Redefining Success: Resilience, Self-Discipline, and Mentorship for Women Transcript

(Transcripts are generated by AI and may contain errors)

Introduction: Resetting at Midlife

I just want to say that there is a client of mine who was in a bad state for years and years and years, always punished herself, couldn't stay with stuff and what I saw happen after her husband passed was a life changing.

She suddenly said, I need to take care of myself. I need to feel better. She transformed into a bodybuilder and in her in her late 60s. It's never too late.

The only thing that's too late is it's a decision that you don't make a decision today is a great day to be your first day to reset, to renew your vows and who you are, what you want.

Re commit and receive all that life has to offer. This is doctor talk, real talk from real doctors on the issues that matter to you most. Hello everybody.

Once again, welcome to Double Down with doctor D. Doctor diamond, triple board certified physician. And this is my many power series. Because menopause is not a decline neither at midlife crisis.

It's a transformation. So let's discover and celebrate this summit of our next half century where we redefine strength, vitality, and health. And for that, I have this amazing guest today, Rebecca DeVaughn, who she is the perfect example of vitality, strength and resilience.

She has a very inspiring story that she will share with you. Rebecca Devon has more than 20 years of experience training women and men. She actually is the innovator of a 17 minutes workout, which is all resistance, which is what we all looking at this stage in our lives.

And she featured some of her band she called In the Power. Her bands love the name Rebecca, and she can train women and men, obviously from across the world, virtually with those bands to improve our muscle health.

Because remember, muscle is the organ of longevity. So please let me introduce you, Rebecca Divine. Thank you, thank you, thank you. And I am so excited to be here with you, Doctor Paula, because muscle is our longevity.

I always say it's not about weight loss. It's about fat loss and muscle retention. And power bands was created as a result of my own personal need for resistance training after I had experienced massive traumas.

So I want to just step back for a second kind of introduce and how I got to be one of Doctor Paula's amazing guests, because her shows are just filled with excitement and excitement and so much information.

I have trained people for 40 years and as a result, I've also been a bodybuilder.

Meet Rebecca DeVaughn and Her Fitness Mission

I was born with three chronic health challenges. So that means that I can generally I was I was born very, very, very ill with pulmonary, digestive and skeletal problems.

These led me to missing 20% of my youth in hospitals and missing school. Instead of laying down on my back and taking that as my circumstance, I decided at 19 to change how my health was going to project for the rest of my life.

So I my made the decision to get off of all the meds and to work in more of a holistic facet, which back then I didn't

know anything about holistic know apothic.

But as a result of years and years and years stretch it over 20 years, I was able to get off of all of my pulmonary, digestive, and skeletal medications to help me get out of chronic pain and to breathe.

Fast forward a couple of hits by cars. On bikes. I got massive pulmonary challenges, neck challenges, and worsened my my spine where so I could not even lift weights anymore and I knew that bands were my tool.

I couldn't find any bands that were out there. All those latex ones, they snap, they hurt, they pinch and they don't last. And they didn't give me what I needed.

So in turn, I created the power bands training system with a group band that talks 90 pounds and doesn't pinch your skin, and these bands are so comfortable.

They're not made out of latex or made out of a special rubber. And even for people with arthritis, they can now work out without even having to grip or hold their weights anymore.

Resistance bands have the full kind of feel that they're just made for rehab. If you ever been to a rehab center, you use resistance bands to start with.

These bands defy all that, although they are fabulous for rehabilitation. But they're not just for building, they're also for stability and assistance while doing certain exercises.

So I am very excited about this. We are now heading into our fifth year online. We've created, I've created. I always have a mouse in my pocket. I've created over 1600 17 minute workouts and it's it's made for anybody from the beginner.

I call it, you know, the couch potato, somebody who is not active to my active weekend warriors because we are able to change the exercise sizes slightly so that somebody who has less ability and flexibility, mobility is able to gain more.

And somebody who is an athlete who can add progressive exercises and stretches and stuff for their exercises as well. I love your story. We'll talk about resistance bands because I think this is the most simplest way, practical way for you to reach out to those at least twice a week.

Resistance for 30 minutes that I ask everybody who doesn't want to lose any muscle mass, but I want you to do a little bit of recap on your life and your story, how all these setbacks really sprint you forward, and you created this new way not only of being healthier, but you are the perfect.

You guys have to Google racquetball and and you understand who the person that I'm talking to right now. She is the perfect model for vitality, strength and beauty.

And hello everybody. She is 631. So Rebecca, you are an inspiration for many of us. So obviously you are the type of person that we want to be following and when to know when to do everything that you do right.

From Childhood Illness to Bodybuilding

This you're the kind of principles, the kind of the client who's like, okay, tell me what you do and I'll follow. So tell me one thing. Since you are the one breaking all these stereotypes about aging and about fitness, because I can feel it, you can make it a practical, affordable, easier.

And obviously, looking at you, I can almost the doctor that he works tell us was the biggest myth about getting older and staying in peak condition. I think first of all, something that you do as well, you know, we're very similar in people do come to me and they say, what do you eat?

What do you do? You know, I it is more than what I do and what I say because we're all bio individual. There's no cookie cutter approach that is going to give everybody a one size fits all. That's that's the biggest myth.

So these programs that are out there that just, you know, have everybody doing the exact same thing, you're ultimately not going to gain what you personally need.

Now, there are some specific things that I think are cookie cutter, right. Of course, like lowering our inflammation, making sure we get enough sleep, making sure we get enough water, and making sure we do get the exercise.

One of the things that I really love about this system is the simplicity. That is definitely one thing. That is something that you need to find for yourself, that works in your lifestyle.

Simplicity for you, something that can be long journey, not just a little three month thing that you're going to do, not just a 21 day habit that you're going to work on.

You want to work on something that is sustainable, sustainable. I love that sustainable. You can be consistent and it's more than just your body that's going to be the benefits of it.

It's your mental stability. It's your mental. A love and awareness for yourself. Because when we stay on track for ourselves, when we take care of ourselves, we fall in love with ourselves.

We fall in love with the ability of what we're doing for ourselves. This program is more than just body. In each segment that I do, we end the workout with a one minute unstuck, sticky note message that I have people write down on their sticky note the thing that they are going to become aware of, receive, or release.

I generally read a card or I read a book passage. There's some kind of message that I bring and then I deliver it down. Some people call me a rabbi or priest because I deliver a quick little sermon at the end of each workout so that we can focus in on the thing that is of most importance for ourselves.

But again, I believe in testing, not guessing. And so, you know, to wrap this back up into the cookie cutter myth or the biggest myth out there, everybody is going after this, this blue drink or this green drink, or taking the vitamin D or saying they need the zinc, or I'm not denying that those are all important magnesium.

Right. What kind of magnesium? Oh, you're taking this magnesium. It is so important that we know what our bodies need. And then we give it that because so many people are actually adding toxicity to their bodies by putting things in that their bodies do not want and cannot process.

And the other thing that I just want to bring into focus here is when you come into my program, you're most likely going to hear from me about starting with a fresh canvas, not just forgetting about what you passed, you didn't do well, or your past failures that you may think because you didn't stay consistent, because they didn't work with your lifestyle.

But we're talking about gut health, right? We're talking about cleaning out the system so that we can progress with a new canvas. You wouldn't take a painting from a curbside and start painting on top of it.

No, you would go and buy a clean canvas and then you start painting on it. Well, the same thing goes true with any regimen that you're wanting to do. You have to kind of throw out all the old bad stuff that habits that you did and start reaping in simple, good habits one at a time.

That's why I'm really called the reset, because I help people become more aware of what their bad habits are, or habits that are defeating what they want to achieve in their life.

And then I build on them one at a time, stacking them up as I drink my coffee. But starting with our water like until you have enough water, don't go to the next thing.

Make it simple. Make it easy. Make it doable. I love that you already gave that hint to our audience about how expert you are, not only in fitness, but that you are a coach.

You understood that the mental part plays an important role right from the beginning. You have to prepare the person. It's not about obtaining the objective of increasing my muscle mass.

It's about how to arrive there and why wasn't there in the first place. And the reset. So hello everybody. She is known as the presenter because she does reset habits and that's something so important on everything that is holistic.

So you're a fitness coach. You're a holistic fitness coach. Will you approach the people in a very individualized way? Because as medicine, as nutrition, as I'm talking about the cookie cutter, yes, many things are going to apply to many people at the same time.

How eating antioxidants and eating berries is going to, of course, help you. But then if we go into the individual. So how is this individual perceiving itself himself, herself on and in a world of fitness?

And I, with all these past experience that they are carrying like a big heavy load and you prepare the canvas and it starts showing them the path and the next step in a practical way, because the next big obstacle is how am I going to do this?

Once you either I won't have access to you anymore, you disappear from my life or I get bored.

Creating Power Bands and 17-Minute Workouts

I've been doing this for X amount of time. So this. And you know, like Atomic Habits, for example, book explains to you very well how you little steps.

So you divide that big problem or that big objective. You divide in little steps, little chapters and like this with patience, we will arrive to that objective that requires a coach and that that concept is applied today to many fields, and that is part of the will be the holistic well-being of the person, medical or the fitness or the nutrition part.

Or if my objective is to lose 200 pounds, of course it will be there, but it is taking that specific objective and dividing little pieces and full steps that are sustainable and that they are realistic and easy to achieve.

So you you did created something that has many of these factors. Many of these ingredients is creating the recipe that it is working for most of the people.

But I'm going back into who we are right now and I'm talking I'm just going to be a little bit more inclusive of women in midlife that we're starting to look into.

I want to invest. I want to invest in my well-being for the next years. I'm starting to feel that obviously youth is not the same then 30 years ago, but I'm still have some things that I don't want to lose.

And then we can kind of compare with our next generation. Either it's our parents or it's a coworker, is that they are already here in 60s and 70s and starting to think, oh God, I just don't want to have a hunchback like this person, or I just don't want to look so frail like these other person.

So it is the moment right now, though, maybe we can invest like I actually tell the 20 year old girls, invest in your future 40 and in your future 50.

So an investment of something that it could be enjoyable and sustainable and guided by someone like you. I think it will make a big difference in that.

For all these women that are listening right now to us in the educating them how to continue in this spot. Because

one very specific question that we want to tackle today is that ongoing race of losing fat after menopause.

So yeah, you are an awesome example, especially because you are not in tune or you simply decided not to go the path of I want to have some hormonal replacement once you hit menopause despite that, right?

Because there is many benefits. And I'm not saying everybody has to go in hormonal replacement today, ten years later and many, many other years since 2002 when the Women's Health Initiative was, that's fatty was stopped.

It was 2002. So we're talking about 23 years later, we are starting to see that there is some benefit of hormones. So it's not this this book because it's not about pushing the hormones, but having a conversation with you from other perspective saying, I, I hormones be aligned with me, that you didn't believe in hormones or you never felt that you needed it, or you might be just having the contraindication to start any hormones.

Despite that, you've been able to tackle things that are difficult losing fat. Despite that, we don't change anything in our life is lacking right now because I just want to make sure there's a couple things.

First of all, you know, you only can coach that which is really live through, right? And so when I went through my menopause in my early 50s, the hot sweats, the night sweats, you know, the belly fat, I gained 11 pounds in one year.

So I'm going to tell you guys, first and foremost, you're not alone. And where I am today, I have a slip back. But what I realize, and this is very, very important because it's a general statement and we're all different and we all, you know, hormones are real.

But what I realized when I went to put on my pants and I had some rolling going on top of those jeans, you know exactly what I'm talking about. I took a look at my lifestyle.

I'm going to go back to lifestyle. I'm now dating this guy. We're going out several times a week. I'm drinking more wine than I ever did, and suddenly I'm not just eating my meal and having wine.

No, we're eating later. I'm having appetizers. He loves bread. I'm eating bread and butter, and I'm having dessert. So I'm having wine, appetizers, bread, butter, dessert.

My full meal. Right. And I'm doing this several times a week. I wasn't doing that before, but that's it's not like how it just came down like that. It was belly roll pants not fitting, like squeezing in and I looked at myself and I was like, we're going through menopause.

No, we're not just going through menopause. We're going through lifestyle changes. We're we're doing things differently. I said to my my boyfriend at the time, I said, I have two choices now because I don't have what it takes to not have that yummy bread and butter.

I don't have what it takes to not ordered the dessert and the wine and the appetizers. I'm so hungry. When we go to eat, I'm eating an appetizer and then I'm eating my meal so I realize what was changing.

So I said to him, I'm either going to have to eat by myself, or when we go to eat, we're going to tell them they can't bring the bread and butter to the table, and we're not ordering appetizers.

We're going to go straight for our meal. And if we're hungry after, well, you know, you can do what you want to do, but I'm so hungry that I'm eating all this other stuff and I'm drinking.

I'm going to slow down on my alcohol. Didn't say I stopping. I'm going to slow down on my alcohol. I'm going to make better alcoholic choices, and I'm not going to have appetizers.

I'm not going to have bread and butter and I'm not having dessert.

Myths About Aging, Muscle, and Consistency

Lo and behold, in three months I lost 11 pounds. And that's all I did. I still did my work out, so I was doing my workouts then. It's not like I wasn't doing my workouts then, but I changed just my eating habits.

And I will tell my clients and I will tell you guys your food. We can't out train your your fork. You can never train a fork. It's something that has to make some some changes.

It's not about not having. It's not about deprivation and it's not about dieting. But when we think about what we're eating and we think about it at the cellular level and giving our body nutrition, and we don't just think about shoveling things in to make us feel full and make us, you know, happy, if you will.

We have emotional eaters. That's a whole nother conversation. And I deal with that with my clients. But if we're just thinking about eating, if we look at our portions, we look at how often we're eating, we look at our water, we look at our sleep.

Right then in there, you're going to encompass 80% of the changes that you need to do. Does it mean that I don't eat bread and butter? No, I eat bread and butter doesn't mean I don't eat dessert.

Well, this last week and a half I celebrated 61. For a week and a half I had eight celebrations. I had eight pieces of cake, which is more than I have in six months generally, you know, I'll take a bite.

I'm just not a sweet eater anymore because I've changed my palate. But my point getting back to it is if you don't look at the habits that you have and you talked about Cleary with his atomic habits, if you don't look at your habits and what you're doing, then you're not going to be able to make changes.

The first step is awareness, and I have my people take pictures every time they're about to eat something, take a picture, they send it to me, take a picture, and then they graduate from having to send me their pictures and they anecdote, their pictures.

And we talk about portions and we talk about what's on the plate and what what they have on the plate and what we could put on the plate next time. Instead. Right.

So it's not about punishment. It's not about deploring what you did. It's not about feeling guilty, no guilt. It's about learning what's better for you, better choices for you.

If you have a goal to look and feel a certain way, then you invest in that. By learning what it is that you're doing. You become aware of what you're doing and you invest in, like she said, coaching so that you have support.

My program, the 17 minute workouts was created. Why? Because I need accountability. Listen, everybody thinks me for showing up day in and day out every day for five years.

I thank them because without them, I don't have anything for accountability either. I created an accountability system because I love accountable, and I bet you would benefit from more accountability too.

Everybody does. It doesn't have to be somebody excuse my French hard ass up. You, you know, whipping you, yelling at you. That doesn't work. It doesn't have to be somebody who makes you feel guilty and feel bad about yourself.

Please, if you have a coach that is doing that switch, because the ultimate thing is for you to feel proud about yourself, for you to feel good. You make educated, good decisions one after the other, after a 17 minute workout like who can't do 17 minutes?

There's four exercises done four times and they're 40s each. Can you do 40s? Yes or yes? Well, after you're done with that, then what do we do? We finish our water.

We make sure we have protein first. We don't go for carbohydrates. And I teach people what that looks like and give them suggestions and recipe books.

It's not about you having to surf all over the place. Proven science based system. You need to be in and surround yourself with people who want the same thing as you.

If you go out and you do the same thing with the same people all the time, the definition of insanity is repeating the same thing and thinking you're going to get different results, right?

You're not. We're not, I am not. And so making simple lifestyle adaptations that you're ready to when you're ready, when you want more, you stand up and you get it.

It's that then does not feel like dieting. It does not feel like deprivation. I've been on bodybuilding stages and I can tell you I'm not getting on a stage with my butt hanging down to my heels, right?

So that means I have to put in the work. I have to do the tasks. I have to do the exercises I need to eat the right foods. More strict, right? I'm more strict at that point because I have a goal in mind.

Am I missing out when I go out with friends and they're all drinking and I'm not drinking? Not in the slightest bit, because I have made up the mindset that this is where I'm going and this is how I'm going to get there.

It's the same thing with this. And when you start seeing the results and feeling the results in as little as three days, when your body is waking up and you're starting to feel like the innards and you're starting to feel like, wow, I showed up, I showed up, I showed up, I'm showing up for myself.

That is a game changer. I love it, but look at you. You just explain in a very nice way what life is now. Medicine is about. You went through the pillars and and I love it because it applies to everything.

Once again, not only your holistic approach, but these six pillars of wellbeing. The simplicity of what Mother Nature just put in our plate beyond nutrition.

So our pillars of nutrition, obviously physical activity, but sleep, which we want to talk about it, which is absolutely important, but the community, the community, the people that you surround with their mindful connections that you are supposed to be with all these together will be your environment and within you, with your own motivation and your own objective.

What you really want is go and grab what you want. A kid always knows what they want, what we lose the capacity of. Go for your objective. What do you want?

Well, I want a nice perk, but because I want to go and compete in fitness bodybuilding. But now you know what you want, you know? So go for it. Once human knows what they want, and they understand that requires the work.

Because this is not just a simple just finding on the what you are taking on. Once you know what you want and you put the work on because you have to want is so much that you really put the work on.

You got everything in little steps who are patience and you understand that there's going to be setbacks and it's it's okay. It's part of the path. And you apply your six pillars which you just described to me.

And all this is to wrap up on my initial question, which is incredible, that despite the whole hype on hormones and I mean, I am a Menopause Society provider certified provider.

So I see a lot of women and I'm listening what objectives they have.

Menopause, Lifestyle Changes, and Fat Loss

And many of the objective is going to respond to some hormonal replacement. Again, not everybody and not everybody receive the same hormones and not the same doses.

That's a different podcast. But you are my example of not everybody needs the hormones and you still can achieve that. Well, goodness and balance of those pillars and is the pillars that makes you stay in a healthy metabolic weight in a healthy muscle mass, in a healthy state of mind.

Yeah. So so it is let's be honest, I just let's also be honest, you know, my system, my method for me, I'm in it to win it. I've been like this my whole life.

And people are like, well, do you only do 17 minutes? Well I did for the longest time and this year I decided I wanted to increase my endurance, my circulation.

So I started to teach a cycling class as well. So I do a cycling class 2 or 3 times a week with a band. And I don't know if you can see in my backyard, in my background here, I've been a rebounder, I've been on a trampoline.

I actually create programing my resistance bands, training on the trampoline for the number one trampoline company in the world, just for trampoline. Just work. Fitness.

I've been rebounding for 5 to 10 minutes a day for the last 15 years to help with pelvic floor strengthening, circulation, the ocean, the proprioception, the lymphatic drainage, right lymphatic drainage, muscle building.

It works better. It's 33% better than running. You burn more calories. I'm really, you know, at the end of day, calorie and calorie out. And I don't eat or count calories anymore because I, I understand my body.

But when somebody is trying to start to get a better lifestyle system, it's all about portions. Everything we do is about portions. And, you know, we're talking about changes.

As you get older, your workouts have to change. Your lifestyle will change. You know, we're not chasing those kids anymore. We're not sitting at a desk probably the same that we were.

We're going out more. We're drinking more. That's what I'm finding with my clients. And there is definitely a place for hormone replacement. The thing that I do, I do hormone replacement.

I just do it with food and herbs and the thing that I want everybody to come along here knowing is it's not just like your sex hormones aren't about your sex.

And that your energy, your metabolism, your your, your brain fog. A lot of this is based on your hormones. So when Doctor talks to you about your hormones, it's not just about, you know, downstairs, it's about your overall well-being.

Your hormones are so important for you. And obviously females, you know, you get thinning of the vaginal walls, you get dryness, you get various pains, or I understand all that.

And there are if that is symptoms that you're experiencing, you need faster response activity. And working with somebody like Doctor Paula is a good decision.

Sometimes you can't do this on your own. If you started as I did at the very beginning, I kind of got it before it got bad. But when I started getting those night sweats, I stopped drinking, I stopped hot foods.

I stopped various things that brought on an exasperated night sweats. Right. And there's ways about it. And I started taking, you know, various herbs and stuff.

I'm not going to go into all the various details, but Doctor Bartlett can work with you on all the specifics because it's a tag team. It's a tag team.

And definitely making sure that you are in a good relationship, that you're happy with yourself, that you feel good about yourself, that you're in community, that you're getting sleep, that you're getting water, that you're eating properly, exercising properly.

It's important now to in example, the 17 minute workout is 85 minutes over five days. I used to go to the gym for 85 minutes one day, and then I had to drive there and drive back.

So it's a whole lot less commitment, and I would I want people on this podcast to understand is the biggest thing you need to do is commit to being aware of who you are, how you're showing up.

And as Doctor Paula said, what do you want? Write that down on your sticky note. What do you want? Go to Google it and see what that looks like physically.

Cut it out, put it on your vision board. Put all the things that you want on your vision board. I love vision boards and then start chiseling away. I have an assessment on my website totally free.

It weighs in 50 different archetypes of who you are and how you're showing up, so you can see where you are and where you want to be. So you take your actual life with your intention, a life of what you want, and you can close the gap.

You make those decisions on what you're going to do. Maybe you're not eating well. Are you a good cook? Do you need cooking lessons? Would that be a fun thing to do?

Right, so there's lots of ways to get to where you want, but you have to know where you are and where you want to be. And then you have to decide how are you going to close that gap.

Love it, love it. You gotta. Rebecca, I really, really like your approach. Let me just shift a little bit into a little bit of spirituality. It's actually in like Western medicine.

They want to include your spirituality and the way how you relate with beyond who we are organically as part of one of the pillars, independently. What's your believes you included in your email?

I love it at the end it says This is Rebecca Divine, God's girl I love. That's your email signature. How special? How powerful is that? Speaks a lot about how deep is your spiritual believes.

Would you just give us a little bit of a background on that, and how spirituality really plays a role in your whole wellness? Yes. Well, for those of you who are watching the podcast, I have, my personal life logo is the sand dollar, and everywhere I go people ask me or they make comments about my sand dollar.

So it's actually a nice conversational tool. But it's more than that. It is a spiritual tool. And what I have found for myself when I was going through a big life change back 15 years ago, I found myself getting divorced, my dad died and I got hit by a car all in 90 days.

I was on a bicycle when I got hit by the car going 21 miles an hour. Let's just say rock bottom. Never felt this good. And I say that because rock bottom, for me, was a place where I said to God, I'm coming home now.

Accountability, Habits, and Practical Nutrition

Obviously that didn't feel good, but what came after that was he took me by the hand, maybe by the hair, and said, this is why I created you. And what I do today is nothing like what I did prior.

I owned an advertising agency. I raised three girls. I was always into fitness and I did fitness competitions prior, but that was in my my earlier years.

My whole entire life changed and he said I was to be a coach and I was to be a lifestyle coach, resetting people's

livelihoods. And what did that mean?

I had no idea how that was going to excuse me, but make money and change lives, right? How am I going to support myself? Well, 15 years later, I very clearly see how that was.

But when I was coming across and trying to develop this logo, I felt like I needed a logo. Everything in me is branding. I needed a logo that would represent who I am, and I was working people out on the beach, and all these artists were coming up with like, ribbons and balls, and I was like, no, no, there's no meaning to a ribbon in a ball.

And then when I asked God for my logo, he told me a sand dollar. And you talked about the six pillars of wellbeing that you, you speak on and the five areas of wellbeing that I speak on are our creative mode, our relationship mode, our life mode, our spiritual mode and our health mode.

And within those five in the sand dollar, there's five teeth and those things that not us. So if we're not working on those areas, if those aren't clear, if we don't know what we want in those areas, then behind in our self-consciousness, they're working on it and we kind of terror our selves apart.

Anyway, to go further into the science of the sand dollar, there's five teeth of the sand dollar, like the five pillars of wellbeing that I was speaking on, that I speak on and I thought, well, that's kind of interesting.

And when you crack open the sand dollar, those teeth that help with the locomotion just getting you by life, that gnaw at and help digest whatever garbage or good comes in when you crack open the sand dollar.

Those teeth look like doves of peace. They look like angels. And I'm getting chills. I get chills every time I speak of it, because it's the same thing when I crack my clients open with the machete and help them to realize how they can close their gaps and how it's not so hard.

It's not that that's strenuous. They don't have to go through life with these big gaps in every area of their life that they can start being consistent.

They can start gnawing at those things and releasing and receiving more when they can add forgiveness into their whole path, which is something so big without forgiveness and release.

You don't have a suitcase that can carry on you bright and beautiful things. And I have a sacred ceremony that I do with the sand dollar, where people write on the back of the sand, dollar where the teeth are those things that knot at them, those things that don't support them, and that they're ready to release people, places, things and thoughts.

Write those chapters and when they're ready, then they write down those things that they're ready to have. What do you want, doctor Paula asked you, and I've asked you as well.

What do you want? What do you want in your life? What do you want to manifest? What do you want to feel like? Be like? What do you want to look like? Not now, but even in two years, five years, ten years from now, you write those things on the top.

What kind of people do you want in your life? What kind of cars? Vacations. I'm getting little materialistic, but you know what I mean. What do you want in your life?

It's okay to ask. You need to ask the universe to take the things, and you need to ask the universe to bring you the things. And that is a spiritual well-being.

And it is a message that has changed my life. I wasn't always so confident. I want to say in myself, in my ability, in my in my process of being able to make an impact.

And when I got rid of the nasty inner chatter. And it's not that it doesn't ever show up, okay, but when it does show up, I throw it out. I tell it, it's not invited to my party. Right?

So I have an anecdote. I have an answer, a solution. When something negative shows up. You know, a lot of us have these goals, right? You should have goals.

They can be small. It could be a small goal. I'm going to drink half my body weight and water. It's a it's a bicycle. I have my body weight in ounces in water a basic goal.

Well, if you're only drinking eight ounces or one plastic bottle today, are you going to get to 64 80oz tomorrow? No, but tomorrow I'm going to drink two bottles.

The next day I'm gonna go for three bottles. Oh, that wasn't so hard. I have solutions for everything, you know. And so if you if water is an example of something that's really hard for you if you're dehydrated water so important.

I'm going to stick on that for a second here. But if you're if water is so important to us, how do we add more to it? Well, I divide my day into thirds.

So if I want 90oz because I'm very active and I perspire, I'm in a hot climate. If I want 90oz, I drink 32, which I know is not half a third, I drink a third.

By 10 a.m. I finished my water bottle. I have my other third by 130, and I have my last third by 5:00. And then anything else is is extra. That is a been a game changer.

Those of us who are in our 40s, 50s, 60s. If you have crappy skin, let me tell you something. Don't do all these crazy things. They help for sure, but they're not long term.

If you add water and I, that's a game changer. People say I look better than I did 20 years ago. I wasn't drinking water. I don't have the wrinkles. I don't have the crappy skin, don't have I don't have the brain fog that I had.

Just I sleep better, I poop better, I go to the bathroom often every everything is is better. I'm not going to get into all the other things that happen.

But you know, if if you are dry and if it could just be because of that, right? You're you're not lubricating, you're not giving your body enough. And if, if one system of your body is overworking because it's not taking care of all the other systems in your body have to come in and support or not work as well, because your body's really working on something else, if that makes sense.

We're given so many fighters in our bodies to fight things off. Why do we get a cold? Because our fighters are so busy trying to get rid of free radicals and and toxins and heavy metals and parasites and.

Right. And so when something comes at you, all your fighters are busy. So hello invader intruder comes in and and then we get we get sick.

Spirituality, the Sand Dollar, and Personal Renewal

But if you have less inflammation, if you eat properly and have more antioxidants and get more exercise and nutrition and blah, blah, blah, then your fighters are ready when something comes at them, it's like knock knock at the door.

Your your, your fighters are ready to hit your intruder. I think I went the long way around that now, but I love it because you touch something that is very interesting.

You ask for spiritual and the answer was there and you touch another point, right? And this is one thing that I was imagining. Obviously, most of the people who approached you to please help me, give me a guidance, heal me to be the receptor of my habits.

And but most of these people is really and many. And I hate to generalize. Maybe as my observation, many of

these people had certain personalities that are going to be more flexible for changing.

Now. Again, generalizing. You've been working a lot with CEOs and high achievers in general. Those are Type-A personalities. I would like to hear from you.

How do you approach those type of personalities which are more set in stone, my way or not way? Very doubtful of what kind of guidance you might be giving.

Is there a specific approach that you have that came to my mind when you say it? When I cracked open my client and and I know what you mean with that, which is fantastic because it's almost a moment of for you and a moment for the client.

But I and maybe I'm just misjudging these, but someone with a Type-A personality, which is knows deep down that needs a little bit of change, but it will be going through the process with a little bit more caution.

Is there anything specific that you, with any specific tool that you use with these type of clients or what I'm just of and really that is not a difference.

So there's there's four different types of personality styles. And you can be a CEO and so be available and open. The ones that I work with, they're the best coaches and leaders themselves.

And I think from my experience, I know from my experience the best coaches and leaders are available and open to receiving more. And they want it's from the top down in an organization.

The better the chief is, the better the rest of the organization is, and what they found, the ones that I have work with, at least what they found is when they're in prime shape, when they dictate and give themselves the time to work out and start their day in a strong way, their days are more productive.

And so they want that for their people as well. So it works really well in the corporate environment because teams sales productivity increases, lack of sick days decreases or sick days decrease, and team cohesiveness increases because people feel better about themselves.

And when people feel better about themselves, they work better as a team. So it's just a cycle that comes around. I have not found any CEOs that reject the notion of physical activity, that rejected the notion of being able to be even better, I just haven't.

I personally have not found that. And it astonished me the first time I went in and was referred to a CEO, and they shared with me stuff that they were doing, and I kind of denounced it and said, I guess my face denounced it.

I didn't announce it. I'm very, very animated. As you guys can tell, body language, body language is everything. And they could tell that I was not on board with some of the things that they were doing, and they asked me my opinion about it, and they and they did say, well, right now this is working for me, but I want to add in your program.

And so they did their program. And when they stopped their program, their diet, they saw weight come back on. Right? They were back to their old habits.

So then I get that. So what were you saying? Like, how do I do this? And and how can I incorporate this so that I'm not yo yoing anymore? Right. Because a lot of us are going on and I do understand for some people who are out there listening to this, when you are 40, 50, maybe 20, 20 pounds overweight, 50 pounds overweight, 100, I've worked with somebody that was five over 500 pounds.

The scaling went to 500. He was 500 pounds overweight. He lost his first hundred pounds in five months. And I have to say, within those five months, the first three months he was so heavy he didn't need a weight.

He didn't need a band. He couldn't raise his hands over his head because he was so heavy, so fat. When he would

raise his hands, he would choke because his chin touched his chest.

There was no neck. You have to understand, there's no neck going on here. His face and his chest. Neck met each other, and when he would raise his shoulders, he would pretty much suffocate, honestly.

And he was so heavy he couldn't even stand up for more than five minutes at a time. So we started in a chair, doing circles, doing certain arm exercises, not overhead.

We started tapping his toes on the ground. His legs each must have weighed 80 pounds. Imagine putting 80 pounds on your legs. You don't need any more resistance.

You don't need any more weight. Right? So he started doing that. Of course. I cracked the code with the fork. I tracked him like I do all my other clients.

Having them take their pictures. Don't say anything. Pretend coach isn't watching you, right? Don't feel guilty. There's no guilt. They feel. They feel very safe with me. It's very, very safe.

Environment shows me all the machines he was going into the Big Gulps. Those 64oz three times a day, 64oz are his breakfast. What he started with when I went away, I went away.

I said, okay, do this, this, this and this. Told them exactly what to do for the 12 days I was gone. I come back, he's down 18 pounds. He goes, I don't know what you did, but I'm in.

I said, well, how do you feel? He goes, I felt good because I was full.

Coaching High Achievers and Closing the Gap

I said, okay, next we're going to cut down on the bacon and we're going to do turkey burgers. Oh, you didn't tell me I was going to have to not have my bacon.

I said, we're just going to try this. Just try this. And burgers for breakfast. You're having bacon. That's me. Why don't you just try burgers? Turkey burgers for breakfast.

So I grilled him out some burgers, and he's like, having the burgers with his. He's like, this is amazing. This is so good. I feel so good. So you can see how when something makes you feel good, it's not like you're in deprivation.

You're not in a diet mode right now. Restriction. Restriction doesn't work and it has to come. It has to come from within the person that we have a very clear and you cannot take away the pleasure of the other person.

But what it is so important, the way how you were guiding this person is keeping the motivation. And the motivation always feeds back of feeling good.

So you always, like you were saying, you show up next day looking at yourself in the mirror and saying good for you, you did it yesterday, do it again.

And and he continues and he continues. So I can see how someone who has he had a goal in his mind that he was one step ahead, knowing what he wanted. I want to be healthy in a healthy weight, whatever he's healthy weight was.

He knew he needed to lose X amount of pounds out of a scale on. Although we shouldn't be looking at the pounds. But obviously what you're describing at this point, at that point we're looking at this scale.

Yes, exactly. We have to look at the scale is the only way we can just follow. But is someone and the trust that space? Oh my God, you just mentioned I didn't want interrupt you, but absolutely it's that is space.

Not feeling judge not feeling. Listen, this is a sickness we're going to help you to go through. Is almost as bad as, you know, getting to an accident and breaking both of your ankles and both of your femurs and have to go for six months of physical therapy.

And he's like, don't worry, you just got out of a fracture. You have to move slowly. Same thing. You have to. It's shit out of you. I don't know, 200 pounds, 300 pounds.

It's going to take us time, but we're going to do it. You stay motivated and that applies to everything applies to everybody. So the CEO so my point is, is the CEO and somebody else who's working for somebody, they're the same person.

They really are. I don't find that we all put on our pant legs one foot at a time right there. They're no different. If you go in and speak to or if I go in and I speak to a CEO or I speak to any kind of consumer who wants to feel better about who they are and how they're showing up.

We all have those 50 different archetypes within us. It doesn't matter who we are, we all are the same, and we all have the same goals, and we all have gaps, maybe in different places.

But when you're shown how to go from where you are to where you want to be in whatever area, whatever chapter it is, we're all the same.

Final Advice: Grace, Reset, and Recommit

The CEO who runs, you know, fortune 500 company on Nasdaq, or somebody who clocks in at 8:00 and clocks out at 5:00. We're all the same. We all want to feel better.

We all want to look better. We all want to have longevity, vitality. We all want to feel attractive within ourselves. And of course, some of us have, you know, external needs as well as our inner.

But when you turn it all into outside influences versus inside influence, and you focus on your inside influence, your outside influence, and what happens around you is going to vibrate higher.

There's foods as we know that are low lying vibrational food in high vibration food. Right? Something that is not healthy. And let's just take fried foods as an example.

As a broad base example, fried foods are generally seen as not the healthiest food. I think everybody can agree on that. Ice cream. Large masses of ice cream, not necessarily the highest dairy, not necessarily the the best choice.

Right. If if you were to get sick. And I don't wish that upon anybody, but if you were to get sick, would you make choices different than you're making today?

And I ask that with love and sincerity, because I've worked with many cancer patients, and when they have that bad message from their doctor, they come running, tell me what to do, help me get better, help me get through this.

And and so we do. But wouldn't it be easier to have an ounce of prevention versus a pound of cure, when it would be easy to work with a team that supports a healthier lifestyle and starts you where you're at and brings on stronger, healthier changes so that perhaps you can avoid a bad message later on.

There's no guarantees. I understand that, but it's less likely if you're making better choices, if you're feeling better about yourself. And wouldn't you rather climb a mountain than watch a movie watching somebody else climb a mountain?

I'd rather be doing that. What? Did you absolutely give me that backpack. I'll go with you, girl, I totally agree. All this investment, it is important.

And you know what? There is no guarantees. But there is nothing to lose either. For the contrary, a lot to learn. And that coming back to the educational right, you educate the person about where you are, what you start from, and then you take control because it's about everybody taking control of their own life.

But everybody needs the stop sign, the the traffic light. We all need a little bit of guidance because this has been an awesome conversation. I'm loving this for sure.

We're going to have to go for a second book cast, but to wrap up, what is that one piece of advice that you will give to someone who's ready to start but doesn't have?

I don't know, I don't want to call it the courage, but maybe the motivation, maybe the vulnerability to to accept that is ready for this first step. And when I ask about a piece of advice, I don't want any.

But the only stick way of doing things, or any cliche coaching quote yours. What's that one piece of advice to this person that you're about to put a hand on and say, let me just take you out of your beauty and let's start walking home?

I would say one of the first things that people need to do is give themselves some grace. Douse yourself with forgiveness. What happened yesterday, the past years, where you are today, douse yourself with forgiveness.

Decide on where you want to go. Don't focus on on the past because without clearing that heavy suitcase that we talked about earlier, you're not going to be able to navigate moving forward.

I also think that The Four Agreements by Dan Mores is a great small little book. It's it was game changer for me, and it helps to create freedom, happiness and inner peace.

And I think without those we're just not going to feel happy. And lastly, I would say allow yourself to reset. Allow yourself the time for renewal. Create each day to be your best day.

Celebrate each day not just your birthday, but each day. Each day. Laugh each day. Do things that that make you want to dance, that surround you with amazing people who are like minded.

This, this life is short and this journey is empowering. There's nothing stopping you. I just want to say that there is a client of mine who was in a bad state for years and years and years, always punished herself, couldn't stay with stuff.

And what I saw happened after her husband passed was a life changing. She suddenly said, I need to take care of myself. I need to feel better. She transformed into a body builder and in her in her late 60s.

It's never too late. The only thing that's too late is this decision that you don't make a decision. Today is a great day to be your first day to reset, to renew your vows and who you are, what you want.

Recommit and receive all that life has to offer. I wish you all the best. Oh my God, what a purge I wrap up. Thank you. Wake up, wake up. Please tell our audience how they can find you.

What's the way, how they can reach out to you the easiest. If you go into Google and you type Becca t bon fit and you'll see everything, but I also we can drop down maybe some links for them and maybe some offers with your name on it.

And my my website. Becca t Bon Becca t bon minute workouts.com how her bands.com P. O. W. bands. I just want to thank you so much for showcasing and letting me support you and these wonderful women out there who are going through changes and are feeling so alone, and there's so much information out there.

I just want to say it doesn't have to be complicated. Take one step at a time. And your hormones, as we've talked about throughout this podcast, are so important.

But so are your habits, your lifestyle habits and how you're feeling about yourself. So create your best day ever. Very, very well said and thank you to you too, Becca.

Devon, thank you for my audience. I hope everything that Rebecca could advise all her methods resonate with you. No, for today, but also for the future that we all want to build and that future that we we all want to invest time.

Continue listening. I will continue sending information and education without bias to you to continue transforming your life. See you next time. Bye now.

Thank you for tuning in to Doctor Talks. We hope today's episode has enlightened and inspired you on your path to optimal health. Each day is a new opportunity to make choices that empower your well-being.

For more insights and strategies, subscribe to our podcast and visit our website w WW dot doctor Talksport.com. Stay connected, stay healthy and join us next time on Doctor Talks.

Real talks from real doctors on the issues that matter to you most.