Why “Healthy” Grocery Store Foods Are Secretly Hurting You | Jen Smiley | Ep. 127 Transcript

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Introduction to Reading Labels

If a cow or a human is eating bad food, they never get sun, and they don't exercise. What kind of cow, or human, are we gonna have? Sick one, is my cow walking around, getting sunlight, eating good anti-inflammatory food.

If you're eating milk from a fat cow it's gonna make you fat. Now what about the raw milk versus pasteurized milk? Does that make a difference? There's controversy.

Today we have Jen Smiley. All right. Most people trust the front of the package. today's guest teaches you to check the truth on the back. Joining us today is Jen smiley, founder of Wake Up and Read the Labels.

Did you know there's about three bread companies, major bread, companies that own all the bread you see? So you think you're eating all of them, including Sarah Lee or a wheat, all that stuff Newman's own.

They're controlled by like three companies. What's the first step I need to do when I walk into that grocery store? Yeah, I want you to grab that product and read it.

If you're doing regular sugar, try coconut sugar. It won't spike your blood sugar quite as much as regular. You created an app and I wanna get into this app.

People can go to the grocery and they can scan a product, and it will take each individual ingredient, it'll either be red, yellow, or green. And then they click it and see why they should avoid it or why shouldn't.

Are you able to still eat a burger by doing a swap? So, ooh. Welcome to another episode of a Healthy Point of View podcast. I'm your host, Sam Tahata.

And as usual, we're bringing experts from all over the world to talk about health, wellness, beauty, and mindset. Today's guest, We're gonna be talking about something that some of you guys don't wanna talk, but we gonna talk it.

We gonna about read the labels. What does that mean? Well, we have the expert who invented it, who has the app, has a book that teaches you how to live a healthier and better life.

How to reduce inflammation, how stay away from a lot of these toxic chemicals. A lot these things where we think we're eating healthy. Guess what? We're not.

I took the journey myself, tried to go into her Instagram page, and it opened up my eyes. The health and wellness expert who owns a bunch of longevity clinics, I'm changing some of the things on my nutritional plan just because of what I saw.

Today we have Jen Smiley. All right. Jen. That was exciting. I like that. Thank you. Welcome to a healthy point of view podcast. Thank you, I'm so excited to be here.

Hopefully today during this conversation, someone listening can understand why they feel inflamed, why the feel bloated and have an answer. Yes, and I feel like that's a very large percentage of people that are feeling that way.

Yeah, a lot of the people don't even know they're bloating. I actually had someone send me a message like, can you explain what bloat means? And I was like wow, we're that not in tune with our bodies.

Right. It's crazy. Having longevity clinics, you get people who walk in through the door, where it's just like, my traditional medicine doctor has failed me, I've tried this diet, the carnival diet.

I tried the paleo diet and tried all this stuff, but it doesn't work for them. So, but before we get into all of that, I want people to get to know who Jen Smiley truly is and understand your upbringing and what really got you where you're at today.

So I wanna take it way back from when you were a kid. Where did he grow up? How was family? how was all that stuff? Oh my gosh, where I grew up, I grow up outside of New Orleans in a little place called Chalmette.

But I group up around family that went to grandma's house every Sunday she cooked. I only recall really going out to eat maybe every Tuesday, Thursday to Piccadilly.

My mom's name is Jane, we just call it Jane's Kitchen, but I don't recall going out to eat or grabbing food all the time.

Jen Smileyu2019s Health Journey

Right. I do remember Monopoly at McDonald's a long time ago. But I think I was born in the mid 80s. And so going. Out to it was a treat. Whereas I feel today.

going out to eat is people's only option or picking up is the only options. But fast forward a few years, I go to the University of Alabama and I end up marrying my brother's law clerk.

My brother is a lawyer. He had a law clerk. I go to work the first day. We fall in love. Here we are today. And so we got married in our mid 20s and had to baby shortly thereafter.

So I have a 12 and 14 year old boy, two boys. And I've been reading labels now for 10 plus years. So they're growing up around this as well. And they are like, mom, this isn't normal.

You know, not every parent does this. It's okay to have Gatorade and things like that. But where I'm getting to is that in my mid 20s, I am struggling with weight.

I m struggling going work out and I have to take a break because my face is red, i'm inflamed. i need an inhaler. Go and see doctors. They're prescribing me medication for.

heartburn, they're prescribing me all this stuff, right? No one's asking me what I'm eating, no one is asking if I am stressed, and no ones asking any of these questions.

So I like to tell people that if you're going to your doctor, in hindsight, if your going your your just getting prescribed medications and they are not really talking to you about what you are eating what your being exposed to, what's your lifestyle like, that's not a doctor that is a drug dealer.

I agree. Yeah. So I leave and I'm like, wait a second, why am I the girl 25 years old in the back of the workout class? My husband, he's an avid runner and he started reading blogs of how to shorten his time and get faster.

And he's like, Jen, why don't you try to cook gluten-free? Well, we tried to do vegan. We tried all these things for about a year. And while we didn't ever get where we wanted to be, I did finally figure out that food and mood and food in health were related, meaning when I changed up something little, and noticed the difference in my energy, or I noticed a difference my workout.

I started noticing a different in waistline. But it wasn't until I was coming home from a workout class, I was drinking Premier Protein Shake, right? Everybody's always like, Jen, is there a clean pre-made protein shake?

No, there is not on the market. You have to like get your own greens, get you own base, gets your clean protein.

But I'm reading it and while it says, you know, I don't know 32 grams of protein, something like that, when you flip it over, kind of need a magnifying glass to read all this fine print.

Right? Right. All of a sudden, I felt gray clouds come over me. My heart sank. I run home and I start looking at my salad dress and my bread, my coffee creamers.

Like all these same weird ingredients I cannot pronounce are everywhere. So I went on this mission. Wake up and read the labels. And wake up every morning, go to the grocery and just read labels, but didn't stop with me, My dad gets diagnosed with prostate cancer six years ago.

in his mid 50s, and he's like, Jen, I need you to help me get healthy before my robotic surgery at Johns Hopkins to get prostate removed. And I'm like I don't know, everybody always says I eat freak food, right?

This helps me. I got off of my medication. My husband, he says the way he could tell his inflammation went down is he just went belt sizes. So we're feeling good.

I'm like, all right, so I take my dad grocery shopping and I get eight bags of groceries. Here's your biscuits. When you run out, take a picture, go back to the grocery.

Well, do you want to know what happened to him in three months? What's that? Okay. In three month, he lost 35 pounds, got off of blood pressure and cholesterol medication, and his PSA number at LabCorp that he was testing every two weeks actually dropped.

The PSN number was dropping. Wow. What did his doctor say? You don't even talk to your doctor while you're waiting for surgery. He's in a three month waiting period till his surgery date, right?

So they are just checking your PSA to make sure it's not aggressively growing or it is not changing. But my dad's all like, whoa, the cancer is going away.

Should we not do anything? I'm like no, don' worry about that. So once I figured I helped him, my Dad started helping clients. And I realized that food labels aren't the details.

It's actually the entire story. What do you mean by that? Like I thought food labels in all the ingredients that mattered But really after I saw what it did me my dad and then clients that I will talk about during this podcast all The changes no more their autoimmune is put in remission.

Their skin is clearing up No more psoriasis no, more taken injections people that were on depression medication get off women have weight loss women are are losing inflammation.

Women are sleep, I'm mostly worrying with women. These women are sleeping at night. I was like, wait, the food labels is, that's the ticket. That's what's driving all this stuff.

And that knowing how to overcome those labels, is what is gonna get all these people out. So is it safe to say food is thy medicine? Oh, I would believe that that's what, besides the environment and skincare, right, and soaps and all that, that is what you're putting inside of your body every day.

You're ingesting, you are either ingest something working for you or against you. Absolutely. So I'd say yes, food is thy medicine. So when you started working with clients, how did that come about?

Did you start posting something and people just started reaching out like, hey, what is it that you're doing because I'm suffering? Yeah. So how this happened was I had 200 followers.

And when the situation with my dad turned and this came about, I was like, oh my gosh, I have powerful information. What's the avenue? What do I do? I had a friend in Baton Rouge, Louisiana, and she was a lifestyle influencer.

And one day she posts this guy, his name is Mike Lameau, he now helps people with social media, like med spas. Okay. But I hired him and I was teaching a workout class, maybe making $200 a week if I had sold out classes.

My husband's starting a law firm. He's on lines of credit, all this stuff. I called this coach. It's a social media coach, he asked me to get on FaceTime.

And I'm so nervous, I don't want to Face Time someone random, right? And he tells me he can help me do what I love online for $2,500 a month. And I'm like, I go to bed, assigned it.

My husband's like do it, coaches are great, they'll help you, blah, blah, Blah. I went to bad for like three nights and would wake up with almost heart pains.

Like I can't afford this, what am I doing? Kid you not, in two weeks, Mike told me to open my camera, be vulnerable, show people what i'm eating, Show people how I feel, And within two weeks, her name is Carrie Story, 60 years old, walks up to me with a blank check at my workout class right before I started and said, will you take me grocery shopping?

And at that point, word of mouth around the gym in three months, I think I had 60 private clients. I was going to their house, printing out things from FedEx that said eat these oils, eat, these flowers, avoid this and cleaning out their pantry.

And it helped me really understand what people's problems are and how to help them. And all those people that you started working with, like, what are some of the things that he really started seeing change with their health?

Oh, yeah. What did it know? Are you asking what did I see in their pantry or like their transformations? Well, I'm going more on the transformation side now that she said pantries.

I want to hear about that. Yeah, because you see all the same stuff. If America's doing it, it's not good for you. Right? The LaCroix, the Dave's Killer Bread, um, The Oats, all the things.

But, so I'm seeing the same stuff across the board, but what are these women dealing with? They're dealing, with, I would say issues that are gut related.

Okay. So like I said, psoriasis, depression, definitely overweight, inflammation, bloating. Some women have very, very debilitating cycles. They're exhausted.

Everyone's exhausted, that's why everybody needs coffee and energy drinks.

From Personal Struggle to Client Transformations

But so when they would just switch this stuff over, I would say the number one thing people notice first is that they're not as hungry, meaning this whole three meals a day is not really a thing, right?

Their blood sugar is more stable. They have energy through the day. So instead of eating three Meals a Day, maybe they are eating one or two. So they're saving money on food, first of all.

They're getting off of their medications. Like one lady said, hey, I'm taking five medications for her thyroid, has spent tens of thousands of dollars with doctors, change her food.

And all of a sudden in three months, her thyroids shrunk two inches and she got down to two medications, yeah. So, you know, one of the things that I want to talk about is like, we get exposed to so many of these fad diets, right?

We always hear about the paleo diet, the carnivore diet. The Jenny Craig diet I mean, it just goes on and on. You go to the grocery store and all of a sudden you have the lean meals.

I forget the name of them. Lean cuisines. They make it look healthy with the packaging. They use the brown and the green colors with a few little plants on it to make if look like if it's organic and healthy.

But I want you to talk about the difference between going to healthier swaps versus these type of diets that are out there. So have you tried a diet? Oh, yeah, I've tried diets before I tried to eat back in the day.

I did the HCG diet then I went to the Yeah, it was a caloric restricted diet that the ACG did and then i did paleo Yep, and Then I want to keto which I was doing it more to kind of shred up.

You know really helped me out with that it would reduce some inflammation, but you know for me it's just I It wasn't it. You know, plus I didn't want to live my life on these strict terms of these type of diets either.

It's a system, I would say, right? Definitely. Definitely a systems. And I read some stat around 45 people begin a diet every year, 95% of them eventually fail and gain their weight back.

So the problem with diets, a lot of the diets that I have seen women doing they are actually getting their fish instead of learning how to fish. Octavia or bone, Weight Watchers, they're sending them like boxes of human kibble, which if you read these ingredients, it is so alarming.

It's like the longest list ever with all these preservatives and additives, Which is where the problem lies. And what do these people do when they go out to eat, right?

They can't eat with their family. Or what did they do if they want to sit down and eat the family? It is like they aren't because they get these boxes.

So the problem is the diet is a system that creates fear. It creates confusion, it creates restriction. Whereas what I do that I think helps people is ingredients give clarity to people.

And it simplifies it. And so I like to tell people, you don't need to restrict yourself from any food group. You just need a make a swap. When you let people understand what that is, like, hey, don' t need avoid oats.

Instead, eat this, right? You don t have to avoid that bread. Eat this bread." It gives people… It kind of opens up their food menu, I would say. There's a lady, her name is Sage.

She was 50 years old and I started working with her. She's doing Peloton every single day. Not exactly wanting to lose weight, but kind of stalled, right?

And I'm like, Sage, why don't you get into the kitchen and make, you know, make waffles? And she's like, what? I haven't had waffles in 20 years. It's too much carbs.

I'm like no, you can eat waffles with cassava flour and coconut sugar and bacon soda. And okay, so she started doing that. She's making burgers, she doing tacos, and she never heard of paprika at 50 years old.

These people have lost touch with just real ingredients and real food. And so she started doing all these things, eating the food she loves, and she lost 20 pounds in six months by doing the same lifestyle, right?

But now eating real food. So again, diet creates fear. Diet creates a system that's failing. What I do that is different is I focus on ingredients and that can give you clarity.

So let me ask you a question on that with the swabs. Yeah. And this is just a yes or no question. OK. Are you able to still eat a burger by doing a swap?

Yes. You able eat pizza by do a swat? Are able do pancakes? Every day. Right? These are the things that I want people to understand, you know? So people have to, understand it's not about restricting yourself.

These swabs are extremely important. And you, we go through a lot of weight loss programs with a, a of the patients that come into the Covita. We're very data-driven.

So we do the DEXA scan, VO2 max, all the comprehensive blood work, food sensitivity, your name it. And people walk in and they just think that they're going to have to get on the strict diet.

Yeah. But the swaps is where it's at, because you can still eat the pizza, you could still lead the burger, and you still have the pancakes. Obviously, everything in moderation, even if it is healthy and a healthier swap, if you eat tons of it, still going have calories coming in, be a little unhealthy by eating too much.

Give me some examples of some of these healthy swabs, just so the listeners and viewers can understand what you're talking about. OK. So, well, where do we start?

I love to start people tell them, like, what are you commonly eating? What are going to the grocery store? And what do you buy? Start reading those labels first.

For a lot of people, it's bread. Like, I'm a bread lover. When I go to a restaurant and they put, you know, a hot plate of those bread rolls, and I am counting, how many rolls are there?

How many people are around? But the bread, for example, the Bread here in America is it's made way too fast. First of all, it sprayed with pesticides that messes up your gut microbiome.

Okay. And there's a whole host of things that it does. You can read about but. Also, the way wheat is made today is so fast from the time it has literally picked the crop and then it is milled and it's put in a plastic bag that has all these enzymes that we can't digest.

And so that's what makes us bloated as opposed to European bread. When you go to Europe, you don't get bloating because they slow ferment. It takes three days for their bread to rise and so it easier to digest now.

What I'm saying is, yes, you do have to get rid of gluten, okay? But you don't have eliminate bread. There's a bread out there called Pasha. They're my favorite, they're the cleanest on the market.

It's organic and sprouted, which means easier to digest buckwheat, it's high in B vitamins, naturally gluten-free, anti-inflammatory, and the other ingredient is salt.

So we're talking about buck wheat and salt, that is it, in the freezer section. You're only going to find clean breads in freezer, do you know why? These are sprouted because there's no preservatives.

Yes. So you find all. And did you know there is about I think it's three bread companies, major bread, companies that own all the bread you see on the market.

Yeah. So they're putting all these same preservatives. Another one is yogurt. A lot of people are eating yogurt thinking it's got these probiotics. There's a guy, his name is Noah with Coconut Colts.

He has a clean yogurt company and he actually went towards some yogurt production places and found out that They claim they're putting billions of living probiotics, right?

They were living, but then they apply high heat to this stuff. And by the time it gets to us, it's dead probiotic. So what else I want to say is, most people don't realize that dairy is pro-inflammatory.

You have to think about this. What is your cow eating, right? If your car was eating or a human, think of it like this, if a cow or human is eating bad food, they never get sun and they don t exercise, what kind of cow are human are we going to have?

Right. Sick one. Yeah. Right? So you got to know, is my cow walking around? Is my Getting sunlight, is my cow

eating good anti-inflammatory food? They're feeding these cows GMO grains.

Why? Well, GMOs cheaper, but grains fatten the cow up to produce more milk. If you're eating milk from a fat cow, I hate to say it, people don't let me say this, it's gonna make you fat.

Now, what about the raw milk versus pasteurized milk? Does that make a difference? There's controversy, but raw, milk obviously has good enzymes in it.

But then you do have to worry about that bacteria level. What I'm getting to is that you don't have eliminate yogurt.

Why Diets Fail and Swaps Work

Everybody listening, go read your yogurt, yogurt is going to probably have things like potassium sorbate, it's gonna have sucralose. It's going to have all these weird ingredients that you can't actually pick out at the aisles of the grocery, right?

So you wanna make sure if you are gonna do dairy, you want it to be grass-fed, so it anti-inflammatory, grass fed milk and some cultures and maybe some salt.

Or I recommend to people to go dairy free to heal your gut and get coconut yogurt and probiotics and that's it. Okay. All right. So, all right, those are some wonderful swaps.

What about pasta? People love pasta. Pasta's the same situation as the wheat. Most of the Wheat here in America has pesticides. Uh, most of it is made way too fast.

And so what I recommend is there's an almond flour pasta called Capello's. There's also cassava pasta made by Joville. You could also do spaghetti squash pasta or zucchini noodles pasta.

So there are options. Yeah, I got the little zucchini noodle machine. Good for you. Now, you know, a lot of people talk about this chickpea pasta and lentil pasta, yes.

What's your what's you're intake on that? What would the app say? The app would flag it as not good. so chick peas would show up as red. And then you said, what else did you say?

Lentil. Yes, those would show up as red. Now, I would sit here and be like, look, you're right. It is a whole food and it does have what we would call phytonutrients, which is good property of the food.

So here's the deal. Vegetables have, or plants that we eat have phytonutrients and anti-nutrient. Phyto nutrients are the good for you property. The anti nutrients of the bad.

So an example of phytos would be antioxidants in your berries, right? Now let's move on to the anti nutrient. Lentils and chickpeas and beans and wheat, they have lectins in them.

They have Phytic acid. On the pro-cons, they produce more cons when you have a leaky gut. So a lot of people say, Jin, everybody in the blue zone eats beans and they eat lentils and the eat quinoa.

Well, guess what? They don't have leaki gut, right? they are healthy people. They're not dealing with inflammation. So once you get your leaky gut and check and you no longer are inflamed, your body can handle that.

But for most people, they're packing on beans and they are using lentils as, like you said, as their pasta. They're putting a ton on their salad. I'm like, instead, let's focus on other proteins that have more pros instead of cons.

Right, right. So that makes a lot of sense. It's almost like the elimination diet, right? You got to remove it for a while and then slowly introduce it the right way so your body can handle it properly.

Yes. And another thing I tell people is there's a of ways to the mountaintop, meaning health, weight loss. Like you've mentioned, you tried a few diets, I've tried few things.

And so you can, I know a lot of people out there, they sit there and they screenshot, you know, Jen says don't eat chickpeas, but then they read with this doctor, which by the way, i'm not a doctor.

I'm just a mom. They read things that are like eat beans for your protein and eat this. And they'll sit and have analysis paralysis. Who do I listen to?

Who's right? Like, let me keep reading and figure out who's like, no, what you got to do is you have to just start one. Whoever you resonate with best, you will continue to follow most.

So if you just one, it's all in how you feel. It's It won't lie, you know, if this guy tells you to eat beans and you start eating beans. And then the next day you're completely gassy.

You're totally bloated and your waist isn't like shrinking. Then, maybe that's not right. But if you come over here and. All right, I'm not going to do beans, imma get cassava pasta if I want to.

you'll notice a difference. It's all about how your body processes these things and how it breaks it down and can absorb it. One thing that you mentioned that.

Not a doctor, right? I am not a. Doctor either. Yeah. And sometimes I get a little bit of backlash on social media because I'm saying things about being healthy.

And they say, well, you're not a doctor. Or some people ask me, says, Well, what kind of level of education do you have? This is why I graduated the fifth grade.

Yeah. Because being a healthy child should be able to be healthy, right? No one's teaching them this. If I am required to have a Doctorate degree to healthy there's a huge problem here.

Right. So. Yeah, and I tell people show me a place that will certify me in reading ingredients and labels because guess what? It does not exist. Unfortunately, right?

So so I want to put emphasis on one of the things that you were talking about is how to get to that mountaintop. Yeah. Right. I want you to talk about the difference and the importance of being healthy and losing weight.

Because weight loss doesn't necessarily mean you have to be healthy to lose weight, I know a lot of sick people that lose weigh, right? And I also know people who go on certain diets that they're losing weigh and a lof of the times it's not even the appropriate weight that you wanna lose.

When we look at their body composition analysis, they are losing all their muscle weight which that's the worst thing for longevity, it is the worse thing from metabolism.

So, you know, when it comes to losing weight, I personally and professionally believe losing way is a side effect of being healthy. Yes. But being health includes health.

It includes cellular health, those phytonutrients you were talking about that enhance your detox pathways and all of that. So I want you to kind of go a little bit deeper into talking.

About the person who's always thinking, well, i'm going to be healthy for the new year. Yeah. I'm gonna lose weight. That's… Well, tell me what you think about that.

Okay. So, I think people need to listen to their bodies because their body are talking to them, right? When you finally hit this brick wall of maybe you got diagnosed by autoimmune or maybe got diagnosis with cancer, you have to understand that like your body has been whispering to you for a long time and now it's screaming.

If people understand that they when they feel good they look even better when you see things on the outside for example they will see skin issues. They will see hair falling out.

Some people experience dry eyes. They're fatigued all day. Their joints hurt. There's so many people at their joints. Another thing that's alarming, I talked to my friend who's a nurse the other day and she's like, Jen, you don't understand that every single person out there is either constipated or is having diarrhea.

Like, these are all signs that your body is trying to tell you what you're doing is not working. And so, don't focus on the weight loss. Focus on, you know, okay, I'm doing these things, am I still dealing with joint pain?

I am doing things as my bowel movements got better. This is how you kind of fine tune what need to change, what's working and what is working, and then the side effect, yes, will be you'll be at your ideal weight.

I love that, love it. Jen, earlier you were talking about the breads that are in the frozen section. Yeah. So I got to ask you Ezekiel bread. I've been eating Ezequiel Bread for years.

And it seems like it's not the healthiest option. It's greens. So, grains are high in omega-6s and grains can promote inflammation if you're dealing with leaky gut.

So if, just like I said, check in with yourself. Do you have any inflammatory signs throughout your day? Are you happy with your weight? Are your cravings in check?

Do you have energy? And if the answers are, yes, I'm great and I also eat Ezekiel bread, well, then it's working for you. But if you're going to check off one of those and say, oh, need help with this or this isn't the best for me and eat is equal bread every day.

Well, that's it. America's diet is really high in Omega sixes. They're even going into Starbucks and getting like a dairy free almond milk latte full of seed oils, full omega-6s, right?

The Mediterranean diet is high in omega 3s. Us Americans need more omega threes in our body than we do sixes.

Bread, Dairy, and Pasta Alternatives

And the problem is that Ezekiel bread is giving us that dose of omega 6s so I tell people avoid the grains along with your chickpeas and your lentils, all that stuff is going to promote inflammation until you get your gut in check.

So, Pasha is one. Another one's Base Culture. They're really good. Their Almond Flour-based. There's another one, AWG, Air Water Grass. there's Another One, Plantiful Kitchen.

So there are options out there. It's just these guys don't have big money like Oatley, right? You go to the grocery and you see Oateley has six rows across and like four columns or something.

columns. Yeah. So why do you see Oatly everywhere? Why do see only at bus stops? Because Oprah invest in OATLY. There's a lot of money behind this stuff.

Okay. You got to understand that, again, if America's doing it, If you want to feel like America, you wanna feel that bell curve that you at LabCorp that tells you your numbers are normal, then you keep eating that way.

But if you feel different, than you gotta read the labels and understand what these ingredients are doing to you. Right. So what would be the first label reading lesson that you would tell someone who's listening to the podcast is, you know what, I'm ready.

I am ready to take that deep dive. What's the fresh step I need to do when I walk into that grocery store? Yeah. When I talk to people about this, because it's a good starter.

This is where you're going to start. And I say, what do you eat for breakfast? Do you drink coffee? Do put creamer in your coffee, what kind of sweetener you put in coffee.

What are you doing for breakfast? Is it a protein shake? is it toast?is it sausage? Whatever it is, I want you to grab that product and read it. Okay.

So if you're doing regular sugar, try coconut sugar. It's unrefined. it's got a little bit more vitamins in it, it won't spike your blood sugar quite as much as regular As far as protein goes, oh, this is a whole market.

But a lot of people are starting their day off with inflammatory proteins. Another one is whey protein. Whey is that A1 casein. It's got the lactose. it's going to be pro-inflammatory.

So I tell people like when you see your skin breaking out, what is something that helps you? Collagen, right? So if you get a protein, I love one, Paleo Valley's one Nutsola, they are just bone broth protein and that is collagen that helps kind of heal the gut in the healing stage.

So get in a clean protein. Read your baking, read your sausage that you're doing in morning. Make sure there's no additives, there is no preservatives.

If it says potassium sorbate, if it say polysorbate 80, these are all emulsifiers in your creamers, these are nitrates in you meats. These are things that are starting to come out as having links of increased risk of cancer.

And that's scary. That's the one C word that we always try to stay away from, right? And now we're seeing more studies that assuring that these things will contribute to that.

Oh, yeah. So and, you know, at the end of the day, if you're in control of it, then you can make that change and eliminate some of those things. Yeah.

To start with breakfast. So Jen, you created an app and I wanna get into this app because I think it's gonna, instead of people just reading the label, I you create something that's going to make their life a heck of a lot easier throughout the process that we've been talking about the last few minutes, right?

So this App, what really motivated you to actually say, You know what? I gotta get on the tech side. Oh yeah. Okay. So when I first started, I started private coaching clients.

Then I developed groups. Um, then someone sat down with me and was like, you're spending this much time, doing groups, how can you reach more people? Hired this company out of LA.

They were great. Love them. they helped me reach the sky. But I starting doing webinars and I would get 12,000 people to show up to a webinar and teach them what's holding them back, how to read the labels, and here's what you need to get to understand.

So I started selling online courses. The online course was based off of my coaching program. I basically recorded myself coaching people. And then I realized a large percentage of these people are not watching the course.

Why? They don't have time to watch the chorus, right? You can read and watch things and not really take away what your supposed to. So I joined this place called Idea Village in New Orleans.

It's a business incubator and you go pitch your company to venture capitalists, all this stuff, and nobody actually understood what I did after like six months working with them.

I'm like, I just need somebody to help me do an app, please. Like I need to be with people at the grocery store because they're all screenshotting. Is this good?

Is it good. And so I was like okay. I kind of gave up on finding the app until this guy, Jack and Brandon, who are like

angels. I've never actually met them in real life, but they are in their 20s.

They just got married. they have like little babies with their wives. There's super cute and they just dropped in my DMs one day and were like, hey, we're app builders.

Would you be interested in us helping you build an app? I was like, this is sketchy because I've gotten this before. Okay. So I get my husband with me, we zoom with them and they're like real nice guys.

And they tell me all the things they could help me do. I'm like all right, This is what I would like done, but I don't want to, I do that much work to set this up because it's a lot.

They're like, no, AI can help us. So they find 1,000 ingredients and I had to go through for about two months of each ingredient and just keep researching and market as clean or not clean, or kind of clean and then find sources as to why it is not cleaning, why promotes inflammation.

So now, because of Jack and Brandon, they helped me a lot. But people can go to the grocery and they can scan a product and it will take each individual ingredient and only the be red, yellow or green.

And then they click it and see why they should avoid it or why it also shows you clean swaps, which I should bring me to. This is my swap book. that people love to buy.

They got the swap. Yes, they still buy it because people loved the book. Is it on the app also the books? No, this is not. But the App is based off of this.

So I used to only do the Book. but then again, people would have to be like, all right, This is the chicken broth. Let me find it. On the shelf. Whereas now they just need their phone and scan any broth they want and it'll find a second.

Are they scanning the product or the barcode? The bar code. The Barcode. So, okay, this is good because I was really wondering how you put this out together.

In my head, I just was like, did Chen like spend all day and all night at the grocery store and going through everything? I have to do the one-on-one work to get here.

I've traveled regionally, worldwide to go read labels. Wow. the help of these guys that know how to build an app and the health of AI whereas like I can go in like recently bacon bacon and sausages came out and they're saying celery powder in them is a nitrate that converts to nitrates in your body.

And so it's been classified as like class one carcinogen, right? So I'm sitting here going, okay, I thought celery powder this whole time, like all my clients that were eating bacon with celery power, they still got the results they want.

But as you evolve, you want to get cleaner and cleaner. So, just go on, find celery, powder, and now I'll mark it as a carcina. Don't eat that. Oh, yeah.

Because, you know, if I saw celery powder, You would think it's celery. Right. Sneaky. So what is it? What is celery made out of? Celery. But it say it is a chemical reaction inside of your body that it converts to nitrates.

Oh, wow. Then it becomes carcinogenic, whereas a lot of those bacons out there, they already put nitrites in there and nitrides. It's in your beef jerky, it's all your deli meat.

Even sodium phosphate is considered a nitrate. So make sure you're reading your labels or you could just use the Read the Labels app and scan it. It could do it for you.

But a lot of these ingredients are also, they're so fine print that, I mean, women and men after the age of 45, can't

even read it anymore. Right. so it is really helpful to scan and it will tell you clean or not clean instantly.

So do you avoid deli meat? So there is a clean, there are clean swaps. Again, you don't avoid it. Dietzel, D-I-E-T-S-C-L is just turkey and salt. There is, I just did this the other day, turkey in salt, There's some prosciutto's out there.

So you do have to kind of get a little bit more stricter on it. But like I tell people, 80-20 rule or live your life. Right. So if you're not buying these things and bringing them home or making it for your kids every day at lunch, but maybe next Wednesday you are on vacation or you travel and you don't have a choice, that little exposure to the celery powder, it'll be OK.

It's the constant exposure so that you've got to start dialing back. Yeah, you don't want to make it a usual thing where your afternoon snack is going to be that deli meat that has these nitrates in it.

Deli, meat, bacon, beef, jerky. Now, I know a lot of people that are listening and viewing the podcast. I don' know where their minds going. All right.

We're talking about all this delimi, frozen bread, this that I got a sweet tooth. Oh, yeah. Most sweet teeth people know that everything they want is unhealthy.

So let's talk about that sweet. Okay, so my husband, the worst sweet tooth ever. He can go all day, not eat, be perfectly fine. I feed him dinner and then I say that because I cook.

And at night, if I have no sweets in the house, he will take raw honey and just eat it by the tablespoon, like needs it.

The Read the Labels App

So, many clean swaps to desserts. What's your favorite dessert? Ooh, my favorite dessert. Do you like brownies? Do like chocolate chip cookies? Oh, I'll eat them.

Ice cream. I will definitely eat it. What are you into? So I'm not a big sweet person to begin with, but when I do have the sweet tooth, everything you just mentioned, i'll lead it plus more.

Yeah. So. But yeah, let's go with chocolate. You know, chocolate is something that everyone loves eating chocolate I just brought some chocolate here.

Did you see it? OK. Are they over there? What do we got there. Bring those over here. All right, so why don't you, can you see that, those ingredients back there?

Bottom right. Oh man, I know I'm aging. I was born in the 80s as well. Alright, here we go. It's very simple, this list. Organic cocoa, organic dates, Organica cashews, cashew butter, organica cocoa butter and sea salt.

There you go, it's like five ingredients, right? That's it. And it is only sweetened with dates. This is called date chocolate. So, I found them a while ago.

Love them. So most people don't realize, and I was explaining to your guy over here, that people associate chocolate with candy. They think it needs to be the Tootsie Roll flavor, the color, but it's like, no, chocolate actually is from a cacao.

Yeah. Plant or tree. This is real medicinal food. And a lot of it out there, the chocolate, all the Chocolate bars that your kids are getting, The Twix and the Snickers and all that, that is full of refined sugars.

It is Full of emulsifiers. it's full Of like soy lechithin, All these different ingredients that give it this mouth and taste feel. and so we associate chocolate with being fat or not good for us.

Whereas that right there, I've had clients who wore glucose monitors and they'll eat that. And it barely has a bump

in their blood sugar. That's because it's only sweetened with dates and it has no preservatives.

It has new emulsifiers. Its real chocolate. Once you start tasting what real food tastes like, you're like wow, didn't even know chocolate had these flavors in it.

Yeah, no, I agree with that because I'd say when you have actually pure chocolate, cocoa. Oh, yeah. It's it tastes is nothing like the chocolate at the grocery store.

Yeah. As a matter of fact, if it's too pure, it' s very kind of a little bitter. Very bitter and it some it s not enjoyable. You might need some water.

Yep. So that's awesome that we have that. I can't wait to try it. Ice cream. There's something called, it's like called bear ice cream or bear, something about bears.

And it is basically milk, honey and salt. That is it. Um, there's another one, dairy free, not a moo. If you get just the plain vanilla, It's going to be the cleanest.

as far as dairy-free, but like brownies and cookies, there's a brand called Belly, pancakes, waffles, I make that for my kids three times a week. It is just cassava flour, it's got collagen peptides, its sweetened with coconut sugar, and it has baking soda, that's it.

I always harp to people, you can eat the foods you love and feel good and that is what makes it so consistent for people. I remember making ice cream as a kid where you only had like a handful of ingredients, if even that, and you just, you know, put a little salt in the ice and mix it inside of the little plastic bag.

But you got little ice-cream machines so you can make your own icecream at home. Awesome. So what do you feel that was your biggest, the biggest thing that you did in your business that gave it that powerful growth through where your at today?

The biggest thing that I've done, I would say it was when I turned my camera on and got vulnerable and talked to people and showed them where I was and show them what I'm eating because That's when people talk to me a lot.

They would be in my messages all day. Now my message has to be automated. But it gave me sense of what are people's problems and what is really working for them so that I could fine tune which ingredients are working and which aren't working.

So how do you with the app? Yeah. You know, new things are always developing new research. There's a lot of stuff, especially with some of the things that are happening now in government.

Yeah, you know a. Lot of new data is coming out. So, how. Do you keep the validation of what you put on the. App in place? Yeah. So, good news, I can change it in a second, right?

I'm like, oh, okay, this changed. We're going to have to change with them. But as far as government stuff goes, to change things right they say oh everybody the internet went crazy we're getting rid of red dyes and it's like yeah that's not gonna happen in 2027 the food pyramid changed but it tells you to eat protein and 70 percent of the standard american's diet every day comes from ultra processed foods so this food pyramid isn't actually teaching people how to to know what these ingredients do to their body.

And it's not teaching people to, to to what products are clean or not. It's changing what additives and chemicals these food industries are putting into the food.

and it is also not changing people's daily habits. So I think it's important, again, for people to know my app might not be for everyone. Jesus couldn't save everyone, I've had to tell myself that.

And I thank for every business owner, you got to think everybody needs my system and this is going to work for

everybody. You got no, no. It's going. To work.

For the people who wanted to. Work for them. Jen, do you know what I love about your app? And this. Is one thing I always tell everyone when it comes to health and wellness.

It's all about the awareness, right? It it's not that you get the app, you scan it and now you can't have that product. Right. You still have the choice that.

But at least you know that there's certain ingredients in there that are not good for you. No different than cigarettes. I think every single person. on this planet, at least I would hope, knows that smoking cigarettes is bad for you.

Now at that point, God gives you free will. If you decide to smoke, you know you're harming yourself. So a lot of us, when we go to the grocery store, we see the beautiful packaging and we don't know that there's harmful ingredients.

The app gives that information. It's all about what you do with that info once you get that from the app. Exactly. And you gotta think about this. That label, when you go to a grocery, 95% of that label is marketing.

It's always telling you what's not inside. Like, it's sugar-free. There's no artificial colors in here, yet it is enriched flour and it has preservatives and additives.

So you have to understand that This is, this food industry, it's not a, It is a business, but they really are selling us poisonous stuff and no one's talking about it.

You know, I got interviewed once for a couple of years ago, Oprah Daily. I get interviewed for town and country. And when they found out that I said, you can't, can't eat things like Heinz ketchup or Aunt Jemima syrup.

They're like, I'm sorry, these are sponsors. We can have you on, right? One time I was on the news, live news. And I am like you guys, it's Thanksgiving.

You are going to sweeten your mashed potato. I mean, your sweet potatoes with real maple syrup go in your pantry. See the ingredients. Does it say maple Syrup?

If it is something like Aunt Jamima and it has got all these weird things you can or Mrs. Butter what's and then As I'm saying that, the like break room opens their doors and they start flailing their arms.

They're like, cut, good. That's one of our sponsors. You can't say that. I can see that in my. Oh, I am not going to be able to get on the news again.

So it's good to have grassroots way like this. now that people are listening to, to understand what has happened to our food, why is autoimmune and chronic disease and inflammation and obesity at an all-time high, and how to overcome it.

Yeah. You know, I'm happy you said that about the news because You know, when I launched my first book, I did a whole tour and I was on a lot of different news platforms throughout New York, Washington, CLA.

And, you know, I want to talk about what I need to tell about health and wellness wise.

Sweet Tooth Swaps and Clean Desserts

Before I go on the news, they want know exactly the topic of conversation so they know what questions to ask you. Yeah. I will censored on. A lot. Of the stuff I wanted to know about your vetting and they straight upset.

It says if you talk. About that, You're probably never going to come back on this platform. So I'm thinking to myself, like, man, that is the fake news.

They're giving us all of the stuff that they want us to hear. So people have to watch out for that. And because of what people are being fed through mainstream media, the media has normalized things for people.

So it's normalized, you know, Gatorade, and it normalize Skittles and all the stuff we see during Super Bowl ads and this. My kids are like, that's normal, mom.

What people are eating that birthday parties and that sport and events is normal. Well, we're doing is not normal and I'm like no, no. It's all backwards.

Right. Yeah. We're being fed the poison. So, how would you define true success in wellness? True success, I would say, with your symptoms. If you look good, you feel even better.

So what do I mean by that? If You're not dealing with puffy eyes, if you're Not dealing With skin issues, If your not Dealing with overweight, then odds are you're looking pretty good, right?

You can tell if someone is pretty healthy just by looking at them. And so if somebody's looking good odds are they're feeling good. If someone on the outside is not looking so good maybe their hair is really falling out like something's going on in their body they probably don't feel as good either.

I agree with that. Yeah, sure. 100 percent. I agreed with it. It all it all kind of connects. That all interconnects together. So that's something that people have to pay attention to.

Now, Jen, you know, as you continue to grow the app, which is something I believe everybody should have it on their phone, how do you maintain yourself to be evidence based?

And this does not just become a trend. Oh, yeah. Trends, there's always going to be trends, right? And I think in today's society, we are multitasking.

We are living a convenient life, we are grabbing things to go, and I think people have really lost touch in not only how they feel, but how to take care of themselves.

Like, for example, all the food that we're consuming, if you're reading your labels, you are consuming 15 plus ingredients you probably can't recognize.

The evidence is that humans have been around for millions of years and we need to go back to just being simple. There's beautiful art in simple life, there's a beautiful arts and simple foods, There is beautiful in sitting down and talking to people as opposed to being online or being distracted.

So I think America needs to kiss, keep it simple, Some people say stupid. I'm going to say Sally. Keep it simple. And also remember that right now America is sick.

We're inflamed. If it's normal in America, you might want to go the other route. Try something different. You want feel different, try something. Get out of that system that we've been programmed in.

Just keep it, keep food simple for the people that say, well, You know, yeah, I live in a food desert. All there is is really ultra-processed food. We don't have access to all of that.

What's your response to that? So I would say you have to look up online, farmers near me, or you would look a farmer that can ship, get you some meat, get you some pasture-raised chicken, have your staples in your house.

There's also a guy, his name, I don't know his names, but he's a chef, he is a farmer, is on Lake Huron, Ohio, it's called the chef's garden, incredible.

He supplies all the greens and all of the vegetables to like the Ritz Carlton, the Four Seasons, St. Regis nationwide. I've had his, just started shipping straight to consumers.

It is the most vibrant, beautiful thing ever. I interviewed him once on my podcast. And I'm like, how do you get it like this? Instead of putting pesticides on their soil, because your vegetables and your fruit are only as healthy as the soil.

A lot of the soils dead because we're spraying pesticides. This guy, he puts like marigold plants next to the cauliflower plants. So the bugs that go get the cauliflowers, they're like scared of them.

It's called crop something, I don't know. But his stuff, has shown it has 200 times more nutrition than what we're getting at the grocery store. So if you live in a deserted area, you need to be supplying yourself via mail because it's 2026 and these farmers are doing good things.

They're not at grocery stores, they're shipping straight to your door. You got to do that and then maybe you go to the store for little things, there's also Thrive Market.

discounted clean things. If you want to look at Thrive Market, I would select Paleo. That gets a lot of the additives. It eliminates the list for you.

But if you wanted chips, you went your condiments or tortillas, that stuff, get it from Thrive Market. Maybe you go to the grocery store for just a few things?

Absolutely. So one of the things you just mentioned, you're talking about the food density, the nutrients density in some of foods that we eat. A lot of stuff is being grown and I like to call it just straight up cement because that soil doesn't have any nutrients in it.

Yeah, it's sad. It doesn' even taste like anything. When you are eating broccoli, or eating squash, like peaches, they don't that like, oh my gosh, this is so good unless you go to Vermont during apple picking season and you grab an apple off the tree.

Wow. You know what I call it? I called it hospitality, fruits and vegetables. They look beautiful, but they have no taste and no nutrients in them. You go to Costa Rica, bite into a strawberry.

And you're like, wow. Takes you somewhere. Yeah. Now you go somewhere here at the grocery store, you bite in to it. It's like you've just been into air.

Right. So that's important. Talking about nutrients density, does the app also measure the different chemicals and stuff and supplements like vitamin supplements?

Don't do supplements because I try to stay in the food lane because it is confusing in all of itself. I get I. Get a little bit into sunscreen and a. Little bit.

Into wine. But otherwise, I'm strictly fit. Just for no makeup or anything. Now, OK, have looked in. The partner in maybe in, the future, but right now it's it.

Is the way. Food is the big one. It's 100 percent. So so let's say one day you have that chance and you sit down with one of these CEOs of the companies.

I'm mad. I think you got like one of those like Santa Claus, the list just, you know, rolls down. What's like, one the top few questions that you would have or requests to that CEO?

I would look at them and say, I don't believe that. You go on vacation and you go home at night and eat any of these packaged foods. Right? You have a chef.

You make a lot of money. you've got a personal chef, you're not eating this crap. Another thing I would tell them is that you are literally creating…

You're making children addicted to food. And it's a problem. It's not a business. You are exploding children's health and you should be ashamed of yourself.

Business Growth, Media, and Food Industry Truths

That's what I'd tell. Yeah. They're designing all this crap. Our kids are the ones that are going to be truly suffering. Yeah, but I mean, kids look around like if you go to Japan, there's not one overweight person.

If you look at America, I'm in. Have you ever gone to a public event? and just looked around at what's going on. It's scary. So many people are so unhealthy.

At an all-time high, it's alarming. And the children are being fed this. I go to my kid's school and I see the kids eating the blueberry little Debbie muffins and they got the Ritz crackers and you're doing the peanut butter crackers.

And they've got all these drinks. This is why kids are hungry all day. I'm like, what the heck? What do you need snack time four times a day? We do because these children are all hungry.

All these kids go into the office getting ADHD medications and it's like But look what they're eating. And so it really goes back to though, food and health here in America, they are unrelated.

No one knows that they actually work together. Until we kind of put that together for people, They don't know how much weight is in food, like how that's actually affecting their health.

And you know, one thing I'll mention to so the viewers and listeners can understand where the disconnect. I want to put I. Want to. Put emphasis on what you said.

The disconnect between health and food is that you'll go to the hospital, right? And one of your family members will get a triple bypass surgery done.

Right. Because they have cardiovascular disease. And right after they're done with that, they go into the outpatient recovery room. Yeah. And all of a sudden, what they're feeding them is exactly the food that had them.

Yeah. You know, so the disconnect is there because if the disconnected wasn't there, the hospitals wouldn't be feeding people the exact same food. That gets them into.

Yes. At a place where someone is so susceptible and their immune system is down and they really need real food, And I mean, that goes into who's the supplier, who is the guy supply in the steak restaurants and who the guys fly in, the hospitals and the baseball fields and every restaurant you go to, they're all, it's same guy.

Same truck, same sauce. So Jen, what's, so hard truth about health that people just want to avoid. What's. The hard. I say. Stop, stop living such a convenient life and stop going out to eat.

Get back into the kitchen. Start cooking. start using real whole ingredients. Because like I said, it's Cisco and it is US foods. I have a friend that just opened a little cafe by my house and I'm like, if I ever do a wake up cafe, this is it.

She is making all of her own dressings in-house. She's making her on mayo for her breads and everything is avocado oil based. But what she told me was, Jen, I have Cisco come by and I looked on their website and they don't have any avocado oils.

They don' have coconut aminos. What do they have? They have seed oils, they Have soy sauce, They Have all your big brands. And so what I'm trying to say is wherever you are going out of convenience, because either your life is rushed, you don't have time to cook, You don' want to Cook, your traveling, Your eating all the same preservatives, all The same seed, oils all, the Same enriched pesticide, flowers, All these ingredients you can't

pronounce.

They are everywhere around you. You may think you're going to a sushi restaurant or an Asian restaurant, or in Italian, but it's the same exact suppliers.

Unless you know how to like really read the menu and modify and know what to avoid. Most people don't want to hear it, But don' go out to eat as much cook.

Yeah, that's the truth of what it is. You know, when you go out, you don't know what they're putting, what their cooking with, and you're put in all that stuff into your body.

Jen, You had the swap book. What do we have here? Oh, so this is just a little something. But when I started my online course coaching, I developed a cookbook.

So this was some of my favorite recipes with swaps. but now what's kind of taken the place of this, is the label letter dot com. where I send out recipes, non-toxic swaps, ingredients, like we dive into ingredients.

That's where people can find my recipes at TheLabelLetter.com. I love it. So Jen, I want you to take the next couple minutes. Okay. All right? I wanted the answer to this question to come from here, from the heart.

OK. The problem we're dealing with is that there are food additives and chemicals that we aren't designed to eat. We can't digest. In the 1990s, there were 7,000 grocery items in the average supermarket.

Today there's over 50, 000. Here in America, we have over 10, 00 additives in our food that the FDA hasn't even really looked at. Wow. Europe, they have 400 additives allowed.

So you gotta look at what is our rate of autoimmune, chronic disease, inflammation, obesity, and compare that to other parts and know that this is the problem.

And I hope that my app has taken a lot of the guesswork and really shone light on that fine print of that label that most people aren't seeing in the back.

the back of the box, the Back of The Package, and showing them like, hey, this is what's holding you back. This is where there's promoting inflammation.

All right. The app is going to change the game. I love it. So, Jen, we're going have a little fun here. We're gonna. Well, I've been having fun. Have you?

Oh, yeah. Oh yeah, but we've got to have more fun again because we want to get to know Jen a bit better. Wow. Favorite podcast out there, The Diary of a CEO.

OK, he came out with these conversation cards, so I'm going. To have you hold on. Okay, have some of these for my husband and kids. Yeah. Not this one, But the conversation guards.

They're fun, So so I'm going to have you open that up. Pull two cards out of it out. Of anywhere in the middle or whatever. You're going. To read the card and answer it.

All right. I have no clue what you're pulling out there, by the way. Me either. Well, now you get to scan to discover what is the one belief or behavior that has positively impacted your life in.

The past 12 months. Oh, what does the. One belief. Or behavior. That has. Positively impacted. Your life. I would say… Is this edited all this time, I'm thinking?

It can be. Belief or behavior. Gosh, i'd like to say I changed a bunch in 12 months and I am sure I did somewhere along the way. But in the past 12 month, s I'd say I stopped cooking on Wednesday.

I have a chef now that comes and cooks every Wednesday and so while I understand maybe everybody can't have chef, it was on my bucket list and it's positively impacted my life.

Because now every Wednesday, I write a card to my husband and I read a car to each of my kids about one positive thing that I adored about them this week.

And I light candles and set the table and put the little card by each. And it gives us just, I do cook every night. So I'm always cooking. I am prepping the table.

We're doing the dishes and that's great. That's the whole thing. But this is one way for me to relax. For me, to be less stressed and for to really be present because I not worried about, is the chicken burning?

Now I got to clean up after this, right? So that has been great and also I get tons of leftovers. Kids' lunches are made for two days. That's awesome.

So the belief of trying to do it all by myself was really hard. And then finally I got some help. Amazing. Well deserved. Yeah. Ooh. Tell me something you have never told anyone before.

Oh, boy. I'm lucky today.

MAHA, Healthspan, and Final Advice

Hey, I told you I was going to get to know you a little bit better. That a loaded question. Something I've never. Told anyone. Before. I have to think about this one, too.

I don't have many secrets. Life would be more fun maybe with secrets, but what have I never told anyone before? I guess I haven't told any one before that I went to What is this called?

Paralegal school. When I was a junior in high school, because my dad really, he wanted me or my brother to be a lawyer. He did retail business his whole life, always fighting in the city, in lower income areas, all the things.

He was like, I need somebody to be a lawyer. So he's like go to paralegal school. And I did it and I showed up. I was a junior. That's all I cared about was hanging out with friends on the weekend and liking boys.

This is the most boring thing ever. this is terrible. and so I finished the whole semester and then decided I will never go law school again. that was terrible I'll just marry an attorney for exactly a married a marriage and attorney is amazing.

I love that story. Yeah. Love that. So Jen, as we start getting close to wrapping up. Right now, there's a big movement called the Maha movement. Make America healthy again.

What's your input on the maha movement? This is amazing, right? Because it's waking people up. It's bringing awareness. I would love to be a part of it, however I can help.

How that's actually going to, I guess, play out the best way to actually get America healthy again is to make America local again. and find your farmers.

Google farmer near me. You know, get your meat from a local farmer. Get your eggs from the local farmers, start growing some things or going to your farmer's market and seeing like what do these cows eat?

What do the chickens eat. This sweet little lady made me my hummus, you know. If you go to your farmer's market, odds are there's not many preservatives there.

There's no any additives. Somebody's putting some TLC in there, so I think that is the first step for people is to, I'd say, mala, make America local again.

I like that. Yeah, like. Yeah, I'm all for that. You know, and I'll share something with you. Yeah. And I am just like you totally for eating very clean, healthy, you know farm to table type of deal.

And it was a PhD doctor who was talking about in the 1800s, life expectancy was only between the ages of 30 and 40. Yeah. And all the way back then, they said people would eat organic and whatnot.

So what do you take when you hear something like that? I think the invention of modern medicine and also, yeah, antibiotics or what is it when you get a cut and you put like peroxide on you, right, or alcohol?

Antiseptic, something like that. There you go. I that is really the thing that extended the human life. But here's the deal, what I thing about that, I would say that back in the 1800s or even our great grandparents and even some people's grandparents, they lived long and they died short, meaning they would die of trauma, a heart attack, something like that.

But they live long being vibrant. I think today people are dying long, and living short. Right. Right? So they're feeling like just god-awful by 35. They can't sleep, they are dealing with chronic disease, and they on all these medications.

So sure, the life expectancy has Increased by a lot And I think modern medicine is keeping the lives people on but they're not living a vibrant life. Yeah My thought process is exactly like yours.

So lifespan versus sorry health span versus life span a Lot of people always focus on longevity, but that health is what people need right and eating healthy and Not having the eczema, the IBS, and all of these things that cause chronic disease is what's going to avoid it, where people can live a more fruitful life full of vitality and vigor.

And you hit the nail on the head. I'm not going to say that it's based off data, my response, but I do think that refrigeration and sanitation are things that improved since the 1800s, which has helped people live longer and then modern medicine.

But if you take in conjunction between all of those things, modern medicines, sanitation, refrigerations, and eating right, people should be able to live even longer with better healthspan than what they have now.

Yeah. It's all about health span. Amazing. So Jen, if there's someone listening or viewing this podcast who really resonates with today's message, they're ready to download the app, what is that one last thing that you can leave them off with?

Yeah. Go to the app store or Google play store. I go to read the labels app, go the label letter.com. Um, or you can follow me on social media at wake up and read labels.

Amazing. Jen, it was a pleasure having you on a healthy point of view. Thank you guys. This here was extremely informative. Remember it's all about knowledge.

Knowledge is not power unless. It's with action when you apply it. You gotta remember, gotta have that awareness. From there, it's your choice. you have the will to make the decision if you're gonna do it or not.

Listen, It is not about yourself. It about if don't take care of yourself, who else does that affect? Does it affect your children? does it effect family members that are dependent on you?

Guys, download the app. Read the App. Use the APP. I'm going to start using it because I know I can even live a better, healthier life. But make sure you do it.

All of the links are going be down below. Make sure subscribe, like, share, do all that fun stuff and we'll see you for the next one.