Introduction to Impulse Control

Hello and welcome back to Mastering Your Menopause Transition 4.0. I am your host. Still after four years, doctor Sharon Stills and always excited to be here with you, letting you eavesdrop on these awesome conversations.

And today I have a fan favorite back, Brian Vasili. He's one of today's most renowned and respected natural health leaders, researchers, advocates. And I said, what do you want to talk about today?

Because he's always fascinating and he's got a really good topic for you that really underlies, you know, when we think about menopause and we think about, okay, what hormones do I need to take, what supplements do I need to take?

How do I need to move my body? We we learn all these things. But what we're going to talk about today is how to actually make these things happen, because we all know what's good for us, yet we find ourselves grabbing one more cookie, or scrolling one too many Instagrams right before bed, or staying on the couch when we could be out moving.

And so we're going to talk about how the brain processes and give you practical tips on what you can do to actually implement all the things we've been learning.

So Brian is the art of anti-aging. He's got a huge online community. He's Purity Wood's organic skincare, which I don't see myself. I'm so he's he's all the things he's been around for a long time.

He's a wealth of knowledge. And we are very lucky that he has taken time out of his extreme busy schedule. I heard something about a new book coming out.

You'll have to tell us to be here with us today. So let's welcome Brian to the summit. Thank you for being here. Well, it's always a pleasure, Sharon, to be here.

We have great conversations. And, yeah, I really appreciate all all you've been doing, especially, you know, regarding that time and, this time of women's lives.

Here's the big problem. And it's especially a problem at certain points in people's lives. You brought it up, and it's not knowing the right things to do.

I think virtually everyone listening right now has a strong understanding. Some could teach some seminars and some classes, but everybody, everybody, every adult virtually that I have met already has enough knowledge to dramatically increase their health and wellness.

You know, about eating, about, exercising and about, sleeping and about reducing toxins. The knowledge people have is very strong already. What I have seen over decades now, I've looked very closely after putting a lot of insights and research out and I've said, wait a minute.

The biggest problem of all is not that people don't know the right things to do, it's that they cannot consistently today stick to the right things to do.

Far, far less so than they did when I started all this 20, 25 years ago. And then as I studied, you know, all types of, things over the years, I've noticed, wow, there's a new problem, new, relatively speaking, that we are confronted with today that did not exist at this level, not even close to this level 30 years ago, much less 50, much less 100 years ago.

And that is impulse control, impulse proofing our lives. Our health is about the most important step anybody could take, because it will enable you to far more consistently stick to doing those things that you know are right for you to do.

You brought up in the wonderful introduction, thank you for such kind words, by the way.

Why Knowledge Alone Is Not Enough

You brought up, you know, the snacking, the, Oh, my God, sitting in front of the computer, social media or the TV, you know, 20, 30 an hour or two hours longer than we ever intended to, you know, these sorts of things that throw us off.

Like, how do, how do, how do the foods that we know don't belong in our body end up in our house? What what what happens what happens there? I'd love to discuss some of these key, key things today, with you.

Because again, if you can greatly reduce these impulses that we are giving into, like I said, are far more than we ever have in our human history. And I can tell you why very clearly, tell you why.

It's one of the key steps to help avoid this. If we can dramatically reduce the impulse, that we are giving into, we're going to be far healthier. We can add years to our life.

And more importantly, a lot of life to our years. By doing this and even turning the dial, 10% gets about a 3,040% result when you can control your impulses more.

So let's let's dive in there if you want to. I'm excited about it. I am super excited because I just think of all the women listening. And, you know, I mentioned some of the things that I just hear most commonly in my office, right?

You know, and I'm trying to lose weight and want to be healthy. And the next thing I know, it's like a blackout and all of a sudden, you know, the bag of chips is, yeah, there's three chips left.

And it's like, what happened between what I know what I want and the impulse and taking over and then. And it's such a vicious cycle. Right. Because then what do we do?

We beat ourselves up. Yeah. And we start all over. So yes, please, whatever you can share to help you know it. Well, I can tell you front line with with with patients and you nailed it.

You know, one way of defining it is the no versus do gap. The difference between doing what we know and knowing something. And there's this big gap to you be able to consistently stick to these things today.

So what's going on is this we, I'll narrow our, the science down, you know, to a very general form for people love to go deeper on that. But I know we have limited time, so we have a very human, the newest part of our brains is in the front, and it's called essentially the prefrontal cortex.

There are different reasons of it. And then the oldest part of our brain is basically by the, you know, the stem, the back of our brains. That's where the amygdala is.

And we'll call that the lizard brain. The front of the brain makes very smart, well-thought-out choices for us. Right thing choices. Choices based on our future choices on what's best for us.

It's the part of the brain saying, don't buy that junk food. Don't eat that junk food. You know you're going to pay the price in terms of lower energy added added calories, you know, feeling just sluggish, etc.

that's the part of the brain doing doing the talking there. The lizard part is I want it now. I want it right now. Oh my God, that sounds good. Oh my God, that sounds good.

And what's going on is we live in a world today where we are already at epidemic levels of stress, anxiety, fatigue. We're making decisions from these places, and it's kind of like you would not want a surgeon having to do work on you and saying, oh, by the way, I'm really, really exhausted and kind of stressed out today, but I'm going to do surgery on your body.

You would be like, what are you talking about? And yet we allow ourselves to make decisions for ourselves that are just as important every single day in the same states.

We're fatigued, we're anxious, we're tired. So what's going on there? Well, again, it's problems out there. It's kind of like you said, there's this kind of downward cycle because when you make decisions from those places, there going to be lizard brain choices.

They're going to be the very short term impulsive choices. I want it now choices. I want the chips now. I want to get on. You know, Facebook can scroll for three hours and be, you know, those kind of choices when we are not in our healthiest, most centered place.

And often today, we're not. We want to heavy duty, focus on making sure that we have very consistent, strong energy on a daily basis. The choices we make if we just focus on energy reducing fatigue, if we just focus on that and on reducing stress and anxiety, it's kind of like throwing a wrench in this downward spiral.

It stops it. All of a sudden our choices start becoming smarter choices, because now we're making choices from a calm, not tired, not stressed out place.

And that's when you start making better decisions from the front of the brain. When you start going with what you already know, you already know. Eat more vegetables you already know.

Don't eat the chips again. It's when you're these moments of so-called weakness or are not thinking straight, if you will, and calmly about your best interest.

You're more prone to make the lizard brain the back of the brain choices. So I've really narrowed this. This all down quickly for you. There's a lot more involved scientifically.

Brain States and Better Decisions

This has everything to do with with the, sympathetic and parasympathetic nervous system that feeds, you know, and the sympathetic is basically stress, you know, and we're often in this stress mode, as you know, Sharon, today, when people want to be in that parasympathetic mode, the more relaxed mode, again, where they're thinking and able to think smart long term choices versus right now choices.

So I'll back off a moment because I just want to make sure the essential essentials are clear here. I'll give you a part two to on why this is not anyone's fault.

By the way. Okay. But go ahead. Yeah, yeah. We don't want to blame ourselves. Yeah. And I think you shouldn't you know, this can also apply to even healthy choices because I sometimes see patients who come in and they're on like 85 supplements and and I don't even think I'm exaggerating, you know.

Oh that's crazy. Yeah. Aces. And it's like what? Why? And it's like, I don't know. Listen to this. That sound good? I saw this ad. It sound good. I thought my neighbor said, they're on this and and like so even that is like coming from a, I needed a stressed out place instead of, you know, because lots of things sounds good, but what you know, too much of anything can be a problem.

And absolutely. And is is it really coming from this, you know, place of well thought out or is it just this impulse? Well, it gave them energy. Well, it made her sleep better.

Well, it made her lose 20 pounds. And so I'd love if you could also speak to that after you talk about why we don't

need to blame ourselves for doing this.

Well, you know, I'll talk about that in, in the it's really in the same context. Those are impulsive choices indeed. Again, if everybody had the had the complete luxury and virtually none of us do of, let's say, backing off all responsibilities of life for 2 to 3 weeks.

And I'm seeing a background behind you of of a beach. Flowing water, I don't know. Does everyone see that same background? Yeah, I'm sure it's okay. Unfortunately, it's not real life.

Right. Well, listen, imagine that we all had three weeks just to hang out in this island. I mean, everybody listening right now. Not a other care in the world except the essentials.

You know, let's get food in our body and make sure we hydrate. And here we are. Let's chill. If we got in that mode, we can't. We become very typically relaxed.

We would have increased energy. We'd start to fall asleep and wake, you know, on the on the correct circadian rhythms cycles, things would fall into place.

And then a week or so in for some people a little bit longer, for others shorter for some, we would just start making better decisions. We wouldn't find ourselves saying yes to yet another supplement, number 83, and then supplement number 84.

We wouldn't do things like that. We would have complete access to our our common sense, the front of the brain saying, wait a minute, this can't be right, you know, where do we start?

We know. What do we know? We know we should be getting a, you know, all these nutrients and all these micronutrients from food. We know we should be eliminating again, if everybody just did all the basics that they already know, that's not the problem.

Again, the problem is we are being taken off the path constantly because of impulsive choices, health choices, like you said, oh my God, I need that thing.

And and here's the so why are you not to blame? And really, today nobody is to blame for this. Why? Because 30 years ago I did not see this. 50 years ago. 100 years ago.

This certainly did not exist at near the level. There were always small temptations. It's in all of the religious texts from all the different religions.

Of course there were temptations, but they were not pushed in front of us, challenging us. 24 seven everywhere we move today, online or out there in the world, in grocery stores, that's one of the worst places, to be honest.

People feel like it's such a nice, calm place. It's so carefully set up to make you make impulsive choices and they know. And who are they? There are literal people in the food industry who work very hard to succor you, frankly, to manipulate you, to make you make those horrible choices.

Why not a conspiracy? They don't want to control the world. There's only one reason profit is very, very profitable for food companies to manipulate you.

And nobody thinks that they can be manipulated. Everybody nods their head. It's a funny thing with the sharing. When people hear this, everybody's like, true, true.

And it's other people are being manipulated. I hate to say this, but all of us are and I am. And I've been studying this stuff to some degree. Every single day I catch wow, they got me social media, got me the grocery store got me.

How did this stuff end up in my cart? I'm one of these people out there teaching about this, and yet sometimes I

am. We're all suckered constantly because it's so profitable, and there are incredibly smart people hired by these major corporation in these major industries food, drugs, of course, pharmaceuticals, cosmetics, personal care.

And man, oh man, the media. When I say the media, all media, but especially the news on on TV, I don't I don't care if you consider yourself way at the left, way at the right.

I'm telling you, 95% of everybody is being manipulated extensively. Your energy is being sucked out of you, and then you're being taken advantage of and told you should do this if you want to be better.

And this the worst of the worst, though social media these people carefully designed there's there are and this is known information. This is not me making this up.

There are people hired by those organizations, the major social media companies, to make sure that when you start clicking, you make these impulsive choices that you keep clicking, you keep clicking, you keep clicking, you go down all the rabbit holes.

All of a sudden you found out you have six diseases you didn't know you have. If you're going to go in that direction, or you found out that everyone's life, supposedly is far better than yours because they're putting up, you know, pictures.

And of course, none of that's true. And so on and so forth. These are all the different ways that we are being so extensively manipulated. Our impulses, they're all preying on us and wanting us to think from our lizard brain, because that's when we decide we need 86 supplements.

We need the next big thing. And then you feel guilty and, you know, and we're coming from a weak place. Those are impulsive choices. If you could properly back off of these things, even start to back off.

Turn the dial down, down, down. Life gets better. You become more consistent in the things that you know you are supposed to do already. I don't need to tell you those things.

Everybody eat more vegetables, eat less processed food, for example. Get better sleep. You know, seven, eight, nine hours a night of solid sleep. Everybody already knows these these essential, essential things is that they can't do it. And this is why.

Why Impulses Are Not Your Fault

So I'll pause. You see, I'm passionate about this, but I'll pause, pause. But now that I have a couple of questions, I have a lot of questions. But I am interested.

So I noticed yesterday. So we're filming this. It was just Mother's Day, and so I saw a thing on Facebook for like organic vegan, gluten free chocolate.

And I thought, oh, that sounds fun. So I clicked on it to see what it was about, and I was like, oh, maybe I'll order some for me and my daughter in law is a, you know, as a treat.

But then what I noticed and I didn't order it, but now I noticed that my Instagram feed and my Facebook feed are now filled. I have like 3000 different organic dark chocolate offerings that are just totally coming at you.

And so I'm wondering if you could speak to that, I sure can. What a great example. So I said, how how media and especially, you know, social media, and advertising online.

So what happened there is that you did you did not wake up yesterday morning saying, I'm extremely interested in, you know, vegan organic chocolate or, you know, and and I'm going to go, you know, find one.

You were in the very first place. They're your impulses. I don't know if you made the choice to buy sounds like you

didn't. So you might have pause. Right.

He's getting bombarded today, but that's exactly what I'm talking about. They are very real. They are heavy duty, manipulating your impulses so they now know she clicked on on this organic chocolate.

She's interested. Let's catch her every which way. So the data passes from that. You know, organization on back to whoever you know, whatever the social media avenues are that they're paying for.

And as I said, she's interested in organic chocolate. The message goes out, this is what I mean. Every single where you turn online, your your brain is under attack.

Your attention, your brain is under attack. They want you in impulsive mode, lizard brain mode right now mode. They don't want you thinking logically.

They don't want you thinking from the front of your brain. That's not profitable. So nobody Sharon wakes up in the morning and says, today I am going to, you know, click on three and buy three things that I had no intention of buying.

That's part of my plan today. And the other thing I'm going to do today is sit there and aimlessly scroll for 2.5 hours on the couch, and then I'm going to watch the news and be told and feel how horrible the world is and the sky is falling.

And then I'm going to go to bed. And that's my plan. But this is often what people's days consist of. And people don't realize you were just heavily manipulated.

Your your impulsive choices were driven by organizations who profit immensely off of it. What do you do in this situation? How do you do when you again can start thinking from the front brain, the right thing brain and not the back brain, the right now brain?

When you could start doing that more and more, you become more and more immune to this. How do you do that? There. You own your here's here's the real simple version.

Own your time and own your places. Here's what I mean. Let's let's do one step for everyone right now. If you own certain key points of your day and you're very conscientious about planning and what you are going to do at those times in your day, and you don't let others sway you away from those patterns, you're already you're already winning half the battle.

If you own certain environments that you spend a lot of time in, and you don't let others out there sway you in how you how you structure those environments, you're also now even further ahead in the battle.

Let me get very much more specific. Here's a very powerful tip for everybody when, mysteriously, that junk food does end up in a grocery bag in your kitchen and you're like, how did this garbage that I didn't want in my body end up here?

The one powerful step I would tell everybody that plays into our human nature, not against it, is reorganize your pantry and your refrigerator. Put all of the healthy stuff within easy reach, and take all of that junk.

And if you can't part ways with it, put it in extremely hard to reach spaces. The worst spaces in your cupboards vicinity is everything in our nature is to be a bit lazy, okay, because we're busy whenever we can't.

It's. This has nothing to do with willpower. If we try to rely on willpower, we're doomed. This is the opposite. Our real nature is most actions we take are on autopilot.

So during the course of a day, snacking is what destroys many people's health, right? And during the course of a day, if it's super easy for you to reach for the healthy snacks and it's very hard for you to go get the stepladder to go

get the chips, you're going to reach for the healthy snacks.

So you start owning spaces in your home. Now, when you do that and you're reaching for healthy snacks and healthy meals and ingredients for healthy meals, and it's much harder to get to the junk automatically, you're going to start feeling better.

You're going to improve your health. You're going to start feeling better energy. You're going to have that. So that's just one small tip. And most here's the wonderful thing, Sharon.

Now this this is again, it's going to be a while on the book, but this is what the book is.

Owning Your Environment and Mornings

And if you if you want to have continued conversations, me, I'd love to share more tips because I'm all about the practical on this. And what I spent decades discovering was the most powerful steps that you can take to eliminate this problem of being driven by impulses so that you are like you're a man or a woman of steel against all those forces out there trying to manipulate you.

Number one. And number two, there are certain steps that just make you think far more clearly. Keep your brain clear. They keep your energy high step.

Like I just said, you're owning a space that is important in your life, right? Another space you want to own is your is your office. If you spend a lot of time there, like a lot of us do, same deal.

You have junk near you in that office, you're going to reach for it. So as a rule, don't have junk near you in that office ever. You know, in terms of food, there's a lot more you can do in that office, too.

You know, you can make, the right surroundings, very natural nature, surroundings which will help you in a million other things. I can go on and on with this.

You also want to own. Last thing I'll say here, because I know we have limited time. You want to. You want to figure out and own certain times of day.

Again, I mentioned this at the start. So for example, if you own no other time of day, the very most important one is to own your mornings. Own your mornings.

And what I mean is be very deliberate. Plan out how your mornings are going to look like, because your morning set the tone for your entire day, and your entire day, of course, sets the tone for your entire life.

So own your mornings, meaning I am not going to access any screens for the first hour of waking up. I would say that would be rule number one. What else can people do in the morning?

There's a variety of things. You may want to stretch and move your body, especially dynamic movement. Get the muscles going. You definitely want to try to get outside, you know, take a 20 minute walk in the light.

It sets your circadian rhythm that is outstanding for you, your energy for the whole course today for thinking straight, for not making impulsive choices and for getting good sleep and a million other reasons to take that morning walk.

The point is, whatever you do in the morning should be positive for your health. It's setting the tone for the day. So Own Your Mornings is one of many powerful steps that you can take to reduce the amount of impulsive choices you are making and boost your health.

Keeps your brain clear. And the other one I mentioned is vicinity. Simply take a look at your fridge. Everyone take a look at your refrigerator at your, pantry as well.

If you got junk food, easy to reach, move it somewhere that's mighty difficult. Put it in the worst part of you, part of your cupboards and what have you.

You know, that's these are just two of many powerful steps here. And so. Yeah, there you go. Yeah. And I think, like, what you said about making things easy because as you were saying that I was thinking if I have a bag of washed fruit and it's, you know, like, let's just say cherries and they're all separated and they're in a nice bowl in the fridge or they're still wrapped from where I purchased them, and they're not washed right.

Like there's a good chance as I'm busy, I'm going to be like, I don't have time for that, right? But if they're already ready to go. So just really like meal prepping and thinking.

And so I'm curious because I want to go back to my chocolate. So I was gonna order the chocolate, but all of a sudden I'm down the the vegan gluten free dark chocolate rabbit hole and they're like, okay, purchase the 56 piece box of chocolate.

And I thought, 50, what the heck am I going to do a 56 pieces of chocolate? That is not that's not going to end well. And so I clicked out. But are there any tips?

And I was in a regulated place, so I was able to do that. But are there any tips for like in the moment when you're about to buy 56 pieces, how do you shift from, you know, from the back of the house to the front of the house?

And I was I'm about to make an impulsive move that is not going to serve me. Yeah. What a great question. That I believe, first of all, for those who are technically inclined, they're actually apps, which tells you a lot that that question that you decide and will actually question, do you need this?

Do you need that kind of thing? But most of us don't live in that world. I don't I don't know if those out there. They seem complicated to me. At least I've heard there's such apps.

There's one thing I do. I use good old fashioned stickies. To remind myself of anything that's super important. Like this. Because that's that's just a tremendously good question.

There are all kinds of tips, but the trick is remembering those tips. So here I am. Chocolate chocolate's a powerful motivator, you know. And we know cocoa is actually, you know, it can be quite good for you.

But again, you did not set out in the morning, as I understand the stories you're telling you, you did not set out to buy cocoa. You did not say on my list of things to do today.

It was a it was almost an impulsive decision and you almost made that impulsive decision. So in those situations, if we remember to, because we're already moving to the back of the brain, if we remember to it are things like, you know, I've countdown some people do the ten think about this, you know, and they train themselves to count backwards to ten if they really need that thing.

Some take three deep breaths slowly. Some have a rule of, you know, like, an hour rule. I'll come back if I really want this thing, you know, things like that.

But the trick is. So those are good tricks, but you gotta you still have the trick of of in that moment, you know, let's let's visualize a thought. The thought is, is taking place from the back almost.

And has it gone all the way to the back that we can't even catch it anymore? So what I do and train myself in some situations is I will put stickies around my screens, you know, like that's the old fashion.

That's all fashion app to me is good old stickies, right. And I would share. Yeah. And and every opportunity you know to use visual reminders to ourselves.

Some people do simply have their phone remind them every hour to, you know, be conscious. You know, be

aware. It's a mindful thing. You know, you know, where are you at?

You know, are you aware of yourself? Are you doing healthy things now? Were you caught in any situation? If you set an hourly reminder or every two hours to do something like that?

See, I could go on and on all day. Sure. And with some powerful tips. I do want to give some people the most powerful, but one of the most amazingly important healthy things you could do that almost nobody does today is chew.

Chew your food. Right. There's another one simply chewing your food. That's a the problem is, is that we all like this is what I mean. Everybody knows this, but we all don't do it.

It's the no do gap. Simply chewing that food would make you feel fuller. You're going to eat less. You're going to get a whole lot more, more nutrients out of the food.

But we don't mindfully eat. So where did I why did I jump to that? Because there I put sticky notes to myself as well at the table, which I had this big problem with eating too fast.

Okay, so I trained myself. I put giant sticky notes back at the table in front of where I sit at the table.

Practical Tools for In-the-Moment Choices

That said, chew and I. And they were always there until I learned. And I'm like, yeah. And then it took two weeks, two weeks of seeing that. And it slowed me way down.

And I take far more time eating my own food. So I'm telling you, it's there. There are some good old fashioned devices like that that can work at least help you tremendously.

You know, so set reminders every hour to, you know, to remind yourself, am I conscious of my my own being right now? Is is an interesting one. But if nothing else, those orange, yellow, bright sticky notes, you know, in the places that you spend a lot of time vicinity again, vicinity is everything.

And when you can, when you can impact, you know, own your surroundings with things like this, like I said, or with things like placing your your the good food within reach and placing the bad food far out of reach.

Own your vicinity where you spend a lot of time. You know you're winning half the battle, right? Right, by doing stuff like that. So yeah, I mean, what else you got?

I got so many. I love talking about this. And I do too, because often I'll say to patients like your biggest, your biggest win and tool for getting healthy is your calendar.

Because you can schedule downtime, you schedule meal time, you can schedule exercise time. You know, for many years, my life revolved around when the next hot yoga classes, because if you don't schedule it in, it doesn't happen, right?

So the things you're talking about, it's like we have to like, fight back and take our power back because these are so many health is made of, right. And so yes, I'm not diminishing obviously.

And I got supplements right here. Like we need to do all the things, but we need this foundation of going. And I, I personally like my, my struggle right now is the phone and social media.

And it's like, because as a physician, I have to be on my phone and I have to see, you know, my staff is texting me and if there's an emergency, but all of a sudden I'm like, on Facebook or honey Jam or yeah, you know, scrolling, scrolling something.

I have no scrolling. And so it's like, we have to fight back. We have to go. This is like my mission now, just like my mission is to go to the gym and workout like my mission is to stay present.

My mission is to not be led. It's to be mindful like it's it's it's where we are. We have to set reminders to tune into ourselves because like you said in the beginning, and it was making me think, you know, that saying of like, anyone can go to the monastery on the hill and be peaceful.

But when you come down off the hill and you're in LA or wherever you are, like, now, try and be a peaceful, there you go. That's the point is swirling around you.

And so we're not getting rid of the swirl unless there is a couple of you listening who are moving to the monastery, but that's fine. I'm not doing that right now.

So we have to do the things. What you're talking about to me is like the foundation. It is how we heal. It is it is, it is. I mean, again, I, I I've just over 25 years and I've realized this is, this is the problem that that people have again, everybody listening, I can safely say everybody knows enough right now of the how to, like you said, and the essentials, the basics to do it.

It's not the knowledge of how, it's a knowledge of how to consistently stick to it enough. And again, the problem is not, it's not eternal. It's not something that goes way back in time.

We always had temptations in our way, but far less again. So let's recap everything briefly. Nowadays, everybody wants your attention and they want to manipulate your lizard brain.

They want you to make a now impulsive choice. They want you to buy the chocolate. They want you, you know, to click and scroll for two hours and not five minutes.

And they want you to do these things, and they're masters at manipulating us to do that. That's not how it always was. Grocery stores. Yeah. You know, long time ago you walked into a store and that was really about selling, you know, the necessities.

Today, a grocery store is just so carefully designed to appeal to a to, to make us make impulsive choices that are not good for us. Every step of the way inside of a grocery store is like that.

I could go, that's a fascinating area. Restaurants are very carefully designed to do the same, very carefully designed. And I could, you know, teach people a lot about that.

But you go out there anywhere in the world, whether it's physically out there, especially these stores or anywhere online, you kind of, you know, where your biohazard suit, metaphorically speaking.

And if you want to put a sticky note on your door and on your screen, it says that you've got to wear biohazard suit because everyone is trying to, frankly, yes.

You know, pull action out of you.

Closing Thoughts and Resources

That is not in your best interest because it's in their best interests. And so that's where it starts, right? And that was not always the way it was in our world.

And of course, that drives more stress. Your antidote to this, the way to impulse proof your life, is to be aware of what I just said. First and foremost, awareness is a huge part of the equation.

And then also to work on just making those, you know, choices that come from calm, centered place and not from places of like, you know, you know, the anxiety and fear and fatigue and foggy brain when we're making choices

from those places, those are going to be bad choices.

That was are going to be the impulsive choices. If we work toward just calm energy and all that type of stuff in our life, it's going to impact us, not just in the moment, because we are going to feel better and have more energy.

It's also going to lead to far healthier front brain, right brain choices. And again, two of the very key ways own your sacred times is what I like to call them.

It's easy for me to say own your whole life, but that's not that's that's hard. But what are the most sacred times in your day that you really want to own?

Because they're so important? I identified morning. I think another one would be evenings. Right. You know, the hour or two before bed. What you do there.

Don't let anybody manipulate those those choices. Nobody. And from screens, nobody from the outside do all the things that make sure you have a great night of sleep and don't let anybody change that.

Same with the mornings. And own your sacred times and own your sacred spaces. The places where you spend a lot of time. Your bedroom is another one. Don't let anybody from the outside world in there that's supposed to be your sacred space.

Everything about your bedroom should say really nice sleep. And that's what I mean. You own just a few of these, you know, you may pay more attention.

You you increase the, energy and your ability to think from the front brain, the right brain, make the more of the right choices. And that's your antidote to all of these impulsive choices that are otherwise killing, frankly, so many people. So, wisdom, wisdom, wisdom, I love it.

How can the ladies learn more? Where where should they go? Because I feel a movement here like, oh yeah, yeah. So yeah, like I said, it's it's coming down the pipe or I'm going to have, you know, the ultimate book about this in the not too distant future for right now, please, you know, thank you for opening the door on that, head to the Art of anti-aging and just sign up for free newsletters.

The best way over there. You know, you're going to get, like, like Doctor Sharon here. It gives you some great insights on a routine basis, about living long and living well.

And I do put a lot of emphasis in on what I'm talking about and get very specific, on some of these tips, like, I hope I successfully did here today for people.

So, yeah, the art of Anti-Aging dot com front door free newsletter giving away. We always rotate, but we have some great, you know, reports that you get, when you do sign up that are just really strong information.

So thanks for asking. I love I love talking with you this time. I think I talked a lot because I'm so passionate about this topic. But you opened the door and you brought it out in me.

So it's I just always. Doctor Sharon. Thank you. You're welcome. I love chatting with you. And it's always, inspiring and something that I like sharing and something that I'm like, okay, you know, I can do better too, right?

Like, we we're all. We're all in the fight to take back our lives, own our sacred space. This is this is just where we're at in civilization now. And we got this.

So thank you for helping to lead the way and planting some really important seeds that if we, if we water them, will blossom and make a beautiful life for us and really help get us to the front of our brains.

So I appreciate you and all the work you do, and I can't wait for the book. Thank you. Yeah. Thank you. Thank you

for being here. And everyone you know you need to listen to this on replay, replay, replay, repeat, get your sticky notes, figure out what you're going to do and start becoming mindful of when the impulse is taking over.

And know that you can mindfully take it back and change your life. So we'll be back with another talk. Thank you for being here.