



## Missing Pieces - Transcription

### Thyroid Masterclass

Emily: Welcome everyone to today's master class on thyroid. Taylor and I have been really excited to bring this class to you and teach on what seems to be a rather confusing and somewhat misunderstood topic in today's culture. The thyroid is one of those things that people, you know, probably heard of but it's not necessarily always well understood or well explained in that the healthcare world. And so we want to teach about what the thyroid is and we want to talk about different thyroid dysregulation that can happen in the body why the thyroid is so important and so hopefully you'll come away from today's class with a lot more knowledge under your belt and feel prepared to pursue if you need to get thyroid testing done or take a deeper look at that or work with us, work with another practitioner on getting your thyroid up to the best condition that I possibly can be. So we're super excited.

Taylor: Yeah, and we're definitely going to dive into lab results later and I just wanted to bring up here that that's one of the things that we see clients coming in with maybe just a few of the labs being run with their practitioner. So they think that their thyroid is up to par when really we need a full thyroid panel to get the full picture of our thyroid health. So even if you think I've had my thyroid labs run before the doctor said everything was fine. We will we do often see that even if some doctors say it's fine. Your thyroid is not functioning optimally and optimal is where we want to be feeling our best. So don't tune out if you think that you've had your thyroid labs run before because we want to look at a full thyroid panel and we'll dive into all the labs that are on a full thyroid panel, but there's more than the common doctor will run in, you know in a check-up or a normal workup. So keep that in mind as we go on.

Emily: That's a really good point, Taylor. I'm glad you brought that up at the beginning to kind of as a disclaimer not to now. I think that was a great point because it's true that often. We're told you're good. You kind of check that off your list on well, I've evaluated thyroid function seems to be running fine and I don't have to revisit it. But there is a lot more in a lot more pieces to the puzzle with the thyroid. So thanks for mentioning that, Taylor. So let's Dive Right In and talk about what the thyroid is now, you know like I said before you've made it you might have heard the term, you know, it's a part of your body that's important.

You might know it's linked to metabolism. But let's just kind of cover our bases. Make sure we're all on the same page and and and dive in so the thyroid it's you can picture it as a small little butterfly-shaped gland. It's founding your neck region and it is a very even though it's very small. It's really important. It's the master of your metabolism. It secretes hormones that will send signals all over the body and is really tied into so many different organ systems in the body



nearly every cell and system has receptors or responders to the thyroid hormones that are secreted from your thyroid. So it's an integral part of your body and that's something that you know, a lot of people don't realize you know, they might think oh, well, you know, it's one little part and it really ties a lot of the body systems together in it, helps to regulate your metabolism. As I said, it's the master of your metabolism. So you can think of your thyroid in the body like the engine of a car when your end when the engine of your car isn't working properly you're going to have your car is going to suffer you're not going to be able to drive well and you need the engine to be working properly and the same is true for the thyroid gland in your body. And that's not working properly. We are working to our bodies going to suffer and we're going to run into issues in our body. So think of it that way think of that analogy in that importance.

Another thing too, you know, they wanted to add in addition to it regulating and being the master of our metabolism. You know, your metabolism has a direct effect on your weight. So this is why we talk about it a lot with our clients is and this is why we teach a lot on and it's because your metabolism right helps regulate your weight. So we need to be looking at that on a constant basis. It also does other things like regulating, maintaining homeostasis and body temperature. We're going to talk about signs and symptoms of thyroid dysregulation here in a little bit. And so, you know, sometimes people feel really really cold or really really warm that's a sign that there's some dysfunction with the thyroid going on as well. So lots of functions in the body and lots of roles in plays lots of roles in the body and so it's super important to understand what it is and now, you know, let's dive into Taylor. Let's dive into what to look for if you could be suspecting maybe increase in thyroid function maybe decrease in thyroid function. So let's start talking about what's maybe more of the common hypothyroidism or low thyroid function. Let's talk about some of those signs and symptoms are what people can look for.

Taylor: And that's what we definitely see most often is the hypothyroid so not enough thyroid function and so like Emily just mentioned if you're constantly cold when the people around you are warm, so it's not just being cold because it's winter outside and we need some extra layers, but it's when the people in your office, maybe they're cold and are there warm and you're cold so it's constantly being called than not being able to warm up that's going to be a real sign of that low thyroid function as well as gaining weight and that inability to lose weight so that stubborn weight that you can't get off because if we think about again coming back to what the thyroids for, its that Master of your metabolism. So if you're not able to burn the extra fuel that you have and you're storing that on your body the thyroid needs to be functioning optimally to be able to burn that extra fuel or that extra weight. So if you're having trouble losing weight, we definitely want to look at thyroid function. Another common one that we see is chronic fatigue. So just being exhausted even after you woke up from maybe eight or nine hours of sound sleep. You're still exhausted. So kind of need caffeine to function and even after and another thing that



I would point out even after having caffeine, you still don't feel energized so it's doing those things that should energize you but still feeling fatigued.

I would say the last really common when I see and you might be thinking of a few other ones Emily is the loss of some eyebrow hair or thinning seeing clumps of hair kind of come out in the shower. Now, this is natural to see some when you're brushing your hair. You're going to see some here coming off on the brush or when you're scrubbing your scalp. You will see some hair falling out. That's a natural process here. I'm trying to think of the scientific word, but...

Emily: it turns over.

Taylor: It turns over, I don't know

Emily: It's not scientific, but...

Taylor: I was thinking shed maybe. It wasn't really scientific either, but your hair naturally sheds every now and then but we're talking you actually seeing thinning in the mirror or your seeing bug spots that weren't there a year or two before. Those are signs that the thyroid is in a hypothyroid state. Anymore that you can think through?

Emily: Yeah, I would say those are the majority. Those are the hallmark ones that we see a few other things to look for maybe less common, but not unheard of would be puffiness unexplained puffiness. Not necessarily, I mean, it could be from a deep underlying inflammatory response. No doubt inflammation causes puffiness, but puffiness in the eyes, the eyelids, the face that can be another sign to look for kind of switching gears more towards the emotional state. So things like mood swings and again, sometimes these signs and symptoms might, you might feel like oh, I've got a lot of those or it could be stemming from another condition going on. So that's where it can be really tricky. You kind of have to build your case on. Okay. I've got a lot of these next let's go, you know, get some lab testing done. So, you know mood swings can be because of various reasons, of course, but anxiety, things like that mental inability. So foggiess, brain foggiess, that would be another could be another symptom of hypothyroidism. What other actually what I would say is a more common one that I see too and again could be some other underlying root causes but constipation or you know the difficulty with bowel movements. That's we'll see you on the contrary with an overactive thyroid. We see the opposite be true. So constant constipation with really no other explanation that can definitely be because of hypothyroidism and lastly again, maybe a little less common. But another one that we see would be low libido on that as well. So again start evaluating looking going through that checklist and think about, okay, you know am I checking a few of these off and could it be a result of some low thyroid function? So that's that's what to look for if you are suspecting low thyroid function or hypothyroidism. Let's jump into a few on hyperthyroid symptoms things that everyone saw we



have clients who will come to us and they've got an overactive thyroid. You might think well goodness gracious. I wish my thyroid was overactive but really that can cause danger too, and that can you know be caused by some deep-rooted issues as well. Particularly an autoimmune condition called Graves Disease will promote and a very overactive thyroid and you want your thyroid to be functioning at a normal rate optimally, but I don't normally rate not under and not way over either but one of the main things to look for with that, then would be unexplained weight loss. So pretty much when you're thinking about hypothyroidism or low function compared to hyperthyroidism. It's really kind of the opposite.

Taylor: Opposing actions. Yeah, constipation, loose stools.

Emily: Exactly, weight gain or inability to lose weight and unexplained weight loss. Another thing that I've noticed with people who have had hyperthyroidism is difficulty sleeping. So we talked about with hypothyroidism that people are probably sleeping fine, but not feeling rested with Hyper or overactive thyroid function. We see just hardship with sleeping in general not being able to fall asleep. I've been able to stay asleep. So those are some things that I see. How about you, Taylor anything else to add?

Taylor: Yeah, I was thinking along the same lines as not being able to fall asleep, that agitation or so if you're thinking emotionally or mood-related feeling kind of like you want to run out of your skin. So kind of your almost that feeling of I think some people call it restless leg syndrome. Now almost that feeling of you needs to get up and move around, having trouble relaxing and calming the body down always feeling agitated or easily irritated or angry. So those more intense emotions that are associated also thinking through being hot all the time. So instead of the hypothyroid, we're thinking about maybe too cold. In this scenario we would be thinking of being too hot when others are not so more of those hot emotions to I think about like the anger and irritation and not being able to fall asleep there. So those are all signs of overactive thyroid function. So being in a hyperthyroid state.

Emily: Excellent. And so that's you know, we wanted to make sure that you understood, you know what to look for with an overactive thyroid and what to look for with an underactive thyroid. And so now, you know, let's take some time and talk about what causes thyroid dysfunction to begin with? Why are we getting our bodies into these states, to begin with? What can be the underlying root cause? So let's take some time to dive into that. I had mentioned in alluded to this when I talked about hyperthyroidism and the signs to look for with that's often due to an autoimmune condition called Graves Disease less common than its counterpart or opposite counterpart I should say is that a thing? The autoimmune condition Hashimoto's disease, I never heard that term before, that's the autoimmune condition that corresponds with hypothyroidism or underactive thyroid. So autoimmune diseases and autoimmune conditions in



the body are a big cause for thyroid dysregulation. And if you didn't catch our, excuse me, our food sensitivity masterclass as well as inflammation as well, but particularly our food sensitivity masterclass. We talked about autoimmune conditions a little bit so catch that too, but just to kind of bring you up to speed on autoimmune diseases. That's when the body's immune system begins attacking its own cells, its own glands, its own parts of the body. It views them as foreign for one reason or another and it starts attacking its own tissue, so that's that's typically what's happening in the body when you might have heard the term autoimmune disease or if that's come up. Maybe you've got a diagnosis of anatomy and condition, it's the body's immune system over-responding and attacking its own cells.

Taylor: Yeah and a few of the other causes that lead to thyroid dysregulation, these causes such stress or trauma or infection. All of these things can lead the body into that autoimmune attack on the thyroid. So you if we're looking at lab testing and we're definitely going to dive into that in a minute what labs to have run but if we're seeing those antibodies pop up in your lab tests, what we want to do is we, that's going to tell us okay. It's an autoimmune situation so you want to take steps to start to calm the immune system down number one, and these causes could have been what initiated that autoimmune attack. So there's definitely a proceeding factor that initiated that. Again, it could have been you know, a traumatic event or a period - a long period of stress and we are having a masterclass all on stress. So you'll see you'll learn more about that as well and what to look for and so I won't dive too much into that but I will say that even if you feel like you're not stressed you might want to look a little bit deeper into that and check in on your stress management techniques and make sure that you're really controlling that as much as you can because we're never here just say that we're going to remove all stress that's not going to happen. And if we have too much of that can send us into this autoimmune state where our body is attacking the thyroid. So the other thing I mentioned a minute ago was infections. So we see Epstein-Barr I think is a common one that we see it lead to an autoimmune attack. So looking out for a viral infection or a bacterial infection even a bacterial overgrowth so and maybe a SIBO or small intestinal bacterial overgrowth. This could be a proceeding factor too, so we definitely want to look for those root causes because that's going to change how we treat it, how we rate increase that thyroid function if we're in a hypothyroid state we want to address that root cause so whether it's a bacterial overgrowth or healing and from an infection or healing from stress. So any other common causes that you see, Emily?

Emily: Yeah, you know just based on what you were talking about, you know, a lot of that often comes down to an inflammatory response to so just you know general inflammation and again, you know, we love to talk about some of the other masterclasses that we've had and there's a whole masterclass on gut health and inflammation and the importance of addressing and healing our bodies underlying inflammation, but that you know stress and infection and bacterial viral infections. All of that will also lead to inflammation in our body which then you know can



lead to some of these other conditions. So it's this whole kind of circular thing that's happening. So, you know inflammation definitely can be one of those causes as well. So I just kind of wanted to bring all of those together and then one other thing kind of Switching gears a little bit but historically, thyroid conditions were often issues because of iodine deficiency. Now, we see that a lot less commonly in our modern-day and age salt has been iodized. That was a movement back several decades ago that was implemented by the government because they're running into a lot of iodine deficiency issues, but nonetheless, you know, especially if people are greatly reducing their sodium or salt intake sometimes and definitely in developing countries will still see iodine deficiency and a lack of iodine in the diet definitely can be an issue for some type of thyroid dysregulation because the thyroid depends on iodine is very important nutrient that the thyroid needs for proper production.

Taylor: Yeah, and that makes me think of a few others. So any micronutrient deficiency can lead to hypothyroid. It's particularly hypo that that wouldn't be on hyper state but I was thinking about the lack of iron. So anemia that can be a cause as well as vitamin D deficiency. We see that a lot. So a lot of these micronutrient deficiencies can lead to this and if we think through why that is we need these micronutrients, our thyroid needs that to produce that active hormones. So it's going to turn down its production. If it doesn't have enough of these building blocks. So checking in to make sure that we are taking in enough of all of the nutrients is really important.

Emily: Yeah. Good point one, other thing too. I was thinking about kind of a long another kind of round of different thoughts but also blood sugar dysregulation or really having ups and downs with our blood sugar levels over the long term, the blood sugar regulation as well as thyroid, these are all a part of what's called the endocrine system in the body. And so these are all kinds of hormones that are working together. They're working synergistically to send signals to the body, you know, you can think of hormones like signaling systems that will tell the body to do things basically and for lack of better terms. So when we see a lot of blood sugar dysregulation, we also will see how that affects the thyroid as well because they're all a part of one system. They're all linked together.

Taylor: Yeah. Good point. Good point. I wouldn't have thought to bring those together, but the body is so interconnected. So it's definitely we want to address all of these pieces of the puzzle.

Emily: Absolutely. Well, let's spend some time talking about thyroid labs. This is one that both. I know Taylor and I get really passionate about we love talking about all the different important thyroid labs that really should be used to evaluate thyroid function. I know I can speak personally that when I start talking about all the different labs that go into thyroid testing with a client and maybe it's the first time they're really hearing about the certain thyroid hormones. Maybe they said I've gotten my thyroid checked and it was normal like we talked about at the





beginning, you know, there might be using one lab for that and really there's a whole complex of labs to have drawn to evaluate thyroid function. So let's you know, let's start with talking about again, probably what's that most common one and then some of the other ones that are much less tested but I would argue equally or even more important when evaluating thyroid function.

Taylor: Yeah, I would agree. And so this might get a little sciency, little we'll my geek out a little bit further on it. So this is recorded so you can rewind and relisten, if you don't get it all the first time totally, okay, and if you want a pen and paper to write some of these down we encourage that too because it might get a little they all have similar names T3, T4, TSH so writing this stuff down can be really helpful.

Emily: Good point.

Taylor: So let us start with TSH and so that's the one that we said is is really commonly run and this might be the only one that your doctor has run which is interesting because TSH is not actually produced in the thyroid. It is produced in the pituitary gland which is in the brain. So what it is is it's a feedback loop and if the body or the brain realizes that there is not enough thyroid hormone circulating and it is going to send out TSH and again, this is coming out of the brain, and what that is doing is that's going to tell the thyroid, "Hey, you need to ramp up production here. There's not enough active hormone circulating." So it is again, it's that feedback from the brain to tell the thyroid to produce more if there's not enough shown in in the body and so kind of circling back to that car analogy you can think about this as that light that comes on the dashboard when your gas is too low like "hey, if you didn't see it, by the way, you need to go get some gas" so it's not actually produced again in the thyroid but it is a mechanism that the body is telling us. "Hey, go get some gas go put some gas in your car."

Emily: Yeah. I love that analogy. Actually, that's not an analogy that I typically use with my clients, but I'm going to start doing that because I think that's fabulous.

Taylor: Well, honestly, I didn't think about it until you started talking about the engine in the car and I was like, okay, let's think through this. How could we how can we make it a little more user-friendly so...

Emily: I love it. That's great. That's a good takeaway for me. And I was gonna I was going to add to that to that, you know it's normal to have a little bit, we want a little bit of TSH or thyroid-stimulating hormone. It's gonna you know, it's gonna stimulate the thyroid from time to time. The thyroid is supposed to be producing hormone on a regular basis and it might ebb and flow a little bit. And so that that TSH from the brain should be kicking out, you know a little bit from time to time to say hey thyroid, you know do your job make some hormones, so we're not necessarily saying that there should never be any stimulation because that's that system is set



up in the body for a reason it's when it's got to work really hard and that TSH number skyrockets that we see, you know that we see an underlying issue. So let's talk kind of difference between reference ranges or what we might see on a lab report when we get a lab when we get lab work done from the doctor. So we'll give you what a typical range looks like and then let's talk about what more of an optimal range would look like. So again lab ranges are created. They're kind of like a large accumulation of how people are getting lab work done in a clinic. So they take a whole bunch of numbers and they make what they feel like is a typical range based on sick people.

Because if people go to the doctor, I mean people are getting preventive care at the doctor too so there's normal range is coming in but we see lab work across the board from all sorts of people coming in and seeing the doctor and getting testing done. And so these reference ranges are created based on all of the work that's been done at a clinic is to do a better way of explaining that, Taylor?

Taylor: No, I think I'm a good way to explain it and I would say too that those reference ranges are usually very large. So that is not how we function optimally because again that includes how sick people, where their labs fall. So an optimal range is going to be a lot more narrow and that's where we're going to feel the best so you can feel okay or do not feel sick or in a reference range whereas in that optimal range, it's going to be a lot tighter control and that's where your body is going to be functioning optimally.

Emily: Yeah, and I would pay back that. You know, I've actually used this phrase with people before that. Our reference range is going to you know, have you functioning normally or it's gonna allow you to you know, keep living, you know, not necessarily feel terrible. That's a normal reference range. Whereas an optimal range is going to really allow you to feel your best and stay ahead. So yeah there's definitely a big difference with that. So what to that broad range like we said what to look for with a typical reference range would be around 0.5 or somewhere close to 0 would be a low end of normal and then that that high end.

Abnormal, can you see or hear me and see me okay, still Taylor?

Taylor, can you hear me and see me, okay?

Taylor: Froze for a moment.

Emily: Yeah, I noticed that too. Are we back?

Taylor: I think we're back.





Emily: Our recording didn't stop.

Taylor: No, we're slowly going.

Emily: Okay. We're still cool. We're still in business. Okay. Okay. Sorry about that. We popped. I apologize for that. I'm not sure what happened.

Taylor: Technology!

Emily: I know, gotta love it. Sometimes it doesn't work on our behalf, that normal reference range for TSH, a low end of normal or kind of that lower range would be somewhere close to zero like around a 0.5 or so and then that higher end of the reference range would be around depending on the clinic and all of that may be around a 4, 4.5 some clinics still have their upper range of normal at around a 5 really anything above so that's really broad.

And again, sometimes it's hard to keep in perspective. But that's really broad more optimal reference range would be as well as close to zero as possible. And I said it's normal to have some of that thyroid-stimulating hormone right pumped out from time to time. So you around a 0.5 maybe upwards closer to a 1 ideally below 1 but wait, you know on the lower end of that. So anything in the 2, 3, 4, I talked about those numbers being a normal reference range. That's really not that normal that's showing us that your pituitary gland is having to pump out a lot of thyroid-stimulating hormones to continually tell your thyroid to work harder. So the higher the number is the more you're telling the thyroid, you know "Hey, there's dysregulation here. You've got to pump out more hormone." So definitely you want that lower number.

Taylor: Yeah, and I will say too when it comes to labs. This is something to keep in mind. Is that often we want to look at trends? So if you just have one time where the TSH is in the 3 or High 2s, that might not be something to be too concerned about, your body might have gone through a stressful period your body turned down its production of the thyroid hormone and the pituitary gland said, hey, turn it back up and maybe six months later or a year later. You got another reading and it was below one again. So seeing a high TSH maybe one time that's not something to be super concerned about, it's that chronic constant elevation over years and years that that's where we want to get really concerned because the thyroid is not producing enough over chronically.

Emily: Yeah, that's a good point. So that's really that TSH and that's what your doctor often will run for you if you ask "hey, can I get my thyroid checked?" they'll order one for you and chances are they probably won't order any other labs for you unless you ask specifically you push you say. "Hey, I want the thyroid hormones checked." Or "I want my thyroid antibodies checked." So that TSH is a good starting point. It will be going to give us one piece to the thyroid



puzzle. So, you know, let's now talk about the thyroid hormone labs to get checked in and why those are important? So the next one that you'd want to be looking at is your free T4. Another word T4 is thyroxine and so what this lab shows is that this is a biologically inactive hormone in the body. However, it's what the thyroid pumps out in the largest quantities. So our thyroid is pumping out several different hormones, all the time and T4 or thyroxine is the highest percentage of the hormone that the thyroid pump out different things I've read. You know, it's typically around 80. I don't know what you've seen Taylor 80 to 90% of what the thyroids pumping out is T4. So it's definitely been the majority of the hormone.

Taylor: Yeah. Yeah, I would agree with that.

Emily: So that's important. It's an important component, it's how the body was designed to function its thyroid but it's biologically inactive so it doesn't actually have an active role in the body until it is converted to T3. Which T3 is your active hormone. That's what's going to have a direct action on your metabolism. It's going to direct action on maintaining your body temperature, that internal body temperature some of those other things that we talked about that the thyroid does that's T3 the activity of T3 so I'm kind of switching back and forth a little bit but we've got to say all those points in order to have it make sense for you. So the thyroid pumps out a lot of T4, but that's inactive. So we need that conversion to T3 to take place and that conversion will take place various parts in our body. It happens in the thyroid gland a little bit also happens often and most abundantly in your liver as well as some in muscle tissue. So it's happening kind of throughout the body where that conversion will take place at there are mechanisms ready to go for that T4 conversion to T3. So we got to have the thyroid pumping at hormone as well as those glands working properly or the organ systems, the liver, the thyroid muscle tissue in order to convert inactive hormone to active hormone, and that's really where we're going to have an optimally functioning thyroid, but let's talk about reference ranges for what to look for to T4.

Taylor: Yeah, and I was just going to say one other thing you can think about in terms of T4, it's the stored form of your thyroid hormone. So it circulating through the body and then it's stored in those tissues that Emily just mentioned and it's available there to be converted to the active form of T3 when it's needed so you know just because it's the inactive form, it's still very important in the body and that is going to be converted to T3. When the body says "Hey ramp up metabolic processes. Let's get some of this inactive hormone converted to T3" the active don't like to think of it as a stored form, more storage form.

Emily: Great point and some numbers just to talk numbers if you like that for T4, what to look for. So again, we'll always give you the reference range or what you probably get in a clinic and then we'll give you what's maybe more of that optimal range. So reference range T4 is typically



somewhere between a 0.8 or 1 sometimes we'll see on the low end of normal but typically 0.8, 0.7 up to about 2.8.

Now, we're not giving you units it can get a little bit confusing. We're just giving you the numbers on what to look for. So I'll just put that disclaimer out there. So about 0.8 to 2.8 is the reference range fairly broad again and more of that ideal range the low end of Ideal or optimal would be more like a 1.3 and then staying around that high end of the reference range between a 1.3 to a 2.8. So, you know, we see a T3 around like a 1 perhaps that's falling in the normal range or that's showing us, okay, you got an average amount of T4 in the body, but it could be a little bit better. We could have a little bit more production a little bit more storage T4 available ready to go in your cells and tissues. So that's kind of again that difference with the reference range versus the optimal range.

Taylor: Yeah, so then that active hormone that free T3, we want to get that measured as well. So sometimes we will see T4 measured TSH measure but not T3 and that one is super important because again, that's the active form. So that is what shows us what's having that direct effect on your metabolism and your how well you are regulating your body temperature and your energy levels. So it's imperative to get this one measured as well. And if we're not looking at this number, sometimes what we'll see is that the T4 and TSH will be normal and T3 could still be low. And so what that would tell us is that conversion from the T4 the T3. Is it happening as well as it should in the body? So again if you've had some thyroid labs looked at in the past and you saw normal ranges. Definitely. You may want to dive a little further in if you're experiencing all those signs and symptoms we previously mentioned. So the T3 again, that is going to be getting to that adequate level is going to be through that conversion from T4 to T3 because the thyroids producing more T4 hormone and if we're thinking about a reference range so that the bigger one is going to be 2.3 to 4.2, now optimally where we see people feeling the best is 3.7 to 4.2. So it's much higher than reference range. So again looking for where you feel that your best or where you felt optimal that low end would be 3.7.

Emily: Yeah, I often argue that I think T3 is the most important lab for doctors to check because that is what like we've said several times now has the most direct effect on the body and I'm not sure if we mentioned this already but I'll say it again, we talked about the fact that your thyroid gland makes primarily T4, you know, a large percentage of its T4. It does make in it pumps out a little bit of T3, but not enough to keep the body functioning which is why we need that conversion to happen in the body. So I will say that, you know if you got a good functioning thyroid but issues with the conversion factor your body still will pump out a little bit. It's like anywhere from maybe 3 to 10%. I see the staff are like three to 5% of what the thyroid is



pumping out is T3. So a very small percentage in relation to all the hormones that it pumps out on a regular basis. So do keep that in mind and T3 really is that really important one and sometimes doctors or patients are at a loss when they have all these symptoms and they aren't feeling well, but they're TSH and T4 look normal, you know, that's where we've got to dig beneath the surface and look at that T3, because that's what's really acting on the body on a regular basis and like Taylor mentioned with the reference range versus the optimal range. That's a really big difference. We see with a lot of clients that we work with and we evaluate their T3 function or their T3 lab until we get it really close to the optimal range. They're not feeling their best and sometimes we'll have somebody come to us and their way below the reference range, even you know, they might have a one-point member that low end of the reference range is 2.3 and they may be measured out of 1.5 maybe a 1.8. It's no wonder that they're feeling cold and they're not able to lose weight and they're, you know just feeling really tired and lethargic for really no other explained reason and we start supporting the thyroid properly, start getting tired and nutrients to help that conversion. We see that number slowly increase and you know, people are feeling the world of a difference because that's really what acting in the body so we can't stress the importance of T3 enough I think is the takeaway there.

Taylor: Yeah and listening to your body, you know, we love data and we love numbers and it's so important to have so that we can dive into that root cause and how you're feeling those subjective measures are so important to us too and should be really important to you and should be important to your doctor. So one thing that you know, I like to stress to my clients because I've seen this before, maybe a doctor sees numbers in the normal range. So they say well your thyroids fine, you're doing fine or especially with clients that are on the thyroid medication already, it can be tricky to get to find the right balance of that thyroid medication. So be really transparent and honest with your doctor about how you're feeling because even if those numbers your labs are coming back in there and then normal range and you're on you know, 1.5 grain of certain medication, if you're still not feeling great, definitely tell your doctor about that because we want you to be feeling again optimally so I would just say that because I do see that often. I don't know if you do too with clients.

Emily: Yeah. Yep. I do. I am actually thinking of a client right now who's had to be a huge advocate for herself and really hone in on the T3 specifically. She's you know the numbers are getting closer and closer to Optimal her doctors pretty open to modifying. She has to be on some medication as well. And then we're on other support as well. But she's really had to fight for her, and be her own advocate to fight for her health and she's used a lot of those subjective evaluators "on my energy should be feeling better and it's not, you know, can we push it up a little bit more?" And so she's been very expressive to her doctor about how she's feeling. So yeah that just talk to you my head based on what you were you're saying side. I often see that.



Taylor: Yeah.

Emily: you know that too, you know, and then we can make proper recommendations or really hone in on where maybe the dysregulation is happening.

Taylor: Right.

Emily: So so far as anything else you wanted to add on T3?

Taylor: We've got the T3 which again think of your active, your think of that metabolism being boosted when we have T3 optimal, now reverse T3 is going to be the opposite of that. So it is your body will convert T4 to reverse T3 when it wants to slow down the metabolic process. So that's when you can think of that brake versus that gas so one thing I was mentioning was circling kind of back full circle to causes if we have been chronically eating too low calorie and putting our body in a starvation mode. So it's not doesn't have enough fuel. The body says, okay. I'm going to turn down my metabolism, right because I'm going to starvation mode and I don't want to be burning a lot of fuel here. So we're going to create some reverse T3 again putting the brakes on that metabolic process rather than producing free T3, which would be that gas or that I want to burn all of this fuel for energy. So again kind of tying in some of those causes of hypothyroid reverse T3, being elevated will be a lab that you would see that would tell us that we're in a hypothyroid state so, optimally you really want reverse T3 as low as you can get it any elevation of that is going to be not a great thing that's going to mean that we're turning down that metabolic process.

Emily: Yeah, great explanation on that. I also like to kind of talk about the fact that T4 has two options to convert too, it can convert to active T3 hormone or can convert to reverse T3, which has no advantage to our body, you know, unless we're in this very hyper state but really that happens under conditions of chronic stress like Taylor had mentioned already and you know, when our bodies really inflamed and there's a lot of inflammation going on. Our body will choose to convert T4 that inactive hormone to reverse T3 instead and that doesn't have you know, a positive metabolic effect on our body.

So in fact, you know when there's more to reverse T3 in circulation that's going to compete for the thyroid receptors. Remember how at the very beginning of our master class. I talked about how nearly every cell and tissue and gland in our body has receptors for thyroid hormone, or they have receiving abilities to these thyroid signals. So reverse T3 is going to compete for those T3 or that active signaling that active hormone signaling on to the receptors all over our body reverse T3 is going to compete for that and that's going to be less and less metabolic activity in our body. So you can kind of wrap your head around that again. We forget a little science and a little um, geeky but it's important to know that reverse T3 is one of those labs



that's rarely done on a regular routine basis. You typically have to ask for it. It does often take a little bit longer for labs to process a reverse T3 lab for one reason or another but that shouldn't stop your doctor from running if you are requesting it so really you want to see that as low as possible and the higher we see that typically like Taylor said the more hypothyroid we see us, somebody,

Taylor: Yeah, and I will say too, you I've had doctors say that that one is a little bit more expensive to run. So I think that's why a lot of doctors steer clear of it and I would also say that I would say that the free T3 is in the antibodies that we're going to do next and the free T4 be kind of your first line and then if we're still seeing numbers that we don't want to see or we need to dig a little deeper than you could go into reverse it if your doctor is giving you a little bit of resistance on running that could be one way that you go about it or you could order your own labs through direct labs or walk-in labs as well.

Well, so well, I think we've talked about those in previous masterclasses, but we will definitely give you some information on that as well.

Emily: Yeah, absolutely. And Taylor had alluded to the fact that getting your thyroid antibodies checked is another important component of lab work. And so we're going to talk about kind of the two main thyroid antibodies to look for or to ask for with testing and what these are going to do again as we talked about with autoimmune diseases Hashimoto's, Graves disease those are the two thyroid autoimmune conditions that can manifest in the body. So the antibody specifically when those are heightened that's where there's the degree of autoimmunity going on in the body. So first one to look forward to be shortened for TPO antibodies and thyroid peroxidase antibodies. Secondly, would be a thyroglobulin antibody or for short. That's TGAB so like I was saying, you know, these are elevated that's where we're typically you know, that's where it's flagged. There's probably some autoimmunity going on. So what are typical values that you see kind of a flag for clients that you work with, Taylor?

Taylor: Yeah. So anything ideally we want this to be 0 or negative so not show anything at all. That would be ideal because that's saying that there's no attack on the thyroid to there's no none of these antibody showing up in the blood. So that would be ideal. Now if you if we see anything in someone that has a diagnosed Hashimoto's or Graves disease if we see there's under 30, that would be considered that they are autoimmune condition is in remission so under 30 would be that situation and anything over 30 that's what we're going to want to really look at giving you some support for that autoimmune condition because if we're seeing any antibodies at all, then the body is in an autoimmune state, so it's attacking that thyroid.

Emily: Hmm. Yeah. So those would be again ones that may not typically run definitely. Would you want to request from your doctor and I will say to you know if you've got maybe some other



maybe you're already diagnosed with an autoimmune disease, you know, maybe got a pre-existing condition. Sometimes we see autoimmune conditions or diseases come to fold or threefold or there's the one going on and then because the immune system is in this heightened state to want to attack what appears to be foreign substances in the body, even though they're not typically, then we'll see recurring autoimmune diseases surface. So sometimes somebody's got one and then we see another one pop up. So if you've been flagged for an autoimmune disease before or you've got something else going on already definitely be your own advocate and ask for these antibodies if you haven't been checked for that thyroid autoimmune conditions.

Taylor: Yeah.

Emily: In the past.

Taylor: So like we mentioned if you are working with a practitioner getting all of these run through them could be an option and in most often if you ask for them, they're going to run those for you and you can obviously do that through insurance if you're working with a practitioner already and you can also run these yourself if you're not working with a doctor that can order things for you. You can run these tests yourself through walk-inlabs.com and then directlivesnow, I believe, directlivesnow, is that right?

Emily: Just directlabs.com unless there's another one. yeah directlabs.com. Yep, and then walkinlab. No S at the end.

Taylor: walkinlab.

Emily: Okay. I mean you probably be redirected to the proper website easier. So walkinlab.com or directlabs.com. Yeah, maybe you can search on either one you can use the search bar search for thyroid labs and then several different options would pop up and look for one that's you know, comprehensive enough that includes, you know, a lot of what we talked about today and in you can just go actually, well you go ahead Taylor you were starting to talk about that. But.

Taylor: No. No you're that's all I was gonna say.

Emily: Okay, okay. I just want to briefly explain how it works. It's really handy for a lot of the clients that we work with they prefer to do this. You don't need a specific order from your doctor you're able just to go online. It's completely legitimate and legal and all of that. So, you know, we're not we're not misleading you or anything, but you'd go to these websites you put the lab that you want ordered in your cart, another thing to look forward to is it'll direct you to a lab





location close by your home, you type in your zip code and all of that information and then it would bring up, you know different locations where you'd actually go in person, get your blood drawn and then you'd have the results sent to you within a couple of days. So it's pretty prompt. You don't need a doctor's orders. You can get pretty much exactly what you're looking for. You will pay out of pocket for those these particular websites and clinics don't take insurance, but they're always at a discounted rate. So what may be your doctor would bill for? It's going to be a much more discounted rate and you just pay that out of pocket and take care of it yourself. So a lot of people like that as an option just to not to have to go through maybe the loopholes and different things of working with the doctor. But by all means, if you are already working with the practitioner and you're able to get insurance coverage and all of that, yeah, definitely go that route but these are some other options for you too.

Taylor: Yeah. Yeah. So let's dive into action steps ideas that you can use to really improve your thyroid function. So if you get these Labs run and you realize okay, this is an issue. This is something I'm dealing with then we want to give you some steps to be able to use to really improve your thyroid function.

Emily: first thing and when I, you know often when we talk about action steps for all the different topics that we discuss we are big advocates for talking about eating in balance eating in our PFC approach. So, you know, this is definitely the bread and butter not really bread and butter to our program on, you know, eating protein, fat, and carbs in balance every three to four hours to nourish your blood sugar levels to balance your blood sugar nourish your body balance your blood sugar levels keeping inflammation down we talked about how dysregulation with our blood sugar levels and increased inflammation, increase stress and things like that will all be components or contributors to that lower thyroid function or some type of dysregulation with your thyroid. So it's exceptionally important to be eating PFC balanced all the time, but especially when working with thyroid conditions in general and kind of along those same lines with the whole food component. You definitely want to be, I joked about being the bread and butter to our program. But you know speaking of bread actually gluten is harmful to our bodies no matter what it's quite damaging increases our bodies inflammation, but with anybody that's got a known allergy or sensitivity may be there celiac disease going on which is a full-blown allergy to gluten if there's a known sensitivity to gluten you definitely want to be avoiding it even for those that maybe don't feel a big difference from consuming it's best to keep it out. But to kind of take it again kind of Sciencey and a little bit of a step further. So the gluten molecule actually looks very similar to that of the thyroid gland so sometimes in the body because our body is often recognized gluten as a foreign substance. Not natural wants to attack it keep consumption of it low, the body's going to attack that and so it can often miss kind of get confused on what's what because the chemical structures themselves actually look very similar in the body. So the body can actually start an autoimmune response or this elevated immune



response and start attacking the thyroid as a mistake. So definitely a reason to be avoiding that. Anything else you want to be that you want to touch on with that, Taylor?

Taylor: Yeah yeah similarly to that gluten molecule. So casein one of the proteins that are found in dairy products that is very similar to that gluten molecule in strict terms of structure, which is also again like Emily mentioned similar to the thyroid molecule. So dairy can be another common culprit to kind of initiate that autoimmune response if we have trouble digesting it maybe there's lactase in deficiency. So we're not able to break down the lactose or there's a food sensitivity to that case in or even way which is another protein found in dairy. And then the third thing initiating that response in terms of dairy would be how similar that case in looks to the thyroid molecule. So dairy, beyond gluten dairy is another thing to check if you're consuming a lot of that and you've seen thyroid dysregulation, then pulling out dairy for a period of time could be something that you want to check into.

Emily: Definitely, another. Oh, anything else you wanted to add to that?

Taylor: Well, I was just going to say along those lines. So thinking just about food intake so we talked about this in the food masterclass to definitely go back to that. If you haven't checked it out yet. We do see, any time we see those thyroid antibodies pop-up. We like to use the autoimmune protocol or some form of the autoimmune protocol to pull out really inflammatory foods commonly seen in individuals with autoimmune disease or condition. If we pull those common foods out we can see those antibodies start to decrease and move into remission. So diet is a really integral part in healing from the autoimmune disease if this is something that you're dealing with so you see those antibodies pop up on your labs check out the autoimmune protocol. And again that's eliminating those really common allergens for a period of time usually between 6 to 8 weeks.

Some people need even more. So if you're somebody who's done this protocol for eight weeks and you've experienced some symptom resolution, but you want more stick with it for a little while and then start to slowly reintroduce those foods. So just to recap that briefly in case you haven't watched that masterclass yet. So that's going to be removing the gluten, removing dairy, removing other forms of grains as well along with eggs, nuts and seeds, anything I'm leaving out feeling like I'm leaving something out. Nitrates.

Emily: Nitrates, yeah, soy, I guess what would be.

Taylor: Soy. Yeah, so again removing those common allergens and checking in and then reintroducing after you're experiencing some symptom resolution and one client I'm thinking about right now just six weeks doing that protocol. She saw her antibodies dropped from 500 to



300 and her reverse T3 was cut in half and her free T3 increased as well. So and this was with no medication. This was just using diet so it can be really really effective.

Emily: Absolutely and that just made me think of a client that I worked with a couple of years ago. Now, who actually had she was diagnosed while we're working together. She was diagnosed with Hashimoto's disease. She was, I had recommended that when we based on some really basic site word lab work. We had her do some further testing. And just some other things that we were digging into it was leaving. Can you hear me okay?

Taylor: Yeah,

Emily: Okay. Okay. Okay. There was a little bit of feedback on my end, apologizes about them. I don't know what's going on with the right here. Um, there was some she was running into some different. We're no sense of dumb things were just kind of leading towards there's probably some thyroid dysregulated regulation going on. So got further testing, had got diagnosed with Hashimoto's while we were working together. She dabbled with gluten and take from time to time. So we she really got firm on pulling out her gluten and take didn't do a full-blown an IP protocol or the autoimmune protocol diet, but definitely was more conscious of that but super compliant with keeping all gluten out and we saw her answer she had very high antibodies, of course, because I don't remember exactly what the numbers were, but because the Hashimoto's and after she had she would get her lab work is done every three months and we saw a great reduction in those thyroid antibody labs. As I said, I don't recall the numbers exactly what definitely a huge benefit from just changing diet alone as well.

Taylor: That's a great point that you might not even need the full-blown protocol. So removing just those really common ones. So the gluten, dairy, and soy, I think we've mentioned that a few times but soy can interfere with thyroid hormone production. So we talked a lot about we're not advocates of soy because of its hormonal influence on your sexual hormones. So on estrogen particularly and because again, our body is so interconnected that influence also has a negative impact on the thyroid. So definitely making sure you're not consuming, you know, soy-based products, like soy milk or tofu and anything with those meat substitutes that are made from soy as well that those are definitely something to look at if you're still consuming those.

Emily: One other food-related recommendation that I like to talk about what clients to potentially improve thyroid function is evaluating a proper carbohydrate intake so our bodies specifically to help with the process of converting T4, that inactive hormone into T3 the active thyroid hormone for that conversion to take place throughout our body. Remember how we talked about not taking place in the thyroid gland, it takes place in the liver muscle tissue various different places. Our bodies actually need an adequate amount of carbohydrates and Insulin actually for that conversion to take place. So people who maybe have an absence of carbs in their diet or they're



very low carb for long periods of time. A lot of times. This is due to chronic low carb diets or extremely low carb diets may be long-term keto diet, there's been research showing that can take a toll on thyroid function particularly inhibiting the conversion from T4 to T3. So it's kind of one of those Catch-22 is that too sometimes modifying carb intake potentially bring it down, talking about maybe more of that keto may be higher fat intake that can be you know, a helpful tool for weight loss may be for a time period but it can take a toll on thyroid function. Which ultimately your thyroid is the master your metabolism. So you definitely want to have there's a fine line there. You want to have a balance with that and you know, if that conversion still isn't taking place, evaluating carbon taken potentially increasing a little bit can really help make that process go a lot smoother again.

Taylor: Definitely, definitely. So another thing I'm going to talk about was supplementing to support your thyroid function. So there's definitely a few different options here and we would recommend these based on what we see in the lab. So that's why getting that data is important. So thyroid is going to be it was previously called Thyroid Pro and now it's called Thyroid. So it's going to provide those targeted nutrients. So iodine, zinc to really help your body naturally produced its own thyroid hormone. So it's not going to be a medication in terms of like nature thyroid with the from a glandular, a thyroid gland from an animal. It's not going to be coming from it's not going to be actual thyroid, but it's going to give your body those building blocks that it needs to produce its thyroid hormone naturally. So as far as the dosing for that one, we would recommend starting probably at one a day, again starting with more of that conservative dose. If we don't have any data for just recommending broadly starting at one a day and then if there was a greater need or if we saw that the labs and you really needed some extra support than you think.

Emily: Yeah, definitely. Typically dosing that I see is worth it all use is between one to two per day. Usually not more than that and I will add too, you know, some people for any number of reasons are on thyroid medication and like Taylor looted to you know, that's where your body's actually given, you know, thyroid gland support or glandular that's going in the body to directly boost thyroid hormone right away in the body, but there are different medications that allow for... So it helps boost your T4 you know, things like Synthroid, Lvothyroxine. There are a couple of other ones out there too. But these are primarily increasing your body's T4, or that normal hormone that the body makes that inactive hormone and with somebody who's maybe on thyroid medication already. Maybe they started working with us in our thyroid medication. We typically don't recommend complimenting with thyroid or also adding the thyroid supplement. Sometimes that can be too much for the thyroid gland it can cause there's a common term out there called thyroid storm where there's too much activity. And again we talked about we want that balance with thyroid hormone production not too much or too little so do keep that in mind. If you're already on thyroid medication, we wouldn't recommend also adding Thyroid or Thyroid



Pro which is what has previously called. We don't recommend adding that on top of it that can be a little bit too much for your body to handle.

Now if you wanted to, you know, come off of your thyroid medication and just use supplementation. Then you kind of do one of these like titrating things you slowly work with your doctor to come down your medication comes up on the thyroid support supplement and you can do it safely that way but definitely, you know working with us or and or with your doctor would be what we'd recommend for if there's medication involved. We don't want to see a thyroid storm happening.

Taylor: Yeah, and I say...

Emily: Yeah and that there was actually one other thing that I was thinking of too, you know, with a thyroidectomy or full removal of your thyroid gland, you know, it's necessary for your body to have some serious support because the thyroid can be removed from the body. It can be because of you know, you reversible damage that's been done at thyroid cancer a lot of different reasons why somebody might have a thyroidectomy or partial thyroidectomy, so maybe part of the thyroid gland is removed. So we see that we see that with from kind of time will work with clients who have had that surgery done. And so they're on you know, a pretty decent dose of thyroid medication. So in that, you know, in that sense, we wouldn't recommend adding the Thyroid supplement as well. Unless they weren't already on thyroid support or like a thyroid medication. So again, that's where it's pretty individualized. We may be recommend that thyrosol. Which Thyrosol is that second supplement that we often recommend, more targeted supplements to help convert T4 in the body to T3. So it does help thyroid production and does help particularly targets that conversion factor. So that's where we will use that conjunction with thyroid, the Thyroid supplement as well as will use that in conjunction if somebody's already on thyroid medication because like I said that thyroid medication typically is just giving you T4 it's not necessarily aiding with that conversion. So that's where Thyrosol can come in and help support the different glands and muscles and tissue that help convert T4 to T3. So dosing, again, it varies a lot of times, we'll start with one per day, perhaps increasing that to I have seen three per day as well or if you use three in a recommendation for more severe cases, but typically one is a good starting point dosage.

Taylor: Yeah.

And I would add to that. We sometimes this one's not as common. Sometimes we recommend Iodine Synergy. Now, we would start by recommending iodine coming from food sources because we don't want to overdrive iodine. So we don't want to give the body too much so starting with food sources, so it's going to be naturally occurring in sea in any sea life. So seafood, fish, and shellfish. So shrimp or mussels or scallops along with any sea vegetables. So



kelp or seaweed or nori sheets like you could make your own sushi at home with some nori wraps. So those are all going to be very rich in iodine, which is very necessary for that body to prove to convert T4 to T3 and to produce them. So iodine's that building block of thyroid hormone. So again, we would start with food first and then if we decided that we needed extra I ordered iodine and you could look at Iodine Synergy and the general dosing for that would be one a day or even once every other day again because we don't want to overdrive we don't want to give too much iodine.

Emily: Hmm and a couple of other things I wanted to add to that too. So we talked about iodine being a really important building block to thyroid hormone production. And I don't think we mentioned the full name of T3.

Taylor: Oh that's a good point.

Emily: The full name is Triiodothyronine, kind of a long word. You don't have to remember but really the point of me saying this is that Triiodo the root word of iodine and there's try so there's three of them so the T3 molecule actually has a part of its composition is three-item molecules. So every time we've got T3, we're talking about T3, whether production straight from the thyroid conversion in other glands. It's involving iodine. So iodine's are really important nutrient that the body uses to make triiodothyronine for T3, just wanted to bring that full circle and give you a different perspective on that and one other thing too in addition to all the sea life, you know, kelp and seaweed and seafood and fish and all of that everyone's well actually recommend if we're not again if we're not going to supplement route because maybe you know, we know the client can get enough iodine from food they might use what's called kelp granules kind of like you'd season something with salt or with some other kind of seasoning, they make out granules which add flavor but it's basically kind of freeze-dried kelp and it's really naturally rich in iodine. So it's a great way you can season your eggs or you know, stir-fries things that you're cooking and use those granules as a seasoning agent as well as boosting your body naturally.

Taylor: Yeah. Yeah, and if you other a few other supplements, I was just thinking about again coming back to that root cause so why is your body not producing enough thyroid hormone. So if its lack of iodine then that would direct your supplement, if it's an anemia situation so low iron, then we would really want to increase food sources of iron so organ meats, that liver or grass-fed beef, all of your proteins, if it's low vitamin D, then we would want to make sure we're taking at least 5,000 IU's of vitamin D a day. So again, we really want to dive into that root cause and supplement to create our supplements based on what that root causes why we're not producing enough of that thyroid hormone.

Emily: Yeah. Definitely. I think that's a really great point that there are some indirect things that are super important to allow enough thyroid to function optimally, so we hope that helps give





you the full picture of what the thyroid is, what to look for with thyroid dysfunction. Why, what's causing it? You know, what could be some of those root causes or underlying factors and then some of those really tangible action steps or those, you know, those ways to improve and support your thyroid gland whether supplementation, food, you know, looking out for stress and inflammation all those different factors. So we hope you were able to take something away and take some good tangible action steps on do I need to get further testing done? Do I do I need to evaluate this portion of my thyroid? Or maybe you know, you got some there's some dysfunction going on dysregulation going on. I like the word dysregulation maybe with your thyroid dysfunction, but nonetheless and now you're really able to target in how can I feel my best, get my thyroid functioning as optimally as possible. So do you know if there's if there are further questions, you know, don't be a stranger, you know to reach out. We want to help you the best that we can and you know if there's maybe an individualized question or something like that. We would love to be a support to you in making sure that you're having the best functioning thyroid that you possibly can. So thank you for tuning into this masterclass again, we brought a lot of content and so those nitty-gritty numbers and long words, so if you need to re-watch it or re-watch different portions take some notes archive things away. You'll have this recording available to you always so definitely take advantage of that.

Taylor: Yeah, exactly. So we will see you guys again next month for another master class and like Emily said post your questions in the Facebook group and bring them to the weekly coaching calls and we will get all of that answered for you so we can get you some good recommendations if this is something that resonated with you today and you and you need a little bit more advice, so take those action steps in home with you and then if you have any further questions, definitely let us know.

Emily: Awesome. Thanks, everyone for tuning in and we'll catch you next time.

## **Food Sensitivities Masterclass**

Taylor: All right. Well, I say we just go ahead and dive in we had some great questions on the Facebook page and we've got a lot of content that we want to cover and go over today. So we are going to get around to those Facebook questions. Some of them were going to tackle towards the end. So if you did ask a question, Lauren, Cindy and Mary, we've got those and we're aware of those so know that those answers are coming May in particular few of your questions. We're going to address at the beginning today. So if your question doesn't get answered right at the beginning it's coming in later on. So if you are on live and you've come up





with a question in relation to what we're currently talking about, go ahead and feel free to type that in the chat whenever you're ready and if it's not in relation to what we're talking about, that's okay too, go ahead and type that in.

All right, so all about food sensitivities and the immune system. We have talked a lot about in our last Masterclass. If you haven't checked that out yet definitely go back and watch it all on gut health and inflammation and all of that's going to really tie in today. And I think in that Masterclass we mentioned a few times checking in with yourself to see if you have a food sensitivity or intolerance. So this is going to play on that a little bit. So if we say something that maybe you feel like we didn't dive into enough if it considering gut health or inflammation we did do it really deep dive into that in the last masterclass. So definitely check that out, if you more and more of us are joining so welcome glad you guys are here. So again, we're going to start with talking about the immune system and the differences between food allergies and food intolerances.

So I know that was a question that Mary had and we want to start there today. So the immune system. I like to think of it as your body's Army are your natural defense. So that the immune system is going to be so important to combating infections or viruses. It's going to be that first level of defense and most of it, the majority of it, so 70, I think some resources even say 80% of our immune system is housed in the gut, so making sure your gut health is up to par is going to be so important for how your immune system is functioning. Anything that you want to chime in on that with the immune system? I know we dove into that a lot last masterclass, but I want to make sure I don't leave anything out there.

Emily: Yeah, and I would just add and I think you know this is comment that we made too in the gut health and inflammation masterclass, but how it is so important to be keeping our gut health in the best tip top shape that we can and and how that will directly because 70% of our immune system is in our gut is going to directly affect, you know how frequent we get sick or how good our body will do at how good a job are body will do at fighting off, you know, the winter colds that go around the bacteria the viral infections and all these things that are going around when we have our gut health in the best shape that it possibly can be our body's immune system is so readily available to combat sickness or you know, if the kids are sick or you know, there's somebody in your office is sick. I mean, there's there's so much illness, sickness that can go around and having a good having good gut health will directly affect your immune system and allow your body to be able to fight things off when you might be exposed to it within your household I mean somebody in your household might be sick, but you might be able to just not get sick because your immune system is in such good shape.

Taylor: Yeah.



Emily: I just wanted to really make that connection as clear as possible.

Taylor: Great. Yeah, great point and a great way to think about your immune system is like a big bucket. So if you've got a big bucket your immune system, things that can feel that fill that bucket up you can think about stress or lack of sleep, antibiotics that you might need to take because of a bacterial infection or infections, viruses, like Emily mentioned your kid bringing home something a trauma or a stress another stressor may be a physical stressor so if you think about that big bucket and we've got all of those things compounding and eventually we're going to get to the top of that bucket and it can overflow and when it overflows or another word for that would be maybe you can't you're no longer your body is no longer able to handle that demand or that stress load that's going on that overflow would be experiencing symptoms so what will definitely dive into signs and symptoms in a minute of food sensitivities and how you can check in with yourself to see if that's something that you maybe have going on but if you think about that bucket again if we drain some of that, so if we remove something from the bucket so we talked a lot about getting better sleep or really working on Stress Management so if we're doing those things that gut bucket were draining it or there's a lot less in there and we can handle more stress that's thrown on us or we can handle more of that demand from our body. Maybe the immune system can handle an infection that comes our way because it's got that room to be able to fight that off. Whereas if the buckets already overflowing and we're already experiencing symptoms and we're run down then we're not going to be able to handle as much in our day-to-day and we really want to work on draining that bucket. So one of the ways that we can do that is through what we're eating. So again, we might see those, that overflow or those symptoms pop up in our life and if we can determine if there's anything that we're eating or consuming that is causing our immune system to have to work an overdrive and throw up a red flag, then those foods or food sensitivities, foods that were having an intolerance to, if we can remove those for a period of time and kind of drain that bucket then your immune system is going to be able to handle the stressors in the environment and the infections that maybe kids bring home a lot more readily and you're going to see a lot of those symptoms decrease or disappear that we'll go over in a minute.

So foods can definitely trigger your body not being able to handle things as readily and and one example, I was thinking about with a client that had migraines, once we identified some food triggers that were leading to those migraines and we were able to pull those Foods out and after an extended period of time now the migraines didn't go away completely because the barometric pressure in the environment still helped create that symptom with that being said though, she had them a lot less frequently and they weren't nearly as intense. So that's just an example about how we can drain that bucket per se back to that analogy and really remove



those foods that are leading to more of those symptoms and really help to resolve some of those symptoms.

Emily: And I would add to that too you know, there's going to be a future master class on stall about stress and in combating stress how to deal with stress, you know, how to manage stress to the best of your ability and food sensitivities are a direct stressor on the body. So if there's this constant, you know response where the body is not responding well to a food that bucket just keeps that combined with stress because that's a stressor on the body. They come they go hand in hand the bucket just keeps filling up and filling up and we're never really draining that portion of the all the different things that are coming at us that fill our bucket to the point of symptoms overflowing. So I just wanted to make a connection too with food sensitivities in the body not responding well to certain foods or food groups and how it's just this constant chronic stress response in the body.

Taylor: Yes. Yeah and chronic is such a great word and back to that previous master class that chronic inflammation is what we really want to work to bring down to see the results that you want to see so when it comes to deciding if you have a food sensitivity our food intolerance also, it's much easier to pinpoint a food allergy and that's because of food allergy is a very immediate response. So we call that a type one response and you see that very quickly. So if you may be yourself have one or if you have a relative or a neighbour kid that has one, you know, but when pops into my head immediately is shellfish and you'll often see my husband in particular has a shellfish allergy.

Emily: Mine too.

Taylor: Really?

Emily: We've never talked about that before.

Taylor: So if he has shrimps because he didn't realize it till later in life. And if he has shrimp his I will pretty immediately swell up and we start to say okay, you know, they're rounding issue with shellfish for you and he tested it out a few times with oysters and same thing than his throat swelled up. So that's a type one allergy that is an immediate response and you have elevated levels of a particular part of the immune system or a particular reaction in the body called IGE so that those elevated levels occur in the blood and the body as a protective mechanism, it wants to give a reaction so that you survived that allergy so it's going to give you a histamine reaction. So anybody out there that's ever had to take an antihistamine maybe Benadryl or something similar to that. You know, those those feelings maybe it was pollen for you or dust that you encountered in your body gave you that sneezing and runny nose and itchy or watery eyes. All



of those really showed that there was an allergy that was occurring and it was and it was an immediate response so you can have that with foods. You can also experience in a full axis and you can have that swelling in the throat and unable to breathe.

Those are very serious and we definitely that is a little bit easier to pinpoint and that doesn't mean that food sensitivities or intolerances or any less important because that is going to be working on that underlying chronic inflammation. It's going to be creating that chronic inflammation. So really assessing whether that's something going on with you just like Emily said you don't want to be continuing to consume something that is continuing to create that reaction in your body. So with food intolerances, your immune system is still responsible for the reaction. It's just a different pathway. So again, both allergies and intolerances are very important. They're just the immune system is reacting in a different pathway. So the allergy again that's going to be the IGE reaction and then I'm... yeah.

Emily: Oh, sorry, I would add to that in case our viewers in the future are watching these are our bodies antibodies. So the immune system is producing these antibodies to combat or come against or fight against, you know, the shellfish or the pollen. So IGE, I just wanted to clarify that I camera or if you mentioned antibodies earlier, but those IGE or what Taylor's about to talk about with food intolerances those are the bodies antibodies.

Taylor: Yes. I don't think I mentioned that so thank you very much for sharing. That work is not a super important. So with the food intolerance, it's going to be a different set of antibody. So we're going to be experiencing or having higher levels of IGE and IGM and and that's not necessarily so important to remember but we just wanted to get the point across that the immune system is reacting in both of these scenarios.

Even though it's a lot easier to pinpoint an allergy food intolerance symptoms are not an immediate reaction. So you can see these symptoms occur up to three days after you've consumed that food so it can make it a little bit difficult to pinpoint on your own what foods or are causing me an issue because I'm maybe have the food on Monday and I didn't have it and then I had a reaction on Wednesday so it can be a little bit difficult to pinpoint. What foods are causing the symptoms.

Emily: Possibly almost impossible. I mean...

Taylor: yeah,

Emily: Like we eat wheat so many different things were exposed to so many different things throughout the day that when something manifest like Taylor said, it truly can be a 48 to 72



hours beyond that consumption of food that is really hard because the other thing and we'll get to this later too. And I think this might incorporate some of Mary's questions as well, but on how do certain maybe how to certain foods manifest their reaction in the body and it's different for everybody. It's kind of across the board. You know, it's just I'm jumping hello bit. We'll just say, you know gluten people might have different reactions or responses to those things. So that's why it can be tricky too you know, there's not one food that we say. Okay this food always produces this reaction now we see themes no doubt and we'll talk about the signs and symptoms to look for because you know, that's definitely true. But you know when you eat so many different foods throughout the day and then 72 hours later you have this reaction super hard to know so that's why we're going to later talk about how can you know or what steps can you take what action steps can you take to try to figure that out?

Taylor: Yeah. Yeah, and let's just go into the signs and symptoms. Can you think that's you know, we've talked a lot about the immune system and in the past masterclasses and knowing the difference between an allergy and an intolerance now, what signs are you seeing or what symptoms are you seeing and and they vary so widely and like Emily just said it's going to be different per person and you might experience a lot of these and you might experience a group of these sometimes in the you have a different thing and food or exposure in the environment and you experience a different set of symptoms so they can obviously be similar to like a seasonal allergy so that itching in the ears or itching may be a rash on your skin or itching anywhere on your body not doesn't just have to be in the ears. It could be in the throat. It could also be that run east if stuffy nose that you get when you have a cold and those things that correlate to more of the seasonal allergies but uh, you might experience those all year long or you might experience them way longer than a season. So that would be a good sign to know that it might be something a little bit more than just the pollen in the environment. And the other thing I would say regarding that is if you kind of think back to that bucket, if you have drained that bucket and you do experience some pollen in the environment, your immune system will probably be able to handle that a lot better than if your bucket is already overflowing and then the pollen is added to that, you know, just know that sometimes really decreasing that those food sensitivities in your diet. You might be able to tolerate pollen the next season a lot better than you did the last one.

Emily: That's a really good point to bring up and I think should be an encouragement to people as well that wow, the power of food really and how it can respond, or you can have a really positive response or reaction to something completely, you know, maybe I'm related to that you're in your what you always felt like was a pollen issue every year you could you know build up that tolerance to be able to handle it better. So that's, use that as an encouragement.



Taylor: Yeah. Yeah, definitely. Definitely that is yeah. It is empowering to know that you can make a lot of changes and choices and maybe you don't have to move out of the climate that you're in if pollen something that bothers you so others there's a lot of other symptoms to so I touched on skin conditions with the rashes but other things like acne or psoriasis or eczema. All of those could be really signs that the gut health is not up to par and again food sensitivities are something that really brings down the function of our guts, energy levels too so we hear that all the time with our clients, you know low energy or I eat a meal and you know, instead of energizing me and giving me fuel, I just feel lethargic and run down, other emotional shifts. So maybe not too much energy but feeling kind of scattered and like you can train control of your emotions and maybe you're very irritable or have a lot of anxiety, that anxiety can be a real sign that a food is not working for you. What other ones can you think of?

Emily: Yeah one hallmark one that I often see is migraines and headaches.

Taylor: Hmmm. Yeah,

Emily: We talked we talked a lot about in masterclasses and in other conversations that we have, you know, those can migraines and headaches can stem from a variety of different things. But I know you gave the client example that somebody's migraines greatly reduced to finding, you know, finding it the food culprit. So, you know, when you do address those food sensitivities and pull things out which we'll be talking about. We do see a lot of big reduction in migraines and headaches. So that's that's another hallmark one that I see very commonly and a lot of people just kind of feel like they're that's their normal and the pop a couple pills like they grab, you know, Tylenol or Ibuprofen and and that's normal to them because you know, maybe that's always been your situation you get a migraine you go to the medicine cabinet, you pop a couple, you know, ibuprofen and there could you know, there's an underlying root cause they're going on in addressing that you could eliminate that problem all together and then you'd feel in you establish a new normal which is exciting.

Taylor: Yeah!

Emily: Another one to that. I was just thinking about that. I that I often see is joint pain, muscular, skeletal issues, but particularly, you know joint pain that's often a manifestation of some degree of food sensitivities that I've observed for people.

Taylor: Yeah, and another one to bring in. I think we might have mentioned brain fog already but inability to focus and it could be related to energy levels, but it could also just feel like you can't grab onto the words that you want to grab onto or having trouble remembering things that you want to remember and beyond that another clear sign that we see a lot is stubborn weight. So if



you feel like you're down the road you've been eating PFC for 5 to 6 to 7 to 8 months and you're still not seeing the results that you want to see, again because everyone is different so it is going to take some people it only takes a few months. Some people need to stay consistent for much longer than that before. They hit that phase too and beyond that we would say definitely check in on food sensitivities because circling back to that inflammation if we're continuing to eat something that's creating that inflammation in our body and our body is going to prioritize healing that before it prioritises seeing or burning fat and seeing that weight move or that and that body composition shift.

Emily: Yeah. That's a good reminder. I was just thinking about I don't think we mentioned this when we first started talking about signs and symptoms, but you know, one of the main ones that we think about when there is infliction on the body when it comes to food intake would be anything related to GI distress.

TaylorYeah. Yeah.

Emily: We didn't we didn't even mention that right away, but it just popped into my head. You know, and that's nothing usually what people think of but not to discredit it because it definitely you know is a hallmark sign for for your body not responding well to foods but gas and bloating constipation or diarrhea. I mean the whole spectrum you can see heartburn, anything acid reflux, all of those GI related symptoms stomach pains and things like that, you know would be would would definitely could definitely be from from food sensitivities.

Taylor: Yes. Yeah, and so bring it in some of the questions that were asked on the Facebook page that that fit in with right now. Mary did ask is it possible to have a sensitivity to honey? And if so, what are the signs and symptoms so you could those signs and symptoms are going to manifest for you a lot differently than they might manifest for your neighbor or your friend or so it could manifest in any of those ways that we just talked about and the piece of the question that she asked could you have a sensitivity to something that is not common. So we do have really common allergens and we'll go over those in a moment. And then we also have a lot of people do experience maybe a sensitivity to something that maybe isn't so common. So what can happen there is if you think back to gut health and if that's not up to par what can happen is that we create that leaky gut in our body and we should have a very impermeable gut right so that should be very tight junctions. Nothing should be able to get through there, our food should be able to pass and be digested and absorbed and not get into out of that GI space out of that gastrointestinal tube and when we have anything that creates damage there so back to food sensitivities or stress or lack of sleep any of those culprits and the list goes on and on but we create that leaky gut. So we damage that lining and then food gets into the space where it shouldn't be in the body and the body is super smart and it says, okay. What is that antigen





doing over here? What is that foreign invader and it attacks that so that is how we can create food sensitivities to foods that are otherwise considered healthy, or maybe it could be spinach for you because of that it stems from that gut so we definitely want to work on healing that gut while we determine what foods are creating those reactions for you. So we want to look at pulling those foods out for a period of time and in tandem with that we want to work on healing gut at the same time so that way you can introduce all of those foods again or the majority of those foods and ideally you won't have those same symptoms because you've been able to heal that gut in that period of time.

Emily: Yeah. Thanks for thanks for expanding on that because sometimes it's like well this isn't a common, you know, we think this is a very common or why can I not tolerate this but it's so individualized and we've added to that bucket for so long that it's spilling over and our body just doesn't know what to do.

Taylor: Yeah, exactly. So we did have a question pop up and related to what we had just mentioned you mentioned taking Benadryl for allergy symptoms.

How does or can Benadryl disrupt the GI tract or even other systems in the body? Yeah, great question. So Benadryl definitely some people needed in the immediate to bring down that histamine response and that can definitely be the lesser of the evils per se so a histamine response if that goes on for too long that can be damaging for the body as well. So taking that in the short term to get that under control can be helpful with that being said it can definitely have some negative impact on your body or on your gut. I would say that taking it regularly. So if you're somebody who has to take oh gosh, what's the one where you spray it into your nose? I can't. Oh Flonase?

Emily: Yeah. I think it's Flonase.

Taylor: Okay. I was I can visualize it but I couldn't think of the name so it an antihistamine like that or Claritin. I think it's another name brand option. So these are if you're taking that every day or you're somebody who constantly has to take that then we definitely want to look at what are these underlying causes? Why are we having to use these and really address those from the root again, if you just have to take Benadryl every now and then to stop that histamine response in a very severe situation like a shellfish allergy or a once a season to maybe a pollen outbreak in the environment that I wouldn't be so concerned about.

Emily: Exactly I would have answered that the exact same way and I also wanted to just mention that you know, things like Benadryl or you know an end said, you know so ibuprofen, you know, things like that. Those are those are Band-Aid approach Solutions, you know, so



they're not. Okay. Maybe I'm eating my words a little bit. You know, Benadryl will address that histamine response. It's an act to antihistamine. It's going to bring that down that said like Taylor mentioned there's still this underlying issue going on of always think back to the bucket analogy of the buckets probably too full and so it's manifesting this reaction. I think about things like pollen, you know, like Taylor said if you're having to take a Benadryl all season long all the time, you're still putting a bandaid on what's probably not an underlying problem, but in the short term or sporadic, well, I've got this really severe reaction. I need to bring it down in this moment find solution to go towards but it still is more or less of that Band-Aid approach versus addressing the root cause.

Taylor: Yeah, thank you for that question, Yvette. So on that topic. It would be a good time to maybe bring in autoimmune disease. So I know we've got some people in the program and we've had a lot of clients in the past to to have autoimmune diseases like Hashimoto's or type 1 diabetes or Celiac and maybe that they know that coming into our program and maybe they don't, maybe they experience that are find that out during the during our program. So maybe we can chat a little bit about what that looks like and how that comes about.

Emily: Yeah. That's a great next thing to talk about. So essentially maybe you've heard the term autoimmune diseases or that's you know, you've read about it. Basically, it's the same concept as what we've been talking about the immune system creating a response with autoimmunity specifically in autoimmune diseases, the body is producing an overabundance of a reaction to something in particular and it starts attacking its own cells, its own tissue its own, you know gland like in the case of Hashimoto's it's attacking the bodies otherwise healthy system. So for some reason the body recognizes and the Really root of why autoimmune diseases are happening. There's a lot of theories and a lot of research behind it. But essentially the body is recognizing something that we would say is normal like the thyroid gland, super important to have your thyroid gland the body recognizes as a foreign substance or a foreign object and the body starts creating large amounts of an immune response to attack that as if it was something foreign. So that's how you can view autoimmune conditions and like Taylor mentioned you might know that you have one or sometimes to make its diagnosed with one and then they realize they've got a couple of other ones as well like things like Celiac maybe and Hashimoto's go hand-in-hand together. Maybe they have a you know them then they get rheumatoid arthritis diagnosis. So they kind of accumulate because the body has this over reaction of responses in the immune system. The immune system has an over reaction of trying to attack, you know, these things in the body. So for example, I had a client and you might you might know that you have one and you might still like think maybe I do have an autoimmune disease. I had a client a while back who had we suspected some thyroid dysregulation. And just bring up a speed will be having enough thyroid masterclass that will be that's also a whole masterclass that we're going to be talking about thyroid. So so stay tuned for that or you know catch the replay if you're



getting this replay later but back to thyroid. So Hashimoto's is a thyroid autoimmune disease and the body basically attacks its own thyroid gland and this client of mine, we suspected some thyroid dysfunction and she had some testing done numbers were a bit abnormal but nothing too crazy but really until you check the bodies antibodies so their specific thyroid antibodies that can be checked in the body then that was when we actually saw a diagnosis for her so she had gotten some further testing from a doctor and at the age of, I think she was 48 or 49. I can't remember exactly but she had gotten Hashimoto's autoimmune disease diagnosis and we don't know how long she had been struggling with it but had had some symptoms of thyroid dysfunction for a long time and just kind of felt like they were normal. And so until we really address that and looked deeper. She didn't even know that she was living with that. So I got the proper care that she needed and worked alongside, you know our team as well as some other doctors to help combat that as much as possible so there's an example of it manifesting probably later in life, but we don't know exactly how long she was struggling with it. So..

Taylor: Yeah.

Emily: You could be struggling with something and not necessarily realize it.

Taylor: Yeah, and sometimes people think about autoimmune diseases and think that there's nothing they can do about it because it's their body attacking their own tissue and we're going to talk about in a minute some ways that we can do something about it because food and diet do play a role in creating that overactive immune system. So let's just dive into the action steps. And because we love to give you guys really take calm steps that you can go ahead and move forth with and decide if these are something that you need to focus on and again, you know, really understanding that it's just because you get a diagnosis doesn't mean that you are going to have to just throw your hands up and say well that's that's how it is. I'm gonna have to live with this forever. We can definitely and use some of these protocols to to look and see if any of these foods are creating that overactive immune system in your body and have led to or and maybe they didn't lead to it. But maybe they're exacerbating your symptoms or how you're feeling.

We would definitely we have a few anti-inflammatory protocols that we want to walk through today and alongside those protocols though. We definitely want to keep the focus on healing that gut so the gut is going to be so important and if we can heal that gut even while we look at removing some of the foods that are causing you inflammation and foods that are creating or are a food sensitivity for you if we can heal that gut often people are able to reincorporate foods that create a reaction before and now that the gut is healed, they're no longer creating that reaction. So definitely keep that in your mind that we really want to use those gut health supplements. So take your probiotics, and your fish oil, and your glutamine, whether you're



taking the glue to powder or the glue two caps use those and get our gut health up to par. Those would definitely be the Baseline and the foundation and you might be somebody who we need to add in a few more things. So bone broth that's going to be really healing to the gut. It's going to naturally have glutamine and collagen so that glutamine that we're taking in a supplement form is healing that gut and then that bone broth is as well. So I love just using bone broth as a base in soups or chilies even and I can sneak it in there and nobody in my family knows it's even there. We don't have to talk about it and it's a good way to just instead of using like anytime that you see a recipe that calls for water or chicken stock or veggie stock. You can use bone broth every time and that's going to be much more nourishing and healing than just using chicken stock.

Emily: And I'll just add to that you can make your own bone broth. I know we got Taylor. I think you make your own. I've made my own several times. You can also buy it if that seems too daunting there. There's a recipe in your Ultimate Real Food Recipe book, right?

Taylor: Uhum.

Emily: It's like it's a recipe in there and you know, so you can make it we can make in your crock pot. I also have an instant pot. So I've made it in the instant pot before it just kind of switch the settings a little bit and that it does cook faster too you still get the same benefit so you can definitely make your own and then people store all different ways. I maybe you can imagine how you store Taylor but I store in jars in my freezer and then I also will store in ice cube trays and then break them up and just keep them in a baggie and then I can use it. Let's say, you know when a recipe calls for sauteing something, I might just grab one, you know little ice cube of bone broth and use that to saute instead. So anyway that I can incorporate even just a little bit of it. I've got it readily accessible in my freezer and can pull it out thought of course, you can keep in your fridge, you know, we'll have a bit more of an expiration date at that point. You have to use it up but making batches of it and like I said to you can you can purchase bone broth as well looking for quality if you're making your own looking for quality bones, and if you're making a purchase of already made bone broth, you know trying to choose grass-fed beef bones, organic her grass-fed beef broth organic chicken broth, things like that, but once to look for if you've got some recommendations to Taylor's I'll turn over to you but bona fide Provisions is a good one. As is the kettle and fire brand.

Taylor: Hmm. That's a good one.

Emily: So how about you, Taylor.



Taylor: Yeah. I love the kettle and fire brain, I use that one a lot when I don't have any on hand because if you do realize oh you need some and it's not in your you're out of it in your freezer. It takes you about 36 hours to get some more so it's nice to have someone your pantry to just those times and then I also have used Epic before. The Epic is the ones that do the grass-fed, pasture-raised protein bars that are made from like bison or beef. So they have some good options that some chicken once it's actually pretty good to sip on to like warming in a mug and especially if you're not feeling well, if it's winter and you feel rundown bone broth is definitely going to be really great for boosting that immune system. And again, the reason is because it's going to work on your gut health and healing that gut.

I think that also brings up collagen so collagen is in bone broth. So that is going to be really that's another reason why then broth is helpful for for the gut and then we have another question regarding Cindy asked about dr. Axe's has multi collagen protein. So we do recommend collagen protein using that to again it's going to really be helpful for that gut, creating that Integrity that lining. So if you think about what collagen is good for it's good for skin. And so it's going to also do the same as it does for the skin it in the gut. So we do we are we really recommend vital proteins collagen. I'm not super familiar with I've never used dr. Axe's myself. So I'm not yeah, I can't vouch for the flavor necessarily the quality that I know vital proteins is a good quality.

Emily: I will say you know with Dr. Axe's and what he stands for and his mission, you know, he's a good quality kind of natural practitioner. Like Taylor said neither of us have tried his products, you know, I can say that he's you know, he's got a lot of really great quality content right here for people in terms of you know, increasing our knowledge base and teaching. He's on a really good mission. So a lot of times you see that reflected their products, but at the end of the day, you know the ones that were more familiar with would be the vital proteins brand of collagen. And so...

Taylor: Yeah. Yeah.

Emily: We'll say that.

Taylor: Yeah. I know I totally agree with that and Yvette asked, in speaking of sipping on bone broth. Is it okay to sip on drinks with the healthy fat in it like, okay so adding your fats, to your drinks.

Yes that you can totally do that instead of having your fat on the side. You can totally add it to coffee or tea or bone broth, whether it's heavy cream or coconut oil or if you're making like a bulletproof coffee in the morning with butter. You can definitely drink your healthy fats. That's totally an option.



Emily: And I would just add to that not sure to you that if the question is about like if it's between meals or if it's like I'm gonna kind of sip all day use your discretion with that if it is, you know, obviously if it's a part of a meal or if it's a part of a snack and it's right around the time that you're having a meal or snack time, then you know, what if it's a substantial amount 5, 10 grams that counted towards your overall fat intake if it is kind of that sipping throughout the day you might be fine and you might still be ready and hungry by the next time that you're going to eat.

And you might also notice if you have been sipping on, you know, typically a good homemade bone broth does have some you know fat. We don't always skim the fat off the top because there's a lot of benefits to the fat that's in there. If you are sipping on that and you find that it's affecting your meal times are your snack times and you're not quite as hungry you maybe you do scale it back and you focus on having it be a part of more of a meal or snack or you just scale back your fat intake at the next meal or snack if you or just overall food intake if you feel like you can't take that much in so was referring. Okay, so you just mentioned was referring to between meals. So again, you know how to use your discretion with how you feel at the point that you could when you get to your next meal or snack and it's probably okay if you feel like you're still ready to eat your next meal or snack. Anything to add to that, Taylor?

Taylor: No, I'm glad that you chimed in with that, that was really good. Okay, so kind of shifting gears back toward to the protocols. So if you like we said definitely focus on that gut help with those supplements with may be adding in some collagen peptides, some bone broth. Also focusing on including really nourishing foods. So it's not just a time to think about removing foods. It's also a time to think about an abundance of those nourishing foods that are going to heal your gut and going to make you feel much better and get you on the other side of all of those symptoms that we talked about earlier. So if you're thinking about your proteins that are going to be those high quality meats and poultry and seafood so that seafood is going to have to be really rich in Omega-3s, super healing for the gut. So focusing on organ meats as well. So getting really rich sources of iron and B vitamins through those organ meats very important during this time. And when we're talking about your F's that's going to be your those nourishing fats that are healing and help with the lining of the gut, help with that GI tract. So coconut products important here, whether it's coconut oil or coconut milk or cream or munching on some coconut shreds. I've been doing that a lot lately, which I'm liking as well as my fat for some of my snacks. So focusing on using those healing fats.

Emily: Avocados has come to mind a lot of you know, I think about other healthy fat, dairy. Obviously, there's some good healthy fats in the dairy category, but if your body doesn't do well with dairy, then it's not going to be a good one, you know healing that for you. It's gonna be causing a reaction for you. So do be careful about that. But I do think about avocados, avocado



oil, you know, there's different forms of it. You can mash it up it can you know, you can definitely use it's very versatile. But very healing to a lot of rich minerals and vitamins in addition to two healthy fats. Excuse me.

Taylor: Yeah and please so carb. So focusing on getting really colorful and really filling your plate with those non-starchy vegetables, leafy greens, and the look or legumes, not legumes, I was trying to think of the family the onions and leeks, leeks was what I'm trying to think about.

Those can be really helpful for this period of time where you're trying to make sure that you're feeling your body with abundance and focus on that filling the plate with those those non starchy veggies.

Emily: And those are also, speaking of like the onions kind of garlic, leeks, you know, those are also very anti-inflammatory too you know, so directly bring down the inflammation in the body, but yeah definitely as much color as possible, you know, when it comes to there's the kind of like Hallmark phrase eat the rainbow, you know, eat a rainbow of colors with your vegetables not with your Skittles, you know, but you know, so your red bell peppers and tomatoes and then your orange bell peppers and carrots and sweet potatoes, you know, so go down the list of red orange yellow green blue purple, you know, and and and really try to find good foods that are going to fit into all those colorful category.

That's what's really gonna help build up that healing process in your body giving you a lot of antioxidants be able to fight off, you know oxidation resistance in the body, anti-inflammatory benefits. So really focusing on those non starchy veggies and even you know, other starchy vegetables and fruits too you know, have a lot of vitamins minerals antioxidants in them.

Taylor: Definitely. Yeah. So we've got those on the forefront of my mind our mind we're using those supplements and we're working with those functional foods that are really going to help with the gut and then we also want to use these regiments or protocols that are short term in nature. So when we go through talking about these, these are not things that are meant to be something that you sustained for a lifestyle. It is meant to be more of a shorter-term protocol that gives you information about what foods work best for you and what foods maybe don't work best for you. So when we talk through these just be aware of that that it this is not meant to be a lifestyle. These are meant to be a shorter-term regimen to give you that information so that then you can move forward creating more of a sustainable lifestyle and this is definitely not something that you have to do and if the concept of removing things or me may be triggering for you or makes you feel too restricted just know that this is not something that you have to do, but we do want to give you this information because if you are somebody who's experiencing these signs and symptoms and not being able to find relief from those then definitely take this into





consideration that may be trying to look at an elimination protocol or an autoimmune protocol or the leap protocol could be helpful for you.

Emily: And I'll just piggyback that to with the whole idea of you know, we're kind of practicing it that these protocols aren't necessarily going to feel easy to follow when you kind of look at a scale or like a seesaw, you know of okay all the like distress that you feel, all the time from eating foods or the signs and symptoms. Maybe you went down the list when we were talking about signs and symptoms and you're like check mark, check mark, check mark, check mark, I've got all of those things. I've been living with those. I really don't know. I'm not living up to my full potential and how my body can really be feeling and living optimally so, you know, you've got that on one side of the seesaw and on the other side, it's okay. Well do I want to live with that and those feelings? or do you want to implement something that might feel kind of difficult feel a little more regimented, you know, pulling out maybe foods and I'm used to eating that seems daunting and difficult but the positive effects that you'll get and feel from implementing maybe something feels more regimented or we hate the word strict. So let's just you know when I'm using that term but it feels a little more difficult to follow if you feel better? It'll be worth it. So kind of think of how you know, and it's the short term of implementing something like one of these protocols if it's going to give you this amazing relief that you haven't felt in 10-15 years or beyond that or less or whatever then it then it is worth it. So sometimes you have to weigh it out yourself and come to that realization yourself too.

Taylor: yeah. Oh, yeah. I love that point. I love thinking about those shifts in that we can create in our mind to make something a little easier to do if we if we shift our thoughts around it and we will say with these protocols. It's really important to be completely compliant. So if the reason is if we think about again not immune system and if it's throwing up a red flag every time you eat a certain food, if you just scale back on that food, but you're still consuming and every now and then then that immune system is still gonna throw up that red flag when you do consume it and you're going to still be creating that chronic inflammation. So it's very important to remove the food for the entire period of time whether that's six weeks to eight weeks and that another protocol we'll talk about where it's a little bit even longer to really reset that immune system. So you can incorporate those foods when your gut has been healed and you won't see those symptoms anymore.

Emily: So as much a hundred percent compliance as possible.

Taylor: Yeah.

Emily: Is what we recommend that those yeah, so let's try it. Let's dive into what some of those protocols are. I'll start us off and and talk a little bit about the Elimination Diet. So this is a



protocol that we look at some of those top allergens or top foods that people can often be sensitive to call them the top allergens because that's what we see some people have full-blown allergies to and even if you don't have a full-blown allergy you can have a sensitivity to it. So, you know, we're talking about things like gluten, I would say golden and grains can be can fall under that dairy, soy, nuts, sometimes seeds fall into that category too other times seeds can be okay for somebody's body but certainly not wanting to see an egg's let's see ya so that would be, we'd look at all of those and we'd need look at pulling pulling all those foods out for a time period

And when we're working with, you know with a VIP 101 clients you will look at trying to have them pull it out for at least a minimum of six weeks typically longer is better at least eight weeks and sometimes will even go beyond that maybe three months or so of pulling all those things out and really stressing the importance of as much compliancy to not having that be included in their diet starting at that point in time so that the body's immune response can really be lowered and I'll take a step back and just say that might that might feel like a lot that might seem like a lot maybe you start with dairy, you know, maybe you suspect, I've got issues with Derek. I've always had some you know gas and bloating after I consume dairy then you don't look at that one and focus on that for a few months and work on compliancy on pulling that out and finding proper replacements because you know now I you gotta think about when I'm pulling all those things out. Okay, what do I eat and what are the alternatives? And there's definitely create alternatives for all of those things. But that can feel it seem a little bit daunting. So, you know, perhaps maybe you look at you know, focusing on gluten and dairy and then and then if you still feel like you need something beyond that doing the full-blown Elimination Diet where you pull out all those ones that I mentioned gluten, dairy, soy nuts eggs, and there is a little okay. Yeah, that's all of them pulling all those out for a time period and then the key then to figuring out can my body handle this or not would be walking through a very systematic reintroduction period so taking each of the food's introducing it for a time period and then following your symptoms if any symptoms manifest.

So that way you're not changing anything else in your diet. We talked about, you know, those those trial and error things. I'm trying to keep as much the same in your with your food intake with your lifestyle all those factors like any good experiment. You want to keep all those controls and then change one thing or have one variable. So reintroducing eggs for time period, see how your body responds then reintroducing nuts for a time period seeing how your body responds and so on and so forth anything you wanted to add to that Taylor?

Taylor: Yeah. I did want to just add that. It can be important during that reintroduction phase to make sure you give your body about three days to see it because again coming back to that you could see a symptom of the 72 hours later. So rather than you know, if you reintroduce eggs on



a Monday, you know, try and don't reintroduce cheese on Tuesday because that you could get a little bit of confusion around if a symptom popped up. Which food was it related to? So giving your body that three days can be really helpful to make sure that you're able to pinpoint. What foods can you incorporate?

Emily: Yeah, so I guess to clarify that I would say you want a substantial amount so that your body if it is going to produce a reaction. It's got enough of it in you know in circulation but, you know, not going to quickly so you want to take your time but make sure that you have you know with eggs maybe have a couple servings of eggs, you know with nuts, have a have a few servings throughout the day and then waiting a couple of days for that reaction to manifest if it's going to so you're not getting confused. Great Point.

Taylor: Yeah. Oh and get ya like that about it needs to be enough to see that reaction. So that's a good point too. So a little moving kind of a step further if you are someone who knows that you have an autoimmune condition or you suspect it, even then you might be better well suited for an autoimmune protocol and what that means is we're going to pull out those culprits that Emily mentioned that are common culprits and then we're going to add a few other groups that are common for that immune system kind of again a step further. So we want to look at removing any beans and legumes along with any nightshades. So a few Foods & Spices that fall into that Nightshade category that is going to be your potatoes and tomatoes or eggplants your bell peppers as well as any spices or seasonings that include Peppers. So anything spicy like chili, chili peppers or jalapenos. Those are going to fall into that Nightshade spice family.

So those you'll want to look at removing those as well too if you are someone who has an autoimmune condition, you're probably going to see more results quicker by using that protocol versus just the elimination protocol. Then step further for that. So those two protocols we pull out the foods again another the most common inflammatory foods. Now the leap protocol that I might have mentioned just maybe said in passing earlier. So that's that's the protocol that is going to give us the most targeted information based on your body and how it does this is this is a blood test. So you would get your blood drawn and that blood is shipped to the laboratory and what happens at the lab is they mix your blood with a 170 antigens. So coming from foods or coming from chemicals. So foods can have naturally occurring chemicals and they can also have dyes that are in the food if you think about like a packaged product it's going to have it could have some red dye or blue dye in there so that this test is also going to look at those and it's going to again mix your blood with those antigens and see if there's an immune reaction created when that occurs. So that would tell us specifically gives us a great GPS to develop an eating plan for you that removes all of those foods that your body is creating that immune reaction to so the protocol for that is in the first two weeks. We use the data from your blood so that so we get a printout of what foods cause no reaction for you up to what foods cause a very



severe reaction and we will work with you to develop a meal plan to really remove all of those high inflammatory foods for you. And again those can be foods that are what I'm called healthy foods, but right now they're creating an immune reaction in your body. So we'll work with you to create a meal plan that is very calming to the immune system and after that two weeks so that two weeks will be that kind of stricter or more regimented stage where you're only consuming those foods that you had no reaction to and then after those two weeks, we will start to reincorporate food. So again, like Emily was just mentioning will do that very structured and introduce one food at a time or one food every third day so that we can see what foods you can include and then what foods are creating a symptom.

So foods that again will get a list of the foods and chemicals and we'll see what on a scale that shows us, maybe a moderate reaction or up to a severe reaction and we will want to remove the moderate reaction foods for three months and the severe reaction foods for six months and that gives the immune system plenty of time to turn over and heal and us plenty of time to heal the gut lining so that that reaction isn't occurring anymore. And the great thing about this protocol is that after six months, we see people really be able to reincorporate those foods and not experience those reactions. So if you decide that you do feel like you have a food sensitivity that does not mean that you have to leave it out forever. So keeping that in your mind can be really empowering as well that by using one of these protocols, you can and healing the gut you can incorporate a lot of foods later on down the road and be able to create a sustainable approach after that healing has taken place.

Anything you wanted to add to that protocol the last one?

Emily: Yeah, you went into awesome detail, very informative. You know, I think this is where you know, we kind of scaled our, organized the protocols in such a way where it's you know, maybe one's going to be easy brother easy, but you know the ones that are made more straightforward. So the Elimination Diet, you know straightforward talk about here's what do you know, pull out and then reintroduce down. The road AIP is an extension off of that with some of the added certain groups that your body might not you know respond well to because of an autoimmune condition and then this third one, you know, this requires more extensive testing, blood work, you know a little bit more regimented things to follow because it could be you know, including foods that are in the Elimination Diet or the AIP protocol or your body might be able to tolerate some of those things and then others or maybe other random ones that aren't in either of the other two protocols. So we kind of scaled them down to intensity. I guess we could we could say that and and and that third one does require that testing the blood test and a little more follow-up and



Taylor: Yeah. Yes. Yeah and I will say if that if any of this resonates with you, but particularly the last one and you decide that you do want to get that blood test done, you can reach out to Monica. And again, she is your point of contact and that is at [info@cassie.net](mailto:info@cassie.net) and she will be the best resource for you to starting that protocol and getting that going so reach out to her if that resonates with you and you decide that that's the next step that you want to take. I will also say that as you mentioned, you know, it's kind of a tiered protocol. So if you decide you want to start with an Elimination Diet and you're not seeing the results that you think that you should see after six to eight weeks then maybe the leap protocol would be the next step for you. So you could always try one and then and then move into the other as well and we'll work with you to to do that. So definitely reach out to Monica. That sounds like something a next step for you.

Emily: And I just put her contact information in the chat too if you are catching this live, I did notice a little while ago that Yvette had posted a question. So I will read that it says you were speaking of the importance of coconut oil, are other oils like walnut and sesame oils okay?

So great question, you know when we talk about healthy healing fats and different oils that we recommend versus maybe ones that could promote inflammation in the body. I'd love to recap that and especially some of your examples that you're asking about, Yvette. So you know, when it comes to healing, healing fats, healing oils. We definitely really like coconut oil, avocado oil, as well is another one what's great about those two specifically is they have a really high smoke point which means you can cook them and use high temperatures you can roast with them. You can saute at high temperatures with them cook in hi, you know 400 to 450 sometimes even 500 degree temperatures and there they maintain their structure. They don't burn at a high temperature or they don't smoke at such a high temperature. Whereas other ones like olive oil. We love olive oils, that's healthy healing fat that's another one to add to the list but a little bit harder to cook with at high temperatures because it's going to smoke and kind of you know, denature the structure of that particular oil. So can you know end up not being, you know not being good in the body in the long run. So to think about that, you know, olive oil would be best to use room temperature with salad dressings, things like that as a marinade or cooking at a lower temperature with it. So we talk about coconut oil, avocado oil, olive oil, your question about walnut oil. I actually keep all the oil in my pantry. It's not my go-to but it's something I use from time to time off the top of my head actually don't know the smoke point of walnut oil or where it falls. Do you know Taylor?

Taylor: I do not that's a great question. I would say that it would be a lower temperature oil. Most of the nuts are going to be lower temperature oil. I will say another high temperature oil that I just wanted to chime in on would be ghee.

Emily: Yeah



Taylor: That you can cook roast, use grill with, that's going to be how to really high smoke point. But I believe that the nuts and seed oils are all going to be lower temperature.

Emily: Yeah. Yeah, when you think about ones that are kind of more oils that are pro-inflammatory versus anti-inflammatory, think about the structure of where that oil started, olive oil started from an olive, coconut oil started from coconut flesh, avocado oil from avocado walnut oil from Walnut, sesame oil from sesame seed, so then think about smashing that down there's a little more processing, you know, and in the food industry than that, but essentially that's how you can picture it, is smashing that oil down and you get the most with like natural oil from things that are naturally fatty, naturally and fatty substance olives are naturally that's a great healthy fat to just pop olives, you know in and have that as a snack you're fat for a snack or a meal but squishing that down into an oil form very natural, very easy to do more or less. Not a lot of chemicals and processing has to happen. Whereas vegetable oils, corn oil, these impetus ambiguous canola oil, you know, those are not naturally fatty substances. So when they are processed there's a lot of work that has to be done in a lab to get something that's not naturally fatty into a fatty substance which is why that causes and promotes inflammation to body, not natural, a lot of chemicals, processing and destructuring of the chemical structure of that particular component. There's a lot of there's a lot of chemistry with it, but we'll leave it at that. So things like sesame oil, sesame seeds do have some fat not necessarily as fatty as like a nut or coconut for example, so sometimes it's a little more delicate especially if you were to cook with sesame oil, so do be careful about that wouldn't be like our top recommendation. But, you know, maybe on a scale of that with a vegetable oil. It'd be more of like a lesser of two evils.

Taylor: Yeah.

Emily: Taylor, anything else you wanted to say about that?

Taylor: Yeah. I think you cover that one really well and I did want to bring in Lauren's question from Facebook and she mentioned that she's going to her doctor in a few weeks. She hasn't had her cycle in a few months and she's concerned are there certain blood tests that she should request from her doctor?

And she mentioned that she's not going to take in Synervive until after her doctor's appointment. So I definitely wanted to address that for her before we wrap up today.

So Lauren, I would agree with that statement that you're going to table taking SynerVive until you go to your doctor. We always recommend taking your doctor's advice and know and don't going against that advice in terms of supplements and medication. Now, if you are thinking about looking at some extensive lab work, I would say a hormone panel sounds like it would be





really helpful for you. So looking at your estrogen, progesterone, testosterone, looking at those the balance of those is going to be in relationship to your cycle is going to be very important right now. The other thing I would look at is beyond that would be like your DHEA and your cortisol rhythm, so often that is measured at the same time because DHEA is a building block of those hormones. So the progesterone, and your sexual hormones or estrogen and your cortisol rhythm really influences that as well. So I would look at all of those hormones have your doctor run those tests that might be something that he'll want you to not do in his office, but he wants to send you to walk in labs or something like that. And if the doctor doesn't want to run it, we also have some resources where you can get labs run without a doctor's orders and that would include a hormone panels that are on that list aren't they Emily?

Emily: Yeah. Yeah. I was just going to put those in the chat because I see more on the call today to so but for anyone who's catching the replay [directlabs.com](https://directlabs.com) is one website where you can order lab work to be done. Basically, it's all online. So you go in and you put the test that you want in your cart you make the purchase and then you find a facility near you where they can draw your blood.

They've got your orders in you don't need doctor's orders, but they've got your proof of purchase from the website or whatever in your cart and then you go get your blood work done and then the results will be sent to you depending on how long it takes to process. Usually it's just a couple of days some lab work is done in fort near 24 hours and others take a couple of days to process through. So to repeat that again, it's [directlabs](https://directlabs.com) and then [walkinlab.com](https://walkinlab.com). Now, I know we've got clients from all over the country that that tune in and perhaps even outside of that as well. But there are a few states where the walk-in lab clinics is not an option for you. So do check that. I know I'm on the direct labs. I happened to pull that website up real quick, Montana, New Jersey, New York and Rhode Island. Unfortunately, the services aren't available, but do look into that [directlabs.com](https://directlabs.com) and [walkinlab.com](https://walkinlab.com) and you can search for different panels. And what's neat again about these online resources is you can get them done if your doctor's resistant or they're not willing to run a lab panel for you. You can you pay out of pocket for them. There are the cost of them usually is much less than what they would maybe retail at or what a doctor would bill for so you are paying out of pocket, but then there's not insurance coverage with these online resources, but usually your paying a discounted rate, maybe perhaps, you know similar to like your deductible or something so it might still even out. So if you wanted to use those resources Taylor included those in the chat.

Taylor: Yeah. Yeah, so that would be my recommendation for you Lauren in terms of looking at those hormones and getting that panel could be really effective for you right now to make sure that that is regulated. And that's not in imbalanced. You're welcome. You're welcome, Lauren. All right, so we have covered a lot today giving you a lot of information. So this is going to live in





your membership portal. So if you want to go back and repeat and watch and take some notes, we definitely encourage you to do that, especially on the protocols if that's something, if those signs and symptoms you were checking off and and realizing that you're dealing with a lot of that listen to those protocols again and decide if that's something that you want to take to start and see some see if you can get some results that way and again reach out to Monica if that third protocol the leap protocol sounded like something that you want to do.

Emily: Yeah, I was just looking at the time and realize that we are a good good all is 80 minutes in so thank you everyone for who was able to catch us live and join us today. Thank you for your good questions and feedback. And you know, like Taylor said you'll have this masterclass as a resource to you for, you know for the remainder of you being in the program. So definitely reference back if there's a section that you want to catch again or if there's something you need clarified by all means, you know, don't don't hesitate to reach out, Monica can be your point of contact there.

Taylor: Yeah, alright, you guys are so welcome and thank you for joining us and we will see you again next week.

## **Stress Masterclass**

Taylor: Glad to see Emily and I'm excited to jump into the stress masterclass for this month. So welcome all you rule-breakers. We're happy to have you join us and watch the replay if you're watching it at a later date. So today's Masterclass like I said is all about stress. So maybe something immediately pops into your head. Maybe it's an event or a person or a situation that is currently creating stress in your life. So it's all kind of take a deep breath and make sure we're not stressed out while we're listening to this masterclass. And so we just want to dive in today to what are the causes of stress. Some of them can be very obvious. While others can be a little bit harder to pinpoint. So we want to dive into those today so that you can really step back and look at your life and decide is there something that is creating stress in my body that I am not realizing. So we're going to dive into those causes first and then we're going to dive into really what's the correlation between stress and weight gain or stress and not being able to see the weight that you want to see come off and then will of course give you some action steps so that you can really take those away from the master class and really focus on you what you need to do for you to really get control of that stress and to feel empowered and that you can really reduce your stress load.



Emily: Yeah.

Taylor: So we know and I know in my life, there are stressors that aren't going to disappear. So like I said at the beginning there might be something that you know that you have to go on right now that is kind of fresh on your mind and you are thinking well, I've got the stressor, but I know it's not going to go away. So we want to dive into how we're going to make it how we can manage that and how they can reduce the impact on your body of that stress.

Emily: That's right and keep in mind that stress can come from so many different factors. There are so many different factors that influence our stress. There are physical stressors. emotional stressors, you know mental just driving our mental state, you know, kind of crazy and so, you know think about all those different factors that are contributing to your stress and know that like Taylor said they may not you don't go away or you may not be able to necessarily just snap your fingers and they're gone stress is a part of life. And so we want to identify the different areas where stress comes from but also like Taylor said I give you those action steps on how to better manage when it feels like we can't just eliminate stress, you know at the snap of a finger. So...

Taylor: Yeah.

Emily: ...some of those factors like I had mentioned, you know physical stressors. These are things that are actively, physically affecting our bodies. This could be over-exercising a lot of times. We don't think of that as being a stressor on her body. But when we don't give our bodies a chance to take a break from exercise, especially when we talk about over-exercising, we're talking really vigorous activity, you know nearly every day, you know, if you're doing really high-intensity interval training or you're running long distances every day or you know, doing across the class every day. That's what we're more. So looking at you know, the general leisure walk around the lake that's really good. Those are good things to do every day, but over-exercising, that's definitely one of those physical stressors on our body another one too, you know to think about is inflammation. If you haven't caught our inflammation and gut health masterclass, we talk all about the effects of inflammation and chronic inflammation really is one of those physical stressors on our body. It's this chronic low-grade inflammation that wreaks havoc on our body and is a constant stress on the body as well. The body's trying to overcompensate for. Another one to think about when we're talking about a physical, you know inflection on the body would be having high blood sugar levels all across the board, you know, when we're eating a lot of carbohydrates or a lot of sugar it cause this blood sugar roller coaster spikes and drops and spikes and drops and that is really stressful on our body as well. That's another one of those physical stressors.

Taylor: Yeah.



Emily: Some of the mental and emotional stressors.

Taylor: Yeah, and I just want to chime in on the physical stressors. You reminded me of one or a group of few diseases. So if kind of blood sugar roller coaster to the extreme if we have and type 2 diabetes, or maybe we have high blood pressure. Those are going to be physical stressors on the body. Maybe you had an infection or you got the flu or a virus or something that can also be a stressor. So, you know, give yourself that grace and those times if you got bogged down with the flu this past winter or you know, your child brought home something you might need to give your body some extra support in that period of time because that is a stressor on your body.

Emily: Great Point.

Taylor: Yeah, so let's dive into the mental-emotional kind of that's all one category and these can be things that are even happy events or things that are a little bit more obvious that our stressors so financial burdens or work-related stress, or maybe it's a relationship that you're having a situation with, it can also be something exciting going on in your life, but that's taking a lot of your time and a lot of your energy, maybe you're planning a wedding or helping someone else plan a wedding. So those can be things that again can be a little bit harder to realize that they are creating stress for you because it's a happy thing so you don't feel as if it should be causing stress. The other one I was thinking about is and potentially in this period of time while you're in Rule Breakers checking with your relationship with that scale if looking at the scale every day is a stressor for you mentally or emotionally maybe backup from that a little bit and maybe move to only looking at the scale once a week or once every other week or monthly.

Emily: And to cook you back off of that too you know, just in general sometimes we stress about not reaching our goals fast enough, you know, again, like Taylor said being in the Rule Breakers program that brings about a lot of thoughts and feelings and you know reflectiveness and those are all good things and we want you to be focusing on bettering yourself and reaching your goals and making progress towards your goals. And sometimes when we maybe aren't seeing or feeling or experiencing that fast enough or in the time frame that we thought we were going to see it that can all of a sudden start, you know, accumulating this stress in our body and so it's kind of like spiral.

Taylor: Yeah.

Emily: Yeah. Yeah, exactly. So do think about that too if you feel like you know, I'm not to this point yet and then it causes you all this stress. Well, you know, that's a few sub-steps backward.



So think about okay, how can I focus refocus my attention? Think about maybe some of those non scale victories like we always encourage you to focus on as you should be feeling good and energetic and be seen a lot of great benefits in different areas, so focusing on those things and maybe it's a shift or a reframing of your mindset towards your health goals.

Taylor: Definitely, it and I like that and kind of not concept of creating a mindset shift or reframing I love that in so many areas of our life. So even in things that maybe you're stressing us out like we oh, I have to go wash the dishes or I have to do so many loads of clothes. Reframing that to say I have clothes to wash or I had an awesome meal. And now I'm going to wash the dishes. I know that that's a little silly of an example. But using that tool to reframe things that were kind of dreading or creating some mental stress on us can be really helpful.

Emily: Such a good perspective. I love that encouragement and it makes me think of even just like being thankful and how that can immediately change our mindset and I think we're going to be where you're talking about that later, but being thankful for things, you know, and instead of you know being frustrated at the dishes thinking I made a great meal. I feel my body now I clean it up. No problem.

Taylor: Right, I might be thinking that tonight when I'm washing the dishes but it's a good concept to maybe using some areas of your life.

Emily: Definitely.

Taylor: That definitely brings up those stressors that we have. So the causes that we just talked about. What is that connection between the stress in your body or that increased demand whether it's you'd have a lot of commitments or no matter what that stressor is. That increased demand on our body. How does that create weight gain?

Emily: Yeah, that so that's really the key to unlocking maybe that driving motivation to okay. Now that I've identified my stress here's why it's so important and this is the key to unlocking why it's so important to address that and to work hard at managing it and bringing down stress levels. So that's something that we want to talk about and one thing, you know to have you think about and we want to talk about the sympathetic kind of fight or flight response. You might have heard that before it's it's this whole idea of you know, we have stressed our bodies enter this fight or flight mode and that has a direct effect on our weight gain and if not weight gain lack of weight loss, a stall so to speak and it's

Is there are hormone connections going on in our body specifically if you know if you're familiar with the term cortisol, our stress hormone. And that is what increases when our bodies are



stressed now normally and in a normal functioning body throughout the period of a day, it's normal to have some ebbs and flows in our cortisol levels that stress hormone. And that's the way our bodies were wired to respond. We're supposed to have slightly higher levels of cortisol in the morning that gives us kind of kick in the pants to wake up, get ready for the day, be energized so normally it's higher in the morning and then it slowly trickles off and we should have pretty low levels of cortisol at night before we go to bed which helps us sleep. Now, something that cortisol does is cortisol increases because I talked about it increases your energy levels, it's because we get a nice little boost of blood sugar so it arises and cortisol will actually increase our blood sugar levels. And so every time that we so to make the connection to stress every time it was stressed. We this cortisol release and then we have this really so blood sugar into our bodies. So, you know in a normal functioning body. We should be having that increase giving us some energy that we need and then it trickles off normally we wind down at the end of the night and we prepare for sleep while a lot of our chronic stress that we experience in our modern-day culture is causing us to have a surgeon cortisol all day long, even right before we go to bed or if there's certain stimulation, may be exercising before bed and you never really thought about that but that could be interfering with sleep, having a really stressful maybe conversation or you know, perhaps an argument with a strong-willed child or our loved one, you know, there's any number of things that can cause our stress, you know at night for example, but really any time of the day, we have that increased stress that increases our cortisol levels which then increases our blood sugar levels. So there's a couple of steps further. I'm going to let Taylor take it away from there. If you have anything else you want to add on why and how that connection works and why that increase in blood sugar levels all day. Well then.

Taylor: Yes. Oh and I like to think of it. I love to think in metaphors. It just helps me understand the hormones and what goes on in the body. So anytime I think about stress, I think about a tiger so if a tiger is going to be chasing me, I'm going to be extremely stressed. So my body is going to give me this surge of cortisol or energy and it's going to allow me to get away from that tiger, right? So it's a really awesome mechanism that our body does that because it's I mean, it's a survival tool for our bodies now as Emily mentioned in our modern-day culture, we're getting that surge of cortisol, even when we don't need to run away from a tiger so we might be sitting at our desk and we get this surge of energy or this cortisol response and our body is trying to give us the energy to be able to get out of that stressful situation but we're staying seated so we don't actually need that energy and that's where we can see that fat storage or not being able to tap into our fat stores and use that for fuel to so seeing that weight loss if we constantly have that high cortisol level.

Emily: Yeah, great point. I like that analogy to and you know it way back and you know, the olden days or when life was maybe a lot our stress was trying to stay away from the natural wildlife and unfortunately now our stressors are a lot different.



Taylor: Yeah, I appreciate that. That's not what we're having to worry about now.

Emily: Yeah.

Taylor: So just to kind of recap as your stress increases and when we're talking about that increasing we're not talking about maybe just one event. Maybe you have one stressor during the day you had a bad phone call and then you're past it right after that. That's not necessarily going to set you back. We're talking about that chronic, constant stress that then chronically increases your cortisol. So we've got stress goes up cortisol is stimulated and then our blood sugar rises and our insulin is secreted which create fat storage. So if you remember back to other masterclasses, insulin is that fat-storage hormone, so we want to keep those blood sugar stable. So that insulin is not doing its job and glucagon that fat burning hormone is out instead. So that's the correlation between too much stress and what may be seeing some weight gain or not being able to see that weight loss that you want to see.

Emily: And I also just wanted to mention too you know, when it comes to hormones a lot of times our bodies have opposing hormones from each other. So, you know, we talked about insulin and glucagon being on opposite ends of the spectrum. So we've got that increase in stress which increases cortisol which increases our blood sugar levels and then increases our insulin and we've got that happening all day long insulins active all day long trying to take care of that blood sugar, you know, kind of in balance and that rise in blood sugar all day from this surgeon energy. So when insulin is active are another opposing hormone glucagon, which is that fat-burning hormone, that one's got to take a backseat. It's one or the other it's not both at the same time. So think about that with stress, you know, why it's important to be reducing that so we can reduce our cortisol secretion and allow for glucagon, that fat-burning hormone to be active and do its job at burning fat for energy for you.

Taylor: Yeah, great point and the other thing that does happen beyond insulin connection is that the body will kind of turn down our metabolism. So if we think about our metabolism that is how quickly we're using fuel, so how quickly we're using our energy. whether it's from food or using it from our own stores of energy, so we want our metabolism to be boosted and revved up now when we're in a chronic constantly stress state whether it's physical or emotional then our body is going to turn down that metabolism to protect us so it can create some sluggish thyroid. We're going to dive into thyroid and a future masterclass for sure. But for right now, we just want you to think about when you think of thyroid we want you to think about metabolism. So the metabolism is controlled by the thyroid so that's the connection there. So when we have that chronic high stress our bodies going to turn down our metabolism a little bit. So we're going to



be burning fuel less efficiently. So that's definitely something to think about too that can be happening when we're in that state.

Emily; Yeah, great point.

Taylor: And then the other thing that's happening. It's like dun dun dun. It's like so many things that stress does but we're going to get to the fun stuff where we were talking about managing it. So it's gonna deplete a lot of the vitamins and minerals that we need in our body to function optimally and to feel great. So a few of the ones that stress is going to deplete. So we see this in chronic over-exercising, really the B vitamins. So if you're feeling fatigued and run down and having to drag yourself out of bed to get to the gym, that could be a really clear sign for you that you might need to add in some rest days.

I'm especially thinking about someone, a client that I've had in the past that was a marathon runner and she was really having a lot of fatigue in the morning, having trouble getting out of bed, hitting snooze over and over and over and really struggling but she's still going to the gym and still working out multiple days a week. Once she took and she took quite a bit of time off so it wasn't just adding in a few rest days in the week. She took a few weeks off and really gave her body that time to rest and recover. So definitely check in with yourself and see if you are the body's trying to tell you that you are fatigued and you've and maybe that chronic stress has led to some depleting of your B vitamins and you need to repeat those and also give your body a break.

Emily: Yeah, good point and along with you know, B vitamins. That's a whole spectrum of energy-boosting vitamins. A lot of times we call B vitamins and you know, there's several of them. We consider those kinds of our energy-boosting vitamins and they helped turn carbohydrates into energy in our body as well. So super important to make sure that you know, keeping those at a good level in our body and not doing things that are going to just chronically deplete them. So definitely B vitamins are a big category that is depleted when we are chronically stressed and another one to that. I'm thinking of that I've seen often with clients as depletes the body of magnesium along with other minerals as well, but specifically magnesium and we talked a lot about magnesium were big advocates for making sure that magnesium levels are up to par because it's involved in so many different things in the body it's involved in over 300 reactions, enzymatic reaction. So we'll speed up chemical processes in our body. So magnesium is a cofactor or takes part in all these different reactions in the body. So when we don't have enough magnesium some of those reactions are going to take place. They're going to take place slower. We're going to feel the effects of not having enough magnesium in our body. So some things to look for, you know, when it comes to a lack of magnesium or having magnesium depleted in our body would be things like leg cramps and Charley horses and





difficulty sleeping and from muscle soreness or just muscle soreness during the day it even when we don't have enough magnesium, we can experience things like specifically chocolate Cravings, which is kind of an interesting connection there, so headaches as well. That's another there are lots of research in science on what causes headaches but a lot of times we see a lack of magnesium is a contributing factor to why people get chronic headaches or migraines.

Taylor: Especially I found especially if it's a tension headache where you can kind of feel that tension in your muscles because that's the magnesium is really going to help relax those muscles. So I love using magnesium if I feel a headache coming on, I take 400 milligrams right away and within about 30 minutes, I really noticed a difference in my muscles in my neck and my shoulders.

Emily: Definitely. I'm glad you added that too. So pay attention to that. It's really easy to supplement with magnesium and feel the world of a difference. I wanted to give one. Well, it's kind of three examples, but it's all together and in one story of there was this time period a few years ago where I was working with several clients who were involved in the education system.

Few were teachers, one was an administrator, and it was the end of the summer school year is fast approaching, you know, the school year is ramping up teachers are getting ready for things to start and get the classrooms ready all that fun stuff and I would have these conversations with these clients around that time. It was August of one year, kind of bottom middle and of August and I was hearing these clients share with me and they've been you know, I've been working with them for several months and feeling really good, you know, haven't really had some complaints that they were just about to tell me they hadn't had those in a long long time. So I was seeing this trend of all three of these clients sharing with me, you know, I got these weird symptoms coming back. I'm things like I'm having difficulty sleeping all of a sudden my sleep is being upset and waking up in the middle of the night and I'm having Charley horses in the middle of the night. I'm really you know, tired and my muscles are really sore after a workout and that hasn't been happening. And I feel like my I've been you know working hard on my workouts and you know have been feeling good and all of a sudden, I'm you know, really sore and so I was hearing all of these, you know clients tell me these things and to point their connection together, you know, and I asked them but I knew what their profession was, but he was asking them what has changed, you know, we talked about food intake, we talked about then we got on the topic of stress. I asked, you know, is your stress increased and what you know, what's been going on in your personal life and all of them were sharing with me. Well, you know school years starting soon we get the classrooms ready. Yeah, my stress is higher and that's normal, you know the kind of just brush it off and kind of you know, oh, no big deal, you know, that's a part of life and it is but I want it to be clear that okay. There's something going on here. So after getting all of this data, so to speak, it was clear to me that there is an increase in



stress and getting ready for the school year was causing each of these individuals to experience unique side effects or symptoms from their stress. But all of them were because the stress was directly depleting their magnesium stores. So in addition to talking about as much stress management techniques as we could with the inevitable of starting the school year and all that that brings, you know, we talked about that first and then I recommended that each of them increase their magnesium dose. Now, they all have been taking magnesium very diligently, felt the world of a difference on magnesium on an average day. So I had them all increase whether it was their dose was increased it another I believe it was at least 200 milligrams. I think a few I even bumped up an extra 300 milligrams are one of them I did and they all reported in the next time that I'd seen them a few weeks later. They'll report it in that those symptoms had subsided, stressful still there to an extent and that thing no it would trickle off as the school year started, you know started up again, but that all those symptoms had subsided and so it was a direct connection to me and to these individuals that stress truly does have an effect, a very tangible effect that we can experience and by supplementing with something as simple as magnesium and really ramping that dose up and feel the world of a difference. So that was very alarming to me and I'll always hold on to that story and you know always recommend let's look at your magnesium intake if stress is higher.

Taylor: Yeah. That's awesome that you have and you were able to probably draw those correlations because you had that many clients that were in the school system going through that same event the same time of year.

Emily: Yeah, exactly. It was bizarre. But very interesting.

Taylor: Yeah, and you brought up a great point that sometimes it may be one of your clients said this at the time you know that every year they do the same thing and they knew they were stressed but didn't they just thought oh, I'm just gonna pull up my bootstraps and just keep on going but truly often we do try to be everything to everybody and we try to commit to everything that gets thrown our way and say Yes! Yes! Yes! And never say no to anything and we don't realize that if we just support ourselves a little better even in these times of stress or in these stressful events or seasons of our life and it could be years that you need to support yourself a little bit more. That's not saying that you are weak or you know, you couldn't handle it. It's definitely, you know, putting yourself in the driver's seat of your health and taking control of that situation. So I do feel like I hear that often with clients too saying you know, I'm not really stressed or and because sometimes people view that as a negative thing that they can't handle the events that are in their life. Do you hear that a lot?

Emily: Yeah, definitely.



Taylor: Yeah, so I definitely encourage you guys when you're thinking through this tonight or this weekend or over the next few weeks to really allow yourself to give your body that extra support if that's what you need right now.

Emily: Which brings up is this maybe is more of an action step. But how it's that much more important to be focusing on eating and fueling your body, you know when it comes to depletion of nutrients and blood sugars across the board. It's that much more important to be fueling with PFC and eating every three to four hours and taking care of yourself, you know, your emotional state your mental state, but you know your physical body too, we need the nourishment to tackle everyday and as we're you know aligning ourselves with good wholesome nutritious PFC balanced meals and snacks, you know, we're going to feel more resilient and be able to combat the natural stressors better and it's that much more important to be focusing on getting those nutrients in just that just popped into my head.

Taylor: No, that's it's totally true because we have that blood sugar roller coaster going on due to the stress right? Back to that insulin connection. So we it's even more important like you said to be fueling with PFC so that we're not adding any more fuel to that blood sugar roller coaster fire you per se so it's yeah, I would agree with that and I often think that when we are in that stressful state we tend to gravitate more towards eating higher starchy carbohydrates. Foods out of a package or a box or a cookie container, whatever it may be we tend to want more of those so definitely staying ahead of your hunger and fueling yourself and focusing on how to support yourself mentally through other ways. So, you know, non-food like self-care. So we're moving right into action steps. Definitely, PFC that feeling yourself with PFC and really focusing on that is a priority number one, I would say.

Emily: Yeah, absolutely and along with that I think that was a great point, you know, that tailor-made with we tend to gravitate towards the refined carbohydrates, but quick energy because our blood sugars have been taking us on this wild ride all day. So when we feel this drop, then it naturally causes us to desire that and so, you know, when we, you know put a halt to that we say not going to happen. You know, I'm not going to let my blood sugar levels get low like that and let myself be all across the board, PFC every three to four hours for sure is action step number one for many different reasons.

Taylor: Yeah, and to piggyback on that sometimes I think people do need a little bit more in terms of nutrients and in terms of your portion sizes when you are in that stress state, so especially if it's a chronic over-exercise or state when you're when you have those B vitamins depleted or that magnesium depleted like we just discussed you might need to increase your portion sizes. So allow yourself to do that if that's what it what you need to stay ahead of your



hunger and to not allow your blood sugar to drop too low so that you have those severe cravings.

Emily: Definitely and along with you know, we talk a lot about obvious food where dietitians we talked about we evaluate nutrition and we also talked, you know about the benefit and how awesome high-quality supplements are so let's dive into that a little bit on some tangible action steps for supplements that we can recommend to help, you know, make our bodies more resilient to stress. That's a big part of it because again, sometimes stress isn't going to necessarily go anywhere or if they are for a season also helping reduce the effects of stress in our body, replenish nutrients, certain target nutrients from supplements. So I think you'll spend a couple of minutes talking about some of our favorite stress-reducing supplements and ones that we recommended the clients. So, of course, you know I mentioned magnesium already and talked about how you know magnesium is depleted when our bodies are stressed. So again, it's one that we talk a lot about for good reason because there are so many benefits to it. So if you're already taking magnesium, take that dosage and you feel like either my stress is all of a sudden higher and I feel like it's probably being depleted more in my body or if you feel like the dose that I've been taking probably isn't enough for my stress level. We're just for a baseline dose, in general, take that in up it by at least two to three hundred milligrams or 2 to 3 tablets of like the Verovive Magnesium. For example, it's magnesium glycinate is the form which is very highly absorbable in the body. So that's why I recommend if you're already taking magnesium, if you're not taking it at all yet and you want to start because you realize that my stress is high or I've got some of those symptoms those magnesium deficiency symptoms. Starting recommendation would be around 400 milligrams or 4 tablets and some people need more than that. Typically, you know, we don't necessarily dose much lower than that, maybe three to four hundred but you can always go up from there or if you never take magnesium before you might need to start lower and then increase to like a standard 400 magnesium dosage 400 mg of magnesium dosage so play around with the dosage a little bit. But usually I walk around 400 is a good start and then increase by about a hundred to two hundred until you feel like your body's more stable.

Taylor: Yeah, and I would add too, you want to give yourself a few days in between increasing because it might take you a few days to really feel that affects and decide if that's where you need to stop because that's where you feel the best. So if you increase by 200, give yourself maybe two to three days at that dose and see then if you need a little bit more support.

Emily: Great point.

Taylor: So I would say when we talked about those B vitamins, Multivive is going to be a great source of B vitamins to replete those. So if you're feeling fatigued at all, I would recommend



Multivite at any point in your life regardless of whether you're experiencing a particularly stressful moment. So the reason is because as our soil has become depleted over time, we can be eating great, but we're not going to be absorbing as many nutrients as we were or not me personally, but as people were 50 years ago or 70 years ago our food quality has actually gone down and we are not getting as much from and that food as they did back then so definitely having a quality multivitamin is going to be super important. And the reason that we love the Multivite is that it's got a good amount of those B vitamins in there. So folate and b12 and B6. It's going to have all of those and you're going to feel a real boost in your energy levels. I've had clients say that within two days of taking it they could tell if they missed it because they could experience they experienced such a boost in energy. So, we have a tablet option and a powder option. So if you're somebody who loves to make smoothies, maybe the powder options good for you. And if you're somebody who doesn't mind swallowing the tablets and you want to just take those, that would be a good option as well. So again, that's Multivite and the tablets would be 2 a and the scoop would be one a day. Now, have you had anyone need to up that dosage in times of stress Emily?

Emily: That's a good question. Usually, I don't increase that dose if we feel like there's we need to maybe Target the B vitamins a little bit more and I'm switching gears just a little bit. I typically keep the dosage of the multi. They're just enzyme complex of a lot of other micronutrients as well. So usually I'll do two tablets or two capsules technically because a capsule and then a scoop of powder. I would say it wouldn't necessarily hurt to increase maybe to 3 or like a heaping scoop of powder. But typically what I would do if we need to target maybe B vitamins a little bit more and hit that little harder I might use a supplement called Glycogenics. It's a complex of B vitamins. That's go the higher therapeutic doses of B vitamins specifically and B vitamins are water-soluble, which means they're not stored in the body. So our bodies use what's necessary and it will excrete you know, what's not necessary. So, you know, there's not a fear of toxicity or reaching, you know to high levels with that our bodies will be able to compensate for it. So I might use Glycogenics, a dose of maybe one to two of those tablets per day in addition to Multivite. So that's maybe more so what are they to do for energy. I also have used so the Glycogenics, that's in the store that's on our Real Food Vitamin Store. I've also used Cortico-B5B6. So Cortico-B5B6 is what the name of that one is. You can also find that in a Real Food Vitamin Store. It's a complex of vitamins B5 and B6 that's pantothenic acid and oh boy, I'm shooting in the dark here camera over the B6 is pyridoxine acid. That's a tongue twister.

Taylor: I was trying to grab the link for those to put them in the chat. So I wasn't even able to help you out there.

Emily: That's okay.



Taylor: they exist in the chat now.

Emily: Awesome. Awesome. So I'll use that one those to help target energy levels as well as combating stress. So I'll use that as a stress support supplement as well as boosting energy levels. They got some targeted B vitamins in there as well. So that one usually I dose just about one per day.

Taylor: Okay. Okay. Yeah. So a few things that I've used with clients to really help in times of or seasons of stress, Adreset. That is one that I love that clients tend to like and it's got a blend of adaptogenic herbs. So what adaptogenic herbs mean is that it allows or gives your body the nutrients or the push that it needs to step up and be able to handle a stressful situation if that's what's going on.

And then it will not overdrive that so that the concept of adaptogenic it helps your body adapt to whatever stress that is currently going on. So that's something that you can definitely use in 2 a day or two twice a day. Excuse me. So you could I usually start clients with 2 one time a day and then if we need more support after about a week, then I'd bump up to two, twice a day. And so I have definitely I've got one client I'm thinking about right now that loves that and has really seen some amazing results with using an Adreset and she's used it for about a year now. So there's no you don't have to stop just after a few weeks or after that stress is gone. If you like how you feel. They're using that you can continue to take it.

Emily: That's a good point. I wanted to also you know we give general dosing recommendations. You know, I just wanted to mention this if you're confused on well, where do I start or you're given a general recommendation and that's really what we can give to you, you know safely and without knowing your full health history, you know, when we work with clients, we might dose a bit more specifically, you know, we've got some background on them. However, you know, these general recommendations are a great starting point and sometimes evaluating, you know to what degree is my stress at or how long you know for somebody who I might recommend Adreset to I would dose higher or like two tablets twice per day of Adreset, so 4 per day, I might dose somebody at that if we've seen them experience stress for I mean, they might report to me, you know, what I've owned a business for 14 years and I've been stressed for 14 years. I mean, that's serious. That's some serious damage from stress on the body, I'm going to dose high from the get-go. We might titrate up. So I understand that maybe we do start out, you know lower and increase it up, but there's a lot to address their if maybe stress ups and flows, you know, definitely on a chronic level, but maybe not to the point of like I've lost sleep for 14 years, you know, of this stress happening. Then I might you know decrease the dosage a little bit or recommend something a little less. So I just wanted to put that out there to for you to put things in perspective for yourself. Sometimes evaluating your own stress levels can be introspective





and it's good. Now the kinds maybe you need an outside perspective to evaluate that as well and help you put things in perspective for yourself.

Taylor: Right. Yeah, no those are great points and great how it does work differently for different people and it also works differently different points in your life. So you might need four at one point and maybe two a little bit later so great ideas there for evaluating what it looks like in your life.

Now another product that I'm thinking about is called Transer. It is specific. If you are somebody who tries to fall asleep and you have that rat race running through your mind and you just cannot cut off your brain Transer is going to be a really good tool to help you turn off that brain, especially when it is associated with not being able to go to sleep so you can start with two before bed or three before bed.

Again, I tend to start a little more conservative and then bump up as needed but three before bed but still be a very conservative recommendation. You do want to take those before bed. It's going to give you that calming effect and promote a sense of just feeling kind of tranquil and really cutting off that mind. So that would be our recommendation. If your stress is creating that rat race going on in your mind.

Emily: Absolutely, now Trancor can be used during the day at a much more conservative dose. I would say, you know, not more than one at a time. You could take one in the morning, people respond differently to its effect some really might feel like you know, this is making me a little to drink well during the day I can't function maybe not the worst problem to have but you know if it's affecting your day-to-day life just you know, save it and take it at night, but I have seen clients take maybe one in the morning and then two at bedtime and it just helps promote a little more calmness and relaxation but still, you know to be able to function during the day, do their job and all the activities that they need to do. So just be careful about that dose and one could be okay to take during the day.

Taylor: Okay. Good good. Yeah, I know I've taken some occasionally during the day if I had a particularly stressful moment, and I did not experience any drowsiness. So it's good that it you know to recognize that it is individual there. Any other supplements that you recommend or have used with clients going through?

Emily: Yeah, you know, I'm thinking of another one. It's called the Serosyn. Now this one what I really like about this one is it helps promote a very positive outlook, a very positive mindset boosts the natural brain chemical serotonin in the body. So, you know serotonin that's our feel-good brain chemical and that is sometimes you know depleted and it can affect our mood, you know, we can be a lot more moody and you know, maybe just irritable and tired if we don't





have enough serotonin in our body so Serosyn helps boost that naturally I will say there's kind of a caveat to that particular supplement and I've had clients who I've wanted to recommend this particular supplement to but we don't because it will be contraindicated with SSRI antidepressant medications. So you do want to be careful about taking that if you are on any type of antidepressant specifically SSRIs, those selective serotonin reuptake medications, so you wouldn't want to take both together can cause kind of a serotonin storm which does not fit, you don't want to mess around with that. So Serosyn, it can be really beneficial but do be careful about dosing that with are taking that along with antidepressant medications. Don't take them together. A general recommendation, if you're not on a prescription meds like that, all right dose and recommendation for Serosyn would be usually one per meal is good. So three per day you could start a little bit because it's really going to boost those feel-good brain chemicals. You know, it might be you might feel a little strong of an effect right away. So you can always start at a lower dose of one or two per day and work your way up to three per day at meals

Taylor: Awesome. Another option that is an amino acid. So L-Theanine is an amino acid which is a building block of protein, the reason that some people really get great benefits from L-Theanine is that it is not in high concentrations in a lot of common foods. So using that as a supplement it's going to that's a really good one that you can use during the day because it does not create drowsiness. So it reduces feelings of anxiety or so if you're someone who is having stress and Deuce anxiety than L-Theanine would be a good tool for you. So again kind of we're talking through a lot of these supplements that you can use and really base your choice off what symptoms you're seeing. So if you're in a stressful state, you don't necessarily need to include all of these things. These are just recommendations for again based on your symptoms or your signs or how you're feeling, L-Theanine would be a good choice if you are having anxiety during the day you can take that during the day you can do 1 to 2 anytime during the day. It's going to be fine with that one.

Emily: Yeah. Yeah, this is good, Taylor. I think we'd given them a good number of different supplement recommendations and really to reiterate Taylor's point, but we're not trying to overwhelm you with a bunch of different options or to explain that you've got to take them altogether, you know synergistically that could get really overwhelming and...

Taylor: right,

Emily: you know, not necessarily gonna not necessarily notice, you know the specific benefits of each one if you just kind of pop them all in so you know think about specific symptoms. Maybe it's something that we talked about in regard to a specific supplement rings true for you look at doing that and again, maybe some trial and error need to happen. You try one for a few weeks maybe a month and or you know, or at least see the bottle out, you know, how to take the



dosage recommendations and finish out the bottle and see how you feel. You know, if you're you're noticing some really positive effects continue on with that one, you know, it's probably targeting what needs to be targeted in your specific individualized situation. And if you're thinking, you know, maybe I need to try another option. That's okay too. So, you know, we hope that yeah, you use the links and the names of the different ones that we've talked about and you can always feel free to you know, reach out and ask you ask a question if you need something clarified or the link of something as well.

Taylor: Yeah, definitely reach out in the Facebook group if you thought you heard something that you wanted to have a little more clarification on, totally or come to the weekly coaching call and ask it there because we can definitely get that address for you for your specific situation and really give you a recommendation. There. So let's move on to lifestyle tools that we can use to manage stress because these are also probably just as important as our food and as supplementing smart with this during this period of time so a few of my favorite things to do is I do prioritizing sleep is going to be so so important during these times. So anytime we're in an increased demand, there's increased Demand on our body. It's going to need that extra sleep or at least eight hours, that overnight to really renew and regenerate and be ready for the next day.

So prioritizing sleep is going to be really really important and using non-food related self-care. So sometimes we tend to think oh, I need to pat myself on the back because I had a stressful day. So I'm gonna have a glass of wine or I'm going to have that cupcake or I'm gonna and those can be choices that you decide to make and that's totally okay those can fit into your lifestyle if that's the choice that you want to make that day. Now a great thing to do is to have tools in your toolkit that you like to turn to that are not related to food at all. So one of my favorite things is I love to read so I'm I always try to have a nonfiction book that kind of takes me out of the world that I live in and so right now I'm reading the Harry Potter series. I've never read it before. So I'm jumping on that bandwagon a little late. So I'm really into that. So that's a good way for me. I love to just curl up with a little blanket and dive into a book if I've had a day that I kind of need to escape from. What about you Emily?

Emily: I like that you shared that. I never jumped on the Harry Potter bandwagon. Yeah, you're ahead of me. Give you that credit. One of my favorite things to do to kind of boost that self-care and in my life after a stressful day or stressful week is relaxing in a bubble bath and I say bubble bath and what I mean by that is an Epsom salt bath.

Taylor: You can have both. You can have Epsom salt and...

Emily: Well I could. Yeah, I'm thinking I gotta stock up on bath bombs, those are kind of fun too. I love a good just like a soaking bath, you know to draw the warm water, throw some Epsom salt



and what's great about Epsom salt too is it's really rich in magnesium because magnesium sulfate is the form. It's very well absorbed through the skin. So soaking in that we can actually get a good little dosage of magnesium. I've just been on this magnesium kick here today, but a really great dose of magnesium directly absorbed through our skin while we're soaking in the tub. So there's some added benefit there for relaxing, calmness also some nutritional benefit as well put a couple of drops of lavender essential oil something like that in there. Maybe pull out a new recipe book that I've gotten or I'm not maybe quite so into the reading like Taylor, but I do enjoy looking through maybe a new food magazine or a recipe book or something like that. That's just going to take me into a relaxing state cooking and looking at recipes and reading about food and nutrition for therapeutic for me. So very relaxing to do that in the bathroom. That's one of my favorite self-care.

Taylor: That's awesome. I love that. So the other thing to really focus on and even if you feel like okay, this stress stuff did not resonate with me. I don't think there's anything stressful going on in my life focusing on mindfulness is a great tool to take into meals and when you're eating and really being mindful of am I hungry, am I eating past feeling satiated, am I eating to the point where I'm stuffed into Thanksgiving meal. We don't really want to get there. So sometimes if we're mindlessly eating we can get to that point and we definitely using mindfulness and not could be through meditation that could be through journaling, we mentioned at the beginning I think Emily you said being grateful and having gratitude and and having that as a mindset shift and I know there are a lot of gratitude journals out there that are dedicated to writing down daily things that you're thankful for so it doesn't necessarily have to be a gratitude journal and you don't even really have to go out and buy a journal you could just use a spiral notebook. If you've got one of those laying around or some computer paper, it doesn't have to be anything fancy but using journaling can be a really awesome tool to reflect and to really distress daily or in a specific season.

Emily: I've seen a lot of benefit from clients who have just done a reflection with pen and paper or on you know in your notes section on your phone or you know, maybe on your computer, if that's easier, but just taking some pen to paper, journaling down, whether it's something completely not related to food, or maybe it is documenting your food intake and that creates more mindfulness for you. But use that as an outlet, if you're the type of person who enjoys journaling and that's you know, that's therapeutic for you and that's relaxing for you and stress relieving, you know, prioritize that, set a reminder for yourself, you know, and as a recurring little reminder on your calendar five minutes to journal. We've all we all can carve out five minutes, thinking of one client in particular who has been doing this now for a couple of months and it's been life-changing for her. She's always been a journal or but she works on recording their food intake as because it's been very eye-opening to her as well as other thoughts and how she's sleeping and lots of different things she puts in there, you know, feelings whether it's you know,



happy thoughts, your successes or maybe it's her struggles or you know, a difficult day or difficult work situation everything goes in there and she sends them along to me and we talked about them and it's something that's really helped her stay on track and really feel confident about what she's doing. So it couldn't really be life-changing for people.

Taylor: definitely because it can really just draw your focus and you can see things that you wouldn't be able to draw connections or correlations between had you not been riding it down. So you triggered me thinking about a client and she wrote started journaling and along with meditating. So this same client started meditating. She used a meditation app and started doing that in the mornings and after a few weeks of doing it. She could go into crowds of people that she could not too used to cannot handle. Maybe going to the mall or another she couldn't handle it, but she it was overwhelming and she no longer has that sensation. She just has some deep breathing and is able to really get control of her anxiety just through using meditation and journaling so she uses both that this client that I'm thinking about and the journaling piece, we were able to pinpoint that she was having high blood sugars after having less sleep. So it was something that we had not been able to correlate before but she started tracking and really keeping up with everything in a journal and we were able to realize wow these mornings that you had higher blood sugar you only had five hours of sleep the night before so journaling can be an awesome tool to really be able to draw correlation. So if you're somebody who's never used journaling before, maybe it's something that you try out and see if it works for you.

Emily: That's incredible. That's a really good example to which I like I don't know. I just really struck a chord but not being able to have to go into stressful situations like public settings. And then after some of these mindfulness techniques to be able to do that is incredible to me. I love that, talk about freedom.

Taylor: We added an Adreset to so I'm out in full disclosure. We did the meditation journaling and Adreset. So those three was a great combination for her.

Emily: Really neat. I love that. You mentioned you made a comment when you were talking about meditation about deep breathing, which that's another really great action step in just a super simple thing that you can do on a daily or when you feel like you need some additional support or just to kind of refocus in it takes all of a couple of minutes. I mean, people can debrief for 5 to 10 minutes or it can be 1 to 2 minutes. I mean, it really doesn't have to take that long. But that's something that you know, it's great to do that before meals, you know, just kind of focus in and frame and reframe your mindset on okay, I need to be mindful and intentional about my food intake I've even seen it be really beneficial for people first thing they do after they put their feet on the floor. They might sit on the edge of their bed and they do, you know the minute of deep breathing or before they go to bed. I've seen a lot of people improve their sleep.



There are a number of different things that they might implement before bed. But one is just practicing some deep breathing so, you know be really intentional and trying to get as much you know of a deep breath in and then exhale out and try to spend as long as you can, you know several seconds. I don't know what you recommend Taylor but you know, 10 to 15 seconds in, 10 to 15 seconds out and does that a couple of times it helps bring oxygen to the brain and helps as we said before, you know, just reframing that mindset creating mindfulness.

Taylor: Yeah, I love not too and it's funny how some of sometimes the simplest tools can be so effective. So you mentioned doing that deep breathing technique before meals and I have seen that be really successful for clients that have acid reflux or have any maybe gastroparesis or maybe have any digestive disturbances where you know, maybe you have difficulties with bowel movements or maybe on the other end of the spectrum. You have loose stools. That's all telling us something's going on in the gut. So if you use that deep breathing tool before your meals what it's going to do, is it's going to take you out of that stressful fight or flight mode and it's going to shift you into the rest or digest mode. So that's why that can be so effective just to use right before your meals and really get you it gets your digestive enzymes really flowing and you break down and absorb food a lot better so that can be and it's cool because nobody has to know you're doing it.

Emily: That's great. I love that. Yeah, that's a really good example. It made me this made me think of some other just general mindful strategies for during your meal, you know, if it may be eating too quickly as an issue for you or having just mindlessness at the dinner table or you're eating while you're trying you're eating your lunch while you're trying to work you don't take a lunch break and separate yourself and you're doing both your foods next to your computers in front of you. I've done it guilty, but you know a lot of there's a lot of mindlessness around mealtime. So a couple of strategies that I'll talk about with people would be things as simple as taking double the number of sips or chewing double the amount of time from what you normally do. It's really hard. Try it like oh my goodness. Do I really still need to chew this but what that's going to do is it's going to create more mindfulness. It's going to cause your meal to last longer you're going to get more of that satiety queue your brain at a better rate at a you know, a normal rate and you're not going to be forcing in food at the end or just eating mindlessly where you eat way too much and you really your body really didn't need that much. So just take an extra chews. Putting your fork or your spoon down between bites. Sometimes it's in our hands the whole time or just like shoveling it in and then all of a sudden, you know, five minutes goes by and boom we're done and life goes on and we haven't even done.

Taylor: And we're bloated and we're like uuuggghhh.

Emily: Yeah exactly. why do we feel so crummy what we just shoveled in, you know, with all these food. So those are a few things and I think too, you know, if you if you're eating the meal



with coworkers or you're with your family have a conversation, you know, take a couple minutes and ask somebody how their day is going or what are the kids learn at school today have just had some conversation and that will also extend the meal so some of that mindfulness that helps mention that it'll help send that trigger to the brain to turn on that satiety of know what I'm satisfied. I've had enough to eat. That's all that's left are hormone leptin. So we want that signal to be sent to the brain and we want our hunger hormone ghrelin to be in proper condition as well. We want that to be active when it should be active and then turned down when it should be turned down. So it'll help with those hunger and satiety cues too.

Taylor: Yeah, those are a lot of awesome tools around mealtime that can be so effective. Even if they sound silly or like you shouldn't try them. Try them. You might be on board a few other things I was thinking through in terms of lifestyle and this might be kind of similar to like a mindset shift or something that you might need to focus on and this might be something that might take a while learning to say no a little bit more often if you're someone who always overcommits and that creates a stress on you because you run out of time or you run out of energy that can be a really good tool to learn because often when we say no to certain things we are saying yes to other things you're saying yes to allowing yourself time to rest and breath and to calm down and enjoy a moment without having to always be on the go and always busy and active so I know that might seem a little easier said than done but if you are somebody that resonates with you and you're like, yes, that's me. I always say yes, I always volunteer maybe choose a few things that you want to look at. Is this really serving me or is this creating too much stress in my day or in my week or in my year and deciding what to what to say no to so that you can say yes to the things that you want to prioritize.

Emily: And to piggyback that to another thing that I just thought of was, you know, if there's certain friendships or things that you are committing to that isn't, you know pouring into your life isn't life-giving to you starting to you know the kind of cut that off or breaking maybe some of those things in a healthy way so that you're bettering yourself and that you're taking care of yourself. So I know that can be a bit of a touchy subject but focusing on what's going to give me life and pour into me and you know create this non stressful environment, you know, if there's a friend that you always have that just causes a bunch of stress. I mean to an extent. Yes, it's great that you're maybe a stress reliever for them and your you know, maybe what they need, but at the same time if it's affecting you and it's just causing you to carry that all the time and hold on to that stress all the time evaluate. Maybe you don't break the friendship off but evaluate how close the connection is. It's doing any boundaries. Maybe we found it.

You know if there's an if there are things that are constantly exhausting you that really aren't benefiting you take that into consideration of how can you either buy something off or at least build a better boundary.





Taylor: Yeah, so we have covered a lot today in our master class. So just to kind of recap definitely focusing on eating PFC when you are going through those stressful situations, maybe even increasing your portion sizes if that's what you need. Go ahead and support yourself with quality supplements in the Real Food Vitamin Store. Those are all going to be pharmaceutical grade and you can trust the quality of those so we gave you a lot of recommendations today and this is you know recorded and always in your membership portal for you. So if you want to re-watch it or, you know rewind to a certain portion where we talk about certain supplements, totally do that or you can also ask us on the calls and you can also ask us on the Facebook page as well. So feel free to do that. If you have any follow-up questions about supplements and then definitely focus on incorporating some of these lifestyle changes and mindset shifts into your life so that you can better control your stress and like we said it's not going to go away so we want to find the best ways to manage it.

Emily: Absolutely. We've enjoyed, you know working together on this masterclass as we always enjoy them and we hope you know you're able to take some nuggets away and really, you know to take a true evaluation and maybe take a step back and look at your life, and if there are stressors that you can reduce or take away by all means, you know, that's like best-case scenario, and for those things that that, you know, just are they're working on reducing them, but how to how to better manage them and how to take care of yourself, you are worth it and you're worth taking care of and you will feel better when you start pouring more into yourself. So yes, I'm going to leave you with that and be encouraged.

Taylor: Awesome. Alright, everyone. Have a great rest of your day, and we will see you again soon.

Emily: Alright. Take care. Bye. Bye.

## **Sleep Masterclass**

Taylor: Yay. All right. So we're super excited to talk all about sleep today. And I know that's probably something that you have heard before is really important. So we're just going to dive in on, on why it's important and really dig into that and then the part that maybe you all are looking for we're going to talk a lot about tips and tricks just to make sure that you are getting the soundest sleep.

Emily: That's right! And I do have to say for anyone who just because being a new parent is so like being a mom, a new mom is so like in my face these days. Sometimes there are situations





where it's hard to get quality sleep day in and day out. Like I'm in that season. I know some of you are either in that season or you've been in that season recently and it's about doing the best that we can, awaking baby to eat in the middle of the night is a priority. So we make that a priority so has graced with yourself if getting you know, some of the recommended things that we're going to talk about it, you know getting those just isn't realistic right now in, in a season of life that you're in because I'm going through that right now. It's okay. Give yourself that Grace, you know, take a breather and do the best that you can with the circumstances that are around you. I felt like it was important to at least just mention that. Just because it's so, like I said in my face right now, I hope some of you could also relate and just feel you know, feel a little bit of relief from that to know that you're not alone.

Taylor: Yeah great point and it is a season of life, right? You know, you're not going to be there forever. So you can use these tools and these tricks when you're out of that season and your baby's sleeping through the night so that you can get better sleep for yourself then.

Emily: definitely. Yeah. Oh, yeah!

Taylor: Let's just start, you know on you know, why is sleep important? I mean we hear that so much and we hear that you really need 8 hours of sleep and you know, maybe talk a little bit about why it's important and then what can happen if we're not doing that.

Emily: Yeah, yeah, let's let's jump into that right away. We all know that it's important. We hear maybe some of the stats out there some of the general ideas, but we want to just give a couple of brief reasons. Why it's important for our bodies day in and day out not just here and there not just you know, oh, I got one GoodnightWe're going to be good for a while, but it's consistently as possible. So our bodies are when we're awake during the day time. Typically unless you're working like, you know, maybe you work third shift or something and in some type of factory or hospital or something like that, but typically during the day when we're awake, we're in a catabolic state. So this is when it's kind of also known as like a breakdown State when we're sleeping were in an anabolic state so that anabolic you can think of as building back up or building together. So sleep is very restorative. It's very much of a building block, you know, we're building ourselves back up. We're rebuilding tissue. You know the structure, the skeletal structure was doing so much work rejuvenating our bodies. So we want to keep ourselves in that anabolic State during our sleep during sleeping time as much as possible because that's when you're going to feel the most restorative properties happening everything from like I said, you know our skeletal tissue but also, you know the muscular system and even our immune system. That's a big thing that people maybe don't always connect is that our immune system thrives, you know off of having good quality sleep. We're actually going to be four to five



musicians going to be fortified when we are getting that Tip-Top highest quality sleep. So think of it that way that sleep is restorative building ourselves up back up in the anabolic state.

Taylor: Yeah, and that's a great thing, thinking about the immune system as we're moving out of summer and into fall and colder weather because we know that that's when a lot of times we get bogged down with viruses and bacteria in the environment. Maybe come home with flu or cold. So sleep is going to go a long way into building up your immune system and beyond the things that Emily mentioned like balancing our hormones, is another key thing that we talked about on these calls many times over and over and it we had a master class previously on hormones and getting adequate sleep is going to go a long way in helping you balance your, your hormones along with that comes our metabolism. So getting adequate sleep is going to boost your metabolism and make sure that you are levels of those hormones that affect your hunger and your satiety remain balanced. Other things, the energy that's probably a really common one that we think about you know, when you don't get enough sleep your energy the next day suffers and that that can be physical energy or it could be like your mental stamina. I mean your ability to focus and hone in and do a good job at work, really a lot of times it's dependent on getting that adequate sleep as well.

Emily: Definitely. Yeah and to tie that in, you know, just start our brain restoration, you know, it's very restorative to our brain as well and it goes along the same lines as that kind of cognitive and mental state. So yeah, I think those are, those are the main ones was there. We're going to talk a little bit. You alluded to the metabolism piece and we're going to get to that in a couple of minutes on the importance of we talked about hunger and satiety hormone. So those are, that's going to come up a little bit more in a complex state here in a few minutes. But is there anything else that we'd want to touch on for why we would need good quality sleep feel like we've hit all angles on that.

Taylor: Yeah! I think that that kind of hits everything and along with that, you know moving into a kind of when we don't have that 8 hours of sleep. I mean, there's been a lot of research out there on how much sleep you really need and a lot of places say between 7 to 9 hours and it's kind of depended on there's a little bit of individual nuance there. So that's why we kind of always say shoot for that 8 hours of sleep and when we say that we're talking about really sound sleep. So there's a different thing and you've probably experienced this in your life in getting some sleep where you're tossing and turning and maybe you were in bed for 8 hours or being in bed for 8 hours and really sleeping well and soundly throughout the night. There's a there's a big difference in how you feel the next day if it's sound versus kind of that tossing and turning so there is specific research on getting that 8 hours of sleep. So when we talk about a good night's sleep, you know will say that moving forward a few times what we're talking about is that 8 hours really sound, ideally it's uninterrupted. So obviously that's not always going to be



the case, especially depending on your season of life. But ideally yet definitely 8 hours of uninterrupted sleep.

Emily: Hmm. That's good. Yeah, and I think I remember you sharing a little bit and if you could revisit this, there were some studies done on this and you know, you obviously touched on this but let's talk, so you mentioned that and I can't merge, you actually mentioned that the study, but in case anyone is curious on going and digging back into the research. I think you had mentioned and where was that the studies were done on that where was that?

Taylor: You know that I love to nerd out on Research. So I'm always the person to ask for that. In the Canadian Medical Association Journal, there was a study that looked at sleep deprivation and looked at it directly related to losing weight. So they put participants in two different groups and they were on the exact same exercise and eating protocol and one was sleep-deprived and when they looked at sleep deprivation, they were looking at just 6 hours or less per night. So that might not be what you think about when you think about sleep deprivation, you know sleep 6 hours a night might be your normal so that, but in this study they looked at the sleep deprivation group, it was 6 hours or less per night and then in the other group, it was 8 hours or more per night. And in that group that slept 8 hours or more they consistently in statistically lost more weight and specifically more body fat than the group that was sleep deprived. So, you know, I think this comes around to a few different things and the mechanism behind it. It's really based on a few things that we've talked about here before especially in that hormone master class. So we're not going to stop too much about these hormones. So if this is new, I definitely recommend going back and watching that one, but it's a, comes down to a few different mechanisms. So we talked about insulin a lot and that sleep deprivation. It can create insulin resistance. So even in people that don't have any metabolic dysfunction, so even if you're not diagnosed with metabolic syndrome or type 2 diabetes just getting 6 hours or less of sleep per night, it can create insulin resistance that next day. So it caught what the reason is it causes your cells to become less sensitive to that insulin that circulating. So your body is still producing the insulin, right? And we need the cells to be able to recognize that insulin, to then be able to shuttle the glucose into our cells and get it out of the bloodstream. So for not sleeping enough what happens is your pancreas produces that insulin and when the insulin tries to go to the cell and unlock that door to allow the glucose to come in and get out of the bloodstream the door of the cell doesn't recognize insulin as well as if you were to sleep that 8 plus hours.

Emily: And I'll just kind of piggyback onto that. You know, this is why you could be eating all the right things, like perfect eating all day, every day. Like you're, like I'm PFC every 3, every single meal and snack and I'm exercising. You know, I'm doing what I should be doing. This is why could be why will say that. This is could be one of the reasons why you may not be seen some of the progress, you know, we always talk about that there are so many pieces to our puzzle, you know, putting those together to build your case for your body on what are the keys to



unlocking your puzzle. This is another one of those pieces, you know, you could be doing all the right things and if you're not getting good quality sleep those you know, no longer amount longer duration of sleep, you know, consecutively that could be preventing our bodies from you know from shedding pounds. It could be stalling it may not necessarily promote weight gains in some people it definitely does but it could be stalling you from those pounds come off. So just keep that in mind and it's not, we don't say that to overwhelm you but to remind you that there's a lot of different pieces coming into play and we've got to look at the full picture. So I think that's a prime example, that study alone is a prime example on we can be doing all the right things and PFC in every 3 or way through the day, but if you're not sleeping, well, you know, we may not be seen that piece on lock.

Taylor: Yeah, and you know, you mentioned like eating all the right things and you know still having that or having that insulin resistance because of sleep and the other thing that can come into play is you can want to be eating all the right things. But because with lack of sleep your hormone ghrelin, so that's the one that tells you that you're hungry. So I always think of that one like growling like stomach growling ghrelin. That one is the one that tells you you're hungry go have something to eat and when we sleep less, that one increases so we have more of those hormones circulating and left in, which is kind of the opposing hormone of ghrelin. That's the one that tells you you're full. We have less of that circulating. So you feel hungrier and you don't feel as full as fast, as you do when you do have that adequate sleep. So, you know, it's like you can be really trying hard to eat the right things and want to be eating the right way, but your hormones are kind of working against you they are without that adequate answer.

Emily: Yeah, yeah. It's like with the good quality long duration of sleep, are hormones are going to do what they're supposed to do. You know, it's not always just about willpower and we say that a lot, you know, there's a lot of things coming into play. There are these things, these signals called hormones coming into play and we're not getting a quality sleep or not, kind of refreshing those hormones and getting those you know, we want that left in to be active throughout the day and it's normal for ghrelin to kind of maybe stimulated a little bit here and there, we're getting ready for our next meal or snack. We don't want that to be dominant all day long. You know, like Taylor said we get this in the balance of those two hormones. And so when we do get good quality sleep they're going to rebalance out and it's like our bodies are going to just do what it's supposed to do and we may not have to think as much about it, not to say it needs to be mine that is going to be mindless, but it's definitely going to feel a lot more natural to you know, kind of say, oh yeah, I'm satisfied, you know we're ready to eat.

Taylor: All right.



Emily: I was like sure. Well, no wonder you know, I'm feeling a little bit hungry. It's time to eat that stuff little bit of ghrelin kicking in but we want those to be leveled out. So that's that's a really good point.

Taylor: Yeah, and then you know, so you've got the insulin resistance piece. And you've got the ghrelin left in shifts and then you've also got the, your cognitive ability that shifts when we don't get enough sleep. So the next day you're, our cognitive thinking ability and that's the one that is responsible for making decisions and solving kind of problems or dilemmas. So when you think about making a decision around what you're eating, you know, maybe you're out to eat and there's you know, a really good-looking salad on the menu, but then there's also maybe a pizza on the menu, you know, that's a decision that you're having to make and our cognitive ability is reduced a little bit after that inadequate sleep so that could be kind of a third mechanism that plays when we're thinking about making choices around our food intake.

Emily: Yeah, really good, you know a lot of times we don't think about that our cognitive ability could be impaired to an extent you may think of maybe that happening more with maybe like a certain, you know certain substance like you know caffeine or alcohol or something like that. Lack of sleep can do the same thing. So really good point taking that angle as well, you know, so we touched on why it's important for Sleep. We've touched on some of the negative effects that can happen when we're not getting that good quality sleep and we also know that you want to know what are some of the things I can do to improve my quality of sleep give me the tips and the tricks give me all the things that are going to help me improve my sleep. So we want to spend the next, however long we need in today's class to talk about what are some things that you can be doing, you know, lifestyle things, food things, supplement things. All sorts of different angles were going to take on tips to promote better, more restful sleep, you get you to sleep, keeping you asleep. So let's dive into that a little bit Taylor. I know that you know, a lot of times we think about creating like a nice space for bedtime. We think of things maybe a bit more fragmented. So let's dive into let's dive into the light. So like light exposure technology. Let's talk a little bit about that because technology is everywhere in our world and it's, it just like bombards us from all angles all hours of the day. So let's first talk about that because it's so relevant right now to us.

Taylor: Yeah, yeah, let's do and I did want to mention so we had a question on Facebook. So I just wanted to acknowledge you Elizabeth. We see your question you're asking, Are there any other supplements to take that helpless sleep other than magnesium? and we are going to talk through some supplement recommendations in a few minutes as we talk about these lifestyle factors. So did just want to say we see you and we see your question and then we also had seen that Andrea you have a question on Facebook and so do you Krisha, so we are going to get to your questions and if you're watching live and you have a question of your own it can be



on sleep or it can be on something else, if it's not related to sleep that's totally okay to. We want to get your questions answered and we will Circle back to that kind of at the end and make sure we answer all your questions. So feel free to type those in the comments or the chat section if you're on Zoom as we're talking and we will definitely get around to them. So yeah, let's talk about kind of that light exposure and this is something that maybe you're familiar with and maybe you've never heard of before and this is something that can make a huge difference in one falling to sleep faster. And then number two really having that again that sound sleep. So not waking up throughout the night and having trouble falling back to sleep. So you might have heard of the concept of blue light exposure. So artificial blue light. That's what submitted by our screens so that could be your iPad, your Kindle, your phone, your TV, your computer. I mean, there's so many types of Technology out there now. So any technology that has a screen, that is going to be admitting blue light and what happens is blue light that triggers in our body, that triggers the daytime hormone production so like cortisol would be a daytime hormone and that blue light kind of artificially tells the body, Hey, you know to produce your daytime hormones when that's not what we want, especially right before bed. We want to be calming down and producing that melatonin because melatonin is the one that's that hormone that brain chemical, that makes your body ready for sleep and kind of increases your grogginess and your puts you, makes you ready to want to go to bed. So when we're on technology late at night and you know, you might, this might be a pattern for you. This might be something that you've created a habit around maybe you watch TV before bed or you know, really common when you know a scroll in the phone scrolling Instagram or Facebook or whatever and social media at that you're using or it could be that you're reading a book on your Kindle and you think, oh I'm reading so I'm relaxing but you're using that technology. So any of those things that have become some habit for you to do at night, it could be, you know, in bed or do you think could be if you're doing it like in the living room, you know we really recommend cutting off all electronics at least 1 hour before you want to fall asleep.

Emily: Ideally too, sometimes that's hard to do. One is you know, our recommendation.

Taylor: Yeah, and you know, I always like to say there's a good, better, best option, Right? So, you know, ideally, we cut them all off with that 2 hours before bedtime. We just cut everything off. Now, we acknowledge and totally understand and that's not always the case and you can't always do that. So there are some blue light blockers that are available. There are a few apps and then also some really cool goggles. So I don't have any of these myself. Do you Emily? that

Emily: I don't.

Taylor: I know.





Emily: I know so many times. It's like been added to my Amazon cart

Taylor: Yeah

Emily: and then for one reason or another like gets pushed back to my like save for later. I've never pulled the trigger on them. You know them. I know Cassie has a pair and I actually had some clients that I was working with a while back who a few of them had them, had the goggles as well.

Taylor: Yeah it could be a great idea. If it's, if you don't foresee in this season of life being able to cut off your electronics or if you're or you know, another situation would be if you are, have a partner in bed with you that watches TV late at night and they're not willing to just that regimen this could be something that you could do, you know, to your and they're essentially just goggles or glasses. I think I have seen some

Emily: Those are sunglasses

Taylor: Yeah, sunglasses that you wear and it filters out that blue light. So again, that would be kind of an option if you're not able to cut off all those Electronics all together.

Emily: Yeah, and I'll just add you know, it adds this amber tint that's kind of like the contrary color. I am, by no means an art person but I think like orange Amber is like opposing on the color wheel that could totally be off but basically don't quote me on the art factor of that but the Amber Tint in the goggles and then in another some other recommendations that we're going to make, that actually is what is the active filtering of the blue light. So it's like it blocks the admission of it coming into our body. So yeah being exposed to it. So, you know that amber tint if you want to try the glasses, go for it, by all means, you know, that could block all technology like Taylor said sitting in bed, maybe you're working on your laptop or your got the TV's on because of one reason or another or you're scrolling through your phone. So it can block all forms of light and if that, if you're not interested in getting the goggles or glasses, we should just call them glasses because goggles just feel sillier something before, you know Taylor if you're thinking well primarily maybe the phone is a factor for me. There are some really neat apps out there that you can get for both Androids and iPhones. There's also actual settings within the phone that you can activate to get that Amber filter, that amber tint on your phone. So one thing to look at for app wise would be, it's called flux that would actually be something that you would get on your computer. Of course, you can get it on] your phone to I believe, but that could actually be activated on your computer and it's gonna put a whole amber tint along there. So it's F, I believe it's F, you know dot Lux. Can you verify that? Okay.

Taylor: It is.





Emily: Yeah, so the flux app, I'm not an Android User but I do know that the Twilight app is the comparable one for Android phones. Twilight is what that one's called. So those are a couple of different apps that you can look into downloading onto your device to tint and block that. There's also on an iPhone. There's a whole set in your settings within the phone that you can turn on. If you can get to it from your actual like settings icon, but you can also just scroll up from the bottom of your phone and what it gives you that little light feature, that's you like hold it down and then you can actually turn on what's called night shift.

Taylor: Oh, I didn't realize you could get it that way by scrolling.

Emily: Let me step back. Okay, so I think you can. I site, I've had the night shift setting on my phone for a couple of years. I set it to turn on at 8 p.m. You can actually like the program it to just do what you want to do every single day. So I programmed it to come on at 8 p.m. And to turn off at 5 a.m. I can always go back in and adjust those settings. So I don't know if I can scroll up and activate like the ability to turn it on anytime because I've already activated like the permanent usage on, I don't know I guess

Taylor: okay. Yeah, great point.

Emily: If you do you should be able to just scroll up when it kind of gets some of those options and turn the knob regardless start with your settings, go to you know, and go to it that way but there's other ways. I'll turn it on to you know, earlier sometimes if I feel like I'm going to be going to bed earlier. I'll turn may be turned on at 7:00 so I can manually do that.

Taylor: Okay. Yeah

Emily: That's another option to filter out.

Taylor: Yeah, I use the night shift app on my phone to and I've just automatic, There's an automatic option too, where you just have it from sunrise to sunset or been set to spend rise. So it will shift based on you know, that the time that the Sun is setting and I missed that the sun is rising. So I've set mine that way and that tends to work really well for me and I did that probably a year ago and I've never adjusted it and it's something that it's interesting. If you've never done it before and immediately, you'll see a really big difference because it's the screen instead of having that kind of white or blue glow. It's going to be orange or Amber. But over time I don't really even notice it anymore. It's just something that it's very normal to me. I don't know if you still do Emily?



Emily: What's, when you do the setting like you have it on Sunset to Sunrise. And then like I said, I do mine at 8 p.m. To 5 a.m. It gradually adjust so you hardly, like if you're on your phone at 8:00, from you at 8 p.m. It'll just like over the course of about 1 minute from 8:00 to 8:01. It'll gradually happen and I'll notice it to an extent. I kind of see the ship cabin. But so gradually I don't like think about it anymore. So whereas if you just like set it manually like one time, I think you probably see that Stark color shift a little bit more, but you'll get used to it super fast.

Taylor: Yeah, miss you.

Emily: Yeah, and then, you know long with that to you know, we talk a lot about light exposure Taylor had mentioned, you know, if you are maybe like your partner is watching TV late at night or there, you know using their phone that can be emitted, you know, perhaps, you know, the Amber goggles are going to do a glasses are going to be a good fit for you. You may have to just leave the room. Let's say, you know winding down at the end of the evening, you know, you would be sitting in the living room with your family and the TV's on but you know, you're going to going to bed in about an hour. You might have to just leave that room actually pull yourself out of that room, you know, if there's, if it's just being pounded in your face and maybe finish a couple things in the kitchen or you know head and just wind down in your bed or you know, some other actually leaving the room or just cutting out your scrolling, you know, that's very common for us to do that before bed to just be almost like a Mindless scroller and maybe you know, maybe you put the app on a different page on your phone and it's only for daytime use or you have like a window of time during the day that you are scrolling and you know, so we actually like removing yourself from the situation, you know, if you feel like maybe there's a deeper issue with that too, though. The Mindless grilling can do a lot to our brain that we don't realize either in addition to like that melatonin blocking. So I think it would be beneficial for lots of reasons. So that's another you know thing to think about is just how can I disconnect completely. Some people leave their phone downstairs or they turn it off until they wake up in the morning or maybe they go grab it. Like I was talking with a couple family members recently and my sister was like, oh, yeah. I just turn my phone off like she doesn't use it as her alarm. So she doesn't need it on and then my dad was telling me that he just leaves it in a whole different part of his house. And so, you know, there's lots of things that we can do to reduce our exposure.

Taylor: Yeah, and that reminded me, I was talking to someone recently who has a timer stuck in the outlet where she has her Wi-Fi hooked up. So at a certain time of day, so let's say 8:00 p.m. That timer goes off. So the Wi-Fi bo-, yeah the Wi-Fi box is no longer getting that signal. So it's what it's done is its kind of created, you know, sometimes scrolling can be so just normal are so easy to do.



Emily: Wow.

Taylor: Yeah, and what that's done is it's created like a very hard stop for her like an 8 p.m. It's like, oh, well, my internet is gone actually have to get up to go turn it back on if I want to get on it. So it creates more of a conscious effort versus just that kind of subconscious or unconscious like scrolling.

Emily: Really good tip. Wow. I don't even know that existed and talk about discipline for that person. That's super cool.

Taylor: Right? Yeah.

Emily: Out there we challenge you to challenge myself to do something like that.

Taylor: Right, right. I know I think I need I think I need to bring that into my life too. So kind of opposite of this. So the blue light like we said, it really causes the body to produce that cortisol. Now one thing that you can do during the day to help set up your circadian rhythm is getting more sunlight during that first part of the day. So what that does is, it does the same thing that the blue, reducing the blue light does it helps to regulate our sleep/wake cycle. So that your body knows. Okay. I've got you know, I'm standing outside in the sunlight and it really knows when to produce that cortisol and when to decrease production of cortisol and when to ramp up production of melatonin at night, so daylight hours during the day actually can affect going to sleep and getting better sleep later that night.

Emily: Yeah. I love that. It's almost like taking a step back a little bit. I mean like okay, we're dealing with evening time. But how can we also deal with the daytime? So light wise, I think that's really neat, along those same, well, it kind of on a different lines will kind of shift gears to basic light exposure, you know, the good light and the bad light and shift to some other lifestyle factors that you can be looking at and kind of evaluating in your own life. We're going to get you know, we give a lot of different tips and some might be relevant to you and others may not be an issue for you. So, you know, that's where it's about building your own casing in your puzzle. So one other thing to look at would be caffeine intake. We talked quite a bit around here about having a caffeine cutoff time. We talked about a little while ago at technology cutoff time of one hour and ideally two hours if possible and the same would be true for caffeine. We have a little bit of a different cut off time because it's everyone's a little bit different on how they deal with caffeine, some are very sensitive to it. And so a cutoff time might be noon or maybe even after their first cup of coffee of the day. Maybe it's one and done kind of thing, while for other people, it might be 2 in the afternoon, maybe 4 in the afternoon because caffeine it's got a half-life of about 5 to 6 hours, which means you know, let's say you took in 80 milligrams of caffeine in a



cup of coffee. That's generally what like a small cup 8 to 12 ounce cup of coffee would have 80 milligrams of caffeine. So in 5 to 6 hours, you're still going to have about 40 milligrams of caffeine in your body. So think about that it's going to be lasting in your body for a while. And like we said, some people are sensitive to caffeine where even a very small amount of caffeine maybe 10 milligrams of caffeine is really going to inhibit your ability to fall asleep at the end of the night. So play around with that a little bit. Some people have figured out there cutoff time. Some people honestly might not be able to do much caffeine period they might just be really sensitive to it and even a cup of coffee in the morning could affect their sleep time. I seen that to be true with clients I've worked with. So know what works for you and and tight a hold to that cutoff time as much as possible. You might ask, what about decaf? You don't decaf coffee? Typically we think of the lack of caffeine and that's true to an extent. There usually is some trace of caffeine even in decaf right the filtration process. Sometimes there's some residual caffeine that if you are super sensitive to it, it could cause an issue or if you think I'm gonna have a cup of decaf coffee in the evening time thinking it's not going to be a big deal. It could be even that small trace amount could be affecting your sleep. So just keep that in mind or anything else that has caffeine for that matter. Some people are drinking matcha tea, matcha lattes are kind of the new craze. That doesn't caffeine. Antioxidant Rich, you know this benefit to it no doubt, but just know that even taking that in and in the late in the day could be affecting you. Chocolate, another one of those common ones that we think about, you know, we talked about dark chocolate fitting into PFC lifestyle people ask us about that. And we even talked about a potentially being you know, a bedtime snack option if that's something that you like really don't want to give up. You know, how does it fit in? We've answered those kind of questions before. For one person. They might tolerate it fine. And for the next person the small trace of caffeine in chocolate could be a inhibitor to restful sleep.

Taylor: Yeah.

Emily: Keep that in mind too.

Taylor: And I would say too, you know, I often hear people say they don't feel like caffeine affects them and when you cut it out, you know for a period of time maybe try that and see if you feel like you sleep more soundly and wake up more rested because often what happens is we've become used to doing something and we don't feel like it's affecting us and it really can be and you know, we'd love to talk about having your coffee with heavy cream or you know, Emily mentioned like the different caffeine amounts in coffee versus decaf coffee versus tea. And if you're getting, you know, a larger than venti Starbucks or you have some shots of espresso in there, I mean your caffeine consumption has skyrocketed. So definitely it could be worth if sleep is something that is troublesome for you. You're having trouble falling asleep, having trouble staying asleep or if you're waking up and not feeling rested, I would definitely



recommend maybe checking in on caffeine and maybe trying a few days without it and see how you do.

Emily: Good point. Sometimes we think, yeah, I'm fine when in reality maybe were used to that normal. Were used to what's happening in our body. We think that's normal, but it's really not that normal. So really good point. Another thing to think about when we're talking about promoting restful sleep, just getting the lacks getting just in this state of restfulness is creating and trying to make it a habit of making a bedtime routine, you know, actually, you know, we were talking recently, Taylor and I, were talking recently about this and she made this really interesting comment. You could say yourself or I'll just say because I thought it was really interesting. You're really just big babies, babies survive it again. I'm going back to the baby thing because I have a baby right now. And so it's just like, in my life, all the time, babies Thrive off routine. Oh my goodness. They throw at routine, a bedtime routine. I'm trying to do the same thing for nap time. And that's something I'm working on right now with my daughter and it so I was like, you know, that's that's so true that babies love routine. Well all humans, all people, you know adults, children, you know to talk about the development of children, been really beneficial you know, we're like, we're just like big babies. We all need routine. And so creating just a good like daily day in and day out routine. It doesn't have to be hours long. It might just be humble. You know, maybe you're taking a shower you sit down and you read for 15 minutes, you know light out maybe your journaling a little bit, you know writing down things are thankful for, prayers, you know, whatever you want your routine to be, trying to build that and holding to it as much as you can night after night because your body will then almost be programmed to, you because we often, are like creatures of habit where we want the same thing. Your body's going to thrive when it's in that routine. That's not always be the case. You know, we're gonna be, we might go on vacation. We might, you know, be in our home all the time, or maybe you're at a friend's house late or vice versa somebody at your house. So again, it may not always be able to hold true, but as much as you can, trying to stick to that. Your body will thank you, your body will prepare it'll, your mind will actually start preparing for Sleep bike, starting to go through those same habits.

Taylor: Right. And one thing that I've seen commonly is, if we can have the same, going to bed at the same time, that can make a big difference to so I don't know if you've ever experienced this but I've experienced it where I could try to push myself past my normal bedtime and then, you know, maybe I love to read at night. That's kind of something that relaxes me. So maybe I'm in do a really good book and I just want to keep going, often what'll happen is I'll get like a second wind if I push myself past what my normal bedtime is. So I've seen just personally that it makes so much more sense. If I keep that bedtime time like the actual time of day that I'm doing that consistent that I feel much better when I wake up the next day, even if I get the same amount of sleep, but it's at a different time of the night. I've noticed a shift there.



Emily: Interesting.

Taylor: Yeah, and then one other thing I wanted to kind of tie into the bedtime routine, you know, we talk a lot about movement and how exercise and working out is a really important piece of living a really healthy vital lifestyle. So one thing that I've seen with clients and I think Emily, you know, you've seen, you've definitely seen this with clients before to, is that if you are working out really close to your bedtime that you might get a little too energized you might be finding yourself a little too ramped up right after your exercise to fall asleep. So what's happening they're kind of coming back to those hormones is your workout gives you a surge, of cortisol and that can directly block your melatonin production. So, you know if evenings are your only option for working out, you know, definitely still do it. We still recommend, you know, getting some of that movement in and in that scenario, you might just want to have a longer cool down. So maybe you do, your, you know, your weight training or your high intensity interval training and then for about 15 to 20 minutes, maybe you do some yoga stretches and some deep breathing and then maybe move into a few minutes of meditation to really bring that cortisol back down. So I wanted to bring that in because you know creating that bedtime routine for you right now, that might include a workout so that might be something you want to adjust again by adding some longer cool down at the end or if you're able to shift the time of your workout to earlier in the day or at least your workout is a little bit more high intensity, maybe move those too earlier in the day then that could be an option too.

Emily: Cap, that I think, that's really good because I've worked with, I remember one client in particular, it was a male actually and he's like, you know, that's the only time of day that I had, you know, he's a dad and he's, works during the day and there's a lot going on and there's not a lot of extra margin in his day to fit things in and so, that was his time to be able to do some of his workouts and so we talked about ways to actually still do that while promoting the most restful sleep possible and it did include some of those just kind of winding down things or being careful about not pushing his body too much to the limit where it's just gonna cause cortisol to be active for too long and preventing him from falling asleep. So definitely relevant and important to note. I was also thinking of one more thing when we were talking about bedtime routine and it kind of goes along those same lines, but just creating a space where your body and where you want to be in, particularly in your room. Make it a sanctuary. You don't have, sometimes people like to like have your, make the bed in the morning and then like, you know, pull the comforter and the sheets down and it's like you're you getting into your restful state by doing that and tucking into you know, fresh sheets, you know, put on lines on your windows or blackout curtains, shades, things like that that are going to block all the extra light dim your lights. Maybe if you have to do a couple things in your bedroom before you go to sleep, turn on a night light instead of having the big overhead light on, you know, create this Sanctuary space try to, you know, make your bed only for sleeping and you're not working in your bed or you





know spending all day, you know watching Netflix, you know or whatever. It might be just use it for sleeping, your body will recognize that and do as much as you can to create this relaxing environment, you know, maybe your diffusing some essential oils or you're sleeping with a weighted blanket. Those are kind of a trend right now for good reason, you know, they really help, I don't know, all the science behind them. But I've, you know, I've done some reading on the fact that those weighted blanket can be really beneficial for people. So do what you need to do to create because your create this restful space because your body will associate sleep with that routine and a sanctuary type of environment.

Taylor: Yeah. Yeah great, great point and I think that bringing the work into your bed, that's something that maybe there's something that you haven't thought about is really interfering with your sleep because maybe you're doing it during the day. You know, but that that still sets up that Association in your mind that your bed is a place for you can work and then when it comes around to being night and you're trying to fall asleep, you can have those racing thoughts and be thinking about an email you need to send so anything that you can do to set up kind of that sanctuary in your bedroom for Sleep goes a long way.

Emily: Definitely, you know where dietitians and so we talk about food. So we talked a lot about non-food related things so far. So we thought we'd hit the food component a little bit. The snacks, food before bed. Do you do it ,do you not? do you know there's one moment you turn and then the research or the news is saying eat before bed and then the next, you know, Yahoo thing that pops up or see anything that's pops up don't eat before bed, you know, so there's, they're always back and forth. You know, we talk a lot about food is what we do. We love talking about food. So our stance on sleep, preparing for sleep and creating the most restful sleep is to eat something before bed. We want to stabilize our blood sugar levels. And if you've been around rule breakers for any amount of time, you know, this may or may not be a new thing for you. You probably heard us talk about that and in the event that it's new, you know, we talk a lot about because we are firm Believers that we want blood sugar regulation. We want our energy levels to be stable, that our blood sugar levels to be stable and when they're not a lot of habit can be happening. So by having a bedtime snack a couple of hours after dinner, let's say dinners around, you know, maybe between 5:00 and 7:00 in the evening and maybe bedtimes between 9 and 11 depending on your schedule maybe 9 or 10, you know, when it gets a little too late then we're messing with our normal circadian rhythm a little. You know, so that's when you'd have your bedtime snack 3 to 4 hours after you've had a dinner and that's to you know, when after your meal, after dinner. You know, we're, our blood sugar levels are up here. And as time goes on throughout the evening, you know, you might be helping the kids with homework or maybe you're doing some chores, housework. Maybe you're running some errands or meeting up with a friend, whatever it might be in the evening time, our blood sugar levels start dropping, dropping and when we're getting ready to go to bed, we're kind of at a low. We're our





bodies kind of like, I'm getting a little bit hungry, but you're not supposed to eat before bed. You know, that we want to bring that back up because we're just going to keep dropping throughout the night and we and then it's going to disrupt our overnight and then we're not going to be in as restful sleep. We're not going to hit that consecutive 8 hours of constant sleep, you know, we're going to be up and down a little bit because our blood sugar levels are going to be going to fluctuate. So bring those levels back up enough to be stable throughout the night. So typically, we're looking at a fat in a carb primarily. So, you know healthy fat, carb, normal snack portion is totally adequate. That's what we're looking at. It doesn't have to be a big full meal but a snack portion. So some examples that the things that we really like would be, like to do like carrots and celery sticks maybe dip that in some peanut butter or almond butter. So you've got your vegetables for the carb, almond or peanut butter for your fat. I also if we're talking vegetables. I also like to sometimes saute sweet potatoes, cubes sweet potatoes in coconut oil or butter, maybe add some cinnamon to that. You know, that might be if you are gearing up for a little bit more of all an elaborate bedtime snack, but if you just want something simple, you know, maybe throw some berries with some coconut milk or some heavy cream, you can whip it, you know, to more like a whipped type of cream. If you have the time and the energy to do that, you might also, one other thing I was thinking of that's simple for a lot of people it's just a half of a banana and maybe just a handful of nuts. You know, it's just two things you can grab real quick so you can make it really simple. So think about some of those combinations of fat and carb that you can have before you go to bed to bring your blood sugar levels back to a stable level and promote more restful sleep. So you're not up in the middle of the night starving.

Taylor: Yeah and along that food topic, you know, we hear a lot people say that they use alcohol to help them fall asleep. And that they use, you know, maybe a glass of wine a night and that helps them calm down or relax from the end of the day. And the issue with alcohol, is that it might help you fall asleep but it does not promote quality sleep. So it does interfere with that sound sleep that we're talking about. That's so important. And what happens is the body, the liver specifically has to work on processing that alcohol and we don't want the liver to have to be processing alcohol over the, overnight so that can be enough to wake some people up. It can also, a negatively affect your sleep because it affects your blood sugar level. So for some clients will see that with alcohol. You'll have an immediate drop in your blood sugar when you're consuming it and then in others, you can get a little bit of a spike in your blood sugar without call and then an immediate crash. So in that crash portion when your blood sugar drops, that's what wakes you up. So that's you know, the reason that we recommend a bedtime snack so that your blood sugar crash doesn't wake you up and then that's also the reason that we recommend not having alcohol so close to bedtime because it can wake you up as your blood sugar crashes. So, you know, we, we've talked on here before about that alcohol can definitely fit into the PFC approached it, you know, as a sustainable way to, there is a sustainable way to incorporate it and what our recommendation is to have alcohol earlier in the evening. So preferably with your



meal because then you're having that protein in that fat to help balance out that sugar, that's coming from the alcohol so it's not going to affect your blood sugar level nearly as much. So ideally you would have it with dinner, you know, if you were having it with a bedtime snack, you know having it with a source of healthy fat that would help but ideally you're having it a little bit earlier so that it doesn't affect your sleep right after that bedtime snack.

Emily: So, you know, if you're thinking I like to have a liquid or like something to drink before bed and in like Taylor said perhaps alcohol was a go to or a kind of that what you felt like was that wind down mechanism and maybe you just you want to be drinking something other than just regular plain water before you go to bed along with your bedtime snack, here, you know, we wanted to give just a couple of ideas of some other types of beverages that you could have as a go-to for you that are going to actually promote good restful sleep. It's just going to be another added kind of, you know, added piece to your bedtime snack. So a couple things to think about obviously like a sleepy time tea, a lot of you know and most stores, you know, you can go to the tea section and see sleepy time tea or bedtime tea or you know, chamomiles kind of Hallmark for kind of relaxing restfulness. So you could definitely make some hot tea and if you wanted tea to be incorporated into your bedtime snack, you could throw some coconut oil in there and then just pair it with a carb on the side and that could those two together could be a good fat and carb combo and then also, you know long with tea another warm beverage if you like not really feeling tea, but I want something warm and soothing especially as fall and winter right around the corner and for most of us this time of year, maybe some will and won't get quite as cool, quite as fast but some places the country but bone broth is another one. We love bone broth for the, for many different reasons. It's very gut healing it's, you know, very restorative to our tissue in our body, to our skin and our integrity of our hair, nails and all those different things that bone broth is beneficial for, it also contains a high amount of glycine which is an amino acid that promotes restfulness. So, you know, it's going to actually directly caused some of that relaxation because of the amino acid profile that's within bone broth specifically the collagen, the gelatin that's in there that, all together along with the amino acids is a great makeup for restfulness and promoting relaxation. So bone broth would be another one, before actually, before we hopped on here Taylor was just telling me about a new kind of like alternative to hot cocoa that she likes to drink. So tell us a little bit about that.

Taylor: Oh yeah. So I love the Four Sigmatic brand. I don't know if you guys have heard of that one day. They have mushroom cheese. So it's kind of a trendy thing right now and they have a mushroom hot cocoa. So it's got hot cacao powder and a mushroom extract and I think it's got a little bit of, I think it's sweetened with stevia and it, to me, it just tastes like a hot chocolate. So that's kind of fun at night. Another one, I saw someone posted on Facebook, which is a really good idea is steaming some coconut milk and putting some espresso fruits and greens in the coconut milk or even, you could even just do hot water and mix them fruits and greens espresso



or chocolate or whatever your favorite flavor is into that hot water. That would be kind of a soothing beverage as well.

Emily: Definitely and even the camera, not sure if you've mentioned this but just water and lemon, you know warm water, that's also just kind of soothing or if you're an essential oils person, I know some people will just drop make sure that it's, I guess your oils like the type of grade that is good for oral consumption but you know, like lemon or an orange kind of chamomile type of oil could go in there as well, just a couple of drops into your hot water and kind of create just a really basic lemon tea if you will.

Taylor: Yeah, and I'm just putting some of the links here for examples.

Emily: That's great. So those you know, so that's kind of the food component, beverages, ones that we would recommend, ones that wouldn't necessarily, you know, and it's kind of shifting gears again a little bit away from food more towards lifestyle changes would be kind of just taking a step back in evaluating your commitments, you know, you work outside the home, you have your kids, you know, going from one thing to the next. Are you involved in extracurricular like volunteer things? How many happy hours are you going to? What other commitments are you making in this season of life? We're being pulled in so many different directions and we addressed some of this in our stress Master Class. If you haven't seen that definitely try to catch that at some point and go re-watch the stress one. We talk, you know along, you know kind of more in this regard in that class, but think about all the things that are on your plate and the things that are buying for your time and attention and evaluate. Okay astronauts, I'm getting a little bit of a background noise. I was getting some feedback too. I think it was on our Facebook live. It was

Emily: Okay, okay.

Taylor: It was talking to us

Emily: It threw me for a loop for a second. Sorry about that. So think about okay, Is there something that I'm doing now, you know, maybe you are working on something you really want to finish it tonight, but it's going to interfere with your stress level it might interfere with your, you know, sleep that the time your routine, the time that you're going to bed. Maybe you can just shut it down or close, whether it's a physical close in the door or just kind of closing your mind to whatever you might be working on and say okay I'm going to work on it tomorrow or I'm going to finish that this weekend kind of shelve it and come back to it. That's if it's like a something that's you know, something tangible that you're working on or if it's something that you're saying, if your saying yes to a lot of things, you know saying saying yes to things, we want to commit to



things, we want to help out, volunteer, you know take on the extra thing for that promotion at work, you know, all these different things we want to say yes to and sometimes our best yes is going to be, we can say better yeses to other things when we're saying no to a couple of other things. So be strategic with what you're saying yes and what you're saying no to when it comes to commitment levels as we don't want it to affect. We don't want it to affect our health in the long run. So really take a step back and evaluate. Is there something that I can minimize right now or something that I can put on hold for a while. It may not be saying goodbye to it forever. But perhaps it's stepping back in this season for you to focus on building a bedtime routine. Maybe it's you know, it can be hard things like kids and extracurriculars sometimes like sporting events go till 10 o'clock at night or 9 o'clock at night, and you know, here and there, it might be okay but if it's a every Tuesday, Thursday or something where your, it's messing with your bedtime routine you maybe, as a family you have to decide. Okay, what is the best step moving forward on XYZ? So again takes, it might take a little bit more inner spect, introspective type of mentality but and be true to yourself too if you know it kind of that in your heart. I'm giving too much or I am saying yes to too many things. I need to rein it in then we challenge you to take the steps to rein that in.

Taylor: Yeah, and I think that kind of ties in as well to Trish's question. So Tricia said I have a daughter who is 16 and she sleeps terrible. We have tried many different ideas melatonin meditation supplements Etc. If you have any additional ideas, that would be awesome. Thank you. So, we did touch on a lot of additional ideas for you today Trisha and particularly with a 16 year old, you know, I know technology and phones are really important to them. So that one, I would say that blue light exposure getting her room as dark as you can getting all the electronics out of her room, that would be a big thing. I think for her, especially at that age and then I would also say what Emily just touched on, you know, if she has a too much going on in her life and there's not enough time to really have a bedtime routine and wind down, that might be something you guys want to address, you and your daughter Tricia.

Emily: Good point. Yeah, I'm glad you called that out.

Taylor: Yeah, and so we did have a question on supplements and so we did want to tie those in and the supplements that we see work best for our clients and Elizabeth asked this on the Facebook live and are there any other supplements to take that help with sleep other than magnesium? So I did want to touch on magnesium first. So pure magnesium is our first line of defense when we think about helping you not only fall asleep, but stay asleep. So magnesium is that natural muscle relaxer, it is that mineral that's going to get in and help your muscles relax and be prepared for sleep. So if you're thinking, looking at for a dosage, we would recommend starting around three to four tablets about 30 minutes before bed. So you could take that with your bedtime snack and that would be a good place to start. Now after three to four days of that,



if you feel like you still need more support, you can go ahead and increase by about one tablet every night until you see significant Improvement. Now with magnesium, the only side effect, kind of negative side effect we see is you could get loose stools from that. So one thing that you can do is you can space out your magnesium consumption. So, you know, let's say you get up to for about 30 minutes before bed and you feel like you need a little bit more help then add in your additional dose, maybe add that in at dinner. So spreading that out a little bit, it's going to help with the absorption so that you don't see that effect on your GI tracts. So it, you know, the Magnesium, it really just relaxes the GI tract and your bowels and that's why you can see the loose stools as a symptom. Now another thing you can do if you find that, you know more than 400 milligrams just doesn't work for you. What you can do is get the topical magnesium and use that, rub that into your shoulders, your neck or your calves and your hamstrings, you know, wherever you're feeling a little bit of tension and that will be absorbed through a different way than the tablets. So that's absorbed through the skin. So you're bypassing, you're not going the GI through the GI tract so you don't have that loose stool effect. So if this is you, you know, I would recommend, you know, taking the tablets and having the gel on hand as well to be able to get that effect, that relaxing of the muscles without the loose stools.

Emily: Yeah, and that's, I was just going to speak to needs of magnesium. They obviously, very because everything varies from person to person and if you are somebody who would benefit from taking both, you know, the tablets and the gel you know, you might be in that camp. If you're dealing with a lot of stress. Stress directly depletes our body of magnesium. We just blow through magnesium when we're stressed out, exceptionally stressed out or just have a really full plate and we're thinking about it constantly. We're using up magnesium so fast, there's other reasons why we would go through magnesium quicker. Perhaps really ramped up physical activity level. So if you're doing a lot of really hard work outs and a lot of them in a row, your body's using magnesium for Muscle Recovery and your Rejuvenation of the muscular system. And so, you know, supplementing additionally on top of maybe what you'd normally, is going to be really important. And again, we spoke to this in the stress Master Class when it came to magnesium needs heightening, for one reason or another pregnancy can be another one for necessary increase in magnesium. I was something that I personally experienced and I needed to use more magnesium than normal, significantly more, almost double as well as the topical on onto my skin. I use that from time to time because charley horses are very common and pregnancy and so, you know needs can be greater and so your intake of magnesium may have been flow depending on the season of like that you're in, so keep that in mind as well. Right.

Taylor: Right.

Emily: Magnesium.



Taylor: Yeah and then along the same lines so, you know Elizabeth asked Beyond magnesium, what else can be helpful. So Mayo Calm pm, that's another one that I know you use quite often with clients Emily, like why, you know, why would someone take that to help with sleep? What would, what symptoms could they be experiencing as to why they would want to take Mayo Calm pm plus their magnesium.

Emily: Yeah. That's a good question. So just to kind of bring everyone up to speed on what mayo calm is? What's in mayo calm? We've got magnesium, so magnesium's in there. It's in there, another slightly smaller quantity than like one tablet of pure magnesium. I believe it's 50 milligrams of magnesium is what you're going to get per tablet. So about half, it's also going to contain some calcium as well and those two being absorbed in the body together is important, calcium magnesium. So then a complex together and then what kind of sets the mayo calm, you know, I'm just kind of, we call them mayo calm p.m. It just, we just changed the, not we but the company changed the name to mayo calm plus, I think. So I believe we are kind of mayo calm pm or not, but the name changed in the recent last couple of months, I believe so. She called mayo calm plus, I didn't want anyone to be confused. Looks like Daniel is linking to mayo calm plus.

Taylor: Oh good.

Emily: So I can't refuse you go on our website and you're seeing different things mayo calm plus. It just popped into my head, but it's what sets that one apart from just regular magnesium is, it's got a complex of different relaxing herbs, things like valerian root. It's got lemon balm, passionflower, these are some herbs that particularly help with relaxation in the body, different than like muscle relaxation. So it's going to help relax our mind and our brain and more than maybe just a physicalness. It's going to kind of relax, some of that emotional state, that mental state. So sometimes you know when I'm working with somebody, we know there's a greater need for supplementation. You know, Elizabeth would be, you know prime example asking, is there something besides magnesium? Maybe you've adjusted your dose of that quite a bit and you feel like it's just not cutting it or you could be at your threshold and you're seeing really loose stools, you know, you need more assistance, but you're, you know seen maybe some of that diarrhea like symptoms and you know, definitely take Taylor's recommendation on space in it out that can really help but another thing you could try is to kind of scale back the Magnesium dose to what your body can handle and then adding in the mayo calm on top of magnesium. Typically, I would recommend taking those synergistically, you know doing a dose of magnesium and then also adding in the mayo calm plus, to add another kind of component of relaxation, kind of that full body for mind body, spirit kind of relaxation from the herbs, specifically is kind of what sets that one apart.





Taylor: Yeah, and I wanted to bring in another supplement Andrea asked on Facebook, her comment was I need this since I started a new job. My mind is packed full of new things to think about. I'm having so much trouble falling asleep as a result. I wake up so tired because I didn't get as much sleep as usual. So when we, when we've got changes, new job, you know, it could be anything, fill in the blank for what's going on with you. But train core, that is one that I would recommend. If you feel like you're having trouble falling asleep due to a racing mind, you know not being able to turn off your brain, some anxiety, some nervousness drink or what it does, is it promotes the bodies production of Gaba and Gaba is one of those brain chemicals, those neurotransmitters that help you feel relaxed and calm and ready for bed. So this is definitely one that you could take for a season of life. So Andrea, you know while you're kind of wrapping your head around all of these changes and your new job taking this before bed could be a good way to really calm your racing mind down if it's not too much physical in terms of needing the Magnesium to relax your muscles. That's where I think train core would come in. A good general recommendation for that would be to take 2 of those about 30 minutes before bed. You can go all the way up to taking, you can take more of those if you're taking it during the day, if you're taking it during the day to kind of calm the mind and calm your anxiousness, you can take one at a time during the day and then excuse me, I think I said 2 before bed but really 3 before bed is is a better recommendation for that train core

Emily: And I'll speak to the dosage. I forgot to mention the dosage for mayo calm plus, generally 3 would be a good substantial amount to add in to supplement along with magnesium. So I just wanted to mention that quick and then to speak to to train core because it does produce such a nice tranquil, tranquility. It produces a lot of that in our body, you know certainly can be beneficial during the day. I worked with clients where one client wasn't able to handle it during the day. She felt too relaxed. This really feels like a bad thing, but she couldn't really function enough for it to be beneficial. It was almost just, it was just too much for her. So even 1 during the day was too much we just focus on bedtime and taking it bond, kind of stop the racing brain and that I've had other clients I've worked with where 1 is perfect maybe 1:00 in the morning, perhaps 1 at lunchtime but spacing them out so you're not getting too much of that at once because it will promote Tranquility in your body. It's highly effective. So just keep that in mind and if 3 before bed feels like it's too much scale about that's okay, you know Taylor originally mentioned too, perhaps 2 be your sweet spot. So do know that, like everything, our bodies respond just a slightly different to things, everyone responds just a little bit different. So I think we hit the all the dosages for those so far, right Taylor?

Taylor: Yes.

Emily: Okay





Taylor: And then the last one that we would want to mention is melatonin. So melatonin is not necessarily our first line of defense. It is beneficial though. If you are someone that has trouble with the falling asleep process. Now if you have trouble maintaining sound sleep, melatonin is not really going to help with that. But if you kind of lay in bed and wish you could go to sleep and have trouble getting their then melatonin could be beneficial so that the Melatonin that we recommend, it's 3 milligrams would be kind of, where you would want to start that would just be one tablet and you could bump up to 2 tablets, but I would definitely recommend starting with the conservative dose at one tablet of that 3 milligrams of melatonin when you're ready to go to bed.

Emily: Yeah. Yeah, and that's, you know, essentially going to help produce that melatonin in the body. We've talked a lot about what melatonin does and why it's important before bed and how its contrary or opposite to cortisol. So it's going to help produce that melatonin the body, you know, it's just like it sounds and I know that was you know, that was something that I think Trisha had mentioned that her daughter has tried. So what I've noticed and work with clients and Taylor, I'm sure has noticed this as well quality of melatonin is everything. There is some really not good quality melatonin out there. I've heard of several clients who have taken melatonin previously to working with us either worked for a little bit and then stopped working or didn't really have that much of an effect wasn't really that beneficial. They kind of just, you know, ruled it out not working for me. Try another kind, try a quality. You know, we talk about supplements to talk a lot about pharmaceutical grade, that high-grade, physician grade supplements for good reason because those are ones that are tested, their batch tested regularly the third-party tested, their tested for quality and potency and actual ingredients that are in there, is what the label says, you know, we talked about the importance of that. It rings true for all supplements, especially melatonin, so perhaps you know, if that's another area you want to revisit, that could be beneficial perhaps trying a different kind. So there's a melatonin Pro in our store that you could get your hands on.

Taylor: Yeah, great, great point and Daniel has linked all of those supplements that we just discussed here for you on the thread. So check any of those out that. They kind of resonate with you and all of those, none of those counteract each other. So I think Emily mentioned you can use them synergistically depending on the symptoms that you have. So kind of you can judge that you know, which one you want to try based on any of those that resonated with you.

Emily: That's a good point. We're kind of wrapping up here and I wanted to close with one other tip, you know, perhaps you're watching this, maybe watch it live. Maybe you're going to catch the replay later or maybe you're not watching it live because you thought my sleep is fine. Like I'm sleeping good. I don't need to watch that Master Class. Yeah. I might catch it later. Maybe I



won't. You know, you have the ability to do whatever you want. You might think that your sleep is fine and it might be fine. You might be getting good restful sleep that might not be a factor or you in preventing your ability to lose weight or could be so, you know, like I said, you might be thinking, man fine, but how do you really know until you perhaps track it. I found an app, I was, I think somebody told me that an app a couple of years ago. Now that will actually work to track your sleep patterns all night long and I found it to be really really informative for myself as well as for a ton of clients that I work with. So whenever we're curious about sleep, I might bring up the topic of sleep and climb them working with Mike just roll it out. Like, you know, I think my sleep is good. Let's move on to the next topic. You know with respect, I say you don't, let's just try tracking your sleep. We don't know what happens in the middle of the night when were sleeping. We don't know if we're in a deep sleep, you know, if you're waking up and you remember it, of course you know, okay woke up, but sometimes we wake up, we don't remember it or you know, we're not actually entering a really deep sleep but we don't realize that. We might be getting 8 hours of sleep or you know, maybe you're like, I feel like something's wrong with my sleep, but I'm just not sure what it is. Tracking it can also be beneficial. You might be getting 8 hours of sleep and waking up exhausted still, you know, if you're doing that consistently, bingo! Like there's something going on there that we need to look at deeper. So track and see can be really beneficial. There's a nap like I was saying called Sleep Cycle it has, I think it's on Android as well, but on the iPhone, it's a little orange icon with like a little alarm clock on it. And it essentially it works with your sleep patterns. You do have to keep it near your body it. I'm not sure if it sinks with like a Fitbit. I don't I haven't ever tried to do anything like that. So perhaps there's that feature you can unlock but basically kind of set it face down close to, you know, close to somewhere in your room, maybe your nightstand or something like that and you just turn it on, you activate it and it's going to take your breathing and track your sleep all night long to the hour. So when you wake up in the morning, you'll be able to see a pattern of how your sleep has been each hour that you were asleep. So you'll kind of see it a like graph it on a chart. I'm like, a graph for you, but there's a lot of really cool features to the app. So that's one thing. So you can see when you were in a more of a lighter sleep when you are in a deeper sleep, you know, we kind of go up and down with our REM cycle naturally and our bodies know how to just, you know, keep sleeping through a lighter sleep or perhaps something woke us up, but we don't remember it. I can fall back right back asleep. So you can kind of see when you're in deeper parts of sleep and lighter sleep cycles and you can also see what your sleep quality is. So it takes all that information and it creates a percentage for you. So Daniel just confirmed it is called Sleep Cycle. Yeah, sleep cycle. I've never been to their website. So I'm assuming that that's the website. I only know it as an app. So, maybe I don't know if you want to double check on that Taylor while I'm talking. Enough in another neat thing is that it takes a percentage. So it's going to give you an overall percentage of how well you slept that night. Ffor myself, I always tried to aim for like 80% or above, there was some nights where I was clocking in at like 52 percent or 65% I'm like, oh my goodness. You know, how did my sleep why is my sleep so low,



you know what I was seeing that from clients too of, you know, I remember one in particular while ago a few years ago, and she was like, I think I sleep fine, you know, then we start tracking it, she's like, I'm only averaging like 70% sleep quality. Like I want to improve that so, that we really worked on it and we saw so many benefits particularly with cognitive function the next day and that's that's something personally that I noticed when I'm not getting us going to sleep quality percentage if I know that percentage was lower. I might notice it the next day. I might be a lot more tired before my normal bedtime the next night or you know, what I'm trying to do work. I'm not you know, maybe as efficient or you know, to cognitive function, mental function. It's just not quite up to par. I'll notice it that way waking up in the morning. You know sometime you might notice it too, like it's harder to wake up when I know my sleep quality has been lower. So that's a neat feature. Another feature that they offer is, like a special alarm clock typesetting. So because it knows where you're at in your sleep cycle, in a lighter sleep versus a deeper sleep you can set a range for your alarm clock. Let's say you just use it as your alarm clock and you need to get up at 6:00 a.m. You can give a range of perhaps 5:45 to 6:15 or if 6 o'clock is like your cutoff made you do like 5:30 to 6:00 o'clock as a window of time. You can pick whatever window of time you want. They recommend a half an hour. You could do 15 minutes or 45 minutes and you set that range and what will, it will actually do if you're coming into a lighter sleep around let's say wake up time you want is 6 o'clock, but your window is 5:30 to 6:00 o'clock. If you're in a lighter sleep at 5:45, it's going to start activating the alarm to wake you up because it's going to feel and be easier to wake up at 5:45 because you're in a lighter sleep. All right, he's not going to feel so like jolting to you when your alarm clock, you know, it's bouncing off your, you know, nightstand and then you're like, you know, what time is it, you know in your just startled. It doesn't startle you as much. You might not be in a lighter sleep at that window of time for one particular day and that will happen but majority of the time, you're going to feel better waking up and you can set whatever noise you want. You can have the alarm clock noise or if that bothers you. If you have Birds, I always had birds chirping, like it was like the most peaceful thing to me. I mean those are for the baby was born and so, now usually it's like crying, I need to eat. You know again, it's a season of life, right? But birds chirping was like the most peaceful thing in the world and the first couple of weeks I used it. It was like, I felt like I was in like a Disney movie or something. I mean, I'm not kidding you know and I used to really not like to wake up in the morning. We really worked on that over the years. So it's really that feature with the alarm clock is really really cool. And I, like I said, I've seen a lot of clients benefit from tracking their sleep and they just kind of have it that's like their baseline. They track it and then from there, you know, Data is great. Right? We love like, Taylor I love to evaluate data. What you know, let's look at this chart. Let's look at this research. But then what do we do about it? Let's use that data to figure out. Okay, it's my sleep quality, you know 50%, how can I improve that or I'm you know, I'm an always in a lighter sleep around this time, you know, and then you can really figure out and kind of fine tune where you need to improve based on what the graph is saying. Now, it may not be a be all end. All you people say, oh, it's taking



your breathing rhythms and noise into consideration. How can that be accurate? It may not be a hundred percent accurate, but I can speak. You know, it's got a really high ratings and I can speak personal experience client experiences, that it's been fairly effective, is a 100% effective all the time, maybe not. If there's even a little portion in the description that says it's not supposed to take like a partner's noise, snoring any type of extra thing. It's, they say it doesn't take that into consideration, that it like jives with you. To what extent is that true? Hard to say. Again, you know, I've got a husband sleeping next to me and it doesn't account for his snoring all night, you know, occasionally, I would you know, it would mark that I snort some and and I think that could have been the case specially when I was pregnant. So I think it is pretty accurate, so I can speak to that and I don't even get paid to wrap this but here I was just talking about it for the last 10 minutes because I think it's the coolest app. So check that out, sleep cycle.

Taylor: And like you said about that and like you said, I think it could just be a really good tool for anyone watching, that maybe feels like you are asleep or you do clock a lot of hours in bed, but you wake up and you don't feel rested or you know, this might be a piece of your puzzle and might be why you aren't seeing the weight loss you want to see yet. So definitely check that out and feel free to update us on Facebook. Let us know what you think about it. Maybe let us know, you know, if you've been able to track any common things. Maybe your sleep is a great one night and then you realize okay, I had chocolate in my bedtime snack, Let me adjust that or you know, I had a lot more sugar that day or something that you could really use that information to change your patterns of your routines during the day so that you do get better sleep at night.

Emily: Good point. Yeah, I was just, I'll play off of that. That is an added feature so, thanks for mentioning that Taylor. I knew there was like something I was missing on that. You could unlock like the premier Porsche. It's a free app that the, just the basics of like night to night tracking but when you want to get into like the individualization, you know things like checking on patterns, you pay like a annual fee. I think you know of like to upgrade to the premier portion of the app. So I think you know, if you're interested in that it's worth it because you can do things like that. You can set a whole bunch of things, exercised before bed, didn't exercise before bed, had a stressful day, you don't consume more sugar than normal and then you can kind of just like check mark everything the next day and then it, you can start building associations on all the times that I, you know, didn't have as much sugar during the day. I was sleeping better, whatever it might be. You can start seeing those Trends after a couple of weeks of tracking and marking things so, thanks for mentioning that Taylor.

Taylor: Yeah, of course, so I know we talked quite a bit today and like we said, we do see sleeping so so important, so we wanted to touch on all of these tips and tricks for you and we've



seen time and time again with clients that need to really work on increasing their sleep. So hopefully you were able to take away a few things and start integrating this into your life and please let us know how it's going on the Facebook page. We really want to hear how things are working for you.

Emily: Definitely. Well, we appreciate you joining us and for those of all of you who are going to be watching the replay, we hope this was beneficial and just taking nuggets of you know, pieces, nuggets to your puzzle pieces to your puzzle that are going to be beneficial and again sharing with us. You know, let's encourage each other, bounce ideas off of each other. Maybe, you know, if you want to start posting your bedtime snack ideas or some new fresh things that you've been doing, share that on the, on our community page. We want to see that and be a part of that. So appreciate everyone is tuned in and everyone's gonna be watching and we will catch you next time.

Taylor: bye-bye.

Emily: Bye.

Taylor: Have a good day!