The Future of Health Doesn't Have to Be Complicated: Kim Ressler's Vision for Personalized Wellness Transcript

(Transcripts are generated by AI and may contain errors)

Podcast Introduction and Mission

I think that layering on different things that are simple, easy to access, affordable, and can be used consistently to make these big shifts are really important.

So I really, really… What I want people to see and understand is it starts with you. And if you can start getting really close to you and listening to, you that is ultimately what I hope I inspire you to do.

Welcome to This Might Change Your Life. I'm Kim Ressler. This is where small insights spark big shifts and real change. No noise, no hype, just honest conversations about what actually moves the needle in your health, your mindset, and in you life.

Now let's dive in. Hello, everyone, and welcome back. I'm Kim Ressler, host of This Might Change Your Life, where small insights spark big shifts and real change in health and wellness.

Today, I am sitting with SNP Neutrogenomic COO Corey Caldwell. And this is our sixth and final episode together as we get ready to launch into bringing on a lot of amazing insights from other people making big change the world, simply and easily.

Hey, Corey, how are you today? I'm doing great, Kim. How are you? I am so well. Good. It's really was such an honor to be able to help launch your podcast, which I have no doubt will change people's lives and it's going to do so much good in the world.

And it has been so fun to get to these episodes with you and this being our sixth. And I feel totally ready and confident in handing it off to the next people who will join you.

And honestly, I can't wait to listen in to all those future conversations.

Simple Health Shifts and Personal Habits

You've got so many, so great people lined up. This is really exciting, very exciting because I think that since we all are so unique and we are all have our own challenges and hearing one little thing that might be that little edit or shift that makes that big thing happen for you.

That's the whole goal of this podcast. Yeah. And so today's episode being focused on the future of health, not having to be complicated. I mean, I don't know, maybe it's just me.

Health can seem like it has to complicated, health can see like, it have to stacks upon stacks and this at this time and that at that time. You're saying, no, health doesn't have to be complicated.

No, we've got to go back. We've gotta go just a bit, and we gotta listen to ourselves. we need to take that time, breathe, get our nervous system reset, eat healthy, do small little things.

This is not about perfection. It's about precision. And it's simple, small steps. That's it. At the beginning of the year, I guess it was December, You know what?

I'm not practicing what I preach. I am not. And I had to take a reflection and look at myself and go, okay, it's time to pull out alcohol out of your diet.

Pull it out. and I just wanted, I wanted to see, you know, wanted I needed that moment to, to look that and say, Okay, next shift. Um, and again, It wasn't like, hey, never ever, ever have another glass of wine.

It was, let's do a couple little things, right? And the next thing I think was it's time to get back in the gym. I thank anybody that's listening to this today.

You are number one. You just are. We're all mothers and sisters and we have parents and whatever. you've got to take that time for you. So I said, hey, you're gonna get back to the gym and you gonna start doing something you love to do, which is Pilates.

And that was the second thing. Slowly, I just kept loading in and then I was like, okay, for me, I know, remember, we all know Kim knows her, I understand my genetics pretty well.

And I knew that Dairy and I, you know I love my cheese, but Derry and kind of have this little thing together sometimes. you know, causes some bloating and can cause some joint, in other words, inflammation.

But I said to myself, instead of that cheese, let's pick a protein, whether it be hummus or whatever, something with a little bit of a healthier choice and an apple.

And at first, I was like, oh gosh, I, again, remember I was the girl that had gotten to the point I don't have time for a big meal. I take some tortilla chips, throw a bunch of cheese on them, melt them.

Oh, meal, poof. Believe me, I love Mexican food. Right? I could eat it every day. I just said day in, day out, you've got to shift that just a little bit.

So make that healthier choice. It was slow. And it's not that I'm not going to eat cheese, because remember, I love cheese. But I wanted to remove it as a daily habit.

Because things become habit when we do them over and over. Just like wellness becomes a habit, when you make small little edits and changes over, and, over, and, over. It resulted in a lot of weight loss.

Just those three little things and better sleep. You know, I started wearing that oar ring to track, not to be obsessive, but just to say, oh, you did good.

And then that or ring started saying, Oh, 94 score of sleep last night. I was like, yeah, did it, and so I pay attention. What did I do? Oh I went to bed 15 minutes earlier.

That's easy. Again, it's not perfection. But it is slowly making me aware of little edits and changes that I can be aware to try. So it wasn't like this thing that, I'm going, oh, today wasn' a good day because of XYZ.

It's, okay, let's think, what happened today? And how can you make that better tomorrow? going to bed a few minutes earlier or turning that TV off, you know?

I mean, admittedly, I'd love to get lost in a fun, romantic comedy.

Why the Podcast Title Matters

You know, when it's time to shut it off it is time. So it just little, little things that yield. I do, and I feel better. And I already feel like I've got great energy.

That's pretty obvious and pretty much most people will see that. I just saw little shifts. I mean, we're not getting younger and your body is your temple.

You've got to take care of it. So make a couple of edits and changes that can slowly become those habits. And the result, weight loss, feeling better in those clothes, less bloating, you know, et cetera.

That's what I've been doing. Well, I love that you are walking the walk at the same time that your launching this podcast because you're not saying, oh I've been doing this forever and this is, you know, imma teach you all the things I learned a long time ago.

There's so much that are going to teach that have learned long ago There were also things that even in leading this company and raising four kids and all the stuff that you have shared, I wasn't doing this.

I was missing those simple things and so I'm bringing them back and I am seeing that benefit and i'm going to be sharing some of those things with you too.

So I love that because it's almost like a partnership, like, a walking club with your listeners to kind of be on that path with And honestly, you could have started a podcast with a million and one titles.

So how did you settle on, this might change your life? What led to that title? And what do you really, at the end of the day, want people, what listeners to gain from spending this 15 minutes to an hour with you each episode?

If it's that one takeaway that, oh, gosh, I never thought about that or, Oh my gosh that was simple. I want people to walk away with some hope and I wanted them to develop a trust in their own self.

Because yes, seeing everything I see and being at all these events, some of the most amazing technologies. all the time. And it really has become very hard to impress me with technologies.

It really does. But when I see a technology or something that could support somebody, I want to share that with people.

Future Vision for Health and Personalization

I don't think that nutrigenomics of what we do with SNP is the end all be all. So yes, you're right. It has to be suddenly your house looks like a biohacker's haven, as they would call it.

But I think that layering on different things that are simple, easy to access, affordable, and can be used consistently to make these big shifts are really important.

So I really, really what I want people to see and understand is it starts with you. And if you can start getting really close to you and listening to, you that is ultimately what I hope I inspire you to do.

Well, I think it's happening. I mean, let's touch base in a year or something. We'll have a reunion episode and we will maybe hear from some listeners or, touch based because I don't see how anyone could come into your orbit and not feel inspired to take a look at their own inner knowledge and wisdom.

on whatever level that is. So let's fast forward five years or 10 years, whichever you get to choose. And tell me what things look like as far as this podcast, but tell what it looks like, as the company that you run.

Let's take our vision quite a bit forward. to the good that it's doing in the world. What's going on then? Kori, I think we've talked about this so many times.

I really want to impact generations to come. i do believe in precision, and I believe, in personal health care for the individual. And I do you believe that our genetics in general are that lead in part to understanding so much about an individual, so five years down the road, I hope that we're still inspiring, we are educating, and we've got millions of stories of lives we have touched.

Something so simple as I didn't realize that this could help this or, you know, to really make that shift. And to also make all of these types of things where you can figure out You know, you don't have to get the $3,000 grounding mat.

How can you ground? I mean, whatever it may be, I like the things that the masses can actually do and really implement in their lives. If it moves you, if it works for you.

But finding that. So what does it look like? Wow. I have so many big visions. That's a hard one for me because it is. The visions are so, so big. Truly, the way that science is progressing, I meet so amazing people that are bringing to market some of the craziest innovations.

And then we've got AI. I think we should talk about AI because… Let's talk it. What are you thinking and feeling about all of it? There always has to be a human.

I think that's first and foremost. And I, think AI can definitely catapult us forward, but we need to use AI for good, not AI, for bad. We need, to run the AI.

Yeah, and not let it run us. Does that make sense? It makes a lot of sense, it makes sense. In what ways do you see AI being a part of or integrating in or fueling your vision for your company?

I think one of the gifts I have is to sit and talk with somebody and even though I'm not a doctor, but they can tell me about their life. and they can tell me about the things they deal with.

And I can instantly say, oh, hey, I have this like sixth sense. I see where their markers are going to be in their genetics. They can almost see their strengths and weaknesses of what they're dealing with, right?

But I'm one human. So now if we can take that and use AI, and my big talent is taking genetics and making it layman's terms, like really put it into real life application of I've seen.

It's not because I seen it once or twice, it's because thousands of times, right? And it really holds true. It just does, and it's over and over. Okay, so that's Kim Ressler.

That's not a scientist, but it does it, I've seen it. So now, though, we can take that information And what if we can continue to catapult that, right, with using AI that definitely isn't hallucinating and giving us random information, but to even hone things in even more personalized for the individual and to understand, hey, this is great, But here's one other little thing you may consider.

AI, Genetics, and the Future of Wellness

I mean, you know, because I've gotten pretty good at using my own genetics, a lot of science, all preloaded in, and it really can hone in, hey, this might be one other thing to think about, right?

And I do believe it will continue to help educate individuals, because I think everybody's Google searching for so many things. But if we could hone-in an AI that truly can be individual, and somebody can use it for themselves with their own information, not giving medical advice, but guidance and simple information that they could digest and understand.

Because health and wellness is, I'm sorry, health is complicated and confusing. Is it this? Is that? Where is it stemming from? Why? I mean, that's the mass confusion out there.

That's why everybody's Google searching. And it's not the Instagram influence. I think the theme of this is starting again with you. It's got to be you that everything is surrounded by.

Well, I think you have clearly painted a picture of the future, even though your vision is so vast. I thinking you are describing a future that is deeply personalized, that one that leads to clarity, one is accessible to everyone so that health isn't just for a small percent, health is for everyone.

And simply put, a world where health is simple, achievable, and something that people can have tools to access more education in order to gain the future that they want.

So I think everything you're doing is leading in that direction and it's an exciting time. Yeah, it is, isn't it? It sure is. So, all right, we are rounding out episode six.

We don't need to plant specific seeds, but if you could just say, what does the future hold for This Might Change Your Life podcast? What kinds of topics can people expect to hear about in the feature?

That kind of thing. There are so many amazing innovators, providers doing amazing things. It's all walks of everything. it's from vision to your feet to so, many, amazing, things I'm really excited.

I am excited for what's up and coming and for you to learn about if you started following us. And, you know, we want to hear, is there something you adopted that you heard, that Is there something you implemented in your life because you learned it?

That is what truly inspires me to do what I do. The personal stories, the personal changes. Yeah. All right. It is. Well, I am going to be a devoted listener, and I'm looking forward to all that is to come.

Whatu2019s Next for the Podcast

So Kim, thanks for doing a deep dive with me and letting me be part of this incredible vision. And we'll see you next time on the other side. So if this resonates with you, or if you want to see a previous version, thismightchangeyourlife.com is where you can see from the start, from beginning in the infancy, to all episodes.

They'll be listed there. Please feel free, if these may resonate with somebody that you love, care, share with them, please. And, we will see next. Goodbye.

Thanks for listening to This Might Change Your Life. If this episode resonated with you, please feel free to follow us or share this with someone you know is searching for answers.

For exclusive offers and more information, visit thismightchangeyourlife.com.