Podcast Introduction and Guest Welcome

drinking every night and then take a peptide and think it's gonna kill your body and you're gonna reverse AIDS. It's not how it works. You need to focus on everybody had this idea that hormone therapy was dangerous and bad for us.

So when they took off that black box warning, all of a sudden people were encouraged to be able to manage their hormones. And what we learned… Breath control pills.

Give me one sentence. There can be a lot of really bad side effects. And don't get me wrong, there are teens and young people who have serious progesterone loss.

But I would say… Today, we have the Nevin Twins. Kimber and Alexis McClay, known as the nevin twins, are fashion founders turned wellness entrepreneurs, co-founders of Neven Method and founders behind Koa Life Skincare.

Today they're helping women reclaim their energy, hormones and health from the inside out. So what is burnt out? Being wired but tired, not being able to sleep at night, being inflamed, skin breaking out, expressions of autoimmune.

But for the everyday person out there that wants to find a way to manage burnout, I'd say the most important thing to start with. Someone with potential hormone deficiencies.

What are some of the signs of symptoms? Libido's a big one. Being irritable, living your day-to-day life, feeling unhappy for no reason, that's the big part of it.

I don't feel like myself anymore. That's what every single woman says because it's slow drip but all of a sudden you feel you've lost your turn on for life and by the time you notice that…

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 podcast, We're going to be talking about fashion to wellness. Well, what does that mean? We got a very unique story here, a double story. Oh, boy.

Do you know where I'm going with this? All right, today we have the biohackers, the health and wellness experts. They're helping so many people change their life.

We're gonna be talking about women's health, we're going to be talk about peptides, We'll gonna talking be about their story, Today we the Navin Twins.

All Right. So so, you know, I have my nieces are twins and they're they not young anymore, they're still kids, like in fifth grade, and I still don't know who they are.

And they know that too, so now they mess around with me. Great uncle. Joelle over here has twins also. No way. Well good luck. They're a handful. So thank you for coming on a Healthy Point of View podcast.

Thank you so much for having us. We're excited to be here. And you guys, not too long ago, we're at LiquiVida, and we were experiencing the Vida journey, which now we got a bunch of new tools and new technology since the

last time you were there.

You have a two-seater hyperbaric chamber that's already set up at that location. we have the red light bed as well, too. Infrared sauna, all kinds of this cool stuff.

So you're going to have to come back one day. We're coming back, let's do it. You know, first I want to start off, before we get into all the biohacking and peptides and all that other stuff, I wanna talk about your story, right?

Fashion to wellness, because you guys were really big in the fashion industry. But I wanted to go even further back. I wan to talk bout your upbringing from when you were like five years old to where you are at today.

Kind of understand how you grew up, was health and wellness actually part of you growing up? And whoever wants to first, you know go ahead. Yeah, well, we originally grew up in Vancouver, Canada.

So we grew athletes, which is really interesting. I think that's where our kind of like thirst for optimizing the body came from. Initially, We ate super healthy.

We were always outside, just playing every sport.

Growing Up in Canada and Athletic Roots

we played soccer, swimming, gymnastics, volleyball, really just constantly pushing our bodies. But with that, we never really spent the time to recover so after time we could kind of feel our bodies breaking down so that's how we initially got into biohacking but grew up in Canada I moved to Los Angeles right after high school and studied fashion worked for a really big company, traveled all over the world and designed clothes for, a few years before we started a company together and that was our first brand together.

Yeah, and even going back to our roots in Canada, my father was a professional boxer. He was an undefeated heavyweight champion. Oh, really? In Canada.

I didn't know that. Shout out. Yes, before he got into the corporate world and then later on started a gold mining company and did really well with it.

But we grew up with this. Idol we really idolized him who was this professional athlete. He used to make a sparse little kids So we kind of saw his dedication to training and refining optimizing the body from a young age I think that's where we got the spark to kind to do it ourselves and we ended up competing and swimming and horseback riding and doing gymnastics all the things we could do as Canadian tomboy's and And then in our free time, we were outside playing in the creek, running around barefoot with the squishy earth between our toes.

So like we really learned to ground and biohack before we even knew we are bio-hacking as little kids and like getting the vitamin D and really being one with nature, like those fundamental things of a healthy lifestyle.

We're so blessed to grow up that way. And as we got a little bit older, were able to implement it into our lives as, you know, as started to feel the weight of having a company and all the responsibility and the burnout that you get from, you know, really pushing your body as an adult.

We kind of thought to go back to our roots and start focusing on biohacking again. Absolutely. So your father as a boxer, I mean, that's the training that they go through is quite a bit.

Yeah. And you guys were exposed to that. You guys would go to his fights also? We never went to his fights, and he transitioned from boxing to the corporate world, but still had people come up to us in Canada.

We'd be out for dinner and be like, Wayne McClay, the boxer. But the way it really influenced our lives is we would go to gym with him, we'd see him strength train, he was doing carnivore type diets before it was a fad or a trend, really focusing on protein, so that really rubbed off on us.

I think the way you do one thing is the everything and that dedication, time management, just like refining your body, looking at your bodies as a temple, those sort of ideologies we adopted from growing up with a professional athlete.

Now in Canada, obviously here in the US, we're like the most obese country in world, right? In Canada how is health and wellness where you grew up? Yeah, I think it depends on what part of Canada, but on the West Coast, everyone is obsessed with sports.

When you're a kid, you grow up doing every sport. You're outside, your camping, hiking. If you are not doing a sport, there's something wrong with you.

It's just a way of life. No video games? No, video game. I mean, I would say I spent most of my childhood outside playing in the forest. We also were really lucky we got to grow up in an area where there was a creek in our backyard.

That's pretty cool. My mom lived right on the water and then my dad lived in a mountain. So 20 minutes. a 20-minute drive, and we can snowboard every day.

So really active lifestyle and a clean lifestyle. And if you've ever been to Vancouver, the minute you step off the plane, you can feel how clean and fresh the air is.

People are just really friendly. Generally, people are super healthy. It also comes down to community. people really connect. There's this collective energy of living a pretty healthy lifestyle, And there's really not the same epidemic of obesity in Canada.

Our food systems are cleaner, our standards are a little higher, people are outdoors more, and we're a polite society that really focuses on, for the most part, community and connecting.

So I'd say we are lucky because the baseline is a lot healthier than in the United States, even though we were right here. And I think one of the biggest things that I really noticed when I moved to the States is in the United States, fast food and processed food seems to be such a staple of American diet.

But in Vancouver, I never ate fast-food. I can't even remember eating it once. And we never ate processed food. Not to say we wouldn't have a cracker or something unhealthy occasionally, but we were mainly making food from real foods, from fruits and vegetables, and from proteins.

So we ate a really clean diet from a very young age. And even the fast food joints, they are not like the U. S., they're healthier. They use real whole foods compared to here.

Right, right. Yeah. Did your parents grow up that they would focus on, that would cook at home? We had nannies that cooked, we had a French nanny that was an amazing chef and she made really healthy options.

My mom also is an Amazing Chef. I wouldn't say my dad cooked. Yeah, my Dad never cooked but that's kind of like the man never really cooked back then.

And I actually told myself, I want to do things differently, like I love to cook, me personally. So, okay, so interesting. So a lot of playing sports, what was like your main sport, like, your go-to sport?

Soccer, for me, was number one, and swimming. I loved soccer. Growing up, I had a lot of energy, and I think I have a built-up tension from my parents' divorce.

So to be able to roughhouse a little… She was a spicy one, for sure. I was definitely spicy. Very spicy! I'm a very spicy teenager. Sorry mom, sorry dad.

But to be able to roughhouse a little, I love that aspect of it. And I was really competitive, not even with other

people, but with myself. I wanted to test my body constantly and see how far I could take it, how quick I can run.

But for us, high school was a little bit challenging. My sister was bullied pretty badly. And then my parents went through a divorce. So honestly, we wanted to spend as much time involved in sports and outside of kind of the traditional school system and home to just have an outlet.

And so I was on the volleyball team, the golf team the tennis team like everything I could do because the endorphins and the team sport it made me happy.

It was something healthy and it was just kind of honestly escaping from some of the other tough parts of being a teenager. Of course. Now you just mentioned something about your sister being bullied in high school, which I'm a huge advocate of anti-bullying.

So I guess the question that most people are going to ask is, you guys are the same age, obviously. You weren't bullied, but she was. We went to, we were in different programs at school.

I was in French immersion, so in Canada the two languages are French and English. So all of my classes were French, and then my sister was computer immersion.

Yes, aging ourselves because computers were not normal at schools. And so we had completely different groups of friends. We actually went to different high schools.

She left because the bowling was so bad that she switched schools, so So yeah, we didn't really hang out in high school that much, you know, We weren't that close.

Yeah, I think In Canada, there's elementary school and at least in Vancouver elementary School, and then there is high School and high-school starts at 13 I believe, right?

13, 14. which is really young to be in high school with 18-year-old students. And I really think that the age gap is too big. They should do a middle school as well.

So when I first went to high-school, I was 13. Iwas really introverted. I was kind of a loner. I would sit in the hallways by myself, and being in computer immersion on a laptop all day, kindof focused on work, really didn't help that. And I kind was just the prey in that highschool.

bullied really badly. I got beat up. It was torture, honestly, and I had to switch schools. And as soon as I switched schools and it was a more athletic school, I was around this happier energy at school.

It took making that change to really start to thrive in school. And when I was competing and in sports, I forgot about all of that. It just gave me this outlet to feel really empowered and good about myself.

You were good at it. I really was good. Yeah, it was my way of being an extrovert through sports. Giving you confidence, which you needed. If someone listening to the podcast right now them or a family member is going through some bullying.

What is that one thing that you could just, off the top of your head, like, hey, this is… That's a great question. The thing that I never did was tell anybody.

I didn't tell my parents. My dad at the time had moved to Europe, so I don't have him there to talk to about it. And my mom just didn' want to burden her with it, So I kept it to myself and I suppressed it My sister saw what was happening and she would support me as much as possible, but she was also young and didn't really want to get too involved.

She would involve herself. But I would say, number one, tell your parents. Tell someone at the school. Call one of the teachers. Be really vocal about it, because if nobody knows, there's no way to find a solution.

And had I let somebody know at school, they probably would have addressed it. Yeah, and kids don't want to tell on other kids but there's counselors at the school for that exact reason and the thing to remember if it's someone young like you eventually will grow up to be in the same position as a counselor with that point of view and that knowledge and also realize that high school doesn't matter in the scheme of things if what's happening, you know, like it's a teeny little blimp on the radar of what is possible in your life.

Fashion Careers and Building Navin

So it seems like a big deal during highschool, but just be empowered to know that you will grow and you'll have grit from that experience as an adult and use it as fuel in positive ways.

I also love the idea of mentorship within high school with some of the older students So almost like having a big brother big sister at the high that you can fall on I think that would be a great program for people that I know some schools have like peer counselors and stuff that can Hang out with kids and kind of give them some good guidance and direction So would you guys ever move back to Canada?

No You would have moved back to Canada after living in Miami or from living You know, we we have our European passports Canadian and our American now and so we've choices but I would definitely be in the US or Europe and then if I had had to Canada, but I just think there's a whole bigger world out there.

And I do think I love Canada but it's very conservative and small in a way. I think that there are so many opportunities and bigger things happening the rest of the world.

Yeah, it is also very cold. It's cold, and it rains. But I'd love to visit. So I'll go visit for the weekend. Go skiing! I was raised in Milwaukee, Wisconsin.

Yeah, is your family still there? I have a lot of family. Oh, wow. And not my immediate family, my entire immediate. Family came down to Florida, so I'm good.

But yeah, it's too cold. It's always gloomy. Yeah. South Florida is where it is for sure. We're so spoiled here. Sunny every day. Feels like you're in a tropical paradise.

I mean, we I grew up, I moved to L. A. when I was 18. So I went from one beautiful sunny city to another. Definitely not moved back. So now the fashion, were you both in fashion?

We were, yeah. I went to design school, I got my bachelor's degree and started working for a few different companies but I landed a job at this one main company and they flew me all over.

Europe, all over Asia, and I was 20 to 23, I believe, working there. And I took over there as head designer. I started as an assistant, just assisting the designer with samples.

Then I take over their design department. Within two months of working in there, they started a new division for me. Increased their sales by 40%. I absolutely loved it.

Crushed it, was amazing at designing. It was my passion. And they sponsored me, so I worked there for a while. Being Canadian, you have to be sponsored to work legally in the US.

And after a few years, I just knew I wanted to start my own brand. That's what I'd always wanted. Fashion brand? Fashion Brand. I convinced my sister to move to LA.

She'd applied to Pepperdine and got in. Got in right away, of course. Moved to LA and we started our first company together called Navin. It was an absolute amazing company.

And you know what's so funny? So I graduated Pepperdine and I actually interned from my sister at her fashion company for a week. The dynamic of her being the boss didn't really work for me.

I liked it. She hated it, I loved it! It was crazy because I saw I would go over these sales reports and I was just seeing how she was increasing zils and so yeah I'm like wow you're really good at this and and then we started Navin launched the collection and it's so funny how it started because we launched it in our front room I got a $10,000 investment thinking we were gonna do a t-shirt brand I hired my best friend as our assistant and we ran it from a Beverly Hills apartment thinking it was just going to be a small brand, really fun, something we could kind of get behind.

We ended up growing it to doing about 20 million when we left the company and had 40 employees, we sold to 500 stores, had seven showrooms. It ended evolving into a dress brand.

It's just funny to look back and you never know where you can take something. So starting in our front room, I remember we would do sales calls and pretend we had a whole sales team for an oven.

And really it was my sister, me and my friend. When there was no AI, we were doing cold leaves. It was so funny. We would bring all our samples and drive around Melrose and all the main stores in in Los Angeles when wholesale was king.

And we would work up the nerve to, okay, we're gonna go in there. We're going to pitch them the collection. Were like super nervous. were really young.

It's our first time really doing sales. we were like, Okay, you say this, You say that. and we go store to store and pitch everybody our collection until one account ordered and then the store beside would see that they were carrying our stuff.

So word sort of started to spread and We ended up having a really loyal Following with a lot of the younger celebrities and we were going out a Lot at the time so we, were in the scene and it just kind of And this was before instagram this, was, before the d2c boom so like everything was based on relationships and selling in person and If you, wanted to do pr and celebrity relations it was doing it on the red carpet I love so I remember we got one of our dresses on Kristin Cavallari on the red carpet And then I just took off and halfway through our career with Navin revolve clothing approached us and said will you guys do a partnership with us?

So we launched a capsule club with them It was meant to be a year ended up being so many years selling on this site did so amazing with it. It. Was so fun I Remember called NBD X Navi It's my favorite stuff I've ever designed.

That's pretty cool What initially inspired you to get into fashion? Oh, that's a great question. I've been designing since I was a little kid. One of the things, my best memory with my mom, we would design and sew Halloween costumes every year together since i was little.

She was just a seamstress, just taught herself back when those paper patterns were a thing. And we would make the funnest Halloween costumes, and that's where it started.

And then I started making my own dresses for like a school dance. Then I made outerwear. In high school I opened a little tailor shop and I would hand make patterns and wedding dresses.

I had multiple clients. hand beaded, customized wedding dresses. So that's how it started. I did fashion shows in high school, I knew I wanted to go to design school.

My design aesthetic has definitely changed. It's evolved. Yeah, but how did it start? Do you still have a sewing machine? I do still have a sewing machine, of course.

But it's funny because my sister's always been on the creative design side and then for me I've loved more of the advertising, marketing, the numbers and at Pepperdine I launched my first technical company.

I had a non-profit where we produced merchandise, so t-shirts and we would sell them and give the profits to the orphanages just over the border and buy food and toys and all that thing for the kids.

I was and I won an award at Pepperdine for this business plan and business we launched. So you loved the creative and i love the business side and it kind of stemmed from there.

Is it true that a seamstress drives their car the way that they use a sewing machine? I've never heard that before. That would make sense because the industrial machines are pretty, their pedal is pretty heavy.

You've ever seen them? It's not like a regular home sewing machine. They're really, they're powerful. My mom used to do a lot of sewing. She used make all of our Halloween costumes.

We didn't have much money growing up, but she would make I remember when she made a Power Rangers costumes like there we won awards and stuff and my mom made it all from scratch Yeah, that's pretty cool that that takes talent.

Yeah it does So alright, so we're talking about the fashion fast forward to today You guys are in a whole different industry now completely different world something actually had to happen to get you in the position that you're at now, which is in a biohacking space.

I mean, you guys are speaking publicly. You're on these different platforms at different stages. Your product line, I'm mean you are in it. So what got you into the wellness portion?

I feel like we've lived 50 lives in our lifetime. But we, so we have been entrepreneurs I'd say like over 20 years now. And for anyone that started a company from the ground up, it's It looks glamorous from the outside, but it is a lot of hustle and a struggle, blood, sweat, and tears at least for our company.

We got to this point where we were scaling really quickly. we're in our 20s managing a big team, had a responsibility. Were out at night being the face of this celebrity events kind of company and then we are at the office really early.

we got to this point where we sort of hit a wall and physically just felt so burnt out. And I know that there's a lot of entrepreneurs that know this.

Also probably a lots of moms that are raising kids and also working, like there is a point when you just get so burned out that your body is like, hey, I'm strong, but I no longer will take this, and things started to break down.

I would say it was probably mid-30s, early 30s when this started happen. So we're like okay. We are people that can push ourselves. We're athletes. So we're used to taking like pain and really that kind of struggle and being tough.

But we got to a point where we were like, we have to make some changes in our life. And it number one stemmed from stress management. Number two, lifestyle, better quality sleep, Better food, putting our health first, like all the things we had been neglecting.

Really focusing on recovery, which we would never do. Were just go, go go. Same way we worked out and did sports. Believe that back then nobody taught you about recovery when you're an athlete you just push yourself Yes, you stretch before a game and you drink water, but that's it.

There's no other recovery involved So we never really learned that school that tool and it is so useful I mean, I think it's more important than even pushing yourself at the gym Definitely, and we were working out.

We were out late at night, up early, working all day. And, you know, we didn't have red light, sauna, all of these things. I eventually found out yoga, but we definitely had to make shifts in our life.

So we started really focusing on wellness and started getting into the six pillars of health, just really shifting things around. Okay, so we grew up as kids, as biohackers and athletes.

Let's get back to our roots and shift some things And we're like, we love fashion, but I think we got burnt out from the industry after a while, and we wanted something deeper.

And I that time comes for a lot of women where you're, like I wanna, if I'm gonna be working this much, I want it to make an impact on the world and empower people.

I love apparel, But I didn't really feel, at least for me, that my passion was really being satisfied. And I also worked at a cancer research lab when I was quite young.

I'm really into science and I didn't feel like I fully pursuing my dream in the science or data side and so we decided let's try something else on and we started our clinic together.

And I think for fashion, it was more my passion originally. She loved the marketing, the business side and you absolutely crushed at that. But as we evolved, and I say we because a lot of what we've done is together, we have done it separately as well, but partners in a business, as have evolved as young women, so did What we wanted to do with our career and fashion can be an amazing industry designing creating I love but there's also a lot of aspects to it that are a little bit cold and Superficial so that just didn't feel aligned with who we were anymore.

Did you both feel burnt out? Yeah, we both felt burnt out. But you know, it's what's really interesting going back that I did feel like I was kind of chasing your dream.

Yeah. More than my dream and then I. Was like, OK, now now I'm fully an adult if you ever feel I could at all. And it is time for me to really fulfill and fill up my cup.

But you also had that yearning for something deeper. And I realized when we kind of hit a wall and got burnt out, it wasn't just physical burnout. We emotionally had had, and I say we because we've lived everything together, that's the thing about a twin, is we had a lot of emotional Junk and baggage so I want to go a little bit deeper into that because a lot of people are going through that burnout phase right and Sometimes people aren't unaware that they're hitting that burn out means so what is burnt out?

I? I mean, for me, the number one thing is I physically felt like I was hit by a truck. Every morning I woke up, Iwas exhausted. I felt depressed. It wasn't the type of depression where I can't get out of bed. I just did not feel happy.

My body ached, and I was pretty young, mid-30s. Too young to be feeling these things.

Burnout, Recovery, and the Shift to Wellness

Hired all the time, just really lethargic, depressed. No, you guys keep saying mid 30s, I know that if I were just watching this podcast right now, they're like, well I thought you were in your 20s?

43, we're 43. Alright, so just so people know the difference and what the timeline. Thank you. So mid 30s you start feeling this way. Yeah, and it shows up for a lot of people in lack of motivation, feeling like a little hopeless, like they just want to give up.

What's the point? What is the waking up and just feeling like you have no motivation. I think that's the way it shows up for a lot of people because your body is just in a way depressed.

There's downstream fatigue in your bodies from being overworked and your adrenals being completely shot. It shows in different ways but I'd say that is the feedback we get from a of our female clients too.

One of the biggest things that I noticed was my body was so inflamed. weight gain, not from fat, I felt puffy everywhere. My fingers felt puffy. I just felt so inflamed.

And working out more and more that actually just made it worse. Because I wasn't taking care of my body and what my really body needed was to rest, to get good quality deep sleep, right, eat the right nutrients.

So I was skipping meals. They felt inflame. Working out really hard. Drinking tons of caffeine. I woke up like one in the morning and waking up at six a.m.

and I just didn't give myself, my body what it needed to. How did you guys figure that out though? I hit a point where I couldn't keep doing it. So I started getting sick and at that point I didn' have a choice.

And we're so tough and so used to just pushing through anything that I could have kept going but I chose to really take care of my I feel like I'm 90 and I am 35, this is enough.

And I so used to feeling good in my body because I was an athlete that I really noticed that there was something wrong. But that's also the other thing is our society and world is kind of built for a man and a mans schedule and not a woman.

Because women, our systems are not supposed to be in continual stress, like small bouts of stress fine, but we are supposed not to pushed as hard as we're pushed in our society, working, raising kids, like all these things, our hormonal system is not built for that.

It's built a man to be able to toughen throughout. So yes, we can do all the things but our body isn't biologically built, for the schedule. And when you're living in this constant state of fight and flight, you, your elevated cortisol levels.

So you are living at really elevated state cortisol, which is going to break down your muscle. It's going breakdown your skin, and your energy over time.

I started to get acne. You could just see that I was not in a good place. So like being wired but tired, not being able to sleep at night, being inflamed, skin breaking out, expressions of autoimmune puffiness and inflammation, those are physical signs that your body is not doing well.

I like that, wired by tired. You know the monkey brain that happens sometimes. Wired by Tired. Especially for women. So when you guys decide to start addressing these issues on how you feel, what's the first step that you take to starting addressing and taking control of your health?

Well it's interesting, for us it wasn't just physical, it was emotional too, and with a lot of people and women, we kind of push on our emotions, but if you're not dealing and healing your emotions then it becomes a physical illness as well.

So we actually started doing therapy separately. We ended up doing plant medicine. And we discovered all these different modalities in biohacking, peptide supplementation, detox protocols.

Separately, yeah, separately, our own practices. I've been really spiritual my entire life. Been praying, I studied different religions and kind of took all of the elements that really resonated with me and I felt like really impacted my spirituality and created my own practice.

So that was, that still is the foundation of everything I do when I say I my morning practice that's part of it. And that helps me to regulate my nervous system.

And I find that when I step away from that, from traveling or I'm in a high moment of stress and I am not really practicing, my body reacts and… I can feel it.

So when i'm doing my practice, that to me is probably the most effective thing that I've done. We've done separately and together years of therapy and my sister mentioned plant medicine for me has been such an incredible tool.

I started doing ayahuasca and other plant medicines about 12 years ago and working with therapists, before it was popular, working the therapists working, with a healer and really trying to Dig through past trauma and release a lot

of that and that really helped my nervous system more than anything Yeah, but one of the most impactful things I've done in my life and I think Continuing to always evolve on that level and always work on yourself emotionally is equally as important as all the other tools you have Where you go for the ayahuasca stuff?

In Los Angeles, in San Diego, we have a great circle and then started exploring with psilocybin and other psychedelics that kind of help you in different areas of the body.

Some are better for the mind, some are for somatic pain that's locked in the 10 years of therapy in one ceremony, essentially what you can unlock. And so we're able to purge a lot of it.

But for the everyday person out there that wants to find a way to manage burnout, I'd say the most important thing to start with is find mindful practice.

You should be spending a third of your day in a parasympathetic state. So that means resting, repairing. Whether it's meditation, hot yoga, It could even be sauna where you're spending time to meditate and just relaxing the body and taking time for you.

That's like a step one because you can't always control your environment. There's always going to be chaos and stress, especially if you have kids. But you control you environment inside your body.

And so you could be in the same chaotic environment and relaxed rather than getting super irritated and stressed out and feeling like you're gonna explode inside.

So I'd say finding a mindful practice is step one, and then the physical comes as a step two. And a lot of that healing, we've been doing peptides for almost 12 years and just gonna dive into the peptide conversation, but When I was really inflamed, a combination of number one, resetting my nervous system and then actually trying to modulate the inflammation was very important.

I changed my diet. high fiber and I incorporated peptides really early on and really focused on my immune health. That was number one and using things like BPC 157 for my inflammation and that helped more than anything and thats how I got into peptide.

So that was almost 14, 13 years ago? Probably 13 year ago now. Another big shift she did is she was low fat everything before and adding in healthy fats actually regulated your hormones and helped your stress levels.

Nice. I mean, 13 years ago, you know, I started to get I got into the peptide industry back then as well. So I think we talked about this before and peptides are not what they are today.

Back then, like you had to actually find someone in that really knew these things. And a lot of the research was coming from overseas, from Austria, Australia, all these other different places.

Um, so going way back, right, thirteen years How the heck did you get into it? Because I know my story. I had a mentor, Dr. Willix. He was 80 years old, former heart surgeon.

World renowned functional medicine doctor. Taught for the A4M. So he was exposed to this stuff. That was my entry into the world of peptides. But how did guys get in?

What peptide were you taking back then? How did step into what you were looking for? I was on the business side, so I've been in the functional medicine space since I 19, I'm almost 40 now.

So I, was actually not taking any peptides, but we were putting patients on peptide. Dr. Willicks was one out of 80 peptid gurus around the world with Dr Bill Seeds.

He was prescribing. Typical peptides like the HCG, HGH, and stuff that they were putting people on for hormone optimization. Samorin was a peptide. He was big into BPC-157.

You know, that's something that he would mention that everybody should be on BTC- 157, every single patient that comes in through the door. Um, he'd go injecting, injection and also oral, you know to fix gut health.

But um, there wasn't a magnitude of peptids available. Until Taylor-Made, you know, Ryan Smith and the guys at Taylor Made really started bringing out more peptides out onto the market.

And then that's where we started venturing into a lot of the other peptide for like cognitive health and sexual health. weight loss. You know, now we have all the other peptides for weight-loss, but before, I think the weightless peptide that we started using was AOD 9604. I still use Aod in my stack.

It's great for not really weightlost but inflammation for women, or if you're taking a secretagogue, adding in the Aode can just stop some of that water weight.

But there's a place for it still. But the way that we initially got turned on to peptides, I mean I was having a lot of inflammation. We were living in Venice, California, so everybody's aguru.

There's, a a of our community are, we're in functional medicine, Doctors now that are functional medicine doctors that were kind of guiding us on our journey that have been using peptides for a long time because they've been around some of them have Been around for long.

We weren't using any for body composition But it was more for immune health and that's how we got turned on to it I also had really bad old toxicity from an apartment I was living in in Venice.

So In addition to being burnt out I also had all these flare-ups from being exposed to really high levels of mold and at the time I didn't realize that I had mold poisoning but my friends that were holistic doctors knew right away they're like this is mold-poisoning try this peptide to help with a boost your immune system while you're doing all the different detoxes and it was just the way that it helped me heal and it expedited my healing.

I just completely got into peptides after that. This is amazing. that we started with and it just like transformed our immune systems both of us and throughout the years had a few other health issues.

I had sepsis and I was hospitalized and almost died from sep sis from a surgery and got infected during the surgery, a bladder surgery. I survived, thank God, but I had to take so many antibiotics that my gut was completely destroyed and I used capsule form peptides to heal my cut and a bunch of peptide to transform my immune system.

And one of the side effects from using some of these peptids and just helping to repair even my tissue was we ended up leaning out and losing weight and building muscle and we're like, wow, this is, and it was before the GLP-1 craze where like these work to optimize your entire body.

We were like, there's something to this. We need to dive into it deeper and got connected to one of the OG compounding pharmacies about five years ago and professionally got into the industry about 5 years.

At the time, no one knew really what a peptide was. They thought we were slinging steroids. What do you guys do?

Peptides, Functional Medicine, and Immune Health

Yeah, but we worked with this pharmacy that had some of the highest quality peptides and they were working with the NBA and the Kardashians and all the other celebrities that were all kind of doing peptide at the time to optimize their body and got into the concierge space and was doing all of conferences like A4M and probably the same networks and circles as you and then decided we wanted to cast a wider net and make it more affordable and accessible to the everyday person specifically to help empower females There's not a lot of education about our body and resources to females and we're so complex and go through all these crazy chapters in life.

And so we launched our virtual clinic and were able to help so many women now and just get to more people and

make it affordable for people. So easy and so convenient.

That's amazing. So, you know, I want to talk about the women's health because obviously both of you are women and you guys are working with women. And, again, almost two decades of me being in the industry of functional medicine.

I can tell you from my experience working patients and with some of the top doctors globally, that women have been at a disadvantage when it comes to hormone optimization and just the wellness sector in general.

And I'm not talking about the one sector of, like, you know, the stuff you see superficial of going to the gym, to fitness stuff. Like, okay, that's available for everybody.

I am talking the actual clinical side of things. But how are we managing hormones? How are managing a period menopause? And one thing that I notice seeing these doctors work with women is that women are a heck of a lot more complex when it comes to managing their hormones versus men.

And I'm not even talking about perimenopause or menopausal, I am talking just a woman going through regular menstrual cycles, right? Where you have the different phases, you know, when you're doing blood work on a women, You have to know where they are at in their cycle, to really understand, do they have a hormone deficiency?

Are they truly in the optimal levels? The first question I have for you guys on this is, How did you get to learn the process on taking care of other women?

I would assume taking of yourself, right? But there's going to be more to that, because there is an educational component where you really have to understand what's happening.

Where did he get this education? Yeah, well, first of all, you must see with LiquiBeat all the time because you do such extensive blood panels looking at a woman's different phase during the month.

I think we're 25% variation every single week hormonally. So kind of a different person every week to the months. And you see that, like you were saying, in the blood test, so you have to be really accurate and know exactly where you're at in your phase to predictive.

Even when it goes to perimetopause and trying to test hormones, it's so hard because a women's body's all over the place that Really everything is anecdotal and that gets back to our story is things we were having symptoms Different symptoms that women just go through from aging but we would see a doctor we test and our labs look totally normal and fine because they didn't really know what to look for or a male doctor is like this is just part of getting older as a woman Accepted and deal with it And even when you think about the next chapter in life, perimetopause, metopaus, you have to start preparing for that in your 30s as a woman, for some women even earlier.

And so when we were in our early 30's, we started to have kind of, at least for me, I'll speak for my own symptoms, that I had a little bit of irritability.

I just started getting super tired. Yeah. The best way to learn something is to really go through it yourself. And I felt so frustrated because I just didn't find any answers.

The same community that introduced us to peptides, the same functional medicine doctors, they introduced to this whole world of looking at the body as an ecosystem.

We did training and certification for coaching. I did mine with the extended program at Harvard Med School, has one for wellness coaching, can study nutrition.

with the Stanford Extended Program and we worked with chemists and labs at the pharmacy, but the best research

we've ever done is like really digging deep on our own and talking to our functional medicine doctors, being connected with other people and looking at clinical studies and data on their own, and just piecing it together and figuring it out.

And also being part of a lot of women's groups, When you're around women that are 35 to 45, and you see this common denominator, everyone's going through similar things, having similar symptoms, then you start having these discussions, you realize that these symptoms are part of the aging process, but they don't have to be, How do we really combat that and what's really going on?

So you're having these conversations. And I talked to my mom about it, but she's also not educated. You know, that generation, they don't really, you weren't taught about perimetopause.

Some women weren' t even taught metopaus, so they didn't understand what was going in their body. stigma around hormone therapy, or at least there used to be, so a lot of women are scared of that.

But it's more about understanding your body, what happens from 30 onwards, and what can you do naturally to help regulate your hormones? What can eat?

How do you work out the right way? what's really important, like sleep and managing stress? And then as you get older, how can supplement and use things to replenish, topical hormones for example and Really take care of yourself, but even even the topic of having a menstrual cycle Nobody used to talk about that It was so cringy up until probably five years ago like you would never hear on a podcast a male talking about Menstrual cycles or women's health because no everyone danced around the topics.

We didn't even know our different phases and our cycles Women didn't know, and it wasn't until people started talking about having the conversation openly and comfortably that we learned about our own bodies.

Like, they didn' do clinical studies on females until 1993, which is ten years… We were ten at that time. That's insane. You know? No one was studying the body.

We worked with this company called Thinks, actually, quite a while ago, Which really focuses on the menstrual cycle. And from that time on, people started talking about it.

We started learning about our bodies. Other women would talk about. Different groups would pop up. And I think just like the sharing of information on social media podcasts, making it more of a topic where we're celebrating a woman's body as creators instead of being ashamed of it, that whole movement allowed women to feel comfortable to explore their own bodies and then from there it's now just kind of taken off.

Now there's a lot of resources for women. Dr. Marty McCarrie, not too long ago, when he was the head, the commissioner of the FDA, you know, they took off that black box warning for hormone optimization for women for the testosterone therapy, I believe it was.

How did, like, women that you guys work with, or the women groups that are all into this, how did they react when that happened? Well, that was really during my mother's time, right?

So it was the end of the 1990s, early 2000s when the women's initiative happened. And everybody had this idea that hormone therapy, especially estrogen, was dangerous to women.

It was causing strokes, heart attack, breast cancer. But we know from that study that it skewed when they reevaluated because The sample size were older women, 60s to 70s, and a lot of them had pre-existing health conditions.

And if you're starting hormone therapy way after menopause, it's a riskier than being preventative and starting ahead of time. So there's all the things that were wrong.

The hormone matters. Yeah, the type of hormone, so it wasn't bioidentical. It was from a mare's urine, you know, from an animal. So it was not really kind of accepted into our body the way that a bio identical would be.

I think it's like 50 million women stopped taking hormone therapy or something crazy like that when they heard about this study. But we had this preconceived notion that it is dangerous and bad for us.

So when they took off that black box warning, and I think it was November 2025, all of a sudden people were encouraged to be able to manage their hormones.

And what we learned, which was a blessing from that experience, was that timing matters in hormone therapy. Earlier is better. So if you start about 10 years before a menopause and you can be preventative, it's so protective and safe to the body, to heart.

It can help women transition smoothly and actually protect you once you go through menapause. So timing means everything. And so that allows women to have just a better second half of their life.

Absolutely. But there's definitely still this stigma around taking hormones and I'd say it's like a 50-50. Some people still think that it is this dangerous tool to use and then other women are really excited to try it because when you feel that desperate and that terrible and you would do anything just to feel better and when give a woman something to hormonally feel she's going to be on board.

Some people are still scared of it. A lot of our clients are open-minded, but once they start, the effects that hormones have are so incredible, and it happens really quickly.

You can go from feeling like crap every morning to feeling incredible and having a new joy for life. Your libido's increased. Do you have a better relationship with your partner?

Your skin gets better. All of the things, that fatigue that you had goes away. It's just a new life and new opportunity. Are you taking TRT? Are on TRTs now?

I have a few peptides. I'm not on Trt. Yeah, I am still in the process of trying to have kids. So I kind of, got on trt early on when I was doing bodybuilding the wrong way.

And I talk about this all the time. and I had to go through see a urologist and everything else. you know, until I actually have kids, I'm not getting back into testosterone.

So I've been able to manage without it, but I do take certain peptides. You know Tessamorlin is like one of my main go-to peptide. And then a lot of other natural things that I did.

But, you now, yes, obviously I believe in TRT. We work with so many patients on TRD. Now, because we're talking about this whole hormone thing, and we talk about the women, some of these women I want to get into the details of What someone with potential hormone deficiencies right hormones that are out of optimal ranges.

What are some of the signs of symptoms right you just mentioned libido in an issue libidos a big one being irritable. kind of grouchy, being really irritable.

Mood swings. I think that's probably the number one thing that you start to notice and being very snappy and just being unhappy generally, just living your day to day life feeling unhappy for no reason.

That's a big part of it. Sleep and sleep so a lot of women will complain about Falling asleep, but waking up in the middle of the night not being able to sleep past 4 a.m That's a huge one.

They're low progesterone, which is the hormone that helps your body sleep and almost like an anti-anxiety So those are their top three. And then we get this comment from women who are experiencing hormone dysregulation every single time.

I don't feel like myself anymore. That's what every woman says because it's a slow drip but all of a sudden you feel you've lost your turn on for life, your purpose for your life.

You just feel super down and you don' t feel yourself anymore And by the time you notice that, that means that your hormones have really dipped. And normally, it's progesterone that starts to dip first, on average, estrogen, and then for some people, testosterone.

But just like any guy that's taken testosterone before, you know how good you feel on it. For women, its tenfold, because we're focusing usually on the three different hormones and not just testosterone, so once you fill up that tank again, You're a completely different person.

So for the listeners of yours, I want to put a lot of emphasis on what you guys are talking about, because these type of things that we're talking, these symptoms that women will start experiencing when they have hormone issues, These are things can not just affect you personally, mentally, emotionally, and physically, but this is something that can affect your relationship with your partner, right?

You don't have that sexual desire, you have a hyposexual desire. painful sexual intercourse because it doesn't lubricate how it's supposed to. We're talking about weight gain, you're getting bloated, so it is very important for the women out there if you are hearing this for to really understand your body because this is not just about yourself, but it can literally ruin a marriage.

Yeah, not. Just your your partner, even your children, like if you're feeling miserable 24 7 and you are hard to be around, youre projecting that energy onto your Children as well.

So if. You have a family, it's going to affect all relationships.

Women's Hormones, Menopause, and Birth Control

And it. I mean, its out of your control. It's an actual hormone imbalance. therapy is gonna fix. You really need to fix your levels and there's natural ways to do that.

There's ways you do it with hormone therapies. Some peptides help, but I would say the most effective way is through diet, your nutrition, what you're nourishing your body with, because that's really important, hormones and fitness.

having movement in your life is going to help balance your hormones. Absolutely. And if you're stagnant and you are not working out, that's going be one of the things you really need to work on.

So, I think a lot of women when they are low energy and they're feeling depressed, they stop working up. That's the worst thing you can do. I can't tell you how many clients we've had that said, if I had started hormone therapy earlier, my marriage.

I'm sure it's not accounted for anywhere, but I am sure there's so many divorces from women going through peri-medipause and just not knowing that they were going to per-metapause or just knowing there was any kind of solution for them because we're just taught to accept it and deal with it instead of that there might be a chance for us to still live a good life.

And a lot of women experience the same kind hormone dip in postpartum. because they're on a high from hormones while they are pregnant and then everything drops and they go through depression.

Like that's a good kind of model for what menopause is like. So we help a lot of new moms. We help of women that are transitioning. And we also help women who are younger be preventative and just have the best transition they can.

Absolutely, absolutely. Now we're going to take it back about 10 or 20 years from the women we are talking about.

And in one sentence, I want you to answer what I'm going to ask you, right?

BCPs, birth control pills. Give me one sentences on it. I would say avoid them, 100%. Not a fan, yes. I knew that that was going to be your answer, coming from the functional medicine space.

So let's go deeper on that, because you're starting to see girls, teenage girls at a younger age getting on these birth control pills. And a lot of the times they're putting them on the BCPs, not specifically for them not to conceive, but to manage the menstrual cycle, to basically turn off their menstruation.

It's terrible and it can affect your hormones for life. It can have a very serious effect and a lot of times you have to detox from the hormones. it's just not something you want to mess with especially if you're in your teenage years and you are still developing.

There can be a really bad side effect so I'm definitely against the birth control pill and I understand the reasoning behind it from a love these doctors but I just don't think it is the right way.

And don't get me wrong, there are teens and young people who have serious progesterone loss or low proesterones that's affecting their life in a way. But I would say if you are one of those people and if your a parent thinking that your child potentially has something like PCOS or something Then work with a hormone doctor instead of just give them the pills a fix or giving them The pill to help with acne, you know that has consequences in the future and and I would say work on lifestyle and overall baseline of your health First and foremost and a lot of those issues will go away.

Absolutely So, okay You guys are doing some great stuff Let's talk about your business What you guys have and what you Guys are Doing obviously you're working with A lot Of women you, guys work With men too We do, we work with a lot of the boyfriends and husbands.

We focus on women because they're so complex and we just figured out the puzzle pieces for that. I would say for our male clients, most of them come to us for body composition, they want to lose weight and get shredded.

They're number one focus and with that usually comes a boost of testosterone because we're… creating these wellness plans for them, nutrition plans that are they're going from like a low baseline to optimizing everything in their life and just switching those things.

Naturally, it's going to help boost testosterone. And then one thing that the guys won't tell you is they also come to us for sexual health because there's a ton of really good performance based peptides.

Which ones? Let's talk about it. That's one of our one. Of our pillars that liquidated PT one for one men love and we have a nose. Women love that one, too.

They do. It's actually FD approved for women. I know exactly for libido for really for woman in med boss, but other women use it. But I would say the nose spray that we sell that's a PT one for one is great because it's just easy.

You can really control the dose. it doesn't have as much of the kind of flush feeling. Um, But guys love that. What do you think about that one? It's quick to do on the spot.

Yeah. Let's try it the other day with his wife. We got him a bottle. It was going to be your happy hour. Oh, you did it too. That one had the oxytocin in it.

Oh yeah, we have that one too. I'm a big fan of oxytocin. The stack that men are really loving and of course we, by the way, use Function Health for all of our testing and liquid beta if they come in person.

But we like to, as I say, look under the hood first ideally with our clients when we coach them and then recommend a protocol. I would say on average, guys coming to us, if they're working on body composition, they love CJC, IPA, Tessamerelin, definitely PT-141, a microdose of Reda, or a lighter dose.

Everyone loves Redo. And then the Wolverine stack, of course. It's the first thing any guy asks for. Do you have a Wolverine sack? I'm like, do you even know what that does?

They don't even. They just know they need to be on it. NAD is still probably one of our most popular and we have an nose spray that's great. It gives you so much energy.

Better than coffee. What's in that one? Yeah, it's just N. A. D. But it is a nose-spray. So I do a few spritzes of the nosesprays. That one's super popular.

Easy to travel with. You guys are very passionate about this stuff. Now I kind of have to know. what your biohacking stack looks like. Yeah. I focus a lot on my main thing is nutrition and working out outside the peptides.

That's my mainly focus. I'm obsessed with both of those things. You work out every day? I don't work up out everyday. Work out five days a week and I do yoga every single day on I've been doing acrobatics and handstands for Fifteen years, yoga for 15 years.

So I wake up every morning, I do some sort of movement. Usually it's a bit of yoga stretching and then I'll do a workout, usually two hours at the gym.

I love it in a sauna. Do that five days a week. Sauna four days, a I would do it every day if I could, but I get too hydrated. And then I'll spend probably two days, usually two, days doing some sort of recovery.

So red light. Sometimes I do a lymphatic drainage massage, which I absolutely love. My peptide stack right now, I'm doing thymus and alpha 1. I just started Clotho.

That's pretty cool. I do my NID Nose Spray three times a week. I've been doing that for years. And I a microdose of a terseptide. Okay. So I cycle on and off of that.

It's really important that you don't go and just try the stack that other people are doing. You want to do research and make sure you're doing the right thing for you.

I also think that quality of peptide testing is essential, making sure that they're 99 plus percent purity. So just don't get the cheap knockoffs. Get the real thing.

And they are more expensive because they doing the testing. They have doctors supervising the regulated. study into it. So that's what you're paying for.

And just think like if there was going to be an issue, you wouldn't see it for a very long time. Be careful, go to the right source. It can be so magical to heal your body, but you just want to make sure you are putting good peptides in your bodies and being smart about it It's also not a, you know, it's not like some magic tool.

You have to also do all the other things. So you need to really take care of your body. kill your body and you're going to reverse age. It's not how it works.

You need to focus on sleep and food and fitness and add in peptides as this assisted tool. So it's a magic pill. I think some people are taking it for the wrong reasons.

People take a GLP-1, and yes, they're losing weight, but they are not working out, so they aren't taking care of building strong muscles. Skinny fat. Yeah, skinny fat, we don't want that.

It's not healthy, you don' want to lose your muscle, it's really important. And a little cheat code for peptides is focus on one to two pathways at a time, right?

So you do not need to take everything just because you have access to them, really focus and hone in on what you are trying to achieve within your bodily systems.

So for me right now, I'm working on mitochondrial health and then I am doing a little bit of house cleaning. So I have this really good protocol for 5-amino and NAD, so I do my NADA and 5 minutes later I will do a 5 amino that's going to focus on my mitochondria health, and I then do microdose of RADA twice a week.

So not only am I getting the fat loss with the 5-amino and RETTA, but I'm also getting that mitochondrial support that's going to just help with ATP production, protein folding, like all the other things that I need to do sort of a house cleaning.

So it's important to be smart and strategic about the way that you're taking the compounds. The 5 amino MQ, honestly, you probably like the only other person I've ever met who's actually taking them.

Yeah, injection form is. Oh, you're doing the injection. The capsules. I've done the capsuls back in the day. They're not really as effective. Yeah. You see?

The injection is definitely effective, yeah. And then I also, as I mentioned, I add in an AOD for me, but I am naturally very muscular, so I just like that it's a fragment and it helps just kind of tighten things up a little bit.

Right. While I'm doing The Microdose of the Retta, it just helps me maintain my muscle. I also think because we grew up working out, we build muscle easily if we're on vacation and somehow we don't work out for a week, which rarely happens.

We can start building muscle again pretty quickly. I do notice as I get older, I lose muscle really quickly, like within days. But because we have that muscle memory, we do build muscle really quickly.

So if you're someone who's never worked out in your life and you are just starting a peptide protocol, you definitely want to incorporate something that's going to help your body naturally produce growth hormone because it's hard to build muscles at an older age.

There are so many peptides for that. CJC is my favorite one for men and for women. You can do a small dose of it. What was your stat? My stack currently right now, low dose reda.

Reda guy. This was my first time doing red. I've done all the other ones before. Tessa Morlin. And then I have, I do a lot of different vitamins and stuff.

Glutathione, and I nebulize glutathion. Do methylene blue. Kind of do that more as needed. Glutathione supplement, or do you do injection? Yeah, I nebulize it.

Oh, so I get the sterile form the same one that we use for IVs, but I Nebulized it So exosomes I've been on a very strict routine at least quarterly basis.

I'm doing exasomes. So I I have nebulized that and then also IV I And then using all the different new devices, you know, we got the M-Sculpt Neo, so I've been utilizing that.

It's really got me pretty shredded. You know we've got hyperbaric chamber, the red light bed. I have been very consistent with that in the mornings. First thing in morning I always use the vibration plate.

Good for lymphatic drainage. Yeah, I do that too. So, yeah, it's interesting. For me, some of the basics like sauna five times a week, Makes a huge difference for me.

And then I love the red lightbed with the hydrogen machine the Hydrogen generator as a respirator while you're doing it I feel naturally high when I get out of that then hyperbaric is just so healing I Get an energy boost.

I do have to do it continually. So I'd say like doing at least three times a week Yeah, those things alone makes such a difference from my ATP production.

Like I'm telling you So I'm really big into cognitive health. So my other stack, and this is a stack that I've been consistent for probably the last seven years, I take NMN.

I'd take NR, which is obviously the precursor of NAD. And then I do N injections about two to three times a week, subcutaneous. And then I use a nasal spray, which is like, if I had to keep just one thing out of anything I take, I'd take this nasal spay.

It's called synapsin.

Biohacking Stacks, Training, and Lifestyle Non-Negotiables

So the synapse nasal has the NR, has a methylated version of B12, and then it has RG3, Jingsing root extract pharmacy grade and that thing just like every morning when I do that nasal spray Everything just changes and becomes high-definition.

I see better hear better speak better everything Yeah, you know what we do in the morning too, which we haven't talked about is we this kind of I call it our magic potion It's creatine glycine stem regen powder and true nitrogen NAD powder in water with electric True nigen has powder.

Yeah. Are you open up the powder now? Yeah, and then the stem region is a powder too. Is it because they have like the one two and three there the capsules but the sport version of the sports powder a berry flavor and Then the true nijan and I'm not saying this tastes good by the way, but I But you literally feel like a new human being 10 minutes after you drink it.

And you need the creatine too. Centenarius, we work with that brand. We love it with the glycine, too, because it kind of… How much creatines do you put in it?

I'm doing about 10, 10 grams. Yeah. It's more for brain health and cognition, really, than for me for building muscle. But I find when I do it fasted in the morning, I love the feeling.

Me, to. My brain just like switches on. Sometimes I put amino acids in there, but it depends on my morning. The perfect amino. What's your go-to zone two training, if you do zone-two training?

I wouldn't say I'm really a zone 2 training person, even though I should be. I like to push myself at the gym. I run, I love running, I know it's not for everybody.

i run on the track, which I liked by my place, or on a treadmill. Im really into cycling, so I do spin class, which I loved. But my typical day at gym, usually I'll do I'll start with an ab warm-up.

I like to warm up my core. It kind of helps me just get going and it helps every other muscle grip on my body. So I warm my up core, I always start it with legs because it's the hardest thing to target.

I'll switch arms and then I end my workout with a 30 minute cardio some days I will just do 10 minutes, but I always do cardio I need to at least get my blood flowing I think it's really important especially for women when you're working out doesn't mean you have to kill yourself doing cardio But it is important for blood flow for heart health absolutely for me.

I feel My brain is more activated when I do Cardio, and I'm so I work so much that I that outlet It's sort of like a meditation for you And the nitric oxide boost from cardio is essential.

And I know people say you don't need cardio to strength training. It's not bad that people are saying, but I don' subscribe to that because heart health really comes down to making sure that you have nitro oxide and oxygen to the heart.

And then another thing is we're obsessed with hot yoga. Flexibility and spine strength is the key to longevity, one of

the keys. So making sure you have a lot of fluid in your joints, between your joins and you're flexible.

That keeps you young forever and it completely changes your experience during the day. There's no better feeling in the world than hot. I have to say that.

If I could only do one workout for the rest of my life, that would be it. And then Kimber does acro yoga, handstands, all the crazy acrobatic tricks. I did yoga for the first time not too long ago and I felt like I was 80. Yeah.

That's a sign to keep doing. You want the heat, especially if you're a new yogi, because it helps your muscles open up right away. So it makes you more flexible and and you are just instantly warmed up.

Alright, so cool. So we talked about the zone to training. Is there any non-negotiables for you? What's your psych that I will not touch? I would not do that.

What are the non negotiables? Non-negotiables, I don't eat fast food. I would never touch fast-food. Alcohol? I drink occasionally, maybe once a month.

Maximum. Yeah, maximum. Try to avoid alcohol. It's not… I'm not against alcohol, if you have a tiny bit of alcohol here and there, save it for a special occasion, it's okay, but for me, like to feel good in my body, and if I drank, feel so depressed, I feel like it takes me two weeks to recover, even if it's like two glasses of wine.

So I just try to avoid it. It's also just so hard on your body. Everybody metabolizes it a little bit differently. Alcohol is toxic. If you were really going to lead a clean life, I would cut it out 100%. But then there's real life and social connection and that stuff's important too.

We have an 80-20 rule where 80% of the time we're so strict and so clean. 20% of the time we kind of allow ourselves to be more free and do things we normally wouldn't But I would say in general, I just love to live a clean lifestyle.

Even the way I eat, i just feel better. My number one thing that I want in life is energy. I wanna wake up every morning feeling good. i want energy to be able to work out, to social with my friends, do all the things I love do.

And the thing gives me the most energy is eating really clean movement every day. That's a non-negotiable for me, some sort of movement. and then just taking care of repairing my body.

So if you're going to stay away from anything, it would be fried food, fast food refined sugars. Those are an absolute no to us. And then making sure you have whole foods and less processed foods in your diet.

Yeah, awesome. Even on cheat days. Yes, I agree. So we're gonna have a little fun here really quick. One of my favorite podcasters, Steven Barlet, with the diary of a CEO, he came out with these conversation cards.

I'll let you grab that, take that sleeve off. Each of you pick a card. You're going to read it out loud and then answer it. How do you take care of you?

Oh, God. I mean, I feel like we just spoke about that. Pick a different one. Oh, wow. OK, this is deep. Is there a time in your childhood when you could look back and think, This is the reason why I'm sitting here and why?

I also feel like we touched on some of this, too. Yeah, I mean. There's yeah. So as we kind of spoke about this entire podcast, grew up an athlete optimizing my body, and when I felt that moment of burnout is why I started our clinic.

But I think the reason why started my businesses and I've been so driven in life actually comes down to when I was bullied in high school and feeling lesser than and not good enough and wanting to prove to everybody that I How it ended is completely different.

Now I do it for me, but that's how it really started. And I think it's from… It was like that motivation boost. Yeah.

Closing Advice and Where to Find the Navin Twins

So thank you for bullying me because I created all of this because of that. I mean, yeah, I, think for, me when I look back at my life, hold on, you got a card?

Oh, is it a different one? You guys are twins but you're not going to share the card. Our stories are really different, okay. Is it ever appropriate to hurt someone's feelings?

I mean, I think authenticity and truth can be beautiful and give you learnings. And so, yes, sometimes if you're being honest and it's constructive, it may hurt their feelings, but it will help them in the long term.

You're brutally honest with me every day. I don't think I know anything with her. But look, she's a much better person. That's the truth. So, as we wrap up here, If there's someone who's listening or viewing this podcast who truly resonates with today's message, which we covered a lot, right?

We covered about women's health, about just in general health. We talked about how important nutrition is. Someone who resonates what todays message. What is the last thing you both can leave them off with?

Yeah, that's a great topic to talk about. I would say it's for women that feel like they're struggling with hormone issues. Any woman in their mid-30s to mid 40s that is waking up every morning feeling tired of a joy for life, they've lost their libido or just their happiness in life.

Don't just sit there and struggle with it. Reach out to us, reach out your hormone doctor, to a functional medicine doctor and find a solution out of it because you don't have to live through it, you dont have struggle.

There are so many things you can do to have an amazing quality of life. Yeah, and I would say first and foremost, work with a coach. So whether it's us or another coach, Work with the coach otherwise you are going to do the same thing you do every day, which is like, I'm going get to my health tomorrow because you don't know where to start or the first steps to take or it seems overwhelming.

A coach will help you organize the process. We'll have the resources, we'll help the protocols and help. You take baby steps towards being the better version of you.

Amazing and if people want to find you guys where can they find me? Well, we're Navin twins on all social media and then navin method comm is our website for our coaching and clinic Amazing ladies.

It was a pleasure having you. Guys on a healthy point of view podcast Guys you heard the Navon twins every great athlete has a coach Don't take this upon yourself.

There's many people out there who can help you navigate the process. They've developed their pillars. It'll work with you. Guys, it's very important. Very important, the things that we talked about, especially the women that are out Can you age the way that your grandparents did?

You can, but at the end of the day, we have tons of technology, tons different supplementation, different peptides to help you throughout the aging process.

We live in an extremely toxic world. So there's certain things that we have to do to get your body back into homeostasis. Guys, make sure you take this podcast, share it with someone who you think might resonate with today's message.

Make sure like, subscribe, do all that other fun stuff, and we'll see you for the next one.