

Break Free Interview

Barry: Welcome, everyone. This is Barry McDonagh, creator of the Panic Away program here. I'm really excited to introduce my three guests to you today as I believe what they have to say about nutrition and anxiety would be of unique value to all of you. As most of you know, I've been teaching people how to end panic attacks and general anxiety for over 10 years now through the Panic Away program. Even with all the incredible results the program gets, I've often felt there is just one crucial piece still missing to ensure even greater success for people especially for those very difficult cases. That crucial piece is nutritional support.

Over the years, I have kept a watchful eye out for nutritional companies to come along that really understand anxiety disorders and who could provide high quality nutritional supplement. But I never could find such a company, at least none that I trusted. All I could find were quick fix herbal supplements that never really delivered its lasting results. Then out of the blue, Polly Meyers from the Break Free From Anxiety program sent me an email. She explained to me about the busy outpatient clinic herself and her husband Dr Meyers run. They've been helping people eliminate panic and anxiety through the right combination of nutritional support for years. Then because of demand, they created an in-home treatment program which they now ship to people's home called the Break Free From Anxiety program. What's really interesting is that both Polly and her son Josh are the perfect spokespeople for the program as they both suffered from quite debilitating anxiety themselves.

I ordered the program and took phase one of the supplements. I have to say I'm so impressed with what they've created. I had to get them on the call for you guys to listen to them. Everything this family does aligns exactly with what I've been teaching people in Panic Away for years. They're a really special family who are getting incredible results for people who do suffer from anxiety. I'm kind of kicking myself I did not come across this years ago. When you hear them speak about how the right nutritional supplements can dramatically reduce the symptoms of anxiety and improve your overall health as well, you'll know what I'm talking about. Thank you Dr Meyers, Polly, and Josh for joining me on this call. I know that you are very busy. Thank you for taking the time out to be here.

Ron: You're welcome. Thanks, Barry.

Barry: Polly and Josh, could we begin by telling the listeners about your story with anxiety?

Polly: Sure. I kind of hate to go back there. But when I was very young, I started noticing there was a problem. I had a terrible time going to school. Every summer, you get out, everything's free and fun, and then you go back to school and it was just torture for me. I started avoiding sleepovers. I think when I was growing up, I went to my grandparents house with my sister to spend the night one time. It was just difficult for me to do those things. I didn't go on camping trips with the school. I wouldn't go on field trips. I just knew there was something wrong. I would wake up at night and I would lie in the bathroom. I'd take my pillow and lie on the floor because I get terrible diarrhea. I'd shake and my mouth would be dry. I was hot. I would just lie there for hours. I knew my father had a problem so my family was pretty sympathetic. I also had an aunt that had a problem. It had good times, bad times.

Then when I was about ready to get married, I couldn't eat. It was really upsetting. My weight dropped to 87 pounds. I don't know what that is in kilograms and stones. But anyway, for all you folks, that's pretty darn low. My father just took a look at me and said, "The wedding's off. You're going to die before you have the wedding." We were married in front of the Justice of the Peace the day after. I had my first meal after the wedding because my stomach started to relax again. I had some good times and gained some weight. I think I was 26 when I had this huge crash. I'd been working, I was doing really well, I was making money. But I got over stimulated with my job and there are lots of reasons why that's happened. I had a huge crash so bad that I couldn't eat or sleep. Diarrhea, nausea, just constant -- I couldn't even walk out my front door. Literally, couldn't walk out my front door, couldn't cross the street, couldn't get myself there. I was so -- in such bad shape. My husband ended up buying me a motor home just to get to the grocery store. That was how I lived for many years after that. I took the motor home everywhere.

Barry: So that was your safety zone, was in the motor home.

Polly: Yeah, I'm a little turtle, you know, in my house. I went to work with him, he became a doctor. I wanted to become a doctor but he ended up becoming the doctor so I could kind of work with his patients. But I had that motor home in the parking lot. I mean I couldn't even get away from it. There, it didn't become safe enough. I lived like that for a long time. I didn't eat in restaurants, didn't drive with anyone in the car. I couldn't get stopped in traffic, anything without flying off into this panic and having instant diarrhea. That's a very bad thing, that's why I had the motor home.

It was about 1996 I think that we had been working and working with patients. My husband treats internal disorders nutritionally. And kind of all the pieces started coming together.

So far, I mean this is a person who couldn't walk out the door. I have been to Europe three times. Now, I live in the United States, been to Europe three times on 20 to 26-hour flights. I've been to Hawaii five times, Canada and Mexico numerous times. The Bahamas, the Caribbean. I've sailed on a ship across the Atlantic in a hurricane for a week, not seeing land. I was probably better than most of the people on the ship. My life is so different. I just feel so blessed that I figured out this huge piece of the puzzle because nothing else was working for me.

Barry: It's incredible. Dr Meyers, just quickly, it must have been very difficult to watch your wife suffer from anxiety like that?

Ron: Well, as you can imagine, Barry, absolutely. As a loving husband and a father, you'll hear Josh's story in a moment here, and then of course as a physician it was very very painful and frustrating for me to watch this happen and just feel helpless. We weren't even sure what was going on in those days, much less knowing how to fix it.

Barry: Of course. Josh, do you want to tell us your story?

Josh: Yeah, just listening to my mom. I've heard that story a few times. But when I listen to her this time, it makes me think of my grandfather, her father. He had no language, he had no help, and he lived and died with really no one understanding. He struggled as much as any of us. He fought in World War II, up in Alaska. There were some medications that -- he just had to do this without any help I find that really tragic that the tools, the knowledge just wasn't there for him.

Growing up in this family, I'm sort of blessed and cursed, right? Maybe in some other family, I don't have to go through this but with this family, I had all these wonderful people, this language, these tools. For me, it started similar with my mom, very young, five years old is when I had my first panic attack. Very typical, I limited my life as I grew up. I just assumed rather than admitting that the anxiety was in me because that's a very frightening thing to do. I would say that, "Oh, I was that friend's house." I don't go to friends' houses. Or it was at Disney Land. I don't go to Disney Land. Like it's a very typical progression that limited my life. As time went on it, it didn't get better on its own. I never really figured out how to challenge it. But I found a life of some kind, I should say. I was social, had jobs. At the time, when I got really hit hard by this, I was 23, I was racing motorcycles, I was teaching paragliding, had my own company, and I just got rocked. I actually crashed a motorcycle. I had to go through a surgery. Most people, when they really get hit hard in the early 20s, have something like this in a story that something was the final straw and for me, it was going through a surgery. I didn't really do well on the anesthetic. It kind of mess me up for weeks afterwards. I just fell into a -- it was kind of like a panic attack that I'd never

experienced before but it didn't really relent. The anxiety, at a lower level not quite a panic, that just persisted for days that turned into weeks, that turned into years. My big issue, well, it was stubbornness. I thought that based on how strong I was, how clever I was, how courageous I was, that I was just going to beat this. Just given time, I was just going to win. It just didn't let up.

After a while, the depression starts to kick in. I have days where the anxiety is really dominant. I have days where the depression's really dominant. Each time, I kind of wish for the other. When the anxiety is really peaking, it's like, "Oh, I'll take the depression." When the depression is really peaking, "I'd take the anxiety." Just waving, just years, it feels like lost time.

It's weird for me to acknowledge how long I let that go on for. It was my own stubbornness, my own unwillingness to really reach out for solutions that kept me there. Eventually, I was so light. I had lost so much weight that I was going to be hospitalized because I was -- I hate to say it but I don't like to use dramatic phrasing but, going to die. I suppose it's a reasonable thing to say. I can't keep losing weight. I started this process, I won't do the kilo conversion but it's about 155 and I had lost down till 127. As a 5'10" male, that's just unacceptable. I mean, my body fats' down to almost zero at that point. My cheeks are sunken in. It wasn't that I couldn't eat, it's just my metabolism was running so fast. All day everyday, it was hard to eat. I had no appetite for years literally.

I needed help. I needed to reach out and I did. Eventually, I turned to that corner. For me personally, I reached out and got some psychiatric help. I did use some medicines to turn that corner down from that very deep low.

Finally, again, stubbornness. Here, my parents are in parallel developing this wonderful program. I just assumed that based on how strong my symptoms are that something as simple as nutrition just cannot combat it. There's no way. It feels like an atomic bomb that's been going off continuously inside me. I need something powerful. I need a drug. I need something extreme. Nutrients? No way. That just couldn't do it. Lo and behold it did. To this day, still take it. I am shocked at how powerful and meaningful it is in my life and well-being.

Barry: I listened to one of your audios. I heard you saying that you felt you needed like a sledgehammer rather than these nutritional supplements. You just didn't believe it could make a difference.

Josh: Yeah. I think everyone is going to have that feeling because it's so powerful. Chronic anxiety is so strong. There are times where you wish some -- like on African shows where they shoot an animal with a dart and just knock the thing out. You want that. You just want some dart to come flying out of

nowhere. It's so difficult. The idea that simple nutrition, little daily changes, could make this kind of an impact just seemed too good to be true. That's why I think why I discounted it. It led to my suffering. It led to me still having to struggle with this unnecessarily for years. It was right there, my own family.

Barry: Dr Meyers, can you speak to the listeners then about why people with anxiety are different and why they have these symptoms in the first place?

Ron: Sure, Barry, because that really is a key concept. It was just a huge breakthrough as Polly mentioned. I had no choice. I saw my family struggling. I really had no choice. I had to get busy. I started reading every journal article back then. Google wasn't around but I did everything that I could do to learn what was going on. This was still back in the mid-90s. This was still kind of an invisible -- you know, it was called agoraphobia. Nobody knew what that meant. I started reading, and experimenting, and doing everything I could possibly do.

We found little bits and pieces. I had this little clinical trial, this two-person clinical trial. Everything I would read that sounded like it made seems like how important proper hydration is, how important it is to get the digestive system working properly, how important it is to control the fluttering heart that scares the heck out of people makes them think that they're having a heart attack. We got little bits and pieces and then slowly started putting together something that worked. The word got out because our little clinic was one of the only clinics here in Southern California that was really working hard on this. As word got out, well, I started attracting people with these kinds of symptoms. As we learned, we were able to help more and more people but it was just still very very frustrating because the progress was so slow. Something that works for this person didn't work for that person.

Then, a wonderful, incredible thing happened in about '96, '97 as I recall. I finally came across some research that was done in an obscure little university in Spain, the University of Barcelona. It was a group of geneticists that had identified a bath community in northern Spain. This bath community of course had been an isolated gene pool, if you will, for the many many generations. That's why these scientists picked this group to study. They weren't looking for this. But one of the things they came across was a 60-gene overlapped on chromosome 15 that -- there was a 97% correlation between the people in this bath community that had that genetic predisposition, that genetic uniqueness, 97% percent of those people all were having panic attacks. I just came across this whole thing.

Again, the study wasn't about this. But when I saw that, the light came on. I realized, now, I understand. Now, I get it. People who are prone to

generalized anxiety disorder or panic attacks are born with the genetic predisposition that makes them much more highly sensitive to the stress hormone that all of us have but most people get a zap and it's gone. These people get zapped and zapped and zapped and zapped, they're much more highly sensitive to these stress chemicals in the body. All of a sudden, it made sense.

Polly: What we also knew that it had to be genetic because my father had it, my aunt had it, my sister had it, I had it, Joshua had it. When I actually calculated after all the grandkids and everything were born, at least 30% of us on my father's side had anxiety disorder. We had it in our mind, we knew it, but it wasn't until that study came along that talked about having this specific chromosome with these specific genes. By the way, it is a very good genetic variation. It comes with a ton of great things. It comes with intelligence, creativity, sensitivity and a little better looks than average. We see a lot of entertainers that have it. Joshua teases that he still never met a person with anxiety that is not intelligent.

Josh: Yeah.

Barry: Dr. Meyers, I've heard you said that anxiety disorders are the result of stress causing a significant enough depletion in the key nutrients in our body that normally buffer us from these negative feelings of anxiety and even depression.

Ron: Yeah, that's true, Barry. That's kind of the evolution of the Break Free program. I'd come across this article and by the way, for those -- listening audience who are interested. That finally people -- it was the drug industry in United States that came across that same research that I did and went to work on reproducing that study. Now, it's mainstream science. Of course as they were developing their drugs to take a drug approach to the problem.

But what I did was because I knew that drugs even though in the short-term could be very very helpful and even lifesaving as Josh mentioned. I knew in the long run that wouldn't be the permanent solution.

What I did, I just started basically becoming an expert in the biochemistry of the stress hormones. Once again, the hormones that everybody have in their body. I wanted to find out way downstream what was happening when the human body is exposed to these hormones. The information was all out there. There's nothing magic about it but nobody had really put it together before. As I became more expert in the downstream biochemistry of stress hormone, it started to become real obvious to me what those hormones were doing. In the short run, it's no problem if you don't have this genetic overlap or predisposition. What happens is, it leaves your body, no problem. But when you have these hormones, the stress hormones;

cortisol, epinephrine, norepinephrine and so on, coursing through your body even at slightly elevated level but if it's there all the time, all of sudden, nutrients are pushed out of your system in large amounts. It's those nutrients that are pushed out of your system that start to become your stressors, that start to create the symptoms that trigger your panic attacks.

Barry: You know, that was something I wasn't aware of when I was going through a Break Free program is that stress response actually robs you of these key nutrients.

Roy: That's exactly right. Over time, it becomes more and more and more of a problem. Then a relatively small number of stressors over time that trigger the early panic attacks just become -- because of these nutritional depletion, those stressors -- as the triggers for your panic attack become greater and greater and greater until you become just like Polly, you can't get out your front door.

Barry: Another interesting thing I came across in your program is that you attribute a lot of people's first panic attack to low blood sugars levels. It just reminded me of my own first panic attack. I think it could definitely be related to that. The problem was is that as soon as I had my first panic attack, I began to fear the fear and it developed into panic disorder.

Ron: Blood sugar is one of the places we start. Teaching people how to control the blood sugar, the fat -- I don't want to get too far into the weeds, we just don't have enough time. But the fastest way to control elevated cortisol levels, which is the prime, most powerful, really, it's the most powerful hormone our body produces that triggers panic attacks. The best way to start to control that is to control blood sugar because basically, if you start off -- so many patients that come with generalized anxiety disorder, we've just learned that they don't eat breakfast, they're not hungry, they're a little nauseated so they skip breakfast. That starts that blood sugar rollercoaster. As that rollercoaster gets steeper and steeper as the day goes on, that becomes a trigger; the lightheadedness, the lack of focus and concentration, those all become triggers. Of course, how do people combat that? Most people learn to drink coffee, caffeine, stimulating, really raises their cortisol levels. They discover that eating candy bars, sweet things, will make them feel better for a short period of time and then they crash in.

We have to teach people how to get protein into their system early in the morning. Why is that protein so important? Complex carbohydrates, what is a complex carbohydrate? It's very simple. Again, nothing that people haven't heard before but the beauty of the Break Free program is that it puts all those ideas in one place.

Barry: Yeah, you know why I think I was so impressed by the program is not along the quality of the nutritional supplements that you source but also the way you mix them up. Basically, what you're doing is enabling a person to absorb these nutrients on a cellular level. The way the program is structured is that people are going to get a really, really great value from the nutritional supplements that they're taking. Whereas other people might recommend, "Okay, go out, buy these supplements, and do these things." But not get half the same impact as the Break Free program does.

Ron: Well, it's true. That's the best advantage of trial and error. We've been at this well over for 20 years now. We stumbled at first. But over the years, we've been able to identify those nutrients. For example, we have patients come in -- calcium is part of -- once again, I won't get into the weeds too much but calcium is an important mineral that is pushed out of the body by these stress hormones. People come in and we start talking about mineral supplementation, just to pick something. Mineral supplementation, "Oh, Doctor, I've tried that. I've taken this mineral. I've taken that mineral. It hasn't helped at all."

Well, what we've learned here is that there are minerals and there are minerals. Until those minerals get from the gut into the blood and from the blood into the cell, they won't do you any good. Most of the supplements people are taking don't get absorbed and so they don't get the benefit. They think they tried these things but they really haven't gotten the benefit. Trial and error over the years, we've put together highly absorbable nutrients, the purity and the processing that we want. That makes all the difference.

Barry: Josh, I just wanted to speak to you briefly because I know you do a coaching program as well. One of the things I hear time and time again is that people who are suffering from anxiety often just feel that they're going crazy, that they're kind of losing control, all related of course to the anxiety that they're feeling. I know that you also use the Break Free program with them. Can you talk a little bit about the results you get with your clients?

Josh: Yeah, there are kind of two big things there. The first crazy thing, you know, we can go on about that for a while, that's a whole discussion I have because everyone at some point gets beaten down enough by this to ask that question. That's part of catastrophic thinking. Not only do I see anxiety clients and work specifically in that field. Once in a while, I do get to interact with people who are what we tend to call "really crazy", schizophrenic disorders and bipolar disorders. I can tell you that every single person that I worked with, with anxiety, is never going there. It's not even possible. It's a common fear. It's not going to happen. I don't know how I could put it more plainly but the mechanics. My fear was alleviated when I got into this field and was able to see what it was like, to work with people, what actually causes schizophrenia, what causes auditory hallucinations, what causes the

things we think of as crazy. Anxiety, what you're experiencing, all those people struggling with anxiety, that's it. For good or for bad, that's what you have. That's going to be the limit of it. That doesn't diminish it but that's the limit of it. That's all it can be to you is what it's doing to you right now. It can wear you out, all those things; keep you up at night, whatever, but that's it. That is the limit of it.

The second side of that is the nutritional side. I went to therapy, myself, before using the nutrition and it was years. Very slow gains, very difficult process. Money, time, it felt at times fruitless, hopeless. The gains were painfully slow. When I work with people who are taking the nutrition, I see benefits, one week, two weeks. Usually, they're out the door and on their own in four to six weeks. While that's not terribly profitable for me as a therapist, it's absolutely wonderful for me to see people get out and get their lives back in that kind of time frame. I wish I could get every therapist using this. It might, again, not be so good for -- they're not going to keep clients for years. People with anxiety disorders who take the nutritional program are going to get out your door so fast.

Barry: I think you said at some stage, you felt that it was almost like you were cheating when you were using these nutritional supplements in combination with the therapy?

Josh: Yeah. In the academic world, we tend to think in extremes. There's always this debate about nature and nurture. While listening to my parents talk about these wonderful genetic studies kind of showing that there's a huge genetic cause to anxiety at source. There is another camp that says, "Oh, no, no. There's no genetics to this." You've all learned this. I learned it from my mother. She learned it from her father. I think that it is incorrect. If that were true, we could just unlearn this and we would all be fine. There wouldn't be any stubborn cases. We would just all unlearn this process.

I have to fight that. As I'm going to therapy, I keep expecting that I'm going to learn some breakthroughs. I'm going to heal some hurt. I had a great childhood. I have no big traumas other than the anxiety that showed up. When you realize that, "No, this is a nutritional issue. This is a genetic thing." You could explain to people how getting depleted -- I always talk about it like it's as if a shock absorber on a car is just getting weaker and weaker until you're just running without any suspension. Every little bump on the road is just absolutely jarring and by putting this back in place is just like you're refilling that or you're recharging the battery and you can take those little daily hits and it's not a big deal.

If, after they spent four to six weeks with me, whatever it is and they are out there on their own and if they want to work on bringing more happiness into their life, having better relationships, no problem. So much easier to work on

that stuff when you no longer have this anxiety in your face everyday. If that's the case, we're not going to go anywhere. We have to get rid of that first and the nutrition just makes that process so much easier.

Barry: So much easier.

Polly: One of the things that I really liked was since we -- you feel so guilty with this. You feel like you're hurting other people, you can't understand it, it's your fault, things come out of the blue, blah blah blah. What happened when we finally figured out that it was genetic, that this is the way your life is and you give your body what it needs. I dropped all the guilt, just dropped it. That's what happens with our patients. They blame themselves, they blame their parents, they blame this, they blame that. If anybody in the world had a reason to have PTSD, I did because I had a horrific time when I was a child, a specific horrific time. I didn't even think about that. Once the anxiety is under control, it's not any of those things are the problem anymore. It was the anxiety that was the problem, the guilt that I had, and the fears and all that. The guilt just dropped away.

Barry: That's interesting. Dr. Myers, I've heard you also speak about the importance of good hydration. It's something as well that I talk a lot to people who use Panic Away. I was reading about -- we're talking about the need to flush out the toxic chemicals in our bodies especially for people who suffer from high anxiety because you mentioned something briefly about that, about hydration and detoxification.

Ron: Barry, that's a great question. It's a very important point. When we talk about the Break Free concept, the Break Free program as being nutrition, it's clearly more than just that. Hydration is the perfect example. What happens basically when we have elevated stress hormones in our body all the time, it forces fluids out of our system. We have diarrhea, we throw up, we sweat. All those things tend to dehydrate. Ironically, the more dehydrated we get, the less thirsty we get. Mother Nature has a mechanism of turning down our sense of thirst because Mother Nature thinks that there's a drought when we're dehydrated. The more dehydrated we get, the less thirsty we become, and the more dehydrated we get.

The reason is so critical, to answer your question specifically, is because when we have these hormones that aren't, these powerful stress hormones in our system, they aren't supposed to be there all the time. As the more dehydrated we become, think about this, more dehydrated we become, the more concentrated those negative hormones coursing through our bloodstream all the time. The more concentrated they become and the more powerful they become.

Once you have that concept under control, the answer is I'm just going to start chugging water as fast as I can. Well, what we learned is you can't do that. If patients start drinking a large glass of water all the time, just forcing themselves, they will start to neutralize the digestive enzymes in their stomachs which are already wimpy because of the stress hormones and dramatically aggravate their digestive issues. We have a technique that we've learned how to teach people, how to rehydrate properly. That's a great question, an incredibly important part of getting all these negative hormones under control.

Barry: Yes, I'm just feeling overall better. Polly, I don't want to put you on the spot but could you talk a little bit about the kind of results that people are getting using the Break Free from Anxiety Program?

Polly: Well, like me, I go in the car with people. I eat in restaurants all the time. I remember going to a bowling alley one time, we had breakfast at the bowling alley. That motor home had to be within my vision at the table because I was sure I was going to be sick and I had to run out there and have a safe place. I have gotten to the point where I have forgotten my purse, forgot to put gas in my car. I even ran out of gas in a very unsafe place because I totally forgot where before I was constantly on guard. I fly, that was a real trick because I could have diarrhea looking at a picture in a book of people getting on a plane. I could work. I obsessively work as a matter of fact. My husband's constantly telling me. I took my grandkids, I took three granddaughters on a cruise all by myself. We went to a foreign country where we didn't speak the language and got off the boat and off we went.

I'm a prime example. But we see patients -- I mean they are absolutely in tears. They cannot believe what has happened. At first, they don't believe that this could be so life changing. Then, they start calming down. Then, when they start calming down, that's when they can really pick up all the cognitive behavioral therapy that they need, the practicing, the breathing, the going through the panic attack like you teach them. I've seen people shine. There was an 80-year old lady that had been stuck for I think 50, 60 years in her house. She got out. She dyed her hair red. She just started doing everything. She said, "By golly, I only have a few years left and I am going to do everything that I ever want." Josh is probably a great one to tell you some of his stories because we get love letters all the time to him saying how their life -- I mean marriages that were ready to dissolve have gotten back together. Josh, why don't you just jump in here?

Josh: When you were talking, I was thinking about one of the most enjoyable stories that came early on in my teaching. There was a woman who -- she finally reached retirement age, her husband and she had this wonderful plan. They were going to travel the world. Financially, they were fine and

she just couldn't. He finally said to her, "Look, this is not how I'm going to spend the rest of my life. I'm going to travel. I'm going to enjoy the rest of my life. If you can't participate, we probably can't stay married." She called me from that state and we got her started.

I'm trying to work her slowly into new things for her. She lived up in Canada. This is a phone consult thing. I wanted her to use the ferry, to get her car on the ferry, just a 20-minute thing, a 15-minute, the shortest ferry she could find. Get her car on and just get it over to that next island because that was something that she felt very unsafe. I'm teaching her how to do this nice, slow, progressive practice. She does that a couple of times and then calls me and says, "Hey! Guess what? I signed myself up for a bus tour. Myself, people I don't know, I'm going to hop on a bus. I'm going to go for a week." I'm like, "Okay, well, you know, that's ambitious." She was just on fire. A big goal for her, "the goal" -- a lot of people have "the goal". The goal for her was to get to Disneyland. There was a trip from Canada to Disneyland in California that was going to require a plane ride. This was just impossible. That was about six months away when she started calling me. I said, "Well, I think we can do it. Let's work slowly. She just goes full throttle". I kind of forget about it. I had this great experience. She does the bus trip, great. She's just in love with life. Life is good. We stopped working together. Finally, six months later, I get the call. I was very appreciative that she did this, "Hey! I just want to let you know, I'm at Disneyland. I'm having a great time. I'm in the hotel. I'm with my family. My husband's here."

To get those stories, I mean, I would do this for free. This is amazing. That is, we hope to have one of those stories in our lives, to be able to impact one person's life like that. To be able to do it on a regular basis is just, it's really wonderful.

Barry: Yes, that's real breaking free. What actually reminds me with Break Free Program is that it's designed in such a way that people, even if people are taking medication, that they can still use the program because what you'll find with a lot of herbal supplements that are out there that promise these quick fixes is that they could often have negative interactions with any medication people are taking. But it's designed, as I understand, the Break Free Program is designed that works in perfect combination with medication and as well, any other therapy that you might be doing.

Polly: We were really careful with that one because Josh and I knew -- just by our genetics, both of us, not all of us are very, very sensitive so we had terrible side effects, responses to drugs. We made sure that we did not include anything that could make them worse. We're terrified. I've had patients who got the program and it took him three months to get up the courage to take it. They had to research everything and talk to me, to get them to do it because they had such bad experiences. That was really primary. We don't

know if they're on drugs. We don't know what else they're doing. A lot of times, if they're doing the in-home program, not here in office so we just we're very, very careful.

Barry: I noticed Polly, how you also made the addition for people who -- because a lot people have trouble swallowing tablets and you've designed the first phase so they can take them as smoothies, juices, and everything like that.

Polly: Right. The first three months -- if they're going to go through the three months, we make sure there's nothing in there that they have to swallow, that they can't mix in something or chew or something because you'll hear that over and over, that their throat feels like they're closing up. That was another consideration. Josh and I had been through it so we knew what people were going to be afraid of and what they needed. Yes, we don't do anything that they can't swallow in a safe way or could cause any reactions, whatsoever.

Barry: As I said at the start, you just don't find nutritional confidence with that level of understanding.

Polly: Don't you think it would be nice if everybody has a panic attack or two? Just so they can understand us.

Barry: At least, they'd understand.

Polly: I guess this was why Josh and I had to suffer so long. I was 40. He was at least 20 years. We had -- really got it drilled into us.

Barry: That's wonderful. I know this call is going to be invaluable to so many people. Polly, I asked if it was possible for any of my Panic Away members to get a special offer if they were to order the program. Can you talk about what you've arranged for the Panic Away people?

Polly: Well, what we found is that most people have not much understanding about anxiety, most people and even healthcare providers really don't understand what's going on. We couldn't educate our patients in the amount that we wanted so we made this anxiety audio course. It's called "Fear Less Live More: Understanding Anxiety And Developing A Plan For Your Recovery." It's a seven-session course.

It's over four hours long but you can break it apart. It's easy to listen to. We sell that. We have all our patients listen to it before we work with them because we want them to have this really good strong educational base, know what they're doing, why they're doing it. We want them to know when somebody's trying to take advantage of them, when they don't know what

they're doing. Like healthcare professionals, we want them to know which medications they should take, what they can expect.

We have this program, we sell it. It's worth \$99. I told Barry that if your people would buy it, we will -- after they purchased Break Free, we will just send them a downloadable version. They'll get it in a couple of minutes and it's free. I hope -- because we want them to be there. We want them to understand, and we want them to understand. It's really hard to believe but they're going to know when they finish this audio course, they're going to know more than 95% of all healthcare professionals out there. So they're not going to be taken advantage of, they won't be asking stupid questions, they'll actually be directing their healthcare. It's really critical.

Barry: That is a bonus if people were to buy the program. That's pretty generous of you. For people who are listening, to get that, you only need to follow the link that you see on screen or if you're hearing this file via the podcast, what you can do is you can visit panicaway.com/breakfree because this is only available through this link. It's not available on the Break Free site.

Polly, I know too that you guarantee results with the program or you give a full refund, isn't that right?

Polly: That's absolutely right. We give them 60 days. We don't want them to feel like we are trying to take advantage. They get 60 days, they get the program. Here's the deal though. You get 60 days, you can get all your money back less the shipping but you have to promise you really listened to the audios, you worked in the workbook, you take the nutrients. If you do that, you send the empty bottles back, the workbooks they worked in. If you feel like giving it a try and you don't think it's worth it, I will absolutely give you every bit of your money back. That's our guarantee.

Barry: I also know that if you do order, Polly is going to be giving you direct access to her email to ask her any questions that you have. I know she spends an inordinate amount of time answering people one to one. To me, that just proves the absolute commitment that this family has to getting people lasting results. I hope you don't get inundated with too many emails, Polly.

Polly: I know. I hope we've educated them enough. By the time they listen to Fear Less Live More, and then go through the Break Free Program. They're going to know just so much. There are usually very few questions. I do get the people who are still afraid to start. I have to kind of help them gently go along. But the one thing that's very interesting, I have to say and I still can say it to this day, we have never gotten a program back. The only programs we have gotten back are unopened programs. We feel like probably their partner wants them to stay in the position they're in and said you can't

spend the money. They have never opened them and they just send them back. I'd say, we have a pretty good record on that.

Barry: Just to reiterate what I said at the start, I've been so many years in this business. I've not been able to find nutritional program for people with anxiety until now, until I came across the Meyers family and this Break Free Program.

I really do want everyone who uses Panic Away to consider signing up and start taking the Break Free Nutritional supplements. The supplements aren't cheap but there is a real difference between high quality nutritional supplements and the regular ones you might find in your drug store.

Then on top of that, there's real value in having someone who has been there support you and guide you through that process. I really think that's invaluable. Of course, it's a fraction of the cost of the one to one clinic that the Meyers Family run in California. This in-home program is really a wonderful opportunity. I think the money you invest in this is going to come back to you in terms of better all around health and of course, more peace of mind. I don't think you could ever put a price on that.

Everyone, thank you for taking the time to listen. Thank you to Dr. Meyers, to Polly, and Josh. I know you're very busy. Thank you for taking the time to be on the call here today.

Ron: Thanks for having us, Barry.

Barry: You're welcome.

Polly: Thank you.