Introduction and Allison's Background

Okay. Welcome to this episode of the Mycotoxins and Complex Chronic Illness Summit. I'm delighted to have Allison Morris join us today. She's a nutritional therapy practitioner and passionate home chef who helps her clients and food blog audience nurture their bodies with delicious recipes to make.

Using food as medicine a stress free lifestyle. She also walks the walk using her healthy diet through the years to manage and heal symptoms of her autoimmune disease, Hashimoto's thyroiditis and her chronic gut conditions.

So welcome Allison. I'm so happy to have you join us today. Thank you for having me. I'm so excited to be here with you. It's such a pleasure. So start by telling us a little bit about yourself and your practice.

Yeah, I'd love to. So, as you mentioned, in the intro, I have Hashimoto's. I've had sort of a lifetime of, you know, hormonal imbalances like PCOS and various gut infections.

And so that's what really brought me to figuring things out more on my own. I was working a very stressed out corporate job in New York City for almost a decade.

By the time everything just felt like I was hitting a wall, my energy was crashing, my hair was falling out. Everything was just all over the place. And once I got diagnosed and really started figuring out what was going on with me, which was a journey in itself, just to get that, I knew there was so much power in food as medicine, and I could see it, you know, when I ate well and cut out things that weren't doing anything for me.

I just felt so much better. So I just loved that, and I, I really embraced it personally and then professionally. And I was able to share it with, you know, women that I support in my practice.

I do one on one, sessions remotely, as well as I have an awesome community where we do group coaching and events, and I provide meal plans so that it just kind of takes away all the stress of having to figure all this out on your own all the time, and it just is a lot more supportive and fun because that's what I'm all about.

That's how I think things stick, you know? Yeah. I'm so happy that you offer this service because my patients I know my patients need it. And many of my my colleagues, patients.

This service. Amazing. It's that that diet is such an important factor in them in their recovery to health. In fact, I think of it as a foundation to their health, that all the therapies that I give to, to treat infections or to detoxify, they're not going to work very well unless the diet is set in, unless the diet is personalized.

So, you know, we have a lot of patient viewers today, and I'm happy that they, they can have access to you and to your services because, it's really, really important.

So thank you. Absolutely I agree. Yeah. So tell me what types of diets you use for chronic illness? Yeah, I'd love to. So I think, you know, first and foremost, in general, diets are tools.

They're templates. And we need to use them while healing. So you said it perfectly while you're giving these therapies to work on detoxification or, you know, working through infections and things like that.

We want to be able to use the died in tandem with all the other pieces of the puzzle. And so looking at it as such and keeping that in perspective and not sort of using only diet, right, to just kind of keep going where we're not sleeping that well or we're not addressing these infections and we just keep dieting.

That's sometimes a pattern that I see can happen. So I just want to lay the groundwork that I, I really see diet as a

piece of the puzzle. Definitely a very important one.

But it does have to fit with everything else, and it's a tool and we put it down if it's not working or we try another one if it's not working, so that you can get more in tune with your own body.

Using Diet as a Tool for Chronic Illness

And so the diets that I really enjoy using and if you guys come visit me, you'll see all my recipes on my blog, that are very heavy on these diets is paleo for like a paleo ish template, I like to say, because the thing that's great about that diet is it's really promoting whole foods, nutrient dense foods, while really limiting, or kicking out the more processed, hyper palatable foods that are really destructive and toxic in themselves.

So as we start to eliminate those more and really focus on the nutrient dense whole foods, that's what's really beautiful about it. And on top of it, if you're not familiar familiar with paleo, it's gluten free, grain free, dairy free, and, also lagoon free.

So those tend to, you know, be a little bit harder to digest. It's common for people to have food sensitivities. And you can, you know, start by sort of removing those to see how it feels and how it might alleviate any gut issues or, you know, anything like that inflammation that might be going on, and seeing what really works for you.

So that's kind of my base template. And then for people, I know we're talking about chronic illness. So with specific to autoimmune disease, and even other chronic illness like IBS, for example, something that can be also really helpful on top of paleo is called autoimmune protocol or IP.

And that's basically using paleo as a template. But removing more things for a short term, as a short term elimination. Things like nightshades, eggs, nuts, seeds that can cause further issues.

And so again, you eliminate while you heal. So you should be already on your healing journey, getting your support from your doctors or practitioners.

And then being able to reintroduce. But those are the the diets that I overall really like. And something interesting about the autoimmune protocol. There have been, clinical trials, 2017 and 2018.

There were a couple for both Hashimoto's thyroiditis and IBS for symptom reduction. And even for Hashimoto's, there's been some like antibodies that that will reduce to.

So it's pretty powerful, when you give the body a break and let it, you know, heal and do what it needs to do. I love that those are your two favorite diets.

They're my two favorite diets in general. Well, and then though, when I'm giving that when I give that diet to my patients, I, I hand it to them on a piece of paper, I give them the link, we go over it one time in office, but then they need repeated help with it.

And I don't have the time to. Otherwise I'd be sailing with them for a two hour visit. So. So I'm happy that you're there because I'm going to be referring my patients to I can't wait.

Yes, I can't wait. I would love that. I would love to tag team because, you know, like you said, and I always say this too, when people come to me, they're like, oh, you know, my doctor gave me a handout, but it's really hard.

And I'm like, yeah, they're a scientists. They have their other stuff to do. They have a lot more to work on. And this stuff is really it's like the day to day nitty gritty and making different decisions that you've made your whole life.

Like, guys, I grew up on Pop-Tarts and cereal, and, you know, it might be a different way now that I eat, but it wasn't overnight. It wasn't, you know, just like, oh, just do it, or willpower or, you know, that kind of thing. It takes time.

It takes practice. So that's exactly what I love to do, is really support people on that journey and really make it fun. If it's not fun, if it's not doable, you're not going to stick to it.

So yeah, people don't do it if it's not doable. And they have lots and lots of questions because like you said, it's a day to day thing. It's a it's a what do I do with my diet today and the next day.

And, and even though everything's out there on, on a website or in a book, there's still so many questions about how to integrate that into their lives and then also about watching what happens as they do take out certain foods or or reintroduce them back in.

And people do need a coach for that. It's it's definitely more complex than, than just following a website. So thank you for what you doing. Oh my pleasure.

Yeah. So I do a lot of detoxification therapies for my patients. And I know, that you support detox through diet. So tell me tell us about that. Yeah I'd love to.

So I think some of the main ways that we can support detox through diet. So a we talked about it a bit, just kind of cutting out the toxins in our food by way of cutting out the more processed, refined, hyper palatable foods that we know just have things in them that our body either has no use for or it's causing inflammation, or it's tricking us into thinking we're hungry when we're not.

There's just so many issues with that. So once your feeling like you've struck a nice balance where those are not what you're leaning on anymore and you're eating nutrient dense whole foods, that's already a big helper right there.

Detox Support Through Food and Fasting

But beyond that, some things that I like to do with ways that we eat definitely just a healthy fast overnight. So, you know, at least 12 hours. There's so much science out there to show how beneficial it is for our gut health, for reducing inflammation, really, and for supporting our detoxification pathways.

Give the body a break. Let it do what it needs to do. Because digestion especially, you know, if we're eating constantly, that's it takes up a lot of energy.

Everybody needs to be diverting, right? So much energy to the digestion. So, so that's another thing is just like a nice healthy fast for you. You know, it doesn't have to be a 20 hour fast or skipping breakfast all the time.

I certainly don't do that. More like 12 to 14 hours would be great. Another thing that I love to do is warm lemon water or lime in the water. First thing in the morning, drink a lot, hydrate, flush any toxins or, you know, things in the body that need to come out, get that daily bowel movement going with that first, you know, hydration that you do and certainly staying hydrated, all day.

And then probably another thing that I really like to do is include a lot of cooked cruciferous vegetables, because they can be really helpful, for detoxification, especially with like, estrogen.

You know, that can be a tricky one that needs to, needs to get pulled out in excess. So, cruciferous vegetables can help with that. And I like to cook them so it's easier on digestion.

And I do tend to eat those pretty regularly. So those are those are my main things. Other than that it would just be, again, like not eating the things that I know are going to maybe tax my liver.

So like too much caffeine or alcohol or things like that. That would be another thing to consider as well. With diet. Great. I love that you do intermittent fasting.

Or have you have the patients do a 12 to 14 hour intervals? Because a lot of our patients with complex chronic

illness, they want to do more. They want to do 1 or 2 day fasts or maybe even a three day fast.

But I just don't think they're they're ready for that. And it can, it can really burn them out. Their mitochondria perhaps aren't ready for that. So, we're definitely on the same page on the on the type of intermittent fasting for this for, for, people with complex chronic illness and micro toxin illness.

So, absolutely, you know, it's so funny because there's so many studies about fasting. It can be so amazing. And you know how, like you said, with the mitochondria and the turnover and really promoting a lot of amazing healing.

But at the same time, if we're not ready for that, it can backfire. And so I think we live in an all or nothing kind of society. We live in this magic pill society.

We've all kind of just grown up on that. And so we're like all fasting. That's it. I'll just do that. Yeah, yeah. The Biohackers are all talking about.

No, but but each person is different. And it's so important for to be a personalized. I have a question for you about, a low histamine diet and in a Fodmap diet, do you have a way to integrate those two nicely?

Because a lot of our patients have mast cell activation syndrome and histamine issues. And at the same time they have kbos and they need to be on a low Fodmap diet.

Tell us about integrating those two together. That's one of the the biggest issues for my patients. Yeah, I think personally the state, the kind of state that I've taken with this because I've been there too, where I've had to be on low Fodmap, I've done low Fodmap and I p together, and I was just eating like radish, cucumber and chicken all day and very boring.

Yeah, exactly. It was very boring. And I think there can sometimes I was just talking to a client about this yesterday. I think there can sometimes be a tricky balance with more and more eliminations.

Right. More and more and more starts to mess with us mentally a bit. And then I find that if it does get to a point where we're finding disordered eating or just a very stressful relationship with our meal times, now, we're not, we're not we're in a sympathetic state when we're eating. Right.

So now we're not digesting anything that we're eating where we're not eating mindfully. We're not enjoying even the most healthy, beautiful salad, you know, in the world.

And that starts to become a concern for me when I see this in the day to day that it's like, yes, okay, on paper, removing all these things should work.

But when we're so stressed out over it and then we're sort of swinging from maybe restriction to bingeing to, you know, like on and off again and up and down and diet after diet.

I just see that that kind of winds us up right back to where we started or worse. Yeah. Right. So that's where it gets tricky in the day to day. And why it is so helpful to have more support for this.

What I like to do is because these things are real, right? Like the FODMAPs and the histamines, like it is real. And I really like to help educate my clients to understand, like what does a histamine reaction look like?

Okay, maybe it's like hives. Maybe it's some sinus stuff going on. Right. And so what does that look like and what did you eat? Let's keep a journal. I'm very big about just keeping an everything journal with you, just like I don't have my next me for some reason, but I usually have it with me everywhere.

I bring it to every room. Because if I just want to jot anything down but including the food. So I'll, I'll make note that if, oh hive randomly popped up on my skin, what did I eat?

What do I think caused that? And I just jot it down and then maybe by the end of the week, I can take stock of what's going on and see which histamine foods or which high Fodmap foods might have been causing it.

Yeah. Really personalizing it. Exactly. And then I find that they enjoy having that log paste and enjoy that, because they can actually see the data that they themselves have, have created in exactly baking.

So exactly, because our body is always giving us this data in the form of symptoms. And if we're just take if we could just take note, if we could just pay attention for two seconds.

I know we're also busy.

Low FODMAP and Low Histamine Strategies

We already have the answers. And, you know, food sensitivity tests are great and all these tests are amazing and give us such good data that we can't get to.

But then there's also the data that your body's just giving you all the time. And you can make it easy on yourself if you just listen. So yeah I that's a, that's a very good way to sum it up.

It's really just knowing about these diets, knowing about the types of foods that can cause certain reactions and just paying attention. And I like to remove those as I go versus saying, you're going on paleo, low Fodmap and antihistamine cause I don't know what you're left eating.

Like going carnivore. Maybe at that point there's nothing to eat anymore. And it's hard. So yeah, yeah. So on that note, how can someone embark on the journey of changing their diet and being consistent with it?

Tell us, tell us how you help patients with that. And then they basis. Yeah, I'd love to. So I think firstly by addressing mindset I, I kind of see that is like an overall umbrella, where you have to make sure you're in a place to do this positively and, you know, you're having an open mind to try something new.

I'm sure you see it as well. The work that you're doing with your patients is so involved. You know, they really need to be committed. And it's the same when you're making lifestyle and dietary changes in your life. It takes a commitment.

Other people are going to have comments about it. Your partner or your kids, your parents, whoever, they're going to comment on it, there's going to be vacations and, you know, social activity and maybe getting out to restaurants eventually or maybe now already.

But do you know what I mean? There's going to be these challenges. And so commitment and a positive mindset to this overall journey is going to be really important.

So that's first I kind of just say that first because no matter what else you do, it might just end you up right back to kind of old behaviors. If you're not sort of in that open mind.

Another thing that I think is really key is just staying organized, and especially in the kitchen, especially with knowing what you can eat and focusing a lot more on what you can eat versus what you can't.

So one of the first things I did when I had to do AP and low Fodmap together, that was a beast. Is I just I was like, okay, I don't want to look at another like read, do not eat list.

I'm going to make a list of what I can eat. And that's what I carry with me, and that's what I cook with and that's what I focus on. And that definitely shifted.

You know, the conversation, that internal conversation and everything else. Because now it's like if you ever watch Food Network Chopped, that show. Yeah.

Now it's more like, oh, this is what's in my crazy basket, and this is what I get to eat and choose from. And it's more of a fun game or challenge versus can't eat donate.

Oh, I can eat that. But I can't do that. It's it's overwhelming, you know, and even when you go out to a restaurant, you can say like, hey, can I have a, a chicken grilled chicken salad over lettuce with this, this in this.

Great. Thank you. Instead of worrying yourself about, oh my God, the menu, I don't know, I think I can have those. Maybe if I take now, suddenly your trip to the restaurant is miserable and you're not enjoying yourself.

And now it's complicating things. So that tweak, it's the mindset. It's the you know, focusing on what you can have and really crowding your plates and your day with really good whole food, nutrient dense food.

And then. Yeah, and then just making it easy in the kitchen. Right. Because if it's difficult, if it's stressful, if it's very expensive, like you're not going to keep up with it, you're going to just be like, whatever, I don't know, let's just order DoorDash, you know, something quick.

And that's what we, we don't want. So I definitely have a lot of tips to share with you guys on that. Just how we can make it doable in the kitchen. That's where patients need a lot of help for sure.

How do I do this every day. And and my family doesn't want to eat this way. But I know what I see. I see among many things, I see it to, as you do, see two interesting things.

The first thing I see is that when people do make that mental commitment to do it, yeah, they do inevitably see the changes in their body. They see their medications and their herbs.

They see the treatments. I'm giving them work more effectively. Click clicks. Yes. And then they stick to the diet because it becomes a way of life. And they can actually see how it's helping to shift things for them, to make them feel and look healthier.

And then the other thing I see is that once that shift happens, once they say, oh yes, I'm doing this. Like now it's my lifestyle they actually end up in.

It's very often the families get involved in someone's cooking. It might be them or now, maybe now they have the energy to cook or a loved one is cooking for them and everybody starts to eat the same way.

They all find ways to make this tasty, and the whole family starts to heal. And that's the that's the best part, right? Because if one of us needs to heal, I'm sure there's somebody else, you know, in the family that can benefit and know when you said something really powerful is that people start to change their behavior.

So your friends, your family, whoever you're with, not because you're telling them, well, this is what I'm eating, so you have to eat it. It's more so because they're seeing that you feel so much better.

You're glowing. You have so much energy, right? Like everything has change and they want in on that. You know? And I always tell people on the flip side, I always get to a place and I'm sure you get to this place too, like you were saying with your patients where, they're doing really great.

Oh, my God, they're seeing results. They're enjoying the recipes. They're, you know, things are moving. I have to go on vacation. I have an anniversary to celebrate.

So it's like, oh, yeah. Right. And they start to get nervous, or, you know, someone in their family is like, are you even eating? What's going on? That's a stupid diet.

Like they're just making comments and, you know, making you second guess yourself. And so it's always a conversation that we have to have about, kind of feeling good about just letting that wash over you and be like, it, it's fine. It is.

It is what it is. But I always tell them it's always about them. It's not really about you. It's other people sort of projecting. Maybe they're wondering, should I go gluten free?

Should I? Yeah. You know, cut sugar out.

Mindset and Staying Consistent with Diet Changes

They are thinking that. And they're seeing you do it and be successful with it. And so they're kind of poking fun or you know, asking you a million questions or whatever, because they're really just thinking about them.

So that I find when I tell people that they're like, oh, you're right. They're, they're not really picking on me. And yeah, and then our patients can let go of that.

That doesn't matter anymore. What someone else is thinking. I'm doing what is right for me and they want in on it. Exactly. What? The special sauce. Yeah, well, so, so many people are just so busy.

What tips do you have for people, who might be too busy to spend lots of time cooking in their kitchen? Yeah, absolutely. So, something that I love to do is really just keep a stocked pantry and freezer.

So I if you guys are, you know, in the US, you can access thrive market is really great for that because also you can kind of filter by diet. So paleo, AP keto or whatever.

And you can see the products that are available that even though yes, they're shelf stable, they're they're more processed are very minimal ingredients, good ingredients that are fine to kind of lean on.

So salad dressings, marinara sauces, you know, whatever it is. So that way, you know, you have these things on hand to make a really great meal, you know, with whatever you have.

So I love to do that. Also Amazon, of course, there's other great places to shop online too. I also tend to shop for my meat online. Lately I'm absolutely loving grass roots.

They have like all regenerative farms that they sourced their, pasture raised organic meat from. And so that's really easy because again, you're just like, you get a box, it's frozen, stick it in the freezer.

It saves you time, saves you money. You don't have to necessarily worry about, you know, always food shopping. So that right there is going to shave time off of your shopping experience.

And the kind of worry and stress over what you're getting, this gives you really good options and you know where your sources are to go. Another thing I would say is keeping quick proteins on hand.

I think sometimes we get overwhelmed with like, oh, I got to like thaw chicken and cook the chicken. It's just like, oh, all these extra steps. So that's all well and good and you know, do that but have some quick proteins on hand.

So frozen shrimp, thin cuts of like chicken breast or chicken cutlet. So you can buy easily. Even like I love like prosciutto or wild smoked salmon that I'll keep in the fridge and that's just ready to go.

You can throw that on a salad. So, you know, things like that, you can just keep on hand so that it's easy and you can throw together a meal having greens on hand that you can throw together a good salad.

That's definitely a lifesaver for me. And then, of course, you got a meal prep. I'm sorry, but your hand is true. You just. You have to have something prepped.

Unless you want to be cooking breakfast, lunch and dinner. You know, every single day. I doubt that, even me as, like, a food blogger. I don't really want to be doing that.

I need to do other stuff. Yeah. So, what I like to do is get some ground meat, maybe two different kinds. I'll do, like a bison and a turkey or something. Right.

And I stick them in two different skillets, and I'll put different seasonings on each. If I want more of an Asian inspired, I'll put garlic and ginger.

If I want more Italian, I'll put oregano and basil or something. Right. And so you can kind of get creative, make them taste different, and then add some veggies like, I love those coleslaw packages.

It's like, oh, yesterday was Earth Day. And I should not be promoting plastic promoting plastic, but it is a time saver, unfortunately. But if you're into that, you can do that.

Or just, you know, get some lettuce or maybe not to saute, sorry, arugula or something like that. Greens that you can saute with it. So now you have a batch of these two different proteins with some veggies that you have ready to go.

And what I love to do is use that as a base meal. So that way I can put it over cauliflower rice one day if I want, I can, you know, take some plantain chips and make it into nachos.

If I want, I can pour marinara sauce and put it over some zucchini noodles. Right? And now it's totally changed into more of a pasta dish. So you don't have to get bored or, you know, feel like your meal prep is is super one note.

It can really be transformed all throughout the week. So actually, yeah, having a base, but you can make different flavors from and different meals. One that's a great idea.

Yeah, that's what saves me. And I spend no more than 30 minutes meal prepping when I do that because you're just throwing stuff in pans. It'll take like 30 minutes to cook, stick it in the fridge.

You're done. So that's that's my system for, like, how everything works together. And if you're new to this, if you're newer to cooking, or eating in a certain way and cooking in a certain way, get a meal plan.

I have plenty. Get some recipes. I also have plenty, you know, get the support that you need so you can just get practicing. That's really what it's all about.

Just get in the kitchen and practice. And the one thing of course, I have to to end with on that question is if you really need more help besides that, just do it.

Meal Prep and Busy-Lifestyle Cooking Tips

If you can get some like paleo frozen meals, have that on hand for for weeks. That meal prep can't happen. You just have something in the freezer or you can, you know, prep and batch and then freeze that as well.

And so you have things on hand like I'll always have soups in the in the freezer or something. Or you know, if you can hire help or something like that, but do whatever you need, know your lifestyle, know what you need, and know the tricks that are available to you.

It doesn't have to be a four hour meal prep. You know, two hours of cooking every day. That's not what I do. So important for them to know that for the audience to know that.

Because I know that's a big question for them. So as in talk to us about people being able to get their favorite foods back, do they have to be on these elimination diets or autoimmune paleo diets forever?

Is it wise to to keep elements of this diet in? I think of it as a, as an, as an actual lifestyle change, but also to, to be able to, to have some recreational eating at some point.

Tell us a bit about that. Yeah, I'd love to. You know, I think when people see elimination diets, it feels permanent, like, oh, I can never have rice again or I can never have these certain things.

And that's just not true. The idea is, and something that I love and probably is something that you like about these diets too, with paleo and IPI is they're really effective.

But I find that through healing your digestion, through balancing your blood sugar, now we are in the mind space where we can get more in tune with our body and figure out like, oh, you know, race a couple weeks feels good. Now.

Before it didn't was really bothering me because I was eating it for lunch and dinner every day. And especially culturally, like, I like, I grew up eating rice and beans.

My mom would always make rice and beans for us. And so not having that, I. After a while, I missed it, you know, I really wanted to have it or when I, when we would have holidays and I really wanted to have my special holiday meals.

I really missed it. So turns out when you're healing, you can get foods back. It might not be in the same capacity. Right? It might not be every single day.

It might, you know, might be a lot less than that. Or maybe you need to seek out a better quality or prepare it differently. Like with brown rice. Maybe you're going to want to, soak it or with the beans.

Maybe you're going to want to prepare it in a pressure cooker, right? Like you might find ways to prepare the food better and you might just lessen the dose, because I find that often the poison is in the dose with these foods.

And that's what I'm talking about, foods like that, if we're talking about more like indulgences, sweets, things like that, I, I feel like that's really.

You got to find your own balance with that. That's not necessarily a food sensitivity that you would reintroduce. Whenever I'm working with clients, and we've done, like a food sensitivity test and they're reintroducing, I'll always have is I want to be like, okay, when can I reintroduce sugar?

And I'm like, it doesn't really work like that, you know? And but most people, I find that it does become a lifestyle change. They don't want to eat sugar.

Then again, they don't want to eat nothing often again, because when there's a reintroduction, they can actually feel how that might have, caused a symptom in their body.

Anything from from gut disturbance to even joint pain. Yes. Or brain fog or headache. And so because they become so in tune with it when they reintroduce, so in tune with their bodies, when they reintroduce, it's not really fun.

So then they realize, oh, I actually this is not good for my body.

Reintroducing Foods and Finding Long-Term Balance

Well, let's wait now and, and and they want, they want to stay in their new body and then they, they realize, okay, this is just an occasional thing as a present day.

It's not worth it. Exactly. And so many times also clients will come to me and they're like, you know what? I realized I was using whatever as a crutch.

I was using that food as a crutch. I can see it now because it's out and I'm feeling better, like you said. And that's when you're now suddenly in the in the mind space and the head space to realize these things.

Whereas when that's all you know, you can't see above it, you know. So yeah, that's something it's like a little sneaky when you go on these elimination diets that you start to actually realize and learn a lot about yourself and your relationship with food, as long as you've got that positive, open mindset.

So, yeah, and in working with a doctor like you, when you're helping them heal and restore the gut and do all these things and get rid of these toxins, the idea is that you are healing and moving forward.

So maybe you can tolerate a little dairy, a little rice a little bit. Right now these things come back even I've seen it in my own body time and time again.

Where I couldn't eat eggs. Oh no, I can't eat eggs. I couldn't eat nuts. Now I can eat nuts. So these things start to come back. Even dairy. I have always had a dairy issue.

Like since I was born, but after going through a lot of healing and years of being off of it, just some good quality like goat or sheep cheese once or twice a week and it's a great way for me to get into some calcium.

Two does the trick. No skin issues, no gut issues. But before it, it would. It got so bad that just like a little bite and I was like, I'd have a zit immediately on my face.

So it just goes to show, you can see these amazing changes in your body and, and find your bio individuality with certain foods through using these diets properly.

Absolutely. Well thank you. Allison. Tell us how how our audience can be in touch with you. Yeah, I'd love to. So if you want to keep in touch and cook with me and, you know, learn more.

I'm at Food by mars.com, and I'm the same name everywhere. Food by Mars on Instagram as well. If you're on Instagram and Yana and I have this amazing coaching community with meal plans that I provide, and I'm always like releasing new recipes.

So I would love to have you over. Great. Well, thank you so much. I really thank you. Thank you is wonderful chatting with you. I love what you're doing. This is amazing. Thank you.