Why You Feel "Off" After 40 — The Wobble No One Explains Transcript

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Opening on fatigue and brain fog

>> Let's go ahead and get started for fat, >> Let's go ahead and get started for fat, foggy, and fatigue. There are a lot of foggy, and fatigue. There are a lot of things that's been taking place, and you things that's been taking place, and you probably said to yourself, "Hey, this is probably said to yourself, "Hey, this is one of the ones." But some of you, one of the ones." But some of you, you've been doing all the right things.

you've been doing all the right things. You've been tired, you may be feeling You've been tired, you may be feeling foggy, foggy, foggy, and you're stuck.

and you're stuck. And you may think, "Hmm, is this only in And you may think, "Hmm, is this only in my head?" my head?" And for many women, you may say, "Hey, I And for many women, you may say, "Hey, I need motivation. I need someone to need motivation.

Finding the right place for help

I need someone to motivate me." motivate me." You know what I will tell you You know what I will tell you as you all are gathering here, you're as you all are gathering here, you're plucking where you came from, plucking where you came from, you're in the right place. Here, this is you're in the right place.

Fixing the weak link behind the wobble

Here, this is what I do. I listen to patterns. Then we what I do. I listen to patterns. Then we fix the first weak leg fix the first weak leg that gives you the wobble. And you're that gives you the wobble. And you're going to see me wobble here a little bit going to see me wobble here a little bit because at times you may be sitting in a because at times you may be sitting in a chair, chair, chair, but sometimes that when you're on your but sometimes that when you're on your legs, you're wobbling.

legs, you're wobbling. And when you wobble, And when you wobble, you're not strong. you're not strong.

Afternoon crashes and cravings

What does that look like? What does that look like? By 2:30, you're crashing. By 2:30, you're crashing. You have no energy. You have no energy. For some of you, you may notice that For some of you, you may notice that you had dinner, you had dinner, but after dinner, you're craving but after dinner, you're craving the sweets and the saltys.

the sweets and the saltys. Your mind is all over the place. You Your mind is all over the place. You can't focus on, "Okay, I'm done." can't focus on, "Okay, I'm done." But I've had some ladies tell me, and But I've had some ladies tell me, and this is scary. Don't Don't think about this is scary.

Foggy thinking and work struggles

Don't Don't think about this for a minute. this for a minute. They would say, "Linda, I'm foggy. I They would say, "Linda, I'm foggy. I can't seem to stay focused on the job." can't seem to stay focused on the job." And what if you have a position where And what if you have a position where you got a you got a manage other clients or patients or manage other clients or patients or coworkers, and you're like kind of coworkers, and you're like kind of foggy?

foggy? foggy? It is very scary It is very scary when you get to the point that you're when you get to the point that you're fogged out. fogged out. And for many of you, I know for me, if And for many of you, I know for me, if I'm at work, that fog is scary.

I'm at work, that fog is scary. It is very scary. And so, sometimes we It is very scary. And so, sometimes we think we need to fix everything. think we need to fix everything.

Well, I'm here to tell you you don't. Well, I'm here to tell you you don't.

Why quick fixes keep failing

But as a health But as a health provider, let me tell you what the provider, let me tell you what the health health health industry wants you to believe.

industry wants you to believe. I need to fix my breakfast. I need to fix my breakfast. And they'll say, "Okay." You have to And they'll say, "Okay." You have to then come back.

then come back. Well, I need to fix my sleep. And Well, I need to fix my sleep. And they're like, "Okay." Take some notes. they're like, "Okay." Take some notes.

You got to come back again. You got to come back again. Well, I need now to fix my cravings, Well, I need now to fix my cravings, doc. doc. doc.

Blood sugar, hormones, and stress

It's like being a bank. It's like being a bank. You have to keep coming back for each You have to keep coming back for each and every transaction. and every transaction.

But listen, that's not how your body But listen, that's not how your body works. works. works. I mean, how we are treating our bodies I mean, how we are treating our bodies like a bank, right? Next. Next.

like a bank, right? Next. Next. We may think that We may think that I don't know what's going on. But being I don't know what's going on. But being a mid-lifer, over the age of 40, a lot a mid-lifer, over the age of 40, a lot of issues that's taking place right now of issues that's taking place right now is your blood sugar's going up and down.

is your blood sugar's going up and down. Being a middle-ager, your hormones are Being a middle-ager, your hormones are changing. And it's a blood sugar issue.

changing. And it's a blood sugar issue. And what folks don't recognize that And what folks don't recognize that blood sugars affects your cravings. blood sugars affects your cravings.

Your cravings affects your sleep. Your cravings affects your sleep. Your sleep affects that stress. Oh my Your sleep affects that stress. Oh my god, why am I not handling my stress? I god, why am I not handling my stress? I used to be a good person. And you're used to be a good person. And you're trying to figure out what's going on.

trying to figure out what's going on.

The hidden link between symptoms

But listen, But listen, your stress affects your stubborn belly. your stress affects your stubborn belly. You're like, "Well, what's this in the You're like, "Well, what's this in the middle here that's not moving?" middle here that's not moving?" So, you can be doing a lot of things.

So, you can be doing a lot of things. And this is what I would hear. I've And this is what I would hear. I've tried it all. tried it all. I've done I've done no carbs, fasting, no carbs, fasting, uh I've tried just drinking water all uh I've tried just drinking water all day, and you go on and on and on, but day, and you go on and on and on, but nothing seems to be working for me, nothing seems to be working for me, Linda.

Linda. Linda. Nothing. Nothing. Nothing. But let me tell you here. But let me tell you here. What tends to happen is What tends to happen is because you've been taught that because you've been taught that something's wrong with you, and you had something's wrong with you, and you had to keep coming back over and over again.

to keep coming back over and over again.

Treating the whole picture

Everything is splattered on a piece of Everything is splattered on a piece of paper, paper, paper, and nothing is connecting. and nothing is connecting.

And when nothing connects, nobody hears And when nothing connects, nobody hears you. you. you. You're like, "Well, I told the doctor You're like, "Well, I told the doctor that I feel lousy after I eat, Linda." that I feel lousy after I eat, Linda." I'm saying, "Yeah, you probably did." I'm saying, "Yeah, you probably did." Well, I told the doctor I'm concerned Well, I told the doctor I'm concerned about my numbers about my numbers after a meal or in the morning. I'm after a meal or in the morning. I'm like, "Yes." like, "Yes." But to the medical world, everything is But to the medical world, everything is just scattered.

just scattered. It's like going to the bank next. It's like going to the bank next. They're not seeing everything laid out They're not seeing everything laid out together, like, here's a real person in together, like, here's a real person in front of them.

front of them. Let's take all the pieces, and let's Let's take all the pieces, and let's address it as one whole piece. address it as one whole piece.

That's not what they're doing. That's not what they're doing. Fogginess, that fog that I talked about. Fogginess, that fog that I talked about. Is it that belly that just don't seem to Is it that belly that just don't seem to move?

move? move? How about if it's cravings? How about if it's cravings? You know, you know, I'm craving all the You know, you know, I'm craving all the What's that one word that describes you What's that one word that describes you