No Boundaries, No Vitality (Part 1)/ Vitality Wednesday Transcript

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Introduction and episode topic

Hello everyone and happy Wednesday. This Hello everyone and happy Wednesday. This is another episode of Vitality is another episode of Vitality Wednesday. I'm your host Dr. Kenosandar Wednesday. I'm your host Dr. Kenosandar and with Fields. So today we've got an and with Fields. So today we've got an exciting topic. Robin, you ready to dive exciting topic. Robin, you ready to dive in?

in? in? >> I am. It's always fun. >> I am. It's always fun. [laughter] [laughter] [laughter] >> It's always fun doing things virtually. >> It's always fun doing things virtually.

I almost fell off my chair. That would I almost fell off my chair. That would make for a very fun episode, right? make for a very fun episode, right? [laughter] [laughter] [laughter] Yeah.

How boundaries affect the body

Yeah. Yeah. >> So, today we're actually talking about >> So, today we're actually talking about something uh sort of a difference spin something uh sort of a difference spin on vitality, your boundaries and your on vitality, your boundaries and your body. Because believe it or not, your body. Because believe it or not, your body actually takes a physical toll when body actually takes a physical toll when you ignore your boundaries. So, this is you ignore your boundaries. So, this is probably something people don't think probably something people don't think about. So, women think boundaries are about. So, women think boundaries are usually a relationship conversation, and usually a relationship conversation, and they are to some extent, but it's they are to some extent, but it's actually really more of a biology actually really more of a biology conversation than people realize. So, conversation than people realize. So, let's put it this way. In our society, let's put it this way. In our society, women are taught to people, please. Not women are taught to people, please. Not that it doesn't happen to men, but I that it doesn't happen to men, but I think women are more guilty of this than think women are more guilty of this than men are. And they don't realize that it men are. And they don't realize that it has a physical effect on your body. So, has a physical effect on your body. So, Robin, let me ask you, have you ever Robin, let me ask you, have you ever said yes to something you didn't want said yes to something you didn't want to, and then your body didn't feel right to, and then your body didn't feel right after that?

after that? >> Yes, absolutely. >> Yes, absolutely. >> And I've had it happen, too. And >> And I've had it happen, too. And honestly, I never realized that there honestly, I never realized that there was a physical toll for a really long was a physical toll for a really long time because I was people pleasing for time because I was people pleasing for so long that it becomes you start to so long that it becomes you start to think it's normal.

think it's normal. >> Wow, that's very interesting. I've never >> Wow, that's very interesting. I've never really thought of it like that. really thought of it like that.

>> Yeah, this is why I like to bring these >> Yeah, this is why I like to bring these conversations to the forefront because conversations to the forefront because people don't think about it. We think people don't think about it. We think we're being nice. We think we're being we're being nice. We think we're being considerate and all of those things. And considerate and all of those things.

Listening to your body before saying yes

And it's not wrong to be kind and it's not wrong to be kind and considerate, but it is wrong to do it considerate, but it is wrong to do it when you're self-abandoning yourself.

when you're self-abandoning yourself. Now, that's the distinction. Now, if you Now, that's the distinction. Now, if you actually want to do those things, well, actually want to do those things, well, then it's going to actually make you

then it's going to actually make you feel good. You if you do something out feel good. You if you do something out of your own will and your sh your sheer of your own will and your sh your sheer act of kindness and you want to do it, act of kindness and you want to do it, oh, it feels very very different in your oh, it feels very very different in your body. Wouldn't you agree?

body. Wouldn't you agree? >> Oh, yeah. Yes. Absolutely. But if you >> Oh, yeah. Yes. Absolutely. But if you agree to do something you didn't want to agree to do something you didn't want to do, then it feels different. And I do, then it feels different. And I always feel that. So I have learned to always feel that. So I have learned to actually listen to my body before I say actually listen to my body before I say yes to anything because sometimes in my yes to anything because sometimes in my mind I want to say yes, but my body is mind I want to say yes, but my body is saying no. And we have to learn to pay saying no. And we have to learn to pay attention to those things. So what's attention to those things. So what's important to know is that every yes that important to know is that every yes that you do not mean you do not mean when you say yes, but you mean no, your when you say yes, but you mean no, your body spikes cortisol, which is your body spikes cortisol, which is your stress hormone. So that's create creates stress hormone. So that's create creates adrenal fatigue, problems with your adrenal fatigue, problems with your sleep, stubborn belly fat. I have to sleep, stubborn belly fat.

Stress, cortisol, and emotional health

I have to tell you, I think that's huge because tell you, I think that's huge because I've seen it in a lot of people. They're I've seen it in a lot of people. They're like, I eat right, I do other things.

like, I eat right, I do other things. And listen, people, our weight, our And listen, people, our weight, our vitality, the way we look isn't just vitality, the way we look isn't just nutrition and exercise. It's your nutrition and exercise. It's your emotional stuff, too.

emotional stuff, too. >> People don't realize that. >> People don't realize that. >> Yeah. Wow. So then when you have >> Yeah. Wow. So then when you have resentment and you're depleted, resentment and you're depleted, basically they kill your body's for basically they kill your body's for women, it kills their progesterone. And women, it kills their progesterone. And so now low progesterone equals low so now low progesterone equals low sleep, anxiety, low libido, all of those sleep, anxiety, low libido, all of those things. And I'm not saying this is the things. And I'm not saying this is the only thing. Of course, women have only thing. Of course, women have menopause and all these things. This is menopause and all these things. This is just another factor that we need to just another factor that we need to consider that we don't really think consider that we don't really think about.

about. about. So I'm curious. So, how did you start So I'm curious. So, how did you start listening to your body and listening to your body and doing the right thing for your body?

doing the right thing for your body? >> Well, I just started to So, first of >> Well, I just started to So, first of all, our lives, we live in a fight all, our lives, we live in a fight orflight world. So, we are in the orflight world. So, we are in the sympathetic state. Most people are in sympathetic state.

Fight-or-flight vs. parasympathetic state

Most people are in the sympathetic state, I would say, 95% the sympathetic state, I would say, 95% of their life. And we don't ever of their life. And we don't ever switched into the parasympathetic state switched into the parasympathetic state is where your nervous system is calm and is where your nervous system is calm and your your your body can rest and your your your your body can rest and repair and digest. Most of us in modern repair and digest. Most of us in modern society are never there. So when we're society are never there. So when we're constantly in the fight orflight state, constantly in the fight orflight state, we can't even listen to our body. We we can't even listen to our body. We can't can't can't >> can't hear it.

>> can't hear it. >> It it whispers at first, then says stuff >> It it whispers at first, then says stuff a little louder, then it starts a little louder, then it starts screaming. And usually by the time you screaming. And usually by the time you have disease, there's your body's have disease, there's your body's screaming something that we're not screaming

something that we're not listening to. And so how you get there listening to. And so how you get there is by slowing down, calming yourself is by slowing down, calming yourself down, being able to hear that no, down, being able to hear that no, because my mouth does not actually say because my mouth does not actually say yes anymore until I've confirmed with my yes anymore until I've confirmed with my body that it's a yes. Whereas before I body that it's a yes.

Recovering from ignoring body signals

Whereas before I used to say yes and then my body would used to say yes and then my body would later go no we didn't mean that and then later go no we didn't mean that and then you're like oh crap well now I've start you're like oh crap well now I've start to backtrack you know I've already to backtrack you know I've already committed because that's the other thing committed because that's the other thing women we like to make sure we uphold our women we like to make sure we uphold our commitments like I committed to that now commitments like I committed to that now I don't want to backtrack and say no I don't want to backtrack and say no >> so it takes a real understanding of >> so it takes a real understanding of yourself to hear your body yourself to hear your body >> quickly [clears throat] >> quickly [clears throat] before and and honestly until we learn before and and honestly until we learn that skill that skill It's perfectly great to say, "I don't It's perfectly great to say, "I don't know yet, but I'll get back to you." know yet, but I'll get back to you." >> Yeah, that's true.

>> Yeah, that's true. >> I'll get back to you. You know, I'll get >> I'll get back to you. You know, I'll get back to you in a few days. Well, great. back to you in a few days. Well, great.

And now you got 3 days, 4 days, whatever And now you got 3 days, 4 days, whatever it is to think about it and see how you it is to think about it and see how you really feel about it as opposed to just really feel about it as opposed to just getting swept up in the moment and getting swept up in the moment and saying yes to something you didn't saying yes to something you didn't really want to say yes to.

really want to say yes to. >> Yeah. Wow. That's so interesting because >> Yeah. Wow. That's so interesting because we really were doing a lot of damage by we really were doing a lot of damage by just keep saying yes. Yes. Yes. And no.

just keep saying yes. Yes. Yes. And no. >> Well, >> Well, >> Well, >> yeah. And the thing is people, many >> yeah. And the thing is people, many people are really trying to do the right people are really trying to do the right things by themselves. They're dieting, things by themselves. They're dieting, exercising. Well, dieting, I shouldn't exercising. Well, dieting, I shouldn't say dieting because I hate dieting, but say dieting because I hate dieting, but I'm just saying they're trying to eat I'm just saying they're trying to eat right, etc. Take all their supplements, right, etc. Take all their supplements, you know, um, exercise, get enough you know, um, exercise, get enough sleep, and they're really optimizing in sleep, and they're really optimizing in that way. And then the crazy thing is that way. And then the crazy thing is they are deoptimizing. I don't know if they are deoptimizing. I don't know if that's a word, but I made it up. They're that's a word, but I made it up.

Cortisol, weight, and whole-body health

They're deoptimizing in another way because your deoptimizing in another way because your your life is really a mix of all of your life is really a mix of all of these things. Not only just what you these things. Not only just what you eat, how you exercise, it's how you eat, how you exercise, it's how you relate to the world. How much time you relate to the world. How much time you spend in that sympathetic versus spend in that sympathetic versus parasympathetic state. And I have to parasympathetic state. And I have to tell you that I got back from a cruise a tell you that I got back from a cruise a few months ago and I was in such a calm few months ago and I was in such a calm parasympathetic state and I told myself parasympathetic state and I told myself really really told myself that I was not really really told myself that I was not going to go back to the other way. Well, going to go back to the other way. Well, unexpectedly, unexpectedly, while I didn't even know it was while I didn't even know it was happening, it started to happen. And I happening, it started to happen. And I didn't even realize it until one day I didn't even realize it until one day I was like, "What is happening to me? I was like, "What is happening to me? I feel like a hot mess." And I was like, feel like a hot mess." And I was like, "Wait a minute. Over the past few weeks,

"Wait a minute. Over the past few weeks, I've been disregarding when my body told I've been disregarding when my body told me it was tired or hungry or this or me it was tired or hungry or this or that." And I was so good at paying that." And I was so good at paying attention to those things. And then it attention to those things. And then it was like it just all spiraled out of was like it just all spiraled out of control. And I've honestly spent the control. And I've honestly spent the last week trying to regain that control.

last week trying to regain that control. So I say this because I don't want So I say this because I don't want anybody to think I'm perfect or anybody to think I'm perfect or anything. I am not. What I'm saying is I anything. I am not. What I'm saying is I I at least identify what is happening I at least identify what is happening >> and I think >> and I think >> you're doing better now.

>> you're doing better now. >> Yeah. >> Yeah. >> Yeah. >> Yeah. If we can identify though what is >> Yeah. If we can identify though what is happening we can start to reverse it. So happening we can start to reverse it. So again I would like to identify that a again I would like to identify that a lot sooner next time and I will but lot sooner next time and I will but >> just like little by little by little and >> just like little by little by little and next thing I know I was like what next thing I know I was like what happened? Why I feel overwhelmed? I feel happened? Why I feel overwhelmed? I feel this. I feel that. Well, those are all this. I feel that. Well, those are all the results of our body being in more of the results of our body being in more of a sympathetic state for long periods of a sympathetic state for long periods of time. We need to be back in that time. We need to be back in that parasympathetic state. So, I spent days parasympathetic state. So, I spent days just backtracking trying to just calm just backtracking trying to just calm myself down, not overdo, make sure I ate myself down, not overdo, make sure I ate right, slept right, all the things that right, slept right, all the things that are really important. And I got myself are really important. And I got myself back on track. But honestly, for next back on track. But honestly, for next time around, I don't want to get to time around, I don't want to get to where I got.

where I got. >> Yeah. >> Yeah. >> Yeah. >> Don't want to be there. >> Don't want to be there. >> Because there's a big difference. >> Because there's a big difference.

>> There's a big difference. And we can all >> There's a big difference. And we can all feel it. feel it. >> Wow. >> Wow. >> Wow. >> And and honestly, the other thing too is >> And and honestly, the other thing too is it's such a thing, cortisol. I mean, we it's such a thing, cortisol. I mean, we we worry that we've got fat deposits in we worry that we've got fat deposits in all these different areas in our body.

all these different areas in our body. And most of it is because our lives are And most of it is because our lives are full of cortisol. And people don't think full of cortisol. And people don't think about reducing that. They go get about reducing that. They go get liposuction. They go figure out a liposuction. They go figure out a procedure to get. They go on some kind procedure to get. They go on some kind of crash diet. They go on the GLPs. They of crash diet. They go on the GLPs. They do all these things because they've got do all these things because they've got all these they've got this, they've got all these they've got this, they've got that. You know, I really think that our that. You know, I really think that our bodies are very smart and you know, once bodies are very smart and you know, once we get everything working together, our we get everything working together, our our nutrition, our you know, proper our nutrition, our you know, proper proper exercise, proper sleep, and then proper exercise, proper sleep, and then when we have our boundaries and our when we have our boundaries and our emotional life intact, then we start emotional life intact, then we start seeing some really, really big changes.

seeing some really, really big changes.

Meditation and tools for calming the nervous system

So, you know, there are probably a lot So, you know, there are probably a lot of people that think this is all woo, of people that think this is all woo, but the bottom line is there's real but the bottom line is there's real emotions do play a big factor in how we emotions do play a big factor in how we feel.

feel. feel. >> Yeah. So, let me ask you this, Dr. >> Yeah. So, let me ask you this, Dr. Sundar. So, if if because like I Sundar. So, if if because like I meditate every morning just for a few meditate every morning just for a few minutes,

minutes, minutes, >> try to get my head in the right spot, >> try to get my head in the right spot, you know, place and you know, place and >> um so that would help. Correct. Maybe >> um so that would help. Correct. Maybe >> 100%. Meditation is one of the best ways >> 100%. Meditation is one of the best ways to go into the parasympathetic state. I to go into the parasympathetic state. I also I also I I meditate and then also also I also I I meditate and then also in the middle of the day or it depends in the middle of the day or it depends on the day what I do when but I'll on the day what I do when but I'll meditate and then I use a frequency mat meditate and then I use a frequency mat to also get myself back in the to also get myself back in the parasympathetic state. I use that before parasympathetic state. I use that before I go to bed so I can sleep better. And I go to bed so I can sleep better. And there's there's plenty of research on there's there's plenty of research on that. There's stuff all over my website that. There's stuff all over my website about it too if you're curious. But um about it too if you're curious. But um these are just different tools that you these are just different tools that you can use. But meditation is fabulous. It can use. But meditation is fabulous. It allows you to be present in the body, allows you to be present in the body, feel your own breath, and really that's feel your own breath, and really that's the thing. Vitality at the end of the the thing.

Closing thoughts and community update

Vitality at the end of the day, and I don't know if I've mentioned day, and I don't know if I've mentioned this before, is just about being very this before, is just about being very present in our body.

present in our body. >> The more present we are, the better we >> The more present we are, the better we feel. feel. feel. >> I like that. [laughter] >> I like that. [laughter] >> So hopefully this was helpful. I like to >> So hopefully this was helpful. I like to pass along these little nuggets of, you pass along these little nuggets of, you know, wisdom to people and just things know, wisdom to people and just things that I've experienced in my life. And that I've experienced in my life. And listen, we all struggle. That's very, listen, we all struggle. That's very, very normal. But, you know, we can very normal. But, you know, we can always get back to our baseline and always get back to our baseline and start to feel better. So, hopefully this start to feel better. So, hopefully this was helpful to all of you. I try to keep was helpful to all of you. I try to keep these around 10 minutes, but went a these around 10 minutes, but went a little bit over today. But if you guys little bit over today. But if you guys are interested in this kind of these are interested in this kind of these kind of conversations, all of the kind of conversations, all of the vitality Wednesdays, wealth Wednesdays vitality Wednesdays, wealth Wednesdays are on in my private community along are on in my private community along with a lot of other resources. So if you with a lot of other resources. So if you have not joined the community, please have not joined the community, please do. It's free to join. And then I have a do. It's free to join. And then I have a lot of exciting things upcoming. So I lot of exciting things upcoming. So I just would love for you guys to be a just would love for you guys to be a part of it. So thank you Robin for part of it. So thank you Robin for joining me today. And also guys, for the joining me today. And also guys, for the next one we're going to do in two weeks, next one we're going to do in two weeks, it's going to be take two on boundaries it's going to be take two on boundaries and your body. There's actually all some and your body. There's actually all some more things that I didn't mention this more things that I didn't mention this episode. So stay tuned. We'll be talking episode. So stay tuned. We'll be talking about that in two weeks. All right.

about that in two weeks. All right. >> Awesome. Thanks, Dr. Sundar. >> Awesome. Thanks, Dr. Sundar. >> Thanks, Robin. Great to see you. Bye, >> Thanks, Robin. Great to see you. Bye, everyone.

everyone. everyone. >> Bye.