Introduction and Jennifer's Background

Welcome back and thanks for being here to this event. It's really been amazing so far today. I'm really looking forward to talking to Jennifer. Ellis shoots.

Uh Jennifer is a friend of health coaching from way back, we've known each other a long time and jennifer is an FDN practitioner and transformational coach that works with driven adult professionals who are struggling with chronic fatigue to district conditions and brain health issues.

She helps them identify and address the core issues, keeping them stuck so they can regain their vitality and get back on track in their life. Of course, that's what health coaching is all about.

She's also a trainer and educator for fellow practitioners. So that's primarily why I had jennifer come on our show here and aside from her private functional health coaching practices that said, jennifer has been working diligently for the past two years on creating this wellness Code Academy and that's really gonna be interesting as we go through and I'm gonna ask her lots of questions about it. The wellness Code Academy offers online courses and programs for both laypeople and fellow health and wellness professionals.

So I want to jump right into it jennifer here and thank you for being on today. Thank you for having me. It's my pleasure to be here. I'm super excited for this interview. Super excited to see where this, you know, health coach summit goes and just ready to dive right in.

I know you've been a big help for for many, many years and I want you to tell us a little bit about your background that would be normal for an event like this and how did your background help you become the teacher and trainer that you are today.

Yeah, so there's two significant parts to my background um and we'll start with the the part that uh I fell deep down into the rabbit hole of chronic illness at the tender age of 26 years old while it was unbeknownst to me that I had fought and deep down into the into the rabbit hole of chronic illness at that age. But I indeed did.

And it was the journey um I it was the start of a journey that um continues to go on to this day as I continue to heal from the ravages. But long story short um I went into my first of many what they called the medical profession called idiopathic anaphylactic episodes where that landed me in the intensive care units um on you know, uh life support sometimes just all well if you're familiar with anaphylactic shock, it's systems down in the body. And um I bounced around Western medicine for probably about six years going from immunologist to allergist to internal medicine to you, name it. I saw um went to Mayo Clinic, went to everywhere and um I never got any answers.

The list of prescription drugs kept growing longer and longer with steroids being at the top of that list and um with each passing year I got worse and worse and um I was probably though considering like super high super sick but super high functioning because this whole time I was building my career as a high school teacher and varsity soccer coach and at risk counselor. But um it's like I had a double life, you know during the day I was this driven career woman and when I was not at work and in the evenings on weekends I was navigating the world of um very severe, life threatening chronic health challenges. And after I realized that Western medicine didn't have much to offer me at about the seven year markets when I kind of turned into the holistic and integrative direction and that's when I was ultimately diagnosed with chronic neurological disseminated Lyme disease, um chronic inflammatory response syndrome, mold illness, I had all these chronic infections, my gut was a mess hormones were a mess and that was my entry into kind of the world of functional medicine as a layperson and you know, I kept trucking and trucking and learning all I could from a layperson perspective. And um I still didn't get you know, lots of I. V. Antibiotics with integrated docks and so forth and many different protocols and I'm not exaggerating over about the course of 12 years, my husband and I spent at least 300,000 out of pocket trying to figure my situation out.

It was very complex and it ultimately led to me having a nervous breakdown um because I was a high school teacher, a spanish teacher um had had girls varsity soccer coach and an at risk counselor while all this was going on.

And I had achieved a masters masters of Science degree in counseling and psychology. So Um it brought me to my knees, you know, I lived this very high stress career, I you know, I worked in a very high stress career while also navigating the world of a very high stress illness. And in 2012 I crashed and burned into a complete utter nervous physical, mental, emotional spiritual and financial breakdown.

That led me, that left me Bedridden for um the better part of a year. And that at that point is when I found F. D. N. I was like, I need to figure this out for myself, I found your program, I found many other, I I just started studying everything that I could about um the human biochemistry, physiology, mind body medicine, the psyche, you name it, I was like, I'm gonna figure this out and slowly but surely, you know, I dug myself out of a very deep hole and I was like, wow, I'm gonna make now I'm gonna turn this into a career.

Creating the Wellness Code Academy

So I'm gonna turn my experience into a career and my background of being a teacher and a coach and a counselor absolutely plays an integral role. Yeah, jennifer, that's that's really uh quite a story and you know, so many of us come to the health coaching field or related field, you know, because of our own personal history and something overcame came, you know, so you you were caught in that cycle of trial and error, spending your last time, so to speak, you know, on anything and everything that might help.

But then you started studying and getting into some of these certification courses, including the FDN course and I don't want to toot my own horn, but I'm glad that that was part at least part of how you became a health coach and helping others. And I know a bit about the history since then, you know, you've done very well in business for yourself as a health coach, but I want to move on if we can, to the program that you have the wellness coach certification.

What was your motivation to create that? Yes, a great question read. So my motivation to create that really um arose out of my desire to bring forth my 20 plus years of knowledge, both as a patient and as a professional in the industry um to provide the aspects that I so desperately needed in my own journey, but never quite found to be honest with you, I worked with many, many different practitioners and I'm not going to say any of them were bad. They all brought great stuff to the table, but none of it brought it together in a way that I needed in order to find my way back to health and wholeness and create sustainable wellness in my life, there were lots of gaps and um the biggest gap was was just the support and guidance I needed. You know, a lot of practitioners, they ran labs and handed me supplement protocols and said okay we'll see in three months.

Well what happens in that three months time is is going to make or break whether that biochemical based healing protocol is even going to work, you know, I wasn't educated on so many things that I needed to be educated on.

Again, no fault of the practitioners, it's just that was sort of the paradigm at the at that time, but the paradigm has shifted and it's all about, I now believe that it's all about working with clients in a way that that helps them to tap into their own self power and become their own best healers and that involves educating them on what is truly required to do that. Yeah, that's fantastic.

You know, once you get Some experience and some education under your belt, you know, you find that you do want to create more more unique programs um certainly we've known for a long time, it's not just about the supplements and uh 20 years ago I gave up that method of just take this for that, that's what people are sick and tired of, they really want transformation and I noticed in your in your handle you that you have that in there, you know, so you're an fdn practitioner and your transformational coach.

So tell us a little bit so and I can see you know you're motivated because you struggled even though you had training with some of the business aspects how to actually work with people one on one, how to make it their program as you said, how to tap into their power. So tell us more about that.

What's unique? What's different about the wellness Code certification program than than any other that's out there And how will it help professionals like who are listening to improve client outcomes?

Yeah, for sure. So um the big thing is is that my program while it definitely emphasizes the importance of you know the biochemical, it takes practitioners so far beyond it. Like I have a coin phrase BB going beyond the biochemical okay. Like yes we've we've figured out that there's you know your your guts riddled with parasites. You've got hormonal imbalances and um you've got some bacterial issues and you've got some mast cell issues going on.

So we've we've identified these things but now and yes we need to clean up the diet and so forth. But let's let's go beyond that and let's take take a deep dive into the trauma that you have experienced in your life that is still lodged in your body and playing out as energetic imbalances that are preventing anything you do from a biochemical standpoint from even working and keeping your nervous system locked into a perpetual state of fight or flight. So I would say my program takes practitioners into deep realms of working with clients on all aspects that I feel are missing gaps within the functional health space. So it goes deep within the realms of, of educating clients about circadian rhythm and everything that they can do to reset their circadian rhythm, reboot their nervous system, explore experiences in their life that are, have become deeply entrenched programs within their subconscious mind body system that are kind of running the show behind the scenes and keeping them, you know, stuck in these in these destructive patterns and looking at habit change and um just really taking clients on a journey to look deep into all aspects of their life that could be creating the terrain for chronic illness to exist.

Well, go ahead, I mean, I, I can understand that. So that was gonna help the health professional improve client outcomes by just getting deeper into that each individual person Um how is it transformative?

Like in terms of uh people work on themselves like this, 100%. That first and foremost, the program is transformative and that it takes the practitioners who are rolled in it through a journey of deep self exploration.

Program Structure and Certification Requirements

Um I have a a curated book of daily neural rewiring right daily, neural writing, neural rewiring writing prompts that I have personally written myself and um that's just one aspect of it, but I go deep into teaching tons of different mind body tools for reprogramming the mind for wellness and personal success.

I teach a lot of mindset hacks on, on cultivating the mind set for healing and personal success and everything. So I asked the practitioners to first implement all of this material and these strategies and these tools in your own life, because we all, you know, we all still deal with stuff, whether it's mental stuff, emotional stuff, physical stuff and in order for a practitioner to truly, you know, get down into the trenches with a client and walk them through the journey of creating sustainable wellness in their life. We have to do it first.

And so yes, it's transformative and that that's part of that's a requirement of the program. They have to do all this, they have to do the writing prompts, they need to implement all the tools they need to reflect on them and so forth before they can implement it with clients.

I understand that, I mean, that's a big part of it in our course. You know, we teach a lot of lab work and then the training has to do the lab work on themselves. I think that should be probably true with just about every course. How does that help your graduates on a professional level.

So, um, aside from the regular curricula in the program, um which just some of the modules are like combing the stress response and rebooting the nervous system um tapping into the subconscious mind and getting answers from the energetic body, these are just a few of the modules I'm um rattling off.

I also offer quite a bit of professional development training in the live integration sessions. Both from the coaching perspective. I teach aspects of motivational interviewing and positive psychology as to better arm them with skills and strategies to actually coach coach clients.

The actual coaching, working with the human psyche, you know, helping clients overcome hurdles of, I can't stick

to this elimination diet, you know, I can't these changes. So there's a lot of there's a lot of hurdles to be um worked with with clients but then also the business development side, you know to build and grow uh a successful health coaching business goes way beyond as you and I both know just studying health coaching and um working on ourselves, it requires organization skills, system skills, um you know a lot of skills that are just super important. So I bring into the integration sessions, you know, I bring in strategies for where and how to get clients, how to organize your business, how to onboard clients, how to um create effective intake forms that you know gives you all the information you need especially in terms of going beyond the biochemical um how to create an And execute a dynamic coaching session because remember I'm a teacher, so I come here with 20 years teaching and curricula design experience. So I am teaching my practitioners how to apply these principles to their work with clients so that they can be super dynamic and you know, really move these clients forward and up regulate their self efficacy, meaning the self efficacy of the client.

So um it's that's fantastic and I hear you on every everything, it seems like you kind of scanned some of your modules, how many modules are there? Could you go into just a little bit more details about one in particular you think is really your your best game, if you will cash fee.

That I don't know if I can give you one in particular is I think they're all my best game. There's 16 of them. Um it's a 16 16 module program um spread out over six months. It is quite rigorous.

Yes, it's it's very in depth, but it starts with module one is cultivating the mind set for healing and personal success. And um I really pride myself on that because I came to understand in my own journey that until we make shifts mentally and energetically, it's very hard to make them physically and I truly believe that chronic health challenges begin in the mental, emotional and energetic realm before they manifest in the physical realm. Um at least that was my experience.

And so we need to start working on that simultaneously while we're hacking the physiology of the body. Right? And so, you know, I go deep into into that and really present my practitioners with some solid skills to bring to the table and tools to use in coaching sessions.

Like I'm giving them tons of tons of tools to use in coaching sessions to really move clients along in that regard. So that's number one. And then we go from there into optimizing sleep and resetting the circadian clock.

And the next module is cell danger response and shifting the body from defense into peace mode, which is also energy producing mode. And that goes deep into the realms of mitochondria. Then we come out of that, we go into calming the stress response and rebooting the autonomic nervous system.

So I teach all about the role of imbalances with the autonomic nervous system and how that factors into creating all this other chaos in the body. Let me ask you this. Uh we're gonna give you, of course our listeners a chance to review it and uh we'll put some links into the show notes and things like that, so they can take a look at that jennifer, but just generally, what's the format is this on a similar to the one I use or how is it on uh is it weekly meetings? Is it that kind of asynchronous thing.

It's both. So it's a it's a common nation of prerecorded videos, pdf companion guides, handout checklists, you name it and that's all um self paced but yet when I say self paced they still have to complete things by certain benchmarks. But um they can listen to the videos at their own time, you know what I mean on their own schedule.

And then yes we also I also have live weekly live integration sessions um for 90 minutes where we actually spend time discussing case studies um talking about the content troubleshooting, live Q. And A.

But then I'm also bringing in lots of other stuff that's not not in the court regular like the business development um how to create awesome intake forms and how to structure coaching sessions and motivational interviewing techniques and positive psychology techniques and many other business building strategies like where to find your clients and how to get them and how to effectively write social media posts, jeez that sounds really complete.

You've really been around the block. I know I've been watching you for for years become a very good and

outstanding practitioner and uh you know you what you've done is find pieces of the puzzle that are missing from other programs out there and uh with your own way of looking at it and what what does it take, What are the requirements of the certification?

So the requirements of the certification are obviously two en engage with and complete the content um in a timely fashion, Some modules we allow one week and some I allow two weeks and then you know sometimes people need a little longer than that so forth.

Um But everything needs to be completed within you know six months. Then there's the weekly live integration sessions where it's expected that people show up and participate and you know ask well thought out questions and offer insightful contributions to the discussions. And um and then there are assessments with each module that um there's three parts to them.

There's a self reflection. They need to self reflect on their own journey with implementing the tools and the and the neural rewiring writing prompts.

Then there's short answer questions around the module material and then there's um typically always like a reel world client scenario where okay this client comes to you, they've got this going on. Um These are their wellness goals and then I asked them to like create maybe a brief wellness plan, some preliminary action steps uh taking into consideration the current module material that we're in. So I really try and make it very applicable to what they're doing in their work.

And then um there will be a final interview where they will be asked a series of um it will take place in a zoom meeting like you and I are doing now where they will be asked a series of short answer questions about the module content and then there will be a mock coaching session, they will have been given the scenario ahead of time like you did in in F. D. N.

Um and then they will need to come prepared and coach me. I will play the role of the mock client and they will play themselves as a practitioner and they need to coach me through the coaching situation based on what I gave them.

Yeah good. You do the role role playing much like we do in the F. D. N. Course. Now who would you say is your current sort of target audience for the certification?

So my current audience I would say are can be both aspiring health coaches. This could serve as a great well rounded uh first program that could springboard somebody into the health coaching um business. And it is also great for seasoned health and wellness pros that are looking to fill in gaps, improve client outcomes and take their wellness businesses to the next level.

Leadership in Health Coaching

And I would also say that another niche that I'm going after a niche however you want to say it is um medical doctors that have been trained in the Western al empathic way that have made their way into the online space and they want to become more progressive with a more holistic approach.

This would be an excellent program for that um population. And I would also say that this program would be great for very highly motivated, well read um driven lay people that are looking to just want to take their own health into their own hands, but they don't necessarily want to do the certification so they can go through the program and just not do the certification and that will be at a cheaper price.

Okay, we'll do that, we'll let you explain some of those details um when people contact you and again we're gonna put everything into the show notes. Um let me ask you a couple more questions, switching here slightly because my purpose in putting together this uh this type of event and bringing together certification courses was really designed to create some leadership in the health coaching world.

You know, I really think that there's some standards and you need to be brought in um besides teaching your

course, what do you feel like you should be doing?

What are you doing? What do you feel like we should be doing uh to provide leadership in the health coaching space. Yeah, so um I'm doing lots of things first off, um I'm creating the entire wellness Code Academy. So I'm uh the wellness Code certification program is the first and flagship program of an entire academy which is um you know, going to provide a massive resource for both lay people and practitioners in all things functional health mind, body medicine, mindset, personal growth, trauma recovery practitioner trainings and so much more so this is a massive lifelong and endeavor and definitely um a passion of mine and um I always tell people you can take the teacher out of the classroom, but you can't take the classroom out of teacher.

I was born. I'm a born teacher. So I, I truly believe that I belong teaching groups of people. So um aside from doing that, which is huge, I also have a podcast um currently called the Empowered to heal podcast. I have a video blog where I post weekly video blogs um on different content and every month I do a different theme like the month, the this month's theme is optimizing immunity with self care in the spirit of Covid 19 that the world is facing right now. Um I have my one on one coaching practice where I continue to work with one on one clients, although on a much lesser scale now because of how busy I am with these other endeavors and I continue to advance my own learning.

Um I'm currently enrolled in the gaps practitioner training program. Um so I'm just really a lifelong learner and most teachers are good learners to um it's a wonderful thing. So let me ask you about that because I mean I really want to sort of dig deep here, but and go, what do you think are the top sort of standard practices that are professional health coach must follow if we could give any leadership advice to people who are aspiring health coaches or health coaches who are still shop around a bit, you know, or maybe they're not as successful as they like.

What were their top standard practices if you have any. Yeah, I do, I absolutely do. First and foremost is you gotta walk the walk, you can't just talk the talk okay. Because um, you know, number one that is absolutely number one man like you need to be, if you're teaching clients about circadian rhythm, then your butt better be in bed at least by 10 and you better be, you know, getting Some natural sunlight those 1st 30 minutes upon waking and you your diet better be clean and you better, you know, you gotta walk the walk, you can't the vibration, people will pick up on the vibration if if you're not walking the walk right.

And um yeah, and you just need to be authentic and genuine and totally transparent after that, I would say, yeah. Um after that I would say being a lifelong learner, which means staying up to date with the latest developments, research and trends within the functional medicine, within functional medicine, science, neuroscience, mind, body medicine, trauma interventions, various coaching modalities such as motivational interviewing and then I would say also realizing the importance and need to go beyond um biochemical support when it comes to health restoration, you know, while investigating and addressing hidden biochemical imbalances is definitely integral and needed. It's just one piece of the puzzle in terms of helping someone create sustainable wellness in body mind and spirit.

Um, so you know, super, super important, I would say those, those is those are those are the most important in my opinion. I think you're right, just on a little bit deeper on on one of those things, what would be the required trait of a health coach to separate him or herself from those that do it more or less as a hobby? What I noticed is a lot of health coaches, they say I'm a health coach, but they don't really have a business, they just kinda help friends, family and maybe a customer to here and there, but I wouldn't consider them professional, so to speak.

Do you have that same feeling? Would you, would you want to say what required traits of a true professional art or um what separates the two? Um I absolutely have a list right here in my mind for you.

So first and foremost is extensive and comprehensive training along with continued professional development, Next um highly developed teaching skills because a health coach is absolutely an edge.

We were not prescribers, we're not prescribing things to clients, you know, we educate them so that they can become their own best healers then. Um also a health coach, a true health coaches, a supporter and a guide and an inspirer.

It's not a savior, truly a truly effective health coach works with clients in a way that enables them to, like I said earlier tap into their own personal power and um develop their own sense of self efficacy so that they learn the skills to get well and stay well and create sustainable wellness and personal success in their lives and that requires a teacher. Okay. Um next I would say uh being a true professional health coach requires strong worth ethic, dedication, perseverance, organizational and system skills and tech savvy because being a health coach is more about just studying, taking a program of study and then dabbling in it as you said, with friends and family. You, you know, building a business is hard work. You need to, you need to be your own boss and you need to have set standards and, you know, get up and do things even though when you don't want to do them.

Um also I would say a willingness to step out of one's comfort zone and put yourself out there in the online space, make videos, you need to get uh, get used to the idea of being uncomfortable and taking criticism.

Okay, Because the only way we build confidence, the only way we build confidence is to get out and do it, fall on our face, pick ourselves up, brush ourselves off and keep going.

That's where confidence comes from. It doesn't come from constantly being praised and staying in the safe zone. So I would say no, I would say having a strong tolerance for ambiguity and and criticism coming from haters because you're gonna find them if you're putting yourself out there, they're gonna find you and then being out of the box thinker, flexible and adaptive because there there's no such thing as a standard approach to health restoration. It's all about bio individuality.

You gotta work with the client in front of you, not the lab test, not a standing, my client's got cibo what's a standard protocol for cibo. There isn't one. That's right. Okay.

So I would say those are the so glad you said that jennifer, you know, I see online all the time to other things like, um, hey, I've got a client with this or that and it's usually a medical diagnosis that they don't know anything about. And what I've tried to emphasize is it, that's a medical diagnosis, that's not what we do.

We help them heal on every cell tissue organ system, the entire organism heels in a non space specific manner. When you, when you coach up function, you you provide good nutrition and you mentioned so important to sleep habits and the right amount of exercise and then finding all the stressors and stressors supplements that can be important too. So we don't care what their medical diagnosis is is we're gonna create a foundational health program that if that's a true diagnosis, well, they'll need less medical attention. And if it's not a true diagnosis, it'll just go away. You know, if you just live, if someone has lived themselves into a problem, they can live themselves out of that problem and that's what health coaching is and it absolutely takes every single thing that you said, you know, and uh, and we're probably leaving something up, but we'll come back to it. We'll circle back another time.

And, but it's something I've been, I'm asking people because I truly want people to have strong deliverables on the recordings. And as a matter of fact, if you make sure that you take the abducting to the listeners, now take advantage of the very special offer to get the recordings now while the event is still happening because once the event is over, you won't be able to get the recordings at all.

So, um, please take advantage of that again. Look down in the show notes, you'll figure it out. And jennifer, it's been a real pleasure. I knew you were gonna be a great interview.

Well, you're a great, you're, you're, you're, you're, you're a great question to ask her. So you're a great host. So thank you for having me. Um, I hope I did my program justice. You know, I'm sure there's lots of after the interview probably, well, listen, if you have, listen, if you have something else, you know, if there's particular goals, you'd like to see people set or something like that.

Um, feel free to hallucinate.

Closing Thoughts and Final Remarks

You know, I want you to feel like you've had are here and that you said what you want to say about your course.

Um, you know, I think, I think there's um for certification courses, practitioners need to set some goals, like you mentioned how important it is to to be a good professional, you have to keep getting training, then you go teach and then you can get some more training, then you go teach. Are there any other goals of your course you'd like to explain to anybody? Yeah. You know, I think my closing comments would be this and this, this goes for both laypeople and practitioners.

Um, and it's a lesson that I learned in my own journey and that, you know, I I was doing well as far as I was concerned at the time, doing everything right to get well, you know, I was seeing the right professionals taking the right supplements, running the right labs, um uh implementing the right diet, but yet I remained very stuck. And it was because um it wasn't until I took a hard, long, hard look at aspects of myself and my life, because there were a lot of things that I was doing that was standing in the way of of the cultivating good health in my life that I just wasn't aware of because I wasn't aware of it, you know what I mean? And so if if if you're stuck, whether you're stuck in your business, whether you're stuck in your marriage, I don't care wherever you're stuck, okay, your health, your business, your marriage, whatever it is, you know, you have to go within and really explore patterns about yourself and your life that are serving to keep you stuck.

Um, because if, if we don't do that, we continue looking outside of us for the answers and depending on things outside of us to fix us and um, it's just not the case and that's my business on that premise and everything.

Well, thanks so much. We've been talking with jennifer, Ellis shoots and jennifer, I want to tell you you did a fantastic job. You're looking great. You know, no one would ever know you had a health problem looking at you and yet you're so forthcoming, you're so willing to put your cards on the table. And I think that's a beautiful thing.

And uh, and I know how hard you've worked to, to get to that point. So thank you for putting that program together, by the way. I know that another thing we didn't talk about this worth mentioning is, um, health coaches, you know, they'll find programs that resonate with them and they'll sort of find their home. You know, that's been very, very true with if the, in course people as soon as they start taking the course they get into one month and they go, this is what I've been waiting for my whole life now.

I don't, but I don't resonate with every person that way. But I'd like to say, most people feel like they found their home and then they want more training. So anyone that's taking my training probably gonna find years next or anyone take your training, they're eventually gonna circle around to mine. That's another thing I think that we need to do as leaders in the health coaching field. Those of us with certification courses is to work together and expand the number of people who are coming into the health coaching field.

Certainly God knows that the world needs it. I mean, guess who's surviving covid 19 the healthy people, you know, the ones who've been on these programs and stuff, the ones who don't have comorbidities.

I don't like that term, but there you go. And so I think we're all doing a good job and you know, you got to share the love. So thank you for all that you're doing.

I really appreciate it. Yeah, I know and thank you for all you've done and continue to do. And I feel that my program and your program are like the perfect combo.

It's like, you know, you teach, you teach the clinical lab stuff how to read the labs, how do you know what I'm saying and how to coach up function and so forth.

And then I come in and kind of plug in, um, you know, everything that you couldn't possibly put into one program. Otherwise it would be like a four year degree, right? There's no one program, you know, I tell people that about lab testing. I say they go, well what lab said around and go, there's no one lab. You know, there's so many different, there's the hormone, the immune system, digestion, detoxification, energy production. The nervous is, there's, you know, blood saliva, urine stool, there's all these ways to look at things.

So you have to be able to, you know, line people up on board people prob properly so that you can just start working a system if it's step by step, I know yours would be um that's the way to do it, you know, so so that you've

got, you're not just throwing something against the wall and seeing what sticks or trying this and trying that um we we bragged that we stop the cycle of trial and error and that means um you have to have a, you can't just try this lab.

Oh ship that didn't work. Try this lab. Oh no, that one didn't work either. And pretty soon you've just in a new cycle. You've gone from trying all these different supplements, trying all these different exercise programs, trying all these different guys then you can start trying labs and and taking more supple. You know, we don't work that way.

You know it's it's really step by step and it does require someone to look inside and I do think there's a lot of compliments there between the program.

So thank you so much again, jennifer and we're gonna respect people's time now and say goodbye. But I'll look forward to the next time we talk and yeah, and thanks for having me. And um, I can't wait to listen to the summit when it comes out. So thanks again.

And uh, you stay healthy, stay safe. Most importantly, stay sane against the craziness. What's going on in the world that it is. Thank you.