7 'Positive' Stressors to Build Energy & Heal Transcript

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Introduction to Positive Stressors

Welcome back to the mitochondria conversation. I'm your host, Laura from Ontario. And in this talk I'm going to be covering the seven positive stressors missing in your daily life that build your energy and heal your cells.

And I know that sounds crazy, but I'm talking about positive stressors and I'm joined by Daniela, Gyorgy. She's my lead coach and right hand at Bio radiant Health.

Hi Daniela. Welcome back. Hi, everyone. I'm so glad you're here. Let's make sure our audience knows exactly who you are. You're a mindset empowerment health coach who also is a Pilates instructor with a muscle activation technique certification.

And I love having you as a part of these conversations because you understand the importance of cellular, cellular health, really. At age 41, you were diagnosed with breast cancer, and that interrupted the breastfeeding of your one year old baby boy.

And if anyone understands the power of healing and why I stand for restoring mitochondria function and gut health. Daniela, it's you. So thank you. Welcome.

And you can always help me facilitate these discussions so beautifully. So thank you for that. Thank you Laura. Yeah I do I do inherently through my own life experience.

Really, really know what this is all about. And I'm so forever thankful that I met you. And because I, aside from the, breast cancer, you know, when I met you, I was going through a whole nother thing that probably would have created havoc on my historical breast cancer.

But thankfully, I met you. And you helped me re heal with the current things that were going on. And that was, depression, that was anxiety, that was low energy, that was brain fog.

And I did really not know what to attribute to. And you were savvy and you saw this in me and you said, I think this is what's going on. I think there's issues with your gut health and whatnot.

Let's do some testing. And because of your level of integrity, because I know you as a human being. I know your heart. I know your intelligence. I know your profession.

I said a great let's go for it. And sure enough, we found a lot of dysfunction going on, and you gave me a protocol that literally, for me, it was incredibly short.

Two weeks later, my life changed. And when I say that on paper, it was the same. I had the same house, I had the same children, same husband, same job.

However, my experience was a complete shift. I looked at myself in the mirror. I enjoyed being with myself again. I recognized the women was and I feel not necessarily more importantly, but so importantly, my children got their mom back.

So it's really been a priceless experience for me. Thank you so much for sharing that. And I remember your journey so well. And, and it was amazing to see you come out of it in two weeks.

Laura and Daniela's Healing Journey

And, and, you know, it can be that fast if we absolutely can pinpoint what's going on and create a protocol that is

tailored to your biochemical individuality, your needs.

And it was yeah, yeah, yeah it was. And now. So, Laura, you've been in the health industry for a long time. In fact, for over 20 years now, you've been a nurse practitioner and you specialize in preventative and functional medicine.

You've gotten the opportunity to work closely with and study with a long list of today's most respected and functional, natural health oriented doctors and experts.

And now you're in a situation where you've built bio radiance health and you're helping people everyday. High performers like you and I and and could be athletes.

It could be a mom. These high performing people, you've helped them reclaim their energy, their brain, stamina and their productivity. So in turn, you've become this trusted resource for people wanting to build back their health so that their bodies can keep up with their ambition.

Because so often times we're mismatched, and you just brought everybody right up so that they can reach their maximum potential. You are a go to source for gut health, for energy, and for brain health.

And in your programs, you really do help people reach their health goals by teaching. I love this biohacking strategies. Who does not want to hack right?

That help increase that human performance? And, just for the everyday person who wants to function at their highest level. So in other words, your strategies are just as helpful at increasing our daily stamina, as increasing like stamina for a competitive athlete or extreme performance.

It doesn't. It doesn't matter. What matters is you wanting to reach your maximum potential. So can you share with us this concept of this is a great word harness, which actually is a stressor that helps us rather than hurts us.

Yes. And for me says, you know, is probably one of the ultimate things that we can do, the things that we can do to create hormones in our body. The ultimate bio hacks, or I like to call them bio optimizing or bio elevating tricks to create harms us in the body.

So basically hormones this is an adaptive response of your cells to a moderate. So not a high level but a moderate and usually intermittent. So not long lasting but an intermittent stressor.

And the basic contest concept is that small amounts or small doses of stressors to the body may actually be good for you and protect you from larger amounts of stressors.

So I'm going to get into these different types. But just while I'm illustrating this, I just want to use the one of them, which is the concept of cryotherapy.

So people viewing may be may be aware that you can go into a full body cryo chamber for you tell people what cryotherapy is. Yeah, it's it's cold therapy.

So a quiet chamber is very, very, very cold. And you go into it, it's like a it's like a super freeze. And so you go into this, you know, negative. Gosh, it's off the top of my head I can't remember.

It's like -30, -40, maybe even lower than that. I mean it's very, very, very cold. And so you go into this chamber and you stand in it for, you know, three minutes or so, like probably maximum five, and you just get this blast of freezing now in a small dose that is actually good for us.

But if you stayed in there, you would freeze your cells and you would die, and that would be very bad to stay in there.

What Hormesis Is and Why It Helps

So that's just to illustrate the concept of a healthy little dose of stress that given in a big way could be harmful. So Hermes says is actually proof that healthy stress does exist.

And in those intermittent doses of hermetic stressors like cold exposure, like I just explained, or you can do heat exposure or things like intermittent fasting and, intense exercise, they can stimulate cellular pathways that actually support your overall health.

So from a mitochondrial perspective, when your cells experience the mild stressor, not the long term stressor, but the mild short term stressor, it stimulates my TOF AG and mutagenesis.

So let's break down with those words in three. So my autophagy is elimination of mitochondria that are damaged and dysfunctional. And mutagenesis is regenerating.

More mitochondria from from the healthy stronger ones. So it's actually kind of reproducing. So mutagenesis reproducing generating my tough AG eliminating.

And this process has to happen to prevent the accumulation of old and damaged mitochondria that cause oxidative stress. So many of us know that oxidative stress is bad at ages us.

We find high levels of oxidative stress in people with heart disease and cancer and chronic conditions Parkinson's, Alzheimer's, and so you want to reduce the amount of that.

And also the, the process helps with low energy levels. So it helps to boost up energy. It helps with metabolic diseases. It helps for the creation of new mitochondria like I just mentioned mutagenesis.

And it really stimulates cells to clean house. So you you go in and you dust everything off and you vacuum the floors and you get rid of waste and malfunctioning cells.

So clean your body's house, so to speak. When cells are no longer functioning, they have to be recycled. We have to get rid of them. You recycle through your cells.

Every cell in your body is regenerated at some point. And if they're hanging around, it's just slowing everything down. So these positive stressors help your cells and ultimately your body become more resilient.

So let's let's think about that word resiliency. It's so key I mean one of the key factors, to surviving, you know, the changes that occur in our environment and on Earth is resilience.

And see, and that could be emotional resiliency, physical resiliency. But we know that that's a factor in survivors. They're resilient. People who survive anything have this this resiliency.

So there's seven positive stressors that we're going to be briefly covering today. One of them I already did the cold, and our speakers on the summit go into great detail on several of these.

So be sure to, catch the talks, especially Ari Witten's talk on her misses, but the seven are, and there's more than this, but these are the seven that are most common.

And so that's intermittent fasting. And I did a fantastic talk already on intermittent fasting for you. So catch my talk on food, what to eat and when to eat.

And the eight foods you should avoid. So we talked deeply about intermittent fasting there. And there's a couple talks on this on this summit as well about intermittent fasting.

A red light therapy is another one. Cold therapy that I just explained. Heat therapy, exercise, dietary phytochemicals and hypoxia. So yes, not breathing, which obviously if you're not breathing for a long period of time, it's damaging and dangerous to us.

And if you're not breathing for a little bit of time, it's actually beneficial to us. So that kind of breaks down what this is. And the main ones, the main ones that most people will use to biohacking their mitochondria I love it, I love it okay, so let me ask you this for, how do we heal ourselves with these hermetic strategies?

So can you give us, for example, an overview, on how they work? Yep.

Intermittent Fasting and Exercise

So I'll start with intermittent fasting. It's going to be a really short, talk about it, because I already did a huge talk about it. Like, I, like I mentioned, go find that talk.

But when you're fasting damage mitochondria or purge through autophagy, that's that, you know, clearing out and cleaning out of the old damaged cells.

And you can think of this like your cells, sending in a cleaning crew to dust, vacuum and polish up like I mentioned. Now the process allows mitochondria to remove the damaged debris accumulated reactive, reactive oxygen and nitrogen species and unfolded proteins, which are biologically inactive proteins.

And, fasting reduces oxidative stress byproducts and increases oxygen efficiency while maintaining ATP production. Energy production in the cells. Now the next one is regular exercise. So now regular exercise is great.

And studies show that you get a 50 to 80% increase in mitochondria capacity when you exercise with interval training, and it does help aid in mitochondria repair and change mitochondrial shape and balance.

And mitochondrial cells just become healthier. You get production of new mitochondria. But there's a difference between movement and exercise. So movement is low intensity.

Without physique related goals, an exercise is high intensity with the goal to build strength, muscle and endurance. Burn fat, etc.. So people are always asking me, well, you know, I walk the dog every day.

That's really movement. And that is not creating autophagy. But if you do short bursts of intense exercise, then that will stimulate mitochondrial autophagy.

So notice there's a difference. And of course we want people to not be couch potatoes. We love it when people are walking their dog every day and moving around.

But let's face it, some of that type of activity doesn't necessarily translate to exercise. And the classic example that there's got to be somebody watching who can relate with this.

But the classic example is the letter carrier, somebody who works for the US Postal Service and walks several miles every day, the same route, delivering papers or delivering mail.

But they're 50 pounds overweight. So there's a there's a disconnect there. They're moving all the time. They're exercising all the time. But we all have the overweight letter carrier in our neighborhood, right?

They're moving constantly. So something else is amiss. And so that it's not that high intensity with the goal to build strength, muscle and endurance. That's the difference.

And I know you're a Pilates instructor, so what do you have to say about that? Said? Yeah, I mean, I would say, our bodies evolve with us. I have this image of our bodies always trying to conserve energy, and whatever we don't use, we lose because your body's saying, oh, she doesn't need x, y, z to survive.

So I'm not going to invest my energy in that. And I know this is just a layman's term way of thinking, but, you know, as we age, you know, our, our, our muscles start atrophying.

And if we don't use them and fight for them and actually fight to build them, we're going to eventually they're going to get smaller and less efficient and atrophy eventually.

So what we don't use, we lose. That's what I would say totally. Yeah, we do, we do. You definitely want to keep, keep challenging your body to and you need to do it.

The older you get, the more important this becomes, because our hormone levels change, our muscle atrophies. Right? So you have to fight to keep it. You got to fight for it. Yeah.

And part of it is the mitochondria decline that occurs with aging. Yeah okay. So a few more that we'll talk about. So red light therapy. So, so our viewers may have heard of doing red light standing in front of a panel of red lights to, stimulate mitochondria biogenesis to regenerate mitochondria.

So low wavelength of red light therapy is a form of what we call photo bio modulation. The red light goes deep inside the cell, and it increases cellular energy and antioxidant production.

And so when you are using a red light and you can send it, you only need usually to do it for about ten minutes. It would be great if you can do full body red light.

Red Light, Cold, and Heat Therapy

I go to this place in my neighborhood that they have cryo a crowd therapy like I just talked about. They have infrared sauna, red light therapy, and you stand in front of, six panels in the front of you and six panels behind you.

So it's it probably stands like ten feet tall. So you're fully bathed in this red light front and back. And then do that for ten minutes. That's all you need.

It's not something that has to happen long term, but you can get red lights for your home, and you can do red light therapy in a, like a spa or wellness center kind of situation as well.

But basically the benefit is, it helps with circadian rhythm balancing and improves sleep. It supports collagen production, it reduces inflammation and pain and improves skin conditions.

Like like, inflammatory skin conditions like psoriasis, for example. It promotes wound healing and tissue repair. It supports hair growth. And and and so research shows us that mitochondria actually make more energy when they're exposed to red light.

And, you produce more ATP. So always a great thing. I mentioned cold exposure and cryotherapy. So shivering actually recruits mitochondria to generate heat.

And even a 30 to 90 second, cold blast has been shown to increase mitochondria biogenesis or production. And so you can easily do that in the shower. So you've heard of people taking a cold shower. Yeah.

Doing hot shower and then alternating with cold shower I mean takes nerve to do that. Right. To stay on to did I. It takes nerves. But we've heard of cold plunges.

You know, that's really popular right now. You can see it all over social media. People doing ice, ice, cold plunge, baths. And then there's a whole body cryo chambers like I just talked about.

You can even do cryo facials where they put cryotherapy on your face to stimulate. Yeah, yeah, for anti-aging. And then, you know, this is nothing new, Daniella.

Professional athletes in their quest, you know, improving performance. This is done all the time. Professional football players. And, and, you know, baseball players, they do.

Cold therapy is a common strategy to increase their performance in the in the locker room. This is what their physical trainers are doing okay. Cold dunk for you.

You know stay in there for five minutes. All right. Next get in the sauna right there. Yeah. What do you think they're doing. They're they're hacking their mitochondria.

And this is something that regular people can do. It's not reserved for athletes as you mentioned. Something else I want to comment on is heat exposure or sauna bathing.

So red light therapy is different than heat. So red light. Yes. The lights get warm, but you're not like super sweating when you're doing red light therapy.

It's different. It's it's more of like a like like a laser therapy kind of a experience, not a, a heat sauna experience. Yes. An infrared sauna does have infrared light, but it's the sweating in the sauna that is so, amazing for our mitochondria.

So a mild stress signal that triggers cell responses and requires adaptation is what we want. And that happens when you're heated up, when you're sweating.

And it doesn't matter if it's a traditional sauna or if it's an infrared sauna. Either one is fine. But it creates that response in the mitochondria that makes them function better and, and reproduce and make more and sloughed off the ones that should be gone.

So any kind of sauna would be fine. And if we look back at ancient civilizations around the world, sauna is a big part of a lot of cultures. And, and this is something that we can you take lessons from, from indigenous populations and our ancestors.

People who do sauna function at a higher level have less illness and more stamina. So, I mean, you can you can put saunas in your house. There's a couple of really good brands.

The ones that come to mind. Sauna space is one that's really nice. They, they have all organic. Materials they use for the, for the sauna and then sunlight and is another great one.

Yeah, I do it myself. Yep. And then I have two more. So hypoxia, intermittent hypoxic breathing. So one of, we have an expert on this summit, Ari Witten.

He's a speaker on the summit, and he, he quotes that intermittent hypoxia training teaches your blood to extract oxygen more efficiently from the lungs, and it also directly affects your mitochondria and protects them from damage.

So he does a talk, he does a whole webinar and a talk on this.

Hypoxia and Phytochemicals

So listen to his talk on Hermes on this summit because he's he's literally one of the biggest authorities about this. But, intermittent hypoxic training has been used and studied by scientists for the last 50 years.

So it's not quite it's not new. It's new ish. But it's it was widely popular, popularized by the extreme athlete Wim Hof. So you may have heard of it. Yeah.

Imhoff method or Wim Hof breathing. He's his. He's otherwise known as the Iceman. And he developed this breathing technique combined with cold therapy.

So Wim Hof breathing. And then Russian scientists have been researching and using the method for years to treat various diseases and enhance athletic performance.

So when you do short bursts of hypoxia, it boost your immune function, it improves your sleep, regulate your nervous system, and improves mental stamina.

It increases energy levels, increases exercise performance, decreases inflammation, it makes new mitochondria. I mean, you can't go wrong with this, right?

It's amazing. And you know, I and I something that comes to me is how accessible some of this is breathing. I mean, that's you don't have to spend any money on getting a cold shower.

I mean, these are highly accessible things. A burst of exercise. Yeah. Yeah, it's not about it's not, it's not. It's not like you're reinventing something or having to go somewhere or spend a lot of money on most of these things.

I mean, red lights can get pricey for sure. So of course. Yeah. And, sauna. I mean, a lot of times you can have a sauna at your gym. I mean, a lot of people have gym memberships they don't use.

Yeah, yeah. So find out, right. Find out if your gym has a sauna and you can go in there and take advantage of that. Absolutely. Yeah. The last one I'm going to touch on is phytochemicals.

So hermetic phytochemicals. And these are chemicals like resveratrol or sulforaphane or cacao. Cumin. That's the tumeric curcumin. Catechins. Allison.

I Pierson, they're reported to activate adaptive stress response signaling pathways that increase cellular resistance to and to injury in disease. So so what that means, in other words, in layman's terms, is think of phytochemicals in plants, creating a mild stress reaction in the body that actually helps our mitochondria and our cells thrive.

So you can find, you know, botanical blends of these types of supplements like resveratrol and curcumin that are actually helping with mitochondria health.

So that's just a quick overview today on hormones. So this is one of our shorter talks that we're doing. But like you mentioned, a lot of these things can be done for free and at home.

And you might have resources that you aren't even thinking of that you're not using, like the sauna at your gym. I think that we are I think that we are.

And I love the applicability for everybody to be able to find 3 or 4 of these, even, wonderful. And now, you know, aside from this amazing summit that you've put together, which I'm so excited to dive into myself, you have a live 28 day journey coming up, and this is to support our viewers, to learn to apply and become energetic and this focused person that they want to be, to maximize that potential that we were talking about.

So can you share more about how how they can can access to this program? Yes. So this program is a guided journey. It includes two live group coaching calls per week with me over 28 days.

28-Day Energy Reset Program

And that means you have six touchpoints with me as you implement the strategies that I teach during the course. And you can go to Easy Energy reset.com to get more information and get access.

And during the three weeks together, I'm going to coach you on what steps you can take so you can wake up each day feeling purposeful and energetic. That's the most important thing that I hear from people I work with.

So you can have a sustained, sustained focus when working on important tasks. So, you know, in your job or in your work or in your business, that mental stamina, mental focus is so critical and also so you can keep up with your family mentally and physically.

I always hear people saying, I want to spend weekends with my family and do all the things they do, but I just don't

have the energy. I work. Yeah, we're going to help, you know, what foods to eat in which to avoid.

In order to maintain maximum energy levels, you're going to know what products to keep in your home that will contribute to your long term success. And you're going to locate the sneaky toxins in your home that are zapping your energy.

That's really important. Know what products to keep around? That's going to be a big one because, you know, there's a lot of devices and different things that are really supportive to your healing.

That I love to get into. So we'll go over that and you'll have a clear understanding of which supplements will support your energy and how long you should take them.

So this is key because I know most people watching this summit have half empty bottles of supplements in their cupboards. We call it the supplement graveyard, and we all have that.

And that's because you tried these supplements thinking they were going to do something and they didn't, or you didn't get the the results you wanted.

So if you live in the United States, this, 28 day program will also include optional curated supplement protocols to speed up the process for you. And, have you feeling better quick?

So I've put together the best products on the market to give you fast results and simultaneously really set the foundation for long term healing of your inflammation, leaky gut, chronic symptoms.

All of my programs have mitochondria support. It's one of the, you know, magic things that I do ninja in my programs. You don't even realize it, but I'm supporting your mitochondria.

Whether I'm doing a gut protocol with you or a detox protocol. So everything I do is with the purpose and intention of permanent results and not temporary hacks.

So you can go to easy energy reset.com to learn more and get access. Wonderful. So easy energy reset.com. And you know one of my favorite things about how you approach your clients and how you support them is with this long term lifestyle change so that they can continue.

It's not just a temporary 28 day program. And then you're done. You feel better for 28 days. And so this is truly how to create a lifestyle where you can keep feeling good and and unlocking those recipes and dialing in on what their body wants.

Absolutely. Thank you for being here to help me facilitate this talk today about her. Mrs. Danielle. My pleasure as always. Always, Laura. All right. Well, everybody take good care.

Enjoy the summit. Make sure you catch all the talks and catch my talks that are going on simultaneously. Bye now. I.