Do you know what deficiencies your medications are causing? Transcript

(Transcripts are generated by AI and may contain errors)

Introducing the Happy Device

Hey hey happy Tuesday everybody. So today, I forgot to take my happy off. This is my Happy. Happy meet everyone everyone meet happy. In case you're interested, I might as well talk about this a little bit.

I love this little guy. He's small but mighty, i like to say. A lot of times people think I'm saying happy, like H-A-P-E-Y, but it's Hap-B-H- A- P- B- E- It's really cool.

Actually, no, let me pull it. I'm going to pull up real quick. We're going talk about this first before we get into medications. Something not as much fun as this.

This is how I geek out. So, you know, I want to share my screen. Okay, here we go. So this is it. This is what I'm wearing. See, H-A-P-B-E- E. Hopefully you guys can see that.

And you can wear it just for small periods of time. There's a function on it where you could set it to the amount of hours. If you want to sleep with it, it's great.

I just have it set to an hour right now, and actually right, now I have set on master your attention. Sometimes I'll do the creative boost if I'm doing it in the morning that I might do morning coffee.

And what it is it's just frequencies that mimic like let's say for example morning Coffee, without all of the adverse effects of drinking coffee or caffeine.

It has the same energetic frequencies as caffeine. Okay. So there are other blends too. Like I don't personally sleep with it because I use my brain tap headset when I'm falling asleep.

And so, but this is, I have slept with in the past. times when I don't have the headset or if I just want to switch it up a little bit. But the blends are nice because they have a sleep blend.

They have performance blends. Like we just saw mental wellness and physical well-being. So the sleep blends, where's the one that I use? Long Flight, this one is a blend of CBD and melatonin.

I think it's this one wind down melatonin adenosine, which is your sleep triggers bedtime adenosine. And then let's see what's deep sleep melotonin is just straight melotone and signal.

And you can wear it, it'll automatically turn off after the time that you set it for. But I thought it was, I think it's pretty cool.

Book Club Update and Mindset Talk

I love it. Um, especially love wearing it during the daytime. So master your attention, email mastery. And, uh, morning coffee, deep work. This is a great one.

What's in deep, work, um, nootropic nicotine and CBD. Ah, who knew that I would be promoting that, right? It's the homeopathic version though, it's a frequency version.

Creative Boost, a blend of caffeine and calming compound so that you can get those creative juices flowing. What I like too is that they also have a military and first responders discount and also school teachers.

So if you're a school teacher or military or first responder, they have discounts for that too. I would love to hear if you guys have a happy or if they use a Happy or you want to get one now and what your experiences are definitely

share them with me because I know, like I said, I love mine even got some of those gifts this year so.

So that's that. And now we're going to talk about our book club that starting Thursday night. It's not too late to join the first. We're gonna go over the 1st section.

I don't have it sitting right here. As reading it last night before bed. So it's down next to my on my nightstand, but It called your badass. And that is starting Thursday night 745. There's links in the description.

Actually, I should probably pin a link here. If anybody wants to join it, we're going through the first section. The chapters are really quick and really short and easy to read chapters.

So It's not too late to jump in on that one. We just finished up the gap in the game. And the next one is you are a badass. So I'm looking forward to that.

Now, let's get into the might event. Oh, Jamie, you love that book. Yeah. Good. I actually hadn't read it before I recommended it or decided to do it for the book club.

But I just knew that so many people had recommended. So I was like, oh, this is this must be good because so. Many people love it. And so I decided. To do.

It for that. When I started reading it, I thought it aligns perfectly with where we were, what we. Were already discussing in the Book Club prior to that, so It should be fun and very helpful.

We are always working on that mindset piece to make sure that we're learning and growing in that area, because that's really the foundation for all these other experiences that have, how easily or how well we are able to transform in other ways, whether it be our health, our Finances our career, you know, it's all going to our mindset is where everything else grows.

It's like the trunk of the tree. You know our, its mind body and soul you can't just eliminate one of those pieces and get the same results so we want to make sure that we're coming from.

You know, strong belief systems strong sense of values and identity and making sure that those are as healthy as they can be, we're always learning and growing in those areas right there's it's never like we've never arrived in that in the area.

There's always ways to expand and grow and that's the exciting part. It's great to be able to do things like that and have those conversations with other people that are looking to learn and grow in the same ways.

So it's exciting for me. Okay, so let's talk about medications.

Why Medications Can Affect Nutrients

There is a time and a place where sometimes medications are necessary, but the key is being aware of how they impact other areas and other functions in the body, right?

So I find print. I'm not a medical doctor. This information is not intended to treat or diagnose any condition or disease. And any management of your medication should be between you and your medical So, but again, information is important and being aware of the impacts that it has on your body is really important.

So one tool that I love to use for this purpose is a website called might have been now might've been just recently I'm going to share my screen again might even just Recently changed their website and they did they did take away some important medications that, you know, they had a much broader database, I guess is what I'm trying to say, in the past before they redid their website.

So now it's not as broad, but it is still very, very helpful. And there are still a lot of medications on there. We know it

has been scientifically proven that medications are going to cause nutritional deficiencies in your body.

It's just a matter of how quickly right and how extremely are the issues going to come about and that's going be different for everybody depending on your diet, your lifestyle, history, these are all factors in how severely these deficiencies are going affect or impact you.

So it's very helpful if the medication is in a database like this because it gives us a lot of insight as to how to support around that for the time when you are on it.

And also sometimes it gets us the motivation to do the things that we know we need to in order to eliminate or maybe prevent or heal in the way that eliminates the need for that medication.

So medications also put a very high level of stress on the liver. So the lever has to filter out about 90% of the medications that you take. If the desired net effect dose is one milligram, then you're going to have to take 10 milligrams to compensate for that.

The more medication, the more filtering and the stress in your liver and other areas, And then you have to factor in the toxicity, your body's encounter, you know, all throughout the day outside of that.

And, that creates a situation that can be very taxing. So a lot of times they're also going to impact the kidneys. so the impact is even greater, and it creates the situation where you're always robbing Peter to pay Paul, right?

A lot of times they're just band-aids. They're not actually healing anything. Lots of time they are just easing a symptom or making things a little bit more comfortable, but not necessarily healing or changing the root cause of the situation.

Let's plug some of these in here and see how they come out. One that's really common is emeprazole. I used to take this. It's an over-the-counter. So you want to type it in there.

Sometimes you have to search the generic name, sometimes it's under the name brand. You know, it is always helpful to know all the different names for your medication so that you can find it.

That's not always as simply listed as the names on the bottle or the box. Um, in this situation, it's, we know that it is going to create a deficiency in iron.

We know it will create deficiency of magnesium. It's going create deficiencies in B12.

Using the MIGHTY Medications Database

The longer you are on it, the less strong your diet and lifestyle are, and the more impactful and faster these symptoms or effects are going happen and more exaggerated they will be.

Like I said, I was on this for many years. At the time, you know, well, let's put it this way. I didn't believe that I could manage my stress any differently.

Obviously now I know better, right? And I did it know how to heal my digestion in a way that would eliminate or prevent something like this. So, and you think that it's over the counter.

How bad could it be if they sell it over-the-counter? It's probably fine. Um, but now we know that that's not the case. Um. Now we even know, that PPI is greatly increase, uh, the risk for dementia.

So, um, That's huge. I'm going to put a link to that study in here real quick. In case, I know some people are interested in reading things like that.

You know what I'll put in the website for my event too. So you can play around with that and see if your medications

are in there. Another really common one, let's try Xanax.

So I was on this one for quite a while too. Let's see what comes up for Xanx glutathione. Glutathion is very, very important in being able to detoxify.

Okay. And you can hit read more and it takes you to the link to study it tells you about the study. And that's really helpful and understanding how these things function in the body melatonin.

It will decrease the amounts of melotonin created deficiency there so you know being aware of these things doesn't mean that if you're on Xanax you go out and supplement melatonin.

That's not necessarily the key but there's a lot of steps before the body gets to making melotone and a lotta your melotonin is made in your gut. And, you know, there's lots of steps before it gets to that place to support around us.

So if it's a situation where this medication is necessary and it does have to be taken, it is helpful to take it with support in these areas. Here, we're going to need to love our liver.

We're really going need love out gut if we are going take something like Xanax. These are only the things that we know. Right, guys? We don't know everything that these medications do, but these are the thing that So Lysartan, this is a common one for blood pressure.

And these are all the deficiencies that Lyssartin will create. We know this. supporting around it, strengthening our diet and our lifestyle to compensate for some of the adverse effects.

Not only will those practices sometimes heal the blood pressure in and of itself, but at least while you're on the medication, it will definitely slow down and lessen the likelihood that you are going to be impacted by some these deficiencies.

So let's try a cholesterol one. Symbostatin, this is really common. These are the deficiencies that we know are going to be created here, beta-carotene, copper, CoQ10, ganglutathione, omega-3s, and omega 6s of selenium, vitamin E, zinc.

One thing that this experience with the C word these last few years has taught us is that some of these basic nutrients can be really, really vital in being able to function at an effective level with our immune system and lots of other areas.

Examples of Common Medication Deficiencies

A few weeks ago, we talked about conventional dairy and milk. Another idea when there's cholesterol involved would be a great thing to do would to cut dairy out of the diet as much as possible, replace it with something that's actually nutritious.

and then figure out why the body isn't using the cholesterol that it's making efficiently. We see lots of women go through this around menopause because the bodies hormones need is changing and while the bodys learning to adapt to this new hormone situation, for a short period of time, your cholesterol levels may be higher.

This isn't unreasonable. It would be a natural function to have happen. But a lot of times that's when women are put on cholesterol medications. So instead of realizing, okay, this is a short term effect, allow the body to do what it needs to and it's all going to work itself out.

And it is not that there aren't ways to support around that in the meantime, but It's so when awareness is important and there are ways to support around that and make this work a little bit more efficiently, but it's not necessarily necessary at the time to run right to the extreme.

I would encourage you to try some other options too. Another time that you will see cholesterol elevated, you have

blood work done when you're losing weight.

If you are losing a weight at a fast pace, Even if it's just a fast pace for you and you happen to get blood work done, you might find that your cholesterol levels appear to be higher.

than usual. And sometimes that when again, this is a short term situation, you don't necessarily want to go on a long term medication that's going to create all these issues in the body if it's not absolutely necessary.

So maybe worst case scenario or maybe a more efficient solution for the short-term, maybe slowing down the weight loss, taking it a little slower, that might be something that would be important for that person if that is the case.

So we really want to try to prevent this stuff, right? You know, we don't want get locked into these medications unnecessarily. And it's not something these are all simple things that can easily be healed and managed within the body given the right tools.

And sometimes we need to detoxify a little bit. Sometimes we just need. You know, flood the body with nutrients and give it some love there. Some times there's some TLC lifestyle wise that can be done.

So all of these factors are really important. Don't. I don't underestimate their power, I guess, is what I'm trying to say, because they, it all can. Be very powerful.

And we do see people heal all the time in ways that allow them to work with their doctor and come off of their medications in a healthy way. So it's possible, it can be done.

If you need help or more guidance, feel free to reach out to me. Feel free use the website as a tool because it is a great tool. And I will see you tomorrow.