mushrooms, which everyone is getting into these days. We can just have something as simple as stock, chicken broth, the things that grandma used to make to look after the immune system, parsley, coriander, ginger, turmeric, all these different foods that we have access to really boost our immune system. I look at the deaths, 3,640 worldwide from Corona Virus right now, most of those in the older age bracket. I look at those and I go, okay, how many of those could have been prevented with a good nutritional protocol leading up to this time? And then second part of the question is how many of those could have been treated successfully with something like intravenous vitamin C?

Now obviously it's very hard to say that retrospectively and from this sort of position, but it's worthwhile having these conversations and yet these conversations are not being had because we know the corporatised media are in bed with big pharma and that is why we don't see the attention on diabetes for example, type two diabetes, which is entirely preventable and in many cases, entirely treatable and reversible. We know that, but we don't see any discussion happening. I think when we put the people, if you will, our civilisation into a state of fear, we're much more likely to succumb to subtle hints and sways and suggestive informational bias, which get sort of dribbled down.

And I know what it's like, I worked for a TV network and I worked right there at the newsroom. People have deadlines, people have sources that they are allowed to trust and sources that they are not allowed to trust. And a producer says yes or no, that's it. You can't be this wayward reconnaissance sort of martyr as a journalist, unless you work for yourself and you have your own website and you have your own platform. You will get fired if you don't follow the rules. So I do understand, but I do think we need some more level headedness when it comes to reporting these issues. Yeah, it's real. Obviously it's a real thing, but do we need be stressing? I mean, I don't know. I don't think so. I mean one positive that's come out of it is the entire share markets trading at a discount right now. So if you want to make a little bit of money, you could probably do a little bit of that.

Steph: Yeah, look, I mean look, I totally agree with you. I think looking after our immune system is key and it is interesting when we look at the age range. If it is largely the elderly, then that does say a lot because that's not the conversation that's being spread in the media because of course, yeah, they're not going to make money if

we're all healthy. And that's the sad reality at the moment. If we circle back to type two diabetes, yeah, unfortunately if that disease no longer exists, which it's technically possible to eliminate, big pharma will run at a loss in that area of health, in that area of pharmaceutical intervention. So then when we apply the same rules, those same principles to what this sort of, I guess, public health scare is doing for them. Yeah, more taxpayer money and I won't be surprised if we start to see drugs and vaccines that are being developed, probably as we speak.

Kale: Totally. Totally. They're on the way, I think we know that. And that belies a whole sort of another phenomenon, is that we think we will be saved by modern medicine, from all our ills, when it is just not the case. If we look back in time, if we look at the current statistics even, we have no indication whatsoever that modern medicine is actually good for us outside of emergency medicine. Literally. I mean, if we look at the actual stats, nothing is positive about modern medicine besides emergency medicine. That in itself is first of all not discussed, but to not at least be considered by people, well-informed people like you and me, I know people in the health industry who are freaking out about Corona Virus. It's like, yo, look at the stats, look at what's important. Look after your immune system.

If we sort of consider that this could be a biological weapon scenario gone wrong, yeah, it could be quite concerning, but the fact that only 3,400 people have died worldwide and that we're still able to have this conversation, the internet still works and the sun is still shining, I think we're probably going to be okay. I would sadly swallow my words here, to see the world sort of overtaken by this virus, but I would also predict, and again I would sadly swallow my own words given the opposite, but I will predict that within about three months, by the middle of the year, this will have all died down and things will have corrected. But there will be a ripple effect in place where a certain industry, big pharmaceuticals and various governing bodies will have benefited in terms of implementing more power, more restrictions, and moving more towards a police state.

If we look at what happened with Anthrax in 2001, it was used as an impetus for signing in the Patriot act, which was essentially the first step in taking away, and this was in America, many of the personal freedoms that Americans experienced. And it was pretty much responsible for them opening up the gateway to setting up a surveillance state, where they could record and listen to it, this is sort of Edward Snowden's story, right? They could record and listen to everything that you say and what you punch into your phone and what you search for and all these different things. So I think we do see some pretty significant changes as a result of this. They often though aren't significant changes in the health outcomes of the people, which is what we tend to focus on. So yeah, I don't know. Someone's making money and I don't know if it's a fair scenario. Time will tell.

Steph: Yeah. I mean time will tell when we understand more about, yeah, I guess that global effect in time. Hopefully though, I mean I actually think it will drive a much greater awareness in our immune system. I work with Melrose and they have quite a big of the business in China and Japan and there is a huge conversation over there about vitamin C and certain other immune ingredients. Olive leaf extract and you mentioned the food based, the garlic's and oregano's and things like that. I know it's a small fraction of the proportion because many people are still purely believing what they read in the daily paper or they see on Facebook, but my hope is it can

drive a bigger conversation of us understanding that essentially we have control over this ecosystem. I had someone asked me last week if I was worried about the Corona Virus and Grace because I have a young child and I can truthfully say, I have not felt worried.

It hadn't even crossed my mind, not in an irresponsible way, but in the way that I know how healthy Grace is. She's still breastfed. She's never been sick. We were chatting off air about the role of colostrum and just obviously how breast milk is that beautiful delivery of an immune system. And I just think it is about really appreciating that you can control your health and of course your environment. So many people are choosing not to travel at this point in time, which is not a bad decision, but I mean certainly if you have to, there's a lot you can put in place.

Kale: Yeah, for sure. And I mean I take bovine colostrum as well. This is not me taking breast milk, this is me taking bovine colostrum, which is that first milk that cows secrete after they give birth. Which happens to mimic in a lot of ways, the way that human colostrum works because it's very similar across species. So I'm turning my immune system on that way. Whilst I was traveling, I was taking probiotics, I was doing some CBD oil, I was having, what else was there? I had some medicinal mushrooms, so I had some elk antler as well, some chaga mushroom extract, all these different things, which I just take prophylactically anyway whilst I travel because I think it's important to look after yourself. Travel is not natural and I don't think it's particularly great for you even though I do it a lot.

Yeah, I think we just need to realise that we actually are in control and the ball really is in our court and we get to decide, I think, to a very large extent the outcomes that we're going to experience now and also into the future as we continue, I guarantee, continue to see these various outbreak scenarios.

Steph: Yeah. Well this is not the last, as you also said in your article, we have had quite a few examples like Zika or is the more recent one, that was in 2016 but we don't even talk about that now do we?

Kale: No, no, no. And it's become jokes, like he's got Ebola. We were walking down the street, my friend the other day was like, "I've got Corona." Because he's sick. Everyone's got some sort of cough up here now and everyone's sort of joking about it. But that's what they end up becoming. But we never put the dots together, at least the media doesn't report it that way. There've been a few standouts in the mainstream media who have said, "Hey, we need to calm down about this sort of stuff." I mean, according to the CDC, there have already been 26 million cases of the flu over the season in America, the "flu season" 25,000 people died, just in America, from the flu and it wasn't even a bad season apparently.

And again we're sitting at 3,640 people dead from Corona, and we're freaking out about it. I just don't understand the hysteria. But again, it comes back to looking after your immune system. So whenever I talk about looking after the ... Yeah, sorry, go ahead.

Steph: No, you go.

- Kale: I was just saying, whenever I talk about looking out for the immune system, I come back to taking on a gut centric approach. So yeah, it's going back to again, what we've talked about, the principles that I wrote about in the gut healing protocol, it's just go back to basics. Have your bone broth. Reset the microbiome and just allow those gut microbes and your gut lining to interact positively with your immune system and trust that that's going to be enough because it's been enough for however long humans have been in existence.
- Steph: Yeah, I agree. And I think that whole concept around freaking out, all the fear that's being perpetuated, is one that we actually really have to stop and think about. What will fear promote? Well it'll be that sympathetic dominance, that fight or flight mode, which will ironically completely suppress our immune system. So freaking out and clearing the shelves with toilet paper or stocking up on canned foods and having that fear based mentality that you're going to die, is not what your immune system needs right now. You need to actually be supporting your immune system with what we've already discussed, your adequate sleep, your breathing practices, what you can do to nourish your nervous system, whether that is additional herbal support. I personally take Ashwagandha. There's a lot that we really need to acknowledge that fight or flight mode is not serving.
- Kale: No, no, absolutely. And I suppose that could be the case with just tuning into mainstream media in general throughout the year, is that it is, we know that it's largely very negative in how they report stories because as humans we are trained, we're sort of biologically adapted to look out for the negatives, so we learn what to not do again in the future, that sort of approach. So I think yeah, as we move forward, perhaps if we sort of take all these messages with a grain of salt, we might be better off, but perhaps it's going to take some sort of crisis to get there. The thing is no one in the mainstream media is going to report on the mainstream media stuffing up or misreporting anything. So it's really going to come down to us, I think, actually taking a step back and reading and perhaps just looking at things with a fresh perspective.
- Steph: Yes. Oh I think turning off the TV can be helpful and certainly with social media just unfollow what doesn't serve you. Honestly, in a good way, we select what we see so we can make those changes every day. Just start unfollowing what you feel is fear based or profit driven or not aligning with your values. Even if you're hearing for the first time that you can support your immune system and not have to worry about Corona, then they're the people that you need to start following. You control what you see every day and if you're scrolling a lot, then you really need to clear out the garbage. Clear out just that negativity and that hysteria.
- Kale: Yeah, it's easy to get caught up in it because it sort of extends beyond what's in our phone, everyone wants to talk about it in the streets and everybody wants to talk about it at yoga. When someone hears someone coughing on a plane and you sort of go ... So, yeah, it's understandable in a way. But yeah, not getting caught up in the crazy whirlwind that is the mainstream anything, not just mainstream media, I think is a smart move. It's like when we come around to Christmas time and everyone goes crazy like, "I've got to get to the shops." Or boxing day sales, it's very similar, this crazy mob mentality of urgency and fear that drives people's behaviours. And if someone comes along and says, "Hey, I think we should actually just calm down with this stuff and maybe take it with a grain of salt and relax a little bit."

It's going to be challenging initially, but when we inform ourselves, then we can make informed decisions. It's very hard to make informed decisions without being informed. So it just means we have to do a little bit of work or like you said, cultivate our feeds, our news sources, quite carefully. Again, if you look at what's happened to the stock market over the past couple of weeks or months in response to Corona, whenever things go down in such a significant way, someone is cleaning up and someone's making a lot of money. So it's essentially just this redistribution of money that could potentially be driving this. And the more I actually look at the stats and see that 106,000 people around the world have Corona Virus, compared to 25 million with the flu, the flu has killed 25,000 people, Corona Virus has killed three and a half thousand or just over. That's quite a significant difference.

And I don't see any logical jump from that point, to pandemic scenario. Every year we see it again and again, we see everyone's got the flu and people are dying and it's important to go out and get jabbed and do all that sort of stuff. I just don't know how we can interpret what actually happens with those outcomes, unless someone is carefully sort of controlling the puppet strings and determining what actually gets released from these sources. So yeah, not everyone has access to, although most people do have access to this sort of information, at least online, but being able to filter it and sift through and work out what is relevant and what is accurate, can be quite difficult. So yeah, that's why you've got to surround yourself with people you trust and then also have a little bit of faith.

I think that's why people in the blue zones, for example, do so well because you go to Loma Linda and people are like, "God has a plan. I think we're going to be fine." So that calming effect from them having that faith, I think would do wonders for their immune systems, for example. They're not concerned that the world's going to be wiped out. And if it does, then it's all part of this greater purpose or there's meaning in it. So it just takes the edge off and I think we just need to cultivate that in our own minds. Australians are pretty good at that, generally. We were good at that before social media. Used to be, she'll be right, we're fine, the world is going to be fine. Now though we're sort of being caught up in the storm. I think the world's sort of been blended into this one set of weird culture attributes that everybody's scared, everybody scrolls too much and everybody's ready to listen to mainstream media and freak out.

Steph: Yeah, I think it's just a continuation of what happened sort of in 2019 and the start of this year as well. I know it was more environmental with the Amazon fires and then obviously what was going on back here at home with the tragic bushfires. And then we only just took a breath and felt like, okay, maybe my social media is starting to feel more positive. Or maybe the news is a little bit different. And then this has come up. So I think we are actually in that fight or flight or in that ready for sort of what's next because of what has been going on around the world. And of course they're connected, but I mean the change starts with us, we have to take control over our own health and truly knowledge is power, so understanding what we can do rather than just feeling helpless.

Kale: Yeah, absolutely. And like I said before, if people were wanting takeaways, my number one recommendation is to eat a whole food diet, get lots of sleep, get enough sunshine so that you don't get sunburnt, but you get enough just to build up a little bit of a tan, do some breathing, relax, maybe do whatever puts you into a

meditative state. And then anything on top of that, maybe you do want to take some probiotics, take a little bit of colostrum, have some bone broth, maybe have some extra ginger and turmeric in a smoothie. And chances are, according to the statistics, not just my opinion, chances are you're probably going to be okay and you probably will, you may or may not have enough toilet paper to continue going to the toilet at the frequency you currently do.

Steph: Yeah, no need to freak out. Definitely some positive steps you can take for yourself and your family. So I definitely appreciate your insight today. Can you share with us what's next on your calendar?

Kale: Oh it's just, the world's my oyster. I'm doing a lot of, as I said to you before, I'm doing a lot of surf focus stuff this year, with YouTube, doing what it has, it's gone very well for me. So I'm doing a lot of that. But on the other side of it, we're also really shooting for some projects to fire off in the health-ish space as well. We're really looking to get Mandy Microbe, my kids gut health book turned into a TV series. So we're just going through the necessary funding procedures to get that happening. Because as part of me looking after my immune system, we're no longer self-funding any projects here at Brock Creative Media. So we're shooting for funding for that and then potentially doing some flow state stuff as well, which will sort of cross the boundaries between surfing and health. It'll be interesting year for me, I think. What about you? What have you got coming up?

Steph: What have I got coming up? Lots of focus on the clinic this year, now that I'm back in the clinic seeing clients three days a week. And then really working on my online community with my two-week LCHF reset. We've got a beautiful community there that are loving just that way to kick start things and understand what real food is and how they can start to make those changes more lifelong. So that's probably my main two focuses at the moment. But yeah, I'll be sharing a lot more on social media and just as I have become a mum, I've started to work with a lot more mums to be and mums myself. So certainly getting into arguments on Instagram, at the same time as trying to be really helpful and just share information with love.

Kale: It's so funny that you have to justify certain remarks that you make, just so nobody gets offended. Nobody can be offended without saying anything now. Actually, I get some very funny YouTube comments. Like we went to the wave pool down in Melbourne as part of one of our videos that went really well, and the amount of people who during the fires were literally saying, "Well you've just killed koala's because you flew down from Sydney. Koala killer." So in order to jump that space and just smash it like word vomit into your keyboard and chuck it up online, it's a pretty funny space isn't it?

But I think not getting caught and this is sort of tied back to what we're talking about today, just accepting that people act strangely online when they don't look at someone face to face, by accepting it and thinking about that, I think we take the pressure off and take the sting away. And again, that comes back to actually longevity and us connecting more in person than online. But if we have a think about what we say about people from within our cars, for example, would we say those things to people's faces? Never. I say things to people in the car that I would never say to someone's face. So yeah, I think we just need to relax a little bit and maybe become a little bit more connected.

Steph: Yeah, I agree. And also identifying your triggers outside of Instagram. Maybe getting some help on how to nourish your nervous system as a result. It is, it's a crazy world out there and it just comes back to, yeah, looking at those longevity principles. I couldn't agree more.

Kale: Yeah. Love it. Go see The Longevity Film.

Steph: I'm going to go and follow you on Instagram and check out some of your surfing.

Kale: Hilarious.

Steph: Awesome. All right buddy, we'll talk to you again very soon. Thanks again.

Kale: Thanks for having me, Steph.