The Frequency of Healing: Energy, Mitochondria, and Mindset in Midlife Transcript

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Podcast Introduction and Guest Welcome

It just felt like he wasn't ever talking about something as simple as taking an omega-3 or a vitamin D and getting, you know, nutrition. And it just feels like this was something I was really passionate about.

Even, even while I working in traditional medicine, because my background in exercise physiology and movement, and you just, it felt just like I kind of, like, just you feel like you're just only acting out part of yourself.

I know that story. I wanted to feel whole. My career wasn't just a job I woke up to every morning and went home at night. Carry it with me. You know, I'm not one of those people who can compartmentalize so well.

So I just wanted feel my own sense of wholeness and purpose in my job. That's what led me to functional medicine. Welcome to the Holistic Truth Podcast.

And I'm 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. Hello everyone, and welcome back to your favorite podcast for natural healing and wellness, The Holistic Truth.

I am your host today, Jamie Dorley, I'm the CEO of Nutritional Frontiers with the lovely and talented, my partner in crime, the co-host, our chief growth officer, Christine Genovese.

How are we doing Christine? Jamie, I'm so happy today. I am just thrilled. It's a Monday. I'm ready to start fresh. i'm excited about the week ahead and i am really excited for our guest that's on today Me too and you know it's been a long time coming.

We've worked with this health care professional for quite a few years and we are so glad she made time to join us because we're on a mission and what's our mission?

It is to make the world healthy on every single level, physically, mentally, emotionally, energetically. Yeah, and we're going to do that today because we are going tap into some of the energeics and you know, it's how energy affects not only wellness but healing and also disease and how this whole thing called midlife approaches us.

out of nowhere, right? We're doing good, we're going good. And all of a sudden, boom, it's like a sledgehammer. So first of all, what is midlife? Are we in mid life?

I don't know. I have a sense we are, Jayme. But I'm hoping that our guest will be able to help us with that. Yes. Well, Wendy's been a, um, really a blessing to the community in, uh, Southeast Florida.

She'd been, a natural health care professional. And she'd be working with the team at Nutritional Frontiers for years now. Uh, she's actually been the presenter for us, at some of our VIP dinners and we're so excited to have her on here.

So welcome Wendy Finkelstein. How are we doing today? Awesome. I'm actually really happy. Like Christine said, it's Monday. It's like that fresh start, you know.

You wake up in the morning and you just like come together again and regroup and here we are.

Wendy's Path to Functional Medicine

Yeah. And as we finish off Q1 this year, everyone's ready for springtime. But I know people, you know, the spring, it's like spring cleaning. I that's one of the things you want to talk about.

So before we jump into the topic, can you give everyone a little more of your background and congratulations on your new business venture? I now it is very challenging and exciting at the same time.

Let's hear about your backgrounds. How did you even get into functional medicine and wellness? Well, I feel like the first thing that comes to mind is that movie with Julia Roberts, A Pray Love, right?

Like, it started with me not really understanding what I wanted to do, but the thing first that interested me was theology and spirituality, so I went.

I studied religion as my undergrad and that kind of, you know, I grew up with a family of doctors. My dad was probably the smartest doctor I, or man I know.

He's an internal medicine doctor, he passed away, but just always being interested in weird health mysteries with him as dad. Growing up, and he used to take me on rounds.

But I think at the time when I was starting college, I just didn't think I could do it. It seemed like such a farce reach. I guess I'm a late bloomer in general.

Well, you are in good company, lady. Yes, we are. And I always say that, late bloomers. I really am. I mean, literally, the lessons I've learned in life, people learn, I guess, you know what, it's all in the right time, right?

God's time. Yeah, totally. God is the master. So, then, at the time I thought I was going to be like a spiritual, like, a rabbi, that crossed my mind.

And that I just didn't know. So I was kind of like just enjoying life, being in the flow, Being a little, you know, whimsical, living out west on the west coast, snowboarding, working in film and just exploring different creative opportunities that just would come my way.

And I actually had an injury. I broke my arm snow boarding really, really bad. And I don't know if any of you listening, but you know, injuries and accidents, you really have a way of like stopping you in your tracks and having you just stop and reflect and where am I going?

What am i doing? And i had to move home. I couldn't do anything. My mom had take care of me. It was a journey to health, my own little journey with my broken arm.

had screws. And then that's when I started to kind of re, I guess, re I was like re like reburthing myself, recreating myself. I got into fitness, you know, sort of rehabbing my arm and I found, found exercise differently.

Yeah, was running. Very interested in wellness. Um, that when started my journey, getting my master's in exercise physiology. That's, I became a grad assistant at the lab.

I was doing all the old school, the O2 testing and all of the body fat testing, and working in the gym. And I just didn't want to be a gym, right? I liked the jam, but I didn t want be like, you know, just see that and I got more into science and more in to physiology.

That s when I applied to PA school. I have no disrespect to PAs. I'm obviously a PA. Love my profession. But at the time my dad was living and he's like, what are you doing?

You gotta go to med school. And so there we have the PA school and then I got out of PA School and I went into internal medicine because I loved, you know, just physiology and helping, traditional medicine.

And then through that journey, I worked in dermatology for many years and clinical dermatologist. I bought heads with some doctors. It was just one of those moments where you just see that the gap in how healthcare is treating patients and how they're just not getting better.

You're kind of this like robot and felt like I was scamming myself. It was almost like, if you know better, how could you feed a system that's really broken?

And I just, I felt really compelled to, so I literally took my credit card out and called the A4M and I'm like I need to learn. I needed to be a more proficient root cause practitioner because I wasn't happy.

Wow. So you had the traditional PA training, your dad took you on rounds, so you kind of had that traditional background. And then you're like, but you also had this spirituality side and the theology side.

Anti-Aging Medicine Academy, right? And you figure out, wow, this is my jam. I had no idea you even had a dermatology background. That's kind of cool.

11 years of it. So it happened really one day. It was just one of those moments where I was getting into my own health. You know, I'm a triathlete, done multiple full Ironmans, kind one those things.

out of my 50s that it's just not working for me. I miss it so much, but I just can't. But I was doing my own stuff. just prescribe these hardcore drugs to acne patients and the psoriasis.

And it just felt like he wasn't ever talking about something as simple as taking an omega-3 or a vitamin D and getting nutrition. This was something I was really passionate about.

Even while I working in traditional medicine, because my background in exercise physiology and movement, it felt I kind of Like just, you know, when you feel like you're just you are only acting out part of yourself.

I know that story. Well, I want to feel whole. And I wanted to fell whole, purposeful. My career wasn't just a job I woke up to every morning and went home at night.

Carry it with me. You know? I'm not one of those people who can compartmentalize so well. So I just wanted feel my own sense of wholeness and purpose in my job.

That's what led me to functional medicine. That's awesome. Well, I mean, i resemble that remark too. I remember having a conversation with a coaching client of mine who remarked to me, you know, that I was going to work for him full-time someday and I said, no I'm not.

And he said yeah you are and so he flipped the script and you changed my philosophy and sucked me into this incredible job that i now have with Nutritional Frontiers.

But I He did such a great job of coaching me that, yeah, I'm coaching her. It's a conditional yes. And the conditional, yes, was I need to be all of me.

What that meant was very similar. I had a very strong background in revenue generation and operations and turnaround specialist in a lot of different ways and growth specialist.

But while I've got this great business background, there's this other side of the underlying emotional root cause and challenges within the body.

From Traditional Care to Root-Cause Practice

And I have this gift to be able to help people get that up and out of the bodies so they can heal completely. So if I can be all of me, then I'll do it.

You believe it's almost five years? I can't believe so much five year. When people find their their, their thing, you know, they're not get their golden nugget of who they are, and they just want to share it with the world because that's what we need.

We need everybody to to find that the highest expression of their truth to be able to because we Yeah, absolutely. I agree. And it's interesting when you brought up your background, because I was similar as far as working as an American College of Sports Medicine personal trainer.

When I getting out of that and evolving into the next phase, somebody's like, well, why don't you want to train? I says, I don t want be the 50-year-old trainer, right?

He says I want t be able to do other things and work more with the masses. Back then, 30 years ago, You know, I can have somebody eat well and train, especially if they're like us.

And then, you know four weeks, they'd be ready to go to the beach or, do their thing. I says, and that became four months and now for, a regular person, it may be four years.

And I think it's changed a lot. It used to be just diet and exercise were enough, but you guys were talking earlier about, you know, all the emotional trauma and all of the toxicity people were exposed to.

And, I mean, now it is a whole lot more complex. Even our title at our event this year is evolution of functional medicine, how innovative solutions for the complex patients.

So can you share a little more about that whole emotional connection and how these patients have become so complex, right? It's not quite as simple as it was 20 and 25 years ago.

That's so, you know, and there's still much complexity to that. I mean, look at the world right now with AI and social media. And I feel so much of illness has been, it's become so auto-immunity, which is like what, to me, the energetic epiphany of totally not being with the self, right?

Like anti-self, So I just think it's a combination of how we identify with health, too, as a starting point. And I think the hormone changes, the toxic environment, you know, has become so much more toxic that it really starts to interface with our inner world, like how he even talked to ourselves in a positive way.

Because if our body is inflamed and we don't feel well, it's very easy to get into a low energy state. And it is really hard to create positive feelings and emotions and beliefs when that energy is just not there, the voltage isn't there.

Because, you know, we just are, our bodies are getting too much external influence, right? The environment is turning on so many genes and proteins and changing our physiology and turning on vulnerabilities that as much as I do believe we have control over, we, have to find that balance and the recognition of where do we start.

We're talking a lot about like toxicity and environmental factors and how that shows up and it's affecting the body and not having enough energy. I know one of the things we're focused on at the upcoming professional training event is the impact of mitochondria, right?

and that being the electrical powerhouse in the body. Dr. Lem Branswitz and I are talking about how there's been an evolution in medicine moving from, you know, traditional or modern to chemical, right?

That's really where it was based to now kind of moving in, we've got functional and integrated to know electrical and energetic. So really trying to talk about, how this all comes together.

I love it. This goes all the way back to Albert Einstein, right? The smartest man in the last hundred years, or at least one of them, talking about the future of energy is frequency.

Yeah, the Future of Medicine is Frequency. Smart guy said that. Absolutely. That was quite a few years ago. And a

smart woman named Christine wrote a book about it!

Well, I mean, you mentioned, it's really interesting, right? Because people are like, well, how do you know what causes these things? Right? And you mention a couple conditions earlier, when you were a dermatologist or working in a Dermatologist's office, and you talk about acne.

So let's think about what that means. That's feeling uncomfortable in your own skin. like insecure, like feeling rejected or not good enough or unworthy of love.

And think about that. Like teenagers when they're going through that change, right? That's when acne in particular pops out, of course they are feeling all those things.

Also psoriasis and autoimmune and that's what changed my career. because I was sports medicine all the way. That was my dream from a little kid. And then to get psoriasis and autoimmune in college, you know, and then being taught by my new advisor who was actually a medical doctor about prevention.

The only way you can really change the world is by getting them young in collage rather than waiting for, going to train a doctor that's 40 or 50. So I know you said auto-immune is really not caring about yourself or self-worth.

It's just a disconnect, you know, the ultimate lack of attacking oneself. Yeah. But Jamie, if I talk to you about psoriasis, since you brought it up, it's very similar to acne, which is why I thought it was fascinating that Wendy brought up both of these conditions.

It is also insecurity, irritation, needing to find someone to blame. rather than taking responsibility. It can be suppressing those feelings until they come up in anger or carrying deep disappointment or self-punishment.

And since you're in college and you just talked about this transitional phase, I think this is probably right on. Feeling lost like you don't know where you belong.

Because you were like, this is what I want, but it's not quite there. So I thought that was fascinating that you brought that up. It is fascinating. I've been laying down on the couch and you guys can continue to dissect me, as they would say.

But like Wendy was talking about, we think about what's going on today. There's so many autoimmune conditions, right? That's the body attacking itself.

It's recognizing things in the that don't belong there, foreign invaders. And Wendy, I know your practice in particular helps people that you tend to focus on a lot of midlife shifts and changes.

So what are some of the common things that your treating in office mid-life in particularly that think come up at this time? Well, first of all, I totally agree that medicine is turning, it's like that quantum biology.

How like, how we've really, like we have to connect. We have remember that we are not separate from the earth and the sun and you know, and everything.

Midlife, Hormones, and Emotional Health

And how everything is focused on you feeling disconnected. The more disconnected you feel, the more at risk you are for midlife inflammation, because longevity, to me, access to longevity begins once you realize how connected you are, right?

To the sun, each other, we take care of each. And to the moon, big full moon coming up. No one can deny that crazy things happen when it's a full Moon.

Yeah, beyond parasites, just people go crazy. Just the technology part, right? Just how things just… So what I see a

lot of is I a see lot men and women, but lately it's been more women.

It's just a point where they don't know what's happening to them. They don' feel like themselves. I don understand why, what is happening. You know, I've never used to be like this.

The stories come up, the narratives. who they always thought that they were and now they're not. That's the kind of themes I hear all the time. I could always eat what I wanted.

So I see a lot of obviously hormone decline, weight changes, metabolic, you know, changes and helping people navigate that through, first I have to just meet people where they are, right?

Like not everybody wants a ton of testing and a tone of things. Some people just want to be heard and listened to and validated, and then they have the answers.

They know what they need to do. Sometimes just having a person to get it all out to, they then feel a sense of ownership and responsibility because they now hear themselves actually.

And when someone holds presence with them, it really makes a difference. Because when somebody's observing you, you change. When you observe somebody else, your change, and you connect.

You vibe, like we're vibing. So I treat midlife hormone imbalances. I use a lot of HRT. And I've been loving the peptides. My heart, I try and stay away from labels and titles, although that's what I was really good at with internal medicine and traditional care, get the diagnosis, once we know what it is.

And that kind of sometimes how root cause can feel very like label-y, like the root causes long COVID, the route causes line, and it could be almost. Again, labeling something, we attach.

So I try and keep things in a flow, in movement. This is a phase you're in. You're at this point in your life where these things are off balance, and try to keep people and my patients ahead of positive about things, not getting stuck.

Because you know what happens when you get stuck, energy doesn't move. And the mitochondria hear that. And then inflammation happens. And when inflammation, happens the mitochondria turn inward to repair themselves.

So energy doesn't go outward into the world. It doesn' go towards your highest expression of self, right? And so treating how we talk to ourselves while we're navigating hormones, while were navigating inflammation.

While we might be dealing with some autoimmunity or infections or viruses. I really like that I have that coaching skill aspect, too, because you have to also call out your patients sometimes.

They don't like it, but they have hold themselves responsible to what they're telling themselves. Someone has to remind them, you're more than this. You're a more that this identity that you sub-personality, whatever you want to call it, that feels ill.

You're so much more. We just have to build, you know, so I'm holding that vision for them while we navigate the physical body. That's often challenging because the way the system is set up that people expect to go to a healthcare professional.

Right? They don't get much time. They want to make sure it's insurance reimbursable. Right. Meanwhile, their company's paying a thousand or 2000 a month for the insurance.

And the whole system seems to be completely against how you guys practice. You know, and you know what's the experience like when the person comes in to see you, because now suddenly you're interested in them and your talking to them, you have a conversation.

I think that's one of the things that people often, you know, talk to me about like a friend or family member, like, hey, is it paid for? I'm like no, but how much time does your doctor or nurse give you?

That's just to fill out the information to make sure they're getting paid. How much time are they actually spending with you? They're not, they are looking at the lab work and immediately when they drop their head to write the script, that's almost like an agreement between all parties that the appointment's over and now we're going to leave.

So can you tell us a little more about the experience? Cause it seemed like you're really getting in deep with them and probably some of them may be shocked because they haven't had that attention.

They are, and I always run over, which is like, everyone who knows me, it's like time is, I'm not, energy's my time. I don't know, like I manage my energy, not my times.

Well, that's really good because one of the things that we talk about a lot is that mitochondrial support, right? Yes. And we've got a couple of great formulas, our NAD+, that really helps with mitochondria support.

I actually tried that one. It was good. Yes, and the glutathione that came out. That little combo is a good one, yep. So you tried it out yourself, the N. A. D+.

Yeah. Can you share with us your experience? Yeah, it was, you know, just helps with brain fog, helps obviously with metabolic flexibility. So the more NED that you have, the oxygen you can use more oxygen, right?

Because disease is hypoxia, too, if you think about it. Inflammation is where areas of your body aren't getting oxygen. NAD helps us use oxygen in the mitochondria.

So, you know, it can reduce when we have oxidative stress, right? It's when oxygen is working outside of it, is doing something outside the the Mitochondria, because the only place that oxygen really should be used is in our mitochondrion.

That's how we breathe, that's we respire, cellular respiration. N. A. D. is a really crucial nutrient or It's basically a B vitamin, right, that through pathways turns into NAD, niacinamide, nicotinimide riboside and MN.

So being able to have NED in the mitochondria as we age is definitely a must. I usually prescribe NADA almost exclusively to everybody, just because we're deficient.

We're efficient in it. you know absolutely we actually said that this should be a foundational supplement for everybody to take we did part of our new nutritional frontiers university is um we do trainings for health care professionals so we'll be launching that real soon and me and christine just completed on longevity this morning so i i texted him send me two more bottles of the nad plus Well, the other thing I love for energy is our power fuel.

That's also, I just brought it to, we did an event at Crunch Fitness weekend. I actually went to Crunch fitness over the weekend, and we had a table because one of our patients, you know, was one the trainers there.

And yeah, brought the power-fuel there, love the Power-Fuel. It's such a little hidden meat. We need to get more people to understand the fact. Deribose, L-Carnitine, it's got magnesium.

What doesn't it have in there? And it tastes really good. I really like the way it taste. You added a new flavor now. We have orange and berry now and not.

And we also added an electrolyte blend because people often ask me for electrolytes. So we put it right into PowerFuel. Didn't raise the price. People always ask what is the first thing for stress, right?

What causes stress when you're not hydrating properly? Our nervous system needs osmolites, sodium, potassium, magnesium, calcium. And when you're exercising, you are putting your body in a stress, in fight or flight,

intentionally.

But the nervous needs proper hydration to calibrate itself. So, yeah, we definitely are, you know, when someone's coming in really stressed, what do they complain about?

Mitochondria, NAD+, and Energy Support

I'm thirsty all the time, I am peeing all of the times, and a lot of times the power fuel is a great formulation just to give to somebody, even if it's not a pre-workout, it is just filling in a lots of gaps.

Mitochondrial support, actually that would be a good combo, the Power Fuel with the NAD. There you go. Well, look, you, a crazy half marathoner. I think those definitely.

Half marathon. Who are you talking to? I'm thinking half. Triathlete. That's a marathon, 112 miles on the bike, and I believe a two and a half mile swim.

Yeah, I was thinking, half, if I were going to do something, it's got to be a. half I don't think I could go all the way. Maybe that's what it is. Well, one of the things that you mentioned that was really interesting to me, and you were so kind to talk about my book, Healing Through Soul Intelligence.

But one the of things I did personally when I went through a health challenge that I actually read a study, I believe it's from Harvard Medical School.

It's referenced in our presentation that Dr. Lin and I are going to share at our upcoming professional training event in April. talk to themselves, talk their bodies, okay, and they measured how their health improved simply by doing that because your body, right, your subconscious mind doesn't know if it's an outside person telling you these things or if its you.

And so when you start telling your body, I see my cells vibrating healthy. I know I'm feeling good. And I am in great shape. This is shifting for me. When you are doing that positive self-talk, they can actually measure the cells responding.

is that we're energetic beings. Like our body conducts electricity. That's why we were just talking about energy, right? Mitochondria. But we are energetic things and we forget that because we physical, we corporal, so we feel separate when we not.

And so when everybody and everything is energy, that's when you get those pooling moments in the body to your point where inflammation starts. And that is where the energy is being held in physical body.

So it is so important to think about what am I putting into my body and that includes you. The worst thing we can do is that negative self-talk, right?

You know, let alone the people that we surround ourselves with, and I feel very lucky to be surrounded by these two incredible people because they lift me up like most of our healthcare practitioners out there, if not all of them, because, they're all in this to help make people healthy.

But when you start looking about what do you say to yourself? How do treat yourself to your point? If someone is so depressed, it's gonna be very difficult for them to heal from anything, right?

And so we have to look at the mental and emotional wellness as much as we to have look to the physical. And when I partner with healthcare providers, what we do is we get the stuck energy up and out of the body.

We figure out what's that underlying root trauma. What's the self-limiting belief? What is that pattern that keeps repeating? And then you're able to give the body what it needs to heal completely, right?

Then they can take whatever nutraceuticals are recommended and the bodies has what they need to move forward. So to your point, I bet you get a lot of people coming in mid-life that are just exhausted mentally, emotionally, and even physically.

You've got to start with the energy. Yeah. And also, like you say, the relationship that they have to their inner world, because when you're not feeling well and you are in stress, when your body is inflamed, you feel separate.

You feel disconnected, not just from yourself, and everything is outside of you, right? So we end up comparing more. We end having emotions that don't serve us.

competitive jealousy. Sometimes people shop, people eat more, just because that's their way of being… That's the disconnect. And I love what you said is just becoming aware of how you talk to yourself.

What are you saying to your self? Because there's an addiction there. Ooh, Jamie knows about this one. He's going to jump in on that. Right there's an addiction the body is waiting for that hit of negativity that it's so used to having because even negative feelings Give you something and you know, it the brain is addicted to you.

Know these these negative Things. Yeah, so dopamine right you get a dopamine rush from you Know if your environment could be family or relationship or the way you're raised or your job or whatever it may be like You know There's a buzz in new york, right when you take someone from new York and bring them to the midwest you know, it's very quiet.

They've got a period to adjust, and the same thing can be going on in a relationship or even with yourself or your job or with your friends, family, whatever.

You know Dr. Joseph Spenza talks about this, that you become addicted to the anger, right? You become addictive to animosity or the resentment or fear, or whatever it is.

being upset, being mad. There's an addiction people get to that because that's their normal, right? That's what they're used to. They're they used that feeling.

And then when you take that personality environment, they are like, wait a minute, you're looking for a reason. I did that many times. You're look for reason to get excited or fired up or upset or disappointed or mad because you are so used it and that becomes your normal.

so have you seen that with your patients when they're improving and then they self-sabotage or you're like what are you doing like you were doing so well like christine your book you did you wrote something in yourbook it was it god i'm gonna screw it up something about the aspect misery you you wanted us to what does this statement mean for you and it I can't think of it now.

It's about are you basically, are addicted to the misery and the routine or, you know, really, right? You know it's kind of like the whole idea behind, Jamie loved that quote too.

Self-Talk, Healing, and Patient Transformation

Are you miserable because you don't have the knowns and control? Or the unknown. Yes. Or are miserable, yeah. So it is like I'd rather be miserable Are you miserable or mad or scared of the uncertain or misery of certain, right?

Because, you know, there's a fear of unknown, You know, people have success and suddenly they retreat because it's the fear of the unknown, the uncertainty, where Dr.

Joe Dispenza says, embrace the uncertain. Right? You'll be open to the, you know you're two steps away from the learning of who the new you is. You just have to get into that uncertainty and be okay with it.

Where people retreat right to this certainty. My dad was in New York city police officer. He said, he would arrest the

same people over and over, and he said, especially in the winter, they would rather be in jail because they get the meals, the warm, you know, that they know how certain it is in there.

And then they'd get out and go do their thing. But a lot of people are almost living in a jail of their world because you take them out of there, You know you have a patient that's doing well, their skin's clearing up, They're losing weight, Their mood's better.

And they're feeling so good and then their relationship is not good at home. So they go back home at night after work and maybe a long weekend or a vacation.

They retreat right to that and they come back to see you. You're like, what happened? Right? So the misery of the certainty or the mystery of uncertainty?

It's your choice. Yeah. It's that habit, right? They fall back into the narrative and it could be something small that triggered. But the more you practice, you know, that you can autocorrect, I think, a little bit when you start really like doing the work like Joe Dispenza's work and Christine's working the book.

When you started doing that kind of work, You have more discernment in those moments where you can just kind of be aware of it, but not be so attached to it.

You know, yeah, this is coming up for me again. Yeah, I'm thinking about this a certain way. I don't have control. Don't I have the answers. Just going to sit with that for a while.

And I am going sit it with it and I just going let it ride. Because you know it kind passes and just having that muscle that you work on over and over every time that thought comes in, right?

Because it's hard to change your whole life narrative, if it's been, I'm not worthy, you know? Yeah, and they talk about it as normal, right? And he says, You got to feel it, acknowledge it and let it go, rather than embracing it absorb it.

And, becoming attached to it And it is okay, like, there's ebbs and flows, it it okay to have temporary dissatisfaction or disappointment. But I think when we embrace it in now that one thing leads to everything's wrong, right?

All right. Well, you had to make me go look it up, okay? So this is my book, and I'm like, what page is that? On page 42, the journal prompt is, What surfaces for you when you read this quote?

Some people prefer the certainty of misery over the misery of uncertainty. So Jamie did it perfectly. I'm like, wow, I am so impressed. You had that nailed Jay.

Yeah, flip flop. But I'd rather have the misery of uncertainty because then I know I can, You can influence the outcome. I'm learning from the misery.

If you learn from hardships and the mysteries in life, then you come out on the other end and you're like, gratitude, right? Like, I am so grateful that I had that time, at the time it sucks.

Gosh, it really can suck. I really feel that right now, starting this new clinic and feeling all the worry and the fear and all of the stuff. And I'm in midlife and I am menopausal and i'm navigating and trying to figure it all out and it just feels sometimes like, whoo, right?

Like, but then slowly things emerge from that. It's like a necessary tough. Yeah, growth. The hardest times, the darkest times is when really adversity leads to the best opportunities for growth, and I've been there, not through the menopause, but andropause and starting a business at 39 with a baby and two older kids and relocations and housing markets and partners and finances.

previous company working for being sold. It was quite the undertaking, right? So I'm with you all the way. I know we

were in the office last time we talking about it.

But I found that it took me a long time to learn, but it's hard for me to not be a control freak and always focus on the outcome and the result. Right.

I focused too much on all that, especially with other people. You can't, you got to focus on the process and what can you do and, what, can, and I find most times there's stuff I can do better for me or work or whatever it may be rather than worrying about the outcome.

Right? The outcome's the outcome. You know, we just went through that when we had a review of last year. I says, We experienced a tremendous amount of growth last, year, right?

And that's a lesson to learn, Right? Is there a time when you're going to go through these? You, know the other thing you probably going through right now is called invisible progress.

Right. It's like you trying to saw down this huge tree and you don't see anything happen. And you could barely get it going. The blades popping out, you need to sharpen the blade.

You know, you get some momentum and then you're like, am I getting anywhere? And you keep doing it and doing. But you got to realize this is a mirror of your patience, right?

It's probably what you going through. It is the mirror. What's this teaching you? Teaching you that your patients coming in and are doing the same thing.

This is a complete new experience for them. They don't know what they're doing. Are they making any progress? They see a little bit of progress and then they don' t.

How come other people, it's so easy, right? All these things go through our head. But, you know, I find hard work, the discipline of doing it and in the consistency.

I listened to a podcast this morning with a friend of mine who's a world champion bodybuilder. And he says, He goes, I love the monotony. It's like Groundhog Day.

He says, my routine is still the same now. I'm not even a competitor anymore, a businessman. But I still wake up, drink my glass of water, take my probiotic and he goes through his whole morning.

And he says, and then I do this and he goes, it's the same routine I've had. He says. But he finds that people that are most consistent with their routines.

And, you know, I called it a ritual because it. I have to do it to must do, You know? And then you. build that up over years, just like you did with the triathlons, right?

You might have started with a 5K, you didn't get to those triathlon right away. And you got to take that training you applied to the Triathelons just, like, do to your business and realize you're in that infancy, Just like your patients are.

When they're doing that, it's the same thing. Like, hey, Christine joined the team. It was like… Joe was talking to her about one of our health conditions.

It was like, start here. You know, now we call it the shake a day club, right? That's a great thing to recommend for yourself and your patients.

Where to Find Wendy and Closing Remarks

I mean, I also think, Wendy, a lot of what you've been talking about is heal or heal thyself. You know, the divine

puts certain conditions and circumstances before us so that we go through them so we can help others heal.

And I know that's been my experience. I've known a number of health providers, health care providers that It's the same thing. And so I love that you're so vulnerable about your own journey and that share that with your patients.

I cannot believe how quickly this time went by, but I am absolutely confident this is why you go over time with patients all the time because we just get sucked in and we're having such an in-depth conversation.

So if people want to experience the magic that you bring, all of the science, the wisdom, and the mind, body, soul connection, where can they find you and how can you work with you?

Yes, I absolutely do telemedicine. My clinic is in Delray Beach, Florida. You can find us at www.innerglowstudio.com. On Instagram, my handle is at wendybetrue.

And also at our Instagram at innerglowstudio.fl handle. The number if you're one is 561-265-5. And you can actually text that number as well because we don't miss anybody.

We can text the number, if we feel like getting on the phone and calling, whatever. So yeah, that's how you reach me. I really look forward to meeting all of you and working together.

That's fantastic. Thanks so much, Christine. Thank you, Wendy. This was very helpful for me and each of us and for so many health care professionals and people worldwide.

So thanks so for making time for us. We're praying for your success and if you ever need to reach out to anyone, sometimes they say it's lonely at the top.

You're more than welcome to to us anytime. We'd love to learn more about your business and how we can help you. So thanks, ladies. This was fantastic.

And as we continue to make the world healthy, God bless everybody. And just cause I wanna share this, I want to make sure that if you got value out of this episode, that you please like, comment, and share with someone who needs to hear it, maybe somebody who's going through something really deep that they need to shift.

And, just note that all of the ways to get ahold of Wendy will be listed in the show notes. So, once again, thank you so much for joining us on the Holistic Truth, And until next time.

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 wellbeing.

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