Opening on Self-Care and the Show Intro

Self-care isn't selfish, it's sacred. And when you put you first, right? Because I think we grew up with this idea that we always have to be giving to the other.

But when put yourself first and you fill your own cup and make sure that you're feeling great physically, mentally, and emotionally, then you have what you need to take care of those you love around you.

When you are depleted, you don't have anything left for anybody else. You don' t realize the impact you get to make on others when your feeling your absolute best.

Welcome to Take Back My Brain with Lori Hammer, where real healing starts in the brain. I'm Lori, a functional nutritionist and mom who's walked the path from anxiety and burnout to clarity and calm.

Each week, we're going to dive into brain-based tools like amino acid therapy, gut health, fasting and faith to help you reclaim your energy, emotions and sense of self.

Well, I'm excited today because I have a treat for you, everyone. We have dynamic duo on the show today. So we're going to take back our brains with Jamie Dorley, who is CEO of Nutritional Frontiers, and Christine Genovese, of Soul Intelligent Method and they're both the co-hosts of the Holistic Truth podcast.

And honestly, I just recorded with them on there.

Introducing Soul Intelligence and Bioenergetics

So make sure you go over and you like, subscribe and share the holistic truth podcast because we had a fantastic conversation and, you're going to want to hear the rest of their podcast interviews as well.

It's phenomenal. But Jamie and Christine, welcome to the podcast! Thank you, Lauren. We're so excited to be here. Thank you both, I had so much fun hosting you and thanks so for the generous invite back on your show.

Yeah, absolutely. I know the audience is going to love this. We're going talk about soul intelligence. we've heard of emotional intelligence, we have heard about IQ, but nobody has ever come on Christine and talked about Soul Intelligence and then we're also going dive into What the heck am I supposed to be taking and why is it the quality of the supplements matter?

So we're going to dive into supplement quality, which you all hear me talking about a lot, and we are going dive deeper into that because it's not about price point, it is about the qualities.

Christine, I want to start with you first. I really want a dive into the soul intelligence. What are you talking about with soul-intelligence? Well, you gave me a great opportunity when you started.

Everybody knows IQ, right? Right. Right, so the idea, the initial spark. We know emotional intelligence, how you say what you said became really important in the workplace a number of years ago.

But when I talk about soul and intelligence I'm really talking that inner knowing. and being quiet enough to hear that inner knowing and that voice so that you are confident it's beyond intuition.

It's really that inter-soul intelligent knowing what's right for you, what is in alignment for your. The soul intelligence method is based in a science called bioenergetics, which was documented in the 1950s by Dr.

Alexander Loewen. And basically what it says is, if you're physically not feeling well, then mentally and emotionally, you are probably not doing so either.

Which to me is common sense, being a native New Yorker, right? One's out of balance, the other out balance. So when we use this bio-energetic method, what I'm able to do is to get to the underlying emotional root cause of the dis-ease, disfunction, or the dissidence in somebody's frequency.

And I think people forget that we are these energetic beings because we're physical. We're corporal, right? But when we talk about energy and frequency, even Einstein said the future of medicine was frequency.

And here we, are how am I seeing you right now? It's an energy transfer. It is a frequency that's being interpreted by the computer. We take for granted things just pop on our phone.

It's streaming. Well, how does that happen? It is an energy. it's a frequency. And we are also energy and frequency where all these protons, neutrons, electrons in this electromagnetic field.

So we attract things in and things get stuck. They get in the physical body, the mental body and the emotional body. Then we need someone or something to help us move it out.

That's really what my method does. Once we're able to get that energy up and out of the body then we can give the body what it needs to heal on the physical level with incredible nutraceuticals like what Nutritional Frontiers brings to the party.

I love it. Before we dive in a little bit deeper, I know that there's some people out there listening, they'll be like, the whole energy thing is woo wooey, right?

And so I loved the fact that you brought up right now what we're doing on this riverside recording this podcast is energetic. Our phones are energetic, Even when we called somebody on a landline, that was still an energy transfer.

We are definitely energetic beings. And how do you work past the people who are so, so skeptical? And I'm a Christian and there's a lot of people in the Christian community, they're like, we can't do anything with energy stuff.

I am like what do think a laser is? I have this beautiful bed. back here, which is a quantum bed in my office that does such amazing healing for the body.

And those are things that were created. I feel like we are called to harness all of those things so that our body can be in alignment with who God created us to be.

Yeah, absolutely. How I address that really is through science, right? I talk about neuroplasticity in the brain and how you have to create those new neural pathways, I talked about quantum physics and it's literally energy.

We're using energy right now and frequency to break the outer membrane cell walls of cancer cells.

Open-Minded Healing, Faith, and Nutritional Foundations

and shrinking tumors today. That's not science fiction. that's energy, that frequency, and that medicine. And that is the direction that we are moving.

The body even conducts electricity. We have to feed that body, the mitochondria, to get that powerhouse moving and one of the things that nutritional frontiers are things to help us do that and to turn the power back on.

Jamie, what are some of our favorite things and get the electricity zipping through the body? Well, it's an interesting question you have, Laurie, right?

Because so many people, they come in with this preconceived notion, and you use the word woo-woo, Right? And I think the first thing you got to do is be open-minded, And if people really are a child of God, Right?

You have the spirit lives within you. Right. And if you really believe in that and Jesus can heal people, there's a lot of people on the planet can help heal.

So I think you can use the science, you could use Bible, or you use both. I thing the number one thing people need to do, the mind and the parachute work much better when they're open.

And I feel people are very close-minded these days, so they have to be open- minded. The same way we're rebuilding the body physically, right? To give the bodies energy.

I always equate it to the three little pigs. You can build your body out of straw, mud, or brick. and what nutrients you choose to do that is up to you.

You want to eat Ho-Hos and Doritos and McDonald's every day? Well, garbage in. They know on a computer, Garbage in and garbage out. The body is the same way.

And if they've been stressed out about something since childhood or young adult, and whatever they're doing therapy-wise is not working, you have to try something different.

And what I love about Christine's message, it helps address these issues and then move them out of the way, right? And however they interpret that is up to them.

But the bottom line is it works, just like a lot of things work for people if they are open and if do it. And the same thing with nutrition. I worked as an American college of sports medicine, certified a personal trainer for years.

I was able to take a gentleman who came in to see me, and when I first met him, I said, are you here to meet me? He said yeah. I asked him for what, he said personal training.

This guy was about 5'4", almost 300 pounds. He smelled the cigarettes and alcohol across the room. And I told him are sure you got the right guy? And he says yeah, because you are the only one on this team that can save my life.

I was like, okay, close the door, sat down. And instantly I realized his lifestyle was so bad that it was killing him. Sure. He was actually in a good situation because it came from old money.

So that's not good because I don't even have to work. Right? So what I did for him is exactly what Christine would do and I do, and you do for anybody is I brought him back to the foundations of nutrition.

Yeah. Somebody had been drinking alcohol that much. I said, we got to get you on a great hydration program. Right? We got to get you to do breathing. He wound up being a master in Tai Chi years later, right?

He really embraced it because he had one shot. And nutritionally, the protein is so important. You expressed on our last show, protein's a building block of all your nutrients, of your cells in your body.

and fats got a bad name years ago. And I think people kind of equate all fats and they do that same thing with nutrients, right? What they buy at Walmart versus GNC versus Nutritional Frontiers, they think it's all the same.

It's not. Just like the quality of your clothes or your home, jewelry, computers, anything else, you get what you pay for. So some of the best nutrients.

We start every day with a shake a day. So my favorite is the Reese's peanut butter cup shake, which I take a vegan super shake. Sounds really naughty.

Well, it's naughty and nice. That's me and Christine. You figure out which one's which. So I use a peanut

buttershake. And all natural, no artificial anything in there.

It's got the full amino acid profile. Got some fiber in it, some MCT oil, which are the good fats. I always say there's fats from heaven and fats, from hell and same with carbohydrates.

So we use the goods fats and their MCTO, your body needs for energy, including the brain. And then we used our lean greens. And our greens, number one tasting, other companies have tried to mimic the taste.

They can't, they'll never beat it. This, we have chocolate greens and then we've apple cinnamon. So we take our protein shake and we put one of our pro colors, our fruit and veggie blends and put it in there, but we fortify them.

People are familiar with active folic acid for MTHFR, that's in their naturally occurring glutathione that is a branded ones in. We use a non-corn, non GMO, vitamin C from acerola is in there.

So we have prebiotic, probiotic and enzymes. that gives you the proteins you need, the fats, all the amino acids, fiber you'll need and all of the nutrients you will need.

That gives your body the nutrition it needs, so it's not a central nervous system stimulant, caffeine that people use or sugar that hypes themselves up.

This gives the cells the energy to feed the mitochondria And at the same time, giving a brain all the neurotransmitters and nutrients. So I always recommend, we actually have a club called the Shake A Day Club.

You're going to be the newest member, Lori. And the only thing required is you do one shake a day. We like to do it the first meal because what you'd do the 1st meal of the day, sets you up hormonally the rest of the day.

The sequence of events, post-pre-meal, after a meal, is vital. So, the old days, we didn't think you can shift your metabolism until about three months, and now we know it's in one meal.

If you go have Fruity Pebbles, who didn' love that as a kid, if you have that, you want your skim milk for breakfast, all those dyes and sugar and dairy and gluten in there, it gives you a little bit of burst for about two minutes.

And then people feel terrible afterwards. So that can make your body a fat storage machine. What our shake does is make you a Fat Burning Machine.

Shake A Day Nutrition and Energy Support

And when you're burning fat, how do you feel, Lori? You feel great. You can feel energetic. Yeah, it's amazing. Then you don't crash. At three, four o'clock, you go to our office.

Well, typically we're putting a shake together. We call it a Shake Break in the afternoon, too. And we'll use something that I love called Power Fuel, which is really our electrolyte blend, right, to get me a little healthy energy and get my going.

But my favorite shake, since you like the sound of the chocolate peanut butter cup, my favourite shake is the Chocolate Raspberry Martini. Doesn't that sound decadent?

So that one, because we have chocolate super shake just the way Jamie described wonderful protein, the chocolate greens, which truly my mom is probably the one the most finicky people on the planet.

And she will admit to that. She loves these chocolate greens. You can make them just by themselves like a hot chocolate. They're so good. Anyway, so those two chocolates and then I'll throw in our Raspberry GI Complete to heal and seal my gut.

And I will sometimes throw our raspberry power fuel to really get me going. So it's a chocolate raspberry blend and

it tastes sooo good! And the cool thing about our shake line is that we have different forms of it.

The Super Shake is vegan. Then we the Clean Collagen Shake, and that is hydro beef, the cleanest beef on the planet. This is all grass-fed, organic beef protein in there.

Hydro beef is actually a trademark version of protein powder, And there's no heavy metals in it, because a lot of beef proteins will have heavy metal.

This is not any artificial flavorings or sweeteners so we have the clean collagen people of that one we're the super shake the best way was all lactose free ultimate shake that has your vitamins and minerals right in there so where variety shakes we just want people use one of them.

Usually the first meal of the day, just to get the whole body starting to, get to nutrients that need so it can operate at a high level. People want to be high-level performers.

They have to give their body high levels of nutrients. You can't, you ever see a race car pull up and use 87? You get a nice car, they always tell you to put the high octane gas in it.

Yeah, and that's what your body needs. It needs high octane fuel, because I know you're an expert in brain health. And the same thing you do with your amino acid therapy, people need the right nutrients.

My experience is that they crank up on the stimulants, which include sugar, caffeine, nicotine, is what people tend to crank themselves up. They do that a couple times a day, then three, four o'clock, our team is like busy beavers at work.

People are crashed. They go in and hit another Starbucks run and they're exhausted. And then what happens at night, cortisol kicks back up and now they can't sleep.

Yup. Hey friend, just a quick break to remind you if calming your brain is the missing piece in your practice or in you home, my Mind Thrive certification course teaches you exactly how to do that with targeted amino acid therapy.

So it's real science, real results, no band-aids. Enrollment is now open. Link is in the show notes. Back to the Show. Yeah. Well, and then when you're stuck in that hamster wheel of stimulation, right, then your mindset, we're going back to what Christina was talking about, what you are thinking about what, you speaking about.

It tells us in God's word, it says, life and death is in the power of the tongue, so you either speak in life, or either speaking death. And as a man thinks, so is he so if your brain isn't balanced so i'm using the amino acids to nourish the brain we're talking about other things to continuously fuel the body right so brain therapy body therapy and then we come in and we have to do this this emotional therapy as well not like you have To talk through everything that's gone bad in your childhood but how do we shift those memories, how do we shift those thoughts and make them into a healing thought?

Is that what you're focusing, Christine? Yeah. So basically, my method actually gets to that underlying root cause of the disease or the dysfunction or distance in the frequency.

And the way I'm able to do that, right, is you have to understand that energy or emotions are energy in motion. And when emotions stop moving or they pool in the body, that's when they cause the dis-ease, the dysfunction or the dissidence and you realize something's wrong, right?

Because you don't feel right. And so my method gets to the underlying emotional root cause. So whether that is an old trauma, a pattern or an archetype is what I would call it, self-limiting belief or something that gets stuck, it gets in our body.

We may have gone to therapy and talked through some stuff and thought we healed it but our bodies still hanging on to it. I'm sure you see that in your practice.

And then the reason that is, is because all of these things are stored in our subconscious mind. Our subconscious is running the show 95% of the time.

That's amazing. It's a good thing because we want to be able to breathe when we're sleeping. But it can be a challenging thing, because, all that calculating, strategizing, figuring is going on in 5% percent of So we have to get underneath that to our subconscious level in order to bring those things up to be recognized by the conscious mind and then released.

And so that's what my method does. It gets to those underlying emotions or those old patterns or the self-loathing beliefs or. The old traumas, and I'm able to really specific to find out who, what, when the injury was caused or that the incident happened so we can fully release it at the root.

Because to your point, you mentioned you always start with the nervous system. And if you think about it, it's like having a kink in that garden hose, right?

You talked about a pinch in the system and when that's pinched or we're closed off and we are so tight, we can't be open to receive. We can be fully open.

And we have to be in that state of receivership in order to do that. And when you talked about faith or woo-woo and I talked science, the other thing is that to me, everything comes from the divine, right?

The divine of all that is. So to Jamie's point, that the Divine is within us. This is a method that I believe is divinely guided to help people heal. When I was on your podcast, you mentioned I had celiac and I diagnosed with celiac and that was my first introduction to this functional nutrition world.

And you came in and you said celia could be, what did you say? It could the root cause would be. It can be overly sensitive, easily hurt and focused on what's wrong more of the time than what is right.

Mindset, Nervous System, and Emotional Healing

So very self-critical or self deprecating. Yeah. I would say that that is me growing up. I got chills when you just said that. Yep, that was definitely a hit.

Yeah, definitely. That's just what happened in our family. So where do you think they originate from? Are we born with those patterns or do we learn those pattern?

Where do they come from. That's really fascinating. So I wrote an article and actually put a quiz together on the seven childhood traumas that basically show up in our adult relationships.

For me, you're like, oh gosh, I send you the quiz. I'm like yeah, but I got a perfect score, seven out of seven. But one to give you an idea is self abandonment.

When I first read the concept, well, how do you abandon yourself? Aren't you there? What are you talking about? But it's basically you focus on somebody else's needs before your own.

and that their needs are more important than your needs. And I think that's hard for a lot of us because we are so outwardly focused, right? We're taught we want to help others, we wanna heal others and thats our nature, but not to our own detriment, and so as a kid I grew up with an alcoholic father.

And so if he was okay, I was, okay. If he wasn't okay I wasn' okay and he, wasn''t okay a lot of the time. So I, was in constant fight or flight, right?

To talk about nervous system. I learned that nervous, system dysregulation very, very early on. And, so then I had to learn to work through that and understand what that was.

But I also didn't realize at the, time how empathetic I. Was as a kid, Right? I Had high empathy. And I remember telling my mom, I don't like how I feel around my dad.

And then I didn't realize at the time that I was literally feeling and experiencing his self-loathing and his depression and he's angst and all of that.

I literally would feel myself physically change. So you have to learn how to not take other people's stuff on or in and people are like, well, how do you do that?

Again, everybody and everything is energy. And so when you're in close proximity with someone, you are going to pick up on their stuff sometimes, right, if you aren't focused on it or guarded.

Yeah, that makes so much sense. I know I learned early as a child too. My mom, she was just sick all the time. She had 40 surgeries throughout my lifetime before she died and under anesthesia, all those things and really bad car accidents.

So she never well. And so my nervous system was always on guard because I never knew what her mood and stuff would be. or we know what life was going to hold.

So that makes total sense. Jamie, when you're doing that, I was just going ask you a question. Was there anything that went on in your early childhood home that put you in high alert?

Yeah. I'm just gonna say when your going through that Lori, you become addicted to those emotions, because that's what's normal. Unknowingly, yeah. Yeah, that what normal, right?

So growing up for me, I had great parents, but it was a challenging upbringing. We moved when I was real young and then we had a lot of foster kids in and out of the house, which we thought was normal which was great.

There was lot a love in our house but there was also a certain level of hostility I call it. Right. It was always like fight, flight or freeze. I didn't know why I thought that was normal.

So as an adult, I taught that I was. You just, that's how you live. And I think my mom was probably craving the perfect family. Right? Cause her parents both died when she was really young and she, she just wanted that perfect.

Family. Yeah. Think striving for perfection, you will always be disappointed. And I think I learned that as it took me many years to realize and still working on that, that life is not perfect.

It's not supposed to be perfect, right? And through my faith, God says, I'm there for you, Right? I take away your pain. I, take your stress. Take away, your anxiety.

So for me, it's been a combination of doing therapy with Christine and but also having that faith that, you know, the situation happened recently and I didn't do a lot of praying about it lately, right?

And it's like, okay, so my word, and then I have my Word of the Day, which was grace today. Give yourself some grace, all right, your both smiling because you talk about that self-critical, That can really be a benefit at times, but it's probably more defeating than it is a benefits, right?

So that's something that I've always worked on and still working on. I think that the other part of what we all do is healing. A lot of people think, hey, I'm in pain, take the pain pill and I'll be out of pain.

Right. And I'm done. Or they came to me years ago to work out. All right. I want to lose 20 pounds. When I do that, then I can go back to eat whatever I walk.

It's like, it doesn't work like that because through our own personal journey and evolution, you need to keep doing

the work and you to need keep growing.

And either you're getting better or getting worse. And I think that's part of that spiritual journey, right, which applies to all faiths. But it's really two things that we crave, is growth and contribution.

And I think even when I was younger, I thought, wow, when you get to this point financially, you can retire and then you don't have to do anything. And it's like most people that really love what they do, if they retire, and don' t do any thing, they don t last very long.

It's not a very healthy life. Well, to your point, James, the reason why so many retired men get prostate cancer is because our prostate is the seed of manhood.

And when you lose your sense of purpose, the energy has to go somewhere and that's where it typically goes. So really fascinating when start looking at the underlying emotional root cause to what's out there.

If you don't feel good enough or you're always striving for perfection, that can sometimes as an adult turn into people pleasing. Right? You're always trying to make the other person feel good and a little over the top sometimes, right?

To do that. And so again, the nervous system needs time to calm down. There's lots of different ways we can do. I know you treat people first with amino acids.

We've got some incredible formulas that I personally take that help me regulate my nervous systems. glandular and adrenomax at night because it's an adaptogen and it helps your body balance.

Hormones, Blood Sugar, and Root Causes

So there's lots of cool things that you can do and we can get to that underlying emotional root cause so maybe you're not holding that emotion anymore and you are able to release that emotional trauma so that can heal completely.

And that's why I love the mind, brain and spiritual approach, right? It addresses all those. But yeah, that's who we are. We're body, mind and spirit, body soul and Spirit.

Our mind will and emotions are in our soul, and we have to address those. If we don't address the mind, the will, any emotions, it's… like trying to drive your car without gas.

It's not going to happen. All the parts are there and it can look amazing and certain parts can run, but if you don't put the gas in, it doesn't really matter.

Well, to your point, one of the things I was mentioning, we talked about fuel and Jamie started with the shake a day in the morning, right? Getting your body right.

One of other things that I absolutely love because I'm also an avid tennis player. So I mentioned to you, yeah, in the afternoon, our power fuel because it's a great electrolyte and mitochondrial support is something called enter CoQ10, which is Coq10 support, right, we need for the heart and the brain, as well as DMG.

which is dimethylglycine, which turns the power on in your body. It's the master methylator. And so it sends all kinds of goodness throughout your bodies.

So you have the energy you need. The reason I brought up tennis is a tennis partner of mine had enter CoQ10 in her bag and she gave it to everyone. We were all two sets in, we all had three set tiebreakers.

Everybody came over, and we took it. All three of our lines won the third set tiebreaker. So this stuff is magic. Let me tell you. No kidding. You're going to want some.

All right. The competitive piece of me is like, I need that every day. Okay, good. Love it, love it. Quick question on emotional roots again, because I deal with so many people who have hormone imbalances.

Where is that emotional root? I just want to see if the audience can pick up on anything here. Oh gosh, well it depends exactly what we're talking about, right?

There's lots of hormonal dysregulation that goes on in the body. So whether we are talking is it coming initially right from the thyroid being out of whack?

Where is breaking down in body? That's really like my first question back to you before I give you an exact answer if that's okay. Sure. People forget insulin is a hormone, right?

They take, for example, insulin issues. So that could be type 1, 2, or 3 diabetes. Type 1 is no insulin production. type 2 is you're producing insulin, but it's not working well because over consumption is sugar.

and you're not burning it or getting inside the cell. And type three is inflammation of the brain. So I know one of things Christine shared with me, diabetes is tied into lack of sweetness in your life.

Really? That is very true. It's very… So you can expand a little bit on that, Christine. Yeah. So when you look at blood sugar, right, the glucose or the insulin resistance, hyperglycemia indicates a person hasn't received love and that they weren't loved enough.

The person with hypo glycemias feels that, they don't deserve the love of others. And being able to receive love in general is key. And the diabetic often longs for love, but they don't always find it.

So it's really interesting when you look at that. Jamie mentioned the different levels of diabetes. There's type 1, type 2, and type 3. Each one of those, Type 1 usually needs that sweetness, attention, love and care.

Type 2 is a little fearful of fully participating in life. They might have a great need for control and a deep need of attention and approval and love and not feeling like they have it and that need to mask those feelings of weakness or limitation or the belief that there's not enough.

And then Alzheimer's and dementia is really the loss of power, right? The inability to deal with life. Too many emotions have been suppressed and they're overwhelmed.

When you asked me about hormones, the thyroid in particular is responsible for the body's entire internal performance, you were talking about gas and cars.

It's like the accelerator, it's also associated with the throat chakra. So if someone has hyperthyroidism, they're not able to express themselves, right, with the right person at the time.

Or they are afraid to confront the other person a lot. A lot of victim mentality. But when the thyroid slows down, it's then hypo-thyroidism. They become apathetic and indifferent to the world.

Maybe it was the child who wasn't allowed to speak up. and they give up on themselves. So they gave up accelerating their own metabolism and actually stop it unconsciously.

What about, because I see a lot of young girls who come with lots of hormone disruptions, so their periods are awful. And even ones that are, they're very athletic and very driven.

A lot them still have a good diet. Handful of them are definitely not eating enough. So we go back to the fueling and not being able to fuel them. But what do you say, what would be like the root of those young girl who are just having, you know, if they get their period and they are like, I don't want to be a woman, this sucks.

Well, being post menopausal, I totally am happy to be free. But having said that, well, it depends if there's an actual

issue, right? If you have something like PCOS, something that's really Yeah.

Deep, deep issue. It could be an indication of a loss, right? A feeling of loss or loved one. Um, it even could it be like losing a boyfriend when you're in high school.

And typically the right ovary is yang or male and the left is yin or female. So problems on the Right would be the loss of the male, the Left a female, So ovarian cancer itself, right, makes the ovaries become more productive.

So the body shows how anxious it is to create and generate a new loved one to replace the one they lost. Um, so it really just, it's interesting when the situation's not that serious, the person gets a cyst.

So the ovarian cysts take nine months to develop just like a baby's gestation. Isn't that interesting? Really? I didn't know that. Yeah. And then acne, right?

Feeling uncomfortable in your own skin, you think about a teenage girl, insecurity, unaccepted, rejected, not good enough, maybe unworthy of love. It's those overly sensitive, holding on to self-hatred, things like that, depending on how deep it is.

But it's kind of interesting when you look at where the hormones are popping, You're blowing me away because I had PCOS as a teen. I have really bad cystic acne.

It's celiac disease. What else are you going to uncover today? Whoa, hey. Goodness. One of the things to look at from a nutritional perspective, look PMS, right?

Yeah. Then you look out, what is the number one nutrient deficiency in the world? It is magnesium. So there's plenty of mag oxide on the market, not a really good form of magnesium.

Very cheap, does not absorb very well. The reason they use it is you can get a lot into a capsule, like 500 milligrams. Then you look at mag citrate, we normally use that to help calm the bowels.

If you're real tight and constipated, mag-citrate can work good to get the bows moving. Then there's magnesium chelates. So that's where you take magnesium and they bind it with one of your favorites, an amino acid.

Such as glycine. Take the magnesium in glycein. You combine it. That's maglycinate. But what Nutritional Frontiers uses are patented research trademark forms of a magnesium from Albion, and that is the company that makes them.

And Albions makes magnesium bisglycin, bicycle to glycenes. So why do we use that form? Because when you have two glycines, they covalently bonded to the magnesium.

So all listeners, think of magnesium as a ball. If you hold the ball in one hand, and you got it stable, if you turn it upside down, you'll drop it. When you put two glycine on, your co valently bond it, no matter where you're putting the body, it's bioavailable, highly absorbable, entirely usable in the cells.

Something as simple as magnesium, bisglycinate or mag complete or a mag glycine from nutritional frontiers can have incredible results for females going through any type of PMS.

So that's cramping, that mood, duration, intensity of the cycles. And I learned this from all the females at all of offices I've worked with for the last 30 years.

They would say, what do you have for, and I'd say try the magnesium. Magnesium, that's it. I'm like, just try it, how many? I was like you need four a day.

Four, why so much? Because when you combine the magnesium with the glycine, the Glycines 80% of it and makes the molecular structure large. So elemental magnesium, you only get about a hundred milligrams per cap.

We recommend four capsules throughout the month. During the, a week before the cycle, you go up to six and during the cycling, go to eight. Some of my offices have told me this has eliminated their PMS.

Their husbands want to know, the boyfriends want know what they did differently. Others would say over 80% reduction just by that one nutrient. So it proves to me the form is just as important as the dose.

And then we only use veggie capsules. We don't use big hard compressed tablets with dyes in it. When people take the nutrients they need, The effects are fantastic.

So that's the number one nutrient people deficient. Number two is omega-3 essential fatty acids. I know you're a big proponent of fats. That helps with hormones.

This whole low fat or bad fat, or trans fat diet that people eat, is really toxic and there are endocrine disruptors. You talked about glyphosate and endocrine disruptor again.

So you need some of the key nutrients. Number three is vitamin D, which I guarantee in the future you will see in all the journals talked Vitamin D hormone, not a vitamin.

It's really looked at as a hormone now. So those can have incredible effects on hormones. Simple things. We have an omega-3D that has fish oil and vitamin D in it, and you take the magnesium.

Those things can help with PMS. They can with things like PCOS, which is driven by insulin.

Practical Nutrition for PMS and Hormone Balance

Again, going back to your last show, sugar, Hormones are directly tied into what people ingest, and they can make some simple dietary modifications, lowering or eliminating sugar and dairy products, taking things like our Mag Complete and our Omega 3D, doing Christine's work, journaling, prayer.

I love journalling because it gets all the thoughts out of your head and puts them on paper, but really putting a positive vibe onto it rather than always be a negative.

I was watching this podcast with Dr. Joseph Spenz, I'm a big fan, and it was talking about we obsess, right? A lot of your patients probably come in, they're obsessive thoughts, he says, work on it.

He says but if you're going to overthink, how about over thinking about something positive? Do people ever come into you and say, "I'm overthinking how successful I am and how lucky I and I how grateful I No, it's always a negative, right?

So those are some strategies I found using the soul intelligence, using nutrition, the faith, all the tools that you have can dramatically shift hormones.

because I have type 1 diabetes. I keep looking at my phone, not for messages, but I'll have my Dexcom on here. And I want to always check my sugar about every 10, 15 minutes.

But right now it's 114. So that's fantastic for me, right? So using tools that you have available like a Dextcom can help with your hormones, help your blood sugar.

In fact, I had a friend, well actually one of our clients was telling us that she got it just to try. And she was shocked at what affected her blood sugar and her hormones that she thought was healthy.

Yeah, because everybody's going to be a little bit different. Maybe caffeine is something that really affects your glucose. Drinking that cup of coffee in the morning or the cream that you put in it.

So unless you're testing those things, you might be consuming something. That is really causing a big disruption.

Well, this has been amazing. Thank you.

Jamie and Christine for having this conversation today. Is there anything that either one of you want to leave the audience with? Well, one of the things that I usually leave people with is remembering that self-care isn't selfish, it's sacred.

And when you put you first, right, because I think we grew up with this idea that we always have to be giving to the other, but when put yourself first and you fill your own cup and make sure that you're feeling great physically, mentally, and emotionally, then you have what you need to be able to take care of those you love around you.

And when you're depleted, you don't have anything left for anybody else and you do not realize the impact you get to make on others when your feeling your absolute best.

So whether that's being in alignment with your mission, your vision, values, purpose, physical and mental and emotional wellness, it's in being alignment who you truly are I really encourage people to take the time for that self-care.

So like Jamie mentioned, whether that's a prayer moment, a meditation, journaling, but give yourself that gift each day. Love it. Jamie, how about you?

Yeah, I love the work you're doing with calming down this nervous system that's hyper stimulated, right? Getting people understand that you have to do that first for the body to heal.

That there are some simple things in our world that they may not realize are simple that can heal the brain and the neurotransmitters and get people feeling good with amino acid therapy.

Closing Thoughts on Self-Care and Open-Minded Healing

So I think the key is let people know that Just because you haven't done it doesn't mean you can't, right? You gotta be very open-minded to what's out there.

People have come to you, I'm sure they come, to me and Christine. I've tried everything. And she says, no, you have it. You haven' tried my work. I said, everything you've tried to this point has got you to me.

Just like everything has gotten us together today. So people have to be very, very open-minded in this world. And just because someone tells you they can't help you, doesn't mean nobody can help.

It means that person can. That's okay. You have find somebody out. If you're very curious in life, not furious, and be open minded to what's possible, And when you do that, your life will change.

And I think it really just starts with the attitude of gratitude. Be grateful for where you are, be open-minded to what's possible, and seek out the right people in your live.

If that's a healthcare professional, if that a coach, that that is a spouse or a partner, I thing people have to realize that be opened- minded to whats out there and what potential.

so many people are overloaded with unnecessary stress. I don't watch news. I barely watched TV last night. We watched a movie and my son was in town, but it was a comedy because I want to watch something funny and that's it.

But I didn't really watch much TV. My mother knew news and the politics. It's just about divide and conquer. And I seek out people that are going to help me and have a good relationship.

So to me, be open-minded and if you're not happy, like Christine said, start putting yourself first. Right? Start putting yourself first in life. And this has been a pleasure to be on the show.

I look forward to part two and three. Me too, me too. Well, thank you, Jamie. Thank you Christine. and thank everyone who's listening. Thank you. Thanks for listening to Take Back My Brain.

If today's episode helped you connect with hope or direction, I want you to follow the show, leave us a review, and share it with someone who needs it.

And if you're ready to start your own healing journey, explore our courses and our coaching programs at lorihammer.com backslash store. So until next time, remember, you cannot medicate away a nutrient deficiency, powerful.