Podcast Intro and Guest Introduction

was like very fascinating to me like how the earlier kiddos teeth it leads to early onset puberty. It was hard for me to be like are you sure? Are you about that?

It is. I've seen it in practice because I see newborns again all the way through and I have been in practices now since 2014 and so yeah I can see it.

And I'm like oh wow. Welcome to the Holistic Truth Podcast. I'm Jamie Dorley, CEO of Nutritional Frontiers. And I am Christine Genovese, creator of the Soul Intelligence Method.

We're here to help you break through chronic disease and dysfunction physically, mentally, emotionally, and energetically. with real proven strategies, protocols and tools you can use in your practice today.

Hello, everyone, and welcome back to your favorite podcast for natural healing and wellness, The Holistic Truth. Can you handle the truth? We sure hope so.

I'm your host today, as always, Jamie Dorley, I am the owner and CEO of Nutritional Frontiers with my co-host, the lovely and talented Christine Genovese.

How are we doing today? I'm really good, Jamie. Thank you. I am excited. We're both together in Pittsburgh in the same studio for a change, which is so much fun.

She's the owner of the Wellness Center and Aesthetics and she's a nurse practitioner and also a certified holistic healthcare professional. So we're very excited to have her on there.

She has been a big supporter of Nutritional Frontiers and we are really excited for her to be on here because she has some really cool topics to talk about today, doesn't she?

Oh, I'm excited because I think we're going to talk about what I would call the perfect storm. Hormones, adrenals, and cortisol and that whole big mix.

And where do you even start? So let's give a nice warm welcome to Stephanie Urell. Hi, how are you? Well, I want to hear about dry care wellness and aesthetics is really exciting practice that you own.

And, you know, maybe give us a little more background on how you got into functional medicine and wellness. How long have you even owned the wellness center?

Yeah, so I have two practices. One's RightCare Family Practice, which is family practice. So we see newborns all the way through adults. And then I had the Right Care Wellness and Aesthetics.

I opened Rightcare Family practice first. I am medically driven initially. Did all of the medical training. As I continued that road, I realized, you know what?

People want to be healthy. They don't want stay sick. So I took it upon myself to take a deeper dive into health and wellness and got holistic certified.

So it's a huge like drive for people now because they don't want to be sick.

From Conventional Medicine to Holistic Care

They don' want be stuck in the sick system and it is a very different mindset from the medical world just in general. I have a unique practice. So I'm able to do medical and I am also able do the holistic portion.

So it's very, very helpful. It's been a great addition. Yeah, we call it the best of both worlds, right? And I think you hit a key word, the system. you know, early 2003, 2004, and JAMA, the Journal of American Medical Association, actually acknowledges, they says, look, our healthcare system is really set up for trauma, right, in acute care.

However, we've done all the research and over 80% of all doctors visits offer chronic care, So I think that's really where, you know, we bring together what you would call complementary medicine, right, or integrative, because not an either-or.

You know a goth forbid someone is in a car accident, they need to go get medical intervention. However, if they get a headache, Probably not the best approach.

So for me, I had an aha moment in college, you know, when I got diagnosed with psoriasis and I couldn't get any answers. And I finally found that, rather running for the cure, let me run for cause, which was candida and liver toxicity.

Did you have that aha moments where you were like, my God, Oh yeah, that happened actually several years ago when I was treating patients and I giving them medication and then changing medication, changing medications.

And then finally one day I'm like, what are you eating? What are taking? Like what vitamins are your taking, like what over the counter things are they taking.

Like, What you are doing that's affecting where some of these medications, they should be working. I started having this patient take like food diaries and what all over the counter things she was taking.

And there were just so many toxins in the amount of sugar she wasn't taking and the gluten. I was like, yeah, we can't fight this inflammation with everything that we're taking in.

So it was just making that like whole body transition and she got healthy. And I was able to take her off of some of her medications and I like, here we go.

And so again, it took me into that deeper dive of let's fix the problem. Let's figure out what that root cause is. Now there's so many people that are like I just want to be healthy.

I want be fixed. Which is not always the case. You can't always fix something with a one time thing. But there is so much stress in the world right now.

whether that's financial, it's jobs, its home life, etc. And it is literally causing a storm in the body. Oh yeah, you're speaking our language. The stress is a big culprit.

I can tell you are very fulfilled in your career by the smile you have, your glowing. It's interesting when you mention the stress because Oftentimes, you can't out-medicate a bad lifestyle.

You cannot supplement it, and you cannot really address anything. Dr. Bob at our conventions, he talks about doing the 10-day reset because he found after 35 years of practice that people are too hot.

They're too stressed out. If I don't cool down the nervous system, I can do anything to help them out, We recommend a lot of things at Nutritional Frontiers.

Of course, Christine, the creator of the Soul Intelligence Program, has been dealing with this for quite a few years. I love that you're talking about stress because that is really the foundation of where things start.

Yeah, I think it's the number one thing that we treat mentally, emotionally, and physically. I really do. Of all the

factors when we talk about lifestyle, stress, because it comes in so many forms, right?

Between stress and toxicity, then you throw in the poor nutrition, it does create the perfect storm in your body. So I know you specialize in cortisol and adrenals and hormones, so when you get somebody in office, where do you start?

Stress, Inflammation, and Root-Cause Healing

Well, that depends on the person, you know? I mean, a lot of times this starts as childhood. So, there's so many childhood traumas that kind of follow people through their adult life and then they kind hold on to that.

Again, it does go back to the mind, body, and spirit. A lot times there is a a of forgiveness, of that spiritual healing that they have to have as well.

But then thinking like, hey, let's go back and see where did this trigger? So a lot of times with hormones, especially, they'll be like oh, well, I've always been this way.

And I'm like no, you haven't always this this. So with hormone, some people think, oh I always have been fat, always big, have always stressed, and I am like okay, but you have it.

It started somewhere. So finding that starting point and then really working from there because sometimes it is genetics. You know, there's genetic mutations.

That's where like the methylated vitamins that you guys have, the methylated B's. There's a huge push with the MTHFR gene mutation. These are like loaded topics.

Could go days talking about that, but yeah. Do you see a lot of patients with MTFHR? I do. I Do. Yeah. And the problem is, is that it triggers homocysteine production in the body and so then it increases absorption of vitamins.

So homocistine is one of the cardiac markers that we look at. It increases your risk of cardiovascular disease, high blood pressure, heart attacks, strokes.

All of that works together. Your vitamins are so important. What you're putting in your body. Well, we were actually just talking about that earlier today when we're talking the importance of DMG and what that does in the body, right?

And why we have it in so many of our formulations because, you know, for exact reason of what you just talked about. Yeah. Yeah. You mentioned our B complex.

That's our super B complete. And, you know, very proud to say that we are the only company in the world that uses the original vitamin B 15, which is dimethylglycine.

It's the ultimate methyl donor. You know, there was a lot of B vitamins when I first got into this career that were called stress Bs, you know? But they would have the same amount of each of the B-vitamins in it.

And when we did the research, it showed that you actually need the right ratios so they maximize the synergy of absorbability together. So they're more bioavailable.

That's something that I can tell when take and when don't take the Super B complete. Are you taking it today just out of curiosity? Of course. Oh, thank God.

I take it every day. That's why I've been so focused and on points today as always. So, can you share with us a little bit? Did you meet us with Dr. Judy Mikovits?

Is that how you met us originally? I did, yeah. Met you guys through Judy. And where is your practice located? You

have the most gorgeous, light southern accent.

Where in the country can people find you? Yes, I'm in Gallatin, Tennessee. Nice. Which is north of Nashville, but it's growing. It's a growing crazy, so.

Why are your Nashville is one of the big, one, of, the cities that are growing like rapidly. So I'm sure people are kind of spreading out from there. Yeah.

Yeah, thankfully there's a lot of subdivisions going up now. So can you share with all the listeners out there, there are so many different vitamin companies and brands and, you know, different forms and sources.

Why Nutritional Frontiers? Why did you choose to work with us? So I obviously have been on vitamins for a long time. When I switched to Nut?itional frontiers, I could tell I felt better.

So then, again, taking a deeper dive into like, hey, why does this make me feel better versus some of the other vitamins? And a lot of it is just because there's not as many toxins, there are not many as toxins as some over-the-counter ones, but also they're pure forms.

And the combination of some vitamins, you know, I'm not a pill-taker, even though I prescribe medicine all day long and I take a ton of vitamins. I am not pill taker.

So I love that a lot of the formulations come in powders. So, I take my, my cafe mocha every morning. Oh, there we go. Yeah. And so I just feel so much better.

I actually had a stroke a couple of years ago. Was completely paralyzed on my left side and I was like, how did this happen? I'm literally the healthiest I've ever been.

Um, and I started taking the pro reds after that, just as natural anticoagulation, inflammation, And I'm on zero prescription medications with that. And then I obviously take the berberine and the SPM as well, Just to help with inflammation.

But taking those, I had a complete recovery in eight days. Wow. Wait a minute. In eight, days you recovered from a stroke using what? Did SPM the pro reds and I did pro oranges as well and then obviously like my routine stuff with the vitamin D But I added the SP M after that and Then I take the NAD as Well And how you feeling now you look great I mean, I exercise every single day.

I still see 30 plus patients a day, and I honestly feel great. And what do you think was the cause of the stroke? Was this a brain bleed or is there a blockage?

MTHFR, Methylation, and Childhood Health

It was a blocking, so I had a small hole in my heart that was basically undiagnosed. So a heart murmur? and so the blood was shunting from the left to the right side.

And so it just clotted off like through aging, et cetera. So naturally those can clot off and be fine. But then when I started doing all the supplements and taking everything, it was eating away at the clot.

Yeah, so released and went, but I got to see the scans. I saw the clot dissolve. It was great. Oh my gosh. I'm so glad that you made that recovery. Cool.

Let me just keep taking my pro red. Yes. We are in a mission. Our mission is very simple. Make the world and your world healthy. And I got chills everywhere.

Not that it didn't happen, but that, you've made a full recovery and you give people hope. Someone asked me recently on an interview, like, what do you really want to do for people?

I said, I want give them hope, they don't have any hope They go to the doctor and they have an autoimmune condition and tell them there's no cure. It's all genetics, it's not your fault.

Start on these NSAIDs, then get to their really dangerous sulfasalazine, methotrexate. You're going to get worse. I can't help you, but I'll see you next month.

And we just want to give people hope. So stories like that. Yeah. Wow. My heart is warm. Thank you. Well, you talked about one of our powders, Pro Reds, right?

That's full of wonderful fruits and vegetables, it's a great antioxidant blend, since you said you love the powder so much. And then you threw in some SPMs, which is those Specialized Pro-Resolving Mediators.

I know for people who may or may not know, but what that is, is a really, I would say highly, if I'm talking to a lay person, highly specialized, wonderful, form of fish oil, right?

You start at the top of the chain, you've got your omegas and then the body breaks it down into specialized pro-resolving mediators. And what it does, it goes throughout your body like a Pac-Man looking for unresolved inflammation, and it resolves it.

So thank goodness you knew enough to put your own killer protocol together. Again, with that, it's inflammation. So from like a medical standpoint, when we check a CRP, which is that C-reactive protein, the SPM will help drive that down.

Again it is all inflammation-based. You mentioned the medical field. How is the field affected by the use of nutraceuticals and supplements? Well, I'll be honest, if I talk to somebody who is only medically trained, they don't know much about the holistic world.

They don' know a lot about vitamins. I have people reach out to me quite frequently saying, hey, can you tell me about this supplement you put this patient on?

And so I mean, I've talked to several cardiologists because I use the Natokine Plus and I'm like, okay, so my goal is to break down the plaque. I don't want to keep it there.

You know, statin drugs just push it against the wall and then it builds up over time and they'll have a heart blockage. So I have been monitoring calcium scores, which shows plaque buildup along the vessel wall around the heart.

And I put people on Natalcon Plus and it helped. I've had significant improvement in calcium scores just doing that, especially for my patients that don't want statin drugs.

They don t want to take, you know, one more pill. they don' t wanna take something that causes muscle pain. And so I use that a lot to help with the plaque buildup, but I mean, there's just so many different combinations and so different things that I use.

I was saying I could probably talk for days about all the supplements that i use with their nutritional frontiers just because it's there. There's so may different combination that can be so beneficial for every single disease process.

But again, all of that kind of bases back down to the inflammation on the body, just making people healthy with that. Yeah, absolutely. And you mentioned something, statins, right?

One of the most prescribed medications. You know, we haven't really seen a decline in heart disease, or strokes. Right. Actually, females, which had a much lower risk factor years ago, have increased their risk factors on that.

When you mention muscle pain, a lot of people don't even understand why. As we know, you know that satin works on the liver and the HMG-CoA reductase.

So basically an enzyme that creates cholesterol in the body also creates CoQ10. And when you decrease the production of the energy, And you reduce the production of the cholesterol on the same basis.

I mean, Lipitor, for example, published research admits over 40% reduction in energy. So for the lay person, I have to say, imagine shutting off half the power in your house.

You think you would notice it? Oh yeah, it would. That's what you do when you take a statin medication. Short-term muscle pain, long- term, they're looking at type three diabetes, dementia, Parkinson's, and Alzheimer's.

And there's been a steady increase among those types of long-term debilitating diseases as the increase of statins have been recommended. And they really should only be used in rare cases when cholesterol and all the other lipid markers are, you know, three, 400 plus, and the person's at acute risk.

But they haven't shown a great reduction in cardiovascular disease as far as what we see. So when we talk about like, what kind of is underneath all these things, right?

You talked about, let's go back to childhood, and when did this start? And we talked. What are those underlying emotional root causes? Like, What's that trauma that they're holding on to in the body?

that is now expressed in the stress, in high levels of cortisol, being in adrenal fatigue and burnout. So when you get somebody, when a patient presenting those symptoms, what do you do?

What's sort of your first way you approach them? Yeah, so again, going back to childhood, because I mean, there are studies showing that even babies like in utero can get stressed from moms.

And then even through breast milk, you know, which that goes to like the beta zymes and the side zymes and all that stuff too. So stress from the mom can obviously trigger into the baby.

Going back to the genetic mutation portion of that with the MTHFR, if they do have that gene mutation, they're like more likely to have the tongue ties and the stork bites and that redness on the back of the head.

And so a lot of times when I see that at like their first, second visits, we actually start them on a liquid methyl B because that helps.

Adrenal Fatigue, Cortisol, and Energy Support

Decrease inflammation just starting from you know two weeks of age one month two months so we just got chills oh my goodness. Yeah and it's amazing where so many people are like oh they have a tongue tie there's no correlation with anything and i'm like no there is so there so.

So many kiddos that we start the method be early. So we want to decrease inflammation as young as we can to make sure that they are, you know, living a healthy life.

We've seen huge, huge improvement in kiddos over that amount of time too, and just developmental, so again, the earlier we catch that the better. From the adults that I see, hormones goes to the adrenal glands.

The adrenal gland, which is one of the glands that expresses cortisol, goes the stomach. And so then guess what? The stomach hits all the cravings, the eating, overeating, stress, that's where they get the insulin resistance.

They're doing studies now with PCOS and obviously the metabolic dysfunction with that because again, it's all cortisol driven. So I was like, the body is one.

Everything works, everything's affected by something that has happened or that we do. So again, even like teething goes along with puberty. And so it's like very fascinating to me, like how.

All right, unpack that. What do you mean teathing? Goes along. I want to hear that one, The earlier kiddos teeth, it leads to early onset puverty. So yeah, it's a very interesting concept.

I was like, huh, okay. So, yeah. It was hard for me to be like, are you sure? Are you about that type thing? But it is, I've seen it in practice because I see newborns again all the way through and I have been in practices now since 2014. And so yeah, i can see it.

I'm like oh wow. So I always take note of that. Of what age they were when they started teething because that's going to kind of lead when are hitting puberty.

So for boys, it's especially important to note that because they want to be tall. They want be buff. they wanna be strong. And so it was like, hey, avoid the soy products.

Start, make sure you're taking vitamin D just to help regulate that too. So, I mean, again, all of that starts in childhood. And then as people get older, just the stresses of life, you know, how their childhood was, did they have a loving environment?

Did they go to church? Do they food every day? It's shocking to see how many people that did not have the things that they actually needed outside of what they wanted.

but just basic needs, but it just triggers a lot of cortisol and a lotta inflammation. And so now they're adults and it's like, okay, so let's try to fix all this inflammation and try and fix the adrenal glands to actually work with you.

There's a little bit of adrenal fatigue that comes with that too. So I'll see people and I'm like okay again, when did your stress start? Because they are like I am exhausted every day.

I check their blood work and everything is normal. So there's no really like specific test for the adrenal glands. I do some muscle testing with that.

And so I'm like, listen, this could be adrenal fatigue. So again, the Adrenal Glandular Plus I utilize a lot. The Adrenomax I use a lots. See a a of professionals as well and they're stressed to the max.

Yeah. I take the adrenal glandular in the morning and then I actually take Adrenamax at night because I want, because the Adranamaxx is actually an adaptogen, right?

So it's going to either bring your cortisol up or down as you need it. So I use them both, but I used them in different ways. Yes. Why am I a stressed out executive?

I have no idea. Just dealing with people, you know, dealing people. No, I think it's also just the pace in which we live sometimes, right? You know, Jamie and I have the opportunity to travel throughout the country to see our clients and, you know on and off a plane sometimes can be a little bit stressful, travel can But we both do our best to manage our stress and we've been a lot more conscious of our calendars because we realized in the last year we were running pretty hard.

And I think healthcare professionals in general have a tendency to give out a lots and forget about focusing on themselves. So we're no exception. Yeah.

Again, the amount of fatigue that people get from that, people are exhausted every day. So when they're tired, besides using the adrenal products, have you tried using anything like power fuel to kind of get them up and going?

Because I know you love powders, so I love our powerfuel. That's my three o'clock pick me up because of all the electrolyte blend in there and that gets me going.

Yeah. I use a lot of the Super B Complex, the Vitamin D. They're pro oranges, helps a lots of my patients too with energy. And so, I mean I used a a of those as well to help with the day.

Yeah, do you feel like a the fatigue is mental along with physical? Cause I noticed when I was doing consults years ago, people would say I'm tired. What did you do?

I haven't done a whole lot. they seem really mentally exhausted. The reason I brought that up is the pro-oranges actually has a blend in there with inositol and DMG and ginseng that's actually like non-caffeinated, but it gives a nice neurotransmitter pop, right?

It kind of opens up the neurotrasmitters and I think people feel that a lot. So what's your thoughts on that, the mental versus the physical fatigue? Honestly, I feel like those go hand in hand.

Sometimes I fell like the mental fatigue could be more than physical fatigue, because I tell people all the time, like, some people don't realize how much mental fatigue affects you.

Like, hey, I do work out every day, but, um, the mental fatigue, some days I'm like, man, it today was a lot, you know, sometimes hearing like again, people's histories and everything else, You know?

And I want to help you mindset. Some days.

Recovery Story and Supplement Protocols

I mean, The mental Fatigue can be a. Yeah, 30 people a day. Right? Yeah. What do you do to kind of restore yourself and bring yourself back into balance?

When I take all of my supplements, that is like my every single morning. And again, a lot of it is that mind, body and spirit. So I do make sure I'm sleeping.

I was not doing that a couple of years ago. But I make it like routine, like first thing when I get up in the morning, I I like the chocolate ones. So I love our chocolate praline greens.

There are none better. I am a big fan myself. Yeah, so good. That is part of my routine. Actually posted about it because people ask me all the time, I'm going to be 40 this year and I'll be like 40. They're like, what do you do?

You have so much energy all day. And I take my vitamins. I do the do. I live the lifestyle. And we love that. That's one of the reasons why we wanted to have you on The Holistic Truth, because you embody what you practice, and we absolutely adore that about you.

So I love it. You start your day with your Super Shake and your Prolene Greens. Every morning. Then I'd do Pro Reds and Pro Oranges. So that I have recently added some collagen as well, but that's pretty much my routine.

And then I take my vitamin D and then take fertility. So, which is helpful. You have a great program for yourself. I'll tell you what, you mentioned that exercise a few times as a former American college of sports medicine certified personal trainer, I competed in bodybuilding and powerlifting.

One of the comments I get from people all the time is I don't have time. I'm like, you have to make time. So I like to do it early in the morning. Weekends I may do later on in afternoon.

If I am ever off, I would like prefer to it after I up for a little bit. But I usually do before work. When do you put it in your schedule? Because I always tell people, You have put this in you schedule.

It's like a doctor's appointment work or the kids baseball game. And if you don't. you're not going to do it consistently. So when do you incorporate your exercise program and how long do.

Yeah, I exercise every single evening when I get home, no matter what time it is. I'm not a morning person. Yeah, I can stay up all night long, but do not ask me to get up early in the morning.

So I'm not a morning person. Then I am, the day's half over for me. Oh my gosh, he is the Morning Person. That's funny. So I'm like dragging myself out of bed to get to my greens and my super shake to start the day.

But yeah, I work out every night when I get home. Depending on the time, I like to workout for at least an hour. I do a lot of Pilates. I do have the Peloton, so I ride the peloton or do the treadmill. So I like the competitive portion of that, do you know?

Oh, i do. The leaderboard. i need to be on top, you So were you an athlete growing up? Did you play sports? Should you work out? Were you a runner? Do you do gymnastics?

What'd you? Yeah, I did. I played basketball, softball, track and soccer. Yeah. Wow. Love it. A sport for every season. That was like me. Yes. I love it!

I still compete in tennis, right? That's where I get my competitive part out. And then I have recently, within the past year, gotten into Pilates. Jamie was, like, you know, You should try this.

My body has literally transformed. I'm so excited, you know, and it's given me better endurance on the tennis court. So I absolutely love Pilates now.

What about for your patience? You know that was one of the things I would always tell people, look, You have to do something you like. You may not enjoy it every moment, but you have ask yourself, do I feel better when I am done?

And the answer is always yes. So take someone that comes in, they're one of your patients, she's 45, 50 years old. She does not have an athletic background.

What do you encourage them to do? Do you start with walking or yoga? What would you recommend that they start? So, and again, a lot of that depends on the person.

Sometimes I do just have them do Pilates.

Exercise, Lifestyle, and Daily Wellness Routine

There's literally an app for everything now and there's workout regimens, there is chair exercise, because some people are like, oh my gosh, just to sit down in a chair.

I'm like great, sit in the chair and sit up upright and suck your belly in. And again when it's a time factor, I am like okay cool, don't go to the gym, do this at home.

So there's like calisthenics stuff now where it's just, you know, again, it moving the body. What's really interesting, my mom is 80 this year. She's going to kill me probably for saying that out loud, but she does chair zumba.

I'm like, what? Get that on the podcast. Oh my gosh. She's like, no, I will never come on. But yeah, so I was like oh, that's cool because they get to hear cool music and they're just moving the body a little bit.

My mom does a shake a day. she is good. He is a good girl. You can't do a whole one. Just like half, but she does. It gets in there. Yeah, she's a half pint.

Absolutely. Well, Stephanie, I'm sure people are listening to this and are going to want to find you. Are you accepting new patients and can people get a virtual consult with you?

Yeah, I've been working on the virtual console because I'm like I probably really should do that because it's helpful. Although sometimes I love using my hands, which sounds kind of crazy sometimes, but I sometimes just have to touch somebody to tell them like, okay, does this hurt?

Is this where your pain is? So sometimes people will say, oh, it hurt right here and I am like right. I need a pinpoint area. Well, share where people can get in touch with you.

Yeah, so they can call my office to schedule. I do offer telehealth, I can't bill insurance through some of that, but especially if it's a new patient, But I offer Telehealth.

Yeah and that phone number is 615-452-0035 to Schedule. And then I mean, pretty much everywhere I have patients in New York, a couple in California, some in Texas.

They come in, they fly in and see me once a year and then they go back home. So I just want to help people. And you said you have two different practices in your town.

Yeah. How do you juggle that? Talking about stress, cortisol, adrenals, mental fatigue, holy smokes. Um, it's a lot of time management. It is a time of management and I have two boys who are very, uh, they are into sports and into everything else.

So I stay pretty busy. I love it. Well, thank you so much for joining us, James. Yeah. One more question for you. Cause you did mention, and, I was certified in nutrition response testing by Freddie Yulan with the muscle testing and the co-founder of the company, Dr.

Weiner. Did muscle testing plus innate the allergy elimination technique and coming more from the medical background. How did you get into the muscle test?

Because that's very unique. That was part of my certification for the holistic health care provider. And so again, it was very different for me, but it's very helpful.

I was like, oh wow, this really does work. So it is helpful if I'm like I just can't put my finger on what's going on type thing. It's been helpful with that.

Was that through Trinity or another school or who was that? It was through trinity. Yep. Fantastic. Yeah. We're a big fans of Trinity and part of ours.

And we're looking forward to doing our convention again this year. Hopefully it does not compete with one of our other dates that we have. So we got it all worked out.

The last question, what's your favorite nutritional frontiers formula? Oh man, that is a loaded question.

Closing Remarks and Contact Information

I know you can pick more than one, but you know. Okay, I was going to say the one that I personally would not go without just because of my stamina and everything else is the fertility and the super shake.

Oh, there we go. All right. Super shake wood flavor. I use the Cafe Mocha. That's my favorite. Right. Instead of getting a coffee, if I feel like I want a cofee, I will go to a Moca Super Shake and maybe throw a little more greens in just for fun because it's chocolatey.

Chocolatey, yeah. Awesome. Well, thanks so much for taking time, Stephanie. We know you're really busy personally, professionally. we love what you do and we are really grateful for all your support and love you provide for Nutritional Frontiers.

And we loved that you were a woman of faith. That means a lot to us too. and uh, we really love, what are you doing? So thank you so, much. You're a blessing to the community.

And you're on the same mission as us to continue making the world healthy. So we greatly appreciate you and your team out there. And I do look forward, I did mark it down to find a time to get out to Tennessee.

Perfect. I hear good things about it. My daughter's gone to gone do a couple of bachelorette parties out that way. Yep. up-and-coming area for that, as I'm sure you know.

And I looking forward to visiting you and hope to see you at our professional training event in Pittsburgh, October 24th and 25th of this year. Sounds great.

All right. Until next time, everyone stay healthy. Thanks so much, Everyone. God bless. If this episode spoke to you, please follow the show and share it with someone ready to take charge of their wellbeing.

And if you can, leave us a review. It helps others find our podcast. For more tools and practitioner support, visit NutritionalFrontiers.com.