Podcast Intro and Q4 Focus

managing your emotions? Are we stuffing them down? Or are we allowing them to pass through and working through them? Because when we stuff them, down that trapped emotion causes neuropeptides in the body that need to be released.

Welcome to the Holistic Truth podcast. I'm Jamie Dorley, CEO of Nutritional Frontiers. And I am Christine Genovese, creator of the Soul Intelligence Method.

We're here to help you break through chronic disease and dysfunction physically, mentally, emotionally, and energetically. with real proven strategies, protocols, and tools you can use in your practice today.

Hi, everyone. Welcome back to your favorite podcast, The Holistic Truth. We're going to focus on Q4 2026. I'm your host, Jamie Dorley, with the co-host, Christine Genovese, our chief growth officer.

How are we doing, Oh, I am doing so great, James. I'm excited for Q4. We are coming in steaming hot off of a record September. So, i am fired up. Yeah, so excited.

we got our professional training event, we've got a VIP holiday Christmas party, We have our Black Friday weekend, and we have a Christmas Party and holiday sale.

so we're very excited about Q-4 I can't believe it's Q 4 already, can you? This year has seriously flown by fast. I can't believe it. And I'm excited to finish on a high note as I am rising to the finish line.

So I think a great starting point would be stress, mood and sleep. That affects everybody and I feel that our stress is at all time high. You know, we have a new formula we launched this quarter called VNR.

So that's exciting to share with people too, as we get more and more education on that. But there's some fundamental nutrients and some lifestyle therapies I really want to hone in on today with you because You can run, but you can't hide from the stress, and sometimes it's become overwhelming.

Stress, Mood, and Sleep Overview

So there's some really good tactics I like to use and strategies that can really help you not only prevent some stress but manage through stress. And the first thing, most of all, is stress and challenges and problems are not going away.

Life is not supposed to be easy, and it's not always supposed be figured out. Life, they say, is a mystery. So we want to enjoy it, ride the wave as much as possible in those times that, you know, things get a little more tense or intense, then have a strategy in place that you can handle it overcome it and keep growing.

Well, you know, obviously one of the things that I do with the Soul Intelligence Method is to also help people figure out where that hidden stress is buried, right?

So whether it's stuck in the mental body, the emotional body or the physical body. So stress, mood and sleep is a big core focus for me and the work that love to do alongside all of that incredible nutritional supplements that we help the body heal holistically on every single level.

Yeah, the thing people normally do to handle stress, caffeine, nicotine, alcohol, sugar, comfort foods, you know, they all contribute more to the inflammation and the stress that the body's gotta go under because they further deplete B vitamins.

They don't have the B vitamin in them. And really when we're talking about mood and stress and sleep, we wanna make sure that's the neurochemistry in the brain is rebalanced.

And all those neurotransmitters, they're building blocks. If you want to build GABA, dopamine, serotonin, whatever it may be, you need B vitamins to do that.

So be very careful when you're comforting yourself or self-medicating or numbing yourself. And it could be with Facebook, could with news, it can be scrolling, watching too much TV, wherever it maybe.

Be careful. Some of the best things to do is maybe just unplug, go out for a walk, exercise, meditate, prayer, journal, call a friend, watch a good comedy.

Those types of things are better strategies than succumbing to what I call the noise. Is it noisy out there? I would say it is pretty noisy and when we talk about, you know, everything that leads up to stress, there's an awful lot of toxicity, right?

So you really need to be careful about what you allow to your point, what your allow into your mental state, um, where you're listening to, who you are with.

your emotional state, right? How you're managing your emotions. Are we stuffing them down? Are allowing them to pass through and working through them?

Because when we stuff them and they get held in the body, that trapped energy, trapped emotion causes neuropeptides in that body that need to be released, literally a chemical response.

And so if we leave them stuck there, that's what causes, starts to irritate our organs or irritates the blood vessels and starts the cause the inflammation, the disease or the dysfunction.

That's when we run into trouble. So we're going to hopefully give you some strategies from a nutraceutical perspective on how to manage some of that stress and toxicity in your life.

Are you ready, JD? I'm ready. You know, Tony Robbins said it best. He says, you become the average of the five people you spend the most time with. So choose your people wisely.

And sometimes it's challenging. It could be workers, could it be clients, it could to be friends, couldn't be family members. and you know. you gotta be very, very conscientious of that.

Let's say that Absolutely. All right. Well, here are some of our great strategies to kind of overcome some that stress that you might have in the fourth quarter of the year.

You get kind busy with the holidays. We add in a few more parties and things like that. And you can really see stress go up. It's kind interesting. Some of these statistics kind jump off the page at me.

Only half of U. S. adults think that stress has negatively affected their behavior. Half? What about the other half? It's 49%. It is not even exactly half.

I was like, really? Where are they living? Are they in a blue zone? And then more than three quarters of adults reporting symptoms of stress, I would say it's probably everybody.

All right. So more three-quarters report symptoms, but only half think stress is affecting them. I know, right? I mean, you know the other thing that is on the rise is mental health conditions, and only about 23% of American adults say they experienced a mental condition.

It's probably because most of us don't want to admit it.

Managing Stress and Emotional Toxicity

And certainly, I think our stress is increasing. Think about even when you just get a text message, we're in fight or flight at least 16 times a day. And I want to be very respectful, because some people can have debilitating mental disorders.

And for those people, they got 100% of our support and nutritional frontiers. We pray for them. I recommend they get professional help. So that may be 10%, 20% percent of people that are dealing with overwhelming stress.

But you have a lot of other people I feel that if they can adopt some really healthy lifestyle therapies and some coping mechanisms, they'll do much better, right?

Because it seems like everyone in these days, at least in my opinion, needs a label, and sometimes you just be like a little while ago, hey, I got some 10 things coming out at me at once, it's hard to process all that, so you need to kind of take a step back.

Other times is people aren't active, You know, a friend of mine does incredible videos online and he says, When you're stressed, work out. When your mad, workout.

when you down, Work out, when your tired, workouts. And he goes, you understand the workouts give your body an outlet for some of that aggression, some that stress, Some of the noise.

Most people that workout consistently over long periods of time, kind of like you with tennis or Pilates, they do it just as much for the mental well-being as they did for physical.

So I look at working out walking, time in nature, it could be at the beach, or it can be in the woods, could it be the mountains, I don't care where you live, just getting outdoors is really good for the soul.

So I want people to, one, is understand that if you're having severe problems, get some professional help. Feelings are normal. It's okay to feel your feelings, right?

A lot of my reading teaches me about it's normal to have feelings. Its normal, to be sad sometimes or happy or excited or sad or whatever that is. Those are just feelings they come and go, all right.

But not getting so locked into and embracing that. And as one of our mentors says, hey, you can have a bad day, don't have a bad week. take things as they come, and it's gonna be some ups and downs.

And that's normal. So really the goal today is get people to understand that, embrace it. I realize there's some key lifestyle therapies. If you're eating a lot of sugar, a lotta junk food, fast food sodas, energy drinks, how do you think the brain's going to operate?

Would you put Coca-Cola into your car, Kristine? Oh my gosh, no. It's so gross. Nobody would. Why? It is corrosive. Yeah, but people will put it in their body.

You know, as you drink a Nutritional Frontiers drink, I got mine too. I've got my Cs, my triple C's, whatever you guys are calling my drink right now.

What is your drink? We made it the shake of the quarter and we thought it was cool. It was JD's Super C. Why did we call it that? What's in it? I like vitamin C, SEA.

How about that. Ah, that's a good one. You call it vitamin C. So what I'm drinking seriously is our Collagen five drink. I love this as a drink, it's very refreshing.

It has a collagen. it also has probiotics and enzyme to therapeutic levels and not only collagen, collagen five, five types of collagen I add our GI complete, which is our number one formula and super creatine.

So it was kind of my pre-workout drink I'm going to be doing pilates later. and I want a little drink in the afternoon. So that's my new drink that I'm doing.

There's a lot of ways that you can drink your nutrients too. These energy drinks, Coca Colas, fast food folks, these are making you depressed. They're making your addicted to them.

they're affecting your blood sugar and your mood and brain chemistry. I guarantee If you can slowly wean yourself off of those, do something like the vitamin C drink I'm doing, you're going to see how your brain chemistry changes.

So I am excited to go into some of these formulations because I know we can help people. We've helped ourselves and we could help other people Um, so, and I understand we live in a very stressful world, but, you know, about eight years ago, I made a decision not to watch TV.

Doesn't mean I don't watch any, But I won't sit there and scroll and just watch a bunch of shows. Um I do like, like sports, of course, And I like an occasional movie or a documentary.

But, i don' sit here and watch tv. It's not an activity for me to do. I don't watch news, I do not participate in politics and things like that. So I feel a lot of the stress is actually brought on by ourselves.

What do you think? Oh, I agree. I mean, when you start to look at how much the media companies have consolidated, the stories are all the same. And a lot of it is to keep us in that agitated state or that fear state.

Fear, yes. You know? And it's no wonder. When you look statistics about how many US, how of the US population is actually on antidepressants. Um, and, um, you know, it's just wild when you start looking at that, like, wow.

Um. We really need to take a look at what we're doing and why we doing it. Uh, I just. Yeah. Do you feel better after you, uh, pray or meditate? Always, absolutely always.

And I do it every morning and every night, you know, even if it's just a 15 minute, I make sure I made time for that.

Lifestyle Habits for Better Mood

Even journaling, a lot of times journalling is to clear your head. Sometimes it is write down insights that come through your meditation or prayer in the morning.

But it a great way to kind of clear you mind. I know that's a practice you do as well. Yeah, I even ask people, do you feel better when you go to church?

If you like going to the church, yeah. Do you better feel when watch a comedy or talk to a friend that's funny and you guys laugh all the time together?

Does it feel good when go for a walk and get some fresh air? There's studies showing that even petting a dog for five or 10 minutes lowers blood pressure.

So there's so many things that you can do that are healthy for you. Be very careful when start to cope. and your coping mechanisms are actually contributing to your stress.

So be careful what you drink, what eat, where you think, how you move, all those different lifestyle habits, part of our foundations of nutrition that you actually have the ability to change.

And it may not be easy or simple, but when you continue to work on it and make it a priority, you'll be shocked. It's so many people, I say, do you feel better when work out?

Yeah, I just don't feel like going, and I don' have time to go. I go, just go for a walk. Go to the gym, even if you don''t feel do anything, walk on a treadmill.

Take Pilates class. Do yoga. do something physical, And I guarantee you'll feel better. And it's not about how intense the workout is. It's really about that activity level.

Well, we're talking about stress and we've talked a little bit about mood and antidepressants and healthy ways to keep yourself up and motivated. But sleep is a huge factor of why people can't heal, right?

If they can give their body time to recover, then they're really in bad shape. Because we've got the increasing stress levels, which impairs our cognitive function and increases our risk of illnesses like heart disease and diabetes.

And there's certainly a link between rising stress level and reduced sleep. A lot of people are sleep deprived. I know, JD, at one point you mentioned that you had a real challenge with sleep?

Yeah, well, that's one way to put it. Another way of putting it is I suffered from insomnia for 10 years. Right. So when we started the business, I didn't realize, um, probably a bit off a little more of that can chew.

And it was really challenging working eight days a week, uh, trying to sleep at night, you know, ramped up on caffeine during the day. Um, not having good, healthy lifestyle habits.

I would sleep maybe for 30, 45 minutes here and there at nights, but I was up. Sometimes at 2, 3, 4 a.m. tossing and turning, maybe get a couple hours sleep, and then I made those off during the day.

And that was a really challenging time for me. You know, when you sleep… You need to fall asleep and stay asleep for a good six hours minimum. I remember when we were young, they used to say, when you get older, you don't need as much sleep.

And I found it to be the opposite. So I think I need more sleep now. But that's where you heal. That's really detoxify. Where you build all your hormones.

Um, that is where your body gets rejuvenated. First of all, we need the right environment to sleep, So you need a nice room that's dark, that the right temperature.

I used to sleep with the TV on or try to. It's not a really good recipe for quality sleep. Even Dr. Lisa Kellerman, she'll laugh at this, but she's like, don't have the phone next to you.

What about for meditation? She goes, put it in another room. I said, okay, so that one's a little more challenging. I even got a mask, I got the Nikon mask that has the magnets in it.

So that'll help put you in a completely dark environment. Watch what you do the hour or two before sleeping. Yeah, shut the screens down, big time. And you may not want to watch a horror movie then try and fall asleep or have a financial discussion with your significant other right before bed.

So there are things that you can do but yeah, that was the creation of our sleep time with me and dr Len and the idea on that Was really to help be able to fall asleep and stay asleep.

So we're backing up. We're going to stress now We start start with stress and we'll finish with sleep now that we talked about the importance of all three.

How about that? So calm day. I take every day I'll take one Eh, two to three times a day, depending on what's going on. And sometimes I'll actually combine it with the Alfini.

So what do you call calm day? I call it mother's little helper. I called it our over the counter Xanax, actually. Yeah, a very common term used by 20-something-year-olds is, I need a Xanax.

It's like, we used to say maybe, oh, someone needs, like I needed a drink, right? Or I'd need some ice cream. I was

always like you know, hey, some comfort food.

Now you say, yeah, you need to calm down. So this is really an interesting comprehensive formula because it combines different mechanisms of action. So we're looking to get a calm day.

What we are trying to do is calm the adrenals a little bit with B5 and B6. Those are key B vitamins that are often depleted. And when those are well, we're going to be more prone to the effects of stress.

You know, We also added a patented research trademark form of L-theanine called Sun-Theanin. The Sun Theaninin has a tremendous amount of research on anxiety.

mood, you know, the overworked mind, ADD, ADHD type of things. And a lot of my clients years ago taught me about Sun's theanine. They would take it like an hour before they do a presentation if they're a little ramped up.

Sleep Challenges and Recovery

You know, so you can take this anytime during the day and some people even take it at night. It also has gab in it, taurine and glycine. So it's a nice comprehensive formula.

it takes the edge off without making me tired or drowsy. How about yourself? Yeah. I mean, I think I always describe it as a body calm, right? Cause it doesn't mess with your mind or your ability to think.

And I remember I was in a doctor's office recently and I were sharing with the gal that runs the front desk in the office a little bit about Com Day and giving her a sample to try.

I said, I'm sure you've got some challenging days and maybe even challenging patients. And she was like, oh yeah. So I gave her bottle of Com day. As I described what it does, a lady who was a patient waiting in lobby said oh my gosh I think I need that.

Can I have one? And so I asked her, I said I will give you a bottle, but please check with your health care provider that it's okay for you to add this to your regimen.

And she was so grateful. So it is amazing. The adrenalin ulcers are ultimately adapted into the adrenal glands. You hear about adrenals more and more.

Some people have an aneurysm floor. They're basically glands that sit on top of the kidneys and they regulate really, you know, sugar, salt, and sex. So they do work on your stress glands, They work on, you know, when people have cravings for sugar or salt, I'm like, your adrenals are burnt out.

If people are wired at night, their adenals and the cortisol is too high. It's also the beginning point of all your sex hormones, the adranals. So you have the adrenal, thyroid, and then the sex hormone.

I like adaptogens because they can, it's like a dimming switch. They can turn it up or turn down a little bit. So very comprehensive herbal based formula.

We use a couple different types of ginseng in here. Uh, we use the ashwagandha, which is one of the most popular herbs these days, um, for cooling down cortisol levels that get ramped up too high.

And, uh, this is a nice formula because you can take it in the morning. You'd also take this at night. Absolutely, that's part of my regimen. I usually do two Adrenamax in the evening, along with my favorite formula, which we'll probably talk about in a little bit, our Mag Complete.

But I take Adrenal Glandular Plus in in morning. And so I would love for you to share with why I might do this one in on the morning? Well, Adrino glandular is what makes your increased adrenal output.

If I look at the adrenal glands, sometimes it's almost like your cell phone, right? You go, go go and sometimes the battery goes down quick and other times it doesn't.

And sometimes when your cell phone is dead, you ever plug your phone in and then you take the plug out and do it again because it's not even lighting up, right?

Yeah. It's like, oh, let me plug it in again. I feel like that cell-phone this week. Yeah, and those times that were burnt out more because there's multiple phases of adrenal burnout, And some of the hormones go up like cortisol and then they come back down and they're slow and like you're burnt out adrenally So the adrenal glands sometimes need an extra boost And that's what the glandular would do.

These are actually from New Zealand. And the glangular is actually the tissue from the organ of an animal. We use glandulars because it's similar to homeopathy.

Like likes like, right? So we're able to take the glandsular in a purified form and it actually feeds our adrenal glandula. So it is going to be a little stronger than the adrenal max.

And I look at the adrenoglandula when I really need to boost the adrenal glands up. So I usually would recommend this earlier in the day, early morning or before lunch, depending on your schedule.

And then if you want to take something at night, that might be Calm Days, Sleep Time, Madcomplete, or Adrenamax. Awesome. All right, so we should talk a little bit about mood.

We talked about how many people rely on antidepressants in this country, and I think I've got a number of relatives that are on them. And I would love to be able to share with them a couple natural ways to maybe enhance their moods.

So the first one- Right to left, we can fast forward a few slides. Superbee? You got it. This is the foundation of any stress, mood and sleep protocol.

When we're talking about mood, there's these chemicals in the brain called neurotransmitters. We've all probably heard of dopamine hit, like you get that pleasure, right?

Or serotonin, so these are plain and pleasure neurotrasmiters in a brain. GABA, epinephrine, norepinephrin. So these all affect your mood. The excitement levels, the pleasure the pain, how happy, How sad you are.

So if we wanted to focus on, if you hear somebody say, oh, I have a chemical imbalance, the doctor put me on an antidepressant. Yeah, they have a chemical imbalance, but rather than going to an anti-depressant SSRI, why don't you start with a B complex like our super B complete?

Why would you do this Christine? Because the building blocks, all the neurotransmitters are your B vitamins. These are water soluble. So we deplete B-vitamins every day.

I take these every morning. probably a good idea to take them later in the day, too, for most people. And these will help rebuild all your neurotransmitters.

They're going to give you the building blocks of neurotrasmiters.

Calm Day and Adrenal Support

So when people are doing alcohol, tobacco, nicotine, sugar, Comfort foods like dairy and ice cream, you know, those are all short term fixes. They don't have any B vitamins in them and they further deplete the B Vitamins.

So try Super B Complete. This is a supplement I guarantee you can feel the difference. I take two every morning with my supplement regimen in the morning.

and then sometimes later in the day depending on my schedule. But the key with a B complex such as Super B Complete is you need the full spectrum of B vitamins.

And if you ever see a formula product on the market that says SuperB 50, it's 50 milligrams of all the B Vitamins. immediately know that that is a bad product.

Why? Because B vitamins compete for absorption and bioavailability. So you need them in the right dosages, in a right ratios together, so that they all fit together and the body absorbs them really well like a protein.

We use active B vitamins. Those are the ones your body can recognize and absorb. For example, B6, we use P5P. That is the preferred source of B 6. Our B12, We used methacobalamin.

We also added vitamin B 15 to this formula. And we're the only company, at least the first company in the world to ever do this. You know what vitamin b 15 is?

It is also known as dimethylglycine or darn mighty good. It's the ultimate methylator. That was the original B15 studied in Eastern Europe. They since have termed it dimethylglycine.

It's maybe an amino acid that acts like a B vitamin, but pangamic acid was an original, B 15. So we have all the B vitamins, the folic acid we haven't the right form.

so it's really important to get a complex such as super B complete and the active form in the right ratios, in a right dosages, and we put it in that veggie cap.

That way you can break down very easily. We don't put in in tablet. So Super B Complete is your foundation for mood, stress and sleep. Let's go back to mood boost.

I was going to say, you taught me something new again, JD. I didn't realize that's why we had the varying forms and why something would be not good if it just says 50 milligrams. That's pretty cool.

Taught me how to read another label. Well, that's my specialty. I enjoy reading the labels, I've been reading them since I was about 10 years old, so it's quite a few years, and there's so much misinformation on labels I'm trying to bring some clarity to it.

So Mood Boost is a great formula exactly what it is for. If you're feeling down, deep, depressed, lonely, whatever those feelings are, Mood Boost is your answer.

We actually did some of the original case studies. So he was using a product and doing well on it, but it wouldn't last long. So we started looking at the research and we found, oh, okay, when you increase the serotonin levels with the 5-HTP, what happens is that the enzyme breaks down, so it doesn't very long, When you add Ginkgo to the formula, it prolongs the effect up to eight to 12 hours.

This is fantastic if you're feeling down. depressed, lonely, and you want to really boost up your mood, mood boost is your answer. Simply take two to four capsules per day.

You can do this any time in divided doses. Wow, that's pretty incredible, you know, and you just kind of glossed over it. But one of the things that I think is really inherent to what makes Nutritional Frontiers different and the best company out there in my opinion for nutraceuticals is because you're not getting a single nutrient, multiple ingredients that have a nice synergistic effect in the one formula.

You just heard Jamie talk about the research. Well, we found out that ginkgo would help make it last longer. That's the kind of stuff that happens all the time.

And that's one of the reasons why you often hear us say what an incredible formulator Jamie really is. But it shows up in formulas and how it improves patients' wellness immediately.

So we got a little CBD action. So talk about our CBD gummies. Well, I love the CBD Gummies for sleep. And you just reminded me I'm out and I haven't bought any in a while.

I think I need to replenish. But CBD, you know, the whole full spectrum hemp extract, it had a huge effect on our industry and our country. Um, and a couple of things happen and that's probably why it's not as popular these days.

Mood Boost and B-Complex Foundations

I just want to let people know why, you know, CBD was doing so well in the market, 2017, 18, And then we become infiltrated with all types of cheap inferior products, right?

A lot of it had, um, You know didn't have the quality, didn' have dosing you needed. And they just put CBD on the label. So people would take it, not get the result.

Um, and then COVID hit and everyone redirected themselves on immune health. Don't give up on CBD. This is great to take the edge off during the day. It comes in a gummy, um, on vacation.

A few years ago, I gave one to my daughter, with one sleep time because she was staying up way too late and everybody's schedule is off. I'm like, all right, nine o'clock, take this.

She'll be sleeping by 10. I love this if you had a long week and you don't have to get up in the morning, like on a Saturday or Sunday. So I may take a couple at night.

You can also take it if just want to relax and really take the edge off. It works on the endocannabinoid system. and you have receptors for that throughout the body, so some people feel a sense of relaxation, some feel decreased muscle pain or aches all over, and some a little bit of euphoria, like, hey, I feel really good, this makes me feel great.

I like taking it for a while, even on the weekend, if I want to take a nap. I would take a couple in the afternoon and that would really get me into a deep REM sleep for a few hours.

But it doesn't always make you sleep. If you want to lay down and take it, it's fine. It also really enhances the mood. Well, what's really interesting to me is you mentioned Dr.

Lisa Kellerman as we were talking about the optimal sleep conditions. And I remember her sharing when she was talking sleep and stress, that one of the things she does, if she has her CBD gummies in her car, because she gets very stressed out if he's got to be in traffic, and that she'll take one to get her to calm down when he is in the traffic.

I'm like, CBD? Oh my goodness. So as Jamie said, it may just take the edge off and make you relax. You really need to try it. So now we're going to talk specifically about sleep.

So CBD kind of leads us right into our super formula, sleep time. We're gonna talk about Mag Glycinate, Mag Complete, and our Relax Formula. Let's talk- Let talk sleep in general.

Okay. You should spend about a third of your day, eight hours a day sleeping. And you know, the first thing I do is make sure you have a great bed to sleep on.

Most people spend what, 20, 30, 40,000 plus on their car, but they'll go buy the cheapest mattress. The pillows in some of these hotels, even in nice hotels are terrible.

So the quality of your sheets, the temperature in your room, you know the amount of noise, how dark it is in there. Create the environment. You're spending a third of you day in bed sleeping, or hopefully about a 3rd.

That's number one. Number two, there's some really key formulation you can use. I take sleep time with me on the road. I'd take it almost every night, five, six days a week.

This is a sister formula of the Calm Day. So it has the B vitamins, has a sunthene, and has taurine, you know, as the nutrients like we need GABA in there.

And then the difference on this one versus the calm day is that we added in the HTP and melatonin. So this will give you the ability to not only fall asleep, but also to maintain the quality of sleep.

So it's very comprehensive in nature. Some people do one to two caps a day. I use usually three to four caps. some people use up to five if they really need it.

But when you're starting out on this, we want to get the best result possible on the smallest dose. So I recommend start with one cap. If that doesn't work, go up to two the next night.

That doesn' work. Go to three. You won't usually need more than three capsules. Awesome. Well, maglycinate, one of our top formulas. Mag complete, Maglycinate.

So magnesium is… One of our top three nutritional deficiencies is usually ranked number one. So of all the minerals, vitamins, antioxidants that we take, phytonutrients, magnesium is the number-one nutritional deficiency.

Why is that, Christine? Well, I think it doesn't get depleted and used in just about every function in the body. Yeah, there's over 300 biochemical processes that need it.

We used to originally think brain and bones, right? But we also know it's a natural muscle relaxer.

CBD Gummies and Relaxation

So hypertension, you know, arrhythmias. Cardiovascular health, diabetics, mood, sleep, muscle spasms, cramps, PMS, hormone imbalance. There's so many different things that require magnesium.

And then you compound that with the whole issue that People don't eat real foods. They eat too much product that has no magnesium in it. And if you're eating real whole foods, the soil has been so depleted, you know, things like collard greens, they're over 80% depleting of magnesium from 50 years ago.

So it's a perfect storm. We are using up magnesium more rapidly than we can take it in. I love Magglycinate at night before bed. I didn't know that. I take my four MAG complete along with my two Adrenamax, and I'm set.

Yeah, I learned that from Dr. Tom Burnett, a functional medicine medical doctor at Pittsburgh, PA. And I was going there with him, seeing him with daughter who had a concussion at the time.

He's a conjunction expert, but also does a lot of hormones. Magnesium is the number one formula by Nutritional Frontiers. He says, six to eight. I said, did she do?

He said yes. All right, I'm bumping mine up. So restless legs, cramps, spasmodic muscles, inability to calm down, and inability sleep. You need to take the magnesium, combine it as a one-two punch with Adrenomax like Christine does, or with the sleep time like I do.

The difference on our glycinate is we use a bisglycine. BIS like bicycle, two glycines, one magnesium molecule. So what that does is it makes it to be absorbed like a protein in the body, not a mineral, because minerals are not highly bioavailable.

A lot of companies will use MagGlycinate, we use the MagBisGlucinate. More bio-available, more stable, and able to cross the blood-brain barrier. Anywhere between two up to eight capsules a day on this.

Awesome. Well, this is a fun formula. I love the Relax formula, so typically if I'm struggling with sleep, it's usually because I've got muscle soreness or fatigue.

So Relax is my go-to. Why do you think the combination of ingredients in this formula JD, really helps with all of the muscle strain and stress? We're taking calcium and magnesium in the right ratio to put those together.

Calcium helps muscles contract, magnesium helps the muscles relax. So you put in that combination with the malic acid. Malic Acid actually inhibits lactic acid buildup.

If you've got sore muscles like you from playing all the tennis, doing your Pilates, doing all your walking and your workouts.

Sleep Formulas and Magnesium

Well, that lactic acid buildup will create soreness. So malic acid, magnesium, and calcium will actually inhibit that Lactic Acid build up and help your body break it down.

If you suffer from those, those nutrients right away can help you out. Then we put some really cool herbs in there like lemon balm and chamomile. These are all passion.

These are all herbs that we've used or essential oils that were used to really calm us down, give us a nice state of relaxation. And you can tell when you take the relax, you kind of just start to relax.

Calm down and you slowly get drowsy over, of course, about 30 to 60 minutes. You can combine this with the Maglicinate, with a calm day, what's the sleep time and create a little bundle.

I do take this not every day. But I did take it a couple of times a week. Yeah, I was going to say the passion flower extract is something I didn't notice in there.

That's a gorgeous flower, but the valerian root powder also, right? So that's another real calming effect. You know, isn't that where Valium originally originated from, the Valerians root?

Well, no wonder this little guy works so well. And you guys may or may not know Valum was actually used as the original medication to help people go under on the surgery, right?

Oh my goodness. So they would actually use that to put people out. I like it in a combination formula more than just by itself, but you get that synergistic blend of all the ingredients together.

And I think that's why people really enjoy it so much. Awesome. Well, I know everybody wants your actual recipe for your Super C or SEA, depending. My vitamin C.

So I got it right here. I just made one up a little while ago, if you can see it, but this is our nutritional frontiers, blend the bottle. Put 16 ounces of water in there.

So it gives me five types of collagen, probiotics and enzymes. And one scoop of super creatine. And it is delicious. You did make it for me once. And I was like, this is really good.

I kind of like it. So if you have any challenges with stress or mood or sleep, you would be a normal person and you probably need to check out our stress, mood and sleep solutions, which is a part of our quarterly focus.

So JD, until next time here on The Holistic Truth, if You heard something that you liked and that You think someone else needs to hear, Please feel free to comment, like and share this episode so we can continue to make the world healthy together.

Yeah, and let's enjoy this Q4 this year.

Holiday Stress Tips and Closing

You know, we want to manage your stress during the holidays. And I know sugar season starts on Halloween and ends on Super Bowl. Don't use every day to lose track of your program.

If you want to have a little treat here and there on different days of the year for the holidays, great. But the holiday is on three months. So be very cautious of that.

Give yourself a treat now and then, but really make sure you're getting your stress, mood, and sleep formulas in. That'll help it make a much more relaxed holiday season and help take some of pressure off everyone.

I think we get a bit tense around the There's a lot of pressure on people, and we're trying to alleviate that. So take advantage of these formulations throughout Q4 of 2026. Thanks so much, Christine.

Thank you to our incredible team. Congratulations on having a record Q3. I'm so proud of everybody. And thanks to all of our clients, customers. out there that have been supporting us for 18 years straight.

Without you, we cannot make the world healthy. So, I want to say thank you. We're very grateful for you and God bless everybody. Thanks for tuning in to the Holistic Truth Podcast.

If this episode spoke to you please follow the show and share it with someone ready to take charge of their well-being. And if you can, leave us a review.

It helps others find our podcast. For more tools and practitioner support, visit NutritionalFrontiers.com.