Allergy & Histamine Relief – Jo Fernandes – podcast transcript

[00:00:00] **Aimee Serafini:** Hi everyone. Welcome to Happivize. This is your host, Aimee Serafini, and today we are welcoming medical intuitive jo Fernandes back for probably the 10th time she's been on the show so many times. She's definitely a community favorite.

[00:00:16] And today we're gonna be talking about allergies and histamine. And Jo is very excited about this topic. We'll get to that in a minute.

[00:00:24] But first of all, thank you Jo for coming on the show again.

[00:00:27] **Jo Fernandes:** Oh, thank you Aimee, for inviting me.

[00:00:29] Honored to be here again with you and your community and we've got some very interesting stuff here.

[00:00:39] **Aimee Serafini:** We sure do. And we're going to, we're gonna talk about a lot of things.

[00:00:42] We're gonna talk about environmental allergies. Food allergies. We're gonna talk about histamine, what they are, mast cells, how they play a big part, and why we get these different symptoms that we have. I've learned quite a lot , we've been talking about this for almost a year, I think, and her favorite topic, which is mucus and mucins, which kind of sounds gross, but it's super fascinating and they're very, very important for us.

[00:01:06] So we'll talk about that as well. So let's jump in. First of all, let's talk about what are environmental allergies? Like, we think of hay fever, but there's other ones, so could you share what you mean when you say environmental allergies.

[00:01:22] **Jo Fernandes:** Yes. They're usually concerning the respiratory or skin, so we've got indoor mold, we've got mold spores and pollen. And then we have various trees like oak. Then flowers, weeds, ragweed is a particularly a nasty one, cut grasses. Then what quite common today is smoke from wildfires.

[00:01:51] **Aimee Serafini:** Oh, it was so bad here in the States. I was taking a trip, I was driving through Idaho and Wyoming. You could not see more than, like 500 feet in front of you. It was just so much smoke and so much coming down from Canada. I know everyone in here in North America is gonna be like, yep, wildfire smoke.

[00:02:07] **Jo Fernandes:** Yes. And then smog, which of course, mixture of smoke and pollutants and other air pollutants as well. Then also a lot of pesticides and herbicides and glyphosphate, again, which most of you know about

[00:02:25] **Aimee Serafini:** so those are the main, there's other ones, obviously we didn't name them all, but those are the big ones that a lot of people are sensitive to. And then there's various symptoms that accompany these environmental allergies. So what are you talking about there?

[00:02:41] **Jo Fernandes:** Oh, sneezing, runny nose , puffy nose, itchy eyes and throat.

[00:02:48] Then you get the asthma flares. And of course these all come under hay fever, nasal congestion, cough, rashes and hives and then irritated skin and lungs, and of course some affect the gut microbiome, and of course the liver detox pathway.

[00:03:13] **Aimee Serafini:** Right. So it's a lot. There's a lot of symptoms that come with allergies, and it can be, for some people, it can be overwhelming and they really can't do anything. Or they're taking all this Benadryl and antihistamines and then they've got all those other problems like your super dry mouth and you feel kind of spacey, so it can really affect your quality of life significantly. And for some people it's seasonal. Some people it's year round and they're always on, I forget the names now, those other prescription drugs are non-prescription now so that everyone can take 'em.

[00:03:42] And they're very, very popular. I mean, a lot of people I know take them regularly, so it's a big deal, allergies, so I was curious about this. Why, why do they happen? So some people are super sensitive and then other people have zero sensitivity. What are the reasons that our body starts creating all these symptoms to what should be non-issues, like pollen?

[00:04:08] **Jo Fernandes:** Yes. It's down to our immune system because the immune system mistakes harmless, particles like pollen, dust for dangerous invaders. And the reason the immune makes mistakes is that's a a genetic factor, could be fear, abandonment issues, lack of being nurtured, and of course PFAS, forever chemicals. And these are linked to immune suppression and it can disrupt other issues, things like thyroid disruption and then you get fertility problems and others.

[00:04:51] Of course there's the hygiene theory. Basically not having had enough exposure to microbes very early in life.

[00:05:00] **Aimee Serafini:** So that's like when parents are overprotective, we'll say, and they don't want you to get any exposure to any germs or people or playing outside, they, they wanna protect you, but it's the opposite effect. It actually causes more problems down the road. And you were telling me about an Amish study, what was that?

[00:05:22] **Jo Fernandes:** So in 1989 there was a immunologist David Strachan and he proposed the hygiene hypothesis, and that was the idea that early exposure to microbes has trained and strengthened the immune system.

[00:05:39] So this is when our thymus gland is actually building up. For example, they noticed that children from large families had less hay fever and fewer allergies than those from smaller families.

[00:05:56] But what took his interest was the Amish, when the scientists compared them. with a similar community, the Hutterites, so they're both two traditional farming communities both with similar diets and genetics. And they found something quite striking.

[00:06:15] The Hutterites children had four times more asthma than the Amish children.

[00:06:24] And the key difference, the kids weren't allowed to work on the farm with the farm animals until they were about age 12. But the Amish children basically were thrown in there from birth and of course exposed to the barn, the animals there, and farm dust.

[00:06:48] And then when the further tested. Amish house dust contained about seven times more microbes than the Hutterite dust. Even more importantly, the Amish farm dust was packed with protective protein from a wide range of microbes and plants. So of course, when these were inhaled , these proteins coated the airway like a protective barrier reducing inflammation and shielding against allergic diseases .

[00:07:26] **Aimee Serafini:** Yeah. So you'd think, oh, these Hutterite kids are out playing on a farm. They actually had less exposure than the Amish children who were actually in the barn with the animals. And you would think that would be dirtier. But what it actually did was give them all this protection and so they didn't develop allergies later on.

[00:07:44] So that's, that's a great contrast 'cause we often contrast the Amish with the normal American kids. And they are not vaccinated either, and they usually have a lot more unprocessed foods. So there's a lot of differences. But this was comparing them to people who also were not eating processed foods and also were, I don't know if they're probably not vaccinated, so there was a lot of similarities, but it was the degree into which the children were exposed to all these different microbes.

[00:08:12] So yeah that's really amazing.

[00:08:14] I did play in the barn when I was a kid. My aunt had a farm and we would play in the barn with the hay. There wasn't really animals there, but we played in a lot of hay. So I don't, I just think that's not so common nowadays for the younger generations, they just don't have that exposure.

[00:08:28] And I know that you've had a client, Melissa, who had a lot of these environmental allergies. It really was ruining her life, basically.

[00:08:39] **Jo Fernandes:** She was exposed to mold, had symptoms of brain fog. Each day she woke up, she felt really unwell with her breathing difficulties. And of course, working with her, it was fascinating because how quickly just neutralizing her environment of what was, how that was causing it.

[00:08:58] And her environment was quite toxic in so far as where she lives. There was a lot going on on the outside, construction work and all sorts of cement being used, et cetera. So all of that was a result of that. But she was completely clear of this. She's just, all these symptoms were averted.

[00:09:21] **Aimee Serafini:** What a wonderful change for her.

[00:09:23] **Jo Fernandes:** Absolutely. Then of course she could then be able to enjoy being outdoors and free from pollen to reacted to pollens, grass cuttings and these cause other symptoms like itchy eyes, sneezing, sore throat. And finally she was free from everything.

[00:09:44] **Aimee Serafini:** Yeah, that would be. I'm sure she's very grateful. Oh, and that's just from energy work. That's that. That's literally what we're gonna talk about later in this program.

[00:09:54] She was part of the beta test for this program, and so there's oftentimes, what I find is that the health issues that modern science can do nothing about, which allergies is one of them, they can just give you the Benadryl and tell you, good luck to you. Maybe you can get. The shots or something like that. But there's no cure. They don't help you reverse it. They just mitigate it. And that's where energy healing especially is so wonderful because it can take lifelong chronic issues and help you turn around and get rid of the root. So you're no longer dependent on any kind of medical intervention. Of course, you have to keep, you have to maintain it. If she wants to go live in a moldy house, it could probably trigger again, but you can definitely improve a lot with energy healing.

[00:10:40] **Jo Fernandes:** Absolutely. And know through this, through the course of this and I learned so much and also my, the healing through the energy healings have become, very powerful. Mm-hmm.

[00:10:52] **Aimee Serafini:** So let's talk about food allergies. So they kind of have different symptoms, and then we also wanna be clear there's differences between intolerances and sensitivity. So some are life threatening and some are very just annoying or frustrating. So can you talk about what you mean by the food allergies and intolerance and sensitivity?

[00:11:15] **Jo Fernandes:** Basically yeah, this is allergies to gluten, dairy, grains tend to be some of the most common ones.

[00:11:23] And so, gluten for example, you'll get things like hives, swelling, possibly also anaphalaxis. Then there's gluten sensitivity, bloating, brain fog, headaches, fatigue.

[00:11:42] Of course another one is lactose intolerance, bloating, cramp, diarrhea. So these are not dangerous. This, they're uncomfortable and not very pleasant, but they're not dangerous like most of others.

[00:11:56] **Aimee Serafini:** And are food allergies, are they similar in mechanism with allergies? It's an immune system overreaction?

[00:12:05] **Jo Fernandes:** Yes. Yes. Quite similar. We've got the immune system overreaction, but also it can also be dangerous.

[00:12:15] **Aimee Serafini:** Because typically hay fever is not dangerous, but you can have a very dangerous, if you have celiac or a severe lactose intolerance or like a severe peanut allergy, it can be very dangerous and life threatening.

[00:12:28] **Jo Fernandes:** Yes, yes. Okay. And then you have, yeah, so intolerance just the sensitivity and basically this is having difficulty digesting or processing food.

[00:12:40] They're uncomfortable, but usually not life threatening.

[00:12:45] **Aimee Serafini:** And then what are the reasons why people develop food allergies?

[00:12:48] Like for example, my sister ate gluten all her life and then probably, I wanna say in the last 10, 15 years, she developed a gluten sensitivity and it's in that non-dangerous category where it's bloating and discomfort. But she's not gonna die. She's just not gonna enjoy her day the following day is what happens.

[00:13:08] So what are the reasons for food allergies?

[00:13:13] **Jo Fernandes:** Yes. The, the first one is genetics, there's a strong link, and early gut flora imbalance may increase susceptibility.

[00:13:24] Then we've got toxins, glyphosate, we all know attached to wheat, for example which is a poison. And body associates poisons with gluten proteins.

[00:13:40] And timing of exposure, early or delayed introduction of allergy foods, can influence risk.

[00:13:50] And this is where you've already mentioned, the peanuts, the things, the studies on peanuts show early controlled exposure may reduce allergy risk.

[00:14:03] **Aimee Serafini:** So on the glyphosate one, that makes a lot of sense because it hasn't been as widespread as it used to be. And I know for example, when she eats flour from Italy, imported from Italy, where it's banned, glyphosate is banned there, then she doesn't have those reactions. So she really has a glyphosate reaction versus a true gluten intolerance. But I think that's a reason also with dairy, with all the hormones and antibiotics and everything that's pumped into our dairy, we can start to develop allergic responses based on that.

[00:14:37] And of course, like celiac, there's for sure reactions that are not related to pesticides and hormones, but there's both, both things can happen. That's right. Yeah. Now, and you had people with a gluten allergy I know on the beta test.

[00:14:52] **Jo Fernandes:** Yes. Yes, I did MS, had a gluten allergy and interestingly enough that she just using the MP3s the three, MP3s we had on the beta test and she was able to eat without any reactions, which was amazing.

[00:15:08] That's amazing. It was wonderful.

[00:15:11] **Aimee Serafini:** And you also, had someone with strong dairy problems and she

[00:15:16] **Jo Fernandes:** Yes, Debra. Yeah. Uhhuh. Yeah. She was able to tolerate more dairy because before she was always reacting with itchy skin, rash or headaches, and all that went away. And that's great to even be able to tolerate more, 'cause it's in a lot of things, small amounts are in a lot of things that you buy. So if you can tolerate it a little bit more, doesn't mean she's gonna sit down and drink a cup of milk or a bowl of ice cream. But probably, some of the things that maybe would set her off, don't set her off anymore, that has smaller amounts.

[00:15:46] **Aimee Serafini:** Okay. So those MP3s we. There's a food allergy MP3 specifically for all the various foods. But then you included a bonus, which you said was gonna be super important, was the microbiota booster, and that's why we're talking about earlier, you were saying the gut flora imbalance, and that can really throw things off. And so if you have a healthy microbiota in the gut, that can also help with your food allergies a lot.

[00:16:16] Jo Fernandes: Yes. And my microbiota booster, it's it's got a lot more, it's got a lot of strains of bacteria that you would be exposed to as child, but also things like, repair the actual gut lining. It's not just enhancing, increasing the microbiota or enhancing the micro biota, bringing the colonies up, but it's also healing the lining of the gut. So that's what included in the booster.

[00:16:46] **Aimee Serafini:** And that is a perfect lead into your favorite topic about mucus and mucins and. You are obsessed with them. Now you mention them all the time to me, and the more research you did and the more you played with it with clients, the more fascinated you became. So can you tell us what are mucins ? And then explain how they work with the mucus and how important they are to our to life.

[00:17:14] Jo Fernandes**:** Yeah. When I found out about mucins, I was really excited and I'm continuing to get excited. 'cause the more I dig into them, the more comes up and really obsessed with them now. So the large, very complex molecules, they've got protein backbone and various carbohydrate chains.

[00:17:35] There's so much work to be done here, but we still don't fully understand all their roles. But we do know they're essential for our survival. There everywhere, multitasking. They protect, connect, lubricate. And of course we only notice them when things go wrong.

[00:17:57] And all the different areas, the respiratory system, for example. It gives lungs, its elasticity, and the cilia and the cell walls are coated with mucin. And it helps the cilia trap and remove dust, pathogens and allergens. Of course, when they're functioning properly they protect us from all sorts of respiratory allergies.

[00:18:26] Sinuses the sinuses have got to be clear to get the brain in a, in good order.

[00:18:34] Then we've got the gastro intestinal tract and this prevent the stomach lining from digesting itself. See how amazing it's, so it's a barrier against ulcers and leaky gut and IBS and also from food allergies.

[00:18:55] Of course we are familiar with helicobacter Pylori, and that evolved, It's so intelligent, it evolved a cork crew shape just to be able to penetrate the mucin layers.

[00:19:12] **Aimee Serafini:** That's crazy. So that's how you get stomach ulcers because the h pylori will corkscrew through the mucin layer and allow the acid to attack the lining of the stomach.

[00:19:23] Jo Fernandes**:** That's right. Yes. Then in our saliva, it protects teeth from decay. It makes swallowing smooth. So these are your, mucins that helps, you were able to swallow.

[00:19:35] Reproductive role, this is amazing because it's helps the sperm reach the egg, and also it's enabled fertilization.

[00:19:45] And recently this is a very new science that's come up. The mucins also help embed the fertilizer into uterine wall, something that they never understood.

[00:19:58] Then eyes - protects our cornea, prevents shearing from eyelid movement. So of course one, one big issue here is dry eye syndrome, and this is really a lack of mucins.

[00:20:17] **Aimee Serafini:** Okay, so you named Respiratory system, lungs and sinuses. GI tract, the mouth reproduction and the eyes, it plays a huge part in the health of all of those systems. And like you said, there's a lot they don't know about what it does, so no doubt it is also involved in a lot of other things. I think it's also involved in biofilms where. Oh, absolutely. Bacteria hides out so the body can't attack it. It gets itself embedded inside of it so that you can't fight an infection.

[00:20:51] The eyes, one is very interesting to me as well because I do kind of have, it's, it's not actually dry eye 'cause I know people with dry eye and it's a thousand times worse, but I'll have like sticky eye in the morning and now I understand that that's related to mucin and mucus.

[00:21:06] So. Yeah. This program, although it's focusing on allergies specifically, it's gonna have a lot of other benefits related to the mucin and mucus that the body uses in a lot of other areas. And you had a client with COPD right. That was able to breathe better?

[00:21:24] Jo Fernandes**:** Ah, that's right.

[00:21:26] Yes. Yeah, Mark. He is a regular client. Just, he's got lots of respiratory it seems, so we do have regular sessions, and he suffers from COPD. And the interesting thing is he get so much relief and able to breathe much better when after I work on his mucins. And these are the mucins on the cilia, they're coating the cilia of the lungs, which actually help.

[00:21:51] So that opens up a, it's more sort of can imagine the cilia just moving and clearing pathways to open everything up. And he is been quite frustrated because his inhalers don't even touch it. They're not very effective. And he really struggles, his breath is very labored if he does the slightest of movement.

[00:22:14] But, just doing this on him, every now and then it really opens everything, all the pathways. So it's more having another inhaler but that really is effective.

[00:22:23] **Aimee Serafini:** An energetic inhaler. And then I remember one of the people in the beta test, I, so the beta test was three MP3s and then one group call and she said her mucus and phlegm really loosened up, phlegm is another word for mucus in your throat, and it said it really loosened up after listening to that call.

[00:22:44] And I have that sometimes too. I noticed. I often have it in the morning and I'll have to like cough it up, and I have not really had to do that for the last several months. Also when I exercise, I get a runny nose and it's a very thin, runny nose, but I always have to take a Kleenex with me, and I'm just saying when I go hiking, so I have to fold up a Kleenex and put it in a pocket because I may need it on the trail. I don't always need it, but I often do, and I haven't. I even forgot to pack them. I just realized the other day, I haven't even been putting them in my shorts for at least a month. No longer than that, probably two months.

[00:23:23] So that was probably about mid beta test where, I didn't even have to do that anymore. So that for me it really helps those minimal issues.

[00:23:30] I get allergies occasionally, but they're very random and there'll be like for three or four days and then they go away. Like they, they come on, I don't have an allergy, and then one hour later I have extremely bad allergies. They last for three or four days and then they go away just as fast. I'll wake up in the morning, sneezing and blowing my nose, and at noon I'm not doing any of it.

[00:23:49] So I'm looking forward to be able to have these MP3s , so that will be helpful.

[00:23:53] And then the last two things I wanna talk about are histamines and mast cells. So histamines, Our body actually produces histamine, but it's also in cured meats like pepperoni or salami or ham, those kind of things, in aged cheeses and also in fermented foods like sauerkraut or kimchi or any of those kinds of things that are actually really healthy for you, but if you have a histamine intolerance, they can cause a lot of problems. So why does the body produce it?

[00:24:23] What good does it do? And then why? Let's start there. Why does the body produce it? And what good does histamine do?

[00:24:31] **Jo Fernandes:** Yes. Basically histamine is a signal, a signaling molecule, and it's involved in several essential body functions. In, in the case of immunity for defense, digestion, stomach acid regulation, blood vessel control it's vaso dilator.

[00:24:50] So white blood cells and nutrients can get there quickly, and that's the key thing. Get there quickly within than seconds. It's very fast reacting.

[00:25:00] And of course then you get in a tingling burning heat. And that's because you get a boost of blood there, and then the nerves respond to that, and that's why you get all those tingling, burning and et cetera.

[00:25:14] And then the, people who are sensitive to histamine usually have reduced breakdown ability. So the histamine builds up and causes symptoms. It's because of their sensitivity.

[00:25:31] **Aimee Serafini:** So the main thing is too much histamine. It's not, we all need it, but we just don't wanna have too much of it.

[00:25:37] And you're saying it can build up, so it's like, you have a cup and there's histamines in there, and then it gets too full and big problems. But we need that cup. We need some histamines. We just can't have it overflowing

[00:25:48] **Jo Fernandes:** and we need to it quickly, so in this case, the with people who have this with the buildup, they flashing headaches, hives, gut upset, which are really unpleasant.

[00:25:59] But too much is a problem.

[00:26:01] **Aimee Serafini:** Okay. So, and then let's relate that to mast cells. So what are they, because there's a, an autoimmune called mast cell activation syndrome. You have out control mast cells, but most people don't know. And it is actually becoming, my niece has it, but now I see it everywhere.

[00:26:20] I read about it all the time. So what are mast cells and how do they get activated?

[00:26:25] **Jo Fernandes:** Yeah. And they're another favorite because of, what they do. So they're type of immune cells and they're found in tissues throughout the whole body. They're everywhere and they're loaded with granules.

[00:26:39] And these granules contain histamine and other inflammatory molecules which can be released in seconds. And that's the key thing. And I am sure you've all heard of mast cells releasing a chemical storm. And this can cause a lot of other issues, when they're activated by allergens, infections, even stress. And the stress is a big one here because stress can bring on a mast cell explosion, so to speak. And of course it causes symptoms like itching, sneezing, swelling, stomach acid, airway actually tightening, mucus production and they recruit other immune cells to to sustain the inflammation.

[00:27:26] In sensitive people, they more overreact causing chronic symptoms. And as I mentioned before, anaphylactic shock is a severe form of this, where airways completely close up. And of course, blood pressure drops .

[00:27:43] **Aimee Serafini:** But we do need them like the histamines.

[00:27:45] They're not bad guys by themselves. It's just when you have way too many.

[00:27:50] **Jo Fernandes:** Protective, but when you have too many yes.

[00:27:53] **Aimee Serafini:** Or they get activated, which is what my niece happens, they get activated when they shouldn't be. So most of us, they're just, hanging out, waiting for a necessary response, and then hers are activated for unnecessary things or all the time.

[00:28:08] So then you have all these allergy symptoms that we've talked about and. Like a peanut. If you eat a peanut and you're severe, you can go into that anaphylactic shock and you have this huge histamine dump and mast cell activation. So yeah, there's a lot going on with this allergy.

[00:28:22] More than you think, oh, I'm sneezing 'cause I have hay fever. A lot of stuff going on under the surface.

[00:28:27] **Jo Fernandes:** And with mast cells, you can get tachycardia, racing heart, low blood pressure and not being steady on your feet.

[00:28:34] **Aimee Serafini:** So that's kind of the severe form. Some of us may have like a mild form of it, so my niece is on Benadryl. She takes IV Benadryl every six hours and other things for it. And I asked her if she could only take one drug, of all the medications she's on, she's on a lot. She said it would be Benadryl because that's the thing that makes her the most miserable.

[00:28:53] Okay. So I think now first, before we go into the group healing process for breathing freely, let's just briefly talk about the program. We've talked about a lot of it already.

[00:29:05] There's 11 MP3s. The first one is the thymus, and that's gonna help with teaching the immune system what is good and what is bad, and how to react and not react.

[00:29:16] There's a sinus relief, which will help with those specific symptoms when you have sinus pressure or swollen nasal passages. All of that will help with the sinus relief mP3.

[00:29:26] Signature of mold. Mold is a big one. Indoor and outdoor mold.

[00:29:31] Outdoor toxins, we talked about those earlier. We're talking about the air pollutants, heavy metals, pesticides, wildfire, smoke, all of that.

[00:29:39] Goblet cell, and we actually didn't talk about goblet cells, so can you briefly tell us why goblet cells are important and why that has an MP3 to itself?

[00:29:50] **Jo Fernandes:** Yes. Goblet cells basically are specialized cells in the digestive tract. And basically the digestive tracts need a lot of protection.

[00:30:00] So they, they produce mucus and they also work along with colonocytes, which are strategically placed within the digestive tract. So then with that, it works like a a supportive system working the two. So that's why I also put the colonocytes in that goblet cell and basically because then there's different types of mucus in the gut track and the function of the goblet cells to make sure that everything's run smoothly.

[00:30:33] **Aimee Serafini:** So that will help with the gut barrier, the gut lining and the microbiome and digestion in general. So that's kind of like where it starts. They produce the mucin, but then there's also a mucin MP3 and a mucus gland MP3, because we really wanna get as much support as possible to that mucus related process.

[00:30:54] Then we have the cough one, and I think that one's gonna be a big one. A lot of people have long-term chronic cough, or they're very susceptible to it. So they get a cold and then they get a cough for two months. Everything that happens, it ends up they have a cough for two months and sometimes the cough never goes away. So that's gonna be a big one for people who have ongoing cough.

[00:31:15] Mystical mucin. We have food allergies, and then we talked about the microbiota booster and then also mitochondria. You can never do enough for your mitochondria they're what creates all the energy that you have to run your immune system and create your mucus. So you're always gonna need support for the mitochondria.

[00:31:32] So that's the, those are the 11 MP3s.

[00:31:36] Then there's three group calls. The first one is on histamine intolerance, so it's restoring balance for that.

[00:31:44] Then there's the second one is the mast cells, and that's gonna help you calm the symptoms as well that are due to the mast cells.

[00:31:52] And then call number three, which Jo always adds and is super popular, is a q and a with many healings. And everyone who's on the call will get their own personalized mini healing. And not only that, they will also receive all the other healings that are done throughout the whole call.

[00:32:06] This call can go for some time 'cause she will literally work with everyone on the call.

[00:32:10] So you definitely wanna be on that call if you can. I would recommend putting the dates and times immediately into your calendar so that you can be on the calls with her.

[00:32:20] It also includes 30 days of remote healing. That's an expiring bonus. So that's through October 19th, 2025, depending on when you're listening to this.

[00:32:29] And you can also add on your household for the remote healing parts, and you can add on a loved one for the remote healing parts.

[00:32:35] And then she also has package B, which includes a 45 minute private session with her. I always encourage this, if you can have a private session with Jo, so many of our testimonials, they say the same thing. If you can do it, have a session with her. It's amazing. And it also adds in an additional 30 days of remote healing on top of the original 30 days, so you would get 60 days if you register by October 19th and you have a private session, you'll get 60 days of daily remote healing.

[00:33:08] So that is the program. You can also take a look at the special offer page to see more results about the beta test. It was amazing. A hundred percent of people notice significant improvements in allergy symptoms. And then, and there's a list.

[00:33:21] It's the coughing, the itchy nose, the skin, the hives, sneezing, sinus output, all of the things people noticed a lot of improvement. So it was a very effective beta test. And that was just with three of the MP3s and one live group call. Now you get 11 MP3s and three live group calls, and the remote healing.

[00:33:40] So it'll be I think this is gonna be a really strong program and you can also use it now even if you don't have allergies. And in the future, whenever you might have seasonal allergies, people get 'em in the fall like now, and then they also get them in the spring. Those are the most common times.

[00:33:57] And then food allergies, of course, those are year round. So that's, that is the program. So now we're gonna go to the group healing, and then after that, the scans.