Intro and Speaker Background

All right, you guys are kind of rolling All right, you guys are kind of rolling in. I'll wait a minute. Um just so you in. I'll wait a minute. Um just so you know, I put a lot of stuff on my slides.

know, I put a lot of stuff on my slides. I will if you want to DM my Instagram, I will if you want to DM my Instagram, it's s e e c fit living. I will send you it's s e e c fit living. I will send you my entire presentation. So you don't my entire presentation. So you don't have to take pictures and try to keep up have to take pictures and try to keep up and then I get a follower. So you know.

and then I get a follower. So you know. >> [laughter] >> [laughter] >> [laughter] >> All right. >> All right. So I'm really really honored and happy So I'm really really honored and happy and glad that you guys came in here. I and glad that you guys came in here. I know Jay Campbell is in there speaking know Jay Campbell is in there speaking about peptides. So about peptides. So you're choosing alcohol over peptides.

you're choosing alcohol over peptides. So I So I That's a good thing. But I I really That's a good thing. But I I really wanted to talk on this topic because I wanted to talk on this topic because I feel like it is never discussed.

feel like it is never discussed. It's like the elephant in the room at It's like the elephant in the room at all the biohacking conferences. You can all the biohacking conferences. You can go and you can buy the devices and the go and you can buy the devices and the pulse autos and the pulse autos and the you know, all the mats and all the you know, all the mats and all the things but a lot of people just don't things but a lot of people just don't quit drinking. Like it's it's not that quit drinking. Like it's it's not that complicated. It's really cheap. It's complicated. It's really cheap. It's affordable and you'll feel amazing.

affordable and you'll feel amazing. So So So I'm going to talk a little bit about I'm going to talk a little bit about that. I am a I'm Samantha. I'm a that. I am a I'm Samantha. I'm a functional diagnostic nutritionist, a functional diagnostic nutritionist, a wellness and longevity coach. I am a wellness and longevity coach. I am a personal trainer. I went to University personal trainer. I went to University of Michigan where Oh yeah, go blue.

of Michigan where Oh yeah, go blue. Where I graduated with a BA in Where I graduated with a BA in kinesiology. kinesiology. kinesiology. So I go beyond just the surface level So I go beyond just the surface level stuff where you're going to band aid stuff where you're going to band aid everything with medication which you everything with medication which you guys are probably hearing a lot this guys are probably hearing a lot this whole conference that we get to the root whole conference that we get to the root cause of what is going on, gut health, cause of what is going on, gut health, hormones, food sensitivities, whatever hormones, food sensitivities, whatever it may be and we try to solve the it may be and we try to solve the symptoms that way.

symptoms that way. So and help people you know, optimize So and help people you know, optimize their health and feel their best and their health and feel their best and then go beyond that. And I work with a then go beyond that. And I work with a lot of people in recovery that just kind lot of people in recovery that just kind of became my of became my like little niche that I was working like little niche that I was working with. I'm in recovery so I just sort of with. I'm in recovery so I just sort of like happened that way.

like happened that way. But, I like to tell everybody that it's But, I like to tell everybody that it's not always normal. You're not going to not always normal. You're not going to always feel amazing when you quit always feel amazing when you quit drinking. So, there's this sort of this drinking. So, there's this sort of this like idea that you quit drinking and like idea that you quit drinking and then all of a sudden you're going to be then all of a sudden you're going to be like, "Yeah, I'm a rock star. I lost all like, "Yeah, I'm a rock star. I lost all the weight. I feel great. I have no the weight. I feel great. I have no brain fog." And that doesn't necessarily brain fog." And that doesn't necessarily happen. So, I'm going to tap into why happen. So, I'm going to tap into why today and explain that to you. And then, today and explain that to you. And then, um you can heal your body and I am um you can heal your body and I am living proof of that and I will tell you living proof of that and I will tell you why. Because I am an alcoholic and I

am why. Because I am an alcoholic and I am an addict. Um full-blown 100%. So, um an addict. Um full-blown 100%. So, um that picture of me right there is when I that picture of me right there is when I was actually in federal prison.

was actually in federal prison. So, um a little I'm going to really So, um a little I'm going to really condense my story. If you want to ask me condense my story. If you want to ask me more questions, you're more I'm an open more questions, you're more I'm an open book. I'm happy to talk about it.

book. I'm happy to talk about it.

Personal Recovery Story

But, I started drinking I was a kind of But, I started drinking I was a kind of a sickly kid, so I had that standard a sickly kid, so I had that standard story where I had like a lot of GI story where I had like a lot of GI issues, a lot of allergies, what you issues, a lot of allergies, what you hear a lot of practitioners talk about.

hear a lot of practitioners talk about. And I think that part of why I started And I think that part of why I started drinking in 7th grade, um I started drinking in 7th grade, um I started everything I think pretty early, was to everything I think pretty early, was to just because I didn't feel good. I just because I didn't feel good. I didn't feel good in my own skin. And didn't feel good in my own skin. And then, I also have the disease of then, I also have the disease of addiction, which I did not know at the addiction, which I did not know at the time, obviously. But, I time, obviously. But, I I was just trying to get out of myself I was just trying to get out of myself and that's what a lot of us do when we and that's what a lot of us do when we drink. Like I just nobody had a solution drink. Like I just nobody had a solution for why I never felt well. I had a for why I never felt well. I had a Western medicine dad, so it was a lot of Western medicine dad, so it was a lot of bandaging um things on my body. I'm bandaging um things on my body. I'm going to go back a little bit. So, then going to go back a little bit. So, then um fast forward. So, I did use a lot of um fast forward. So, I did use a lot of drugs, but I was also like a Division 1 drugs, but I was also like a Division 1 rower, a very um like a national rower, a very um like a national champion synchronized swimmer. So, I had champion synchronized swimmer. So, I had this weird like balance of being um a this weird like balance of being um a very high achiever and then able to like very high achiever and then able to like manage my drinking. So, very functional manage my drinking. So, very functional for a while. And I would stop and then for a while. And I would stop and then start using drugs and all that again.

start using drugs and all that again. But then, fast forward to when I was at But then, fast forward to when I was at Michigan, junior year of Michigan, I Michigan, junior year of Michigan, I started to use um a lot of other drugs started to use um a lot of other drugs besides drinking. So, methamphetamine besides drinking. So, methamphetamine was my drug of choice was my drug of choice because it made me feel normal. I was because it made me feel normal. I was diagnosed very young with ADD, ADHD, all diagnosed very young with ADD, ADHD, all the things. Um the things. Um but I don't know what it was. I just but I don't know what it was. I just felt like it leveled me out and I was felt like it leveled me out and I was okay. So, that became my thing. And then okay. So, that became my thing. And then a lot of like the club drugs. I a lot of like the club drugs. I graduated from Michigan. I moved out to graduated from Michigan. I moved out to LA. I bought two turntables. Decided to LA. I bought two turntables. Decided to become a DJ.

become a DJ. So, I was going to be this like famous So, I was going to be this like famous rockstar DJ, which I did actually really rockstar DJ, which I did actually really well. But, I'm an entrepreneur. So, for well. But, I'm an entrepreneur. So, for me um when I went out there me um when I went out there I had to find and justify my drug use by I had to find and justify my drug use by finding a way to make it like kind of finding a way to make it like kind of free in my mind, like null and void. So, free in my mind, like null and void. So, I started selling drugs. Um quickly um I started selling drugs. Um quickly um in a you know, 6 years later I ended up in a you know, 6 years later I ended up full SWAT raid at my house. I landed full SWAT raid at my house. I landed myself in LA County jail. I had a myself in LA County jail. I had a sentence there, got out, and was looking sentence there, got out, and was looking at 22 to life federal prison.

at 22 to life federal prison. So, I ended up doing 27 months federal So, I ended up doing 27 months federal time.

time. time. Um got out. So, that was my little drug Um got out. So, that was my little drug stint. But, these are all things I think stint. But, these are all things I think that give me the PhD beyond all the that give me the PhD beyond all the other functional crap that I can do. I other functional crap that I can do. I can do a lot of it, but I I know alcohol can do a lot of it, but I I know alcohol and I know drugs and I know how it and I know drugs and I know how it affects the body really really well.

affects the body really really well. Um but, I got out and that's when I Um but, I got out and that's when I became a personal trainer and got really became a personal trainer and got really into health and wellness and was, you into health and wellness and was, you know, counting calories and working out.

know, counting calories and working out. But, I felt worse and I kept feeling But, I felt worse and I kept feeling worse. Um worse.

How Alcohol Harms the Gut

Um and then fast forward um and then fast forward um you know, that's when I got into the you know, that's when I got into the functional lab testing there is like I functional lab testing there is like I found my solution eventually at a found my solution eventually at a conference. Someone offered like, "Oh, conference. Someone offered like, "Oh, you should do a food sensitivity test." you should do a food sensitivity test." So, I did that. And so, that started my So, I did that. And so, that started my journey in the functional space.

journey in the functional space. And so, I did that for a good 13 years And so, I did that for a good 13 years and I had my son. and I had my son. When I had my son, I got sucked right When I had my son, I got sucked right into the mommy wine culture. And so, into the mommy wine culture. And so, that is when I learned first hand the that is when I learned first hand the impact that alcohol has on the body. Um impact that alcohol has on the body. Um I had relapsed after 13 years sober on I had relapsed after 13 years sober on alcohol, which was not my drug of alcohol, which was not my drug of choice. I was going through a lot. I choice. I was going through a lot. I wasn't working. I sort of felt like I wasn't working. I sort of felt like I had the rug pulled out from under me.

had the rug pulled out from under me. But it the silver lining is I'm able to But it the silver lining is I'm able to tell all of you guys all these wonderful tell all of you guys all these wonderful things of why you shouldn't be drinking things of why you shouldn't be drinking even one drink a week. Okay? It's even one drink a week. Okay? It's really, really hard on the body. Um really, really hard on the body. Um there's a lot of the social stuff that there's a lot of the social stuff that we could get into and the emotional and we could get into and the emotional and all that, but I'm going to kind of do all that, but I'm going to kind of do just more like how it impacts the body just more like how it impacts the body specifically. We can talk about all that specifically. We can talk about all that other good mushy stuff and vulnerable other good mushy stuff and vulnerable stuff later, happy to. But um yeah, that stuff later, happy to. But um yeah, that my mommy wine culture is no joke. So um my mommy wine culture is no joke. So um and the it just the social part of and the it just the social part of drinking and that's what you're supposed drinking and that's what you're supposed to do to feel better. And so you can do to do to feel better. And so you can do other things.

other things. So I like to ask would all of you guys So I like to ask would all of you guys would you drink hand sanitizer? Raise would you drink hand sanitizer? Raise your hand.

your hand. Yeah? Yeah? Yeah? Yeah? No. Okay, so guess what? No. Okay, so guess what? Hand sanitizer and alcohol have the same Hand sanitizer and alcohol have the same thing, okay? They are both um ethanol.

thing, okay? They are both um ethanol. So what do you use hand sanitizer for? So what do you use hand sanitizer for? You use it to kill everything, all the You use it to kill everything, all the germs, everything on your hands, right?

germs, everything on your hands, right? Your um protective barriers. So why Your um protective barriers. So why would someone want to drink that? would someone want to drink that?

Right? So next time you think you're Right? So next time you think you're going to go have a drink, remember what going to go have a drink, remember what it's doing. Okay? Sort of the mechanism it's doing. Okay? Sort of the

mechanism of action would be it's going to disrupt of action would be it's going to disrupt your gut microbiome and it's going to your gut microbiome and it's going to wipe out everything. Okay? Then what wipe out everything. Okay? Then what happens? Guess what? We get a leaky gut.

happens? Guess what? We get a leaky gut. So when you get a leaky gut, um you guys So when you get a leaky gut, um you guys may know this, you may not. Um a lot of may know this, you may not. Um a lot of people are diagnosed with intestinal people are diagnosed with intestinal permeability or leaky gut. That is not a permeability or leaky gut. That is not a diagnosis, um but it is a good um diagnosis, um but it is a good um you know, marker that you need to do you know, marker that you need to do some work on your gut. Most people have some work on your gut. Most people have a leaky gut, honestly. So um but what it a leaky gut, honestly. So um but what it is is basically you have all these is is basically you have all these beautiful little microvilli on your beautiful little microvilli on your intestinal wall, right? That protect it.

intestinal wall, right? That protect it. And then you have these tight junctions. And then you have these tight junctions. So right below that are these tight So right below that are these tight junctions and when you have a poor diet, junctions and when you have a poor diet, inflammatory foods, you pick up a inflammatory foods, you pick up a parasite, you have a bacterial parasite, you have a bacterial infection, you're taking medication, infection, you're taking medication, you're stressed, you have a lot of you're stressed, you have a lot of cortisol going in your gut, hormone cortisol going in your gut, hormone imbalances. Those are going to break imbalances. Those are going to break down, they're going to become super, down, they're going to become super, super inflamed, and then you get this super inflamed, and then you get this other side here. And that's when your other side here. And that's when your gut gets super leaky, and all the things gut gets super leaky, and all the things start going out into your bloodstream.

start going out into your bloodstream. When they go out into the bloodstream, When they go out into the bloodstream, you're going to get highly symptomatic, you're going to get highly symptomatic, and that's when you start to have the and that's when you start to have the sugar cravings, eczema, psoriasis, sugar cravings, eczema, psoriasis, migraines. Everybody's completely migraines. Everybody's completely different as far as like what they're different as far as like what they're going to get. So, I can't sit here and going to get. So, I can't sit here and say, "Oh, you're going to have that." say, "Oh, you're going to have that." But like I mean, knee pain, But like I mean, knee pain, um you might feel like you have like um you might feel like you have like arthritis. Um these are all things that arthritis. Um these are all things that happen with a leaky gut, but alcohol happen with a leaky gut, but alcohol will make this um it will happen very will make this um it will happen very fast if you're drinking. So, this kind fast if you're drinking.

Neurotransmitters and the Gut-Brain Axis

So, this kind of goes over what I just said. Um of goes over what I just said. Um so, the more inflammation that you have so, the more inflammation that you have in the body, the more you're going to in the body, the more you're going to have the brain fog. Um have the brain fog. Um autoimmune conditions will pop up, and autoimmune conditions will pop up, and then you'll start to pick up like a lot then you'll start to pick up like a lot of gut infections. 99.9% of my clients of gut infections. 99.9% of my clients have a gut infection. So, it's not have a gut infection. So, it's not rocket science, but remember your rocket science, but remember your neurotransmitters are made in the gut, neurotransmitters are made in the gut, which we'll tap into. So, that's all which we'll tap into. So, that's all your brain stuff, guys. What keeps you your brain stuff, guys. What keeps you happy, happy, happy, what keeps you sad, like all the things what keeps you sad, like all the things uh dopamine, norepinephrine, all that uh dopamine, norepinephrine, all that stuff's in the gut. So, we kind of we're stuff's in the gut. So, we kind of we're going to go go down the like the trickle going to go go down the like the trickle effect of when you drink.

effect of when you drink. Um something that I like to say is if Um something that I like to say is if you even have that addictive behavior, you even have that addictive behavior, or um you know, you have the cravings or um you know, you have the cravings for food, or you're more of a binge for food, or you're more of a binge eater, and things like that, you don't eater, and things like that, you don't really understand why. And you're like, really understand why. And you're like, "I I even binge on clean, healthy food, "I I even binge on clean, healthy food, right?" right?" right?" It could um potentially you have when It could um potentially you have when you have a food sensitivity, when you

you have a food sensitivity, when you have a an inflammatory food, right? You have a an inflammatory food, right? You eat it, it's going to cause like that eat it, it's going to cause like that same dopamine and serotonin effect as if same dopamine and serotonin effect as if you're using drugs, or drinking. Okay?

you're using drugs, or drinking. Okay? So, it feels good. So, it doesn't matter So, it feels good. So, it doesn't matter if you are having like spinach and if you are having like spinach and carrots. If you're if that's an carrots. If you're if that's an inflammatory food for you, inflammatory food for you, you're going to have that same feeling you're going to have that same feeling as if you were drinking. So, a lot of as if you were drinking. So, a lot of you'll see the similar behavior. So, you you'll see the similar behavior. So, you quit drinking, right? But, then you quit drinking, right? But, then you still have similar behaviors that you still have similar behaviors that you were having when you were drinking were having when you were drinking before or these cravings. So, I mean, before or these cravings. So, I mean, I'll never forget the first time I did a I'll never forget the first time I did a food sensitivity test. I was a big like food sensitivity test. I was a big like I would binge at night. I would eat I would binge at night. I would eat really healthy food, but I would binge really healthy food, but I would binge and it was everything that I was eating and it was everything that I was eating cuz I wasn't rotating my foods enough.

cuz I wasn't rotating my foods enough. So, when you eat the same thing over and So, when you eat the same thing over and over, you're going to create intolerance over, you're going to create intolerance to those foods. So, what I noticed is to those foods. So, what I noticed is like I did that test and all went away.

like I did that test and all went away. You know, and I'm thrown through like an You know, and I'm thrown through like an addict, man. Like it it just like went addict, man. Like it it just like went away. Like all those cravings, all the away. Like all those cravings, all the binge stuff went away, which was pretty binge stuff went away, which was pretty cool.

cool. cool. Um Um Um All right, the connection between All right, the connection between alcohol and neurotransmitters in the alcohol and neurotransmitters in the gut. So, when you drink, alcohol gut. So, when you drink, alcohol temporary increases GABA, the calming temporary increases GABA, the calming neurotransmitter, and dopamine, the neurotransmitter, and dopamine, the pleasure reward chemical. That's why we pleasure reward chemical. That's why we initially feel relaxed. It's social.

initially feel relaxed. It's social. It's great. We love it. It's very It's great. We love it. It's very euphoric. But, after that temporary euphoric. But, after that temporary higher body will your brain will higher body will your brain will compensate. Okay? So, it down regulates compensate. Okay? So, it down regulates GABA and dopamine receptors. Over time, GABA and dopamine receptors. Over time, you feel more anxious, less motivated, you feel more anxious, less motivated, and need alcohol to feel normal. It and need alcohol to feel normal. It depletes serotonin, which impacts your depletes serotonin, which impacts your mood, your sleep, and impulse control.

mood, your sleep, and impulse control. Okay? It alters glutamate, which Okay? It alters glutamate, which heightens stress and agitation in heightens stress and agitation in withdrawals or hangovers.

withdrawals or hangovers. All right? So, alcohol starts by that All right? So, alcohol starts by that feel good, right? Feels really good, feel good, right? Feels really good, really good. And then, it's going to rob really good. And then, it's going to rob you of all these other chemicals down you of all these other chemicals down the line. So, then we get into the the line. So, then we get into the mental emotional part. So, then you mental emotional part. So, then you start seeing a lot of anxiety, start seeing a lot of anxiety, depression, panic attacks, things like depression, panic attacks, things like that start to happen more and more.

that start to happen more and more. So, now your gut's a mess. So, now your gut's a mess. Neurotransmitters are made in the gut Neurotransmitters are made in the gut and now we're dealing with the brain.

and now we're dealing with the brain. Okay? Okay? Okay? So, there's a big trickle effect. So, uh So, there's a big trickle effect. So, uh you guys know about the vagus nerve, I'm you guys know about the vagus nerve, I'm sure. I feel like a lot of people have sure. I feel like a lot of people have talked about it this weekend, but it's talked about it this weekend, but it's basically a nerve that runs from your basically a nerve that runs from your gut up into your

brain and it sends gut up into your brain and it sends signals. Okay? So, alcohol will numb signals. Okay? So, alcohol will numb that. You need It's kind of like your that. You need It's kind of like your fight or flight. It determines your fight or flight. It determines your controls your motility. So if you're controls your motility.

Detox Pathways and Nutrient Depletion

So if you're dealing with constipation dealing with constipation you want to have your vagus nerve you want to have your vagus nerve working really really well. So without working really really well. So without that vagal tone you will you'll have a that vagal tone you will you'll have a lot of anxiety, a lot of constipation, lot of anxiety, a lot of constipation, okay?

okay? okay? So that is a very important nerve. So So that is a very important nerve. So it's just sending these signals up. If it's just sending these signals up. If you have a muddled dirty like you know you have a muddled dirty like you know gut, what's going to happen? Like gut, what's going to happen? Like there's those signals will not go there's those signals will not go properly. Some things you can do I don't properly. Some things you can do I don't know if I have them on here. So some know if I have them on here. So some things you can do is you can gargle things you can do is you can gargle water like in the morning wake up gargle water like in the morning wake up gargle water and you can hum. There is water and you can hum. There is obviously a lot of devices. I'm sure obviously a lot of devices. I'm sure there's some up there there's some up there up up in the expo room. But you can do up up in the expo room. But you can do and they'll like vibrate your vagus and they'll like vibrate your vagus nerve and help it like get it going and nerve and help it like get it going and stimulate it. There's some that look stimulate it. There's some that look like vibrators. So if you have vibrators like vibrators. So if you have vibrators use your vibrator.

use your vibrator. So two for one. It's a bogo. So two for one. It's a bogo. >> [laughter] >> [laughter] >> [laughter] >> So the gut is where about 90% of >> So the gut is where about 90% of serotonin is made and microbes help serotonin is made and microbes help regulate dopamine and GABA signaling regulate dopamine and GABA signaling too. So it disrupts the balance by too. So it disrupts the balance by killing the beneficial bacteria allowing killing the beneficial bacteria allowing pathogenic bacteria like yeast candida pathogenic bacteria like yeast candida to overgrow increasing intestinal to overgrow increasing intestinal permeability reducing nutrient permeability reducing nutrient absorption, okay? So now we have the absorption, okay? So now we have the brain, we have a leaky gut, we have food brain, we have a leaky gut, we have food sensitivities, our diet, we're craving sensitivities, our diet, we're craving food. We're feeling awful, you know, and food. We're feeling awful, you know, and this is one drink you guys.

this is one drink you guys. Like one drink can do this. One drink a Like one drink can do this. One drink a week. week. week. That's the crazy thing. Like I I know it That's the crazy thing. Like I I know it sounds like I can't go do this but like sounds like I can't go do this but like go microdose. Go do something that's a go microdose. Go do something that's a little bit better. I'm not saying you little bit better. I'm not saying you should necessarily but it's better than should necessarily but it's better than drinking, okay?

drinking, okay? Um Um Um So the gut feed the gut feed feedback loop. Once the gut and the feedback loop. Once the gut and the brain are out of balance the brain brain are out of balance the brain craves quick dopamine hits like alcohol, craves quick dopamine hits like alcohol, sugar and caffeine. The gut remains sugar and caffeine. The gut remains inflamed sending stress signals back to inflamed sending stress signals back to the brain. Cortisol and inflammatory the brain. Cortisol and inflammatory cytokines keep neurotransmitter cytokines keep neurotransmitter production low, creating that wired but production low, creating that wired but tired feeling. So, a lot of that wired tired feeling. So, a lot of that wired and tired feeling is also cortisol. Your and tired feeling is also cortisol. Your body is super stressed out trying to body is super stressed out trying to manage all this. Your sleep, which I'll manage all this. Your sleep, which I'll get into, is a mess because your get into, is a mess because your cortisol is completely dysregulated cuz cortisol is completely dysregulated cuz it's spiking at night. But, um you're it's spiking at night. But, um you're going to start to really have like a lot going to start to really have like a lot of these mood swings where you're of these mood swings where you're walking around feeling like your walking around feeling like your adrenals are just tanked, all that good adrenals are just tanked, all that good stuff.

stuff. stuff. Um so, what is it taking from you? So, a Um so, what is it taking from you? So, a lot of us don't like this was something lot of us don't like this was something I remember I was like, "Oh, no. Like I remember I was like, "Oh, no. Like alcohol's just ruining my gut." Like I alcohol's just ruining my gut." Like I knew that much when I, you know, I knew that much when I, you know, I didn't I actually like as a functional didn't I actually like as a functional practitioner who relapsed on alcohol, I practitioner who relapsed on alcohol, I didn't know actually how bad it was. I didn't know actually how bad it was. I was drinking like was drinking like potato vodka cuz it was better and you potato vodka cuz it was better and you know, and all the like derived from know, and all the like derived from grapes, therefore like I'm a functional grapes, therefore like I'm a functional practitioner, so it makes it better if I practitioner, so it makes it better if I do that.

do that. Um but, it will still do the same thing. Um but, it will still do the same thing. So, it depletes your body of your B So, it depletes your body of your B vitamins. So, your B1, B2, B3, B6, B9, vitamins. So, your B1, B2, B3, B6, B9, B12, it burns through them during B12, it burns through them during um um um when your liver is trying to detox, when your liver is trying to detox, okay? So, they are crucial for energy okay? So, they are crucial for energy production, methylation, production, methylation, neurotransmitter synthesis, and neurotransmitter synthesis, and deficiency. So, fatigue, anxiety, deficiency. So, fatigue, anxiety, depression, nerve tingling, poor stress depression, nerve tingling, poor stress tolerance, you get really, really like tolerance, you get really, really like crabby with your kids like really easily crabby with your kids like really easily or your partner. We all know we've heard or your partner. We all know we've heard the buzzword about methylation. You need the buzzword about methylation. You need the B vitamins to methylate, okay? The the B vitamins to methylate, okay? The big thing with the methylation, the big thing with the methylation, the MTHFR, if you are become a poor MTHFR, if you are become a poor methylator due to drinking, you're going methylator due to drinking, you're going to have a whole host of problems. Um the to have a whole host of problems. Um the anxiety, depression, um detox, um anxiety, depression, um detox, um your ATP production will go down, all your ATP production will go down, all that good stuff. So, you can I mean, that good stuff. So, you can I mean, obviously, if you are drinking, support obviously, if you are drinking, support your body with some extra stuff. You your body with some extra stuff. You know, it's important. I I I do have a know, it's important. I I I do have a lot of clients that come to me that like lot of clients that come to me that like teach me how to party and like be teach me how to party and like be healthy, so we do our best. It's weird.

healthy, so we do our best. It's weird. I have like these really big name DJs I have like these really big name DJs that come to me and work with me. that come to me and work with me.

Um so, you know, we're replenished with Um so, you know, we're replenished with a a B complex, uh thiamine B1, a a B complex, uh thiamine B1, methylfolate, methylfolate, methylfolate, magnesium. So, it's another big one. So, magnesium. So, it's another big one. So, alcohol increases urinary excretion of alcohol increases urinary excretion of magnesium. Magnesium is needed for magnesium. Magnesium is needed for muscle relaxation, GABA signaling, blood muscle relaxation, GABA signaling, blood sugar balance, and sleep. So, we have sugar balance, and sleep. So, we have the gut, we have the neurotransmitters, the gut, we have the neurotransmitters, okay?

okay? okay? Blood sugar and sleep are a big one. So, Blood sugar and sleep are a big one. So, we'll tap into that. So, everything is we'll tap into that. So, everything is just a cascade. And it's that one drink, just a cascade. And it's that one drink, and you'll you'll see once I come full and you'll you'll see once I come full circle. But deficiency, you'll be circle. But deficiency, you'll be uh muscle cramps, heart palpitations, uh muscle cramps, heart palpitations, anxiety. Zinc is a big one. Um it's anxiety. Zinc is a big one. Um it's heavily used in alcohol dehydrogenase, heavily used in alcohol dehydrogenase, the enzyme that breaks down alcohol, and the enzyme that breaks down alcohol, and that's a vital for hormone balance, that's a vital for hormone balance, immune health, and gut repair. Okay? Um immune health, and gut repair. Okay? Um most people are really deficient in zinc most people are really deficient in zinc without drinking. So, make sure you without drinking. So, make sure you support in that. So, you will see um support in that. So, you will see um you know, estrogen uh imbalances, poor you know, estrogen uh imbalances, poor digestion, slow wound healing. You'll digestion, slow wound healing. You'll start to see like the more you drink, start to see like the more you drink, the harder it is for like a cut on your the harder it is for like a cut on your hand to heal.

hand to heal. Vitamin C. So, it's used up in trying to Vitamin C. So, it's used up in trying to detox. So, when your liver is trying to detox. So, when your liver is trying to detox, it's going to use um detox, it's going to use um you

know, vitamin C. So, alcohol you know, vitamin C.

Hormones, Sleep, and Blood Sugar

So, alcohol increases oxidative stress. Vitamin C increases oxidative stress. Vitamin C gets depleted neutralizing free gets depleted neutralizing free radicals. Okay? Deficiency, poor radicals. Okay? Deficiency, poor immunity, fatigue, slower recovery. So, immunity, fatigue, slower recovery. So, now you're getting sick a lot, too. So, now you're getting sick a lot, too. So, you're drinking, your gut's a mess, you're drinking, your gut's a mess, you're kind of crazy up in here, all you're kind of crazy up in here, all right? And then you're getting sick. So, right? And then you're getting sick. So, then you have glutathione, your master then you have glutathione, your master antioxidants uh oxidant used to antioxidants uh oxidant used to neutralize acetaldehyde, the toxic neutralize acetaldehyde, the toxic byproduct of alcohol. Chronic drinking byproduct of alcohol. Chronic drinking will lower that, okay? The reserves will lower that, okay? The reserves leaving you vulnerable for inflammation, leaving you vulnerable for inflammation, okay? One drink, guys.

okay? One drink, guys. One drink a week will do this. One drink a week will do this. Okay? You don't You don't have to be a Okay? You don't You don't have to be a drunk like me or anything like that.

drunk like me or anything like that. Like it really is. It's like one drink. Like it really is. It's like one drink. It's crazy how much it will just cascade It's crazy how much it will just cascade everything, especially with women. It's everything, especially with women. It's It's way It's way more toxic, I think, for women because more toxic, I think, for women because of our hormones um and not being able to of our hormones um and not being able to detox like excess hormones, for sure. Um detox like excess hormones, for sure. Um amino acids So, hormone balancing amino acids So, hormone balancing nutrients, selenium, iodine, omega-3s.

nutrients, selenium, iodine, omega-3s. We know selenium, iodine, what is that We know selenium, iodine, what is that good for? Your thyroid, right? So, then good for? Your thyroid, right? So, then you see people with Hashimoto's or you see people with Hashimoto's or hypothyroidism because they're drinking.

hypothyroidism because they're drinking. You know, they're also made in the gut, You know, they're also made in the gut, a lot of the thyroid hormones. So, it a lot of the thyroid hormones. So, it disrupts liver detox of estrogen, a lot disrupts liver detox of estrogen, a lot of estrogen dominance, especially in my of estrogen dominance, especially in my men, too. So, if I do a Dutch panel and men, too. So, if I do a Dutch panel and I look at a guy's hormones, a lot of the I look at a guy's hormones, a lot of the guys who have been drinking, they will guys who have been drinking, they will complain about feeling like they have complain about feeling like they have kind of have like man boobs. And they're kind of have like man boobs. And they're like, I don't know, I just cry a lot all like, I don't know, I just cry a lot all the time, and they think it's just cuz the time, and they think it's just cuz they got sober and they're like dealing they got sober and they're like dealing with life or with life or But the guys who drink a lot, they will But the guys who drink a lot, they will be estrogen dominant, like very, very be estrogen dominant, like very, very poor methylators and estrogen dominant.

poor methylators and estrogen dominant. And the poor methylation comes cuz their And the poor methylation comes cuz their their body's trying so hard to methylate their body's trying so hard to methylate and flush everything out, so then and flush everything out, so then they're depleted in the B vitamins.

they're depleted in the B vitamins. Okay? Okay? Okay? So, some things you can do um obviously So, some things you can do um obviously are supplementation, eat the rainbow.

are supplementation, eat the rainbow. So, the more that you eat the rainbow, So, the more that you eat the rainbow, the more diverse your gut micro gut the more diverse your gut micro gut microbiome will be. Um you want to heal microbiome will be. Um you want to heal your gut. Obviously, test. Do a really your gut. Obviously, test. Do a really good GI panel. I'm really picky about good GI panel. I'm really picky about it. So, if you go to a practitioner and it. So, if you go to a practitioner and you're like, I want to test my gut after you're like, I want to test my gut after you see this, make sure you do a 6-day you see this, make sure you do a 6-day stool test during the full moon when stool test during the full moon when parasites are breeding, and do a biofilm parasites are breeding, and do a

biofilm protocol before it. Um I know that may protocol before it. Um I know that may sound crazy, but that is how I do it, sound crazy, but that is how I do it, and I am a firm believer that that's how and I am a firm believer that that's how everyone should do it. Um I did a lot of everyone should do it. Um I did a lot of 1-day stool testing in the beginning of 1-day stool testing in the beginning of when I was really sick and got nothing.

when I was really sick and got nothing. Like nothing was coming back, and I just Like nothing was coming back, and I just knew there was more to it. So then I did knew there was more to it. So then I did a four-day test. Day one and two I had a four-day test. Day one and two I had nothing. Day three and four I had nothing. Day three and four I had parasites.

parasites. parasites. So do a lot of days. So do a lot of days. Um Um Um and then they breed during the full and then they breed during the full moon. So see how you feel during the moon. So see how you feel during the full moon.

full moon. Um IV drips are great. Uh peptides. I Um IV drips are great. Uh peptides. I love peptides. Glutathione, NAD, love peptides. Glutathione, NAD, bioregulators. Um you can work on like bioregulators. Um you can work on like your weight loss resistance. There's so your weight loss resistance. There's so many different ones you can do. Um many different ones you can do. Um obviously get the best quality you can.

obviously get the best quality you can. Don't just go order them online. Um Don't just go order them online. Um if you're going to go down the peptide if you're going to go down the peptide route. GI panels, hormones. Um you route. GI panels, hormones. Um you definitely want to check that. Run your definitely want to check that. Run your labs.

labs. labs. How many of you guys How many of you guys wake up between 1:00 and 3:00 every time wake up between 1:00 and 3:00 every time you drink? you drink?

Oh, come on. Oh, come on. This is you all should be raising your This is you all should be raising your hands unless you don't drink. hands unless you don't drink.

So um and that's awesome if you don't So um and that's awesome if you don't drink. So it's it's like I don't have a drink. So it's it's like I don't have a client that's like every time I drink client that's like every time I drink wine, even if it's one glass, they wake wine, even if it's one glass, they wake up.

up. up. It's just literally um It's just literally um what happens and here is why. So your what happens and here is why. So your liver does most of your detox between liver does most of your detox between 1:00 and 3:00.

1:00 and 3:00. Okay? And if you aren't a drinker and Okay? And if you aren't a drinker and you're waking up at that time, you need you're waking up at that time, you need to work on your drainage pathways, your to work on your drainage pathways, your liver, your kidney, your gallbladder.

liver, your kidney, your gallbladder. Okay? So when you're waking up, that's a Okay? So when you're waking up, that's a sign something's going on. Your body is sign something's going on. Your body is not able to detox the way that it needs not able to detox the way that it needs to detox.

to detox. So um per traditional Chinese medicine, So um per traditional Chinese medicine, that's um supported by the circadian that's um supported by the circadian detox science. So if you've been detox science. So if you've been drinking, okay?

drinking, okay? Your liver is working overtime to um Your liver is working overtime to um converting ethanol into uh acetaldehyde converting ethanol into uh acetaldehyde to acetate. But when these detox to acetate. But when these detox pathways, like so when you are sleeping pathways, like so when you are sleeping and between 1:00 and 3:00, your So your and between 1:00 and 3:00, your So your body's starting to detox the alcohol. It body's starting to detox the alcohol. It does not matter. It will always choose does not matter.

Recovery Strategies and Practical Hacks

It will always choose alcohol first. Alcohol is an invader. It alcohol first. Alcohol is an invader. It does not want it. It is your body is in does not want it. It is your body is in fight or flight. It is scared. It is all fight or flight. It is scared. It is all the things. A big red flag goes off.

the things. A big red flag goes off. Okay? And so what what happens to all Okay? And so what what happens to all the other things you're supposed to do?

the other things you're supposed to do? So you're not detoxing your excess So you're not detoxing your excess estrogen, your progesterone, and all the estrogen, your progesterone, and all the things that you take in, just the toxins things that you take in, just the toxins on if you get in a Uber ride and the on if you get in a Uber ride and the Febreze, you know, all the things.

Febreze, you know, all the things. You're not getting rid of any of it. You're not getting rid of any of it. Okay? Every one drink. This is one Okay? Every one drink. This is one drink. There goes your sleep, there goes drink. There goes your sleep, there goes your detox, your detox, all the things. So that's why sleep is a all the things. So that's why sleep is a big one. Your blood sugar is a whole big one. Your blood sugar is a whole shitshow from drinking.

shitshow from drinking. Um Um Um so that is uh yeah, so the detox uh so that is uh yeah, so the detox uh pathways get super congested and your pathways get super congested and your body's in fight or flight. And so your body's in fight or flight. And so your cortisol's going to go up, too.

cortisol's going to go up, too. So when your cortisol goes up, that's So when your cortisol goes up, that's why you wake up, right? Your body's why you wake up, right? Your body's scared. You're running from a tiger now.

scared. You're running from a tiger now. Okay? One drink, dude. One drink. Okay? One drink, dude. One drink. Okay? Okay? Okay? Blood sugar crashes. So now we're Blood sugar crashes. So now we're getting into blood sugar. So we have the getting into blood sugar. So we have the gut, the food sensitivities, um your gut, the food sensitivities, um your neurotransmitters, neurotransmitters, neurotransmitters, we just keep going. And this is one we just keep going. And this is one drink. So blood sugar crash. Alcohol drink. So blood sugar crash. Alcohol spikes the blood sugar at first and spikes the blood sugar at first and sends it crashing a few hours later.

sends it crashing a few hours later. When this happens around 2:00 or 3:00, When this happens around 2:00 or 3:00, your body releases cortisol and your body releases cortisol and adrenaline to bring the blood sugar back adrenaline to bring the blood sugar back up. That's what jolts you awake.

up. That's what jolts you awake. Okay? Okay? Okay? Racing heart, anxiety, restlessness. I Racing heart, anxiety, restlessness. I was waking up when I relapsed on was waking up when I relapsed on alcohol, I was waking up drenched in alcohol, I was waking up drenched in full-blown panic attacks. Like I was full-blown panic attacks. Like I was ready to go and like start like Prozac ready to go and like start like Prozac or Wellbutrin because I was like, I or Wellbutrin because I was like, I there's no way that alcohol could be there's no way that alcohol could be this powerful. I I like didn't even want this powerful. I I like didn't even want to believe it. And I was like this to believe it. And I was like this functional practitioner about to go to functional practitioner about to go to Western medicine because I could not get Western medicine because I could not get a handle on like my anxiety. It was so a handle on like my anxiety. It was so like it was debilitating and it would be like it was debilitating and it would be all night during that point in 3:00 time all night during that point in 3:00 time period.

period. period. And then I get up and you know, try to And then I get up and you know, try to like manage my day, but at my my would like manage my day, but at my my would be completely disrupted. It was scary.

be completely disrupted. It was scary. Um quit drinking, Um quit drinking, all went away. all went away. Literally, it just went away. Um I'm not Literally, it just went away. Um I'm not a really anxious person, so uh it was it a really anxious person, so uh it was it was a new one for me.

was a new one for me. GABA rebound. Alcohol initially boosts GABA rebound. Alcohol initially boosts GABA, your brain's calming GABA, your brain's calming neurotransmitter, makes you feel good, neurotransmitter, makes you feel good, um um um relaxed, and sleepy. A few hours later, relaxed, and sleepy. A few hours later, GABA levels drop and glutamate, your GABA levels drop and glutamate, your excitatory neurotransmitter, surges. The excitatory neurotransmitter, surges. The rebound effect can also wake you up rebound effect can also wake you up suddenly anxious or wired even though suddenly anxious or wired even though you're exhausted. Okay?

you're exhausted. Okay? So, uh dehydration So, uh dehydration and electrolyte imbalance. It's a and electrolyte imbalance. It's a diuretic, so we all feel like really diuretic, so we all feel like really good and skinny when we wake up after good and skinny when we wake up after drinking cuz we're super dehydrated. You drinking cuz we're super dehydrated. You didn't lose weight, you're just straight didn't lose weight, you're just straight up dehydrated. So, um I mean, just a up dehydrated. So, um I mean, just a trick, Redmond's Re-Lyte is great. Like, trick, Redmond's Re-Lyte is great. Like, if you're going to drink, make sure you if you're going to drink, make sure you throw a bunch of that, like even put it throw a bunch of that, like even put it in Like, if you're going to drink, I in Like, if you're going to drink, I would say do gin or vodka that is would say do gin or vodka that is derived from grapes or like vodka that derived from grapes or like vodka that is derived from potatoes, put the is derived from potatoes, put the electrolytes in it, and make sure you electrolytes in it, and make sure you have activated charcoal before you go to have activated charcoal before you go to bed. And always eat a meal first. So, if bed. And always eat a meal first. So, if you are going to do it, cuz most of you you are going to do it, cuz most of you might still, which is okay, just do it might still, which is okay, just do it the right way.

the right way. Um Um Um but that'll help you. It'll absorb the but that'll help you. It'll absorb the alcohol, the um the activated charcoal, alcohol, the um the activated charcoal, and then you're also replenishing your and then you're also replenishing your um um um your electrolyte imbalance that you've your electrolyte imbalance that you've caused. But, stay away from all the caused. But, stay away from all the sugary stuff.

sugary stuff. So, So, So, >> [clears throat] >> [clears throat] >> [clears throat] >> sleep hacks. So, here's just some hacks, >> sleep hacks. So, here's just some hacks, so uh so uh I like to go over that to help you like I like to go over that to help you like reestablish proper sleep if you decided reestablish proper sleep if you decided to quit drinking or if you're just to quit drinking or if you're just struggling with it in general.

struggling with it in general. Obviously, avoid blue light, red light Obviously, avoid blue light, red light is great, magnesium essential oils are is great, magnesium essential oils are great, breath work is a wonderful thing.

great, breath work is a wonderful thing. If you're trying to get learn how to If you're trying to get learn how to even just deal with the feelings, like even just deal with the feelings, like feel the feels if you want to get a feel the feels if you want to get a little emotional here.

little emotional here. It's sometimes is hard not to drink cuz It's sometimes is hard not to drink cuz you got to start like hearing what's you got to start like hearing what's going on up here, right?

going on up here, right? We don't want to do that. So, um We don't want to do that. So, um Oh my gosh. I mean, I spent a lot of Oh my gosh. I mean, I spent a lot of days, but it's kind of nice once you days, but it's kind of nice once you like what I tell myself is like at least like what I tell myself is like at least I get to feel it now, right? Like you I get to feel it now, right?

Audience Q&A and Drinking Alternatives

Like you get to feel it and then you get to feel get to feel it and then you get to feel really powerful and strong when you've really powerful and strong when you've gotten through the hard stuff sober.

gotten through the hard stuff sober. Without that drink to relieve the Without that drink to relieve the temporary anxiety and then all the temporary anxiety and then all the things.

things. things. Um meditation, breath work, sound bowls, Um meditation, breath work, sound bowls, um fat and

protein before bed. um fat and protein before bed.

Obviously, run your labs. It's really Obviously, run your labs. It's really important to run labs. Um important to run labs. Um grounding pads, castor oil pack. Wear grounding pads, castor oil pack. Wear castor oil pack every night. Like if you castor oil pack every night. Like if you drink, throw that pack on before you go drink, throw that pack on before you go to bed.

to bed. Um peptides, there's some great peptides Um peptides, there's some great peptides to help with liver repair, NAD. Um to help with liver repair, NAD. Um there's dis and glutathione for sleep.

there's dis and glutathione for sleep. So, those are some great options. So, those are some great options. All right, hormones. So, um All right, hormones. So, um this is especially with women. I see um this is especially with women. I see um a lot of hormone dysfunction a lot of hormone dysfunction um um um due to drinking. So, estrogen, um due to drinking. So, estrogen, um alcohol pushes it up. All right. So, alcohol pushes it up. All right. So, alcohol increases estrogen levels alcohol increases estrogen levels through several mechanism. Liver shut through several mechanism. Liver shut down. Your liver detoxes excess estrogen down. Your liver detoxes excess estrogen through methylation. So, we're back to through methylation. So, we're back to methylation. Right? And so, we're not methylation. Right? And so, we're not detoxing, we're waking up, all the detoxing, we're waking up, all the things. Alcohol clogs the same detox things. Alcohol clogs the same detox pathways, meaning estrogen gets recycled pathways, meaning estrogen gets recycled instead of eliminated. Okay? Another instead of eliminated. Okay? Another thing is if you have a bacteria thing is if you have a bacteria infection, candida, yeast, anything like infection, candida, yeast, anything like that in your gut, that in your gut, estrogen will bind to that. So, until estrogen will bind to that. So, until you clear out your gut, you're going to you clear out your gut, you're going to have a really hard time getting the have a really hard time getting the estrogen um back into balance. You'll estrogen um back into balance. You'll feel better temporarily, but then you feel better temporarily, but then you might be just stuck on these supplements might be just stuck on these supplements for a really, really long period of for a really, really long period of time. So, you always have to wipe the time. So, you always have to wipe the gut gut, clear it out, and check it, and gut gut, clear it out, and check it, and make sure that you don't have any other make sure that you don't have any other things like binding to it. So, now, like things like binding to it. So, now, like right, you're so you're not detoxing right, you're so you're not detoxing your estrogen anyway because you're your estrogen anyway because you're drinking and your liver isn't processing drinking and your liver isn't processing it out at night, and then it's now it out at night, and then it's now binding to more of the bacteria. The binding to more of the bacteria. The bacteria is growing because your gut is bacteria is growing because your gut is wiped out of good bacteria.

wiped out of good bacteria. Um Um Um So, So, So, aromatase aromatase aromatase activation, alcohol stimulates activation, alcohol stimulates aromatase, the enzyme that converts a aromatase, the enzyme that converts a testosterone to estrogen. A lot of you testosterone to estrogen. A lot of you guys, if you were on TRT, it's always guys, if you were on TRT, it's always good to watch your estrogen. So, if good to watch your estrogen. So, if you're taking testosterone and you are you're taking testosterone and you are not able to aromatase because you are not able to aromatase because you are drinking drinking drinking you're drinking so much or you are you're drinking so much or you are starting to aromatase because you're starting to aromatase because you're drinking so much, you're going to be drinking so much, you're going to be estrogen dominant. You're going to start estrogen dominant. You're going to start converting that testosterone or your converting that testosterone or your natural production into estrogen. And be natural production into estrogen. And be a little bit more estrogen dominant. Um a little bit more estrogen dominant. Um you can take DIM. It's a great you can take DIM. It's a great supplement to help with that.

supplement to help with that. Um but obviously, I think testing the Um but obviously, I think testing the labs, looking at your gut is really labs, looking at your gut is really important. Um gut disruption, so alcohol important. Um gut disruption, so alcohol damages gut flora and your gut helps um damages gut flora and your gut helps um excrete estrogen. When that is off, excrete estrogen. When that is off, estrogen reabsorption goes up. This is estrogen reabsorption goes up. This is men and women. You will start to see men and women. You will start to see that with women like you'll think you're that with women like you'll think you're going through like perimenopause at like going through like perimenopause at like 35.

35. 35. Um you'll have like horrible PMS, like Um you'll have like horrible PMS, like just horrible. It'll be like 3 weeks out just horrible. It'll be like 3 weeks out of the month you feel like you're about of the month you feel like you're about to get your period. Your boobs will to get your period. Your boobs will hurt. You'll feel like you're pregnant.

hurt. You'll feel like you're pregnant. Your periods will get heavier. Um you Your periods will get heavier. Um you will not be able to lose weight. So, will not be able to lose weight. So, weight loss resistance is a really, weight loss resistance is a really, really big one when you drink and or if really big one when you drink and or if you have high estrogen. So, that's you have high estrogen. So, that's something that's important to look at.

something that's important to look at. All right, progesterone. Alcohol pushes All right, progesterone. Alcohol pushes it down. Progesterone's your calming, it down. Progesterone's your calming, um anti-anxiety, sleep, fertility um anti-anxiety, sleep, fertility hormone. So, there's so much infertility hormone. So, there's so much infertility that we see now, right? It could be due that we see now, right? It could be due to drinking. You also become a poor to drinking. You also become a poor methylator. If you're not methylating methylator. If you're not methylating well or you have MTHFR, you're going to well or you have MTHFR, you're going to have a hard time getting pregnant.

have a hard time getting pregnant. So, all of these things. So, but a lot So, all of these things. So, but a lot of you a lot of women who are trying to of you a lot of women who are trying to get pregnant are stressed out. So, then get pregnant are stressed out. So, then if if if things aren't going well, what do they things aren't going well, what do they you do? You drink, cuz that's what we've you do? You drink, cuz that's what we've been told to do.

been told to do. That's what society tells us to do, That's what society tells us to do, right? Like, we drink. That fixes right? Like, we drink. That fixes everything. Luckily, it's getting a everything. Luckily, it's getting a little bit more popularized. Like, I got little bit more popularized. Like, I got sober in '06 sober in '06 and it was just so different than now.

and it was just so different than now. Like, all the millennials and young Like, all the millennials and young kids, like, it's just it's like the cool kids, like, it's just it's like the cool thing to do.

thing to do. Um Um Um which is great. Uh which is great. Uh All right. So, alcohol tanks it by All right. So, alcohol tanks it by raising cortisol, which uh competes with raising cortisol, which uh competes with progesterone progesterone progesterone for production. Both come from uh for production. Both come from uh pregnenolone. So, stress steals from pregnenolone. So, stress steals from progesterone, progesterone, progesterone, disrupting ovulation, meaning no corpus disrupting ovulation, meaning no corpus luteum, no uh natural progesterone luteum, no uh natural progesterone spike, depleting B6, zinc, and spike, depleting B6, zinc, and magnesium, all needed to synthesize magnesium, all needed to synthesize progesterone. So, insomnia, progesterone. So, insomnia, um anxiety, a shorter luteal phase, mood um anxiety, a shorter luteal phase, mood swings, lots of random spotting will all swings, lots of random spotting will all start to occur.

start to occur. So, again, test, don't guess. Um So, again, test, don't guess. Um run the Dutch. I like Oxford Medical for run the Dutch. I like Oxford Medical for food sensitivity test. I think that's food sensitivity test. I think that's great for anyone who has like some isms.

great for anyone who has like some isms. You know, you don't have to be an You know, you don't have to be an addict, but you could have a little bit addict, but you could have a little bit of like a little bit of it going on. Um of like a little bit of it going on. Um run that test.

run that test. Uh Uh Uh cuz when you eat those inflammatory cuz when you eat those inflammatory foods, it's going to feel good, right? foods, it's going to feel good, right?

The GI Map, parasitology, do the proper The GI Map, parasitology, do the proper testing, peptides. testing, peptides. And then I wanted to talk a little bit And then I wanted to talk a little bit like I don't I don't know everybody's like I don't I don't know everybody's story here, but there's a lot of support story here, but there's a lot of support groups. Like, if you're really groups. Like, if you're really struggling, there's no shame in that. It struggling, there's no shame in that. It doesn't mean you're like a full-blown doesn't mean you're like a full-blown alcoholic or not. If you

are, AA and NA alcoholic or not. If you are, AA and NA think are great. Um think are great. Um I think that this there's a lot of like I think that this there's a lot of like sober sober sober curious, gray area drinking um kind of curious, gray area drinking um kind of world now, where there like support world now, where there like support groups are are sober groups that are groups are are sober groups that are going to be online. The big thing that going to be online. The big thing that I'm going to recommend, if you decide to I'm going to recommend, if you decide to do like a like sober girl society and do like a like sober girl society and you join and that's your thing, that's you join and that's your thing, that's great. Just make sure whoever is leading great. Just make sure whoever is leading that does not have 1 year sober.

that does not have 1 year sober. There's a lot of people out there and There's a lot of people out there and it's really, really scary that have like it's really, really scary that have like a year sober that are helping other a year sober that are helping other people get sober, but if you think about people get sober, but if you think about all the things that's happening in your all the things that's happening in your body body body from drinking, you have a good year till from drinking, you have a good year till you're even like a normal human. Like you're even like a normal human. Like you're not thinking right, you're not you're not thinking right, you're not you're like a whole mess if you're like you're like a whole mess if you're like kind of a regular drinker and decide to kind of a regular drinker and decide to get sober.

get sober. Things definitely shift a lot. So I Things definitely shift a lot. So I always say find someone who's really, always say find someone who's really, really grounded in recovery who doesn't really grounded in recovery who doesn't trash other programs of NA or AA and trash other programs of NA or AA and they're just supportive of whatever it's they're just supportive of whatever it's going to do that's going to help you.

going to do that's going to help you. Fellowship is a big thing, you know, go Fellowship is a big thing, you know, go do service work, you know, make sure you do service work, you know, make sure you have a belief system. I think all these have a belief system. I think all these things I've heard so many people tap on things I've heard so many people tap on this like you got to have a belief this like you got to have a belief system, you got to have things that are system, you got to have things that are like greater than yourself to help you like greater than yourself to help you get through the not wanting to drink get through the not wanting to drink cuz it's okay to be in your own skin.

cuz it's okay to be in your own skin. You guys it's not like a scary thing You guys it's not like a scary thing once you get used to it, but alcohol has once you get used to it, but alcohol has become the norm. That's how we cope.

become the norm. That's how we cope. That's especially mommies. Um That's especially mommies. Um So um So um that I always want to make sure that. So that I always want to make sure that. So just make sure you find someone who's just make sure you find someone who's like like like good. So fun fact cuz we have some time.

good. So fun fact cuz we have some time. Um Um Um so those friends who never get hung so those friends who never get hung over, right? over, right? Lucky them. So the genetics differences Lucky them. So the genetics differences in alcohol metabolism. So more efficient in alcohol metabolism. So more efficient liver enzymes ADH and ALDH2 break down liver enzymes ADH and ALDH2 break down alcohol faster. The quicker the body alcohol faster. The quicker the body converts acetaldehyde to acetate, the converts acetaldehyde to acetate, the less toxic build up you get and you see less toxic build up you get and you see that that that acetaldehyde is the real culprit behind acetaldehyde is the real culprit behind hangovers, okay? Nausea, flushing, and hangovers, okay? Nausea, flushing, and headache. Certain gene variants common headache. Certain gene variants common in East Asia and some European in East Asia and some European populations affect this pathway populations affect this pathway dramatically.

dramatically. dramatically. So also people with higher NAD stores So also people with higher NAD stores or stronger mitochondrial function can or stronger mitochondrial function can recover faster and clear alcohol's recover faster and clear alcohol's byproduct more efficiently.

byproduct more efficiently. This doesn't mean go get a bunch of NAD This doesn't mean go get a bunch of NAD drips and like pound down alcohol. drips and like pound down alcohol. >> [laughter and gasps] >> [laughter and gasps] >> [laughter and gasps] >> But I mean it like that's the thing is >> But I mean it like that's the thing is like

everybody gets the IV drips after like everybody gets the IV drips after they drink drink. That's like the cool they drink drink. That's like the cool thing to do. Um but they're doing a thing to do. Um but they're doing a bunch of NAD and it's going to help them bunch of NAD and it's going to help them feel better. But most of us are really feel better. But most of us are really low in NAD um I find. So our that's low in NAD um I find. So our that's that's helps with our ATP production. So that's helps with our ATP production. So it's really good to do a lot of NAD.

it's really good to do a lot of NAD. It's great if you have higher like It's great if you have higher like stores of that and you can drink more stores of that and you can drink more and not get hung over. But that kind of and not get hung over. But that kind of explains that. Um the lower you are, so explains that. Um the lower you are, so if you get a really bad hangover if you get a really bad hangover and you and you well you should probably stop drinking well you should probably stop drinking after this. But if you don't, either after this. But if you don't, either way, just get some NAD, do injections a way, just get some NAD, do injections a couple times a week. Um couple times a week. Um but yeah, that's for those friends.

but yeah, that's for those friends. But that's it. So if you um I do have a But that's it. So if you um I do have a sober course. Um it's a like it's I sober course. Um it's a like it's I think it's nine modules and it just goes think it's nine modules and it just goes through like all the stuff we kind of through like all the stuff we kind of talked about in depth and how to talked about in depth and how to make it changes in your life and do all make it changes in your life and do all of this. So the the freedom formula of this. So the the freedom formula course um there's a discount code is HYH course um there's a discount code is HYH and in that is really comprehensive. So and in that is really comprehensive. So we will run the Dutch test, we'll run a we will run the Dutch test, we'll run a food sensitivity test, we will run a GI food sensitivity test, we will run a GI panel, and then you'll get access to the panel, and then you'll get access to the module, we'll meet one-on-one and all of module, we'll meet one-on-one and all of that. Um and then that's I think goes to that. Um and then that's I think goes to my website or I do a free clarity call.

my website or I do a free clarity call. So if anybody just wants to call and you So if anybody just wants to call and you want someone who's like well-versed in want someone who's like well-versed in maybe alcohol or any of the functional maybe alcohol or any of the functional stuff, um stuff, um I do a free clarity call.

I do a free clarity call. Dude, I did that in five I five minutes Dude, I did that in five I five minutes left. left. left. So I have question time if anybody has So I have question time if anybody has questions. And you guys can I'm an open questions. And you guys can I'm an open book, so you can be like what was it book, so you can be like what was it like in prison? I'm happy to I will like in prison? I'm happy to I will answer it. I do not mind. Yeah.

answer it. I do not mind. Yeah. >> When you say you got to clear out your >> When you say you got to clear out your detox pathways detox pathways is there a protocol for that? So when is there a protocol for that? So when you So, when you're clearing Yeah, so you So, when you're clearing Yeah, so when you're clearing out your detox when you're clearing out your detox pathways, what I mean by that is like pathways, what I mean by that is like obviously I think it's really important obviously I think it's really important to run the labs, but some things to run the labs, but some things Basically, you need to get your liver Basically, you need to get your liver and your kidneys and your gallbladder and your kidneys and your gallbladder functioning optimally, right? So, things functioning optimally, right? So, things you can do are like your castor oil you can do are like your castor oil pack, dry brushing. Um there's some pack, dry brushing. Um there's some really great supplements that are just really great supplements that are just like a liver support. I like um there's like a liver support. I like um there's one with Designs for Health, there's one one with Designs for Health, there's one with NeuroDyne. Those are two companies with NeuroDyne. Those are two companies that I use. If you DM me or something, that I use. If you DM me or something, I'll happily give you the link to the I'll happily give you the link to the store and on what to do. So, some of store and on what to do. So, some of that stuff will help, but it's really that stuff will help, but it's really important to look at your hormones and important to look at your hormones and see like what we need to do. Um see like what we need to do. Um you know, I would say always get you know, I would say always get grounded, do all the free stuff, too, grounded, do all the free stuff, too, like the you know, the hydrogen water, like the you know, the hydrogen water, get grounded, breath work. Um get grounded, breath work. Um you know, they say that, you know, in you know, they say that, you know, in breath work a lot, you'll detox a lot breath work a lot, you'll detox a lot just through the um through your breath.

just through the um through your breath. So, um those are some things, you know, So, um those are some things, you know, you can do, jump around. You got to you can do, jump around. You got to move.

move. move. You know, sunlight. But yeah, and then You know, sunlight. But yeah, and then if you do the labs, I mean, there's some if you do the labs, I mean, there's some great peptides that'll for detox. So, it great peptides that'll for detox. So, it just depends like I always say work with just depends like I always say work with someone, but there's a lot of good free someone, but there's a lot of good free stuff. But castor oil packs are great.

stuff. But castor oil packs are great. And they're easy. Queen of Thrones, I And they're easy. Queen of Thrones, I So, he wants to know what are some of So, he wants to know what are some of the things like hacks I've found to the things like hacks I've found to figure out like, okay, you really want figure out like, okay, you really want that drink or you're in that social that drink or you're in that social situation and like what are you going to situation and like what are you going to Yeah. So, Yeah. So, So, when I was after I had relapsed when So, when I was after I had relapsed when I first started getting sober, I would I first started getting sober, I would go to like the dog park or I would like go to like the dog park or I would like I remember one time my sponsor told me I remember one time my sponsor told me to like dig a hole. It was like it got to like dig a hole. It was like it got pretty bad. But I like I don't know if pretty bad. But I like I don't know if you need to go dig a hole, but it was you need to go dig a hole, but it was good, it was grounding. She doesn't even good, it was grounding. She doesn't even know about that. But um know about that. But um But I would say like for me, I always But I would say like for me, I always like to tell people that I'm not like to tell people that I'm not drinking. You know, I think that just drinking. You know, I think that just sort of sets the the stage. Um I try not sort of sets the the stage. Um I try not to put myself in situations where I'm to put myself in situations where I'm going to be stuck. I always have an out.

going to be stuck. I always have an out. I always have a car. I I drive myself. I always have a car. I I drive myself. Um Um Um I tell people like if a lot of people I tell people like if a lot of people aren't quite ready to say that they're aren't quite ready to say that they're going to be sober. So it to me I'm not a going to be sober. So it to me I'm not a big liar, but it's okay to say like I'm big liar, but it's okay to say like I'm on a medication right now I can't drink.

on a medication right now I can't drink. They don't know what the medication is. They don't know what the medication is. Is that really it's kind of a lie, you Is that really it's kind of a lie, you know? So I think that that's important.

know? So I think that that's important. Um always ask to go get do coffees. I Um always ask to go get do coffees. I know that people are in a lot of job know that people are in a lot of job situations where they want to go out and situations where they want to go out and drink. That's like what they do. Um drink. That's like what they do. Um especially in like the finance industry especially in like the finance industry and like the big corporate ones, and like the big corporate ones, drinking is like the thing. And so you drinking is like the thing. And so you know, I um I always am able to call know, I um I always am able to call someone. I always have my car, things someone. I always have my car, things like that. Or you take someone with you like that. Or you take someone with you that's just not drinking, so you have a that's just not drinking, so you have a buddy. But obviously like breathwork is buddy. But obviously like breathwork is amazing. Meditation is amazing. Um amazing. Meditation is amazing. Um if you are in like you really like know if you are in like you really like know you're an alcoholic, go to an AA you're an alcoholic, go to an AA meeting, go to an NA meeting. Um meeting, go to an NA meeting. Um you know, find your like go to a yoga you know, find your like go to a yoga class, things like that. I just think class, things like that. I just think are really good. Count to um a big thing are really good. Count to um a big thing is like I always pause. So I'm like, is like I always pause. So I'm like, "Okay, I'm going to wait 24 hours." Like "Okay, I'm going to wait 24 hours." Like if I feel like I want to drink or if I feel like I want to drink or something, I'm going to wait 24 hours.

something, I'm going to wait 24 hours. Or you just think about the consequence. Or you just think about the consequence. Like if I'm going to drink like I just Like if I'm going to drink like I just told you a lot of [__] Like I mean you told you a lot of [__] Like I mean you have a lot of things you can just like have a lot of things you can just like keep a little note in your phone and be keep a little note in your phone and be like, "Okay, well this is going to like, "Okay, well this is going to happen. This is going to happen." Cuz happen. This is going to happen." Cuz you guys wouldn't be here if you didn't you guys wouldn't be here if you didn't care about your health.

care about your health. So stop with all the biohacking stuff So stop with all the biohacking stuff and like just Here's a really great one and like just Here's a really great one and it's free.

and it's free. Anything else? Anything else? We have 1 minute and 30 seconds. We have 1 minute and 30 seconds. Yes. Yes. Yes. >> So is there from an alcohol perspective, >> So is there from an alcohol perspective, >> Yeah.

>> Yeah. Oh, yeah. Oh, yeah. No wine. No wine. Sorry, no wine. Sorry, no wine. Um it's like it's like a massive bag of Um it's like it's like a massive bag of grapes, you guys. Like everyone's like grapes, you guys. Like everyone's like keto and then you want your wine, keto and then you want your wine, doesn't make sense. No, um I think uh doesn't make sense. No, um I think uh vodka derived from potatoes vodka derived from potatoes and then vodka derived from grapes is and then vodka derived from grapes is really clean because it's not going to really clean because it's not going to be uh Titos. Everyone's like, "It's be uh Titos. Everyone's like, "It's gluten free." And I'm like, "It's corn." gluten free." And I'm like, "It's corn." Well, every single one of my food Well, every single one of my food sensitivity test, people are reactive to sensitivity test, people are reactive to corn. So, all that gluten-free stuff has corn. So, all that gluten-free stuff has corn. Everybody has corn on their tests.

corn. Everybody has corn on their tests. Like everybody. It's just in everything. Like everybody. It's just in everything. So, don't do the wheat Don't You know So, don't do the wheat Don't You know what? The vodka derived from wheat, what? The vodka derived from wheat, don't do it from corn. You want to do don't do it from corn. You want to do the potato or the grape. Gin is great.

the potato or the grape. Gin is great. It's linden berry. Very very few people It's linden berry. Very very few people are going to have issues with linden are going to have issues with linden berry cuz they're not exposed to it berry cuz they're not exposed to it often and it's not going to have the often and it's not going to have the same impact on your blood sugar. It's same impact on your blood sugar. It's not like a super high carb. But like the not like a super high carb. But like the beer and the barley and the hops, like beer and the barley and the hops, like hops comes up a lot. If you have gut hops comes up a lot. If you have gut infections, you're going to have more infections, you're going to have more Right?

Right? Well, good for you being in college and Well, good for you being in college and being here. I love that. being here. I love that. I'm like, "This is great." See, it's a I'm like, "This is great." See, it's a millennial thing.

millennial thing. Okay, well. Okay, well. >> [laughter] >> [laughter] >> [laughter] >> Whatever. They're younger younger than >> Whatever. They're younger younger than Yeah, yeah. Well, good. Um so, Titos is Yeah, yeah. Well, good. Um so, Titos is derived from corn.

derived from corn. And when I do my food sensitivity tests And when I do my food sensitivity tests on people, corn is always on it. on people, corn is always on it.

Um it's a GMO. Um it's a GMO. Um it's just not a very It's a It's a Um it's just not a very It's a It's a filler in everything. So, everybody filler in everything. So, everybody seems to be reactive to it. Like I don't seems to be reactive to it. Like I don't even care if it's not on my test, I even care if it's not on my test, I always feel like there's an inflammation always feel like there's an inflammation No, no. Yeah, no.

No, no. Yeah, no. No, it's not okay. So, I would say she No, it's not okay. So, I would say she drugs. drugs. >> [laughter] >> Drugs. I mean, great. Now I'm going to >> Drugs. I mean, great. Now I'm going to come back next year and have to talk come back next year and have to talk about like cocaine or something.

about like cocaine or something. No, I mean, obviously I think she should No, I mean, obviously I think she should do obviously take like supportive stuff do obviously take like supportive stuff for her gut. She could do um L-glutamine for her gut. She could do um L-glutamine and um do the and um do the uh high doses of zinc and vitamin C and uh high doses of zinc and vitamin C and then the activated charcoal before she then the activated charcoal before she goes to bed and then get goes to bed and then get Anything to absorb as much as she can Anything to absorb as much as she can with her gut. Yeah.

with her gut. Yeah. Okay. Uh Okay. Uh one more and then I'm out. one more and then I'm out. >> to be said about drinking like >> to be said about drinking like before you have a meal and letting like before you have a meal and letting like there be some distance between the there be some distance between the food and the food and the >> Yeah, I always say treat it the same way >> Yeah, I always say treat it the same way as like if you're if someone if you're as like if you're if someone if you're working with a nutrition or something working with a nutrition or something and you want to regulate your blood and you want to regulate your blood sugar, you're never going to eat a carb sugar, you're never going to eat a carb alone. At least that's what I teach alone. At least that's what I teach people cuz it's going to cause a lot of people cuz it's going to cause a lot of problems with your blood sugar. So, problems with your blood sugar. So, always have like a high-fat, always have like a high-fat, high-protein meal before you drink. I high-protein meal before you drink. I always say 30 minutes. So, get something always say 30 minutes. So, get something in there. It's going to be a buffer for in there. It's going to be a buffer for that alcohol, so it's not going to jack that alcohol, so it's not going to jack up your blood sugar so much. Then your up your blood sugar so much. Then your sleep might be a little better.

sleep might be a little better. Probably not, but yeah. I say high-fat Probably not, but yeah. I say high-fat and protein. I say that before you have and protein. I say that before you have any carb really go in your body. Always any carb really go in your body. Always like throw in just even if it's a couple like throw in just even if it's a couple bites of like your turkey burger before bites of like your turkey burger before a sweet potato. You always want to do a sweet potato. You always want to do that just to kind of keep your blood that just to kind of keep your blood sugar stable.

sugar stable. So. So. So.