



Miscellaneous - Transcription

Holiday Survival Crash Course - Video 1

Oh, hey Alexa, turn off the Christmas music.

Sorry about that. We're supposed to be doing this training and she keeps playing the Christmas music. I don't even know! Well. Hey, I'm Cassie and welcome to the Holiday Survival Crash Course. I'm so excited that you're here. And I was just getting into the Christmas spirit a little bit.

First off. I am so excited that you are going to be starting the new year and Rule Breakers. So you've already got a head start to navigating all of the stuff and you know coming back from what could be a really difficult season and at the same time I definitely want to give you some helpful tips right now so that you can go through the rest of the holiday season confidently until we dive into all this content and Rule Breakers and dive into the coaching sessions in January. So I just want to welcome you to the holiday survival crash course.

Here's the deal. The holidays can be a real struggle. And in fact, did you know that most people don't just gain a few pounds during the holiday season most people pack on 10 to 15 pounds during the holiday season and often times we laugh it off saying everybody does it this time of year. And then what we do is we start off the new year feeling miserable in our body. So we're going to do right now, let's dive in and talk about how you can conquer the holiday with gusto and based on the thousands of women that I've worked with over the years, I know what the biggest challenges are around the holidays. These are things that will make or break your mindset, your nutrition, your waistline, and your confidence. So, let's Dive Right into these. Okay?

Okay, awesome.

So the first thing and this could be like a big myth that you've heard before or maybe maybe you've been believing this for a long time. This could be a big mindset shift for you and that's okay and we're going to work on a lot of those during Rule Breakers. So I'm just going to start with a few things for you right now to chew on and maybe start to implement.

So what you don't want to do the day of a big gathering, a big party a big Christmas dinner, you can for Thanksgiving. We don't want to save up through the day like save our calories or like skim through the day try not to eat anything and like save it all for that big meal and I bring this up because this is really common practice, especially among the women that I've worked with is



like, you know, we're trying to like save it all for the big meal. That's really a recipe for disaster as you might already know. So what happens is when we enter a meal completely, completely just famished. Our brain is really really smart, right? And your brain tells you that you need sugar and you need carbs and you need more sugar and carbs and then the second you walk into that gathering instead of focusing on your friends and family and catching up. You're like going straight to the Christmas cookies. You're like, where is Desert bring it out already? Right? Does that resonate with you at all?

Oh man, I used to do this all the time and then what I would do is I would stuff myself and that couple hours I was at that Gathering and then I would leave feeling disgusting really like frustrated with myself. Like all I was thinking about was food and like stuffing my face with food wasn't very present didn't have many good connections and they just feel gross you feel bloated and Guilty by we do that to ourselves. Well, here's the deal if you eat regularly during the day then what happens when you enter this gathering at night is you enter and maybe you're a little bit hungry and it's okay to want to be hungry for a big, you know, pleasurable meal but you're not like going crazy. Instead, you might see the Christmas cookies and be like, oh those look kind of good. Should I have one? And that is a very different scenario than give me all the Christmas cookies. Right? We're talking about the difference between making a conscious decision and having that compulsion. So I want you to feel in control. This is something we're going to do in Rule Breakers and I'm so excited to work on this more with you. But right now just a simple tip that you can implement the day of any of your Gatherings really is have breakfast, have lunch, have your regular snacks, and if you can remember how a little bit of extra fat on those days, so maybe you put a little extra sliced avocado on your salad at lunch. Maybe you put some extra heavy cream in your coffee. Maybe you have an extra handful of nuts before you go but that healthy fat, well, first of all, your brain is made of over 70% fat. So the healthy fat is going to help you think and make good decisions. But also anything that you eat during the day is going to help it last longer keeping you full, satisfied, able to make good decisions.

So make sure you have healthy fat and also just make sure you eat regular during the day and you'll notice a huge difference and you're going to be all enjoy the holidays more you're going to be more present and focused versus in your head and in your body and just feeling that whole on frazzle like out-of-control feeling. Okay? So that's the first one don't save all your calories. Don't follow that mindset. Don't save them all for the big meal, just be a normal person and eat regularly during the day and enter your meal being like yeah, I'm excited for it. The next thing I want to tell you to do is what happens if all else fails and you have crazy sugar cravings? Well, guess what you have this tool already in your toolkit Pure Glutacaps. You got this full-size bottle in your welcome kit and we are going to use it. You've never uses before you're going to be thanking me. You're going to be thanking me when you say your prayers tonight because this is gonna be a lifesaver for you.



Pure Glutacaps is something I swear by and so do thousands of our clients and people order from the Real Food Vitamin Store. It's a sugar craving buster and it's like the most natural thing you can do to get rid of sugar cravings. And here's how much you take. First of all I take two or three of these about 15 or 20 minutes before every single meal and around the holidays, I do this before snack time as well. And that's not a lot. I know it can kind of like seem like a lot of you're not used to taking supplements taking a few of these but it's not a lot. It's a very conservative amount and basically it's going to just keep you a sugar craving free and it's so worth it. Now the way it works and the reason why this is so natural is that glutamine is an amino acid in your body. It's the most abundant amino acid and it helps to create your neurotransmitters which are your brain chemicals that determine whether or not you crave sugar. So this is the really cool thing is once you have your brain chemistry all balanced out and you're helping your body create these neurotransmitters by taking Pure Glutacaps it comes back to when I was just mentioning earlier a conscious decision like those Christmas cookies look good. Maybe I'll have one. I think I'll have one versus I need sugar like give me the Christmas cookies such a difference there and Pure Glutacaps, it's amazing for that helps you keep more present and able to make conscious decisions about sugar. And now here's the deal. This is like my this is definitely like my favorite tool in the sugar craving busting toolkit and you want to make it your best friend and during the holidays, I would say take two or three fifteen or twenty minutes before your meals. But if you forget to take it with your meal, this is a little bit more effective if you take it ahead of time and that's why I make that recommendation, but you can totally take it with your meals if I forgot I'd probably take for with my meal just to make sure I'm getting the same effect.

Pure Glutacaps, you can put them in a ziplock, baggies, put them in your purse, but actually the bottles not like giant so I usually just stick a whole bottle in my purse have some by the computer just have them ready. Oh and another bonus with Pure Glutacaps, you feel a craving coming on you can actually crack open a capsule and pour the powder like on your hand, lick your finger and just stick it in the powder and put it on your tongue and it will zap the sugar craving. I'm serious. It makes it go away and it's not magic, its science. It works for a reason. So test those out you have that whole bottle.

All right, one other thing I want to talk about today because this is a big thing is dealing with family members or friends who ask questions. So if you're trying to stay away from like if you want to have those, you know, Santa shaped cookies totally fine, but if you're like, I'm trying to stay away from sugar this year or I'm trying to not eat gluten because I know I have a sensitivity or you know, I'm trying to not use margarine because I know it's bad for me and if all these things I'm saying if you're like, what are you talking about? We'll talk about this in Rule Breakers. But if for some reason there's something you're trying to not eat, you know, there's gonna be



family members that are going to say something and my biggest tip for this because it's conversation comes up all the time with my private clients. It's like what do I say, you know, they don't want to make them feel weird and you feel kind of like high maintenance and I think it's just the best answer to this is just to say no. I'm actually trying to stay away from the sugar this year and then just move on like you don't have to take it and eat it and put it in a napkin. I think it's just and then if someone says oh like you know, that's good for you. I couldn't do it. I usually say yeah, I never thought I could either I'm pretty excited that I'm able to finally conquer this thing like nothing wrong with kind of going along with it and being confident because the thing is a lot of the times why people will judge us or well they'll pick on you for making a decision like that is because they want to they'll never admit it but they want to they're like, how is she staying away from the cookies? I can't do it in the cookies and you know why they can't because they starve themselves all day right another given in their brains telling them eat sugar. And of course, you can't override your brain. So that's why I want you to eat during the day eat your snacks, eat extra fat. So you feel confident entering that meal and then when you're crazy aunt is like why are you having my cookies? You can peacefully say, you know, I really appreciate that and you don't watch I love your cookies, but this year I'm just staying away from the sugar a little bit more than usual and I'm noticing, I'm focusing better. I feel better. I'm gonna pass on this time, but thank you. I really appreciate that.

So see how that was like a thank you, you know, I love them and I told them and you don't have to do this part, but I like to tell them why like to say I'm feeling a lot better and I try to bring the why not to weight loss because that can get really touchy and sensitive really fast if you're like, oh I'm trying to lose 15 pounds. I mean you can say that if you want to this is totally up to you but I like to make it more about how I don't feel crazy when I skip the sugar and fight eat those I'm gonna be crabby in an hour. My husband's going to be so trying to get away from me all night, and I'm probably gonna yell at the kids. So just going to try to stay in a good mood and skip the sugar so I like to try to make it light and kind of like, you know, laugh along little bit be like, I know it's crazy. I never thought I'd be able to stay away from sugar either but I'm kind of excited to be doing that this year. I feel a lot better. I feel like I'm more present in conversations and that's what's really important to me around the holidays.

Okay, so that's those are my tips and that's your holiday survival crash course really quick recap. I'm going to bring my snowman friend over here because he wanted to talk to you about this too. So quick recap is don't save your calories. Make sure you're eating throughout the day, make sure you're getting plenty of fat during the day as well. And then use your Pure Glutacaps. Just a couple with every single meal and snack you want that extra support like I do her on the holidays and then when someone is bombarding you with questions, take a deep breath and you know, you can answer them. You don't have to tell them every detail, but you can just tell them thanks. I appreciate it. I'm actually staying away from from the gluten this year. I notice



that I feel so much better it gave me headaches before and I'm just able to be more present and more like myself. So thanks for noticing. I'm just gonna skip it. All right, that's your Holiday Survival Crash Course. I can't wait to see you in Rule Breakers next month. We are going to have so much fun. We're going to get so much done together. You are in the right spot. So glad you're here. Merry Christmas and Happy New Year!

Holiday Survival Crash Course - Video 2

Hey, it's Dietitian Cassie. I'm here for your free New Year's Eve crash course.

Alexa turn off the New Year's Eve music.

Alexa turn off the music. I mean I like the music but I figured you could hear me a little bit better.

So New Year's Eve is one of my favorite holidays. I've always loved January 1st. I feel like it's such a good time for Fresh Starts and just like putting the past year behind us and stepping into something new and for you as a Rule Breaker you get to do that and I get to be part of that and your journey. I'm so excited for you. I hope you're as excited as I am. I've been planning really. I mean, I've been planning this whole next year for you for months. Maybe even the past year. Yeah. So we've got tons of good stuff in store. And I know it can be kind of tricky being like, I don't even know what to expect and I'm entering 2018 just like not sure what I'm going to do, but I want you to know that you are in the right place. I know exactly how to help you and we're going to dive and in January, but first with New Year's Eve right around the corner, I want to just talk to you quick mostly actually about alcohol because that's a big thing. You know for New Year's Eve and I didn't touch on it my Christmas training and we had a lot of questions about that one of the it's actually one of the top questions I get is you know, how does alcohol fit in? and Can I drink? and Should I drink I'm trying to lose weight? And what should I drink and what are the best options? So we're going to dive into that here. If you don't drink then what I'm going to tell you is just make sure you're doing the same things that I talked about in your holiday crash course, Holiday Survival Crash Course, which is like make sure you're eating throughout the day before you go into a gathering make sure you're eating plenty of fat. Make sure you have your Pure Glutacaps in your tool kit so you can take these if you get a sugar craving coming on or in the moment, you can crack it and put the powder in your hand and put it on your tongue and make a sugar craving go away and if people ask you why you're not eating certain things if you have two options, I think it's good to just be honest and move on or you know, thank them for asking a noticing and give them a reason or two while you're feeling awesome not having the whole plate of Christmas cookies or you know, skipping the rolls and the margarine or whatever it is. So stick with those and you'll be great, but right now I want to dive



into alcohol. So here's the thing with alcohol the main thing when it comes to weight loss and alcohol is that your liver has to detoxify alcohol. So alcohol is technically a poison, right? I mean, I'm not trying to be like a Negative Nancy but it just is when alcohol goes in your body your body is like, how do I get rid of it? So your liver has to detoxify and get rid of the alcohol. Well your liver is also responsible for fat burning so... Connect the Dots here when your liver is trying to get rid of alcohol. Do you think it's going to be burning fat? No, it's focusing on getting rid of alcohol as fast as it can with all of its energy and resources. So the long story short, is if you're trying to lose weight, it's going to be easier when you're not drinking alcohol and on the more complicated version of the story is yeah, we're all about balance. And this is about a lifestyle and I don't you know, I'm not telling you to just cut alcohol forever. I'm just saying the more you drink the harder it's going to be so I want to give you some tips on drinking and on New Year's Eve in case it's something that you want to do.

So the first thing is when it comes to, you know choosing your drinks, what you really want to do is make it super simple a lot of these mixed and Specialty drinks. They're really high in sugar obviously, high in artificial sweeteners, which also slow down our metabolism and you know Liquors not regulated just like the deal with supplements is supplements aren't regulated. Neither is liquor. So they don't even have to put the ingredients on the label. That's why if you've looked at the label of alcohol before you'll notice that the ingredients aren't even there. So you're like what is in this so that there's these flavors like cake batter flavored vodka and ginger bread man flavored vodka. I don't know if there is such a thing but there probably is by now, right? So what the heck is in those things? Who knows? I mean, it's really my guess is as good as yours. So we want to be a little bit careful with that kind of stuff. So what I recommend my drink of choice is vodka or tequila with soda water. So remember solar water I also call it sparkling water. It's just carbonated water. So there's no artificial sweeteners or sugar in there. And then you add the vodka or the tequila and that's a clear liquor. So it's easier for your body to digest and it doesn't have all the junk in it but some of the like, you know cake batter flavored ones might and then I put fresh squeezed lime and not we're not talking like a little bit we're talking about like half of a lime. So I will literally ask, you know, can I have half of a lime squeezed in there and that's what's going to add the flavor for you and that's what's going to add like the sugar or not. Yeah, it's sugar but it's like not a bad type of sugar and there's just hardly any in there. So that's your safest drink is going to be best for your blood sugar's vodka or tequila soda water lots and lots and more lime. Okay, so when it comes to like a lot of the Frou-frou beverages: eggnog flavored ones and I mean Tom and Jerry and a lot of those and I'm not saying I'm not going to have those. I'm just saying that it's going to be better for you. If you can stick to a clear liquor mixed with soda water with like something natural like lemon or lime

Wine is also something that I love. I love to love it and it's far better than beer. You've heard of beer belly. Like it's called that for a reason, you know, so wine is going to be a better choice and



generally, I mean the sweeter than Wine the higher it's going to be in sugar. It's not rocket science. And also this is also like a myth-busting thing when it comes to red or white drink whenever you like red is not better for your heart. I shouldn't say it's not. it is but you have to drink like 200 glasses to get the Resveratrol which is fact antioxidant in the red wine to have any benefit to improve heart health, so I'm not buying it and I'm not telling you to drink 200 glass of wine. So drink, whatever kind you want. Don't worry about your heart when you're gonna get alcohol.

I won't get worried about your heart. But anyway, drink whatever kind of wine you like and if it's lower if it's a dryer it's going to be lower in sugar. And that's going to be a better option hard cider is also a good option. It's gluten-free. It's generally very high in sugar like the brands like Angry Orchard and woodchuck have a ton of sugar in them. So I try to go for the ones that have more like nine grams of sugar in a bottle: Ace. I think has nine grams. I think Strongbow does, the Angry Orchard and the Woodchuck have like 24 or something grams of sugar huge difference like three times the amount. So when you looking at like a hard cider don't just assume it's good. They those have labels usually so I would look at the label and look for the grams of sugar and I think under 15 is good under 10 is going to be really good like a lot better. One of my favorite things if I'm at home or even if I'm going to a party I'll bring kombucha. Kombucha is that fermented tea drink and it's sweet because it takes a little bit of sugar to ferment.

Anytime you're making something fermented. It takes sugar for the bacteria another story. But kombucha is really good for your gut and it has a little bit of sweetness in it and also has probiotics which are good for your gut. So all actually bring that and just put like a shot of vodka or tequila in it and I would call that a kombucha cocktail obviously most people at you know homes or bars are going to have kombucha. But if you want to just bring your own and then it's a great way to talk about it to feel like talking about something new. It's like no this is a kind of a crazy thing, but it's amazing taste really good. And I mean bring a red one. Bring like a strawberry Kombucha or a cranberry. Kombucha. You got yourself a festive holiday drink, if you're if you're hosting, you could definitely serve these and it's a great option.

Just back to be really quick, beer, it's full of grains and carbs and you know beer bellies they're called that for a reason. So if you're drinking beer, I'd recommend not but like anything. I mean, it's all about balance. This is the holidays, sometimes, you know, people are drinking beer regularly, they don't notice how it affects them or with anything. You know, you're eating a food regularly in the you don't always know how it affects you. So just stop like stop drinking beer for a week or stop eating bread for a week or sugar or something and like see how your body feels kind of a cool experiment to do on yourself. Okay, a couple other tips on drinking like drink water. I think you know hangovers. I honestly feel like most hangovers come from sugary drinks



and being dehydrated not drinking water. Of course, there's a hangover the comes from too much alcohol. But if you're having just a couple drinks you shouldn't be getting a hangover. So make sure you're drinking like at least two glasses of water for every glass of alcohol and make sure you're eating, sometimes people drink and I forget to eat or they drink and eat really really crappy things. So cheese, olives, those go really well with drinks and they complement them really well and they're really good for you. They're healthy fats that will help to keep your blood sugar level stable, but also make sure you're drinking lots of water, and if you avoid those sugary frou-frou drinks, and you're going to feel a lot better your heads gonna feel a lot better in the morning. We're going to jump start you, we're jump-starting you right now, but in January like we're going to get everything going. So have fun relax on New Year's Eve. Try vodka with soda water with lime, or maybe like a gluten free cider. Maybe you make the kombucha cocktail if you have a wine a little bit drier rather than sweet. If not, no worries. We're all about balance, and we're going to be getting you on track in Rule Breakers. Thank you so much for being here and Happy New Year!