NOzempic: Healthy Effective Options Transcript

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Introduction and webinar housekeeping

Hello, hello, everybody. So excited. We're gonna get started in a minute here. Will give people a few minutes to get on. It's a little chilly in here, so I'm just putting a blanket over my legs.

Let's see, who have we got here? Okay, I think we're all guests. Getting started, getting ready. So while we're waiting, we will ask some questions. We'll talk about putting the chat where you're from and what the biggest takeaway is that you want to get from this webinar.

Linda, you raised your hand. You have a question? You can unmute. Yes, it says the chat's disabled. Oh, really? So, and I can't see how to turn my camera on for you.

Gotcha. Well, I think I fixed the Chat feature. So let's give that a try. See if somebody can pop something. Thank you! Awesome. Um, thank you for that.

Okay, anybody else have any questions before we get started. Dawn from New Jersey, Linda from denim. So far we have 2 States representing Lawrence from South Jersey.

Nice. Okay, so 703 so I'm going to get started. And well, before I get start it, I'll give you the fine print. Okay. The fine. Print is that this is I have to say legally that.

This is not medical advice. this. Is intended for educational purposes only. So, um, get that out of the way. So I'll tell you a little bit about who I am for those of you that don't know me.

My name is Jen Goddard. I'm a board certified doctor of natural health. And I started practicing functional medicine back in 2015 after many years of my own personal health journey.

So, I had a laundry list of medical diagnoses was on so many medications. Then at 29 years old, my mom was struggling with colon rectal cancer and they had us get our first colonoscopies.

That's where they found that I tumors all throughout my colon. So it was then that I decided that there's gotta be a better way. I was watching what my mom was going through and I just, if there was anything I can do to prevent any bit of that, I wanted to do it.

So, it actually my sister found a holistic practitioner first and she said, hey, why don't you give it a try?

Jen Goddardu2019s background and personal health journey

And I did. And in three months, was off all my meds, so I had lost 20 pounds and the colonoscopies that was doing every six months at a certain point after about two years of They said, no, we don't think you have to do this anymore.

We think, you're good. So I think that was the most exciting part of the whole journey was no more colonoscopies. Um, so I decided that I wanted others to realize that same power that they had over their health.

And I went back to school and now I have a physical practice in Burma and I work with people virtually all over the US. That's me. I thought I'd start out with some fun facts.

So, did you know that by chewing your veggies, you extract more flavonoids and polyphenols from your food, which means then you're going to release peptides like GLP-1.

And that's by the act of chewing it. So that is very different from drinking it, but you've got to chew your foods. That's the power of your chewing food.

Another fun fact, bitter flavors from vegetables stimulate your own GLp- 1 release. Bitter foods also support your liver health. So you're gonna notice a common thread throughout all of this is that something just doesn't fix one thing.

When you do it naturally and you work at a foundational level, you gonna see that all things are supported and something doesn just do one in the system, it does lots of things in this system.

Biter flavors, so that's arugula right there. Another fun fact, the Mediterranean diet improves GLP-1 levels compared to a vegetarian diet. So if you are debating, should I do vegetarian?

Should I Mediterranean? A Mediterranean Diet is gonna get a bigger impact when it comes to GLp-one and I'll explain more about why later so that you understand why that is and you can make a good decision for yourself.

Another Fun Fact, I love this photo. Did you know that your digestive tract has taste buds that are similar to your tongue? So, that's pretty fascinating when you think about it.

We think of our tongue when we think tastebuds, but your digest track has those as well. So the one great thing about all of this Ozempic stuff is that the pharmaceutical companies are now paying for research to prove things that we've known clinically for many, many years.

And that's just how important these hormone peptides are to all of our functions, not just our blood sugar, doesn't just impact weight loss, it impacts lots and lots of things.

But typically it's the drug companies that have the funds and the money to do these studies. They typically don't do that unless there's an interest for them and there is a benefit for Now that, you know, Ozempic and all the others have blown up like they have, we're getting a lot more research coming through and it's showing, like I said, what we've known all along.

So what are peptide hormones? So GLP-1 is a peptid hormone and they're made of small chains of amino acids. Your body produces a wide range of peptides hormones which circulate in the blood and bind to receptors to target organs and tissues.

What are amino acid? Amino acids come from the protein in our food and we'll talk about What kinds of proteins and how that matters and all that stuff, but just know that the amino acids are the building blocks and they come from the protein that we eat.

So there's our body makes over 7,000. Peptides. Okay. One is one. It's a peptide one peptides hormone. We make over seven thousand peptids. And some of those impact our hormones.

Some of them nor transmitters, some growth factors.

What GLP-1 peptides are and how natural signaling works

So they do all kinds of things in the body. And these aren't just random amino acids. Okay. They have a specific sequence of information and it speaks to a special receptor for a particular function.

When you target that process from a foundational perspective, you support your body in all of these ways. And it's something that instead of just doing one thing well, like GLP-1, you are supporting them in a way that you're helping all 7,000 of them.

So I'm the biggest bang for my buck kind of girl. If I can make changes that impact all of em, well that's gonna be my focus. Another thing to remember is that when your body makes them naturally, they don't stick around.

in your body. You never want idle stuff just hanging around, no dead weight, right? So it makes these peptide hormones for that specific function, like I said, and then it clears them out with enzymes.

If it needs it again, it knows how to make it, again. And we're talking about like minutes, okay? This process is a very quick process, but with the drug, its hours to days, so this is something that would never happen naturally in our system.

And it reminds me of way back when with the ketone craze, when people would eat a lot of carbohydrates and then they would take ketones. Well, this would never naturally occur in your body.

You'd never have high levels of carbohydrate and high level of ketons at the same time. So when things happen in a way that it's not made for them to happen, it is very confusing to your system.

And its something that we want to avoid as much as possible if we wanted a good outcome. It's kind of like a symphony. you're not going to get the same sound if they're each marching to their own beat, so to speak, right?

Or if you've got one instrument playing out of the whole 75 piece orchestra, you know, your not gonna have the outcome. It's gonna be very different. And we don't know yet what the longterm impact of manipulating those things are, but we have seen the short term impact and that is not good at all.

We'll get into that a little bit more as we go throughout it. So a natural function is very different from these synthetic medications. Those medications are what we call receptor agonists.

So that means that they bind to the receptor to make it, to force it to produce a biological effect, okay? So it's kind of like stepping on the gas pedal of your car and not ever taking a break, that's what happens when we give it a receptor Agonist.

It forces the body to do something that it wasn't capable of prepared or prompted to do on its own. And what happens if you do that, eventually your vehicle is going to run out of gas and then stepping on the gas pedal is gonna give you any response if your out a gas.

Okay? And then we need more medication, different medications, because your body creates this resistance to it and the body just stops responding. We see this happen all the time in medicine.

we see antibiotic resistance, we chemo resistance. Insulin resistance And insulin resistance is a big one for justifying this medications like these. Insulin is how we get glucose and nutrients into the cell.

And when we become insulin resistant and the sell can't get the glucose, the energy or the nutrients after a while, it just dies. So instead of asking questions like, well, why isn't my body performing this function on its own?

Why isn' it doing it the way that I need it to do it or my What they do in medicine with medications is they just bypass all that. And when you do that, then what led to the issue is still happening and still impacting other functions.

Okay. It didn't go away. So these are some clips from some great research that show how many conditions are impacted by insulin resistance. There's a Dr.

Benjamin Bickman. He's biomedical scientist. Brigham Young University, and he studies metabolic disorders. And he's really big in this field of research.

He says that when the insulin levels are high, then the body can't burn energy. So what it does is it stores it in our fat cells and it makes that weight loss so much harder and that we gain so quickly.

You'll see in these graphics here, you can see how many different things are impacted by insulin resistance. sleep apnea, fatty liver disease, there's low HDL, which is what they call your good cholesterol.

You don't have any bad cholesterol, but that's another topic. So even urinary frequency, things that people do not coincide at all with insulin resistance, cancer, Alzheimer's, dementia, stroke, all of this can be traced back to insulin resistant as being a contributing factor to this.

So it's a big deal and I can understand why, you know, we want to solve the obesity crisis as they say, but there are other ways besides taking this drug to do it.

So here are some more functions that are impacted by insulin resistance, high blood pressure. Uh, gout, uh, breast colon and prostate cancer, and even skin tags.

You have a lot of skin tag. That's a huge red flag for insulin resistance PCOS. We saw that in the other one. Some of those we saw in other ones, um, heartburn, fatigue, lightheadedness.

Okay. It, because it damages that autonomic nervous system. So it definitely makes a big impact. And when we have too much insulin, it's coming from too many glucose, which is coming.

One of two things, or maybe both. of them, either our diet or our lifestyle, could be chemicals in our food because we're following the food pyramid like we were taught, right?

We're eating foods that we we told were healthy, but in fact, we know now that they really aren't.

Why GLP-1 drugs differ from the bodyu2019s natural peptides

And I think we kind of know it then too, and then two, it's a lack of communication between your small intestine and your liver because when that communication happens, It tells the liver, okay, We've gotten enough glucose from our foods.

We don't need to continue releasing it into the system which will then lead to this insulin issue. So that's where that focus for the GLP-1 comes in because that what they have a drug for.

They'll give us an answer that they haven't, it doesn't necessarily mean it's the only answer. It just means that this is the best solution that have available to them.

But I can tell you, you need all of these digestive communication hormones, not just one of them, So my advice would be to look for ways to support all of them.

So how do you know if you have insulin resistance? So doctors can be great at checking glucose levels, but I rarely ever see a doctor that voluntarily checks fasting insulin.

If they do, you want it between one and five. But if they don't, like most doctors, then you can take a look at your cholesterol. You can look your HDL and your triglyceride ratio.

so you take your triglycyride number, divide it by your HDL number. And then that gives you your ratio. So in conventional medicine, they say ideals two or less.

And typically that has been sort of the regular standard, but the studies again, now, because of all this research, it's coming out. They're saying, oh, that's probably better if we can keep it below 1.5. so you can see that.

I love that there's a Manjaro ad, just a side note on this website. I thought that was priceless because of the topic. So again, when we look at cholesterol, they villainized fat and said, oh, don't eat fat, start cutting out the fat in your diet.

And we've cut out all these good healthy fats and you'll see later why that's the problem. But at the end of day, what really impacts your cholesterol more than anything is insulin and glucose and what we're eating and how we are managing our blood sugar is more important, okay?

With your cholesterol levels, they'll say, oh, the lower the better, but we know that if you drop your Cholesterol too low, you're going to have a negative impact on these fat soluble nutrients like vitamin A, vitamin D, E, K, all these things are fat-soluble soluable nutrients.

And when you dropped your cholesteral too, low then you have issues in those areas. So, We're, we're creating another issue. So the lower is not better, but we want it balanced.

Does it cause stomach problems? Yes, it absolutely does. And 9 times higher risk of pancreatitis more than 4 times, higher. Risk of bowel obstruction.

more than three times higher risk of gastroparesis, stomach paralysis. Let me tell you something. I've worked with people with gastro-pareses. It is not fun.

it is good. When your stomach stops moving fluid through or moving food through, it's a really absorption. There's just a million issues that come from that and they don't really have an answer for it.

on how to kick that back into gear and to get it moving again. Hair loss is another big one. We see that all the time. People will come to me because their hair is falling out.

What do I do? So, there's a lot of risk involved there. This is from Ozempic's website. If you go to Ozmpic.com and go prescribing information, it's right on their website and it talks about, actually in many places, if you look at the package insert, Possible thyroid tumors, including cancer, like it's, it literally plastered everywhere all over there.

So we just, we don't know the long term impact. We've seen this in the short term and it scary enough. so I don' even want to know what's in future in next 5, 10 years for people that are taking it.

for long periods of time. So again, our body makes over 7,000 of these peptides. Look at this list here. These are some that are a little less familiar.

I just want you to understand how important all of this are. Growth hormone, that's your ability to build muscle. Grelin, it controls our hunger. Oxytocin that is the love hormone.

Calcitonin that regulates calcium levels in the blood. So think about your immune system, your teeth, you're bones, leptin, that regulate your appetite and your energy.

Cholecystokinin, and that one is another big one that tells your gallbladder to contract and release bile. That helps you break down fat and proteins and it's a digestive support.

It's an appetite suppression. Uh, support, so it's these are all very, very important things. Um, you, uh, can't, and this isn't even close. This is a very small list.

this. Isn't it even anywhere in the neighborhood of seven thousand. So you can see how they're all really, really important. And I can tell you that if one of them are impaired, like, let's say, one, it is not just the issue.

It is all and all of these issue, okay. That means that they are struggling. and if that's happening, you know, it would be best to do something that supports the root cause.

So your body can make all of these, right? So when we do that, we can influence every single one of them with food and nutrients. And if we start focusing at that level, you're going to make a huge impact.

There is a risk of flooding your system with extremely high doses of just one peptide and forcing it to stay in the system. Imagine that guy that's there in poor guy and you're just hammering them all day long and at some point that person is going to wave the white flag and just move on.

There has to be a synergistic balance to what's happening in your body. Your body doesn't do things just willy-nilly,

and it certainly doesn' do them out of balance.

So it's very important that we do it in the way that it used to working. And it is a lot like our minerals, supplementing high doses of magnesium while now you're going to throw off your calcium.

If you do that with zinc, you are going throw of your copper. That is very hard to replenish in our system, but people are taking zinc like it was nobody's business.

The peptides are the same way. They thrive with that same synergy. So it doesn't just make or need GLP-1. It makes a whole family of endocrine hormones.

And these are all made in the intestinal tract of your small intestine. These all work together to help us digest and use our food. We have these receptors, these glp one receptors will talk about them specifically, but we have them in our brain.

We haven't a heart pancreas all different places. They send signals and messages everywhere. So, why would we? Have those receptors in the brain? Well, it plays a really big role in protecting your brain reduces inflammation.

memory, all that stuff. So just like all the other peptide hormones, it can have a full body, big impact on things like inflammation, insulin sensitivity.

All of these functions are important and they all matter. When you look at this study, for example, It gives you the benefits of GLP-1 and the broader impact that it could have on health and aging.

It can improve your cardiovascular health. It helps tackling the cognitive decline associated with aging. Diseases that affect the nervous system helps you live a healthier, longer life.

So we know that. Imagine what all 7,000 of them do, right?

Insulin resistance and its wide-ranging health effects

Now we're getting this information now because we are studying one of the them to support the medication. But imagine if that wasn't the case and we were allowing that, supporting every single one So, it tells the cells that you don't have to work anymore.

That's what the signals say. So symptom wise in the short term, you are going to feel better if you start taking a drug like this in certain ways for those symptoms.

You're going have other symptoms like care loss and all that, but your constipation, And in some of these other symptoms, you are going to feel better in the short term.

But those functions were happening as part of a bigger need. Your body didn't just increase your information markers for fun. Right? So, if this drug comes in and reduces those inflammation markers, all that means is that it's overriding a system.

Okay. It doesn't, just increased your blood pressure in your body because. You're you know just for fun it does it because it has to pump fluid further with the same size pump and that means that it needs more pressure.

So lowering that with drugs regardless of what the function is that that function as going to be sacrificed. That means that the body is not going to be able to do that at all.

So think of it like your garden hose. And when the hose is too short and you're trying to water the flowers and they're outside of that, the first thing you do is put your thumb on the host, right?

To increase it, to make that pressure build up to, make it go further. Think of your blood pressure is the same way.

You know, if you take your phone off without actually moving the flower bed closer or getting a longer hose, Then the function is going to fail, meaning those flowers are going die because the water is not going reach it.

Okay. And that's what happens when we have brain fog, when have fatigue. What the symptoms are, are gonna be different for everyone, but it's going be the same, the concept is the the symptom wasn't there for no reason.

The symptom was there because your body was struggling in some way. So, it's kind of like taking the fire alarm out of a burning building. The building is still on fire or think of the firefighter is that response.

That's the symptom. that's your body trying to respond to the. And we say, oh, no firefight or you can go away because we pretend that if well, if the firefighters not there, then we can ignore that and pretend.

There isn't a fire there. That's not what happens. That, you know, your, house is still going to burn down in that scenario, right? So that's what things like inflammation are.

And that is what insulin resistance is. It's trying to communicate something to you. Trying to tell you something's wrong. If we take out those signals, if we just manipulate the blood work so that, oh, we don't see those markers anymore, it doesn't mean that the house still isn't on fire.

And these are things that are important, that we should know, what's the long-term impact of not having a firefighter there to fight my fire? What's long term impact just manipulating a number so that everything looks good, but it's still not functioning properly inside?

So you can see how important just one of the peptide hormones are. Imagine if, again, you could support all of them without any side effects. Instead of forcing your body to do something that it can't support, you're going to now give it all the tools and the resources that all the other peptide hormones improve as well.

So this is one of the biggest differences between a holistic approach and a conventional medicine approach is that now we recognize how every system of body is important and that they all have to be able to work together to get a good outcome.

Another argument is genetics. Recently Pharma has tried to paint the picture that obesity is a genetic issue. I wanted to touch on that just to clear up any confusion there.

The argument there is that if it's genetic, there isn't anything that we can do about it, so here's your drug. So it gives them another, it justifies the solution of medication.

But in the holistic world, we know that, and scientifically, this has been proven. We know the DNA may load the gun, but we that epigenetics, meaning the environment of the gene, that goes back to lifestyle and nutrition, is what pulls the trigger.

So you can have a loaded gun lying there, but it's not going to hurt anything. It's going kill anybody unless you pull that trigger, right? So that's when it comes to genetics.

That's what we want to keep in mind. Your genetics gives us a picture of what could be, not what is. Remember that it is what it could not be. So I do genetic analysis all the time.

I personally, I'm a great example of this because my genetic analyst says that I would be a diabetic, would not regulate estrogen. And there was a time when I lived a very different way.

Yes, had PCOS, fibroids, infertility, hormone replacement therapy. Now that's all gone. All I did was change my lifestyle. Didn't take a medication to do it.

Was trying medications back then, nothing worked. But now it's gone. So my genes didn't change, but I changed the environment of the cell. If you want to read more about epigenetics, there's Dr.

Bruce Lipton, Joe Dispenza, Dr Jeff Bland. There are just a few of them, many, scientists, doctors, researchers that are talking about Epigenetic and how that environment impairs, how the environments of cell dictates how gene is going to function.

So, it's not to say that there isn't ever time for a drug.

Risks and side effects of GLP-1 medications

There are times when drugs can be life saving. And I like the analogy that one of my mentors uses all the time. He says, It's like going to an auto body shop.

Your car gets banged up. You go to have it put back together to the auto-body shop, right? But the autobody shop is very different from going into driving school.

Okay. When you go driving, school, you're going learn the rules of the road, how the car works, brakes, gas, all that stuff. And maybe you've got a really good one and they even teach you how to take care of the car, like, check your tires, follow your maintenance schedule.

Right? So these things are very different and we need both to coexist to be successful, but we can't go to the auto body shop expecting a driving school.

So we're looking for solutions in the wrong places. You know, our conventional doctors, there's a difference between teaching you how to drive and just trying to put you back together once everything is broken.

Okay. So think of your body as the vehicle, using someone in functional medicine, a health coach, you know whatever level your circumstance requires, that gives you a different set of tools than the body shop is going to give you.

So that's the difference and, and like I said, there's a time for both. Um, but the time, for the auto body shop hopefully is very few and far between and the driving school.

Once you have that foundation, just like everything else, you know, it's going to change the outcome of everything. Okay. So, um, what we, uh, we like to teach and what learn is what I call the return on investment system.

Um, so understanding the return on investment when it comes to what you're eating, um, that's when you really start to understand what nutrients are. And I can promise you, it's very different from what he learned.

You're probably your whole life. But when we look at return an investment, we ask, what does this food cost our system? Okay. and what do we get as a return?

What kind of nutrient return do? We get back out of it. So I've been trying to teach my son this lately. He's realizing that he needs to eliminate gluten and dairy from his diet.

So he goes to the store and he purchases these packaged food items that say gluten free or dairy free. Sometimes they even say organic, but I'm trying help them to read the label to understand that just because it may even stay organic.

It may say, gluten-free, it makes a dairy- free, doesn't mean that it's healthy. A lot of times, nine times out of 10. It's just filled with junk chemicals, preservatives, fillers, as other ingredients.

Gluten is glue, right? So to replace that, a lot of times they have this carragean, which is a carcinogen, and that acts as the glue to hold it together.

Organic sugar, still sugar. So hopefully you're starting to get the point. It is understanding return on investment and what things cost the body versus what you are getting out of it is very important to understand to Bananas are a

really good example of a bad ROI.

So doctors tell their patients to eat bananas all the time, and it drives me bananas. I put together this little, because they say, oh, we'll eat the bananas for the potassium.

This is a little chart, this is from the government website, dietaryguidelines.gov, it gives you an idea of what are some high sources of potassium? So beet greens, you're getting a ton of Potassium in there, look at that.

In just a cup of Swiss chard, you're getting 961 milligrams of potassium, so on and so forth. A banana is all the way at the bottom. You're giving 451mg of Potassium out of a medium banana versus these other foods and amounts, right?

If we take that and we highlight, okay, these in the yellow, are really high return on investment. Okay, we're getting a huge bang for our buck and look at the calorie count, really super low.

I would prefer if they had charted carbohydrate count but they teach calories and will talk about that.

The broader peptide hormone network in the body

So, but it does give you some sense of return and investment and as far as what it's costing your body. And so you can see, Okay these are in yellow. These are your really higher return of investment So when you look at it that way, a half of a baked potato is only 80 calories, and it would give you 463 milligrams of potassium.

That's better than a banana. A banana is 112 calories and would only give 451 milligrams potassium, so it just goes to show that it's not always, you know, what we've been taught our whole life to eat and to think.

It's very often we have to retrain our brain. We have learn different information so we can properly identify food, because food is information. we haven't taught to reduce it down the calories and you can have a thousand calories of very confused, disjointed, useless information, or you could have 1000 calories a really specific useful information and when we give it the right information it makes what it needs to make.

It makes the decisions. it knows how to function. Did you ever hear that saying it's the It's not the machine that's the operator, right? So it's just a matter of giving it what it needs and it can take it from there when we do that most of the time.

So, but unfortunately, we've never gone to driving school right for this vehicle. Nobody ever taught us these things. so they taught the food pyramid instead and here we are.

We have an obesity crisis. Um, it's kind of like, if you know, anybody that works on computers, and you probably hear them talk to, like lines of code or food is the same thing.

You know they can manipulate a label and say, oh, there's no calories. There's, no fat. And they, can add back in all of these chemical replications of nutrients.

Okay. but it doesn't have the same lines of code, it does tell the body the message. If you get a computer update and even just one number of codes is missing, that whole system is going to crash.

Yet we give our bodies zillions of harmful and missing code every day when we're eating the foods that we are eating, when eating this process stuff, eating stuff loaded with all of these chemicals and just lack of nutrients.

So, you know, our bodies pretty resilient, but that that resilience is a blessing and a curse because, just one time of putting the wrong fuel into your car and it's not going to drive.

But with our body, we can abuse that. Resilience until it just stops working. And sometimes that takes decades of of misinformation or missing code. And, sometimes it takes a generation for that to show up.

Sometimes it only takes, a few years, or maybe even a month, depending on what genetics you started out with in the environment and all that kind of stuff.

But so, you know, just don't know when, but again, guarantee it's going to happen eventually. When our food is processed, it means that it has lots of chemicals in it.

And it also means we've lost a lot of that coating. When it breaks things down for us and our body doesn't break it down, there's lots coating that goes missing.

Our body just doesn t use it the same way. So it's kind of like comparing a shake to eating real food. I get this question all the time. Well, I put everything together in a Um, it's not just eating the right foods.

That matters. It's also the digestive communication that matters, okay? So when you drink it, when your chewing a food, so imagine that plate full of food and all the nutrients that are in it.

Imagine all of the nutrition that is in that shake. So people load up these shakes, right? You get 30 grams of protein in the shake, you've got a zillion vitamins and minerals in a shake you got all this stuff.

in that shake. So if you were to take all of those nutrients and convert it and eat it in real food, it would be a ton of food. It would take you a very long time to eat all those of nutrients, okay?

So that plate of foods might take a half an hour to each, right? If you're taking your time and you are eating it, would probably be much bigger than that to equal what's in the shake, just to give you some reference.

When that's happening, when you're chewing the food and you are eating it, your body is breaking it down in that way. Your digestion starts here in the mouth.

Those digestive enzymes start your mouth as acidic. It starts releasing the enzymes, it starts breaking down your food. That's what happens. While you were chewing, those taste buds are sending signals to those tastes buds in small intestines and saying, this is what's coming, and this what is coming.

These are the enzyme that you have to release. Okay, we've got protein we need protease we got this, you know, so it's sending all of these messages. It's that communication that's happening.

Okay. Down so that everybody's prepared. Everybody else down the line knows exactly what's coming in exactly. What's Have that process happen and we just suck down a shake.

Epigenetics, genetics, and the role of lifestyle

For example, it's like, imagine it be like opening up your front door 1 day and having a 100 people in black tie affair saying we're here for our black Thai event dinner.

And we've all showed up and you're like. Uh-oh, I had no idea y'all were coming. So that's the difference. We miss out on all of that communication. Okay.

When we're chewing our nutrients, when we are activating those flavors, those flavor are activated in our hormone receptors. Everybody's talking, everybody's communicating, we get a much different result.

As opposed to the opposite. So, if we've intentionally over slowed this process, like, when we take, that intentionally slows it down because it forces the to stay in the system longer.

Well, now we're going to end up with a different issue. Okay. so we don't want it staying in. The system too long. We don' want a clearing too quickly.

Like, we have people that are running to, the bathroom right after they eat, you know, they're, definitely not

absorbing any nutrients. Or if we've slowed it down too long and the food's sitting there too, well, guess what happens now?

Now it starts to rot. It starts putrefy. And we know when that happens that it's just a breeding ground for parasites, for candida, all kinds of bad things to fester and wreak havoc.

So this is like Goldilocks. We want it to be just right because all of our other systems rely on it. All of those hormone communicators to tell the liver, Hey, we've got enough glucose from our food.

You don't need to make any more to tell your pancreas. Hey this is how much insulin I need. It's like the baton race in high school, you know, where each runner is dependent on the others to complete the cycle.

Not one of them can do it on its own. So these are really important systems. We used to think that hormones were only in our endocrine system, but now we know that we have endocrine cells everywhere, okay?

This was the endecrine system that thought it was limited to. Um, but now we know they transport between every cell and they're this huge network of communication.

Okay. So, like I said before, what's coming? What's happening? So everybody's on the same page so that we're completely prepared for whatever substance is coming our way.

So what are some foods that can help support this naturally? Well, polyphenols, flavonoids, basically colorful food, going back to eating the rainbow.

I know probably, I don't know, what was it? Like a decade ago, that was like really, really popular. It was really everybody was saying, eat the rainbows.

And that's true. There's a lot of truth to that. So that helps to activate Our peptide hormones naturally eating the rainbow diversifying our food sources.

Okay. What we don't want to do is, is reduce our through down to just calories. So, okay, because when we do that, we start focusing on calories, start walking the wrong path.

Not all calories are the same. Okay. You can, like I said before, you can have a thousand calories of junk. you could have 1000 calories and nutrient dense food.

And when you look at some of that information on, calorie restricted diets and how dangerous they are, well, that happens. That danger comes in because they're just focusing on the calories.

They're not focusing. On the nutrients in the food, so that, and that's where you get some, some risks involved. Like, for example, my sister, she was on Weight Watchers and she would save up all of her points for and eat a huge piece of cake, you know, but she will still lose weight.

So she wouldn't think that she's doing really well. She didn't know any different. You know they didn' tell her, hey, this is extremely unhealthy. They just told her focus on the points, focus, on calories, focused on that.

NutriSystem, She did that, lost 100 pounds doing Nutrisystem. but she didn't want to take any of the supplements. And because the food was so lacking in nutrients without those supplements to bridge the gap, it didn t end well.

She lost her gallbladder. she got really, really sick from that, but hey, you're losing weight. So just because you re losing, weight doesn't mean you are losing in a healthy way.

You know, getting nutrients as a process source instead of, again, naturally eating the, food it's going to be missing the code. So you want to ask yourself, what are you chewing, not drinking?

Are you showing a high, a, high nutrient food, or are just chewing a lot of food? What we would call food. Right. Or are your chewing? A lot. Of nutrients.

All right. Is it a. Are. You. Eating. Not. A. Lot. of. Food. But. It's. a. Lot. Of. Nutrients. or vice versa. are. you. eating.. A. lot. of. Food. with. next. to. no. nutrients. So they found that while we're the most obese country.

We are also the most nutrient deficient country. So it just goes to show that just stuffing something in there, just filling the hole, getting something there isn't getting the job done.

Food as information and the return on investment concept

And we look at those meds like Ozempic, because of how it manipulates those functions, we start getting into that dangerous territory where we're going to become nutrient-deficient really fast.

It's making the food that it's telling your body, hey, I'm full longer than I should be, which sounds like a great plan, but that means you're gonna eat even less.

And most likely, if this is your solution, you are probably not eating as nutrient-dense food as you should to begin with. So now you really are gonna become nutrient deficient really quickly.

Back to my favorite picture. So back to the taste buds. Another thing that we know that activates GLP-1 naturally are taste receptors. Meaning that when our body tastes certain flavors, like we talked about with the flavonoids and the polyphenols, it activates the communication of those peptide hormones.

Again, if you're drinking something in a shake or if got a powder, oh, look at all these nutrients in the powder. Yes, there are times when that can be helpful if someone is extremely ill, cancer, they can't eat, or maybe they have special needs and something is better than nothing.

So I'm not saying that there's never a scenario where a shake isn't a good idea. I am saying the majority of people are not going to do as well with a Shake as they are with eating the food.

Chewing the right foods, that activates Everything there's taste buds in your digestive tract. So it knows what's coming. And this is a big reason to eliminate artificial sugars, even though it isn't actually sugar.

It stimulates your task one receptors, which are your sweet receptors. So your body doesn't know until it's too late that, hey, that's not what's coming.

So if you're eating something and it tastes sweet, it doesn' know, until its already sent all the communication. It's already activated all of the functions.

Already said, there's, we've got sugar coming until he gets there and its like, crap, this wasn't sugar. What do we do with this now? So again, you are going to get a different impact.

The flavors of your food matters. Even if it is a sugar substitute, It still makes a difference. So more foods, we talked about better foods in the beginning.

So these are great at activating your GLP one naturally. When we focus so much on converting our foods to something that's salty or something, that sweet, We ended up cutting out a lot of these foods.

Okay. And. If you're a coffee drinker, like, I'm a copy drink or, and if you ever notice that you are not beside you, even if I am drinking black coffee, i'm not hungry while i am sipping on the coffee.

Even if it's just black and there's nothing else in it and that's because it is bitter, it gives a bitter taste. I love to drink dandy blend tea, its bitter just like coffee again works really well.

So, you know, if, Way back when the prior generation used to talk about digestive bitters, and some people still take them today because it helps fire up the digestion.

It helps get that communication going so that your body's ready for what's going to come its way so those 50 surprise guests don't end up at the door, you know, when you had no idea that they're coming.

So, dandelion greens, green tea. That can be great. That's considered a bitter. So that can do it as well. Bitter melon. In India, they juice bitter melon in Asia.

They make bitter melons, stir fries with steak. I've seen it done with eggs. Um, so, you know, there's, lots of benefits to things that we take for granted or, maybe you've never tried bitter Melon and you want to give it a try.

um, So we teach you how to eat these foods. Uh, and like I said earlier, bitter foods also support the liver. the liver is always putting that glucose into the bloodstream for an energy source.

So unless GLP-1 tells it, hey, we've got enough, you don't need to do anymore, it's gonna keep doing that, okay? And that's why when you're fasting and they take your glucose, It can still be high because that all the work that the livers been doing.

It's been, doing all of that along, even though you haven't been eating anything. You know, so we really wanna make sure that delivers not doing work needlessly If we don't need it.

Even our ovaries have bitter taste receptors. So where they pick up on polyphenols, flavonoids, and that alters the hormone production in the granulosa, the theca cells, these control our androgen and estrogen balance.

All right, this is huge for women with PCOS. This information would have been big for me to know back then. And other hormonal imbalances, when I was doing infertility treatments and they had me on tamoxifen, a breast cancer drug, on all of these synthetic hormones, You know, I had no idea how powerful this was and only to find out years later that, hey, all I needed to do is change these things and I no longer have these issues and my cycle is completely normal.

It's completely regular. And it's upsetting when you've taken drugs like that that are very dangerous to your health and now knowing how simple it could have been.

So when we focus on the root cause, you're gonna make a much bigger impact. And people say, well, how can what I eat be so powerful? And hopefully you can, your starting to get the picture that it doesn't just start with a pill or a potion, it has to start this foundational information.

It has start to with your nutrients first. Protein so we talked about it being the building blocks for a peptide hormone is our amino acids. Right? So we get those from consuming protein.

And so you want an abundance of these if you're going to make hormone peptides. And this is where muscle breakdown comes in. Muscle loss comes when people take these GLP-1 drugs.

Because if it's pushing on that gas pedal, you have to take GLp- 1 and it is constantly pushing that on gas. To force your body doing your bodies like this person was never eating enough protein.

How chewing, taste, and bitter foods activate GLP-1 naturally

That's why I wasn't making it to begin with. So what it does is it starts breaking down muscle that you have your existing muscle to release these amino acids so it can do what you're forcing it.

To do, what your demanding the body to do by taking this drug. Ouch. You know, so then that's, why we get these scenarios where there's tons of muscle wasting.

Okay. So, what kind of protein? Well, we know, thanks to Dr Gabrielle lions, she did a lot of research here and we knew that your body doesn't use plant protein and animal protein the same way.

1 of the things that are big things, that're different is the bio availability. So plant based protein has a bio of availability of 40 to 60%. animal-based proteins have a bioavailability of around 95%. That's a big difference.

Again, big bang for your buck. So if you're eating 30 grams of chicken, for example, it's going to be very different from eating thirty grams plant protein.

Okay. The other thing is the types of amino acids. You're definitely animal based proteins are rich in lysine, methionine and leucine. plant-based proteins are much lower in these amino acids and they don't have full amino acid profile foods.

So, and ideally that's what you want. That insulin specialist that we talked about earlier, Dr. Benjamin Bickman, he's also really big. He's shown a lot of research on this too, on how much more animal protein will activate that GLP-1 Whereas plant protein, when they've done the research, it just doesn't activate those hormones in the same way.

So, if you want to, If you are on it or considering it, that's something to think about. But if want activate it naturally, get your protein intake, your animal protein and take nice and high.

Most people, almost every single person I talk to is deficient in protein. He also found fats to play a big role. Animal protein is the number one impactor.

Fats are your next one. So good grass fed raw butter. It has nutrients that no other food has. This is something that's really important. Grass fed lard.

When it comes to the olive oil and the avocado oil, just keep in mind your temperature. So with olive, oil if you're using it as a dressing, then olive is a great choice.

If you are cooking with it, avocado is better choice because it can withstand those higher temperatures without breaking down into a trans fat. Fruits and vegetables, they will also do it.

Some do, some don't. Here, the determining factor is your return on investment. So you're not getting as big of a bang for your buck. Like I talked about with the veggies, if they're your bitter vegetables, yes, your better vegetables are going to activate it.

All those cruciferous ones, you arugula, all that stuff, that's going activate. But again, not going get as much of an impact as you are from your protein and your fats.

However, they are all important. When you look at your plate, align your plates appropriately. Okay, supplements and support everyone and their mother, I feel like is coming out with a GLP one support.

They're probably all very, very good. But if you're doing those supports, and you are not addressing these foundational issues, you aren't going to get the same result.

If you are, Jen, I've got this all on point. We're dealing with all of these things and they're all working for me and I want to take it to the next level.

I wanna go a little faster, a lot harder, and you wanna bring in these GLP-1 supplementation. That's fabulous. The more people at the party, right? But if you try to do it without doing these other things, you're not gonna get the same impact, all right.

Supplements mean in addition to.

Protein, fats, and practical nutrition strategies

Not in place of okay, so when you've done all the things and you want to consider that or add that back in you're going to get much more, you know, spending this, this important money on these things.

And you wanted to, get the most out of it. So the best way to do that is to have all of these other things in check and supported first. So summary, there is a price for every medication, even over-the-counter medications, okay?

Turning away the firemen does not put out the fires. We only turn off their response. So remember that. If we work at a foundation level, we'll support all 7,000 of these peptides instead of just one.

Pay attention, close attention to your eating window, avoid snacking, eat colorful foods, vary your foods. I'm running out of time, so I am trying to go fast.

Sorry about that, Incorporate healthy fats at each meal, keep your animal protein at a minimum of 100 grams a day. That's the minimum. that's not even the ideal.

Have something bitter at every meal. Use your spices for this. Look in your spice and bay leaves, celery seed, fenugreek, Oregano, marjoram, thyme, mustard, turmeric, these are all great activators.

These are great bitter activator that you just think of them as extra, you know, that can add on and really pile it on to make it even more impactful.

Between your meals, You can sip on some Swiss water decaf coffee, some green tea, Dandy blend tea. Put a bay leaf in hot water. Linda says she loves fenugreek.

Isn't it great? You can just boil, make a hot cup of water and stick a bay leaf in it and sip on that. It's great. And stay hydrated between your meals.

You don't wanna be drinking lots of liquids, water, especially not ice cold water like they give you at the restaurant when you eat your meal. So you wanna stay hydrated outside of that and focus on nutrient dense, high return on investment foods.

That's really gonna serve you well. And if you want more help, here's my contact information. If you're not familiar with my work or who I am, or aren't working with me yet, and you are in, you, want, more, help feel free to reach out to me.

You can go on my website. you can book a free 15 minute call on there and. Um, You, can call that number as well. The 207 number you could email us and I'll do a 15 minutes call.

And, if, do you wanna talk about your situation and what you would find helpful and, how, what other supports you might need to incorporate into your situation to help you get the best results.

So I hope you all found that helpful. I am, I don't know why this is moving around on me. Anyway, hope he found it helpful, and I'm excited to have you Start activating your naturally and hopefully we can make a bigger impact in a better way.

Okay, without all of the side effects and all the needless stuff. So, if you have questions, take a picture screenshot of that of my contact info. Feel free to reach out.

I'd love to hear from you. Thanks for being here. Have a good night.