Why Most People Struggle to Get Healthy — Nicole Aucoin Explains What's Missing | Ep. 178 Transcript

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Podcast Intro and Guest Introduction

Nearly 62% of calories consumed by US children come from ultra-processed foods. food and beverage companies make processed foods is that they are more addicting.

And if it's easy to grab that food, then people are going to, grab it more often, especially our kids. What do you say that there's some kind of correlation between what the kids are eating versus this high number in ADHD?

I think that- A Healthy Point of View podcast, your top rated show, where we're bringing experts from all over the world to talk about health, wellness, beauty, and mindset.

We have Nicole O'Coyne. Nicole. Nicola Coyne is a registered dietitian, founder of Healthy Steps Nutrition, and owner of CrossFitHSN. She's an author and coach whose program now runs in hundreds of gyms and practices worldwide.

It's going to impact your hormones, your body's ability to get into a deep sleep. If you track, you'd realize that your recovery is not as good. Your HRV is drastically decreased when they are consuming alcohol.

Most people already know that they should eat better and also move their body. Why are they not doing it? I would say I was the only dietician for about a 300 bed hospital.

I Was guided to give someone a supplement of ensure like a sugar-filled supplement if they weren't eating 50% of their food or not That's the last thing you want to do especially think about cancer patients If you could measure only three specific habits to predict someone's future health, what would those habits be?

Ultra-Processed Foods and Kids' Health

I think I'm gonna go with Welcome to another episode of a Healthy Point of View podcast, your top rated show, where we're bringing experts from all over the world to talk about health, wellness, beauty, and mindset.

I'm your host, Sam Tahata, today's guest. We have a registered dietician. We're gonna be talking about how broken our medical system truly has been. we're going to be taking about what lifestyle changes can actually do to prevent disease.

Who do we have here today? We've have Nicole Acoyne. Nicole, all right. Hey, welcome to the podcast. Thanks for having me. I'm excited to here. Absolutely.

Nicole, I want to get straight into it. And my first question to you here is looking at the data that's out there, nearly 62% of calories consumed by US children and teens come from ultra processed foods.

At what point does this become an environmental process problem? Not a willpower problem. It's Definitely an environment problem. I think we're all wired to the way food and beverage companies make processed foods is that they are more addicting, right?

You combine fat, sugar, salt. We crave more and more. And if it's easy to grab that food, then people are going to. Grab it more often, especially our kids.

When we think about what's in the pantry or what is easily available when you go to the grocery store, what at the eye level of kids, the things that are probably not the healthiest choices for us.

And instead of saying, all right, no, we're not gonna grab this. We're gonna go grab a healthier option. Oftentimes parents will just do the road of least resistance, get the food and if it's at home and easily accessible, were gonna eat it.

I think it goes to like, let's say there's cookies on the counter. How many times can you walk by the cookies and not grab one? Eventually, you probably are going to get one.

So when we think about kids and teens, it's no wonder that they consume so many ultra processed food because it is easily accessible. And if it wasn't accessible easily, they wouldn't be able to.

They're not the ones buying groceries. Right. I think it comes down to a responsibility as a parent. We have to make sure that the healthy choice is the easy choice meaning that we have things that are full Unprocessed foods easily available in the kitchen and not have the ultra processed foods in house.

So, you know Sometimes when you look at different demographics Where the children are coming from the parents sometimes have absolutely they know less than the kids to be honest with you Yeah and um You know you start looking at child obesity and it's climbing year after year.

It's claiming more and more kids are not Moving their body the way that they should be, you know, they're stuck on these different devices all day They're not like when you were a kid and when I was a kids, but we would go outside and play right, right?

Um, But I could tell you one thing that even when i was in high school They started installing all these different vending machines all over high school.

Oh, yeah, you know, yep, and they had a lot of the stuff for the What is it when the the fundraisers for? The kids for their sports so they're selling all the chips and the candies like how do how?

Do we besides at home? I think that's a good start right starting at Home, but when you look at the kids in school, what's being fed to them? This is a problem You got to think it starts from elementary kids.

I'm sure when when I was in elementary school, there was the treasure box. And if you did something well, you went to the Treasure Box. Is it candy in there?

Likely is it ultra processed food in their probably something sweet or salty, sugary. So what are what our teachers doing to make things easily accessible in the classroom?

And you're 100 percent right. When I. Was in high school. We had vending machines. Our kids went. To a private school until we started homeschooling them this year.

In ninth grade and even seventh and eighth they were at the same school and they had a school store that they could go and there was a credit card basically on file that They could charge stuff and it was like junk food and I was at prep school.

So like my struggle is we know that When you eat ultra processed food, your energy level goes up and then it crashes and you're not able to focus as well.

So from a school administrative perspective, why would you want that stuff to be easily accessible to make it harder for the kids that are in the school to focused in afternoon after?

I can't wrap my head around it. Would you say that there's some kind of correlation between what the kid are eating versus this high number in ADHD? I think that there's a lot of research around ultra processed food causing issues with being able to focus and.

When you look at cutting down a, lot, of those things kids with ADHD are able, to not all the time completely

reverse a. Lot of the symptoms, but a lifetime it improves them so.

But most people don't even know and going back to your point of like sometimes parents aren't sure. I can completely agree with that I remember working with a family and they were sent to us from a pediatric GI because they the daughter had a fatty liver and.

She was a gymnast, so she was super active. It wasn't that she wasn' t active, but the mom, I was like, OK, talk to me about what you pack for lunch. And she gave her three juice boxes, thinking that that was the same as having three pieces of fruit with like an uncrustable.

ADHD, School Food, and Blood Sugar

So basically we've got an uncrustable with sugar, white bread, and then three juce boxes which is a bunch of sugar every single day. we're not running around that much, and we probably shouldn't have that sugar at one sitting, but the packages of juice say made with 100% whole fruit, or 100 percent juice, so the parents think, okay, that's a good option, it's great substitute for a piece of fruit when it does not, because it doesn't the vitamins, the minerals, fiber in there.

Which that, you know, brings us to a point, really allowing the viewers and listeners to understand, like, when we're looking at sugar, sugary foods, we have simplex and complex carbs.

And everything that you just mentioned there, that fruit juice, the white bread, highly processed whitebread with the peanut butter and jelly that's in there.

That really falls under that simple carbs, those simpleX carbs Tell us a little bit more of understanding the difference between your simplex carbs and complex carbs when children are putting these or sort of say when parents are put in these lunch boxes together.

So it comes down to what is making up that carbohydrate. Is there fiber in there? Is their vitamins and minerals in their how processed is it? So if we're eating, you know, Piece of fruit it has fiber in there, which is gonna slow down digestion is going to help stabilize blood sugar It's gonna keep us full a little bit longer, especially if we're pairing it with protein it's going out completely different in the body versus having a smoothie with fruit juice in it that is Going to cause our blood sugar to go up drastically.

You know, one of the things I like doing, especially for adults who like to see the numbers, doing a continuous glucose monitor for 30 days, like see how your body is reacting on the inside to what you eat.

Is it normal for your blood Sugar to Go up after you Eat something? Yes, absolutely. is it Normal for it to spike really high and then drop really low?

No, but most people don't understand that What they eat is causing all of those things to happen. And they wonder why, why do I have no energy? We're playing this constant catch up game where our bodies.

you know, releasing insulin and that drops the blood sugar. But then now we are in this, that sugar crash. We all, we all kind of are familiar with that.

How does our blood, blood sugars stabilize? And, you, one of the things that we were talking about before we started recording was, okay, do I eat vegetables first or protein first, or carbs first?

Well, if you eat, vegetables and protein before you carbohydrate, your blood actually doesn't go up as high or as fast. And this isn't like just one person, this is across the board.

So why not eat the vegetables and protein first so you don't have that blood sugar spike? There's simple things that you can do to help manage your blood.

Sugar, which when we look at. One of the leading causes of chronic disease, elevated blood, sugar is high on the list of causing or worsening many of.

The contributors of death in the United States. Absolutely. So going back to what we were talking about before, children that are having trouble paying attention in class, a lot of the times when these kids are put on these certain medications like let's say Adderall or Ritalin, any of these type of psychiatric meds to help them focus a bit more.

The diagnosis portion of it is based off of a 10 to 20 question test. For the children, the parents are answering these questions. Is the child fidgety?

Is a child unable to pay attention? So a lot of the times with what we're talking about here, what could be causing the kid to not focus and be tired throughout the day could something as simple as food, right?

That could be not getting enough sleep. Think about when you don't get enough. Sleep like we're a little bit more short or a. Little bit, you know, not able to focus as much.

So how much sleep are we getting? What are. We eating right? Are we having enough protein? are We having fiber? We. Having fruits and vegetables that are going to help stabilize our blood sugar.

Or are we eating a bunch of processed food? It's kind of like the what came first, the chicken or the egg. Like we know that eating ultra processed. Food is definitely not going to help someone who is struggling with ADHD.

Do they have maybe some ADHD, but it's actually worsened by the foods that they're eating, this screen time that. They have not getting enough exercise in or sleeping.

And then we're on medications. But when we think about the medications that we are on, it causes your appetite to be suppressed. So then it's even harder to eat the healthier foods because they're probably not wanting those foods and if they have no appetite then they are probably going to skip them which makes them have lower energy because their not fueling their bodies.

They're malnourished at that point. Right. Yeah. I didn't even think about that part because a lot of those stimulants like the Adderall suppress the appetite.

So now we're creating more problems just taking that medication. You worked at the hospital as a dietitian. What was that like? I, it was a really good experience to see what the healthcare system was.

So I was the only dietician at a hospital in Boca Raton, and it great because I got experience in every single area from NICU to ICU to step down units, the pediatric units and, There's a place.

So, you know, in the NICU, obviously those babies need a dietician to be able to feed them and properly feed and dosing ICU. Absolutely. Most of those people were on IV nutrition or they were.

On an NG tube, eating some like through a tube because they couldn't eat by mouth.

Hospital Dietetics and Broken Food Systems

But the majority of the people that were there were struggling with blood sugar issues, pancreatitis, a lot of things that could have been controlled by their diet and exercise and lifestyle factors and they were frequent fliers, right?

They would get discharged and then they would come back and I'd have the same conversation with them. And I was the only dietician for about a 300 bed hospital.

So the way it would work is I would go in in the morning, I'd pull my list of people. I have like 30 people to see in a day. And charting took twice as long as seeing the patient.

and you don't really have time to talk about behavior change. Like you're literally just giving someone a piece of paper. They didn't want to. Talk to me anyways.

they were like, the food stinks here. Guided to basically give someone a supplement of ensure like a sugar filled supplement if they weren't eating 50% of their food or not like if They did not eat at least 50 percent of our food my Requirement was give them a Supplement that was loaded with sugar.

That's the last thing you want to do especially think about cancer patients There's a lot of research about how cancer is fueled by sugar. So I'm giving someone required to give someone a sugar-filled supplement.

Yeah, that's crazy. You know, you look at a lotta this food that you get in the hospital. A lot this highly processed foods. where you even see the little small boxes of cereal that they give to the patients there, the Froot Loops, even the Cheerios.

And the first thing that you see on the side of that box that says these statements have been approved by the American Heart Association. Why do we see this?

We all know that this is this. Is not heart healthy. It's not healthy, it's. Not cellular health healthy whatsoever at all. You know, the reason why most of these patients are in the hospital are because of lifestyle habits and we're giving them the same stuff that they're eating every single day that we need to switch.

Right. God, I think the American Heart Association, the America Diabetes Association. They're funding. Research to probably downplay some of the things that cause I remember a couple of years ago, getting an email from the Dietetics Association like our dietitian board, and it basically said something along the lines of processed food doesn't cause obesity.

I was like. That's interesting. Let's just now now I'm click baited into this because I don't believe that at all. So then I might go into it and it's this article from some guy whose works at a university and then it started digging a little bit deeper and he's funded by like five different ultra processed food companies that he benefits.

Because he's saying that ultra processed food is essentially not the reason why people are obese. Right. And I think you just have to follow the money, right?

Like where where's the. Money coming from in the people that are putting out these studies or putting. Out this research is a lot of times they're funded by these food and beverage companies that.

Are downplaying the side effects of them. Follow their money. They always say follow. The money trail. So ultra. Processed foods. Why does it cause obesity?

it's not having one piece of ultra processed food that causes obesity. It's a combination of things because ultra-processed food is super addicting. So you don't typically just eat one serving.

And when you look at the average American, we're consuming like 50% of our calories as ultra process food versus having whole foods like fruit and vegetables and protein that's going to fill our body with vitamins, minerals, fiber, protein, the building blocks of muscle.

That's not what ultra processed food does, but it is interesting how your brain works, right? You eat it and you're never really satisfied. It's why you could sit in front of a thing of Oreos and like eat a whole sleeve, But never will I feel satisfied it's engineered that way from the food and beverage companies because they want you to eat more.

Yeah. In those ultra processed foods to its when you look at the majority of them what's inside of it? It's a bunch of chemicals a Bunch of dyes a lot of trans fat right which obviously those are the type of fats that we don't want in our system from those highly processed food What when we look?

At our American children one out of five of these American Children has obesity and What happens if we don't

change this trajectory now? They're going to have problems later, and I don' It's relative because when I worked at the hospital, we had kids that were coming in with fatty livers.

Kids with Fatty Livers. Why are they getting fatty lovers? Because they're over consuming ultra processed food and sugar, not moving, probably not sleeping, thereby is not able to regulate the hormones properly to break down all of the food.

And It's going to cause issues, but it's causing issues faster because they're starting earlier. Think about how many kids that are just eating ultra processed foods as some of the first things that they are consuming once they start eating real solid food instead of eating chicken or apple or whole foods.

So the problem is just going continue to put a burden on the healthcare system because there are going be on more medications. what is it, the research shows that it's like one in 70% of Americans have at least one chronic disease now.

40% have two or more. If you look at the fastest growing population of people that are obese, it is the younger population are actually growing the faster.

So we have more people, that our younger, getting obese than any other age range. Thinking about what's happening in our world, There's a lot of people out there that'll say, well, I went to my doctor and my doctors says I'm fine.

I am healthy. While they're walking around with an extra 150 pounds on their body. You know, one thing that you say often is that, you talk about the 23 hours outside of your doctor's office is what matters.

What do you mean by that? 23 hours outside of the gym is what we have to really focus on. So when most people are looking to lose weight, they join a gym.

Like that's typically, I owned a CrossFit gym for almost a decade.

GLP-1s, Muscle Loss, and Body Composition

People came in every single day that wanted to loose weight and so they joined a jam. And I'm constantly preaching to people like, yes, the gym is important, get in a good community.

But we also have to focus on the other 23, meaning what are you eating? How are You sleeping? Are you managing your stress? What is your mindset look like?

what is Your lifestyle? Like one hour in the Gym is not going to counteract 23 hours of poor habits. And when you think about Going to a doctor's office, let's just go down this rabbit hole for a second.

You go to the doctor. Office and you get your blood work maybe every year. Hopefully you got your work every. Year and it's within the normal range. But are we looking at it compared to last year?

Is it slowly creeping to. The point where in two years it is going to be borderline and then you're going. To have the condition where you have high triglycerides and.

Then you need a medication or we could check it now and make sure that it. Is in a good place and maybe not just good optimal. and look at the trends going in a great direction versus a trend that is going closer to chronic disease.

And that's not typically the way it happens when we go to the doctor. We get our blood work and they tell us, oh, it's good. or it's not, which is 93% of the population, and we are told you need to diet.

You need exercise. I went to my primary last year and I saw boxes and advertisements for GLP-1s, I understand like every doctor is probably prescribing GLP once a lot of them like how are you guys addressing the lifestyle

factors because this is just a bandaid if we aren't actually addressing Obesity and the high triglycerides and all of the chronic conditions that are requiring now this medication, right?

And she's like, yeah, we don't have anything so they're just prescribing it and I've heard a lot of that which which is a big issue because you know a Lot of times and you this from your experience is that people will lose weight, but are they losing the appropriate kind of weight?

Right, are you losing muscle? In most doctor's offices, think about when you go to the doctor, you're getting your weight taken. You don't know, is it, am I losing weight?

Am I loosing fat? My losing muscles mass? You dont know. It's one of the reasons why I'm like, hey, come into our gym and you can get a free or free in body skin.

I don' care. Like I want to show you what your muscle out mass is today so that when do you come back in one, two, three months, we can see that your muscles is staying or, you know, improving, getting better, or you've actually lost muscle mass, which is going to put you in a worse spot.

When you get off the medication, we need muscle. That's the organ of longevity. We need to make sure that we are having a solid base of muscle because naturally we lose it as we get older.

Yeah. But most people don't even look at that when they're on get prescribing a GLP one because it's not it' not measured and you can't manage what you don' measure.

Yeah, I'll tell you all the doctors that I went through growing up. No one had a in body or a DEXA scan. Now, no one knows just a regular scale. Right.

Yeah. We're working on a study with a big company right now. And I'm like, a requirement of this has to be that they need to get in-body scans every single month.

Like we want to prove that we're maintaining muscle mass and we are not losing muscle because that's gonna harm more, it's going to do more harm than good.

Right, yeah. And we know that when we talk about longevity, that health span and lifespan, muscle-mass is extremely important. It's extremely for metabolic health, for just your overall health.

So what are your thoughts about GOP1s? I think that for some people, it could be super beneficial for them. I think without. having a solid lifestyle intervention protocol, or doing it to service?

And I also think that it should be required that someone is getting a more comprehensive body composition scan. How do you know if you're not measuring muscle mass that they're losing muscle?

You don't know that. And if we're just prescribing GLP ones, let's think about what happens. Someone gets on a GLPs one. They're going to be nauseous, likely, unless they're doing like a microdose of it.

They are going be not just they are not going eat enough, they probably not gonna exercise. So we're not getting enough calories, we are doing strength training and then we gonna be losing a significant amount of muscle mass.

I mean the research around how much… Muscle mass people lose on GLP ones is astronomical. And it doesn't have to be that way. We have patients, clients of ours that are on glp ones.

Not we don't we work with physicians. They're the ones prescribing it. But. Their maintaining the muscle mass because they're doing strength training, they are prioritizing protein, their getting enough calories and whilst while still losing weight, just not at a super fast rate.

When you lose weight so fast, you're going to lose muscle. Right, right. Now earlier you were talking about fatty

liver disease. You mentioned it's estimated that about five to 10 percent children have fatty livers.

Have you been able to actually reverse that from kids? It's super easy. I wouldn't say super easy, but it's pretty easy to lower triglycerides pretty quickly.

And how we do it is cutting out the amount of ultra processed food, getting them exercise, Getting them moving, get them off the iPad. and yes, that's that when I was working at the hospital, That's actually how Healthy Substitutes started.

We had a pediatric GI that I Was seeing in the PICU and like up in The Peds unit and he was like, Nicole, I've got a lot of kids that have fatty livers, will you please come see patients in my office?

I was like, sure, this this will be fun. I'll go to the hospital and then I head over. And I it was in the same parking lot as the Hospital. They were just in like a standalone building.

and I would see the patients there. There was a lot of things that I learned in that experience. In one of the things I took away is if the parents are not willing to make changes, there's only so much that will happen with the kids.

So we live in South Florida. Parents call us all the time. My kid's overweight. I'm like, okay. If you want us to help your kid, we have to helped you first.

We don't work with kids separately unless it's like an athlete who wants like performance nutrition that's completely separate.

Fatty Liver in Kids and Family Nutrition

But if it is a kid we work the parents first and then we bring the kid in. Because otherwise, and I saw this way too much, I made mistakes early in my career with this where I would be working with the kids and in reality it was the parent that are buying the food going through the drive through and the pair would like, oh you can't have that but I'm gonna get it.

Well, what kind of tension is that causing for the kid? Or you can't have it, but your brother can. Like, no, like everyone should be eating the same whole unprocessed foods, balanced meals.

And one child might have a little bit more food than the other based on their activity and their calorie needs and all of that. But we shouldn't be making different meals like that's not sustainable.

And especially if you want a child to lose weight, like you as a parent, you have to model the behavior you're one for your kids or you are going to cause tension.

Yeah, it has to be a whole lifestyle adjustment. Right. Because then what we fall under with what you're saying is that kid falls under a diet. Yeah. That's not something that's sustainable and long term.

We want this to where they're making healthy choices, regardless where, where at, who they are with, if they were with their family or not. You want to get them to eat healthy.

So now when you figure that out, And you know, when you're into your career and you start to figure that out, like, OK, let me not just work with the kids.

I got to work mom and dad. Yeah. How difficult was that? Well, the screening process got really easy because it's like we can't help you and we cannot help our child unless we could help.

You first. And this is what our family nutrition coaching program looks like. We onboard you on your spouse and. you guys start and then let your kids see what you are doing and they will bring in the kid into the conversation.

Then everything is just so much easier and everyone is on the same page. So I actually found it to be a lot easier once we implemented what it looked like.

But before that, it was it, was tough because kids would say if their parents weren't around, oh, well, we still go through the drive through. I just I'm not allowed to have it like that.

That's that's not the goal. And I want you to feel deprived because then what's going to happen, you're going start sneaking food, which is going lead you down the road of an eating disorder.

Yeah. Which is the opposite of what we would want. How many kids do you have? We have twins. They're 15. 15 twins. Oh, Joelle has twins too. So how do your kids eat?

They eat really good. They healthy, but from a very young age, like they, there was no processed food in our house and they eat what was put in front of them.

When they were super little, we would have the vegetables only on their plate. And then once they ate that, then the protein and starch came next. Then as they got older, they Yeah, we all eat the same thing.

My daughter eats a little bit more crazy than me and my son. They'll eat clams and oysters and all of that stuff. I personally do not like that. But they eat healthy and it's interesting because they both play sports, right?

So they understand, they're very mindful about getting enough protein in because their working out hard. And they are like, I didn't get enough of protein today.

It feeds into their performance. Right, and they want to recover. prioritize their nutrition. They don't have soda and sweetened beverages in the house.

Like they just drink water, they put some element in it, and that's it. That's what we have. Now, raising your kids this way, do you catch them becoming kind of like the health police around friends or, you know, where they're saying, hey you probably shouldn't eat that?

No, they they their friends do what they want to do is I think it's interesting like some of our family members, cousins, um, They don't all eat the same way that we do and they do their things and we Do our things?

And I it just become part of how we raise the kids and They eat better. It's funny. They'll We'll go through, you know a drive-through once around the like, man I actually don' t feel well eating that and it it' s interesting because most people don t know how your body is designed to feel because we're constantly putting ultra processed food in there.

And then when you start eating really well, you notice like, oh, man, when I eat something that's not as good, I actually don't feel as. Good. Yeah. You know, in my early 20s and I'm pushing 40 now, but my earlier 20's I would eat for my physique.

Fast forward to today, I eat based off of how I'm gonna feel. If I might feel sluggish at any means or if I know that this food is gonna upset my gastrointestinal tract, like I am not touching it.

The way I feel is just so much more important than anything else. I need to be sharp as a tack. Can't be getting sick. Gotta be able to regular at the bathroom.

All of that stuff is extremely important to me. Yeah, um, you know gut issues have been a serious issue for a lot of people amongst here in america What is it that's happening with people's gut?

We don't get enough fiber. Most people do not get in a fiber per day It's actually really tough to get 25 to 30 grams of fiber unless you are paying attention to it, which is how much we should get the gut mind connection is so important.

Your immune system lives in your gut and you think about what causes people's gut microbiome to be dysregulated alcohol. So we haven't even talked about that, but how's alcohol impacting our gut health?

Sugar, how is that impacting your gut? What can you do to make sure that you're staying hydrated and incorporate fiber into your diet? And I think that's another one where people just don't know what they don' know.

And, I don"t know that I've ever been to a doctor that has been like, how much fiber are you eating per day? So if they're not asked about it, How will people know to prioritize that?

Yeah, I think probably the only doctor who would probably ask that is a GI doctor, if even that. Maybe. Yeah. And they're probably asking, they'll probably be asking you that because they want to sell you the fiber supplement that they have at their office.

You mentioned alcohol. Tell me a little bit about alcohol, how that plays on one's health. Gosh, there's so many different avenues that you could go into the impact of alcohol, but from a high level, it's going to impact your hormones, your body's ability to get into a deep sleep.

So will you pass out? Maybe, probably. But if you track like using a loop or an aura, you'd realize that your recovery is not as good. Your HRV is drastically decreased when you move for most people when they are consuming alcohol.

And again, this is like a An individualized response, right? Like you might be able to have a little bit more alcohol than I can. It doesn't affect you as much.

You're a bit bigger guy than than.

The 23 Hours Outside the Gym

I am. But maybe you actually can't metabolize alcohol that well, and then you don't get in a good enough sleep. Our body, when we drink alcohol. blood sugar regulation is all messed up because our body is prioritizing breaking that down.

So when you drink alcohol, your blood sugars typically more elevated in the morning if you're consuming food as well. Your body's not for the athletes that you are working with.

People that have performance goals, people that are trying to build muscle, it's harder to building muscle when your drinking alcohol. And then looking at mental health, there's so many studies and so much research around Alcohol fueling depression and mental health issues and then when you look at cancer rates goodness Like there's so much research around alcohol intake and cancer.

I think I mean it's proven It's proving that it actually alcohol will cause X amount of certain cancers, right? Breast cancer is a big one. Like my mom passed away with from breast cancer when I was estrogen levels alcohol, all right messing with the hormones breast cancers related to estrogen, alright, there are so many different things and I think the cool thing now, when you look at trends as a society, we're drinking less now than we have in a long time, which is amazing.

But there's a lot of alcohol replacement drinks now. Like Blue Moon has a non-alcoholic drink. So can you replace something with an alcoholic beverage?

If you're like, no, I need to have a glass of wine to unwind. Can you have mocktail instead? And not a mock tail litter with sugar, but some type of drink that will make you feel satisfied.

So what would you say to that person who says, well, you know, a glass of wine, it's showing to be good for the heart. It has the polyphenols and the phytonutrients in there.

What would be your response to them? I think you have to look at. What are the pros and cons? So can you get the benefits from eating other things? Yes, you can.

And what's more important to you? For me, what is really important for me is that I wake up at 4 a.m. every morning because I work out at 5. I know that if I drink even a glass of wine, I'm not going to feel as well rested.

My HRV is going below my recovery is gonna be well. It's just not worth it for me. But I think that you just have to figure out what makes more sense to you.

And it's an individualized. Preference, yeah, I. Think. As a health care provider, we can tell people the benefit, like the pros and cons, and give people alternate solutions.

Like HIO has a really good non-alcoholic, spritzer type thing that's pretty low in sugar. Blue Moon has great non alcoholic beer. So if it's the fact of like, I want something to unwind, can we do something else to unwind or replace it?

It's easier to replace the habit than cut it out completely. Did my wife learn about the Hio from you? Because we got them all over the house. Yeah. We're good.

Aren't they they're delicious is that the passion for one okay? That's the one that I like okay. There's other ones with like berries and stuff, but yeah Those are pretty cool.

I don't drink alcohol myself. You know I avoid it I I've got into a point I try to avoid alcohol at all means at our costs I'll probably have a glass of like a smoked old-fashioned.

Maybe once or twice a year at this point You know, and for me, it has become where it needs to be an experience. Like if I'm going on a beautiful vacation and I met at this restaurant where they have these top tier mixologist and i know that this is bad for I know this alcohol I'll be feeling it because I actually have the genetic variants in my body that I don't metabolize alcohol.

Well, so my. Body feels like crap like I it's almost like i'm having an allergic reaction to it. Oh, wow. So but if I I'll do that, but even that I go on vacations that are just stay away from it because I want to be able to enjoy the rest of my time, you know, on a vacation.

But so, we're talking about people really taking control of their health. You know, most people know what's bad for them, right? Like if I told anybody, hey, is smoking cigarettes bad you?

I think almost 99% of the world's population knows that smoking is bad. So when you look at most, people most already know that they should eat better and also move their body.

Why are they not doing it? Yeah, that's the million dollar question, why? Why do you start something, but then stop? Why are you really excited at the beginning and you can do something for a couple of days and they're like, this is too hard.

And it becomes. You're creating too much friction to make the healthy choice, the easy choice. So part of it, and I would say one of the most important things is your environment.

What does your kitchen look like? Is it easy to Make the Healthy Choice? Or is it Easy to grab the cookies and the chips and all the junk food that is super addicting?

Most people don't have a plan. And I think this is where our nutrition coaching program has evolved so much over the past decade and how we coach people now is really focused around behavior change.

Like it's not just giving someone a meal plan or giving them macros. It's let's figure out. Let's sit down. What's realistic for you right now? Not like what you want to do, but what's realistic for you.

Let's focus on one thing at a time because people are way more successful focusing on on thing than focusing two, three, four things. The research shows you're 80% successful to maintain one habit change at time over the course of a year if it's just one versus if you try to change three things at one time, it is less than 5% success rate.

You think about what most people do when they're trying to lose weight, they are trying change everything at one time. And then it becomes overwhelming and too much and then they go right back to old habits.

But if you think just about something as simple as, I want to eat healthy. There's a lot of decisions that have to happen in order for you to actually eat health.

What food is prepped? What is in the house? How are you gonna, do you have healthy recipes? Do you know how to cook? do have the tools to to Cook those healthy recipe.

Do have time like our kids are at a golf tournament right now. do we have when I get done here to go make healthy food or is it gonna be so much easier if there's a couple things preps where we can throw it together and then we're not eating out or going through the drive through.

Most people fundamentally we know we need to eat more vegetables. We probably should have less sugar. Probably should eat my protein but Fundamentally is so different than what's happening in real life.

And that's really where behavior change comes in where you can make those automatic actions become just a simple, but your brain doesn't have to think about it.

Like, okay, yep.

Tracking Habits and Nutrition Coaching

I know when I make a plate, it's going to follow the plate method. Half of our plate vegetables, quarter protein, quarters starch. That's just, a, simple thing that we've gotten into a routine.

But most people, the automatic decisions that, we make are probably not in alignment with us reaching our health and wellness goals. But if you could measure only three specific habits to predict someone's future health, what would those habits be?

Goodness. I think I'm going to go with four. So I know you said three, but I there's four things that I really fundamental. One is, are we getting enough protein?

Are we get enough fiber? So if you're getting enough fiber, you'll probably not take supplements out, but you are probably eating the majority whole foods if your getting in a fiber.

By enough, I mean like 25 to 30 grams a day. Are we getting a enough protein in? 0.8 to 1.1 grams per pound of ideal body weight. Are we sleeping? And I it's funny you go to school to be a dietitian.

I did not learn how sleep and walking and exercise like any of this was connected to each other. But truthfully, if you want to become the healthiest version of yourself, you can't just focus in the kitchen.

You've got to focus on other pillars of health, too. Like they're all are really important. So are we sleep seven to eight hours a night? vital for overall health and wellness?

Are we walking? I think one of the things I also underestimated when I started was, as a coach or as dietitian, someone hires you to help them get healthy.

And I'm like, yep, I'll be your cheerleader. I will be the person to help you. But who else is in their circle? Because those people actually have more influence to them.

So if one of my clients has five people, or the average of the five that we spend the most time with, if those five are making are not in alignment with the way that the client wants to go in the direction of their health and wellness goals that they're constantly going out if they are going and getting wings and beers every single Monday night and then Sunday night they doing the same thing and they drinking all the time and The client is constantly being called to do those things, too, because they want to hang out with their friends.

It's going to be much tougher to stay on track versus, OK, have I found people that are in alignment with my health and wellness goals in whatever area you're wanting to focus on?

And I think that's one of the powerful things that I loved about CrossFit is we created this community of people, that we're all really prioritizing their health, and wanting, to exercise and move well, Wow, they probably didn't join the gyms, his focus on nutrition.

I was talking about nutrition every time I there because I wanted them to understand it. It's not just about the hour in the gym, it's about other 23 hours of the day.

And I think most people don't understand, but when I started interviewing people that had lost 100 plus pounds, and all of them had something really fundamental in common.

They all had people in their circle that were vital to their success. And if you're working with someone or you have a patient that doesn't have good support system, it's going to be really tough for them to stay on track.

Like everyone's motivated at the beginning, but how does someone stay motivated to continue or not even motivated? How do they continue to do the thing when life happens?

So I like where you're going with this, because I think this is important for us to really recognize and talk about. There's two things. You have responsibility, and you have accountability.

We know we have to be a responsible individual, responsible adult. we do implement healthy habits into our lifestyle. But that accountability, what you talking about, that accountability, how do we actually bring that And there's a few different ways that you can do this.

One is having an accountability partner to go to the gym. Right. Like if I I worked out at five a.m. every single morning when we owned our gym, I had myself and one of our mutual friends, Amanda, and I was showing up at the jam at 5 a.m., not because I wanted to do it or even when I want to sleep a little bit longer.

I. Was like, man, she's going to show up. Biber show. Up to like I got the keys. Got a letter in. So, you know, having that that gym buddy, that accountability buddy.

So you're not just showing up for you, but you are showing to be there for someone else. That's one side of it. And the other side is you can't measure.

You can manage what you don't So what does that look like for you? And one of the reasons why we created the Healthy Steps Nutrition app is you can easily track, I can set targets for how many steps am I getting every single day, and it has reminders.

So my goal is 7,000 steps a day. I have reminders to remind me to get up and walk and move. Are you drinking enough water? Well, how do you know if you are or you're not if not tracking it?

Right. So the accountability piece, of course, you can hire a coach for sure. And I think most people do need a couch because I believe something as fundamental as nutrition shouldn't be complicated.

But there's so much noise out there. There's many different diets out. Their people are overwhelmed because they don't know what's right for them. They need someone to help them create a simple plan and then keep them accountable to that plane.

but at the end of the day, keeping them As a coach, you're not sitting in someone's back pocket. You're, not like walking around with them to make sure that they're doing every single thing.

you need a place to be able to track things. So tracking, I think, is vital to ensure are the actions you are taking consistently in alignment with the goals you want to achieve.

If the answer to that is no, something needs to change so that you can change the behavior to match the outcomes that want. So would it be fair to say that technology and health coaching, both of those, can be a form of accountability that your traditional healthcare system has failed most of the people?

100% would agree with that. And the app that you develop helps that? Right, so inside the Healthy Sups Nutrition app, clients can learn from daily educational lessons.

We have healthcare providers in there as well as all of our dietitian team. They can plan their meals and search healthy recipes. It can track their nutrition.

And by even taking a photo, an AI will recognize it and then give dietition feedback. So literally like what would a dietician say based on the meal that you are consuming?

Get that feedback right away so that the next time you make it, Choice and eating choice. It can be a healthier choice Oh, I'm not getting enough protein next time.

I need to add a little bit more protein to my breakfast Okay, got it. Yeah, but if you don't know what to look for you just you. Don't what you? Don' You know, I always tell the patients, you can't improve what you don't measure.

And this is a fantastic way to measure so you could make that improvement. Now you mentioned, similar to that, just a minute ago, and you were also talking about the Continuous Glucose Monitor.

Meal Prep, Convenience, and Healthy Backups

Does your app integrate with the continuous glucose monitor? Not right now, but gosh, one day that we can integrate, we use a different software that does integrate so clients can log their food and then They have calls with our dietitian team every single week to review like why did your blood sugar go up?

Because most people don't even know I think a continuous glucose monitor is a great way to see real-time feedback. What's going on? I don' think it's not the first step for any client at all by any means but I Think once you have a good base, I thinks a really good way.

To have an eye-opening experience Which are you using the Stello one? I, we are using that one now. I used the Dexcom G6 when I did it, but Stella's an easy option that gosh anyone could get that.

Yeah, you don't need the prescription and they integrated with our ring as well too. That's pretty cool. So yeah, I love that that I think that's a really good step for people to actually really start tracking what they're doing.

You know, there was a part of me back in my early 20s when I would keep track of all of my macros. Micros are my Macros and I was weighing my food and everything else.

which I don't like to do today. But that taught me exactly what is what, where now I can eyeball it very easily. So really measuring things and understanding it creates that level of accountability, but then it allows you to kind of move around where things become second nature at that point.

Yeah, even just visuals of like, what should a plate look like that's balanced? It's going to give me adequate protein and fiber and the nutrients that I need to have sustained energy and reach my goals.

Most people don't know what that looks like. I don' think I mean, we've had clients lose 100 pounds that have never

logged, have, never measured anything.

Do you have to measure every single thing that you put in your body to reach your results? No, I do think you need. To be mindful and you. Need to. Have some Awareness about is this a balanced meal or is it not?

It's one of the reasons why we love meal photos because I can I Can look at a meal photo and be like, yep, we're not getting enough protein there Like that's not enough for a team for you, but i've also been doing this for almost 20 years So it's a little bit easier for me.

And that is one reason why like In our app, we made it so that someone could take a photo. I would recognize what is in this meal. Does it get it right?

Every every single little thing. No. If especially if it's like a casserole house, if I can't tell what it is, the problem is not going to be what's all it.

Is. But your general meal is like, OK. Yep. We can see it about this amount of each of these ingredients. And then based on the nutrition facts for that, the dietitian feedback comes back in real time to give you, OK, this is a good meal that's high in protein or you're not getting enough fiber.

This is the reason why you need fiber here. Some good sources of fiber to add in for your meal next time. It just needs to be simple, right? If people can have something that's simple they're gonna do it more consistently.

I agree. So what's your input on a lot of these meal plan companies? You know, I know it's a little bit more expensive than cooking your own food, but you have a lotta these meal plan company that now you can just walk in to the shop and you pull out these already prepared meals right out of the refrigerator.

I think for some people it could be a really good option to have, especially some in the freezer so that you have something on the go so you're not going through the drive through.

Yeah. I know a number of people that travel a lot and they'll get those types of meals shipped to them. So they're. Not eating out every single meal. Like if you are on.

The road a. Lot that that could. Be an option. Hey, I. Think that. You should make sure that whatever company you go with is measuring appropriately. I know there was a local company, I don't remember the name of it now, but I had clients of mine send me photos and then actually measure what it was.

And the nutrition facts were way off what is said on the container. So that's crazy. They're like thinking they're doing the right thing, maybe not necessarily the thing.

But for people that aren't that are in a pinch. Could this be an option? I think having some freezer staples is definitely an options for sure. You want you want to make it so that when an obstacle comes up, which obstacles will come up or not robots, you have a backup plan that's going to be in alignment with your health and wellness goals.

And that could be a good backup playing for some people for. Sure. Yeah. It's important to have that, especially like how you were saying, if you're running late and you don't have time to really cook something, having some of these healthy meals in the freezer where you can just pull it out and put it in a microwave, or I like to stay away from the microwave.

The oven, whatever. Stove top. At least you have something that's gonna be a healthier choice. And even sometimes, listen, even if you got the healthy food, you might not be the best in the kitchen, You might burn your meal.

You don't wanna have to order pizza for the night. So have a backup, have backup. So, Nicole, right now there's a huge movement that's happening with our new administration, or should I say the administration that has been in

place for a bit of time now.

It's called the Maha Movement, Make America Healthy Again. What are your thoughts about this movement? I think there is a lot of good that have come out of it.

One of the things that I'm excited about The most is nutrition education being put into medical schools because so many doctors that are even, we have doctors who have gone through our certification to learn how to talk about nutrition.

Doctors that have implemented our nutrition coaching program inside of their practices. And they all tell me the same thing. I never learned anything about nutrition at all in school.

So now it's fun having conversations with universities and they are like, Nicole, we need help with the nutrition education, which I'm excited about. Because even, gosh, going to school to be a dietician, I learned how to manage disease.

MAHA, Nutrition Education, and Prevention

And my struggle with my What I'm cautious about is the nutrition education that's put into medical schools is just gonna be on managing disease instead of the prevention of disease.

And that really where dietetic schools need to be focusing more on because I did not learn one thing about preventing chronic disease in school, not one.

I didn't learn about how sleep impacts. Our school is funded by food, beverage and pharmaceutical companies. Gosh, I spoke at an event and the Convectioner Sugar Association I did not know this when I signed up, but I spoke at the event.

And when got there, who sponsored my talk? The Convention Convection or Sugar Association, they were giving out candy bars. I'm like, and I've done. Like, I can't be a part of this anymore.

It's like dietitians like our National Academy. What are we doing? Like why are. We taking money from these people that are causing a lot of the chronic disease issues that we have.

So my hope is that. When medical schools start integrating nutrition education that is more focused on disease prevention, let dieticians be the ones focusing on how to manage disease.

Yes, you need to talk a little bit at educatedly about it, but let dietitians manage that. You should be focusing. On preventing disease, because so many things are lifestyle based and it shouldn't be a eat healthy and lose weight.

That can't. Be the conversation. What do you say? Food is medicine. Should yes. So I know you're working on your next book, Own Your Health is the name, right?

What does owning your health actually require that most people aren't willing to do? I don't think that they're not willing do it. I think they've made it too complicated or they are trying to too much at one time.

So it's really just keep it simple. Focus on one thing at a time, get consistent with that one and then add the next thing to the plate. eat more whole foods, our health is the outcome of our habits.

It's not the absence of disease or the, you know, it's really the ability to thrive throughout one's lifetime. And it comes down to eating whole, unprocessed foods prioritizing protein and vegetables, prioritising sleep, but most people don't connect the dots.

Like they're like, oh no, I'm good sleeping on four hours a night. But are you like have you looked at how your cortisol levels are higher growing how you're left in levels, are probably not because those things aren't tested

regularly or most of us aren.

You don't know how our bodies designed to feel so the idea of on your health is how do we create a playbook that takes. We've helped over 100,000 people over the past 15 years.

How do we take all of the things that we've learned helping all those people create meaningful behavior change and put it into a simple playbook for people to start and make one step at a time to really take control of their health and not wait till it's too late?

Yeah, yeah, I'm with you on that. If healthy steps nutrition succeeds at the highest level, what part of healthcare will look completely different at 10 years from now?

93% of people will not be metabolically unhealthy. That's a huge percentage of our population, by the way. I know there's lot of work that can be done.

One of the things I'm most excited about now is talking to hospitals and healthcare providers about being part of this solution at discharge. When I was a dietician at the hospital, it's really fun to have these conversations now because I running away from the system and now I kind of running back towards it.

It's broken and not broken because it really is working the way it was designed to. It. Not actually helping people take control of their health. We're putting all these band-aids.

People aren't getting the help and support they need to really make the behavior change and address the lifestyle choices. Let our app help like guide people to coaches so that they can help in HSA, FSA pays for this type of stuff now.

So they. Can even use some of our insurance money to cover. the cost of nutrition coaching and get a coach, get guide to be able to help them create a plan that's realistic for them.

And I think that what I'm most excited about is going back to hospitals and talking to healthcare administrations about, okay, how can we work together to a part of the discharge process so that people aren't just discharged with medications.

It's like, here's a plant to you outside of hospital so hopefully we can prevent you coming back in. Now you mentioned about nutrition, about exercise, sleep.

That's extremely important. What about spiritual belief? Yeah. I think that mindset and stress management. I'm a believer and I believe that God put us here for a plan and a purpose and you know we have pain that we go through but we can turn that pain into something good and I think that if you believe that there's a higher power, then all things come together for good.

And even when you're struggling, it's like, all right, something good is going to come out of this. There's research around just even your perception, right?

If you are more optimistic, more good things are going happen. You look for the positive. I mean, so many times we are looking at the negative first. Yeah, I mean, mindset and spirituality, all of that is a piece of it.

Inside of our app, there's a daily Bible verse. I read the Bible app every day and I was like, how do I take a peace of this? And like not push it in front of everyone, but hey, here's the bible verse to help lift you up.

Your wife and are in a Bible group together, which is incredible. And I think that that goes to the community of people that you surround yourself with, right?

Faith, Mindset, and Personal Motivation

If you surround yourself with believers, then they're gonna lift you up. Listen, I'm with it. I always tell people, don't be like that weird Christian, but put it into the phrase.

We are called to do that, to talk about it, and you never know, it might be just that one Bible verse that you give someone that might just switch the whole mindset on something and make them realize that there is more and that they are more.

So I appreciate that. So what I want to do, I wanna have a little fun here. Just so the audience can get to know you a bit better. You're gonna grab these cards.

Take that sleeve off of it. And then you're going to randomly, from anywhere inside there, grab two different cards All right, so you're gonna read those cards one at a time and then you gonna answer them.

Oh gosh. When do you feel the most emotionally connected to yourself? I love starting my day with the Bible and Christian music. Ironically, we're just talking about this and coffee.

And I feel like when I start my off that way, I'm more patient, I am a better leader, and I show up better. And right after that, hopefully there's some exercise.

Maybe it's before, maybe it is after, but those two things in the morning are the way I can set myself up. But what if I take that coffee out of that?

Are you one of those? I like coffee. Yeah, probably I do not drink enough water. I built the water tracker in app selfishly for me, because I need the reminders to drink my water, But am I allowed to talk to you before you have the coffee or yeah, okay?

Do I have to wait until you? Have your coffee? I don't because I could say like with my wife like I waited so she That's all my husband is he's like don' talk too me so I've got my coffee.

Yeah Yeah, yeah. Okay. I like that. What else we got? What would you say for this one for you for me? You'll emotionally connected to yourself most emotionally I would say when I'm in prayer.

Yeah. When I am in a prayer, I feel most emotionally connected, you know, because I, how would I explain it? You know, like, everything opens up. Yeah.

We all have certain skeletons in our closets, but in that relationship with God, there's no closet. He knows everything. So, yeah. I think I'm most emotional when I am in prayer.

It's easy when you slow down, when your truly in a prayer, quiet time. Like, feel the things. But I think so many times we're just busy rushing around.

Yeah, we are. You know, just the other day I saw this. It was a Instagram video. I actually sent it to my wife. And there's these I. Think it's Microsoft's.

Microsoft that has it. They have these rooms where they test the microphones before they sell them. and the rooms are so quiet. It's like 20-something decimals, or I think it was like 31 decimos below regular human hearing, when human is at a silent point.

So it's, like, if you clap your hands, you can't even hear any echo, it just like clack, a little click. But when I was listening to them talk about it and there was like a documentary about the place and they they were talking about like it's so quiet in there that some people kind of get like, a little like nauseated and it so quite that you can actually hear the blood flowing through your brain.

Wow. So, you know, I told myself I was like, man, the reason why I've always had issues like meditating, like doing self-meditation, is that I have way too much noise, and even if it's the ambient noise like I'm not the guy who can

kind of like really stay still, but I feel that if I go into a room like that, it just will shut everything down.

And I started doing some research because I was like, man, that's pretty crazy. I wonder what it would be like to be in that room. Yeah. You know, Chet Chippity, a good friend of mine.

Okay. and I start reading and it starts talking about like what really does to your body. Like when you go into a room like that that has no noise, not even ambient noise from the refrigerator or whatever.

it actually does a natural vagus nerve reset. And you just start, it's almost like a form of, yeah, you start calming down and it is a former of meditation.

Because even if you try to talk, nothing is bouncing back. So, I started thinking to myself, man, how cool would it be to build a pod of something like that.

Now you know they got those pods that when you go get a hearing test that's soundproof, but this is at a different level. So if someone can build one of those pod like I would probably put one in my home.

Yeah. Wow. It would be interesting to see how your immune health changes too, because you're able to calm yourself. I mean, there's research around just having some good breath work before you start eating.

Your body's able break down the food so much better. Yeah, yeah. And they have certain technologies that help with a lot of the things we're talking about.

There are the float tanks, the deprivation tanks that will actually eliminate a lotta noise.

Closing Advice and Where to Find Nicole

It puts you in that sea of gravity, basically put the epsom salt in there. But which I've never tried that. Who knows? Maybe having a float tank will put me in that meditative state right now for me to really like calm down and get into that meditation.

I do I use a device called Brain Tap, OK, which is a guided meditation, so. But it works. No, I just figured I'd share that as something that kind of popped up yesterday.

What else we got? If you have one last piece of work that you do, what would be the piece work and why? Oh, this is the good one. So my mom was diagnosed with breast cancer and passed away when I was really young.

And I became a dietician because when she was going through cancer the second time around, we completely changed our diet and cut out a lot of the processed food.

She started doing hyperbaric and a lotta stuff. This was in 2000, so a long time ago, before hyperbolic was known to help with cancer. And I ended up going to college at UF and I was cheering and they all sent us to a dietitian because we had eating disorders like we all did.

And most of us did weird. Very disordered eating because were trying to look a certain way, going back to what you were saying with aesthetics. I remember going and see that dietician and walked out that day and was like, this is what I meant to do.

Like I'm meant be a dietician. Did not I change my major that and did not look back. This was 20 something years ago. And I feel like, like I was put on this earth to help people get healthy so that they can fulfill their purpose in life.

So the last piece of work, I doing it, it's never ending, but I feel like I'm doing what I am called to do. Like I wake up every day really excited to be able to now create a tech solution to help people that are in like a self-guided journey and help our coaches that our helping clients be to impact more people and simplify the process of being able take control of your health.

I love that, you're living through purpose. Love that. So if as we wrap up here, if there's someone listening to this podcast episode really resonates with today's message, what is that last thing you can leave them off with?

Gosh, as a health care provider, that's most of the listeners that are that We're in such a unique position to help open people's eyes to, help them understand how to take control of their health that they, it's not too late.

Like if you're still breathing, you can start prioritizing your health and wellness. Can you reverse every disease? No, but you start improving a lot of things and, and reversing and definitely preventing chronic disease.

So, Don't underestimate the power that you have that a small conversation to encourage someone to really prioritize their nutrition beyond you need to eat better, provide them with a solution, guide them to the best next step.

If you're not able to provide that for them, I think that, you know, it's not healthcare providers versus like gyms and dieticians and nutrition coaches.

I that we all should be working together to help create a world where chronic disease is no longer the norm. Absolutely. And if people want to find more about you or find about Healthy Steps Nutrition, where can they find it?

Healthystepsnutrition.com is our website. Find me on social media, Nicole Coyne. Maybe we can link it in the show notes or something. Yeah, that's where you can find me.

Social media. My email is Nicole at HealthyStepsNutrition.com. Awesome. Which will include all the links down below. Nicole, it was a pleasure having you here on the Healthy Point of View podcast.

Thank you. Thanks for having me Awesome. Guys, as we mentioned here on the podcast episode, lifestyle is extremely important. It doesn't need to be as complicated as what a lot of people make it out to.

The accountability is important, there's tools, technology in place to help you take those steps. Healthy Steps Nutrition. This is a tool that will help take the steps to take control of your health.

Take this podcast, make sure you share it with your friends and family. Everyone can benefit from today's message. Make sure subscribe, like, do all that other fun stuff, and we'll see you for the next one.