



Inflammation and Gut Health - Transcription

Inflammation Video

What I want you to know with inflammation, is that when it's there, your body is always going to try to fight it. And we know it's there, you can test for it. There's a test called the C-reactive protein. You can get a test done to see how much inflammation is actually in your body, but what we've found is that it's not really that necessary to take that test, because if you've never done anything to heal this inflammation, it's there.

And if you're having trouble losing weight, or if your energy levels are low, or if you're getting cravings, or if you're getting headaches, or if you're having a tough time sleeping, all of this can be a result of your body allocating all of its resources to healing this inflammation.

So it's like there's this fire and your body is trying to put out this fire all day long, and then another fire starts, then another fire. It's like it's trying to keep up with it. So the great thing is, this is where the healing from the inside out approach comes into play. Because we're actually healing this inflammation, losing weight actually becomes pretty effortless once the inflammation is healed, and you're not going to gain it back.

We could just slap a big band aid on the inflammation, but then when the band aid comes off you gain the weight back. That's what a lot of diets do. So were actually changing this, we're shifting this from the inside out. And because of that, you might not lose weight in phase 1. Some people do, but you might notice that your energy levels go up and your cravings go down, but you still haven't lost weight. Maybe you've only lost a few pounds, maybe your goal was 20 and you've only lost 5. And for some people, they notice they lose weight right away, and for others it might not be until phase 2, or a few months in.

So I want you to know that, I want to set up your expectations that you are going to be feeling great, but it can take a little bit longer, and that's ok. It's really important that we're kind with ourselves during this process. You know usually we're told to be strict and perfect and push through, but Rule Breakers is the kind of place that I want you to practice self love, and being kind to yourself, and patient with yourself throughout this process. Because if we're putting extra stress on our bodies, do you know what happens? That actually can cause inflammation. And then it backfires, and we're in this vicious cycle of being hard on ourselves, and causing inflammation, and giving into sugar cravings, leading to more inflammation and we don't want to be in that vicious cycle.



So let's just take a deep breath, relax, and enjoy this journey of eating foods that are really delicious while we are healing your body inside out.

Inflammation and Gut Health Masterclass

Emily: Welcome, everyone. Welcome to today's masterclass all about gut health and inflammation. We're super excited Taylor and I are here today to talk with you all about, just digging deeper into what is gut health. What is inflammation? How do we work on improving that and healing our bodies from that? So we're super excited to dive into that and we had some questions on the Facebook group as well. And so we'll be getting to those and some of them you don't have to do directly with gut health and inflammation. And of course, we always welcome any question. So we want to address any other questions that might come up on today's call or anything else that comes up in the Facebook group as well. So we're super glad that you're here.

Taylor: Yeah, and I just want to start by saying that we're going to address the question on Facebook from Lauren and Gail chimed in on that and Tracy did as well. So I think we're just gonna Dive Right In and get started with that question which might be on a few of your minds that are watching live or that are watching on the replay. So Lauren asked a few people have been discussing following PFC and not seeing results yet or even gaining weight. She understands everyone is different and it takes time to address all the factors that play a role which is so true. We've been talking about that a lot. But how much time do we typically see a client following PFC before looking at making changes? So how much time after we're following PFC do we want to start diving into those finds start fine-tuning those knobs?

And she wonders if maybe she needs to lower her carbs or fat and if someone needs individualized help with one of the coaches, how would that work? So we want to give you guys three action steps right off the bat today to start looking if this is you and your somebody's been following PFC for a few months and you want to look at really fine-tuning few things so that you can see some results.

Emily: Awesome. Yeah, that's a really great question. And it sounds like it was a common question on people's minds. So all they didn't write dive right into the first action step in one thing and Lauren alluded to this in her question on should I be looking at adjusting my carbs or perhaps fat? That's exactly what our action step is. Now once you've started establishing a routine with PFC you're in a good rhythm with your portion sizes Now's the Time. Excuse me. Now's the Time to do some testing a little bit of trial and error. So we want you to look at those portions. And if you feel like, you know, you're not necessarily seen progress in the direction that you're wanting to go make some adjustments. It might be increasing or decreasing one or more



of the macronutrients. That's why I can be a little bit tricky to figure out what your sweet spot is. But once you do find what that's what everyone's sweet spot is, each person has an individual one. That's when your body really is able to take off and really do the do what it's supposed to do and you know act how it was created to act. So look at your fat portions will start with that one. We're mainly going to address fat and carbs and I should say too that typically protein doesn't change much you might need to adjust that a little bit usually that standard shape of your palm circumference thickness. All of that would be a general portion size for a meal for an individual obviously portion size of your hand is correlates to your typically your body stature and all of that. So usually it's a good estimation and then cutting that in half or somewhere around there for your snack. So that doesn't usually change much again, you know, maybe an up or down half an ounce to an ounce absolutely try that but going back to the fat, in that and carbs try increasing your fat if you're at a couple of or if you're on a tablespoon or two you feel like maybe you're not quite sustained or your body's not quite getting that the healing fat benefits increase that a little bit maybe go up another half a tablespoon to a tablespoon, or maybe if you're only a tablespoon right now and you kind of feel like you're having a hard time getting to your next meal or snack your often hungry increase that even more go another two tablespoons up from where you are at perhaps it's bringing it down. If you feel like you're kind of forcing them food all the time when you get to your meal or snack, you're not even thinking about food because you're still, you know, a pretty sustained scale that back just a little bit maybe add a couple of tablespoons. It's okay to scale it back a little bit. We don't want to bring it down too much because fat is super super important macronutrient. But again, everyone sweet spots a little bit different and sometimes you do need to work up to a higher fat amount , to begin with so it's okay to scale that back a little bit.

Or maybe it's a little bit more at meals and you're maybe more like around a tablespoon or two at snacks. And that's okay. Excuse me. That's okay, too. Now take a look at your carbs and I'll make another little point in there when it comes to testing these things try not to do it all at once. That's where you know, sometimes the body did it's too much for the body to handle it once or we don't if you do start seeing progress, we don't necessarily know. Where's our progress coming from is it from the fat change the car change so, you know, like any good experiment change one variable at a time keep the rest of everything controlled and you know, and then, you know, maybe a week or so evaluate, you know to make a change for about a week then make an evaluation and then try another change or maybe you need to go up and then you realize that's not working bring back to Baseline and then bring it back down again, perhaps so do the same with carbohydrates again that standard or talking starchy carbohydrates.

It's so these are going to be your starchy vegetable, the fruit would fall into that category. If you do choose to include things like gluten-free grains, legumes things like that. That would also be in that category. So, you know, typically that portion size that we recommend is around that 1/2

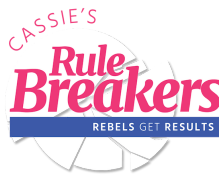


cup a lot of people do great with that portion size and some people need more than that. Some people need close to three quarters of a cup or a cup, especially people that are really exercising hard and maybe people in the in a CrossFit scene or people that are running longer distances or you know, some people just need that amount for any number of reasons so know that you can increase that that being said, sometimes people do best at a lower amount. So maybe it's more like a quarter cup or really trying to prioritize when you're having your starchy carbs, maybe try, you know, just doing starchy carbs that your meals and really focusing on non-starchy carbs at your snacks.

And fill in the gaps throughout the day with non-starchy carbs, you know. Those are those vegetables those nutrient Rich vegetables are awesome all the time. So those can always be included no matter what.

Taylor: One thing with the timing that you reminded me of one thing I've seen a lot with clients is if we're looking at scaling back the starchy carbs centering that around workout. So doing starchy carbs before going into your workout that meal or snack prior to the workout and then also including those in that meal or snack after the workout could be a great place for it. And that's because we're really using those carbohydrates during our workout and then we want to replenish those glycogen stores after our workout. So if you're looking at playing with the timing of those that could be the first place that you start making sure you're getting enough starchy carbs in before you go into your workout and afterwards and the other thing I was thinking about is fruit intake and I know I've seen this a little personally with a lot of my clients, fruit seems to be very easy thing to grab when you're on the go and you're out and about because it's usually got its own little package naturally, you know, you're peeling your banana and eating that is your carb and often if we're not necessarily aware of kind of our daily intake or what we've had during the day. Sometimes we can after a week or so realize. Oh, wow. I've been eating three to four servings of fruit every day. So checking in with yourself just being a little bit more conscious of your choices those starchy carbs choices and looking at your fruit intake we do recommend and like a baseline of two servings of fruit and that would include RX bars. So any Larabars those are going to have a fruit serving in there so definitely think about that when you're assessing your fruit intake for the day.

Emily: that's a great point. Thanks for mentioning those points, Taylor and we've had a question that came through from Barb about how many times a day for the starchy carbs? And that's a that's a good question. You know. I'm assuming you're you know, kind of, you know asking that question based on the things that we recommended and really it does depend on the person. So like we said, you know, maybe evaluate your fruit intake first and look at what am I currently taking in? Maybe it's two servings. Maybe it's three or four, you know, maybe your starchy carbs are primarily fruit, first I would recommend taking a look at that scaling that back a little bit



maybe to 1 to 2 servings, and then from there, you know taking a look at you know, am I getting a variety of starchy vegetables in my daily routine and you know, perhaps you add-in you know a serving or two and you aim for, maybe you aim for three servings a day again It's, it is a little bit different based on the person. Like I said before it might be that you do starchy carbs with your meals. And then with your snacks, you focus on on the non-starchy, or maybe it's adjusting the portion size. Maybe it's just a quarter cup of something starchy at your snacks and you do still aim for that 1/2 cup or perhaps a little bit more at your meals. So again play around with that Barb and take a look at you know, what you're currently doing if you feel like that's not working. Maybe it's a starchy carb for every single meal take a look at scaling that back and or maybe your dinner meal is, you know, just a couple of variety of different non-starchy vegetables. So again, you know play around with what you're currently doing and just change it up and see how your body responds. And again, we say change it up, take a couple of days at least up to even a week or so to really wait for how your body is responding. Our body doesn't always change and respond overnight. Sometimes it does to certain things but we need usually body needs a couple of days to really catch up with the changes that we're trying to make. So so again, I would recommend just to take a look at what you're currently doing and do something different either scale back or bring it up.

Taylor: Yeah, just to add to that. I think I'm like great definitely a great first step and then the next action step that I would recommend it's similar would be looking at the timing of your food. So we definitely recommend that three to four-hour window for stabilizing your blood sugars. But if you're somebody who's been kind of forcing yourself to eat maybe at three hours, even if you're not hungry, you can totally push yourself to that four hour mark really looking and listening to your hunger cues here and and when you need to have that next meal or snack is going to be really effective. So again playing with that three to four-hour window see if you need to push it out to four hours. If you're somebody who's been kind of forcing yourself to eat that every three-hour mark.

Emily: Yeah, and I would just piggyback that with it might feel more natural to go a little bit longer after a meal and maybe not quite so long after a snack because exactly your meal portion is a little bit bigger. So it's totally okay to wait that out, you know around that four-hour mark and with a snack, you know, it's half the portion more or less. So it's okay if you're hungry at two-and-a-half or three hours, so it might be pushing it for, you know for hours after a meal but snacks there's a little bit closer time to when you have your meal following your snack. So again be flexible with yourself and and again it needs to fit into your workday and when you can take breaks and in your lifestyle and all of that so another some logistics to think about there and taking lunch breaks and all of that but do play around with that and you know, some people might ask, you know about well if I'm in a space out maybe breakfast and lunch a little bit more. I might need to pull my morning snack and if that makes sense for you, you know, if breakfast is



at 7:00 and lunch is at 11 that's four hours in between and if you've had a sustaining breakfast enough to get you to lunch, you know, there's there's not necessarily a need for that morning snack, but everyone is a little bit different. So try that out if that seems like it might be something that you'd want to experiment with.

Taylor: Yeah. Yeah, I think that's a great idea. I have seen that with clients thinking about one , in particular, that was kind of forcing that morning snack. And once she realized she didn't really need that morning snack because her breakfast was at 8 and her lunch was at 12 and kind of squeeze it in a morning snack there when it really wasn't needed and she pulled that out and that was a little bit it works better for her. So we definitely recommend looking at that and don't force those snacks if your meal timing is closer.

Emily: Absolutely. Yep. I've definitely seen that a few times with clients as well. So yeah, so be flexible with it. So so far for the action steps, we've got, you know making make an adjustment with some of the macronutrients with P, F and C. Again, P usually stays around the same the protein fat and carbs, you know, it might be increasing that might be decreasing that try one at a time for a little while and see how your body responds and then along those same lines try adjusting the timing so being flexible with that three to four hours, you know giving yourself a little bit longer after meals to let you know let your body uses what you've consumed and perhaps maybe there's more of that three hour mark at snacks. But again a lot listen to your body. Listen, your hunger cues, like Taylor had mentioned that's a that's a really big thing. And that's the thing that you'll continue to get more and more in touch with with your body as your body trust you, you will respond to those hunger and satiety cues very very quickly. And then the third action step is kind of an introduction into what we're going to be talking about today as our Master Class topic being gut health and inflammation and so really that third action step is taking a look deeper at your gut health and your level of inflammation, but on a bigger scale to you know, remembering that there are so many other factors that influence our metabolic function our ability to lose weight. And really thrive and be the best version of ourselves, you know, we're and that's what these masterclasses are for. You know, that's where we take a look at sleep and stress and hormones and you know gut health, thyroid function. We look at so many different components because it's not just about food alone. So that's you know, that's something that you'll continue to learn about on your journey on your in rule Breakers program, and we're going to dive deep into that health and inflammation today and you know things might resonate with you maybe you realize I do have really damaged gut. I got a lot of inflammation going on. It's no wonder why my body hasn't been able to shed pounds yet. It's so focusing it's so focused on trying to keep that inflammation down and we're going to talk about ways. How do I identify that and how to improve that and really heal the body so...



Taylor: Yeah, I love that and I just wanted yeah, I want to piggyback on one thing that you said Cassie has a few blog posts regarding gut health and inflammation. So if you want to read more about it and dive more into it, those are going to be great resources for you on Cassie.net. You can just type in the search bar inflammation or gut health and you'll see those blog post pop up, but there's one in particular that she and I'm going to butcher this quote because she wrote it not me so I might mess up a little bit but the point was she in that blog post said your body is going might have different priorities than you do and those priorities are going to be healing especially if you've got any inflammation going on. So even if you're somebody who doesn't think that you have inflammation or doesn't think that that's you definitely listen in because pay attention to the signs and the symptoms and the causes as well because if your hearing those causes and you're thinking oh, yeah, I've been doing those things for the last 20, 30, 40 years then inflammation might be something it's probably something that's present for you. Even if it's not a very loud sign nor a very obvious sign that you're seeing. So we'll definitely dive into those today. And then at the end give you concrete steps that you can take to address those signs and symptoms and really start healing your gut and really start reducing that inflammation so you can shed the pounds that you want to shed.

Emily: Awesome. Yep. I love that. So let's dive into what is the gut, you know, a lot of people think of different things when they hear the word gut or gut health or you perhaps inflammation, but a lot of times that term gut is a different term. It's kind of a goofy term or it's a bit ambiguous. So I want to just clarify make sure that you understand what is the gut? What are we talking about when we refer to that so to make sure that we're all on the same page so a way you can picture that is you lot of times when we do speak of the gut we're talking about the stomach intestine region, you know in our abdominal area. No doubt. That's that's a lot of what we're talking about. But really you can think of the gut or the digestive tract, the gastrointestinal tract as if you were to if the if the body was clear if you could see through the body and you could see all the organs and all the different systems that are taking place in the body, a tube that runs from the back your mouth and we've got we've got to just a functioning happening the moment that we put food in our mouth. So you can picture that tube running from the back of your mouth through, you know through your esophagus through your neck region down into your chest cavity, you know connecting to your stomach again, there are some other little things going on in there, but I'm giving you the big picture here going on.

So into your stomach and then stomach connects to different parts of your intestines, your small intestine specifically and then it runs through small intestines into your large intestines or colon is another word for that and then it's excreted out of your body. So really when we're talking about the gut we really are talking about that whole that whole region and as I said, you know, a lot of times people will refer to the intestines and maybe the stomach region as the gut as well. So I wanted to just kind of give you that picture and remind you that it is an all-encompassing a



lot of people think of its digestive function and it's you know, they think of gas and bloating and you know, perhaps, you know oh, probiotics I've heard of probiotics with gut health. So there are little things that people think about but really your gut is so much more than that and you know, that's actually where your immune system lives.

So it's going to shape a for how strong our immune system is and if we're going to be getting sick or how healthy were staying through the cold season. It's also where your body's brain chemicals are made. We also another word for these that the fancy word for these is near transmitters. These are those brain chemicals these neurotransmitters. They're made in your gut region and they send signals to the brain and throughout the body to tell to signal and tell the body what to do. For example, you know, we think of brain chemicals we think of you know, oh, they're probably in our brain while they send signals to the brain, but they actually made in the production is in the gut so we need to have our gut health up to par in order to be able to make those neurotransmitters. So, you know, for example, we're going to have more cravings if we're not making enough of certain brain chemicals to regulate our cravings and they also regulate, you know our mood and how happy we are and so a lot of emotions in addition to things like cravings.

Taylor: Yeah, and I like to think and talk about the gut as kind of that cornerstone of our health. So if that's not up to par then like you mentioned we're going to have trouble with mood regulation. We're going to we can see some anxiety or some depression or fear. Sometimes if we're not if our gut health isn't functioning optimally and we're also going to see thyroid function can really be decreased. So when we're definitely gonna have a master class in the future on thyroids, it will dive way deeper than but I did just want to mention it in regards to get help because there is such a connection there and often what we'll see is when gut health starts to decline. Maybe there's a food sensitivity or an arid a trauma that's happened. And so we've got some leaky gut going on then we can develop thyroid, hypothyroidism later down the line as a as a response to that because of how closely related the gut and the thyroid are so when you hear us talk about metabolism really starting in the gut that's that correlation there because the thyroid is going to produce inactive hormone T4, and the gut has to activate that hormone to T3. So if our gut is is again not up to par it's going to have trouble creating that conversion and that's where we can see our metabolism slowed. So when you think about got help think about all of these things in relation to your cravings, your moods, obviously your digestive function. So if you're seeing bloating or gas or if you've got loose stools or even constipation and if you feel like your energy levels are low. That's when we haven't mentioned yet energy because that metabolism is again about using fuel to create energy. So if you're feeling sluggish or lethargic definitely diving into focusing on your guts going to be important.



Emily: that's good. Yeah good really good reminders. I love reminding people that connection to thyroid function. It's really amazing how connected all the systems in our body are it's you know, when you take a look back and you and you look at all the different things going on in the body everything does work synergistically together or at least it should and a lot of times it doesn't which is why our body doesn't perform the way that it's supposed to so once you do start getting all these things in alignment and they're working together as they should your body's gonna thrive in your energy skyrocket, you shed those pounds, your skin is bright and clear and there are so many benefits. You're sleeping well at night. So it's really a neat thing when you know, really look at getting all those connections together, getting everything in balance in the body because they do all work together. So that's a good reminder. And I want that to serve as a reminder to all of you as well. So let's fix the connection between you know gut health and inflammation. I want to you know to start by talking a little bit about what kinds of inflammation are there in the body, basically inflammation can be caused anywhere in the body these it's an affliction to our body in some capacity and it affects our gut health tremendously when our body is struggling with inflammation we'll talk about the different kinds of inflammation. It takes a toll on our gut health and it creates damage. So there are these two different kinds of forms of inflammation. You've got your acute inflammation, which this is stubbing your toe. This is getting a cut perhaps it's catching a bacterial infection. So these are more or less short-term afflictions to the body caused by something specific but the body does in this acute inflammation is it all by wants to do when it's inflamed is heal. So you stub your toe, you know, there's there's this redness that happens around the toe, you know, the body is trying to heal itself and repair that damage that was done that affliction that was caused. So, you know, it's the body's natural response to this short term damage, body, you know, everything stops in the body and it's like we got a heal whatever is happening. We got a heal that cut we've gotta repair the tissue after that surgery, whatever it might be. So this is normal. This is good. We want our bodies to be able to respond acutely to damage. Its how we can continue going on every day. It's more of that chronic low-grade inflammation that we're concerned about. This is what's that this chronic consistent damage that's happening beneath the surface. We don't always see it a lot of times, you know more or less it's silent and this is this is what's going on constantly in the body if we're not taking action steps to repair it or keeping out those inflammatory triggers, which we'll talk about as well. So this is really the tricky thing because again, sometimes we see the manifestation of it might be masked by something else or we think it's caused by something else. But really the underlying factor is that chronic inflammation. So this is when we go on talking further about inflammation now, throughout the rest of the master class. This is what we're referring to is that chronic, low-grade, deep beneath the surface are all the layers inflammation.

Taylor: Yeah, and I think why it can be so tricky is like you mentioned. I just want to reiterate how it's often not obvious whereas if we hit our elbow and you know, you hit that funny bone



and you feel that that heat come to that area and you start to see that swelling in that joint where your body is going there to start healing that injury and but the same mechanisms are happening when we have chronic inflammation. So even though it's not as obvious and we're not seeing it. We, our body is still going to be using those same mechanisms to heal that chronic inflammation so swelling and you can think about in chronic inflammation your elbows swell.

So in that I'm sorry, an acute inflammation. So in that chronic inflammation, you can see that swelling and that can you can correlate that to the weight that you're maybe having trouble shedding. You can kind of think about it in those terms in the body. So addressing chronic inflammation is really necessary to be able to see that scale move like you want it to.

Emily: yeah, and I'm gonna just go into a few more signs and symptoms as long as you mentioned that, that resistant weight loss will be good time to address. What are some of the things to look for. We'll talk about, you know, some of the causes of it and how to repair your body, but I think it's really valid for us to discuss. What do I look for? How do I know if I have inflammation again, like you said sometimes we don't always see the damage or where it's not obvious to us, but these are some things to look for...

Taylor: And Mary did ask this question in the Facebook group. So I'm glad that she asked that and she asked about what can we look for if we're reducing our inflammation so definitely pay attention to this because if you have seen those these signs and symptoms and then they start to clear up then you can know that you're really reducing that inflammation, Mary.

Emily: Great point. I forgot to dive back to the Facebook question. So I'm glad that you mentioned that yeah, we want to we want to definitely get to some of those questions that you had about inflammation on the on the Facebook page. So yeah, thanks to look for Taylor already mentioned resistant weight loss. That's that's very common because the body so focused on trying to heal heal that underlying damage doesn't have any power, any energy left to shed pounds for you and really get your metabolism revved up and get your energy level skyrocketing. So it's just focusing on healing and and I'll just let me just take a step back in and give you another kind of picture to imagine.

And you can picture inflammation like a fire. There's a fire going on here body. And we talked about acute inflammation. There's just like little fire same is true for chronic inflammation. Just fire that the body's always trying to put out. You know, who wants to be on the scene of a fire all the time. Nobody does, you know fire trucks come, deal with the fire and you know a way they should go but what the body's doing, you know are basically our body is trying to be that the firefighter team in the fire truck trying to put out the fire and it's happening day in and day out



and it's this constant or trying to put out the fire trying to put out the fire and so you can kind of picture it like that too that there's just this constant constant fire going on and and that's exhausting for the body. So resistant weight loss is that first sign and symptom, couple other things to to look for achy joints. That's another really common symptom and something that you can feel people that have achy joints. That's a real thing. I mean it's not comfortable. It's you know, it's really a hassle to deal with, that's a very true sign that there's inflammation going on in some on some level you joints can be anywhere in the body. That's definitely a sign that there's an inflammatory response whether it's in a particular joint or stemming from the gut and is acting on all of all of the joints.

Taylor: Yeah, I know personally I've seen that. I have an old injury in my wrist and if I eat something during the day that doesn't necessarily agree with me or at that I know that my body doesn't tolerate very well, the next morning when I wake up. That's when I will feel it the most and that wrist and I know I've heard that from clients as well right when you wake up in the morning. You can really check in with your body and see how your joints are feeling, see if you're feeling suit too stiff and you'll really be able to pinpoint once you reduce that inflammation and you start to see if you're someone who does have a key joints and you start to see that loosen up a little bit. It will be really aparent to you if you wake up one morning and that joint is aching again that there's some an inflammatory response happening.

Emily: Absolutely some other things too to look for, you know, skin conditions all things skin-related and it doesn't necessarily have to be one particular thing. I mean, it could be anything from from acne to rosacea to psoriasis even things like dry skin rashes all of a sudden your body, you know start breaking out in a rash because of perhaps a food that you consumed that your body doesn't respond well to so look for those underlying skin conditions that's a good sign to that. There's inflammation going on and then also, you know along along maybe not the quite similar lines, but you know some other things that you maybe you feel when you consume something specific again inflammation would be migraines and headaches. That's\ another common response that our body will give us it's not a very friendly nice response that our body just give us that reaction when it's dealing with inflammation now, you know migraines and headaches. There are new research is showing that there are there are different causes of that but a lot of times it does stem from you know, under underlying inflammation look at water intake to you know, there's there's other factors may be coming into play but definitely usually an underlying cause.

Taylor: uhummm, a few more I'm thinking about that might not be as obvious is if you are someone who has seasonal allergies, but they last all year long that good be a assign that you've got some inflammation going on because your body is not able to combat those seasonal allergies that because everybody should be able to handle that and deal with that and you



know, maybe it flares up in one season or another but if you're somebody who has to take Zyrtec all year long then not that's a really that's a really big red flag.

As well as chronic fatigue if you're always exhausted and you just woke up from eight solid hours or nine solid hours of good sleep, but you're still tired all day long. That's another sign of that inflammation in your gut. The other one that is it might seem obvious is the GI issues. So we talked a lot about digestion and if you're somebody who's seeing some loose stools or maybe you're seeing some undigested food in your stool, and I know people don't necessarily want to look into that and might I've had clients say like I've never looked I don't know so that could be something that could be a really good thing for you to start being aware of looking at a loose stool today or am I on the constipated side and I had a client this last week that made the comment that she didn't even realize that she was constipated before and she's been constipated for years. She only has a bowel movement maybe every other day or every third day but since that was her normal, she didn't realize that she was actually constipated. So that's a few things to really look at and be honest with yourself. You know, am I having loose stools am I having undigested food? Because there's things that we can add in or address and really get you feeling better. Even though this might feel normal to you when you get past that you feel so much better.

Emily; That's a really good point. I can't even tell you how many times I've had a client tell me, you know, when they really work on improving their gut health or perhaps were looking at something completely different but what they felt like was normal like they just think that that was normal. I mean so many times all of a sudden somebody starts feeling better or you know a perspective on energy level.

Some might think yeah, I can get through my day. But man by the time I get home from the work day. I put my feet up and like I'm out for the count like there's no there's no going back. I'm just exhausted but I kind of feel like that's normal like it worked a full day. I'm you know, worn-out sure, you know a busier work day or something like that might drain you a bit more than normal. But when you do start feeling your body, right you start healing the gut, you should be right, you know roaring to go and ready to cook dinner and take a walk after dinner. You know, you should have this good energy. I mean, I see that all the time like clients will tell me I've so much energy now. I need to really be intentional about winding down at night because I've got so much energy even throughout the rest of the evening when I get home from work. So perspective really does change when it comes to those normal and really it may not be that normal. So that was a really good point. That's the bulk of the the signs and symptoms to look for. I would mention one other one too that we talked a little bit about when we talk about neurotransmitters being made in our gut, the sugar cravings when you're he is just you know, always craving sugar or you're always wanting to go towards maybe them, you know, crunchy refined



carbohydrates, you know cookies crackers. It might be it might be something very sweet or might just be you know, something salty but both can be that sugar craving because a lot of times those salt cravings can be because our body just needs needs a pick-me-up but we have those consistent cravings. That's a you know, that's a also something to look for as damage to the gut, inflammation going on, you know, when there's there's not enough neurotransmitters being made or not. We're not always will be we're not always able to regulate our cravings very well either.

Taylor: Yeah, and another thing I'll add into that craving point that the neurotransmitters are definitely, you know, that one piece, but the other thing that could be acting against us and causing us to crave more to is if we're not digesting and absorbing our food and our nutrients in the body is going to send you a craving because it wants those vitamins and minerals and those those healing, those the nutrients from the food it needs those so it's going to cause more cravings so that you're going to eat more so that can get what it needs. So that's why healing fats and can be really helpful for the gut and that's definitely going to be one of our action steps that we leave you guys with when we're talking about if these are resonating with you and you're thinking okay check. I've got that I've got that I've got that. Wow, what do I need to do about this? Definitely the first step is going to be removing those causes. So I think we can dive into causes and really addressing what is what has created this inflammation in our gut and then removing those causes are really going to start your healing process.

Emily: Absolutely. Let's dive into that. You know, what are those factors may be that you're consuming or maybe lifestyle factors. It's the whole spectrum here. We're talking food related things and what may not seem like food related things. So right off the bat, some causes of drug causes of inflammation are going to be all things sugar and artificial sugars. These are so inflammatory on the body, you know researchers and studies are showing that you know fat isn't the cause of heart disease or you know, all these chronic diseases. It's sugar, sugar is the culprit you like sugars the enemy, you know, so really being careful about watching, you know, watching your your sugar intake and really, you know, refined carbohydrates things that are damaging those damaging carbohydrates. You're not nearly as nutrient dense of carbs. So looking at your sugar and artificial sugar intake I will just speak to you know, Stevia versus other artificial sugars. Stevia is one of those sugar substitutes that we have in you know, our fruits and greens powder and it's in our you know, some are protein powders. We do you recommend it if you feel like you can tolerate it. Okay, it is a natural reoccurring, artificial or excuse me that not artificial because it's naturally occurring in such in nature. Yeah, but you're zero calorie sweetener. So that's something that you could look at using in to sweeten things up. If you are really sensitive and you know that Stevia might set you off don't you know try to avoid that and don't you know, don't try to consume that on the regular necessarily.



Taylor: Good point. Yeah. Yeah that just that speaking of that individuality of people that Stevia is definitely the best option for a alternative sweetener to sugar but if you're somebody who gets really strong cravings and even something sweet like a Stevia is going to send you into really wanting sugar and more and more and more. That's that's definitely something to think about that could be going on with you if you have cut out most sugar, but but you're still getting those cravings.

And with the sugar, I love that picture of the look thinking about sugar as little shards of glass when it's going through your through your digestive tract and that lining of that digestive tract is is very fragile. It's pretty thin and thinking about that sugar is really kind of creating that damage those shards of glass moving through there and creating some of that leaky gut that that we were I referred to before, but that picture is a really good mental one to think about when you're thinking about looking at your sugar intake.

Emily: Yeah, and what and what sugar is doing in the body. It's directly damaging. It's creating gaps in our very delicate intestinal lining. So those are some of the food causes another couple, you know things along those same lines would be causes of inflammation inflammatory oils. These are going to be something like vegetable oils and you're trans fats, you know things that are so widely used in the food supply and quite frankly your recommended by you know, by certain industries. These are things that are just creating wreaking havoc on our body and creating more and more inflammation as soybean oil and corn oil and you know, your canola oils and

Taylor: vegetable oil

Emily: vegetable oils.

Taylor: Those do not contain vegetables.

Emily: right. These are not natural and something that I always like to again kind of give this picture of is to kind of know and my consuming the right kinds of fat or oils or not. You can you picture corn, soybean, vegetable whatever that means, you know picture the squeezing process of it. And in fact coming out of it can't really happen. They're not fatty substances naturally. So there's a lot of chemical processing that has to happen in laboratories to get corn or soybean take your pick of an inflammatory oil to get that into oil or a fat lot of chemistry going on if anyone's got a chemistry background not very natural. So things to that you would want to do, you know again, we'll talk about this when we talk about what to add in but I just kind of want to show you that picture of kind of the squeezing of the fat to get a oil. It's very natural in things like olive oil, olives are naturally a fatty substance. So really much less processing has to go in, you



know, is it there is still a process? Yes, but a lot more natural. So olive oil, avocados, you know, that's a great healing fact that we talk about all the time and you know can be used in so many different, you know, so many different recipes and can be easy editions as your fat source for a meal or snack, easy to get the fat out of that tuba to create an oil.

You know same is true for coconut, coconut oil. So we butter you know, things like that. So when you do think about fats, that's or oils specifically cooking oils. For example, that's what you want to think about is is this is a pretty natural to get this oil. So those would be mainly the food food causes of inflammation. I will also mention to that food sensitivity. So one person may be able to tolerate something like dairy or rice or nuts something like that while another person can't, their body sensitive to it. There are bodies created a response where it gets into, you know, the food comes in and and it creates this reaction because it doesn't it doesn't respond well to it. So do pay attention to food sensitivities and that's actually a whole different master class that we are teaching on that will be coming up? So do stay tuned for that? We're going to dive a lot deeper into that topic, but we just wanted to mention it to be aware that there could be is, you know, really is severe or significant food sensitivities that your body is struggling with and when that happens, it's just this chronic inflammation going on the body's just trying to you know, get rid of it.

Taylor: Yeah, and I think sometimes we have a lot of resistance to that. Maybe it's a food that we love to consume and were kind of trying to pretend that it's not causing a reaction for us. So we would recommend, you know before that food sensitivity masterclass to start looking at that in your life and you're if you're feeling like, you know, maybe these symptoms are not not good and not normal and not healthy. So maybe start looking at our pinpointing if there's a food trigger that you're noticing some of these symptoms popping up afterwards and I will say that with food sensitivities. You can sometimes see that up to three days after you're consuming it so it might not necessarily be right after the meal you could see maybe like acne popping up three days later something like that. So definitely be aware of those as you're looking to tweak things.

Emily: Yeah. Absolutely. That's a good point. Some other things to look forward to or you know causes and things to be looking for in your lifestyle decisions. And you know, we talked about the food components but you know, there's other things to things like smoking, very inflammatory on the body direct direct inflammation even things like over, you know, over consumption of alcohol. So kind of again one of those lifestyle decisions some people choose to keep alcohol in others will opt to take it out and you know, they don't need it. It's not something that's a priority for them.

And so they realize this is just causing more damage or inflammation in my body. I'm going to keep it out. So again PFC is modifiable can include alcohol. Yes. Absolutely. If you know are



sensing that it's a cause an inflammatory response for you, you know take a time period and try to pull that out. So, you know overconsumption of alcohol definitely is another cause and then along with that kind of overconsumption, over-exercising as well. Everytime we're pushing our body too hard. I want a silly talking about, you know, just like walking. You're activity, get your activity, you know take walks daily, and you know do some stretching you, do a do a 10-minute 15 minute yoga video. We're talking really intense you high-intensity forms of exercise every single day where we're never going to giving our body a rest that will lead to underlying chronic inflammation that the body needs time to heal from a hard workout.

So do think about those causes too.

Taylor: Yeah, and I can't think of any other causes. So if you're looking at removing those causes so that would be step one because we've got that damage. We need to remove the triggers that are continuing to create that damage. So step one, would definitely be removing and then alongside that you want to heal the damage it's already happened. So Emily already alluded to all of the healthy fats. So she talked about using those the coconut, the olive, the avocado, the butter to really create that nourishing healing process happening in the gut. So it's going to help repair that gut lining other food sources to I just wanted to mention here would be fermented foods so building up that good bacteria in your gut. So those Probiotic foods like kimchi, your yogurt if you're someone who tolerates that, kombucha, they've got fermented foods right now are kind of a big craze. So there's a lot of them out there. They've got veggies that they're fermenting cabbage. Sauerkraut is the name of that. So you're going to see a lot of that in stores. So including those regularly can be really beneficial and then the one other food thing that I was thinking about with anti-inflammatory foods. So, you know, you've got your fats to heal. You've got your Probiotic foods to build up that gut bacteria and then you've also got your anti-inflammatory foods to start combating that inflammation as well. So when you think about those you can think about leafy greens and a lot of herbs and spices so garlic and ginger and tumeric, bone broth. That's another really anti-inflammatory one kind of coming up short any any other ones you can think about?

Emily: I mean, I would even you know along the same lines as like the leafy greens, you know, some of those powerhouse punch vegetables, you know other other nutrient rich, you know, dark leafy, anything cruciferous vegetables. Oh, yeah, antioxidants things like berries can have anti-inflammatory benefits, but definitely utilize I think herbs and spices. I love that you mentioned that, Taylor because herbs and spices are I feel like are underrated thing and maybe it's because I didn't grow up in a household where herbs and spices were used much because being the northern Minnesotan that and there's not a lot of like spices and flavor to things and when I started cooking in my own kitchen, you know, as I got older I was like, oh my goodness all these things taste so good. Why didn't people around me use these growing?



So again for me, they felt really under underrated or underused, underappreciated. So utilize them. I mean that was on the herbs and spices when you're cooking not only does it, you know, give you anti-inflammatory benefit and great health benefits. It's going to make your food taste so much better. We want food to taste good that is that so my Mantra and I think it's everyone's you know, all of our team, you know cares a lot about that. So I want to just speak to that that you haven't really dove into the use of uses of herbs and spices do that makes things taste so much better.

Taylor: Hmm. Yeah, I agree. Cilantro is definitely my favorite there. So I'm growing and some fresh cilantro and salads and stuff.

Emily: Definitely. Yeah real things in your garden my goodness. There's you know, how about a little smile whether it's you live in a Northern climate or Southern climate and maybe you can grow things outside or maybe you're keeping an herb garden in your kitchen in the wintertime if it's you know if there's snow on the ground in the winter, so there's definitely ways to do it year-round. Yeah.

So along with those food components, you know, the healthy fats, the fermented foods and beverages that just in general anti-inflammatory foods. We also want to look at some key supplements to bring down that inflammation and then he'll that he'll that existing damage. So definitely you want to look at probiotic, a probiotic supplement. So this would be our ProbioVive. It's you know, it's a good complex of back good bacteria, and we talked about getting fermented foods and beverages in you're going to get a whole, you know, widespread amount of good bacteria that way to you know, add that good bacteria into your gut. It crowds out the bad bacteria and just keeps our gut microflora in really good shape. It's it creates a lot of variety. So we recommend a probiotic supplement in addition to fermented foods and beverages that you're consuming. The combination of the two is really a great dynamic duo on improving your gut health and fueling in that good bacteria. So definitely want to look at the ProbioVive. There's also some other

Taylor: hear Bifido powder.

Emily: exactly. Yep. I think that's another great one. That's a really good aggressive kind of liberal amount of bifidobacteria specifically that is in powder form easy to throw into smoothies, shakes things like that. So that was a great thing to add Taylor and even you know, there's not some other probiotic supplements that will use from time to time in addition to the ProbioVive depending on how we need to replenish somebody's guts specifically with bacteria. Perhaps



the Ultra Flora Spectrum, or if you're maybe somebody's more sensitive Ultra Flora Acute Care. I'll use with clients from time to time. So definitely some different options out there.

Taylor: Yeah, and then the other two in terms of reducing inflammation, the first stop would be the fish oil that's going to be super anti-inflammatory. So consuming fish is going to be great to we could add that up there with our anti-inflammatory foods those omega-3 fatty acids in your salmon and consuming fish oil is going to give you that concentrated dose. So you're probably not consuming fish every day and you're probably not getting in those Omega-3s that you need every day. So that's why we recommend consuming three to four grams of Omega-3s throughout the day so that with the Pure Fish Oil that would be three to four of those soft gel tablets and definitely take them with food. That's going to be absorbed a lot a lot quicker in your body.

Emily: Absolutely. Yeah, and the nice thing about fish oil and something that I've seen a lot with clients and there's there are tons of benefits because it's anti those Omega-3s are anti-inflammatory in general, but I definitely see a reduction in the achy joints from clients who start supplementing with fish oil. It makes a world of a difference or those painful joints, whether it's knee pain or or elbows or wrists or wherever it might be definitely you'll notice improvement with adding in good quality fish oil.

Thirdly another supplement that we use often to help keep inflammation down and actually has got several benefits to it is taking L-glutamine, which that's an amino acid that most abundant very abundant in the body are also our body also requires a lot of it and a lot of times we are deficient in it, you know glutamine is found in our glutacaps as well as our glutapowder.

And what that's going to do it serves a two-fold purpose for one. It helps heal the intestinal lining we talked about earlier Taylor mentioned, you know, and that is our gut lining. So basically that that lightning that is on the inside of our whole GI tract that's very delicate and very fragile and can be easily damaged. Hence. You know, why we've got inflammation going on, so glutamine comes in your glutacaps, glutapowder comes in and directly heeas that helps repair that damage, you know, bringing your gut health back up to par secondly to it is a precursor to your bodies and your neurotransmitters which again like we talked about several times now, these are your brain chemicals these send signals to the brain to regulate cravings and mood. So with enough L-glutamine in our body, we can have a lot more in your transmitter production, be able to feel a lot more balanced with our cravings and mood and all of that so you know it when it comes to Glutacaps and Glutapowder those definitely vary but we'd recommend me over capsules at least two to three before each meal. If you're wanting to look at the equivalence of how many capsules to you know, a scoop of powder. He opened up the gluten powder container. There's a there's a scoop in there for of the capsules will be equivalent to one of



those scoop size has a teaspoon of the powder. So do keep that in mind. So for somebody who's a lot more sugar sensitive or there's a lot of gut repair that needs to happen. Perhaps you would look at trying to use the Glutapowder a little bit more you're going to get a more concentrated dose. You can kind of get a lot of bang for your buck. So to speak you could even do a couple of scoops in there. If you feel like your body needs that support maybe you're super sugar sensitive or again as I said, there's a lot of damage going on. So that's that equivalent for capsules to a teaspoon of powder. Both are beneficial, Glutacaps are convenient.

You can throw in your purse your work bag your desk drawer. So they're nice kind of on the spot. You can also open them up. Dab it on your tongue and you know quickly get your bloodstream. So definitely that L-glutamine is going to be, you know, a great gold standard for improving inflammation right, on bringing that down.

Taylor: And I would definitely add a few more supplements. And if you have been taking those three that we just talked in detail about and you still need a little bit more support on top of that. I would look at if reducing inflammation is what you need support for curcumin BCM 95 and we're going to put the link down here in the chat that's going to be two of those a day is a really good starting point to help on top of the fish oil to help reduce inflammation. That's the component in turmeric that is so anti-inflammatory and the other thing that I've started to see a lot of recently with clients is needing to use some digestive enzymes support. So back to a kind of really assessing how your GI tract is working and looking at your stools. If you're someone who has a lot of loose stools if you see some undigested food in your stools, if you the other thing though, if you see like a shiny Sheen over the toilet bowl looking kind of like soap scum. We definitely need to add in some digestive enzymes support So Spectras, I'm complete and will put that link as well and the chat those are going to be digestive enzymes to help your body to break down and absorb the nutrients you need from your food. So if you have had your gallbladder removed or any of those symptoms resonate with you look into that digestive enzyme support and taking 1 to 2 of those with your meals.

Emily: Definitely and this can be used in so many different levels. I've used it for a variety of different reasons. I loved you know mentioning if you don't have a gallbladder, you know, sometimes perhaps somebody has a hard time digesting the amount of fat that they're consuming which is why you might see some of those things left in your stool in the toilet bowl. So those are definitely great things to look for. You know, I've even used it with clients who perhaps they know they want to take in a good amount of fiber and they want to get you to know, a large amounts of non-starchy vegetables, perhaps cruciferous vegetables is you know, something that front one reason or another, you know, create some gas, you know, and there an underlying thing going on. It's possible, you know, perhaps cooking your broccoli, cauliflower something like that will help. I've also seen specters. I'm complete be really beneficial at just



helping with that digestive process helps Aid that process a little bit more and create a little more ease whe it comes to digesting you may be a high amount of fiber, especially if you're ramping up your fiber intake with non-starchy vegetables from maybe what you used to do. You might see some, you know, some uncomfortable reactions things like gas things you might notice at the beginning and perhaps it does kind of stay it does stay with you the specters I'm complete could be a really great useful supplement to add in addition.

Taylor: Yeah.

Emily: Absolutely good. Well, those are some of the main things that we wanted to make sure we had touched on as far as healing if you're if you started with certain dosages of these supplements and you know, you feel like you know, I've got a lot more damage than I thought I did in my in my gut, I need to be more aggressive or I need to really address this harder stronger than I was before. You can definitely you up your dosages of the supplements. Really focusing on even more of those got Healing Foods almost anti-inflammatory foods. So do a look at okay. Do I need to increase, do I need to be a bit more aggressive with what I'm taking? you know, a lot of times recommendations we make is no good a good starting point and you can you can always ramp it up from there.

Taylor: Yeah, and I think the other thing to think about is consistency and patience. So we definitely don't get inflamed overnight. So we're not going to reduce that inflammation overnight and staying consistent with your supplements and including those really healing nourishing fats and foods that we mentioned are going to be great and and really giving your body time to go through that healing process and don't put so much pressure on it your body to get there. You will get there with patience and consistency. So keeping that in the back of your mind too.

Emily: Absolutely and I wanted to just dive into a question that had come up on the Facebook page and it was also something that we wanted to address when it comes to you know is their lab work that can be done to check for inflammation? And Mary asked this on the Facebook page just that I've heard of the C-reactive protein test to assess inflammation generally, what exactly does it test is it focused on gut health and overall or overall body? What are the norms, etc? That's a really great question. It certainly is a marker for inflammation. It's a test that helps evaluate if inflammation is going on in the body now Mary you ask some good follow-up questions to that and it doesn't necessarily show us if there are inflammation specifically going on in the gut it's going to show us general inflammation somewhere in the body and it can even account for acute inflammation. So do keep that in mind. If you will decide you want to get a C-reactive protein test doctors will run that be careful about going in and getting that test done if you know that your immune system is compromised or maybe you're struggling with a cold. Maybe you are just getting over the flu or you're struggling with the flu currently. Maybe you just



had surgery or you had a nasty cut or burn or something that is going to cause that acute inflammation that will be flagged on a C-reactive protein test and it could skew results. It's not going to necessarily show us that underlying chronic inflammation. So keep that in mind if you ask if you do ask for you know, C-reactive protein test. So let me just make sure I address the questions in there. So it is going to be more of a general marker but can give us a good picture. You also ask. What are the norms, you know, what's that reference range? We want you to aim for as close to zero as possible typically below one is ideal, but that's higher than that. You know, maybe you're out of five. Maybe it's 10 or 25, whatever it might be, you know, that's definitely is showing us that there's some degree of inflammation going on and you know, we can work hard at removing and bringing down that inflammation so as close to zero as possible for the results.

Taylor: Hmm, and we have a few other questions pop in on the Facebook page that I wanted to bring in now. So Barb asked about Ezekiel Bread, so someone had told her if it was that it was good for gut health. So what do we think about that? In Ezekiel bread is going to be sprouted grains. So that's why people will talk about it being good for gut how grains can be inflammatory if your body has trouble processing them and breaking them down. They do contain some anti-nutrients around the grain to protect the grain. So it's the grains mechanism of protecting itself and so those are fight and lectins that are around that grain and so sprouting it can help remove that anti-nutrient that the grain has so it can be easier for you to digest now with that being said is Ezekiel bread is still going to contain gluten and contain grain. So if you decide that grains are something that doesn't work for you don't work well for you in terms of your gut then Ezekiel bread would probably not be a good option because it's still going to contain that gluten on the other hand, if you're somebody who's been eating a lot of bread in the past and you try as Ezekiel bread and you notice a big difference in how you digest and how you break that down. Then that's definitely an option to include. So, I hope that answers your question Barb and gives you kind of the pros and cons either way.

Emily: Yeah, and bouncing back to the other question, follow-up question after bars, we had another question from Elizabeth come in about what coffee is good to order at a coffee shop? She went to Starbucks over the weekend. It wasn't sure. What a good option was. That's a great question. I think it would be you know worthwhile for Taylor and I to talk about what we drink coffee shops or what our drink of choice is and perhaps some other options too. So, you know something typical for me is just drinking maybe black coffee perhaps an Americano. So espresso with water tastes similar to a coffee but you know gets that espresso kick and I will drink it black sometimes you know, I'll add heavy cream. I do tolerate dairy okay, so, you know, I might add some heavy cream in there this morning. Actually. I put in some canned coconut milk into my cup of coffee.



And added some collagen protein and a little bit of Pure Primal Protein Powder and kind of doctored it up a little bit. So it varies in terms of at a coffee shop a lot of times, you know, just some type of coffee with some cream or perhaps, you know, you could add in a lot of coffee shops in our carrying things like coconut milk, almond milk, regular milk Alternatives. So that's something to look forward to now again is the quality of those milk the same quality as you may be keeping your kitchen perhaps not you know, I know most coffee shops that use coconut milk. It's a carton coconut milk , not canned coconut milk, so it doesn't have that rich full fat. It's going to be a more watered-down version of coconut milk and may have a couple of grams of added sugar. So again, maybe it's not something that you do on the norm, but for a special occasion, you know, a better alternative than been drinking, you know, maybe regular cow's milk, especially if you don't tolerate that very well, so maybe a latte with almond milk or coconut milk. Some places are even carrying things like hemp milk. So that's something you could look into doing. But Taylor what do you like to drink coffee shops?

Taylor: Well, somebody chimed in asking about non-healthy options. So for us not or if anyone's a non-coffee drinkers, or maybe you're going to the cafe later in the day and you want something without caffeine so definitely going for those herbal teas are going to be a great option. I love chai tea. I love the flavors the sediment and the richness of that. So that's usually my go-to. I might get a chai tea latte but using a dairy alternative so , like almond milk or coconut milk, that's kind of my fun treat to do if I'm not don't want caffeine. They do have decaf chai tea, so that's that's my go-to. But I encourage you to check out the herbal teas that they have because of the most coffee shops and particular Starbucks definitely are going to have a lot of herbal tea options that are caffeine-free. So...

Emily: yeah, absolutely and you can get those hot or iced as well.

Taylor: Yeah, good point!

Emily: some people like to drink warm beverages all year round other people like to drink cool beverages all year round or maybe you're warm in the winter cool in the summer. So, you know places have a lot of really great Iced Teas to unsweetened iced tea, maybe I can sweeten green tea, black tea and sometimes you can even ask if it's not an iced tea, like I know some coffee shops up here in Minnesota will do this if it's not on their menu as an iced tea, but they have a hot tea version of it. They'll brew that and then they'll put it over ice for you. Sometimes it just takes asking if there's a particular flavor you're looking for and they might be able to accommodate you. So yeah, lots of fun ideas and ways to still, you know, not necessarily ramp up your sugar intake a lot of people think of coffee drinks as that's just a sugar bomb. Well, that is very common in coffee shops.



Taylor: It can be.

Emily: What's that?

Taylor: I said it can be, it totally can become.

Emily: a lot of times it is but it doesn't have to be so hopefully that gives you some ideas.

Taylor: Great. I think that was all the Facebook questions we had so we're loving all the interaction on Facebook. It's great and we're loving being with you guys every week so that definitely take those action steps home with you start looking at fine-tuning these knobs that we're talking about and really looking at addressing your inflammation looking at your causes and signs and symptoms and starting to use these healing, nourishing options that we gave you in the supplements. We talked about today that to start reducing that.

Emily: Absolutely. Well, thanks for joining us. Those of you could join us live. And if you're catching the replay have a wonderful week, weekend, whenever you happen to be watching this and tune in every week, Tuesday at noon will be with you doing our live calls or teaching our masterclass. So we look forward to spending more time with you and continuing to interact with you on the Facebook page as well.

Take care, everyone.

Taylor: Bye!

Emily: Bye!