

My name is Tamantha Davis. I graduated from the School of Natural Healing in June of 2019. I decided to continue my education with studies in naturopathic medicine. I have always been intrigued with helping the body with its own natural healing ability. During my journey, I had the perfect patient, or Guinea pig as I like to call her. I have this amazing, yet stubborn mother who is a walking medical mystery. She's had anywhere between the common cold, hypertension, diabetes, hypothyroidism, to cirrhosis of the liver. All of which have been corrected with simply changing the diet and the aid of herbal remedies.

In mid-September of 2019 my mother had a heart attack. They found 2 arteries clogged with hard plaque in her heart. One at 85% and the other at 70%. They immediately put a stint in the one at 85% but were unable to do the one at 70% due to her blood pressure dropping. This would require her to come back in 6-8 weeks to go through the same risky procedure.

On the way home from the hospital, I asked my mother if she knew what she needed to do. Her disgruntled reply was, "You're going to make me eat like a rabbit again aren't you?" I love her sense of humor. Diet is number one when it comes to helping the body in its healing process from whatever "constipates" it. The next few weeks were crucial if she wanted to dissolve the plaque build-up, avoid future build-up and most importantly, a future heart attack.

The plan I had in mind for helping my mother to dissolve the plaque build-up in her heart was simple and nothing new to her. I got a little help from my fellow classmates. Not one person has all the answers and we all have different experiences. To be able to share those with other like-minded people makes this journey a huge blessing.

The first and most important part of my mother's plan was going completely whole, plant based. Dr. Christopher tells us throughout his courses the importance of a mucusless diet using whole plants as food. Nothing processed should ever be in our diets. Processed foods contain far too many chemicals and it robs us from valuable and essential nutrients. I then had her take 3 Tbsps. of organic raw apple cider vinegar, ¼ cup water, 1tsp lemon juice, 1tsp honey, and ¼ tsp cayenne pepper. She took this five times daily. She also took hawthorn berry 2,000 mg tincture, 3 times daily. She also ate 3 cloves of fresh garlic daily. This was easy to add to her food.

I would like to say that my mother changed her mind about going in to have the second stint put in, but she, like many of us, let fear of the unknown take over and decided to have the surgery at 6 weeks following her heart attack. Since she had great difficulty from the previous procedure, they allowed 3 hours for the surgery and extra hands on board her care team. The cardiologist performing the surgery said she would have to drill through the plaque and that my mother was at great risk for bleeding to death.

The day of the surgery was nerve wracking. I hung out with my friend to help keep me busy and my mind off the unknown. 1.5 hours into the surgery I received a phone call from my mother. She said the surgery was over, everything went well and she was ready to go home. Bewildered, I rushed to the hospital. The doctor who performed the surgery was there to greet us. She told me that the plaque wasn't as thick as previously noted, she didn't have to drill anything, the build-up was only about 40% instead of 70%, and she could go home in a couple hours.

This all sounds like great news to those of you reading and obviously without a doubt in my mind the plan I created for my mother worked 100%. I believe with time; the plaque would be completely gone. Unfortunately, my mother is not interested in completely changing her

eating lifestyle. Ask yourself if making a change to eating a whole plant-based diet is worth healing your body and preventing future constipation?

*Tamantha Davis is a 2019 Master Herbalist graduate of The School of Natural Healing*