Fasting Benefits For Women's Healing Transcript

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Introduction to Dr. Mindy Pelz

Hey. Hello there everyone. Welcome back to DrTalks It is always a joy to be bringing you cutting edge information on how we can truly move from trauma to transcendence.

And I'm thrilled today to be with an amazing powerhouse in terms of how to empower women from a biochemical level which transcends everything that is mental and emotional, that has been trapping us for years.

And so we get to dive in with Dr. Mindy Pelz. Now she is a bestselling author. She is a women's health expert and a lifestyle advocate. She is also a podcast host herself, and so we are blessed to have her here with us today.

I'm going to tell you a little bit about her before we bring her forward and things cut loose. you know, Mindy is a world renowned women's health expert on a mission of, empowering women to believe in their bodies and to believe in themselves.

And she has inspired millions of people to harness their body's own healing abilities. Now, you know, I love that through free and accessible techniques internally lifestyle education, hormonal syncing, time restricted eating.

so think about this diet variation, stress management. We're going to get into some of those things as keys to achieving optimal health and extending people's health span.

So, in addition to this, she has many, many high profile, clients, which we're going to speak a little bit about, today in terms of some of the things that they have latched onto with her strategies and have had to live a life changing experiences through those.

So we have people like Leann Rimes and Danica Patrick and and many, many, other folks that we're going to get into that will, certainly perk up your ear.

just because it's always fun to realize that all people are humans and that we can transform just like anyone else, and that everyone else needs the same kind of transformational tools when it comes to truly making a lasting change in their lives.

So Dr. Mindy's, latest book is called Fast Like a Girl, and it is the top selling release of 2023 from hay House publishing. And she's also, the author of The Menopause Reset and The Reset Kitchen.

So you can start to get to a feel for where we're headed today. she has a reset her podcast, and it is ranked within Apple's top 20 category of U. S science podcasts.

And so guests of the podcast also have included, many big names that you would recognize Leann Rimes, Danica Patrick and Marianne Williamson, Cherie Salata, Cynthia Thurlow, and many, many others.

I know that her YouTube channel is featuring fasting and alternative health tips. has garnered over 60 million lifetime views. So we're in good company here today.

I could go on and on. There is much more I would really love to get you in the presence of her, so that we can drop into some amazing content for you today.

Trauma, the Body, and Metabolic Imbalance

So I was in conversation with Mindy just a few days ago, at a conference that we were both, participating in, and we hit it off like, fast friends. So I was in a in a role with setting up interviews for, this particular summit and DrTalks,

and, and I realized, you know, something just kept tapping me in my consciousness as I was coming out of meditations in the morning.

It's like, you know, we're going to bring we're going to just part the seas and bring Mindy in. Well, she's headed off for vacation today, and she's paused that to be with you.

So, I want you to know that she, too, is very devoted to being in service to people. So, Mindy, welcome. It is wonderful to be with you again. Thank you.

That was quite an introduction. So I really appreciate all the kind words and I'm so happy to be here. Yes, yes, it is. You know, when when we're in the flow, things happen and things unfold.

And and this is exactly what we're doing here with doctor talks and also with everything that I do. And it's in terms of there is a rhythm to life that allows us to heal.

And when we plug in to that rhythm, healing is on our side and people across our paths. Things show up for us that are exactly the pieces of information that we need.

And that is what has you guys here watching this conversation today. So, we're going to jump in and just ask some questions. You know, we're talking about trauma to transcendence, meaning overcoming traumatic experiences in our lives.

And what I know is that some people don't even really realize that they've been surviving through trauma. Maybe they've had micro traumas that have been in existence in their life, and they didn't even know it because they grew up that way.

The group inside of it, like the fish, doesn't know it's in water because it's always been there. And other people have some, some clear and succinct, moments that were traumatic in their lives.

And, and so what I'd love for you to do is just give us your take on trauma and anything that you'd love to say about it before we dive into some specific questions for you.

Yeah. And I really love this question because, I look at, the human body, I always look at things through physiology. And when I look at the human body, what I know to be true is the body is always healing itself.

Every single moment of the day and every single moment of the day. It is doing exactly the right thing at the right time, even when we don't feel like it.

You know, like pain is is the body's way of saying, hey, there's some healing that needs to happen here. A fever is a way of the body raising its temperature to burn out an infection.

So we we know that the intelligence is always serving us, but we don't always feel like the intelligence is working in our favor. So I look at trauma as and I look at it in three categories.

I look at physical, emotional, chemical trauma and that those three traumas start to pile on top of each other. And the body has to constant adapt. And over the years, it keeps adapting and adapting and adapting until one day you find yourself in a in and living in a home that you don't enjoy.

The best example I can give, and one that I've been out really trying to express to the world, is the metabolic trauma that so many people are going through.

And, if we look at what happens when our metabolic system goes off, one of the byproducts of that is we gain weight. And when we gain weight, then we start to look at ourselves in the mirror and we start to criticize ourselves.

And now we have an emotional trauma, and we maybe have have a maybe we have traumas of what people told

us about our weight, you know, early in our life.

But if you just take the concept of what weight is, it's it's the body doing the right thing at the right time. There was excess glucose, there is excess hormones, there were excess toxins.

And the brilliant body said, Instead of putting this excess that I don't know what to do with, instead of pouring it into the internal organs, I'm going to put it around the belly.

I'm going to put it on the glutes. I'm going to put it in the back of the arms. And I'm going to save your life by storing this excess there. And then we go and look in the mirror and we villainize that.

So I to me, trauma is anything that is taken us out of respect and harmony for the incredible body we're living in. And any time we can't seem to get ahead of any health habit again, I'm looking through a physiological lens.

we have to go back to what's physically, emotionally, and chemically throwing me off so the body can't heal. Absolutely fabulous. This is exactly on track with.

With what we love to expose this audience to, which is this completely holistic approach to what's going on. There's nothing broken, there's nothing wrong, there's nothing missing.

It is just that that the synchronicities are not happening in collaborations, in the ways that they're designed to, to give us the outcomes chemically that we're looking for.

And, and then the byproduct of that is the body's trying to compensate for it. So, you know, we really want people to recognize that, that it's a natural process that's just happening, you know, too much of a good thing, not enough of another thing.

And we can bring that back into harmony. And so, you know, I love that you are focusing on empowering women to believe in themselves and to believe in their bodies in this way, because there is so much self-talk in that way in our culture.

that is that is so detrimental to our ability to ever turn that ship around.

Female Rhythms and the Power of Fasting

And so how do you see the the empowerment of speaking in this way, playing a role in the journey from trauma to transcendence, as, you know, what is like what's the main thing in all of the things that you're addressing that you see is the most helpful, right away for someone to start doing to to stop the runaway train, if you will.

Yeah. Such a good question. So I and again, I always see things through the lens of not only the body but through women. and I and you said it early on when we started this interview, you said something about rhythm, and I was I've been really coming back to this teaching recently that everything in nature has a rhythm, and everything in the human body has a rhythm but a female body.

We have more of a rhythm than we have been taught. And if you just look at our hormonal rhythm, we have two different hormonal rhythms. We have one that happens to us over the course of our lifetime.

Now, where we go from puberty to pre to perimenopause to post menopause, that is one rhythm that dramatically changes. And then we've had a month, a monthly rhythm that is occurred within our own hormonal, pulsing in and out of different hormones in a, in a 28 day cycle.

So the biggest thing that I see, if we keep this on a conceptual level, is that too many women are trying to do this one thing, I call it shiny object syndrome, where we're like, I'm going to go on that diet.

I'm going to do that exercise. I'm going to start to do that online course. We look for the one thing, and then we

think that we should do that one thing over and over and over again.

But actually, if you understood the way that your female body worked, everything is best being done where it's a waxing and waning. So if you're going to work out hard, one week, where's the rest day?

If you're going to go into a longer fast, then how are you refueling? If you're going to take supplements, when do you get off of them? if you're going to skimp on sleep, then what?

Where are the nights that you're actually adding sleep back in? To me, the way that this is the way health should be is it's a constant. If I have a an output, where's the input?

And if we look at it through that lens, we can take any tool that is being offered right now, whether it's on social media or the internet or wherever you're getting your your health and mindset tools.

And we can start to put them into this natural rhythm. absolutely. So, you know, there's a centeredness that that is assumed when we start talking about, someone being able to sense and feel into that rhythm.

Like if somebody is reeling out of control, they might say, yeah, that sounds great. How am I going to know if it's time to wax or wane? How do I know when it's time to input or output?

How do I know when it's time to go for it or to rest? And, and, and I'm very interested in those kinds of things and building the circuitry for someone to sense and perceive when it's time to make a shift like this.

And I'd also love for you to share what what you're doing to allow people to cultivate a better sense of self so that they can trust. You know, I feel like it's time for me to do this, or it's time for me to take my foot off the gas in this department.

Or do you have systematic ways of, of of putting someone through a program where it's kind of built in what, which or both of those are you recommending in your work with people?

Yeah, it's such a good question. So this is why I love fasting, because and this is how, you know, when I started to understand the science behind fasting, I was like, wait a second.

In the absence of food, the body heals itself. That's right. In my ethos of life, like that works for me. So then I wanted to understand, okay, well, how long do you need to be in these fasted states to and what kind of healing happens?

And then once I studied that, I was like, okay, wait, how does this relate to the female body? So again, I'm going to put this through the lens of metabolic health, because this is the sort of the lane I've been deep in recently.

And we've just had feedback from millions of women. So it's fresh on my mind and deep in my heart. And the issue that we see with metabolic health is we don't know when we're hungry.

We have been taught breakfast is the most important meal of the day. It's noon, you should probably eat and it's dinner time. And if you don't finish your dinner, the kitchen's closed.

And so I've been like really trying to get to you. Then also and by the way, you land into your adult years and you're like, I don't know when I'm hungry or what I'm hungry for.

We've completely lost that intuitive sense. So, with fasting, what happens is when we go without food, we start to change the relationship because discomfort shows up and in that discomfort, and in the beginning, when that discomfort shows up, if you pay really close attention to the what you're telling yourself, like, I'll give you an example.

Most people, especially women, when they start trying a fasted window on is what I call it. they realize that they use

food for so many other reasons other than nourishment.

Like, it's it's boredom. It's frustration. It's, you know, it's to shove emotions down. And so in that absence of food, we now can start to see the pattern of that.

the example I always use was, you know, I love my mom. She she raised me to believe in the healing power of food, but she also gave me some messaging of if you're having a bad day, sit down with me and I'll cook you a great meal.

So I learned to equate mother's love and food and put those together in the same place in my mind. And so fasting was the only way I figured that out.

I started fasting, and then I was like, wait, I'm uncomfortable right now. I'm not loved. Wow. Yeah. I'm not loved. Wow. Do I use food to love myself?

Like it really is that opening to be able to have an awareness about this relationship that you may be playing with food? Yeah. So like I mentioned the other evening when we were in conversation, my father was a pioneer in energy medicine.

And into all this in the 70s. And and as I was being raised, he was putting us on fasts. And, you know, we're little kids and we're like, oh my God, we're going to starve to death.

We're going to die. And and I also know that that when we begin to allow ourselves to feel those things that we don't want to feel, that we cover up by eating or by thinking or doing a lot of things that we do, we begin to feel a sense of self and a sense of empowerment.

That is definitely the fuel for transcendence. We become empowered to realize, I can be present with this feeling. I don't have to put something in my mouth or start distracting myself by thinking or doing something else to avoid what's actually trying to surface in me, to allow me to come to know who I truly am to a greater degree than I ever have.

And so if I can just sit and breathe and be present with these feelings that I don't want to feel, instead of doing these alternative, you know, compensatory behaviors, I will I will turn around and find myself empowered in ways that I had no idea that something as simple as that could start to cultivate.

So I'm loving you're bringing this into what you're doing and, and tying it directly in. So. So tell us a little bit about, the fasting process and what that means when you even say fasting, because for some it might mean juice fasting for some it might mean not eating beef.

For some, it might mean, okay, I'm not going to have dessert. You know, for some it might mean nada. Just water. Right. and so let's dive in and see, you know what stress level we might be, stirring in people to think, oh, you know, what am I going to have to do to turn my chemistry around?

What does that look like? So, what do you got? Yeah. So here's the first thing to know is that we have two metabolisms. So we have our body has we are we are literally a hybrid car.

And our body has two ways of accessing fuel.

How Fasting Reveals Emotional Patterns

One is from the food we eat I call that the sugar burner metabolism. And one is from when we are not eating we burn fat and that is called the fat burner.

Metabolism and the way the human body was built is for you to go in and out of these two states. So if we just stop there and think about this for a moment, we have been the world has been debating what's the right diet.

How am I? You know, whenever we lose weight, we're like, I'm going to count calories, I'm going to manipulate carbohydrates, whatever, you know, diet.

You hop on, but you're only operating from one metabolism if you do that. So once you understand this fasted state, actually, in order for you to survive in the fasted state, your body will actually burn fat and make something called a ketone.

And that ketone goes up into the brain. It turns off hunger. It stimulates a neurotransmitter named Gaba that calms you. It sharpens your focus. It repairs neurons in the brain like it is a miraculous nutrient that you can only only get in the fasted state.

So the first thing to know about fasting is that it is a state, a healing state you put yourself in and you can only switch over into the fasted state.

It usually takes about 8 to 12 hours without food. Once you've gone 8 to 12 hours without food, your body is metabolically switching and most people 12 hours are like safely in this place where the body is burning fat to make a ketone.

Now, the longer you stay there, the more healing taps in and that's why I always say to people like, go ahead and intermittent fast if you want to come for weight loss, great.

But I'm hoping you're going to stay with this. I call it a fasting lifestyle for total transformation because these longer states, like your dad put you in, we're actually healing states where the body can finally repair itself, and you don't have to do anything.

This is the beauty of it. You don't have to do anything, and your body wants you to put it in the fat burning state. And so the more you do it, the easier it gets.

I do not know another diet that gets easier with time. Right? Exactly. And I have to say that some of the most, you know, I teach people about elevating consciousness and finding higher states and changing their vibrational frequency so that they can become more lucid, building more circuits to perceive, a greater degree of consciousness and make better decisions for themselves easier, and so forth.

And I have to say that some of the most profound transformational moments that I've had in my life were coupled up with me doing what is now referenced as intermittent fasting.

And so, by allowing the body to drop into those states of non consumption and it starts drawing and pulling forth that which we've been sticking in, shoving into these pockets of storage, it cleans house and we become this open crystal channel that can perceive and receive and integrate and, and and conceptualize things that we couldn't even grok before, which is opposite of what people often think.

They think, if I don't eat something, I'm going to fall over right now, I'm going to get dizzy. I'm going to, you know, there's no way I can operate in terms of work today if I don't, you know, get something happening.

So what would you say to people that are afraid to jump into something like this? and in terms of you know, I'm, I'm in a high performance situation today.

I'm going in, I got to do this presentation at work. And if I'm not clear in my mind, you know, I just can't imagine going for that. I can't imagine putting myself in that position.

And so if I'm going to go twice as long as I would have maybe gone without eating something, you know, how can I count on my body to do the right thing or.

And what sort of pacing program should I think of for myself to be able to perform when I need it, if I'm engaging in that way? So the first thing to know is that the first time you start to use this metabolic switch and you're like, okay,

today's the day I'm going 12 hours without food, it may be difficult.

I mean, if you've only been used to going eight hours without food, it may be difficult, but to your point, what shows up for you like for me, I what is the first thing that showed up was that I was using food, thinking that every time I ate it was going to give me energy, or every time I ate, it was going to change my state in some positive way.

So the first time I started to to practice fasting, I was like, wow, I'm really uncomfortable right now and I don't have this tool, but what other tools do I have?

And I started to cultivate a new toolbox of like music and walking and getting out in nature and like drawing. And there were as a whole, new toolbox that came.

Now, the more you you fast, the easier it gets. So in the book, Fast Like a Girl, I really talk about six different length fasts and each one serves a different purpose.

The deeper you go into the fast, the more you're going to get to know yourself. And it's it's real. I mean, there's a reason that every religion has fasting in it, and the the most beautiful example I'll use for the sake of this conversation is, full transparency.

I was going through as a mother a really difficult moment with my daughter, when she was in college. And I just felt like I. I was worried about her. I felt like I couldn't connect to her.

My husband and I were even thinking, like, do we need to go pick her up from school and, like, bring her back? Because what's going on there is not serving her or, you know, or the process.

We have school. So just as we are having this conversation, I decide to throw a three day water fast at it and I set the intention. What do I need to know as a mother to navigate this moment?

on the third day in meditation, I had this really clear, full body download. She's going to be okay. Just be patient. Sit tight. She's going to be okay.

And it was just such a confirming moment. And, you know, the very next day she called my husband and I and asked if she could come home. And it was like, thank you, universe.

You know, it was so lined up. So we can look at using the longer fast as this spiritual and emotional transformation. And the shorter fast can be more of a physical transformation.

that's why I laid out six different lengths in this book.

Fasting States, Ketones, and Healing

That is beautiful. And again, everyone, that book is the title of of the book that we're referencing right now is Fast Like a Girl, which you got to love the title.

And, and it's certainly been, a well-received, contribution to, to women's health. It is it's a it's a wonderful, wonderful thing. So, so in, in terms of, of some of the things that we were speaking about earlier, it is that you've been working with, with people in high profile circumstances, which means high demand as well.

You know, we we don't want to make someone important just because they're popular, but we want to use their life style as an example of, high demand and high performance.

And they're obviously showing up in their lives full out. and that's how they've kind of risen to the top in their world, in terms of whether it's in entertainment or if it's in, you know, racing with Danica.

And so so I want to just kind of speak into that a little bit, you know, because we can we can use this as a mindset

of, wow, that person is not hesitating.

They are going for it in their lives. And and they've probably created some imbalances in their lives because of going for their, their goals or their visions, in the ways that most of our cultures, support us in doing.

And so clearly, they've had some major turnarounds with you, and I'd love for you to share anything with us that you can just so that our listeners, our viewers can recognize, hey, if I were to go for it in my life and I were to start, you know, I knew right now having more of this information under my belt, I might be able to avoid some of the issues that some of these folks have found themselves in and still be able to achieve.

you know, the vision for my life that I would love to have the unfolding. So anything that you can share with us there. Yeah. And and both those beautiful women I've interviewed on my podcast, Leanne, I've interviewed twice.

So you can and I've asked them to share their healing journey, which they're both have been so beautifully open to doing that. I think Leanne's is the most interesting because if you followed Leann Rimes career at, I think it was at 14, she won two Grammys. 14.

Yeah, she actually has a very she has a really interesting story that when she was two years old, they actually identified that she had this gorgeous voice.

By the time she was 16, she was on the road, doing hundreds of shows a year. she also had Epstein-Barr virus at that time. And so, you know, she pretty much grew up, in an adult world at this very young age.

So when she came to me, she literally came to me asking for me to help her put herself back into hormonal rhythm with her own feminine body. largely because she had just gotten off birth control.

She was trying to clean up her system. The 40 year old was staring her in the face, and she's like, I need to do something different. So honestly, the first place we started with and it took months for me to keep reminding her of this is your body wants to heal.

And she would say to me, no, it doesn't. You know, my body's like I'm, you know, we she would have. I'm sorry. I hope I can swear on this subject, but we would have all these conversations and I would have to interpret her body for her.

I'm like, so do you see that the x, Y, and Z symptom is showing up because your body is telling you that it is trying. It needs your attention over here, need your attention here.

I'll give you an example, one that's really interesting. And we all have this is when you have been in a dope, dopamine rich environment, like performing on a stage.

She would come home and go into depression and she was the mental health child of the world. And I would always say, okay, we just need to rebalance your dopamine system.

We just you went out, now you need to go in. So literally the first conversations were, can you sit on the couch without freaking out? And that was hard. She couldn't do that.

I'm like, okay, tell me what your brain is saying to you when you're sitting on the couch. And it was just because she went from this dopamine saturated environment into a little bit of a calmer state she had that way.

She has that way mastered now. Then the second thing is we had to really explain that there could be some chemical reasons why your thoughts are continuing to give you this, this thought pattern that doesn't serve you.

So I've done a lot of heavy metal detox in my practice. And of course we put her into fasted states, but we had to sort of pull out that the thought pattern wasn't her.

The thought pattern was either a human. She had so many adults around her as a child. It was either a human that put that there or it's a chemical that is changing the way you're thinking in your brain.

Let's work on removing these chemicals. So I think the most interesting thing about Leanne is that she's incredibly brilliant. I'm pretty sure she has photographic memory.

So I would just tell her one thing and she would do it. and b, we really went from a place of viewer powerless with your health to a place of you are powerful, and any time your health goes off, then you just need to look at what do I need to fill up or what do I need to, what interference do I need to remove so that I can stand in this beautiful body?

Who is me? And that took us a couple of years, but every single thing. And we looked at physical, we looked at, mental. so she's got a really beautiful spiritual practice that's very unique to her.

we looked at food. I mean, we took every aspect of her life and said, where is this a tool and where is this pulling you? Off course. So and again, you can hear all the details in the in the most recent interview I did with her, we literally unpacked what healed her.

But it was I think of it like we're all, we're all so beautiful and perfectly balanced and we just get all of this yuck, like put on top of us and that yuck.

Using Fasting for Clarity and Transformation

We look in the mirror, we all of a sudden start to only see the yuck. We don't see the beauty and so with Leanne, it was just constantly like this thought or thought pattern is yuck.

Let's unpack that. This behavior you're doing in your life, let's unpack that. And we just took it all off until she could fully see the beautiful human that she was.

And now she's got it on her own. She's in, London right now. She's going to be on the U. A judge on the UK voice. and we've, we've been, you know, I'll get a call from her and she like, I had a call from her yesterday and she's like, it's the first day of my period.

This is how I feel. And then I report back, this is how you should feel on the first day of your period. So how do we support that? Because that's what your feminine body wants right now.

and these rhythms are exactly what it is time for women to become so in touch with and stop overriding our truths that we are designed to be giving rise to in our lives, and allow them to guide us and allow them to teach us truly and teach the mind, how we are truly constructed as these energy beings that can walk this planet in harmony without having to to struggle, without being trapped inside of old belief systems and on patterns and ways of functioning.

And so this is just a perfect thing. So, you know, to break that down, our thoughts create chemistries and our chemistries create thoughts. They generate back and forth.

They kind of loop back around on each other. So so we want to break the pattern and allow for some shifting to start up, leveling all things systematic so that we're functioning the way we're designed to function.

You know, one of the things that I loved connecting with you on Monday is that that we come from a natural health care background, in our, in our origins.

And we both come up through health care in terms of, of innate intelligence and that the body has the ability to heal itself and that we're not constantly looking for something on the outside to take in order to feel better or to fix us or to change something and, and what we're talking about here today is a systematic ways that we can allow the body to jump start, to just begin again and to start a new rhythm for itself that we not only benefit from in terms of the

chemistries that we're speaking about today, but that we also benefit from.

And in terms of psychologically, mentally, emotionally, our psycho spirituality and our our true awakening is supported by such things. So it's so thrilling to see, to see what you're doing and being able to come into people's lives on, in, in a language that they're used to speaking about.

And have all these extra benefits happen because of how you're working with them, you know. Can can I say one thing on that? I, I love when people will come up to me in public and they'll be like, you changed my life.

And I always say, no, no, no, I didn't change your life. You changed your life. And then they start to tell me about, like, how much weight they lost and medications they got off.

All because they learned how to fast. And I think what I love about fasting more than anything is it's very clear that only you can do it for you. And when you do it for yourself and you get a result, oh my God, the pride, the self pride of like I did that for myself.

And it really is a, I think one of the quickest doors in to seeing this beautiful innate intelligence working because you take the interference of food out and the body heals itself, and then you get to step back in awe of what you're capable of doing.

If I took a medication, if I took a supplement and I felt better, I'd be like, oh, that supplement or medication healed me. It doesn't work like that.

So this is why I love fasting is it's only the only person you get who gets credit as you as it is. And that's exactly how it should be. Right? And so empowering to feel for a minute and a half that I've mastered my mind.

It doesn't have a hold of me. It's not running the show. It doesn't get to decide that I'm having a bad day just because it's tripped and triggered and all sorts of things that I'm actually taking a hold of it, instead of it having a hold of me, I'm I'm putting in its proper place.

And the beautiful outcome of that is that we start to wake up to, to a deeper truth of who we are and the power that we have on this planet. You know, you know, speak a little bit more about the process.

If we were just to sit back and think about, okay, someone has a traumatic experience in their lives, not not only, though, the trauma that happens when you look in the mirror and those micro traumas that are happening, you know, in those comparative moments where where we're looking or comparing or competing or something along those lines, but let's say that someone is in, you know, it's sitting in their life right now and they've survived some pretty significant traumas, maybe some abandonments or some abuses that that were, you know, just devastating for them.

And they've been really working in their life for years to either adapt to it or compensate for it or, or overcome some component of it. You know what?

What would you say to that individual who's really looking for some, some real intimate work with, you know, an abusive life as a child or, or is in an abusive relationship at this time and is trying to really find a way to get their feet on the ground and, and make a true non-reactive assessment, about what they're going to do with their life to transcend their circumstance is can you, can you offer up any of that?

yeah. You got about three more hours. Yeah, I get it. I know, but I know you. And we're just going to drop in here for. It's there for you. So. I mean, I think it's everything we're talking about.

The first thing is that you have to really hold this principle that you are miraculous, like you are truly. If you knew even what doctor Sue and I know about the human body, if you were to jump into our brains and see yourself through our brains and our eyes, you would be blown away by yourself.

So we have to. All healing has to start with a deep honoring of what is capable underneath the skin we see in the mirror.

Healing High-Profile Clients and Restoring Rhythm

So once we go there, then one of my statements that I say all the time is you don't need motivation to get well, you need momentum. And so once you have momentum, each step of the healing journey, whether it's a physical step or an emotional step, gets easier and easier and easier.

So what is going to make you feel the best about yourself, like in the next hour or in the next day? And again I go back to this is why I like fasting, because you can take somebody who really feels like food has a grip on them, and you can put them in a 15 hour fast and they're liberated.

They're like, wow, I was able to do that. Or, I mean, we take this last January, we took 100,000 people through a three day water fast, and I still have people coming up to me telling me about the transformation that took place there.

So figure out whether it's, you know, going deep and I'm sure you're doing all kinds of, of emotional trauma work here. But like, I've over the last couple of years have gone deep into eMDR.

I've gone deep into breathwork. I've used a variety of tools to help me get that momentum. But knowing that really at the core is this authentic, beautiful, full human who I call Mindy.

And what does Mindy need in order to be the full expression of her in this lifetime? And that is at 54 right now. That is my quest is what is the full expression of me feel like.

And part of why it's so strange, but and I think this happens for women a lot, is that we have been put on some kind of, I'm going to call it a patriarchal hex of like, we need to show up and perform a certain way, and we've lost that intuitive sense of who we are.

So the more traumas we have, the more disconnected we are from that authentic version. So first, know that you deserve to heal. You are an incredible human that your body has in mind, are always working for you.

Now, now that we know this, what's going to create these steps that will give you momentum. Beautiful. So on a practical note, if we're going to take all of that and say someone's you know finding the courage to try to do something along these lines.

it having, having longer periods of time between eating. Are there recommendations that that you can make that would allow I mean I know what I would say, but I want to hear what you would say, to, to the types of foods that I would eat when I am eating, if that make it any easier.

Are there are there certain foods that I can eat when I am eating that make it easier for me to go longer periods without eating, and to and to have that be a little less stressful or traumatic on my system to to joke back and forth from, you know, all or none.

so where where would you guide people just, briefly there. Yeah. It's such a great question. So the first I whenever people ask me usually that this question gets asked, how do people start fasting?

And I always say you start with food. So and so with the food, the sugar burner system, let's just make it simple. Like I am so, like exhausted. I don't know about you all with the different diets that come and go and you got to eat this way and not that way.

Like it's getting too complicated now. So let's just be very calm about it to simplicity. And, you know, I will go through really quickly. I have a new book that's coming out called Eat Like a Girl, and it's a cookbook, and it's about the sugar burner system.

And I came up with five principles that everybody can follow. I'll go through them really briefly here. And the first one is we should be looking at our blood sugar.

So understand how foods relate. You can put a continuous glucose monitor on. Those are amazing. Or you can just ask yourself, how do I feel after I eat?

Do I feel sleepy, or do I feel energized? So you should feel energized. So I always say blood sugar matters. Calories down. The second principle is let's start eating for our microbiome, not our taste buds.

We are always choosing food based off what we're in the mood for, but it's actually the microbes in your gut that really, if you feed them, you start making better food choices.

So fiber, things like vegetables with every single meal, even whether you like it or not, fermented foods are amazing. So again, I'm both books, I have lists.

third one is we have to start looking at there being nature's carbs and human made carbs. If you just stick to what nature is, provided you like fruits and vegetables and, root vegetables and potatoes, let's just stay with nature's carbs.

Then we can end the carb conversation. We don't need to be talking about low carb, high carb. We don't need to go all down that keto path. Just eat nature's carbs.

Your body will thank you. the next one is protein is absolutely the hero macro nutrient. So whether you're plant based or omnivore, make sure you've upped your protein.

And then the last one I always say is is fat doesn't make you fat.

Practical Eating Principles and Closing Advice

So hopefully you know this that the good fat fuels the body. So get to know the difference between good fat and bad fat. So if you put that all into like a daily action, it's just like, how is this meal relating to my blood sugar?

And then, you know, how am I serving my microbiome so my taste buds change? Am I really making sure that I'm eating, you know, nature's foods, not human food, made food.

And am I prioritizing protein and bringing fat back into the conversation. So that some people couldn't agree more? Love it, love it, love it. Boy, it takes us back to our roots, doesn't it?

You know, I can remember sitting in school and, you know, we were we were both a natural, natural, natural state health care and and so in, in the philosophies of all of that, this is what we were this is what we, we're talking about.

And, and here we are in, you know, I don't know, a few decades later and, being able to share this with the world. And it is such a such a joy because we know it works.

It's been working with for our patients for years, and there's absolutely no reason that it wouldn't work for everyone listening here today. And so, yeah.

So, so grateful that you took your time and paused your exit for a vacation to be with us here today. And so blessed to, to really hear from you and get to get to hear your explanations in an even greater proportion than I was able to when we were in conversation.

So we are definitely here in an amazing time. ladies and gentlemen, and it is time for humanity to take charge of their lives again. And I'm hoping that your you're listening in with Mindy today has has, given you some additional tools in your toolkit to be able to feel confident in moving forward in a manner that will allow you to be in charge of the true self, coming forth into this life and having the life that it came here to have instead of suffering and

wondering why.

So, Mindy, any last words that you would love to share? One last little ditty that you want to make sure get said today? Yeah, just keep believing in yourself.

Like, keep being curious about yourself. Because once you get to know yourself, you will be blown away. You will blow your own self away. So don't give up on yourself.

There's a miracle to discover down in in all aspects of your body, your soul, your mind. Yeah, it's take the journey. It's worth it. Beautiful Dr. Mindy Pelz Empowering women to believe in themselves on every level.

So it's been a joy to have you here today. Thank you so much. Or your time and I can't wait to play again. I have a feeling we're going to be doing that in lots of ways.

So so blessings to everyone. Thank you for being here. And the DrTalks and allowing yourselves to truly become awakened to a greater truth within. We are empowered to bring that forward, and that's what this summit is all about.

So blessings to you and we'll see you next time.