

# The Healing Powers of Nutrition

When Janet McKee saw a 13-year-old girl suffering from a mystery ailment that baffled doctors get out of her wheelchair after drastically changing her diet, she knew that the story had to be documented for others to learn from.

The ensuing production, entitled “Bethany’s Story,” chronicles the girl’s illness from its onset to her recovery and should be ready for viewing later this year, McKee said.

While the story is unique unto itself, it’s not the first time McKee has seen people recover in ways that can only be termed “miraculous,” and she’s convinced that diet was the one variable that measurably resulted in those recoveries.

“I am a board-certified holistic house practitioner. My job is to resolve health challenges and help people reach health and wellness through natural means,” McKee said. “The common sense things I’m coming across all are results of experiences with certain clients that have incredible stories of how food has healed their bodies.”

Those clients include a woman rebounding from stage 4 lung cancer and a man who made similar progress in reversing his stage 4 colon cancer.

“As part of what I’m seeing with my client and with others, it’s absolutely unbelievable what we’re finding that’s possible through nutrition,” McKee said. “People know this generally. They know that heart disease and diabetes are food related, and there are things that people can do to prevent or improve their chances of avoiding them. But you can eat certain foods, and it will reverse diabetes. We have a client who was terminal and told she had a few months to live. We put her on a program and changed her diet dramatically. Her smaller tumors have disappeared, and her large one is dead because they aren’t finding any activity with it. We’re seeing that the body can heal, and we want to encourage people to know this information and make it available. Regardless of the situation, there’s potential that things can be resolved or at least improved. Their health can be improved greatly.”

In Bethany’s case, the young subject of McKee’s documentary, Bethany stepped on a nail. After receiving a tetanus shot, which McKee said was and is the best course of action in those cases, Bethany started having a reaction to the shot that resulted in gradually debilitating paralysis. She lost her ability to walk, was in a wheelchair for three and a half years, and eventually became paralyzed from the neck down. Doctors concluded that Bethany would never walk again, McKee said.

After much research, Bethany and her family decided to make a drastic change in Bethany’s diet, a sort of “Hail



Mary” pass looking for a medical touchdown.

Within a month, she was moving her feet and mystified her physicians. A month later, she was wearing leg braces and in five months, she was running and dancing like any girl her age.

“It proves, along with all these people I’ve been working with, the power of food to heal the body,” McKee said. “The story is really powerful.

We interviewed five medical doctors to explain how this is possible. How can the body regenerate nerves? How can she regain the ability to walk? We still have quite a bit of work to do, but we do have the full interviews available on a DVD. We didn’t want to wait to get that out.”

Since working on the documentary, McKee has been presenting to doctors at UPMC, where she just completed a four-part lecture series. This February, McKee is scheduled to talk to more medical directors.

“All of this is just building, and it’s like a snowball effect. We’re talking about foods that you can get in any grocery store—mostly mainstream fruits, vegetables, and whole grains.

These are things that anyone can go to the local store and buy for themselves,” McKee said. “It’s not necessary for people to go to health stores or go to the Internet. I’m not even talking supplements. We’re talking food—raspberries, garlic, broccoli. It’s a focus on plant foods. Plants have what you need to heal the body.”

Because of our culture, McKee said that much of what Americans eat does little for them nutritionally. Food is packaged for convenience, speed, and shelf life, resulting in over-processing.

“The standard American diet is not ideal for our bodies, and it’s really a shame,” she said. “We’re going back to some of the traditional diets that you would see in Asia and Europe. It’s going back to what our ancestors ate. Everything you see today is processed and full of chemicals.”

McKee said that she hopes the film, and the lessons it will offer, will be complete by winter of 2011. Whether it be casual viewers or those in the medical profession, McKee’s goal is to get the documentary into as many hands as she can so that people can see that food and nutrition really can make a difference in people’s health.

“We’ll need the summer to do what’s necessary to do what’s right with the video,” she said. “We have people already who want to bring it out nationally.

The story is incredible. The medical community is seeing it and coming on board with it.”

For more info on “Bethany’s Story,” including project updates, go to: [www.janetmckee.com](http://www.janetmckee.com).

