

EXCEPTIONAL



MAGAZINE

September/October 2017

People



How to Speak So
Others Will Listen

Diane Kazer

This Health Warrior
Is One of California's
Top Nutrition
Experts

TYWANNA SMITH

**THE PRO ATHLETE'S
LIFETIME POINT GUARD**



DIANE KAZER

When Diane Kazer was growing up in northern California, her family was poor. Her mother did her best to feed her children with nutritious foods, but she couldn't afford fresh produce most of the time.

That didn't stop Kazer. She was a natural athlete and a soccer superstar from an early age, wowing coaches and teams far and wide. After graduating from high school, she played semi-professionally for the Elk Grove Pride (now FC Sacramento). It wasn't long before she was recruited to play professionally for Germany's prestigious Frauen HSV Bundesliga as a defender and fitness captain.

But something was wrong. The young athlete was sick on a regular basis. Her periods were debilitating. Urinary tract infections plagued her. She had cystic acne, and she drank too much alcohol. She knew she was not performing at the level she should. Worst of all, she was continually depressed, despite the outward appearance of a happy-go-lucky footballer.

Still, nothing stopped Kazer. Returning to her Sacramento soccer team, she won a scholarship to the University of Pacific where she earned a BS in Business Finance while working as a fitness consultant. Shortly after graduation, she opened her own financial consultancy franchise.

Throughout it all, Kazer was continually prescribed antibiotics. One day her doctor told her to stay on them permanently. It was years before antibiotic usage started to be questioned in the mainstream media. But Kazer knew that there was something very wrong with her - and with a medical system that threw synthetic pharmaceuticals at every problem it couldn't solve.

By now, Kazer had become financially independent by selling her 8-year old business for \$250,000. She started traveling, covering 25 countries worldwide to learn about nutrition, hormones, medicine, and natural remedies. Her appetite for knowledge and training was voracious: In only 3 years, she became certified as an NASM Personal Trainer, an ISSA Fitness Nutritionist, an RYT Vinyasa & Power Yoga Teacher, a Reiki Practitioner, and a Functional Diagnostic Nutrition Coach.

Now at peak health and firmly at the helm of her own branded nutrition, wellness, and healing company, Kazer specializes in hormone balance and detoxification. As one of Orange County's most sought-after nutritionists, she practices everything she preaches, and it shows. Kazer's energy practically bounces off the walls of any room she's in. She glows with confidence and vitality, and her uninhibited laugh is infectious - in a healthy way, of course.

We learned a lot about nutrition and medicine with this interview, and we think you will too.

Monica: What is functional nutrition?

Diane: Functional nutrition means seeing the body as a whole. It means looking at the root causes of health issues as if you are looking at the roots of a tree. If the roots are diseased, then the tree will grow brittle, weak branches and leaves. Trimming the branches without addressing the roots is just going to weaken the tree, not strengthen it. With people, treating symptoms rather than causes creates even more fatigue than the initial onset of disease.

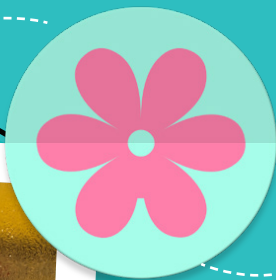
I was a professional soccer player for several years. There are 11 players on the field at a time, and they all have to be working together in order to win. They have to communicate and work together. When someone falls, the rest of the team has to be strong for them and root for them when they are feeling down. Similarly, our whole body is a team of systems; there are 11 systems in the body. They all influence each other.

Functional nutrition means we adjust the whole body, physical and mental, because everything works together. It heals the body with food, herbs, and a positive mindset as medicine.

Monica: Should we always be thinking about what we are putting in our bodies?

Diane: Yes, absolutely. Toxins are everywhere. 90% of the American diet is processed foods, and they are loaded with toxins. Toxins are in the air we breathe, the water we drink, and the pharmaceuticals that we take.

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In fact, the biggest efforts people put forth are actually draining them. People think they need to work out more, exercise more, and eat less. This is fatiguing us and causing a lot of shame, because we think, "If I do this, then shouldn't my body look like this?" Our thoughts could be even more harmful than the toxins we are eating.

It's not just avoiding the toxins. It's about education, information, application, and knowing about these hidden areas. It's starting off with a clean slate by getting those toxins out and then living a lifestyle away from them as much as you can. A, B, C: Always Be Cleansing.

Monica: What was the "aha moment" that propelled you to become a health advocate?

Diane: I had quite a few. Growing up, my mom gave us some vegetables. But we were very poor, so they came out of a can. By the time I was 22 years old, I was struggling with cold hands and feet, and chronic urinary tract infections.

I was playing Sunday Pro soccer and was recruited to play professional soccer in the Bundesliga in Germany. When you are an athlete, you work really hard. You are training three and four

hours a day. But I was not eating very healthy foods at that time, and my health issues were not being resolved with real answers.

The doctors had me on antibiotics. They said I should take them for the rest of my life as a preventive against urinary tract infections. I said, "What? Antibiotics every day?" And then it dawned on me: "If they want me to take antibiotics every day to prevent urinary tract infections, I must be really sick."

I demanded an answer, and they said, "We don't know why you have it. Just take this antibiotic." I knew that was not an acceptable answer. I knew taking antibiotics so much caused a lot of problems.

When I was 30, I moved to Orange County from Sacramento, sold my business, and started getting interested in nutrition and health. I was doing some bodybuilding and learning to eat six meals a day. But I still got worse, more sick, more bloated, and more tired.

After a lot of hard work and self-discovery, I discovered functional diagnostic nutrition. I went through a school to learn more, and it was very intensive. I learned a lot of different types of lab testing.



I also discovered that I had Hashimoto's hypothyroidism; my thyroids were full of parasites, candida, and bacteria. I had the worst genetics in the world for detoxification.

I also had high levels of markers for depression, and a high likelihood of cancer based on the way the bad estrogens were mating in my liver. I could go on about all of my health issues. I was probably the sickest person I've ever seen.

I believe that God gives the greatest lessons and the greatest suffering to the people who he knows have the capacity to help others the most. I now know that there are healthy alternatives. I now know about 20 different labs, how to read and understand diagnostic lab reports, and how to correlate them with conditions.

With my new knowledge, I reversed my autoimmune disease, and I teach others how to do the same thing. I help women get pregnant naturally. I help women stabilize their hormones naturally. I help men and women detox their bodies and turn their lives around by understanding all of the key roots so they can empower themselves.

Monica: There are so many different products on the market today. How can people determine what types of products will help cleanse their systems?

Diane: Use herbs that are clean, from the earth. Avoid fillers, artificial flavors, and colors because they make your liver work even harder. Most important, when it comes to cleansing, you have to go into it knowing this is going to become a new way of living for you. If you cleanse and then go right back to the same lifestyle that you were living before, your body is going to rebel against you.

Before cleansing, you have to make sure that you are going to the bathroom regularly, and that you have enough energy to cleanse. Cleansing takes a lot of energy. That's why in Week One of my Warrior Cleanse I set people up with the foods, recipes, and herbs that prepare their body. Week Two is liver cleansing, and Week Three is adding life back to the colon with healthy probiotics and foods.

Monica: Not everyone can afford to buy organic foods. How can people make the best selection if they can't get organic?

Diane: Whenever possible, buy organic and free range, and try to buy from farms where the animals are treated

well. Organic meat with no hormones added is even more important than organic vegetables.

But if you can't find or afford certified organic foods, go to a local farmers' market whenever possible. The food might not be certified as organic, but it will be a higher quality than supermarket food, and not as expensive as organic.

Wash your vegetables, especially if they're not organic. In the Warrior Cleanse, I talk about how to clean your vegetables and make them taste better by adding essential oils like grapefruit and lemon. Use a vegetable brush to clean the outside, but be aware that research shows that pesticides are used in the soil for non-organic foods.

Eat produce raw as much as possible. Everybody is different, but I would say about 50% raw and 50% cooked.

Monica: Do you believe that inflammation is the cause of most diseases that we have today?

Diane: Yes. There are over 85,000 synthetic ingredients that man has made in the last 50 years to be "more convenient." Gluten looks like the thyroid molecule, and it is now being raised with glyphosate, a toxic pesticide. These are the things that are taking us down. I see them constantly in lab reports in excessive levels.

Inflammation creates so much of a teardown in the body that it doesn't stand a chance over time. That's when autoimmune disease sets in. When we've got autoimmune disease, our odds of having a baby born to autism is significantly increased. In fact, one in 6 U.S. kids now has a developmental disability. 1 in 68 has autism. I am a huge advocate now. I have three different projects that share information and spread awareness about autism, autoimmune disease, and depression.

Monica: How often should we cleanse?

Diane: I've studied several different disciplines. One of the more ancient is Chinese medicine, which I employ in my practice more than anything else. Ayurveda, from India, advises cleansing every season to prepare for the allergens of the next flora. In the fall, there are a lot more allergens. Summer is more stale, with less rainfall, so we get a lot of allergies.

Cleansing every quarter is optimal but it's not possible for everyone. Even if we eat the most organic diet, we still

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breathe toxic air, and we apply toxins to our skin. So we should be cleansing on a regular basis with herbs. That means taking a probiotic, and some sort of adrenal, thyroid, and endocrine support.

The liver has over 300 jobs a day. It was not designed to detox our bodies at the rate that we are exposed to toxins today. If you walk away with only one thing today, it should be to love and take care of your liver every day. Make it your mission to stay as healthy as possible.

If you can't cleanse every quarter, then do it twice a year. It doesn't need to be complicated. It's more about adopting a cleaner permanent lifestyle, so that it won't take a year to undo the damage done over the previous five years. In other words, you are literally cleansing - or not cleansing - with every bite you take and with everything that you slather on your skin. People don't think about their skin. Everything you put on your skin ends up in your bloodstream within a minute, and your liver has to detoxify that. Everything is connected. Your skin is not separate.


Monica: What do you love most about helping people, and how does that impact affect your focus and self-betterment?

Diane: I love counseling clients on how to step away from perfectionism, and on how to show themselves vulnerably and honestly. I help people find the courage to share their deepest, darkest needs, fears, and desires with people they are comfortable with, and I help them realize that it's okay.

We're our own masterpieces. You can be a mess and a masterpiece at the same time. The biggest issue we have in America now, especially with young women, is the belief that we need to be perfect. That belief takes our hormones down all day long and causes us to binge eat, or not eat at all.

Step away from perfectionism. Embrace your imperfections. And allow other people to dance with you with their own imperfections. ■





*“Change will not come
if we wait for some other person
or some other time.
We are the ones we’ve been waiting for.
We are the change that we seek.”*

Barack Obama

