



Mindset - Transcription

Mindset Masterclass

So I'm excited about today's master class. We're going to do a live Q&A and there are also a few questions in the Facebook group that I've just pulled up. I haven't read them yet. I'll read them out loud to you and I'll answer them as we go and at the beginning here, by the way, I'm Cassie and welcome to rule Breakers. Welcome to this master class. I actually wanted to pop on today and do kind of a little from the heart. I've been just thinking about a lot of stuff lately. I've been thinking about you know, the hundreds of women that I worked with one-on-one over the years and I've been thinking about weight loss and I've been thinking about life and I've been thinking about this huge bigger picture and I want to share a little bit about that with you and like just more of that bigger picture because we talked about the big picture of weight loss a lot. Right? We talked about how it's not just about food. It's not just about exercise. It's about supplements and stress and sleep and thyroid hormones like all of these pieces, but I want to like take a step even further back and like look at it from like a big-picture angle.

So I didn't really know what to call this masterclass and what I want to share with you also is that this is going to be very from the heart. I don't have an outline or even like really a plan of like what I'm going to say and that's intentional because I don't know, I just didn't feel like having like a lesson plan because that would be like me teaching you something from the past when I created the lesson plan and I really wanted to be super present with you right here on this masterclass. So also that being said if you are on the call live with me today, feel free to ask questions as we go. I'm not going to be sticking to any sort of outline. I'm just going to be sharing from the heart and I'm also going to be like putting together some takeaway points to as we go even though I don't have a lot of that figured out right now and share what's your, share some stuff with you and I give you some takeaway points and we're definitely going to do QA both. I'll go through the Facebook questions and also your Live question.

Well, that sounds good. Alright, so let's get started a little bit here. So what I'm talking about, I'll show you the from the heart stuff first. So like this bigger picture of all of this. Like really when it comes down to it. A lot of the reasons why people come to rule Breakers is because they want to lose weight. Right? We want to lose like that last five ten-fifteen. I mean, maybe it's 50 pounds, but for most people in rule-breakers, they want to lose like that last 5, 10 or 15 pounds and it's affecting them. It's affecting us in a lot of ways, not just physical. Like a lot of us, you know, people wouldn't say we have weight to lose but we know that we do, we know that that extra 5 or 15 pounds is weighing on us and like so many ways like it's, you know, it affects us when we're wanting to go on a family vacation and we don't want to put on a swimsuit, it affects



us every morning when we go to our closet and we only grab like three things because everything else just doesn't feel right. It doesn't look right. It affects our energy levels. We notice our Cravings. Are you know, through the roof and affects their self-image, it affects how we present ourselves at work and affects, you know, it affects everything right? And that's like why we're here but at the same time, it's not just about weight loss. So it's about weight loss and it's okay to want to lose weight and that's a really important take away too. Like if you ever find yourself feeling guilty because you have family members, you have friends that are heavier than you and you know, it's you know, your you look fine. You don't really need to lose that last 10 or 15 pounds. You told your friends that you're in a weight loss coaching program. They think you were crazy because you look good already. Like I don't want you to feel guilty about that because it is weighing on you and you're here for a reason and whether you have 50 pounds or 5 pounds to lose it's affecting you and it's, you're respecting your body and you're honoring your body by wanting to get your best weight, and I think that's really important and it goes so much more beyond just the weight loss because once you can lose that weight, once you lose that 50 or that 5 pounds, you are a different person and not even just like your confidence but your energy levels and like the passion the joy that you can bring to your everyday life. Like I want you to have all that through this process and sometimes that kind of goes along with like this journey and sometimes more of that comes after you lose the weight and actually what's so cool is we've seen from a lot of people even people who are posting in the Facebook group, the rule Breakers Facebook group.

Thinking about that, how it's about weight loss but it's not and it's what all these other things but it's about weight loss. Right? It's like all of the things and really when we're thinking about that to get to weight loss, we have to look at the big picture. Like we have to look beyond just the weight. We have to look at how we're approaching this whole thing. We have to look at the mindset. We have to look at our attitude. I had a client once who wasn't losing weight and she came to do VIP private coaching with me and she was very very negative. She's a very negative person to be around. Honestly, it wasn't really my favorite client to work with because she was so negative and I just don't, it's hard to be around that energy and I was like super empathetic for her because I know what it's like to be in a situation where you're trying to do all these things to lose weight and you're not seeing results.

So I was just trying to like really relate to her and be on that same level as her and what ended up happening was she had so much resistance and like she was open to trying, you know, my Approach and my program and what's interesting is she started losing weight. It was working for her, but she was so negative that I truly believe that backfired and that is blocking her from losing weight because well, this is a different rabbit hole that we could go down and maybe I won't go down super deep right now, but there is science behind the placebo effect, which is like, you know, if you take a pill and there's nothing in it, but you think there's something in it, it



works like you like that's been proven to happen sometimes because our mind is so powerful and I think there's a huge mind-body connection that I mean, there's research behind it but I think it also goes beyond like on a spiritual level. I think there's so much that we don't understand and I used to think like a lot of that woo-woo thinking like the self-affirmations every day, like right you're beautiful and put it on your mirror.

I used to just be like that. I'm not all about that. I'm very much a thinker. I'm in my head a lot and I'm just wasn't really into like the affirmations and that sort of stuff but lately I've been really seeing how powerful the mind is and how powerful it is to be in that right space because what do you, when you really focus on something and you focus on something every day, like if you tell yourself every day, you know, I'm losing weight. This is something I'm good at. I'm going to stay away from sugar today because my supplements are going to help me do that. Like if you tell yourself these sorts of affirmations your body believes you. I had a photo shoot last week and a video day and a photo shoot all in the same day was a huge day and it was going to be really good. I'd rented dresses. I always run dresses for my photo shoots and stuff, so I don't have to buy new clothes all the time, by the dresses that were coming. I had an appointment for my hair and my makeup and everything was set and I got sick the night before, actually a few days before and I was hoping it would go away and it didn't and I felt like crap when I woke up.

I did not feel good. But you know what, the most interesting thing I decided, I wasn't going to be sick until after my photoshoot and my videos were done. I just made that decision in the morning. I said, you know, I'm going to eat a healthy breakfast and I'm going to drink some coffee and I'm going to feel awesome today and I'm going to bring all the energy that I have to these photos and these videos so that, when I'm shooting videos to tell you about all these exciting things that we have coming up, to tell new people about our program who need rule Breakers, who need this order to become their best selves. I want to bring my best self to the table and I'm not going to be sick for that and for these photos like I want my energy and my passion and my personality that shines through these even though they're just a photo and that's going to happen. This is going to happen today. I'm not going to be sick and you know what, it was the craziest thing like even though I believe that, I think there's something deep inside me that was like this would be an interesting test because I felt great. I felt great minus the fact that I was blowing my nose between like every photo. My photographer was like, okay, let's just bring a Kleenex box, like set it right here, but not quite in the camera angle. So I was like blowing my nose between every shot and we were just laughing about it and I felt great and then at you know, of course after my videos at the end of the day, I just crashed but I just thought to myself that is just the power of the mind. I told myself I wasn't going to be sick and I wasn't. My body believed my brain, I think and that's so powerful when it comes to your weight loss. It's so powerful. Not only do we ask you to come to this process with an open heart and an

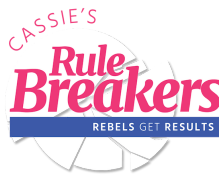


open mind because really what's the definition of insanity, doing the same thing over and over again and expecting different results, right?

So with your weight loss, if you come to this program thinking I'm a failure, I'm a flaw like I'm flawed. It's not going to work. Your boss is probably going to blink at you. Like you're probably right, but if you come to this program, which is total open heart like everything I've done hasn't worked and I'm ready to try something new. I'm ready for something different. I'm ready for lasting results. I'm ready to see how this works for me. I'm ready to perform an experiment on myself and be open to something new, that where the magic happens. That's my mindset is, Mindset is so important. I'm not saying you can't see the result if you have a negative attitude because a client of mine, she still saw a result, but it was just so slow and she was so stuck and we did have a conversation about this at one point and it was interesting because I actually saw a shift in her. I saw her kind of like just soften and breathe a little bit and I saw her kind of like almost like to let down her guard or like this wall that she had up. I saw her just kind of like loosen up and I'm not like an energy worker, right? Like, I'm like a very in my head like sciency like this is how weight loss works type of person.

I've had experiences like this that have really shown me the power of just like letting go and surrendering our old ways and I think so, I'll share a little bit of why I think this is coming up for me recently because I've been really thinking a lot about what happened to me this year with my dietitian license and how, I've had people ask, how did you end up deciding to give that up? Because you guys know, I mean, this was a 5 and a half year legal battle where the board of nutrition and dietetics came after me, you know, it was almost 6 years ago now and serve me with papers saying you can't keep teaching what you're teaching. Can't teach little, you got to teach low-fat. You got to teach a low-calorie. You can't be talking about stress and leave and you can't be telling people to eat butter and avocados, you know, and I knew in my heart of hearts that, not only was this true and real and science-based, it was helping people. I was helping people and there's the research behind it.

So I wasn't going to stop doing it and I knew my heart of hearts. This is exactly what I'm supposed to be doing. I know this is my life calling. This is where I'm supposed to be doing. I've had people say well, how did you decide to give up your life ends? And the reality was, I was actually in California like I am now and I was super stressed out. It was a Monday and I was sitting in this beautiful coffee shop through all these open Windows. The breeze was coming in. I could hear the bird. I had my laptop just like this. I had it sitting here just in front of me just like this, sitting across from someone and my attorney called and said, something happened last minute and for this case, we've got to go in on Wednesday. So you've got to be in Minneapolis on Wednesday. We've got to go into court on Wednesday in St. Paul and it was this moment. I just, I sat there, think, can I call you back? And I sat there and I said, I said the person sitting across from me, I'm not going to go. I'm not going to keep rearranging my life and taking my



focus and energy away from my work, from you, from the people that I'm serving to go fight for something that's not even a line with what I know to be true.

And the reason was fighting, is like I work, I think it's a pride thing. I worked so hard for my license. I mean half of my graduating class didn't even get internship. Like I work my butt off. I still have, I have classmates to this day that I'm in touch with that are still trying to get their dietitian license like this is like, you know over a decade, like years later because they want to get it. It's important and it was important to me at one time and so I think it was just like a pride thing. So I was anyway, I was sitting there I was super stressed out and I started to just like tap in to how I was feeling and again, this is not something that I normally do, but I'm very in my head a lot and the person sitting across from me said, we'll just think about it. Like, how would it feel, like let's play the scenario out? How would you feel if you just gave up your dietitian license, like if you just didn't fight anymore? Like is there a tightness in your chest? Is there like lightness in your soul? Like what does it feel? And I was like, I'm kind of like stealing stuff. It's a little woo-woo for a thinking based person like myself, but I played it out and I kind of tapped in and just paid attention to my body and how I was feeling and you know what happened? The answer that I've been like looking for, that I've been fighting with like my fist up, like trying to hold so tight to this license. It just like melted away and it's like his answer was in front of me the whole time as I sat there like in this stillness. I had like this newfound sense of peace and lightness at just the thought of letting my license go. It just felt right. Took me 5 and a half years to recognize that. To get to that point and you know, I think this whole time like I thought I was going to get that by winning this battle and I could have won. I didn't lose my license. I might won, I had a couple of really good attorneys on the case. I wouldn't do anything wrong. I help thousands of people that I'm doing work, science-based like I might have won but it was just a moment where I was like, you know what, I don't need that to experience freedom and peace. I knew in my heart of hearts, I wasn't doing anything wrong and just the thought of like letting that go give me like a sense of lightness and peace as I could just like, like exhale.

So the reason I'm sharing that with you is I think that freedom can be like the state of mind, this choice, just act of surrender and sorry my phone is ringing. I think that like it has been to weight loss too because I think one of the hardest things in life is surrendering and this includes surrendering our old ways. Like I think a lot of times it can feel like giving up, like even it comes to weight loss, like a lot of us here know there are certain things that we can do that will help us lose weight, right? Like you can restrict yourself. You could starve yourself for a week and you'd lose weight. You probably, you would right? But the problem is, it doesn't give us the results that we're looking for. It doesn't give us that lasting weight loss. It doesn't give us that confidence and that energy and that excitement and what happened? We gain the weight back because that's just how the metabolism works, when you starve your body. It doesn't trust you if you lose weight, but then you gain it all back because your body doesn't trust you.



So I was thinking about this and just how like, this just ties right in the weight loss because we have to do something different to lose the weight and keep it off. When we surrender our old ways that don't get us what we want anyway, like this opens us up to this potential for this great new opportunity and I think what we all want is freedom right? Freedom from excessive weight, freedom from anxiety, freedom from that sugar dragon that called her name, you know, freedom from judgment, freedom from excitations, freedom from being confined to only wearing certain clothes, freedom from being stuck, freedom, even freedom from doing things that we don't want to do but we do them anyway.

I think part of this whole process that I love is that freedom isn't the destination which a lot of us think and there's excitement behind when you finally reach your weight loss goals. There's excitement behind reaching that, seeing that number on a scale but a big part of this too is that excitement that comes from the journey and the process and like our clients often tell us they feel free in the process before they reach the destination, before they lose every last pound and have everything that they thought would make them feel free.

So I know there's a lot of new rule Breakers lately. So if this is your first Master Class welcome and I want to ask all of you like what if we just give this a shot? What if we just totally surrender to all of this. Totally surrendered our mindset and our beliefs, maybe our licenses that have been holding us back and keeping us small and what if we were just brave enough to really step into the highest version of ourselves like then, you know more than we ever have before, like what would happen and what would that look like? And who would you be? And maybe you'd be who you are right now. Maybe you just be like a more excited, you know passionate, I don't know like version of yourself or more confident or more energetic. I'm not really sure what that would look like for you, but I want to ask you to maybe just like take a step in that direction and you know and also like with the intuition thing like I am learning to tap into my intuition more. This is something that's like super new to me and I know that a lot of you are here because you know, you came to rule Breakers because you heard me speak or you saw me on TV or you read to read my book or you follow me on Instagram and something like instantly resonated with you and that's your intuition. Like that's that voice in you and it's so important to listen to what I think that we can use that as a guide in so many situations in our life.

And one thing that I want to mention to you is you can use it every single day. You can use that like, I know a lot of the questions that we get and our rule Breakers group is, you know questions about like when it comes to food, like should I eat more of this or should I eat less of this? You're like, what do you think about these portions amazing mouth? These are great questions to ask and I'm so glad that you're asking those and I encourage you to also, you know, pay attention to your body. Like, how do you feel what do you think of a lot of times these



answers, we have them inside of us and at the same time as always like a kind of like a devil's advocate like back and forth thing here at the same time.

A lot of times when we start out on this journey our hunger and our full sensors, like all of these are so out of whack right? Because we don't even know what it feels like to be hungry or what it feels like to be full because we've been denying ourselves for so long that we've been rejecting these feelings and our body because we are used to starving ourselves, right?

This is my Americano, my coffee with cream. A lot of people ask what I get for the coffee shop. So I get an Americano which is just espresso with water, but then I have them add about a nice usually say like about an inch of seemed heavy cream and if we give it like that nice creamy, creamy field, sometimes we'll get like a little bit of like the caramel sauce or something in there which of course it's not good for you, not good for you sugar, but I don't know. I like it and it's all about balance. And that's another thing that like I think is important to keep in mind is what you see me posting that I eat might not be the best thing for you to eat because I'm at a place where I'm not trying to lose weight anymore and because of that I have maybe a little bit more balance in my life and for some of you you still want to have that balance as you go on your weight loss Journey for others, you want to see results a lot quicker. So obviously like the more perfect or strict that you are. You're going to see results quicker but a big part of this is making us a lifestyle. It just really depends on where you're at with that like a really depends because we never want you to feel deprived. Like if you are super strict and you feel deprived, you're just going back into your old ways and it's a cool thing is like surrendering to something new and doing something that's going to be a lifestyle.

So keep that in mind and that can change. We've had clients that you know, what makes art out. They want to not be super strict about anything and they want to you know, eat all sorts of you know, they want to still eat sugar and they still want to drink alcohol and that's okay. Like you can do that when you start but a lot of times they get to a point where they really are ready to see results. When you give up the alcohol and you cut back on the sugar and you take more glue to caps and do things like that, you're going to see results quicker. So it's all about like where you're at in this journey and how fast you want to see results, but then also making it part of your lifestyle too.

So I kind of went on some different tangents here. I'm going to kind of bring us back a little bit. I think one of the big takeaways that I learned from like this whole life since scenario is paying attention to my own intuition and I don't want to say that I wish I would have done that like 5 years ago, but part of me wishes that because it was a lot of stress and this whole situation took so much of my time and energy and focus away from my project and my clients and my people and my life and the things that I know that I'm here to do it was that, I was born to do and the



other part of me is okay with it, that it took me that long because I think that was part of my journey and part of my process and we all go through our own journey and process in everything in life, including our weight loss Journey. Everybody's journey is so different and the Rule Breakers methods work because I've tried it on thousands of women and I know what works and there's also like a part to it that still needs to be personalized and there's part that we still need to test. There still some trial and error because not everyone is the same.

So when we, when I teach you like in a Fast Track to Fat Loss. That video series that in the rule Breakers membership portal and these master classes and in the weekly calls, we're teaching you what's worked for most people and we try to give you ideas for like, well for some people it's this and for some people it's best so then you can kind of figure it out with your body and when we work with our VIP private clients, we do that with them we personalize things a lot more. The great thing about Rule Breakers is you're still getting all of these strategies and you get to try it and it's going to work. It's just a matter of figuring out what works.

Okay, so I think a couple of takeaways would be to pay attention to your intuition. And that's when it comes to food, when it comes to what your body needs, when it comes to exercise. I mean it took me a long time to listen to my body. You want to come to exercise I would just work out every day. That's what I did and I thought I had to work out like a crazy person to burn all these calories to lose weight. And the reality is your body needs rest. I mean if you're working out every day, what you're doing is you're causing inflammation in your body and that's okay. That's what exercise does it causes inflammation because your body is, it has to recover from the exercise and that's how it builds muscle. It breaks it down first, but the problem is when you're doing that every single day is that, your body doesn't get a break from it and then you're just compounding and compounding all of this information.

And then you know what happens all of your good effort to be healthy and lose weight backfire because you start gaining weight because your body is not getting a break and it has all this inflammation inside of it and it's just building up. So that's another side tangent. But the point of that was you want to listen to your body, when it pay attention to your intuition and how you feel, when it comes to food, what your body needs to eat, like am I hungry, am I full when it comes to exercise because my body feel so I need a rest day. So I feel like hitting it really hard at the gym today. I mean some days I wake up and I'm like man, I feel great. I thought it was going to be sore and tired say but I feel great and then you know what I do I go crush it. I go for a run or I go to the gym or I do one of my 15 minute workouts that I put together my metabolism boosting guide. Daniel maybe you can put the link down there for that in case people don't have that guide haven't shared it in many places yet, but I just created this new guide with 15-minute metabolism boosting workouts. That might be really helpful for you guys.



There's 2 treadmill workout and there's 1 like bodyweight kind of like travel workout that I would do here at a hotel when I don't have equipment. So listen to your body when it comes to, when it comes to anything even when it comes to like going out with people are going out to dinner or staying in like, what do you mean? How do you feel after your day? because this is all part of the process who's part of your body learning to trust you when your body trust you, that's not loses weight. So it might be kind of weird but I'm talking about like intuition and feelings and trust me. I never thought I'd be talking about the stuff either, it's not what I went to school for right? It's not what I thought I would do but the more work that I do, you know, I do my own personal development. I do my own counseling a lot of the retreat's that I go to this is what it's focused on.

This is one of the biggest pieces of all, you know, my book and this program goes through a lot of the more like the bodily elements like stress and like thyroid and like hormones and these are all really important and that's why we're having master classes like our gut health master class. We're going through all of the different pieces of the puzzle, but this is just as important and this is more like a, it transcends everything, your mindset and what you're telling yourself every day. Paying attention to that little voice inside of you. It's fair. We've learned to tune it out pretty good. Most of us who have dieted, you know for years. We've tuned it out. We don't listen to it. We need to, we need to, we can develop these hunger and these full sensors and it doesn't happen overnight. Often times, you know, when people join Rule Breakers or coaching program, there are so out of whack but they come back over time. It's a matter of listening to your body and as women, I think it's so important that we need to be like, we're in touch with our bodies. We lose touch, we disconnect from our body so easily but part of, I think being like, a woman and being feminine as being in touch with your body.

I was going to say something else on that. Let me think for a second. We can open our body, connecting. Oh, so like a few ways that you can do that because you might be wondering Daniel posted the link to the metabolism boosting workout in the chat if you guys want to download that but don't go away for too long come back. I want to share some more stuff with you. So ways that you can do that the ways that I have been working on developing my intuition, one is meditation and I don't talk about very often and I never thought it meditate, to be honest because I'm like most impatient go go go type of person and I think that's exactly why I need meditation because my brain just gets so full and I'm just like always going between so many things and I like to think I'm good at multitasking even though most people aren't and I'm not even doing all they have and I just think that I am but I'm really not. I'm doing a bunch of stuff at once and not being as productive. So I've been working on being more focused, being more present with the people that I'm with, not being on my phone all the time and not always being on my computer, but when I am, I'm working on one thing and either do emails or I'm doing a project or I'm teaching this masterclass.



I'm not doing a million other things and that's something that you can develop and meditation has helped me with that because my monkey mind is always going crazy and with meditation I started with just 2 minutes. Literally I would I set a timer for 2 minutes and I would just sit there and close my eyes and the point of meditation, I thought was to not have any thoughts. I thought the point of meditation was just like have a clear mind but that's not the point. If that, if you think that's the point of meditation you're going to fail every time because it's not possible. You can't help it when thoughts enter your mind. So the point of meditation is to notice your thoughts and be like, huh interesting. I'm thinking about that podcast that I'm doing this afternoon. Okay? Well, maybe you after I meditate I'll spend a little while preparing for it, but I don't feel stressed about it. Okay, cool. Oh interesting. I'm thinking about that pair of shoes that I need to return. That's weird. All right, I'll add that to my to-do list. Boom! It's literally like you're paying attention to your thoughts and I'm like letting them go by it's like okay move to the side. All right moving the side.

Okay. Now I feel better. Now. I feel at peace. Yeah, I don't know, this like me just going on a tangent, but I'm not a meditation teacher. That's what I've learned about meditation and now every morning, I start my day with 15 minutes of meditation. That's not a long time some people meditate for like an hour or 2 but 15 minutes, long time for me and it helps to center me. It helps me to just breathe and I try to ask myself how my body feels and I like, I feel like super tight on my chest, my stressed about something. Why do I feel that way? Let me breathe into it. This is seriously stuff I never thought I would do but it's helped me connect with somebody more and it's honestly help me with my hunger and full centers, figure out like am I hungry am I full? I took my gluta caps. I took 6 of them before breakfast. Why am I craving sugar? Oh, maybe I'm not really craving sugar. Maybe it's not a physical craving. Maybe I'm stressed about that podcast, that I'm going to be on this afternoon. So this is how it's helped me, but I encourage you, if you have never meditated before and I like to use different apps, like just a guided meditation.

Meditation is really hard, especially when you're just like sitting there especially if there's distractions like whether it's kids or the birds outside or I don't know, other things going on. So headspace is one of the meditation apps that I started with and it's really awesome this guy to talk to you through it. You literally just like pay attention to his voice the whole time and there's other apps like think tuition is one that is just background noise. They talked for a couple minutes beginning but that was harder for me because my mind goes to other places. So anyway, that's one of the ways that I've been working on developing my intuition. There's some other things that I've done that are a little bit weirder like float tanks. A float tank is like this body of water with tons of salt in it and you go in it and you float for 60 to 90 minutes a long time and you just lay there and it takes away all your senses. Can't see anything. So it's dark you can't hear anything, you can't smell anything, you can't feel anything like it. You float in the water so



your body weight is just completely gone and you're totally like, I drop into a meditative State and I get awesome like, crazy ideas and it's both relax your body. They're supposed to be all this research behind it, but probably as I'm sure but anyway, that's another thing that I've been doing. It's harder for me to make the time. It's an investment financially. It's a long time, you know, an hour hour-and-a-half and time you get there and all that but it's helpful for me and my goal is to do that like once a month because I can get some good ideas coming out of that, too. So those are a couple of things.

Also for me like breathing, like sometimes I notice I'm just like so tight like whether I'm typing or even like when I'm like talking to someone sometimes, I'm just trying to like breathe more and just kind of like be in my body more. Is this stuff resonating with you guys at all? It's kind of weird. I know but this is like literally, like transcends everything because we need to be in touch with our bodies and we need to be paying attention to our intuition in order to make good decisions and when it comes to anything in life, right? Especially weight loss.

So, and one last thing on that note, I'm sure we've said this before but I want to say it again, so I think it's just so important. All of this ties into Stress Management and when you're stressed out, you will literally gain weight without eating any differently.

So it's when you're stressed out your cortisol levels, your stress hormone goes up and when cortisol increases your blood sugar levels rise, just like if you ate a pack of cookies or I don't know a bag of chips and you're not even eating any of those things and that's not to mention the stress eating that can happen as a result being stressed right? When we're stressed, we don't make good decisions when it comes to food or a lot of things. So it's really important to keep your stress levels in check and for me, these things, breathing is paying attention to my body, this meditation, the float tank all these types of things help me to keep my stress levels in check because it connects me to my body and a lot of times when I'm reaching for, I was reaching for sugar. I was actually, it was like, it was like an easy button. It was an escape because I was so disconnected and I was stressed out. I didn't know what to do about it. I didn't know what's happening. I just was now being I was just reaching for sugar to numb. It's not always what happened. It's also physical sugar craving that's where your pure gluta caps come in because those actually take away the physical sugar craving.

And then so for recommendations on where to start with supplements, that was one of the questions in the Facebook group. Definitely go back and listen to the fast track to fat loss in video 3. I talk about supplements and like where to start when it comes to those. So if you're someone with sugar Cravings, you're going to want to take more of the glutamine. Hope your gluta powder is more potent than the pure Buddha cap. So a lot of times like I'll add like a full tablespoon or a tablespoon and a half of pure gluta powder to my smoothie in the morning and



then I don't then don't take my Buddha caps usually. Sometimes I'll do both, I'm stressed out, especially because I know that stress causes my blood sugars to rise and because when you're because when your blood sugar's rise, they're going to crash like anything that goes up must come down. That will cause you to crave sugar when you're stressed out, when I'm stressed out. I take more more gluta powder more gluta caps. It's so, it's just a matter of figuring out what works for you, but when in doubt take more because when you're stressed out you're going to need more of the glutamine to counter that

Okay, great. Can you guys hear me? Okay is my video breaking up? Hopefully it's not my connection. Not sure how it is. But it looks like all of you guys are still here. Can everybody just comment. Give me a thumbs up. Tell me if you're doing doing good, doing well.

Okay, awesome. Oh good great. Awesome. So I disposed to be Christie. asked if was to be taken in tandem with probiotics and fish oil every time, it's a good question. So generally what we recommend is to take your probiotics and glutamine before your meal like 15 or 20 minutes before. It just kind of helps to prep your gut and they work a little bit better. But honestly a lot of times I just take all of them with my meal, fish oil, you want to take with your food and put the fat it gets better absorbed with food. They're absorbed a little bit better, the probiotics and glutamine if you take them ahead of time. So if I remember when I'm cooking I'll take my probiotics and glutamine and I'll take my fish oil with my meal but it's probably like, you know, 90% effective or something like that, still if you still take it with your food, so I don't stress about it too much. But if I happen to remember, I'll do it before. Yeah and like, you know with the pure gluta powder, you're adding it to your smoothie, so you're not taking it before you could. You can mix it in water and take it 15 minutes before you had your smoothie, but I just as easily mix it in just add a little bit extra. Good question Christy.

Let's see what other questions. I'm going to I think I'll just go through these live questions here. Okay. So time has asking about this may not be a good question for the setting. That's okay. I'm glad that you're asking it. I'm one of those individuals that have 5 to 15 pounds to lose or I'm not one of those. I have more like 70 pounds. That's awesome Tanya. We have clients that have a lot more weight than that to lose. So I'm glad that you're still here. You've been a rule breaker for two months. You're taking your supplements religiously, eating PFC when dairy free for four weeks. Awesome. You have great energy, sleep well, so good but your moods are still very up and down. And I'm so glad you said I mentioned that all this because I'm open and I'm trying unfortunately, I gained 8 pounds and don't feel like my clothes are fitting any different ways. Very discouraging, pretty sedentary for my job. I hit train 2 times a week, ride a bike. I'm racking my brain. Do I intermittent fast? Okay. Something is be changed up.



Yeah, so I totally hear where you're coming from Tanya and so I want you to know first of all, I'm so so glad that you're here. I'm so glad that you're sharing all this. I'm so glad that you're open and you're only 2 months in even if you were like 4 or 5 months in, this is not abnormal. We see this happening and this does happen. We've seen people gain 5 or 10 pounds when they're first starting because when you've been restricting, if you're someone who's been on past diets, like a lot of people in Rule Breakers are it takes a while for your body to reset and rebalance and to trust you again and weight gain can be part of that people. A lot of people do gain weight before losing it. That's just part of the process because your body is so out of balance with everything with the stress, with cortisol, with the hormones, may be the thyroid, like without having having inflammation and what the supplements all of this so I know it can be discouraging. I totally get that and there's a thread like this in our Rule Breakers Facebook group too because you're not the only person that's gone through this so my advice would be to stick it out because if you stop right now, I mean, you've gained the weight you're at the point now where you're going to go down the weight is going to come off we have to heal that inflammation.

So you're taking your supplements. So keep taking the supplements. You can take more of a supplement that can help speed up results. So doing like the probiotics and the glutamine in the fish oil instead of just doing it like 3 times a day. Maybe you also do it before your snacks and your meals you can't really do too much of it. It's usually just a matter of people get sick of taking the pills or supplements. But if you're open, I would say get the pure gluta powder, add that to your smoothies. I would say get the pure bifida powder. It's another probiotic what I love about that is that it's a powder, you can add that to your smoothies too. So if you're having like a smoothie at one of your snack time, add more of those supplements and that's going to help bring the inflammation down. You can see the weight loss happen quicker, but I will say I mean, that's awesome. Do you want dairy-free, you're doing the food, you're doing the supplement, 2 months. It's probably not, you're exactly where you're supposed to be in 2 months because the way that our approach works, it's kind of its like this 3 phase approach.

I like to think of it as 3 phases. Phase 1, cravings go down and energy goes up and that sounds like that's where you're at, your energy is great. You know, you're sleeping really well, you're in phase 1. Phase 2 is where the weight loss happens and sometimes for some people, if that month 3 for some people if that month 5 sometimes people start losing weight doing this within a week. Everybody is so different but generally how it works first, we go through Phase 1 then we go through Phase 2 and phase 3 is maintenance. That's what like the last part of this program is so and your moods are up and down. That's an interesting thing too. I would think that that would have something to do with psychologically what's going on because that's hard to be doing something and working hard and gaining weight. So I would tell you you are in the right place still Tanya, I would not recommend intermittent fasting, it's not something I would recommend doing. I get that it can be tempting to do especially now that there's like this name



to it, like intermittent fasting for weight loss, that's restricting your body and it's going to mess up your hormones which are probably already messed up.

If you're not taking the hormone balancing supplement, do that right away. Synervive and Synervive protein, both of those every day, right away because your hormones are probably all over the place. You could get hormones checked by a naturopath, if you get your thyroid checked, those are things that you could do, but honestly, sometimes I just think not messing with too many things right now and pushing through this period is going to be really important, just make sure you're supporting your hormone, watch those videos in the fast track to Fat Loss for how much to do all of these things and just and just keep keep plugging along and keep saying positive because your mindset is so important.

An awesome, you had your blood sugar checked, cholesterol checked and are great. Awesome. So you're on the right track. Okay. I answered Christy's question about the supplements. Thanks Mary. This is a really powerful message. See, this is why I'm glad I didn't plan anything just spoke from the heart.

So for sugar Cravings, I sort of already answered this, it's, so I don't want to say anything different than what Emily and Taylo told you but I'm just going to share like for me what I do. So for me, I take a lot of glutamine and I take a lot of probiotics. I mean it kind of depends but sometimes I'll do like, you know, 5 or 6 of the gluta caps before my meals and I'll do 2 or 3 probiotics before my meals, especially when I'm stressed, especially I'm traveling, I took like a handful of pure gluta cap. Guys might think I'm crazy but this is what helps me to stay away from sugar because I'm someone who's really prone to Sugar Cravings, especially when I'm stressed. And then also, like I said, I'll do like a tablespoon and a half of pure gluta powder. I'll do like a tablespoon of our Pure bifida powder every time I make a smoothie. I just do that much. I had like keeping because it's not bad for you. It's not going to do anything bad for you. If anything, it's just going to help, going to help with the healing. It's going to help with sugar cravings. So every time I make a smoothie it's kind of like I get bonuses of all of that.

Classes great, lot of great information. How do you know how much you need dosage wise? So as far as like sugar Cravings you'll notice like if I only take 2 or 3 pure gluta caps before a meal. A lot of times, I'll crave sugar later, because I'm someone who's really sugar sensitive, when I take 7 or 8 which sounds like a lot. Maybe it is for some people, I don't crave sugar. So it's worth it to me because I know that I would have been is just healing, healing my gut lining and peeling any inflammation, even if I would be if I were eating perfectly there's toxins in the environment. We're being bombarded from every angle. We've got to focus on healing that inflammation. So you could start with 2 or 3 pure gluta caps before your meal, you know, 3 times a day maybe also before your bedtime snack, so maybe 3 or 4 times a day, same with



probiotics you could start with a couple and then you can increase it if it's not helping you, if you feel like you need more. Another thing you can do is you can lick your finger and put it in that pure gluta powder and put it on your tongue and it makes your craving go away. But remember this is just the physical.

So there's other reasons why we get craving. There's the mindset piece. There's the mental, there's a stressed-out, there's the emotional so we have to pay attention to that too. Because I've seen it happen with clients and with myself where we take away the physical sugar craving and I'm still like walking over to the cabinet. I'm like, I'm not even craving sugar. It's just like out of habit because I'm stressed. I've seen that happen with a lot of people will pay attention to that too. I'm going to pull up a few of these Facebook questions here. I did it out of Facebook.

You guys have any more questions, let me know. Okay, rule Breakers. Okay, Christy, that's another one. Breastfeeding your son 2 times a day. Is it okay to take hormone supplements and pure bifida Powder. Totally. Oh, yeah, definitely so technically so when it comes to questions around like pregnancy and breastfeeding from like what we believe and from our experience and now Emily will be able to talk about this, which I'm super excited about because she's a new mom. Like I would take all of these supplements if I were pregnant, if i were breastfeeding. Absolutely. It's good for the bait. It's good for your baby. It's good for you. So the only thing about this is that supplements haven't been like tested on pregnant women or breastfeeding women. Just I think for ethical reasons, they don't have in like tested that sort of thing but tons of I mean all of our clients will take these supplements, they are, I mean, they're the highest quality supplements out there and I know that because I created this Bureau by line. So yeah, definitely and Emily will be taking, she's taken all these supplements in her pregnancy and she will continue to take all of the breastfeeding. I'm sure I'm not speaking for her but I kind of hound because I know Emily.

Cortisol's super high with your new job, to be supplements cover that. Yeah, and I also am going to, Daniel can you link to the stress blog post that I have? Because I have specific guidelines for stress support supplements in that blog post, too, that's yeah, it's important. So, okay, so Synervive, which ones yeah, we'll link here in a second Christy. I think it's the stress. I think it's one called stress suck because I actually went through and put together. The reason I'm just going to normally, I would just answer you. But the reason I like do this blog post and I can tell you what they are. I mean, there's saracen which helps promote like a restful mood and positive production of Serotonin which actually, Tanya this one might be a good one for you called saracen, it helps kind of it produces like that serotonin, which is that feel good brain chemical and it can keep you feeling positive. So that's a really important one. L-theanine can release anxiety and help you to relax. There's Gaba, there's train core and there's address that, address that helps like a stress feelings and its really good for your adrenal glands. There can



be a buildup of toxins when you're stressed out. Anyway this kind of side tangent and when I have a lot of time left, I want to just link to the blog post Daniel link to it in the chat, but then also Christy, these are not like in place. These are like still do the gut health, the probiotic because that's important for the bacteria and the inflammation.

Do the good man? Whether it's powder or the caps, I do both everyday. You can travel with them to you guys. I have all these supplements up in my hotel room. Not the stress ones. I don't have all the stress on, magnesium is also super important for stress that when I don't think is on the list and that blog post but you guys should be taking magnesium everyday pure magnesium. It's important. It's good for help with chocolate Cravings. It helps you sleep, it helps relax your muscles. It helps, I take it for a go on an airplane because it helps with, like jet lag and with the tight muscles. So yeah Christy, it's a little bit of trial and error and Synervive is important because that's the hormone balancing stuff. So stressful events are very different than gut health supplements and gut health supplements are very different from hormonal support. And I know it can feel like kind of like a lot but all of these areas, these are all like different pieces that have to come into balance and thing is like you'll notice how you feel, certain supplements you won't, like for MultiVive, some people notice huge surges and energy because there's a lot of B12 in there.

We put a lot of B12 there to give you more energy and other people like me. I have a lot of energy every day to be honest. So I don't really notice anything when I take MultiVive but I know it's working. I know it's good for me. I know it's working beneath the surface to make sure I meet all my vitamin mineral needs because I don't I'm not going to feel as good. I'm not going to be as focused not going to perform as well. But there are supplements like SynerVive, I mean my girlfriend's text me and tell me like, oh my gosh, I'm on a trip and I forgot the SynerVive and I got my period and I feel like crap or the motifs their moods are not stable. Like if you take these every day and you stop that's when you can really notice a difference and I mean, honestly, I kind of encourage you to do that. Like if when you're taking your supplements after a few months if you want to just stop or if you're like going out of town or something. I don't want you to feel awful but sometimes it's helpful because then we know how much something is working. When we notice how much worse we feel when we don't have it and it's because they do work. We're literally targeting certain nutrients like we're taking certain nutrients and putting them in your body. That's how SynerVive works.

There's nothing like you know hormonal. There's nothing like what's the word I'm looking for. Dang it. I can't synthetic. Like there's nothing synthetic in there. There's there's nothing fake in there. It's all just nutrients from food, but we're putting them in specific amount Target your hormones to keep them balanced. So they don't go to lower go too high because women or hormones are like this all the time as you probably know, that's why we feel mood swings and



all of that kind of stuff. So yeah, it's a little bit of trial and error but there are Baseline recommendations, but check out the ones awesome Trisha.

Trisha says, I've seen so much more stable moods since starting SynerVive. Could my 13 year old daughter benefit from me. Would it be safe for her to take SynerVive? So generally, I would say if she has a cycle some 13 year old do if she's got her period then yeah for sure. That's a good question. I wonder what Emily and Taylor would say about that actually Trisha would you mind posting that in the rule Breakers Facebook group? I'm curious what they would say about it. I would say probably not until she's gotten her period because that's really what a lot of a hormonal shifts will happen.

But I don't know. That's a good question. I'm not sure what the age would be. He, she just started her period yeah, I would have her do it. I wouldn't have her take a lot of it. So I think the guideline on the bottle is 2 tablets in the morning and 2 in the evening. I might be wrong but I think that's what it is. And that's what I do. So I usually do sometimes I just do all 4 in the morning if I don't want to think about it and some people only do like 1 or 2 a day again. This is kind of like a little bit of trial and error to so she might just do one a day you could even cut 1 and a half and have her take one in the morning 1 at night. There's really like I mean, there's no negative side effects with just herbs vitamins and minerals so it's not going to hurt her.

Immunity for your 10 year old stepdaughter, you know, what I would do Christy if you have a lot of questions about her I would do a supplement consultation call for her. That way she could get on the phone with Taylor and just go through everything she's got going on and just get specific recommendations. That's a great option for like any of your family members you guys if you're wondering what they specifically need, supplement consultation call because then we can give them exact recommendations and find out more about her health history too. Sometimes it's hard to make these recommendations without really knowing like, what else is going on. So try to be a little bit careful with that, without knowing like a full history. We can do all of that on a public consultation call. Yeah sweet. Awesome Trisha. Yeah, just go ahead and post them to Facebook group because I'm just curious what Emily and Taylor would say.

So, how are the individual supplement called available to us and Rule breakers. On rule Breakers, you get something better than a supplement call, you get the game plan session where we go through not just supplements but we go we talk about food and we talk about exercise, we talk about your sleep, but we talked about everything. So make sure you know, you haven't booked your game plan session. Make sure you get that on a calendar. That's we're going to get the personalized recommendation.



Okay from the Facebook group. Okay, I've got your questions here. Kara said, I feel like I'm doing really well with eating and supplements and not losing weight yet. Maybe I just need to get my mind, right? Okay. Well, I just talked about that for like 50 minutes. So perfect. I don't have too much else to say on that right now, but I love that comment Kara. Hopefully you're watching later.

Okay, Jessica says if you're taking questions, can I toss in one about trusting your body, the process and this new lifestyle working long term. I know for me rebuilding trust in others, myself and food have been key but I would like outside perspective on how all of this ties in. Yeah, I think I just touched on that Jessica. I think I don't really have too much else to add other than like this whole process is, it is trusting. It's your body trusting you again because you might have done things that your body doesn't like, like anybody who's dieted. Your body doesn't like dieting, your body likes and you're giving it what it needs and that's when your metabolism works better and that's when you lose weight because your body can work for you. If you're not giving it what it needs then it's not going to work for you and it doesn't trust you so that it does take a while, it just like this kind of weird example, I guess what I was just thinking like, you know, there's people that are in relationships where one partner has cheated and they repair the relationship but it takes a long time right? I mean, I don't know if anyone's ever been in a situation like that or in a marriage where that's happened or something but you work through it. It's possible, people do it and it takes a long time of rebuilding of like little little things that build trust and sorry if that's not a good example. I'm not trying to compare enough air to your body, but I just did but that's kind of how your body works in the way that like you have to rebuild that trust because your body doesn't trust you if Mamba dieting that you've done.

So yeah Jessica, I'm so glad that you brought that up, definitely takes time rebuilding that trust and it's totally possible and that's what we're working on here. These are Lifestyle Changes. Christy asked about supplements like how crucial the timing and the amount. How do you know what's right for you? So the general recommendations are all on the fast track to Fat Loss. I think video 3 is where I talk about supplements. Also when your game plan session, you can get the specific recommendations for you. The timing, it just depends what supplemented is. So we talked about it like with the probiotic and glutamine and the official I mean, you don't have to be perfect. This is not about perfection. This is about doing things versus not doing things. So if I were eating my meal, I'm like, oh shoot. I forgot to take my supplements. I would just take them right then and there it's better than not taking them at all. Totally.

Christy asked macronutrient. Sometimes I feel forced to eat more food because I haven't gotten in all 3 macronutrients that I think she meant macro then it sometimes I'm going to a tailspin of overeating when I could have stopped earlier. Is it okay to just have a fat sometimes or just a protein. I know to never eat a carb alone, some never had a carb alone. That's a good question.



So I mean I would ideally it so here's what I do sometimes if I'm really not that hungry, I will literally have a bite of a beef stick. I will have like a little handful of nuts. I'll have like a bite of a banana or something. It's better for you to get in all 3. Like if I ate the beef stick, I might not feel like eating the nuts or the fruit. So I see where you're coming from but it's better to have all 3, there's a science there's a method. There's a reason why we do PFC. So ideally you're having all 3. I like that you're talking about never having a carb alone inside of a Perfection. I mean sure if you eat protein and you're not hungry, I guess don't eat anymore, but your blood sugar's that haven't come up and that's why you need to have the carb because your blood sugars are still down, the protein might hold you over but then you're going to be hungry and you might reach for sugar because your blood sugar never came up. So that's why I like we need the carb on there and then we need the fat to also hold this over and to heal inflammation.

It's all processed and I designed it that way for specific reasons. So try PFC when you can and we're not perfect. I don't expect you to be perfect. That's kind of a long answer. Carbs, I'm considering abstaining from all carbs besides fruits and veggies which will be hard because my family keeps the other carb temptations around suggestions for staying away from other carbs that are still around because I'm terrible portion control with them when I'm tired. It's okay to have more carbs in the form of fruit and veggies since it seemed to take more to satisfy my craving versus other carbs like crackers, chips and chocolate chips. So yeah good points like processed carbs turn into so much sugar in the body. I mean, you can definitely have more more veggies for sure.

Fruit does turn into quite a bit of sugar so we have to be careful with fruit. I'd rather have you eating fruit than cookies or chips or candy but it still turns into a lot of sugar. We do have to be kind of careful with that. You know it Christy, it just it depends so much like based on a person for me. If you told me to abstain from all carbs that are the fruits and vegetables like I'm a Rule Breaker right? Like you guys are Rule Breakers too. I would want all the things so I let myself have basically like whatever I want. Now remember I'm at a different place in my dream not trying to lose weight right now, but for me the mindset of, do I want that piece of bread? I'll eat my meal first and then I'll change my, I'll see how I feel after. I don't know I might want the bread. Let me try a bite. Oh, it's not even that good. Why did I ever think bread was good, but this is how it works for me and it still worked for me like this now, so and I totally get what you mean when you're tired, how sometimes you'll have a bite and it turns into like the whole bag. So I think one thing that can really help is the pure gluta Caps or the pure gluta powder. I don't mean to be like a broken record. But seriously, I mean that makes it so you don't have those physical cravings

So I would definitely encourage you if you haven't added that in especially at night if you're tired at night and that's when you get the Cravings have a solid tablespoon or more of pure gluta



powder like before your dinner like mix it in water and drink it. I have a couple of gluta caps with it too, like this will actually help you don't have those Cravings because I'm stating it can be tough. Some people do it I mean, It can be a real addiction. So some people like with you know, an alcoholic just wouldn't touch alcohol again because when they do, doesn't work for them, there are some people with sugar it's the same thing if possible. I think it's good to have a more balanced approach, but I think when we take something away, we want it like there's that part of it but if it works for you it works for you. If I guess this is part of the trial and error.

Laura and asked Can you address emotional eating how to handle overeating when you're feeling anxious or stressed? For me, I eat pretty well during the week, but on Saturday when the weekend comes my good eating habits go out the door and I feel like it's a real as my progress. I also have a mindset that once I eat something that isn't healthy. It's over. Okay. Let me just touch on that. When you drop your phone. You don't smash it, right you pick it up and you wipe off the screen and you go on with your day and your life just because you have a bad meal or a bad snack, you know bad like life is not over next time you eat make a better choice. So for me if I had like a meal or snack that was like bad or like something, that was going to throw me off or derail my progress. I actually eat like an hour later. A PFC balanced snack or meal. I don't want to because I overdosed on whatever I ate but I do it because whatever you ate that was sugary your blood sugars are going to crash and they crash, you're going to Crave and you're probably going to reach for something not good again.

So it's really important like stay ahead of this and that's why it's important then to eat a meal or snack an hour later to get you back on the PFC it back on track, blood sugar balanced again. That's what I would do for that Lauren. But then so yeah, you said it's like an all-or-nothing mindset that really holds me back.

So, okay. So emotional eating how to handle over eating when you're feeling anxious or stressed. It's really coming back to the PFC. It's really coming back to like for me what happens to me sometimes especially when I'm traveling sometimes I'm like snacking more than having actual meals. I have to have actual meals because I'm just like snacky-snack like our X bar here, like beef stick and banana and peanut butter here. I find myself in a place where I'm just craving like question. I'm stressed or if I'm like out of my home environment. I crave sugar and things that aren't good for me, but you know what when I have a really solid meal, salmon with veggies and melted butter over the veggies and avocado on the side, even if I'm stressed like I don't really crave sugar that much and if you still do, that's where these stress support supplements can come into play. So Daniel put the link in here. If you're watching this later, you can just Google Cassie.net stress sucks in the blog was a pop-up one way to find it.



So the strap support ones can be really helpful because they keep your blood sugar balance and they help to reduce that anxiety and tension that causes you to crave sugar and things like that in the first place, but I'm also the Stress Management stuff. I talked about earlier the meditating the breathing, exercising but not exercising too much all of this helps because remember when you're stressed your blood sugars are high and that's why you crave sugar. So Laura and a big part of this is like staying ahead of that stress and supplementing can help but so can all these other techniques that I shared earlier too and when you're talking about like you eat well during the week, but when the weekend comes good habits go out the door and that darrell is your process up your progress. I would ask why? Like to me like, I know some people have like a cheat day on a weekend and I'm not really a fan of that because like every day is a day to me. What I do is every day like if I want dessert I'll be like, okay, let's just see how I feel later and usually I don't even like need it. I'm usually like, I'm good. I'm sad if I once I eat my meal and once I take my supplements, I'm satisfied.

So weekend some, I don't know, maybe it's because we can be tempting or like there's event on weekends or out and about but it's like the same mental stuff every day. why I meditate every day? Even when I don't feel like it, even here this morning. Do you think I wanted to meditate at the hotel when I had to get to this conference? No, I actually was like a little bit late because I meditated so that's when I'm not saying you have to meditate for everybody. It can be different. It could be different things for a lot of our clients journaling is really helpful. Journaling has been helpful for me too. I don't do it as much anymore. But when I was going through this process and for a lot of people when they're going through this process journaling help to make connections, like, oh the reason why I crave sugar after dinner every night is because like that's when my husband and I used to have ice cream every night and I just want it that makes me feel connected to him or I just made that up but you know things like that it helps us to like make these connections. So I would encourage you to do that too. Like that's kind of like paying attention to your body and like being in tune with your body seeing what's going on for you.

Okay. Oh, there's also a queue, a question here from Line, does your fish oil count as your fat source for the meal? No. Nope. Fish oil is just a bonus. It's a bonus. It's looks, oops, sorry Line, I just did something to you here. I just click on you accidentally. So fish oil is the bonus. It's fat is healthy fat, but it's not enough healthy fat. So you want to have fish oil along with whatever other fat Source you have at your meal and this is another thing to you guys. You can experiment with adding and more fat. We talked about starting with 2 tablespoons of healthy fat meals and snacks. That is a starting point. Definitely a starting point for me. If you look at the meals I post I do quite a bit more than that, like a lot of times I'll do like a half of an avocado but I'll still have butter. I'll cook my eggs and butter, coconut oil, still melt butter over my vegetables like there's more than that. So it's a good starting point but you might notice that your sugar Cravings go away and you feel more full and you lose weight quicker when you add more fat.



With also start with a lower amount like that because for a lot of people 2 tablespoons at every meal and snack is a lot if you have started in a place where you're not eating a lot of fat.

Gail said our X bar claims 12% protein only nuts and fruit are listed in the ingredients. Where's the protein? The protein are X bars have eggs in them. So that's where the protein comes from the from the X-bars are x-bars can also be super sugary. So sometimes like yesterday. I actually had an X-bar with a hard-boiled egg. What else do I have with it? I think I also have a handful of nuts. So they're a great snack to have on the go. I always have a couple in my purse but they're not perfect because there is a lot of dried fruit in there so they can be they can cause sugar craving not for everybody but sometimes they can so sometimes I'll just have a little bit of extra protein, but they do have protein in them.

So can we have a follow up call to our game plan session, we were thinking about that. We've actually been talking about that lately if that's something they're interested in definitely shoot Monica and email and we can figure something out for you. My goal for you is to get your questions answered and these master classes in our weekly calls, in the Facebook group because you guys are all going through the same Journey even though you're at different places, like everyone can benefit. That's why you know, earlier when Tanya asked that question and said, like maybe I shouldn't ask this here. No, like I want you to ask this here. Like this is just can benefit everybody because you're not the only person Tanya who's been in a situation where you gained 8 pounds after doing this for 2 months and there's nothing wrong with that and you're still on the right track.

So my goal for all of you guys is to be able to get your questions answered and to see results not having to have you know, one-on-one for you to be able to do this and for us to be able to do this as a group. Now if you if there is a reason like a specific reason and you feel like you need a follow-up game plan fashion shoot us an email. We're on your team. We want you to see results. If you feel like you're not seeing results from showing up to these calls or from asking a question in the Facebook group. That's something that like, I want to know when I want to figure out why so definitely like if you need anything we are on your team. We're here to support you. My goal is the same goal as yours. I have the same goals. You do. I want you to see results. I want you to see success. I know that we can help you and I know we can get you to where you want to be and I want to hold that vision for you and I want to get you there. So keep that in mind too that anytime you have doubts about yourself.

First of all, you are a unique Snowflake and you're not that unique. You're just like a lot of other women and I hate to tell you that it's true though. It's a good thing and that's a good thing because it means that we can help you and your body is not applaud. You're not a failure. There's not something wrong with you. You just haven't cracked your code and we know how to



help you with that and we're really good at it. We've helped thousands of other women do this before you so it's your turn now, so just keep trusting the process, keep surrendering, keep doing the things that you know that you need to do and keep asking for help. You guys asking for help is so hard for me. It's hard. I have a lot of Pride. I like to think I'm good at a lot of things. I'm not, I'm not good at everything and it's okay and that's why you're here. It's why we have doctors and dietitians go through our program because even though they have all the information. It takes a community, sometimes it takes the support and that's why I loved Rule Breakers Community. You guys are my special community and I love each and every one of you and I'm so grateful that you're here. So I answered all of the questions and we're a little bit over time. So I'm going to end things right now, but I just want to say thank you for being here, keep trusting the process, keep surrendering. If you have other questions definitely ask them in the Facebook group. And for today's master class, that's a route.

Thanks for watching you guys live and if you're watching later, Thanks for watching.