Introduction and Danielau2019s Healing Journey

Welcome back to the mitochondria conversation. I'm your host, Laura Frontera. And in this talk today I'm going to be covering physical energy. Invisible energy and how to get more of it.

And I'm joined by Daniela Gyorgy. She's my lead coach and right hand at bio radiant health. Hi, Daniela. Welcome. Hi, Laura. So good to be here. Yes, we're going to have you help me facilitate this talk today.

You're a mindset empowerment health coach. You're also a Pilates instructor and a muscle activation technique certified. And at age 41. This is so profound.

You were diagnosed with breast cancer, and that interrupted the breastfeeding of your one year old baby boy. And you are so critical to this conversation because if anyone understands the power of cellular healing and why I'm doing this summit and why I stand for restoring mitochondrial function and gut health, Daniela, it's you.

So welcome and thank you for being here today to help me out. As we talk about this important topic. Thank you. Yeah, I, I would say that, you know, one could say it's an unfortunate journey, but it really created my Y.

It really created my purpose in life. And having met you is just proof of that. You know, I, I, I do know what that's like. I do know how imperative that is.

And, you know, I had the pleasure of meeting you and you were savvy enough to say, hey, I think I think this is what's going on with you. I think your, your gut health needs support to help you in all these ways, not just the cancer, but some of the things that you are going through.

And at the time I was going through some mental depression, anxiety, etc. and I trusted you because you're that kind of person. You have that level of integrity.

And we went through the process and it was a life changer. You know, I recognized who I was again in the mirror. I had my energy back, I slept better.

My boys got their mom back. I can't even tell you how priceless that was for me. So I do now. And, I see working with you and I'm working with these clients is an opportunity to pay it forward and, so to speak, create lemonade out of lemons.

Thank you, Daniela, for unpacking that. Now for our viewers. Daniela mentioned that we started with Gut Health to support her, and that was foundational to restoring her mitochondrial health.

So if you didn't already watch the talk that I did on the foundation to building energy and healing your body for good, the gut microbiome, mitochondria connection.

Make sure you watch that, because we talk a lot about Danielle is journey as I teach and share why that's so critical. And today we're going to talk about energy.

So this is one of my most favorite things to talk about. Physical energy invisible energy how to get more of it. And I know Daniela, your energy's up since we've been working together and since I've supported you.

Yes, yes, it's true. It really is. And I'm so thankful. But share with me, Laura. So it's been about 20 years, and, that you've had this journey of your own, and you started it as being a nurse practitioner.

And I would say one of your greatest gifts is breaking down complicated, boring science for many of us into really

easily understood concepts and analogies.

That is definitely one of your stronger suits you. Because of it, you've become this trusted source for people who want to build back their health, and they want to build their bodies back so that they can keep up with just their every day ambition, no matter what that ambition is.

You, I would say, would have become a go to source for people who want to restore their gut.

What Mitochondria Do and Why Energy Matters

They want to restore their energy, and they want to restore their brain health. And one of the reasons your clients stay with you for so long is because you are able to help them connect all the dots between all the body's various operating systems, between their lifestyle, their choices, their symptoms.

And it's so much easier once this is understood to heal and restore your body. And this process just becomes much more simplified. So with that said, help our viewers understand in simple terms what it is that needs to happen inside your body for your mitochondria to thrive and do their job properly.

Yeah. Thank you. Daniela and I want to bring us all back to high school biology for a second. So do you remember high school biology? A little little, so, yeah, kind of. Me too.

Even though I work in health and wellness. You know, high school is one of those things is kind of a blur. But I remember biology class being interesting and fun when we were dissecting things when we were in lab and we were, you know, using, you know, scalpels and Bunsen burners and whatever we were doing that was fun.

But as soon as and I still remember it to this day, I remember when my brain just went, oh, I cannot process this. It was learning the Krebs cycle. And that is the mitochondria ATP energy producing cycle.

And so as soon as we had to learn the Krebs cycle, it got really boring. It got to be a whole bunch of rote memory. And I promise all of you viewers, you learned about the Krebs cycle, too.

If you took biology or a life science class, this was part of your curriculum, and it probably went in one ear and out the other, and it was probably that really hard thing you had to study.

And the test was really hard. So that is what I like to make easy. We're not going to talk about that level of science on this talk. If you're into that.

There are a few super Uber smart scientists on this summit who can talk on that level for you. But my main goal is to make it easy. So first off, let's talk about your mitochondria as a job.

And they actually have several functions. But the most widely and researched and understood function is their purpose of making most of your body's energy.

And that's what you were learning in biology class all those years ago. So, you know, like I said, there's lots of talks on this summit covering all the functions of mitochondria.

And you can listen in and learn of all the things mitochondria do. There are so many. But for this talk today, I'm mostly going to be focusing on that energy production.

So you can think of mitochondria like your life force because they're responsible for 90% of your body's energy production, 90%. Those little bacteria living inside of our cells called mitochondria.

You maybe have heard of them called as the powerhouse of your cells or like little batteries. And that's why because they make 90% of the energy. Now, I kind of like to think of it as them creating an endless cycle and supply of energy, because when they stop, life ceases.

So you actually have this endless supply of energy. As long as you are living, breathing, thinking human, you have an endless supply. When that stops, you're no longer viable.

So it's like the energy, just the battery is no longer chargeable. It's like the end cycle of a battery. Right? And what do you do with it? When the battery can't be recycled anymore, you throw it in the landfill, sadly.

But yeah. So so there's two types of energy. And this is a Lora ism. This isn't scientific. You're not going to go, okay. You're not going to go find this in a biology book or a book on mitochondria.

Maybe if I write a book on mitochondria, I will I will put this in there. But I like to think of energy as physical energy and invisible energy. So tell me more.

Yeah. So the physical energy is the energy. You notice this is the energy you feel throughout your day. So you wake up in the morning, you either feel energetic or you don't.

You hit 2:00 in the afternoon and you either have an energy slump or you keep going, or you have the energy to stay up late and finish that last minute project, or you have the energy to keep up with your kids, or the energy to go out on weekends and do fun things with your family.

So that's the physical energy. That's energy we actually can talk about and say, oh, I'm exhausted, right? So that's the opposite. If I was on a do yes, yes or I feel so great, I have lots of energy.

And then there's this invisible energy. So that's the energy that's required for every single thing that's happening in your body that you're not aware of.

So think about you're constantly you're constantly making hormones, building proteins in the body, making neurotransmitters for your brain to work, sending signals through your nervous system.

You're digesting food. Your blood is flowing. Your heart is pumping, your lungs are breathing, your kidneys are and your liver are busy getting rid of of waste and recirculating the, the important things need to stay in your body back into your bloodstream.

There are endless, endless, endless things happening in your body, and that's invisible. You have no idea that it's happening, but it requires energy.

So we go back to that ATP Krebs cycle. In biology class, ATP is a unit of energy made by your mitochondria. So think of ATP like a currency. Like like a dollar.

Like a like that you spend money. So ATP is a currency and it costs you a certain amount of ATP to do every function in your body. So I'm making this up too, because I mean, somewhere there's a chart that tells you how much ATP is required for every cellular function in your body, but for example, to get up and walk across the room.

So if I was to get up from my chair and walk across the room, let's say it costs me ten units of energy and to take a breath might cost me one unit of energy.

And I get I'm totally making that up. Don't quote me on that. There's a chart that for our viewers, I'm making it up, but you get the idea. So a certain amount of ATP is required for gut healing, for restoring your immune support.

You got to spend to do it right. You got to spend to heal your gut. You got to spend energy to for your immune system to work. And any time, let me tell you that you take supplements to help your body.

You need to spend ATP energy to break down those supplements and absorb them inside of your body into your cells. So those supplement capsules need to break down, and that requires energy, and it doesn't get into your cells and help restore you unless your mitochondria are functioning.

So the perfect circumstances inside your body need to happen in order for your mitochondria to make ATP energy so you can spend it each day. And in fact, interestingly, you make approximately your body weight in ATP day after day after day.

So that's an 80. It is. So that is the primary function that you'll have lots of people speaking about on this summit. And now you have an understanding of ATP is like a currency.

And it is. And it gives you energy that you feel that's physical and energy that's invisible, that you don't feel. But you need a lot of it all day long.

In fact, your body weight in it. You know what comes up with me when you say that? What? When I was pregnant, like you, you're, let's say a spouse comes home from daily work, and and the pregnant woman's like, oh, I just made an eyeball today with my mitochondria.

That's right. Makes me think of. That's right. So your reproductive system and building another human inside of you requires ATP energy 100%. Even though. Yeah. No kidding.

It is fascinating. Fascinating I love this. All of it okay. So share with the viewers about some of your of the unique characteristics of mitochondria specifically, what they need in order to thrive.

You know, where we find them in our bodies. Yeah. Go go ahead and share a little bit more about these. Okay. So again, I like to keep this super easy to understand if you want the high level scientific stuff. Those those lectures are here for you.

But but there's a few factors that are really important to mitochondria. So we're going to talk about three things. So first off they're living conditions are important.

So that's the condition going on in your own body your body's environment. They're living conditions their location. So mitochondria we're going to talk about this.

Mitochondria are in every cell in your body excluding red blood cells. So where they're located is important and their function. So we just talked about ATP energy production.

They actually have lots of functions. So different mitochondria are suited to different functions. So keep those three things in mind as we talk living conditions location and function.

So let's talk about living conditions first. And this is where I like to make it fun and easy. And I'll illustrate it with a house plant.

How Mitochondria Thrive: Conditions, Location, and Function

House plants are really popular right now. Everybody's got house plants. I'm looking at house plants in front of me. I've got house plants behind me on the shelf.

And so mitochondria and house plants are actually alike in a few ways. They both need clean water, sunlight and nutrition. So given the right conditions, your house plants will totally thrive.

They'll grow, they'll they'll they'll reproduce, they'll populate. Did you know I've got little air plants in my kitchen window and they will make baby air plants.

I bet most people don't ever see that happen because if you don't like water them every once in a while, they'll just shrivel up and die. You kind of put them there and forget them.

But if you take really good care of your air plants, little tiny baby air plants will grow on the back end of them, and then you pull them off and you can make them get bigger.

So I have like this whole kind of I'm propagating air plants or jets. So mitochondria are the same. They actually reproduce and propagate so to speak.

So given those right conditions, houseplants will grow, mitochondria will grow. And just like house plants, mitochondria are so fragile. They're so easy to kill.

I mean, raise your hand if you've ever killed a houseplant, if you're watching right now and you've ever killed a houseplant. So I'm a thank God Home Depot has a return policy because I can take this back. All right.

Brilliant. Right. They just keep you coming back for more. Okay. So. So they're really fragile. And if you withhold what they need, they'll die or they'll malfunction.

So mitochondria actually malfunction when you withhold what they need. And just like house plants, they can be hard to keep alive if they don't have the right living conditions.

And we know one of the biggest ways to destroy your mitochondria is to have high levels of stress. So stress is considered a toxin. When we think of yes, when we think of the toxic bucket that we can hold in our body, we each have a level of toxins we can hold.

So you dumping the pesticides that herbicides, the heavy metals, the toxins in the dirty air, in the water and you, you throw stress into that toxin bucket as well.

And so the funny thing is, with houseplants, studies actually show if you talk negatively to your houseplants, if you create stress for them, you are more likely to stunt their growth.

And they will not do this. It's true. They're living beings and they do need, you know, to be loved on as well. So it's the same for mitochondria. If you are stressed out all the time and you've got your high cortisol levels ramping, you'll have lower mitochondrial function and you'll even kill them.

So next so that is that's the living conditions. Very important. So next is location. So location location location is everything. And house plants live in a specific spot in your home.

So think about it. You've got plants that are suited for your moist bathroom. You've got plants that do better in your bright kitchen. You've got plants that'll be just fine in a dark bedroom.

In fact, they like it that way. You got plants that are going to do better in your bright lit out sit outside patio where they might get some more of that moisture from the air.

And all of those places in your house are in the larger structure of your home at home. So I want you to think of your home like your body, and I want you to think of each of those locations that I just mentioned, like the organs in your body.

So your organs are like rooms in a house. Yes. So your brain, your liver, your kidney, your heart, all the tissues in your body are located in the larger structure of your body, structure of your body.

So that would be like synonymous to your home. And like the house plants that like certain living conditions, your mitochondria are actually suited to certain areas of your body to.

So your brain cells or your heart cells or your muscle cells or your digestive tract cells all have specific functions, and those mitochondria are suited for those specific areas.

So, for example, a liver might okay, Andrea has specific functions to help you with detox, which is very different than a lung mitochondria, which might have specific functions to support with oxygen perfusion.

So different different different functions for your mitochondria just like or sorry, different locations for your

mitochondria, just like different locations for your house plants.

So the third thing is function. Now I already explained at the beginning of this talk the function of mitochondria creating ATP energy. There's a lot of functions with mitochondria.

So with house plants. And here's one that's similar with houseplants. House plants create life giving oxygen. It's one of the reasons you should have houseplants in your home.

It's one of the reasons the earth should be full of plants, because they create oxygen for us to breathe. But if you didn't already know, this house plants also remove toxins from the air, so you can actually create a clean air in your environment as if you put a air purifier in your home.

You can create that same level of clean air with houseplants. Now, I don't know the exact amount of house plants, but there's certain house plants that are better than others, and you can look it up online.

And the snake plants are really good. The one that's behind me is really good. The snake plants are the ones that are really popular right now. They're kind of tall and kind of, hard kind of, I think probably in the succulent family.

And, and so those are really good at cleaning the air, but you can actually clean your air with this. So mitochondria. Yes. They give life giving ATP energy that's needed at every cellular function in your body.

Plus they assist in the detox pathways to keep your body flushed of toxins. So they remove toxins from the air and they can clean and scrub. They remove toxins from your body like house plants, remove toxins from the air and they can clean and scrub you up.

So really fun facts and kind of an easy way to think of mitochondria. Now there's other things mitochondria like like they want you to exercise and you really don't exercise your plants.

So my analogy stops there. But yeah what else do they do besides increase ATP energy. And yeah, so there's a yeah. Thank you for asking that. There's a lot of talks, on this summit about all the things mitochondria do.

So you'll learn there's something called cellular respiration. Cells have a biochemical process. And this whole cellular respiration process that mitochondria are responsible for in your cells, they are responsible for something called the cell danger response.

So they have this critical role in cell defense and immune system and defending your body against threats. And you can watch talks on that. So we've got some wonderful talks.

Doctor Elisa Song is talking about cell danger response. Ari Witten talks about cell danger response. So definitely find those talks as you're watching this summit.

Other functions calcium homeostasis. Lloyd Barel talks about that in his EMF talk. He talks about calcium homeostasis in the mitochondria. Believe it or not, there's this link between emfs electromagnetic fields and hurting, you know, the calcium homeostasis in your body.

That I know, it's it's fascinating. It, so mitochondria promotes cell growth and multiplication. They are responsible for cell death. So apoptosis and programed cell death.

Which is really actually important. You want to clean out, vacuum up and get rid of the cells that are not needed anymore. You don't want those, you know, malfunctioning cells hanging around, mitochondria generate oxidative radicals or free radicals.

You might have heard these as reactive oxygen, oxygen species. This is a huge topic on this summit. And actually what you'll learn is that, that, that reactive oxygen species though, when they're there for a long time and, and in a lot, a high amount that can be harmful to us, but in small amounts, they actually are helpful to get rid of invaders,

like a virus or a bacteria.

So you're going to learn the balance of that and what's what's enough and what's too much. But mitochondria are responsible for that. They also support our nervous system function.

So neurotransmitter release release of calcium into the cytoplasm. They're important for heat production. So did you know that your mitochondria I help keep you warm through non shivering thermogenesis.

So this is actually not know that. Yeah that 98.6 degrees. That is our sweet spot. So mitochondria are responsible for that. Their organs of metabolism.

So this is important when we are creating energy from breaking down our food. And so that brings us back to the Krebs cycle and other respiratory cycles.

And then they synthesize biomolecules. And so there is just so much that mitochondria do in our body. They're important for reproductive health. I mean, you're going to hear so many amazing talks on this summit about why mitochondria important.

And this is why I created this summit. So when people ask me, Lora, why mitochondria? I mean, you're a gut health person. You're, you know, basic functional medicine.

And it's because if you don't address mitochondria at the cellular level, everything that we do in functional medicine won't work. And it's why in all of my programs and you know this, Daniela, I put mitochondria support into everything we do even.

And it's so funny because this is we're working on people's gut health or we're working on whatever they're coming to me for. They don't even realize that I'm supporting their mitochondria as we go.

It's just like this. I kind of ninja slip it in there. Yeah. And it's and it's helping them get better. And then what happens is at the end of a program with me like, gosh, you know, I've done so many different programs and this one worked different.

There was something different about this. Why and why did this one work this time? And other programs didn't. And it's been ninja mitochondria support.

So it's like it's like coined term now ninja mitochondria. So yeah yeah like actually it's like a plethora I mean I knew some of those things Laura I'll tell you.

But I, I had no idea that it was so involved and I so I feel like the real question is what doesn't it do? Because clearly it almost seems like it does everything aside from walk My Dog.

Well, yeah. And I didn't even mention that. If you're interested in anti-aging and regenerative health, it's critical. So you want to look youthful. I'm almost 50 and and I mean so does not look like it I know.

So anti-aging mitochondria are really important for anti-aging. I mean, I think I could probably do a whole, you know, company just on mitochondrial anti-aging.

I could build a company around that. And yeah, the cosmetic anti-aging world is huge. But know that anything we do in our programs with you, if if we are fixing you at a cellular level with mitochondria, it's just going to show up on the outside, right?

People start looking more youthful and glowing and vibrant. I mean, we see it all the time. Yeah, that's that's been one of the like, you know, there's different aspects of that are programs that have created these changes in our clients.

But one of the funnest ones I love is sitting in your office hours and having everyone say, oh my gosh, my hair is so full. My hairdresser, the, the, the and going on and on and on and everyone's got the thickest hair of their lives.

It's it's insane. It's kind of, it's hard to believe, but it's true. It's right.

Real-Life Energy Improvements and Testing

And to watch that. Right. All right. So, how about you? How about you, Danielle, to share with us? You know, what your experience was with energies as we worked on restoring your gut health, and, and solving, you know, your, you would had a really big shift in mood, and it was like a light switch got clicked on, and it was really debilitating.

So tell us a little bit about that and what you experienced in terms of, you know, energy going up because we ninja supported your mitochondria. Yeah.

I mean, I would say I was having, like you said, a brain, brain fog and depression, anxiety, even anger. And I so hate saying that. But I get to be real.

This is a where a transparent world and and other people are experiencing this. And so we get to all surround ourselves with I'm not alone. Yeah. And, you know, my energy, it was a for me, it was a very, very quick turnaround.

And everyone has different timing. But I shifted and I had more brain clarity. And I really see that brain fog and energy and sleep, they all they're so directly related.

So all those things I used to get up to go to the bathroom in the middle of the night, get up like 3 or 4 times. Now it's 0 or 1 time. I'm more patient. I'm in a better mood.

I have better energy. My brain is is clearer. I things feel less arduous. I mean, a benign task, like washing the dishes. It's like. It used to be. And I was like, okay, I get I get to wash the dishes.

It's not my favorite, but I get to do it. I have more patience with my children, and I can't tell you how important that is for me, because children are children, you know, they're supposed to push their buttons.

They're not supposed to be these perfect human beings, and we get to hold space for that. And if you're tired or if you don't have enough brain brain energy or enough energy to be present to the moment with whomever you're connecting with, the time it really takes away from your quality of life.

And so those are some of the things where it was just hugely, hugely supportive. I mean, I always tell people my resume on paper was the same I had. I lived in the same house, I had the same children, I had the same husband, I had the same work.

But my experience of my life was 100% different. And I was joyful again, I have chills. I love it when you tell this story. I never get tired of hearing it because I had a front seat.

You know, I was honored to have a front seat view of your transformation. And, and, you know, we did something interesting with you, too. We did gut, gut, evaluation.

We also did an organic acids test on you, which tells me so the Krebs cycle, that thing we learned in high school. That's so boring. The Krebs cycle is outlined on an organic acids test, and that's something that we.

It's so funny now, like, if you would have told me back in biology class, Laura, someday you will be an expert in interpreting the Krebs cycle. I would have said, you're crazy.

This is mind boggling. I can't understand this stuff and I can barely pass this test, but, But that's what we did. We looked at your organic acids and that told me what was happening with fatty acid metabolism, glucose metabolism.

And it told us what nutrients your mitochondria needed, what cofactors they needed to make that Krebs cycle work really well. And then so what we did was we supported that that brought your energy level up.

We worked on your gut health. That was your foundational piece that we supported. The next thing we did is we went after toxins. So we want you to have permanent results.

Right. So you so we get you bio elevated, bio optimized. You're doing great. But we want you to have these results for the long haul. So we want you to feel like this when you're 60.

We want you to feel like this when you're 70. When you're 80. Weigh down your life. And so what we do next is we go searching for the toxins and get rid of them.

And getting those out of the way actually helps mitochondria function better. So when you think of let me give you a quick analogy. When you think of toxins in the body, toxins actually block nutrient absorption.

So if you if this is your bloodstream and this is a toxin in the bloodstream and this it's the bloodstream is here and there's nutrients coming along.

Right. So here's the nutrients that you eat from your food that your microbiome broke down. And now it's trying to get into the cells. And then here's a toxin right in the bloodstream.

So bloodstream is moving it through. Boom. Nutrient hits a toxin. It can't get past it. So what do we need to do. We need to put more nutrients in to get up and over the toxin.

So what do we do with you next. So first we gave you more nutrients to get you up over the toxin that had you feeling better. Next thing we do is remove the toxin.

So now when you're eating your food, you're doing great. And guess what we can do at that point we can pull supplements out. So you don't need to take maybe all those extra B vitamins, maybe all that extra CoQ10, maybe all those extra nutrients, because we've we've mobilized the toxin out and toxicity is no longer blocking absorption.

So there's a little lesson. And I think that's a really important thing to address because people enter this and they're like, well, like how sustainable is this?

You know, this investment in in these supplements and whatnot. And so to really translate and share what the bigger picture is and what we're really going after so that they can have this quality of life in this thriving in a, in a sustainable plan moving forward, there is a greater plan of how to get you there.

I think that's a really important piece, because people get scared when they think of programs. And if you think about a program and I think about like that because that indicates a finite amount of time.

But if you think about it as prepping a new lifestyle and with a plan and how to get there realistically and having proven effects, that's a different story.

That's something I could get behind to change my life, to make sure I'm free of disease, to make sure I have a long life and an enjoyable, healthy life.

It's not just the quantity, it's the quality of our life 100%, 100%. And this is why I love having you work side by side with me and our programs. Because I'm the science girl.

I create the protocols, I create the, you know, read the labs and tell people this is what to do. Daniela, you are masterful in helping people with accountability, mindset shifting habits.

Building all those other pieces around their lifestyle and being kind of in the trenches with them and helping them execute. And that's what's so critical.

Yeah, absolutely. Because, you know, some people, if that's easier for in some people, life is real.

The 28-Day Easy Energy Reset Program

Life is hard, you know, and it's it can be a bumpy road along the way. And to feel that support and, I mean, everybody, all our coaches even need coaches.

I mean, come on, accountability is huge. It is, it is. Yeah. It is. So tell us, you have this very cool jam going on this project, this live 28 day journey, and it's coming up, and it's to help our summit viewers become the energetic, focused person they want to be and that they know is inside them.

Right? They just might need a little help tapping into that. So tell us, can you share a little bit more about it and how to get access to this program that you've made?

Yes, yes, this is what I'm so excited about. So after this summit wraps up, you have an opportunity to keep going and doing more with me and with Daniela, and it's going to be super fantastic and fun. And I can't wait. Like, this is where the fun starts, right?

And we actually get to be with people live when we actually get to work with people and support them in their journey and see the transformation there.

So this guided journey includes two live group coaching calls per week with me over 28 days. That means you have six touchpoints with me as you implement the strategies that I teach during the course and during that three weeks together, I'm going to coach you on what steps you can take so you can wake up each day feeling purposeful and energetic.

That's the thing I hear the most from people. I want to wake up feeling like I've got this day and I'm looking forward to it. And you'll, you know, I'll teach you how to have sustained focus when working on important tasks.

I mean, I'm a doer, right? Like I like, I love, I love to do. And so it takes a lot of brain stamina. And that's one of the things that people tell me is my brain stamina isn't what it used to be.

I want a promotion at work, but I'm afraid to ask for it because I don't think my brain can keep up with it. Or I own a business and I want to take it to the next level, but I'm just worried my brain can't keep up so we're going to give you strategies on keeping that sustained focus.

You'll be able to keep up with your family mentally and physically. You'll know what foods to eat and what to avoid in order to maintain maximum energy levels.

And you'll know what products to keep in your home that will contribute to your long term success. And you'll know you know what toxins in your home could be zapping your energy.

So what to get rid of? We'll cover, you know, the role that sleep plays in your cell recovery process, and we'll help you build a personalized plan to get the amount of sleep you need.

That's going to be really critical. I started building that module yesterday, and I'm going to bring in a guest to help with this. It's going to be so fun.

We're going to do a full workshop around sleep. Yeah. You'll have a clear understanding of what supplements will support your energy and how long you should take them.

So this is the thing, right? I'm sure people watching right now, you've got a graveyard of supplements, right? You've got supplements are partially used sitting in your cabinet.

I know what it and yeah. And and the reason they're partially used and sitting in your cabinet is because they didn't

work. So if you live in the United States, the program will also include optional curated supplement protocols to speed up the process for you.

And you'll be feeling you'll be feeling the results right away. And, these are same protocols, Daniella, that I've taken you through some of these foundational supplements that give you a boost right away, like first two weeks out of the gate and you're feeling amazing, right?

First week, first two weeks, you've got a boost up in energy. You got to have wins along the way or or the long recovery is just not, you know, sustainable people give up on that.

So I put together the best products on the market to give you the fast results and simultaneously set the foundation for long term healing, for your inflammation, for your leaky gut, for your chronic symptoms.

And everything we do in this program is with the purpose of permanent results, not temporary hacks. So you can actually go, yeah, you can go to Easy Energy reset.com to learn more and get access to this.

That's easy energy reset.com. I'm the easy girl. Push the easy button. Well you know it's true Daniella. The people who I work with are high performers.

They have complex lives. They run businesses. Perhaps they work in, you know, jobs where they run big projects or manage people or just what they do is very important.

They are raising children, or maybe they're helping their aging parents. I mean, all this stuff is hard. You're you're maximizing your finances. All these things are hard, and your health doesn't have to be.

It gets to be easy. And that's why we have an easy solution for you with easy energy reset. We're all about making it easy. That really speaks to me, Laura, because life is hard enough right now socially and and trying ages and, and people get to still pay attention to their health and to have it be easy and intelligent.

Order, a plan with success. As you know, just an intentional, straightforward plan moving forward. Yeah. It's huge. That's it is it is, it is. And, you know, I, I want all of you viewing this summit.

I want you to find your practitioners. I want you to find your trusted guides. I want you to find the people that resonate. You resonate with the ones that are that are really good at solving the problems that you have.

And there's a lot of people on this summit. I mean, you'll notice as I'm interviewing people, these are my colleagues and my friends. These are people I spend time with.

Many of them. They're people that I see multiple times a year. So these are people that I bet and are trusted. And so find your people that resonate with you and stick with them and learn from them and help them guide you through this process.

Because trying to fix your body and your health on your own can be a really frustrating and tricky thing. Beautiful advice. Yeah, okay, well we're done with this one.

Thank you so much, Daniela, for supporting this station. Yep. And keep tuning in. We'll be back with more helpful conversations on this summit. And be sure you catch all the interviews.

There's so much wealth of information here. Make sure you get access, permanent access to this summit. Get lifetime access to it where you can go back and watch the interviews over and over and over again, and give yourself that gift.

You can share it with your friends, with your family, with your loved ones. This is just such an incredible resource, and it's been such an honor to to support this and produce it.

So thanks, Daniela, for for helping me out today always. Thank you so much, Laura. You take care now. Bye.