

91 Inge Ljung full ep.

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SPEAKERS

Dr. Inge Ljung, David Sandstrom

D David Sandstrom 00:00

Well, you know if someone's listening right now, and you say, Well, I don't have autistic children. I don't even know anybody that does. So I'm going to probably listen to a different podcast today. I would suggest don't do that, because the principles that Dr. Ljung is going to be talking about with identifying and correcting allergies or food sensitivities and allergic reactions to our environment, these apply to everyone. They can apply to all of us as far as improving our health and maximizing our health potential. So there's going to be she's going to be sharing a lot of great information here. And I encourage you to stick around because this is going to be a very informative conversation. Welcome to the Natural Health Matters podcast where it's all about maximizing your health potential, so that you can look and feel your best at any age. I'm your host, David Sandstrom, Naturopathic Doctor and Biblical Health Coach, and this is episode number 91. Today, we have in the show, Dr. Inge Ljung. Dr. Ljung is an Acupuncture Physician, and the author of the book Finding Your Lost Child understanding allergies, nutrition, and detox in autism. Dr. Young's mission is to teach people how to take back their power when it comes to their health. Dr. Young, Welcome to Natural Health Matters. Thank you. Well, I really been looking forward to our conversation, because you've done you have over 30 years experience in this field. And I understand that you were treating people that came in with various issues, but you found yourself honing in on allergies, and then you found more and more clients coming in with kids on the autistic spectrum. So can you tell us a little bit about that process and how you started doing what you do today?

D Dr. Inge Ljung 01:46

Yes, as an acupuncture physician, I realized that some people they had, they had something that they couldn't get rid of with acupuncture. And I wanted to have 100% results and not having them come back all the time with the same thing. And I started to, I started request, really, to find out what it was and found that allergies has a big role to play. This is over 25 years ago that I started to treat allergies. And now it is so more prevalent than it was then. But around 2000 I started to see patients with autism. And I really didn't know anything. I didn't know anything about autism. But I treated them with for allergies. And lo and behold, they got better. And some of them recuperated totally, everybody doesn't. But often, they all the kids on

spit on the spectrum all have allergies, mostly, I would say mostly but more what affects them. The worst is really food allergies. And if you don't fix that, in the beginning, they cannot build their immune system. So they suffer from constipation. That's one of the things that is very, very common in these kids. And it's horrible. I mean, I'm sure you have been constipated sometimes but a kid who can't go to the bathroom in a week. Can you imagine the pain they have?

D

David Sandstrom 03:30

Oh, yeah. The the discomfort and and the toxicity that starts building up that can affect almost any body system imaginable?

D

Dr. Inge Ljung 03:38

Absolutely. And they often a kid doesn't know that they're constipated. Right? So they are uncomfortable and don't know why. And then they get pain. And they don't know why. And together with being autistic, maybe they can't even communicate what they feel it I can see the suffering. And then I saw the suffering. Yeah, parents. You know, they tried to they don't know what's going on 20 years ago, it was so less common. And they didn't know what to do. And doctors they often said no, it doesn't have anything to do with diet. They had nothing, they couldn't come up with anything either. So finding out that energy treatments, Allergy Elimination, could help them a lot. So as I said before, I don't claim to cure autism in any way, shape or form, but to get them to have a healthier digestive system and to show people show the parents and support them in changing lifestyle.

D

David Sandstrom 04:55

Yeah, yeah, I'm glad you mentioned the parents because it this content condition doesn't just affect the child or that individual, it affects the whole family. And it can bring a great deal of stress into a marriage. And it's my understanding that a lot of parents of autistic children end up with marital difficulty and even end up divorced because of the stress that they're going through with their children. Have you seen that to be true?

D

Dr. Inge Ljung 05:21

Oh, often. I mean, the latest is, I think, this month or the month before I started to work with a mother who has a couple of twins, identical twins, they're both autistic. And when they were diagnosed, the husband left. And I have seen that I have seen that so often. And the poor mother, because she doesn't get to sleep properly, these kids often wake up and walk around or scream. So the mother doesn't get any sleep, and has to work to support the families. It's it's like a horrible, vicious circle cycle. And then the other kids, if she has more than one child, they kind of get neglected because these other kids, they take so much time and so much of everything. So it's really, it's really tragic.

D

David Sandstrom 06:22

DAVID SANDSTROM 07:12

Well, you know, if someone's listening right now, and you say, Well, I don't have autistic children. I don't even know anybody that does. So I'm gonna probably listen to a different podcasts today. I would suggest don't do that. Because the principles that Dr. Ljung is going to be talking about with identifying and correcting allergies or food sensitivities and allergic reactions to our environment, these apply to everyone, they can apply to all of us as far as improving our health and maximizing our health potential. So there's going to be she's going to be sharing a lot of great information here. And I encourage you to stick around because this is going to be a very informative conversation.

D Dr. Inge Ljung 07:00

Yeah, I don't think there's anybody who doesn't know anybody who has a child. That's true. Absolutely. I hear so often somebody say, Oh, I'm ADD. So that's why I behaved like I do. It. It's, to me, it's very strange that people say that. And I don't think that diagnosed even if even though

D David Sandstrom 07:24

it comes from the medical paradigm, right? We need a diagnosis, I need a label. And if I don't want to label that, I don't know what I've got. So I have a label. Now I know why I behave the way I do, why I feel the way I do. And of course, the medical approach is, well, let's give you some medications for that, you know, when the body is reacting a certain way. Medications are useful in the short run to handle a crisis. Emergencies. But we're talking about long term health challenges here. And medications, because they alter natural body functions, ultimately are going to get in the way of our body's healing. You agree with that?

D Dr. Inge Ljung 08:04

Absolutely. And when it comes to neurological disorders, or even depression, it doesn't matter what it is that's going on in the brain. It can be autism, Alzheimer's, foggy thinking, depression, in general, it all comes from the gut, it starts in the gut. So when they go to the shrink, and they get a pill for it, they don't do anything for the root. And then that can't think straight and they get addicted to the medications. And I mean, they don't live a life that they should live that they have the opportunity to live. And it's so easy to eat the wrong things. And there is a lot of wrong things that people eat. That's really the problem.

D David Sandstrom 08:52

So let's dig into that a little bit. When someone comes in to see you. How do you go about identifying their food sensitivities and or allergies, and in what do you do about it?

D Dr. Inge Ljung 09:03

What I have there is a serious of allergies, I use the word allergy very loosely because my kit is called the allergy kit, but it is intolerances and sensitivities also, everybody, I think I have met

one person in my life during all these years who did not have any allergies, I do testing with muscle testing. And what people are allergic to, or sensitive to is egg and chicken, milk and dairy vitamin C and parasites, that's the basic things that people are, you know, they don't have to have any reactions that they get eczema or anything. It's just that they don't, the nutrients don't get absorbed in their system. So that's where I start I eliminate these allergies. And I have created a kit that people can use on themselves at home for the whole family, that they don't really need to know what they are relative to the first, the basic kit, it's seven vials that I have in what I call the allergy kit. And then other people can get the food allergy kit or environmental or whatever it is.

D David Sandstrom 10:25

So what is the kit look like to us, you send people the kit with some vials and they do some muscle testing on their own.

D Dr. Inge Ljung 10:31

Yeah, they don't have I tried to teach muscle testing. So this is a kit with comes, it looks like this. And it comes with a vials and a laser. And you do the first the first trip is the first seven vials you do them in order. And that is so that the body can start to absorb the nutrients and build up your immune system. So

D David Sandstrom 11:02

I'm sorry, those seven vials are the other the food sensitivities that you just mentioned.

D Dr. Inge Ljung 11:08

Well, that was some of them. And then it is sugar. Sugar. Sugar is in everything So people not only that they have a craving for sugar. It's like an allergy in a way. And it also causes Candida which also makes them crave sugar. Yeah, and vitamin C,

D David Sandstrom 11:27

I imagine gluten and wheat, gluten and wheat are on that list too. I would imagine

D Dr. Inge Ljung 11:31

That is in vial number six. And so we also have toxins and vaccinations in the basic kit, and often very often. Especially with it with autism kids, but even sometimes with the so called normal people, whatever that is, but almost everybody has had childhood vaccinations nowadays, and they can feel the difference after the treatment with a childhood.

D David Sandstrom 11:59

So you treat you treat people for with a laser for even even childhood vaccinations. Yes, excellent. That's good stuff. I want people to know that what what Dr. Ljung is talking about right here is, is energy medicine. It's those vials that she showed us in the kit, are our energetic imprints of those substances. And I don't know how you get the homeopathic remedy into the laser into the vials It's the vials. And then they'll use laser to treat with those energies Correct?

D Dr. Inge Ljung 12:35

Actually, to kind of get the energy into into the energy body practically.

D David Sandstrom 12:41

Right. So into the person, right? There's various delivery methods. And I think laser is a very efficient way of doing that I believed in myself that I use for the same purpose.

D David Sandstrom 12:49

Yes, it really is very effective.

D David Sandstrom 12:52

Oh, a very, very much is. So go ahead. Tell us more about the kids and the results. People are having.

D Dr. Inge Ljung 12:57

A lot of these kids, they have meltdowns or outbreaks or whatever you want to call them. I spoke to one autistic man. And he didn't like that I said, outbreaks, but are meltdowns. But I don't know what to say instead, he didn't have another word for it. They are. It's not that they are behaving badly or that their parents cannot teach them what they're supposed to teach them. They have allergic reactions. And I think many people they don't understand that I have seen if you see somebody who has a breakdown or or an explosion somewhere and people look at them and kind of their parents, they don't know anything about how to bring up children. It's not their fault. It's not the child's fault. And I don't know how well it is known that these are reactions, allergic reactions, and it can be to food but it can also be paint on the walls, it can be a perfume that somebody is using. It can be and it can even be touch and sound. So there are so many things

D David Sandstrom 14:16

Dr. Ljung, there's got to be somebody here wondering about the difference between a sensitivity and full blown allergy. So as far as the medical profession is concerned, if you don't

break out in hives or experience anaphylactic, you're not allergic. So can you talk to us about the difference between the two?

D Dr. Inge Ljung 14:34

Well, the The miracle is really the coil with his IgG and IgE and IgA that you can you can test them and see okay, you are so allergic to this and this and this. sensitivities are more. It's like an allergic reaction. It's just like an allergic reaction often but not considered an allergy.

D David Sandstrom 15:02

Right? So you haven't reached that disease state, but your body is struggling with that substance nonetheless,

D Dr. Inge Ljung 15:07

Nonetheless, yes, and exactly the same way and the kit works, whether it's allergy or sensitivity and intolerance, I think the name says it's something you've had too much off. So your body is intolerant to it after, because some people, they say, Oh, I had this all my life and all of a sudden I cannot

D David Sandstrom 15:28

Right. So when the body gets too much of something, it might be able to handle dealing with that for a while. But there comes a point where the body just says, uncle, I can't I can't keep up anymore. And you start to see signs and symptoms that we should all be trained to look for. And I'm sure you talk about that with parents. Why don't you explain that a little bit on how to look for how to learn your body's language?

D Dr. Inge Ljung 15:54

Yes, it's so hard because we have come so far away from tuning into our bodies, I think people, you can just look at that, like three people out of four is obese, or not obese, but overweight, at least and a big part are obese. And they can't feel good. But they don't really do anything about it either. Until they are really sick. So I don't know, I don't really know know how, how to teach people. They should be shown in school already to learn how to how to how to how they feel, I think it's the feeling, they are not really developed anymore, they are they are depressed, everybody's going around with their phone, they don't even talk to each other anymore. I think that part is getting, we're getting split more and more from our inner feelings and our soul. And,

D David Sandstrom 17:00

Yeah, let me try to add something to that. And you know, when you're, when you're driving

down the road, and you've got some mud on your windshield, when you first get that mud splattered on the windshield, you'll notice it, it's pretty visible. But as you continue to drive down the road an hour later, your mind somehow just erases that mud spot, and you don't even see it anymore. And I think the same is true with the symptoms that our body gives us. We might eat, let's say, I don't know, let's say you have an intolerance to corn, and or GMO corn. And you eat some genetically modified corn and you experience inflammation. And now you you it manifests and shoulder pain. But after you do that over and over again, that shoulder pain just becomes your new normal, and you don't associate it with eating that food anymore. So that's just example of how that can run its course in a person. And it's very easy to do we all get caught in that trap.

D

Dr. Inge Ljung 18:01

Yes. And you mentioned GMO corn. And that is the other thing that I talked about all the time, people have to everybody has to eat organic. I mean, there are certain things that don't need to be organic like avocados or pomegranates pomegranates, I don't know how you pronounce it. And a couple of more things. But most things, they are often GMO, I mean, genetically modified organisms. And sometimes we don't know if with a tomato. And there is a pathway in the food where the bacteria and enzymes travel. And that gets close to we don't get access to those enzymes in bacteria. And that is partially why we are getting you know, indigestion and getting worse and worse really. And then we have we're going to talk about wheat, which is it's not Jenica genetically modified, but it's hybridized for the last 75 plus years. And since they started to hybridize them, the celiac disease has gone up four times and that was a few years back. The other thing is that we have a protein that upset many proteins, but one of them is called Sanderling, which makes holes in the intestinal lining and other one is glutathine morphine. It acts like a morphine that means we get addicted to it. Right. There are so many things that really tells us don't eat wheat.

D

David Sandstrom 19:53

Right. Well another thing I want to point out about wheat is this is very important to to mention and that is Ah, glyphosate. They use glyphosate as a, you know, as a weed killer. And they use it in the fields, but they also use it to ripen the wheat before just prior to harvest.

D

Dr. Inge Ljung 20:12

Yeah, it's not really too late it is to get rid of the leaves. So a couple of days before they harvested, they sprayed with glyphosate roundup to get rid of the leaves and that roundup goes straight up to the kernels. And then we eat it.

D

David Sandstrom 20:28

Yeah, right. So one of the reasons why we did so troublesome for a lot of people is not just the troublesome, hard to digest proteins in it, but it's the chemical glyphosate. That's one of the problems for a lot of people. So, you know, when I was doing my nutritional counseling, I almost

never saw a person that couldn't benefit from at least reducing the amount of wheat they they eaten in the course of a week. Yes, many people benefited a great deal. That was that was the root of their issues.

D Dr. Inge Ljung 20:58

Yes, because they are eating so much. In the old times, people didn't eat four times a day. And now it's like the staple, it's morning, lunch, dinner snack. Yep. So they are totally overloaded by by the wheat and all, all what it does, plus the glyphosate. But there are also other things we don't think about maybe, for example, strawberries, that, I don't know if they are modified, I don't have a clue. But what they do, they you know, strawberries grow on black plastic. And I think because they are so heavy, they fall down in the dirt and get dirty, if they don't have the plastic up, then they spray them with the Roundup, the glyphosate. And it pools because the it's not smooth, it doesn't fall off that that liquid. So the strawberries lay in the pools of this roundup, and gets absorbed much more than anything else. So non-organic strawberries is one of the worst things you can eat.

D David Sandstrom 22:22

Right? You know, especially when strawberries are in season, buying organic is not that much more expensive either. No. And strawberries is one of those fruits that the Environmental Working Group that publishes the Dirty Dozen. They're almost always on the Dirty Dozen. And as you just explained, but yes, switching to organic strawberries is pretty simple. And not all that expensive. Really.

D Dr. Inge Ljung 22:44

No and Maybe you eat a little less.

D David Sandstrom 22:49

Yeah, right. All right. All right. Well, I always tell people, you know, eat as much organic as you can. As much as your budget will allow. If you could do 100%, great, go for it. But if you can't, you know, look at that, that list the Dirty Dozen from the Environmental Working Group, I will put a link in the show notes if you want to check that out. And, you know, just limit the consumption of some of these toxins, and that could go a long way to improving your health.

D Dr. Inge Ljung 23:14

Absolutely. And I know I read about children who didn't do anything else. I mean, their parents, parents to autistic children. They just started with 100% organic food. And just by that they got better. They had less outbreaks, less meltdowns.

D David Sandstrom 23:24

 David Sandstrom 23:34

Yeah. Well, you know, I need to say this right now as the people listen to the show regularly. No, no, this phrase, but I need to repeat it right now is we maximize our health potential. When we align our lives more fully with God's natural design for spirit, mind and body in God did not design our bodies to consume chemicals, like glyphosate in our fruit, or our wheat. That's just not part of God's design. So you know, 100 years ago, everybody farmed organic, they just call it farming. They didn't call it organic 100 years ago, but after World War Two, we had chemical plants that were these chemicals were made and designed to for chemical warfare to actually kill people. And when the war was over, they said, Well, what are we going to do with all these facilities? Well, we have industrial, agricultural uses we can use so so that's when we really started adopting these chemical farming practices that are very harmful to the soil, very harmful to the plants themselves and they deplete the soil of nutrients and soil produces nutrient deficient plants and nutrient deficient plants produce nutrient deficient animals and nutrient deficient plants and animals produce nutrient deficient people. So that's just not the way God designed us to consume our food. That's not where our food supply supposed to come from.

 Dr. Inge Ljung 24:53

No, absolutely not. And when we talk about organic I know many people think that we only need To eat organic vegetables and fruits, but we have to look at the animals. First of all, how non organic animals are brought up inhumane pack together. Chicken, piglets, pigs, everybody, they are packed together, they can't move. And then they are given these

 David Sandstrom 25:24
living in their own filth.

 Dr. Inge Ljung 25:26

Yeah, living in their own filth. And for example, pigs, they are very clean animals really normally they poop in one corner and sleep in another corner. It's not as piggy as they are used to being there was a farmer in Denmark who had a pig, pig farm. And he was giving his pigs GMO feed, because that's what they are told to do. And he didn't know and they were getting fewer and fewer offspring. They were dying more often. And he changed to 100% organic feed, all of a sudden his pigs got a lot of babies and they were healthy. And it was in a very short time that he saw a big, big difference in using the GMO feed. Now when we did carbs, for example, they are not God did not make them to eat corn. They're supposed to eat grass. So they are sick, right? That's right. Yeah, man, chicken, pork chicken, they are the same thing. They're correlate them together. And given antibiotics and hormones, we're all animals or so. Plus, when I think about the glyphosate, you know, that was classified as herbicide in the 70s. But in the 90s, it was classified as an antibiotic. It's an antibiotic, if you eat non organic food, you eat antibiotic every day. And it is shown that for example, 17% of people who get antibiotic within I don't remember how many months 10 months or something, they get depressed. And of those 23% after a certain amount of time of taking antibiotics that they get their anxiety levels go up with a 23%. So that can be one reason why so many people are depressed and anxious nowadays is because of what they eat.

D David Sandstrom 27:34

Yeah. You know, there's been a lot of talk these days about doctors over prescribing antibiotics for people that come in with a viral infection of scratchy throat, oh, there's given some antibiotics and I'm on their way. It's definitely a poor practice, not not a good practice at all. But what a lot of people don't realize is the majority of pharmaceutical antibiotics are given to livestock. They're not coming from human beings, they're given to livestock. So we are consuming antibiotics, even if we haven't been prescribed them from the meat and the animal products that we're consuming, that we eat, and

D Dr. Inge Ljung 28:09

from their glyphosate, which is an antibiotic. It's now classified as an antibiotic. So it's like one thing on top of the other. No wonder our poor digestive systems, are a mess.

D David Sandstrom 28:24

Yeah, let's get back to your book some more. Let's talk about why you wrote the book. What motivated you to write a book about the Autism? There we go finding your last child. And I can't quite read the subtitle.

D Dr. Inge Ljung 28:41

Here. It's understanding

D David Sandstrom 28:44

allergies, nutrition, and detox in autism. So So what motivated you to what why did you feel the need to write the book,

D Dr. Inge Ljung 28:54

I wrote the book because I realized that so many people do not understand that there are things to do that they can change their lives, I have realized when I saw for example, I had to take my MAC to the Apple Store. And there was a family or a woman with a kid who was first of all overweight, and he was running around and kind of behaving. Not too bad, but he wasn't even disturbing. And as he said, Well, he's autistic. Okay, so he is autistic. He is overweight. So you know, I didn't want to go into I can't just talk to people say okay, you're eating the wrong thing right. But you can see how they feed them and what they feed them. They want what they want when they want it. And it is mostly something sweet, or a pizza, or something like that.

D David Sandstrom 29:50

D David Sandstrom 29:50

Which is really chicken chicken nuggets, those kinds of things.

D Dr. Inge Ljung 29:54

Yeah, all those artificial things. The first child I traded by the way, the mother I came in with his kid, he was really, really, really disturbing. He was going to a school specifically for autistic children. He wasn't running around, and the mother pulled up like a three foot long red gummy snake. So he sat down. And I think he consulted like less than 10 minutes. So it was quiet during that time. But she didn't have a clue that it was sugar, color, non organic, the whole thing. And this kid changed very, very fast. He started to talk, it was five years old, didn't talk very much. He started to talk with going to speech therapy in his school. And I saw him 10 years later, when he was 15. His father brought him in for something totally different. And I said, Well, that's amazing that he got out of autism, autism, he was never autistic. You didn't even remember, you did not even remember, I guess it's suppressed it but I mean, he was going through the special school for autists autistic children. So that was kind of funny.

D David Sandstrom 31:13

That's so funny. Well, you know, I, when I had my practice, I saw something similar, not quite that dramatic, but all the time. And someone would come in and say, you know, I'm having a lot of gas and bloating after meals. And then you know, we'd get them on a program, I'd get them on a program, we'd identify some of the food sensitivities, maybe give them some digestive enzymes to help that process along. And the gas and bloating would go away. And I'd see them a few weeks later, and say, How's the gas and bloating? And they'd say, what gas? I don't have gas and bloating? Well, that's I have my notes here. That's why you came to see me a month ago. But oh, yeah, I forgot all about that. It's, it's kind of an interesting phenomenon, that when when the body starts working the way it's supposed to, it just goes into the background. And we just kind of take it for granted. And we don't even remember, the trouble the difficulty we were having. It's kind of funny.

D Dr. Inge Ljung 32:07

That is very common. I see it all the time. That for something, and then Oh, My knee hurts. Oh, you're Lee, but it was your hip before? Or something like that. It's yeah, totally forgotten.

D David Sandstrom 32:23

It's an interesting phenomena. Yeah. So anyway, back to the book. So you saw this need, you saw people just kind of resigning themselves to this is this is life. For me, this is the way things are? And you said, No, you don't have to just roll over and accept this. And you decided to write the book.

D Dr. Inge Ljung 32:43

Yes, because there is a lot of little things, special, but a lot of little things that people don't think

yes, because there is a lot of it's nothing special, but a lot of little tips that people don't think about and reading labels. Cleaning your pantry is maybe a big thing. But it's very, very, very important. Number one, of course, is eating organic. And then it is to really stop sugar and wheat and dairy for some people or kids. And they can see a big, big change from that. And then tips about how to detox. And of course, it is I can understand in a way people parents, they give in because the kids do not want to eat that new food. They want their pizza, they want their sugar. So it is it is a struggle.

D David Sandstrom 33:32

But it's overwhelming for the parents at times.

D Dr. Inge Ljung 33:34

Yes. But it's worth it. It is for for a time for a certain time until they get over it. And by the way, with the working with the kids, they can get rid of their cravings. That's one of the big advantages. If you eliminate for example, the sugar allergy or sensitivity or whatever you want to call it. Not until then really can they stop eating sugar because they don't have the craving to it. So it's much much easier.

D David Sandstrom 34:05

So So in overcoming these intolerances, sensitivities, allergies, the the allergy kit is important, but also rebuilding the gut is important as well. Right? So how do you go about doing that with someone?

D Dr. Inge Ljung 34:17

Well, it first is food in for you. That is the first thing and of course you have to see what kind of enzymes or bacteria to build up the bacteria flora. They can do that, for example, if they keep eating wheat and wheat makes holes in the intestinal lining, and that creates allergies. And it creates because the undigested or partially digested food goes directly out in the bloodstream, creating antibodies and creating what doctors a few years back that didn't exist. leaky gut. Right. So the first thing we have to do is the intake of food All right. And as you know, you're not to with the enzymes and fermented foods get is great. But some people are allergic to that to their logic to oxalate for example, which is in Yes. But if you can eliminate that

D David Sandstrom 35:16

comes along with fermented foods as well.

D Dr. Inge Ljung 35:19

Yep. But you can get rid of it and start. And sometimes some do just a tiny, tiny, tiny little bit to get used to it. Just a quarter of a teaspoon or something to start with

get used to it. just a quarter of a teaspoon of something to start with.

D

David Sandstrom 35:33

What about detoxification? Do you do you do heavy metal detox? You know, what kind of detoxification do you do with these kids?

D

Dr. Inge Ljung 35:41

I have, I work with the one company called Root. So I don't really go into heavy metals, because it's not my department. But I have, okay, in the kit, there is also heavy metals. Because they are people are allergic to do the heavy, heavy metals. And by eliminating the energy to it, they feel better. But of course, they need to do something. And there are mean they can even take milk thistle or some of the liver cleansing drops, just start with one drop. And that's where it also this remedy called Root, where they have a liquid remedy as a detox, it's called this slate. And you can start with one drop in a glass of water and drink the half half a glass first. And to be intubated. Okay, 10 drops. So I do that kind of detox. But there are many,

D

David Sandstrom 36:43

I'll be sure to put a link to that in the show notes as well.

D

Dr. Inge Ljung 36:45

Yeah. So there is a lot of people who, who I don't see personally. So it's when they contact me, and then I can give them personal recommendations.

D

David Sandstrom 37:01

Okay, very good. All right. So if there was one thing that you'd like people to remember, from this conversation today, what would it be?

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Dr. Inge Ljung 37:11

Eat organic. And don't forget, there is light at the end of the tunnel. But you have to be conscious. You have to be open minded. And you have to be available for change. We have to change our diet. Yes. The standard American diet, the so called SAD diet is really a big trap. Yes, it's all the grains or all that stuff. So and there is there is the food, processed food, avoid, start to cook, there are so many cooking lessons on on the internet, and just learn what is good for you and what is not. And also, as we talked about before, open your mind and ask your body. That's why I'm trying to help people learn muscle testing, because they can ask you they can ask with a simple, I often just teach them to use use their arm. Know, they can ask for a yes. And then for a no. And say my name is and so and so under the strong My name is let's say something different to just learn the differences. Am I a man? No. Things like that and just

learn. And then they can take food. They can go when they go to the store, if they buy something that is packaged. First of all, they have to read the tables. And then just try to see if it's good for them or not. And the same with supplements. Supplements are not the same for everybody. And sometimes

D David Sandstrom 38:50

very good quality product, but just not good for you.

D Dr. Inge Ljung 38:53

Yes. And also, I know with myself, for example, there is something that I take that is comes in a packet, there are three different things. I cannot take them together again, I realized that I took the toll. I like to take everything at one time. Then it's over with and I realized I didn't feel good. So I must have tested separately. They're all good. I put them together two of them, either of them. Were okay. But if I added a third was not good. So yeah, that way you can find out what what bothers your body? In a nice, very easy way.

D David Sandstrom 39:30

Yeah. While learning how to do muscle testing is it is it is simple and in a way it works. But to be really good at it takes practice. Yeah. That's a subject for another episode.

D Dr. Inge Ljung 39:41

Yes, it takes practice and it takes trust. Because I think that is most people doubt. They say, Oh, no, that can't be.

D David Sandstrom 39:51

Right, right.

D Dr. Inge Ljung 39:52

I also do something called the process. Yeah, I do something called The Body Code. And which is the system and where you find trapped, it can be either different organs or body parts or whatever, that are not harmonious together. But it is also to find trapped emotions and it comes up what age and which part of the body it's trapped in, in the beginning, because you get some weird things sometimes. So I started to think, is that really right? I don't do that anymore. So then I do that when muscle testing on myself, I'm in the proxy for the my client. So one time, for example, I had an autistic child five years old. And the first thing that came up was her arm at birth. And, and the emotion was, I think it was panic or something like that. And when I told her mother, she said, yeah, when she was born, she came out with her arm first. So her shoulder is like, constantly damaged. So Wow. So it is just

D David Sandstrom 41:05
discovered that through muscle testing her yes.

D Dr. Inge Ljung 41:09
And don't think just do the muscle testing and trust yourself. Yeah.

D David Sandstrom 41:14
Well, that's a good transition. So I'm going to encourage someone If this sounds interesting to you, to get in touch with Dr. Ljung, and and become a client, because this stuff is real. And if you want to dig into processing, emotions, dialing in your nutrition, and approaching health in a holistic fashion and going after the route, then get in touch with Dr. Ljung. So what's the what's the best way to do that?

D Dr. Inge Ljung 41:42
Well, they can, I can give, if you put the link in, I can put in even a link for to make an appointment with me and talk to me. And otherwise the doctor dringe.com, D-R-Y-N-G-E .com. Everything is really there both what I do and Body Code and the allergy kit, and also

D David Sandstrom 42:07
so excellent. And the name of your book again, one more time.

D Dr. Inge Ljung 42:12
The book is finding your last child understanding allergies, nutrition and detox in autism spectrum disorders.

D David Sandstrom 42:22
Okay, very good. And I'll be sure to put a link to that in the show notes as well. Dr. Ljung, thank you so much for your time, thank you for sharing your wisdom with the natural nation today. Thank you. For more, go to the show notes page at davidsandstrom.com forward slash 91. There you can find an audio as well as a video version of the podcast links to all the resources that we mentioned, a free downloadable transcript. And I always include some type of a content upgrade to help you go deeper with that subject. If you're enjoying the show, I sure would appreciate you telling your friend about it. You know, this information is not easy to find. And the number one way people find a new podcast is that a friend tells them about it. So if

you're enjoying the podcast, would you tell a friend that you know and tell them you've been enjoying it and you think they might enjoy it as well. I would appreciate that. That's it for now. Thanks for listening. I'll talk with you next week. Be blessed