Yeah, mine too. Hello, beautiful souls. Welcome back to the Women's Wellness Summit. Reclaim your energy, renew your confidence and remember who you are.

So the intention behind this journey together is to create an uplifting and empowering experience that reminds you of just what's possible for you. We want every conversation to offer hope, fresh perspectives and practical tools that you can use right away.

to prioritize yourself and take those first meaningful steps toward reclaiming your energy, renewing confidence and remembering just how fabulous you are.

So before we dive in, I want to invite you to listen in today with one intention. What is one thing from today's conversation that you can take and put into action right away in your own life?

You don't have to change everything at once. Just one insight, one decision, and one small step can create a ripple of massive change and I know because that's exactly how change began for me.

I'm your host, Denise Barin, holistic practitioner, energy healer and spiritual life coach. My passion is all about empowering women and guiding them back to the light and power within themselves.

I choose to create a world filled with love and freedom and connection and peace, and I believe that that world begins within each one of us. So I'm on a mission to spread love, freedom and courage one woman at a time across the globe and across galaxies.

And joining me today in order to help accomplish this is the beautiful Roxanne Eli. She's here to chat with us about the hostile takeover, how menopause hijacks the careers of high performing women and what to do about it.

So Roxanne is a functional diagnostic nutrition practitioner, a board certified holistic health practitioner and certified hormone replenishing practitioner.

Having spent more than 30 years working in the corporate wellbeing industry, Roxanne understands the impact that perimenopause and menopausal symptoms can have on a woman's performance and her confidence.

So as the founder of Apex Executive Wellness and through her signature red dress method, she helps high-performing women in business regain control of their brains and their bodies, moving them from confusion, conflicting health advice and ineffective solutions to clarity, confidence and measurable results.

Her dedication to improving women's health was recently recognized on MSN and Apple News One to Watch, Visionary Woman Changing the World in 2026. So welcome, Roxanne.

It's such an honor and a pleasure to have you with us here today. Thank you, Denise, I'm delighted. I can't wait to just dive in and start to give your audience some really good takeaways they can do right away.

Yes, absolutely. Me too. Before we dive into I'd really love to know this is one of those things I am asking all the speakers because I just love hear the different variety of answers.

But what is it about the work that you do specifically that makes you believe that women's lives really truly can change? Oh, great question. My main focus Denise is there's so much information out there.

Right. I mean, you can Go to Dr. Google, you can watch TikTok, the health influencers, and all the information is at your fingertips of what to do, right?

What's the missing piece is how to it, how you do it. And that's why I'm so excited about your webinar masterclass today, because you really wanna give women the tools that they can use to the thing that know they should do.

you know, so that's, that is my main passion. I love that. So in your opinion, then, I know it's such a title of my my summit is vague. And it was vague for a reason, because I wanted to give space to all of our speakers to bring in their specific medicine and their way of how they view women's wellness.

In your own opinion? What does women wellness even really mean? Yeah, It's going to be different for every woman, obviously, but I think women's wellness to me and what I help with women do is take back control.

of their health. There are things that they can do. They don't need, I'm not saying don' t go to your doctor, but they don t need to wait for their doctor to tell them what to do, because they're not going to t ell them how to d it anyway.

And they do n t wait to for permission. I believe truly that all of us, no matter what our ages, we have a sense of when something's not right, when some things just off, I just feel differently or look differently.

They might not know what or why. And many times they're confused because they are doing all the same things they've always done, you know, through 20s, 30s 40s to take care of their health, but things to start working now.

So it's really frustrating, for women to figure out, first of all, to tune into their bodies, What I find in my practice is many women, most all of them that I work with, they've normalized things.

They've normalize their symptoms. And when I ask them questions like, you know, how are you sleeping at night? You know tell me about your sleep. they'll say things like well I always wake up at 3am or I Always struggle going to sleep that's typical.

I've always been that way. You know i'm always kind of a gear i always have congestion i mean name the symptom right they'll say why always and then i ask them tell me think back to when you're maybe twenty five thirty.

Did you have this symptom then. And then they'll say, well, no. Okay. Well, it's not always then you were born helping. I think women need to really tune into their bodies and really feel and experience.

Take a pause and go, you know, have I normalized this symptom is there. You know, is it normal for women my age to feel this way? Am I always going to fill this?

Or is there something I can do about it? And that's my passion is having them tune into their bodies and realize what you've normalized may be normal.

For the most of the population, but it's not optimal. And it doesn't have to be that way. You don't. Have to. Feel that. Way. So really helping them take that control, you know of.

Really? Yeah. And then also understanding that, you know, just because it might be something they hear their mom or their sister or they're anti talk about or the girlfriend doesn't necessarily mean it's going to be their normal to write like sometimes I feel like women get caught in that comparison where It's like it makes it okay if somebody else is experiencing the same thing.

It was like, okay, but you are two different vehicles. You are to different bodies. Your two, different energy systems, having two very different experiences with two.

Very different chemical makeups. I mean, yes, we're all made of the. Same things, But you know, depending on where your life has led you, there's different things going on inside each body.

And so really, like you said, tuning into really what's going. On inside me. and being open to just get curious about like, when did this start happening?

Did I have this symptom when I was 25? Because if I didn't, this is not just something I Was born with, right? It's something that was generated and created it.

And now you now, you can do something with it, Right? There are some birth defects that you Can't really do anything about heart murmur or something like that.

Resting and digesting isn't going to help your heart murmur, but, you know, reducing your stress or eating right or, getting out into the elements, the fresh air and into nature, that can go a really long way introducing your which is going to dramatically change the symptoms that you're experiencing.

I love that brought that up because it's such an important piece I think and when you were talking about like just something feels different something, feels off it was it took me back to like I've worked on farms for many many years and I have been mechanically inclined basically my whole life and whenever you are working on something or you operating a machine you know sometimes something just sounds different.

Like, I don't know what it is, but something sounds difference. And I can't count the times I've gone to like my boss or my husband and been like, i don' know, what's wrong.

But something's different, like it sounds differently. Then I have to try and describe the sound. I'm not good at that. It's the same thing. Our body is our vehicle.

And we are the ones who know if something just doesn't quite feel right anymore or something's changed or some things not working, right? We get to be the authority, not the white coat or you know, someone who went to a school to learn about things that may or may not apply to us anymore.

That's exactly right. A couple things I want to expand upon is our our mothers, our grandmothers didn't live in the same environment we do today. So if you speak with them, they may say, well, I never really had hot flashes or I don't know.

I went through menopause and it seemed to be okay. And I'm sure that they were, but they are not bombarded by all of the environmental factors, all the toxic foods that we have.

What we're dealing with in our generation is very different, or bodies are dealing They dealt with, you know, and then, so like you said, Denise, when they do, they feel like something's off.

They'll go to their physician. It's usually, um, Western trained, primary care physician or something like that, maybe an OB GYN. And instead of listening to what the lady is saying, though, run labs.

You go out, let me run some labs and check as if I don't believe you and my labs will tell me the truth. You know, and so when their lab work comes back and if they are quote within range let's just pick the hormones, the you know sex hormones testosterone estrogen progesterone etc thyroid if there on the labs and they're within a range they say no.

You're fine. Your labs are normal. And you're like, you know, and they're not doing it on purpose. They're being, um, You know they not being mean. they are not trying to dismiss your gaslight, your on-purpose.

So they just simply were trained that way. Exactly. Labs are the source of truth. The way that we operate and functional medicine and Functional practitioners operate is we listen to you first and then we use the labs as a data point.

to either look at that and say, okay, I see the correlations. There's always correlates on the labs. It's never right or wrong. You don't have this because the lab said that.

We always start with symptoms first. And that's why when I start working with my clients, that is the very first thing we do is a deep dive into tell me about you.

Tell me your life, tell about your lifestyle. tell what you're experiencing. Let's talk about it. Yes, we'll run some labs. They're, they're functional labs, not your typical labs that your doctor would run, but that will correlate.

It doesn't tell me what you're feeling. You tell. I love that. And I think that is such a, a miss. Like it's the most important step is to actually take the time to listen to someone, to hear about what they are experiencing.

And with the training I've had, that was always the first thing as a massage therapist, right? Well, come on in and tell me why you're here. What hurts typically is why people come to you as the massage, or that I'm stressed or whatever.

But my teacher really honed, like hammered into us, the most important part of whatever you are about to do in your whole session. is the very first conversation that you have with them and you need to listen with like open ears and think outside the box you get to be the one that puts kind of all the puzzle pieces together and be like okay this is how it all fits up now i know how to treat this or now and well treat is what i would use for that but in this case that now I know Yes, yeah, to meet this, you know, symptom with this type of an approach.

And I think it's just so important. So I love that that's your step one. Listening to the body, as I mentioned at the beginning, again, with my clients, I give them this.

It's called a personal success companion. it s a journal, for lack of a better term, but it It's six months, it's every single day. It sounds laborious, but what I ask them to do is just check in with their body.

You know, check off these things here that you might've felt or didn't feel or whatever. Look at what you ate that morning. look at your stress level was like that.

With the day before look, at's your symptoms and just start to correlate things, you know? And I'll give you a perfect example. I am, I have always been I use the air quotes here.

I mean I wore the nasal strips I did the nose spray I even went to a chiropractor and had like the cranial adjustment thing because I was always congested I always had phlegm and all that kind of stuff and I literally I'm just like everybody out there in our audience I just normalized it I've always felt this way.

Well then I did I correlated some things and for me it was every time I ate dairy and again this is just for. It's not for everybody but every to my dairy that night sure enough I would be congested or just my my thumb right here hurts I mean crazy you know when you start to look at things like why is my summer.

What did I eat yesterday? I mean, it's the strangest correlations on how your body will express inflammation, you know, and where it does. And so just kind of lining these things up.

So then I gave up dairy, which, wasn't easy because I love my queso. Then I would notice, a night or two, I'd be congested again. I'm like, what the hell?

Like I didn't have any dairy. so I went ahead and ran a lab. It's a food sensitivity test on myself and it came back that showed what my body gets inflamed when it eats these certain foods.

And so yeah, dairy was at the top of it. But also, get this Denise, it was bananas, pears, and arugula. I don't know why, for some reason, my body doesn't like pears, and I love arugula and pear.

And I was making an aruga pear salad quite often, you know? I didn't eat a berry, And then I correlated that back. I'm like, sure as heck. So it's always, what's fun for me in working with my clients, it is always a discovery process.

You know, never one and done. It's like well now, What are you feeling now? And let's peel back the layer of the onion a little bit more and a bit a more.

one cause and effect. It's always a correlation of things. So checking your symptoms, just checking in with yourself

every single day. Like I said, stress is one of the number one drivers of all chaos in our bodies.

That sounds like a very important first step for somebody who's like, where do I start? Well, Start having that conversation and start paying attention because for a lot of women and I can speak for myself.

We kind of tune ourselves out like I'll be real we do we get so busy that we're not paying intention. we don't ignore the symptoms we know what we are experiencing but we aren't putting much thought process into.

Okay, why am I experiencing this symptom? You know, Why do I have a headache today? Why are my fingers very stiff today, wide? why is my knee aching today when yesterday, you know it wasn't and I hear so often.

Oh, it's the weather. It's not the other it. The weather like it, like weather gets shit on for so much stuff and blame for So many things and it like, well, but is it though?

I mean, yes, for some people they are very sensitive to the pressure. I totally get that like especially migraine suffers a lot of them. Okay. Atmospheric pressure, yes.

However, what if it's not? Like what is it not what? If it is actually something you ate? Right. Go ahead. Starting to correlate those things. Just like you said, starting to be curious.

You said that Denise, just be. Don't just pop an Advil or take some sleeping pills or something and just go on without you on with your day. Your, your body was meant to heal.

We have an amazing, innate immune healing system. It wants to. Be healthy. And just giving it some support, which, you know, we'll talk about a few things they can do right away.

It really does. it's not fighting you. Doesn't hate you, it wants to be healthy and balanced. And so we have to honor that. We have honor anytime we feel distress, stress of some sort.

whether it's your wrist hurts or something is off, honor that. Thank your body for giving you this sign signal that something's off so you can do something about it.

And that's where you're working with with a practitioner or somebody, you know, like yourself, somebody like me, any of the practitioners that you interviewed here on this summit.

We are tuned into this kind of thing, when somebody tells me something about their symptom, I already know 10 other women that have told me the same thing.

and correlated some things. So I can start to ask, did you have some dairy by any chance? Did you eat some pears? I don't know. When you were sharing that, I was like, it's dairy.

About your congestion, in my mind, like I bet it was dairy, which totally sucks because dairy is a great source. Well, the high quality dairy's a good source of protein.

And we women in midlife, our bodies are not able to break protein down or utilize it to make muscle or keep muscle as efficiently. So we need more. Y'all have to share a story or maybe I can put the recipe and you can share it with your audience.

But I created my own. It sounds gross, but it's really good. Okay. Because I wanted the protein. I don't want coconut milk, soy milk. All, I, don t want that stuff.

So it actually uses boiled eggs and egg white protein powder and then like frozen blueberries and some, um, what else? Coconut cream. It's fantastic. Yeah, if you could share the recipe with me, I'll pop that into the VIP package and they'll have a little bit of a bonus recipe in there.

That sounds amazing. Great idea. Something, you know, me and chat came up with, tried it out and it's really good. So the thing is, when you do have something that comes up like, okay, yeah, Can't eat dairy.

Well, you can, but you're going to suffer for it. Yes. Don't, don't be mad at that. Get curious. I think, well, what can I do, You know, and that's one of the things when I kind of I'm gonna say screen clients a little bit before I take them on.

I wanna know that they have a can-do attitude. They're curious, that want to find out, they want try, want learn. And I will make it as easy as possible and give them as many tools as possibly.

So it's an easy journey, but they start out with curiosity. Absolutely. Some of that came to mind and was true for my own journey is for a time, you may have to cut something out you know like if you're for example let's just pick on the congestion because why not right inflammation for many people it is dairy it's other things yes too sometimes but for me it s dairy and like you said right it' s very hard for a lot of people to give up cheese and yogurts and things like that um it doesn't always have t o be forever right but sometimes that body just needs a pause a removal of all the things that are causing it inflammation the the assault of the things it just needs a break so the stomach lining has its five to seven days to heal right the intestines can do its thing maybe you go into you know a month of you really feeding the gut flora and bringing back your your healthy bacterias so that you can start to maybe reintroduce a little bit of those things just maybe not in like quantity like don't eat a block of cheese you know maybe maybe you avoid spinach dip with all of the cream cheese and all the things right but there's nothing wrong with having a little bit if the body is feeling supported and healthy enough to be able to handle it so that your immune system isn't then just kind of over overstressed, because really that's what happens, right?

With all the things that hits, it just can't keep up. It's trying. Don't get me wrong, It is trying, but sometimes with all this shit we hit our bodies with, you know, I was wondering if you could tell us a little bit about like your own personal health journey and like what led you into starting up your business, the Apex executive wellness.

So what lead you in to actually getting into this experience? Yeah. Well, I've always been interested in health and wellness and nutrition. I went to college and got a bachelor's in nutrition, a master's and sports nutrition and I started working in a corporate environment and we call them corporate fitness centers.

So employee well-being programs, like corporate health promotion kind of thing. so I was in working corporate, fitness, centers and in the HR department of corporations as the well being program manager.

So I'm trying to help the employees become healthier, right? Through all the things that we offer, you know, at the organization, through the benefits and all of that.

So that kind of started my journey in the corporate world. And so I spent 30 years helping companies design and manage and implement well-being programs for their employees.

Cool. Okay. I had just started a new job. It was a VP of sales for some health management company. And it was about a month into the job. I was, it's about 12 years ago now, about month, into job and I presenting my go-to-market strategy and my sales plan.

And all of a sudden I just felt like the room just like heated up to a hundred degrees. That I'm like, and thought I getting sick because it just a fever had just come on all the sudden.

So I excused myself, went to the bathroom, got the hair or hand dryer machine, dried my armpits, wiped my face, finished the presentation and I was, like I said, 12 years ago, so I 47 at the time.

And I didn't realize until two years later, that was my first hot flash. I wasn't like, what is happening? I thought, you know, I traveling all the times, building a sales team.

Under the gun to drive revenue, you know, all the things that these the women that I work with go through. It doesn't matter if you're feeling tired or you have brain fog or didn't sleep.

You still have to perform the next day. you still Have meetings stuff client meetings presentations, etc. So anyway, fast forward about two years two, years after that it took me to I finally went to go see a functional medicine doctor.

And she ran the labs and my hormones were tanked. I mean, my estrogen was, had left the building a long time ago. Progesterone was tank, testosterone was in the garbage.

She's like, yep, you're on menopause. You've probably been there about two years now. And so I had been dealing with, I was also married to a narcissistic psychopath at the time.

So stress was high and I just normalized things. It's the job. It's the travel, it's relationships, all these things. That's why I'm not sleeping. I don't have energy.

So when she said that, she says, you've been dealing with these symptoms for a couple of years now, right? I said, yeah, I have. She goes, well. You're in perimenopause.

And I thought to myself at the time, this is my career. I mean, I've been in this health and wellness health promotion industry my whole career and I didn't even know it.

If I'm going through this, how many tens of thousands of other women out there are having to deal with this and not knowing what to do about it. So at that time is when I actually did get on bioidentical hormones.

My thyroid was tanked as well. Adrenals were gone. I mean, I was a hot mess. And so going on those things. It was really, so I stayed in the corporate world and it was after that, that I really thought I'm going to help women.

They need my help. Plus they need the the how to do it when you're traveling, when your on meetings, how do you do these things. So I founded the Apex Executive Wellness and it's not just for executives but really my area of expertise I guess where I can really help the most people is those ladies who are in this corporate world or even entrepreneurs who We say high performing.

It just means you're a type a hard driving go all the time. Don't take care of yourself. don't slow down. Do what it takes kind of person and you never take your yourself and but also I realized that I do need more education like I want to do a deep dive into hormone replacement therapy and thyroid replacement.

I want to know the science and the medical relationship behind all these symptoms. So that's when I get the practitioner certification to really feel confident then in helping the women to how do we interpret these labs?

Let's run, let's know what's going on so I can not just help them with, you know, go outside in the morning and get sunshine for 10 minutes, which is what I tell them to do, but why?

what's the medical reason behind it when it comes to insulin, cortisol and hormones and all that. So anyways, after that, so it was a couple of years then ago, I guess two years now is when I started taking on clients.

Amazing. And it's funny when you were like, I wanted to know, like I want to be able to tell them why, don't just go outside for 10 minutes. You can read that on a bumper sticker.

But like who tells you why? who tells you why it's important. And typically those women that are, like you said, type A, some of them are very detail oriented and that they want to understand why, why do I need to do this?

And as soon as they understand the why behind it, then it is like, oh, OK, no problem for sure. I will make sure I fit that in. Others are just more like I don't really care.

Just get it done, make it happen. Right. So there's there are different types, but it always good to have that background information. because I'll give you the information and you can choose whether you want to apply it or whether it's not one of those things that needs to take up a space in your brain.

Like, but… Exactly. Yeah. And I think it is important, like you said, and I do have both types. They're like, I don't care. I want them to trust what I'm telling them is scientifically back.

I'm not going to give them more things to do if it's just fluff. It's like nobody has time for that. If I, if I recommend that you, you know, try a new behavior or try new supplement is because number one, I've used it myself.

My clients have used it and there is data behind it. It's not just, oh, try this, because that's the role they're stuck in right now. They're trying everything.

Like, I don't know, that person says to fast every single morning until one o'clock and that. Person says as a female, we need some glucose in the morning.

What the hell? Drill it down here's why if you don't want to know why I'll be like just trust me and do it yeah amazing. So why is it why do you think that women that are actually going through a perimenopause and menopausal are so confused about what's happening to them like other than the onslaught of information.

Like I feel like that's not really something new because I can remember as a kid, I mean that was when the whole I think the butter argument came out, it was like you should eat margarine and not butter.

Can you imagine somebody in this day and age actually going out there and promoting and saying margarine is the best thing for you? Like they might be shot by me and me.

We would go hunt them down. But no, that would like so it's been happening for years and years. And years already. where, you know, somebody says something, the next new big thing comes out and all of a sudden it's a fad, and then it is like, don't eat this.

You shouldn't be eating eggs. Well, okay, now it' s okay to eat egg whites. Wait, Don't Eat Egg Whites, Only Eat the Yolks. uh like it's so i know it when you're already in this space of overwhelm and confusion brain fog hot flashes extremely tired not connecting with your body not understanding what the f is going on why you don't feel human why one minute you are like super weepy and the next minute, you want to just like rip somebody's head off like what do they do?

I mean, you nailed it. It is information overload and it's not knowing what is going to work. So they try a little bit of everything and then that doesn't work and they either feel like a failure.

They didn't do it right. they didn' do a good enough. The didn do long enough, they feel lik failure or they now are angry with their bodies. Their bodies are against them.

My body just doesn't want to do anything, you know, and it's the onslaught of information. That's not personalized. I mean, because what you see on tick tock or Facebook or, I have health influencers that I follow, but I'm going to read the study behind it to see who the people were in the steady, where they What was their age, female, male, whatever.

Um, and so what worked for them or what work for people in that study may not work. I mean, arugula and pears are some of the healthiest foods on the planet.

One of my clients can't eat avocados and avacados are like the brain food now that everybody should eat. So it's not personalized to the individual. And there's no way that you can know that until you work with an individual to run some labs and let's figure out what's going on.

And look at your lifestyle, as I mentioned, because I'm sure you've heard this before, your biography becomes your biology. Your biography becomes your biology.

And we're creating our biographies every single day with the way that we think, the we move, we react to stress. So you may be 100%, let's say two women the same age, 100% same symptoms, same labs even, but one lady will

respond to a certain protocol if you will, one one won't.

We have to take into account the lifestyle and the stress and environment she's in because that can make the biggest difference. So it's not personalized and it can't be until you can work with a practitioner of some sort that help personalize this for you.

And I mean, I know from like my training, the things that I've been through, just understanding how the body works. I means, it literally takes what four base, almost four months for the buddy to be completely brand new for all the systems to shed and to grow new cells and.

Blah, blah, about four month. Awesome. We get a whole new body every four. Months. Amazing. Like head to toe. It is brand-new body. Every four, months.

So. You got to stick with something when you try something, right? I've seen so many clients over the years you know, start, they're a great starter, shitty finisher.

That's also been my story sometimes in the past. I'll claim that one too, great start or shitty finish. And it's because we don't give ourselves enough time.

We don t give the body the time that it requires to actually do the damn thing. Right. But if you just stuck with something, put a little bit of trust in a body, a bit a trust and the practitioner that you're going.

If you went to somebody for help, you should at least give them the honor of like trying to help, right? Don't just try it for two weeks, three weeks a month.

Oh, it's not working. I don't feel any different. And then jump into the next best thing that you saw on TikTok because the body just needs that time.

It needs a minimum of four months. For sure. To heal. Yeah. You know, and it frustrates the crap out of me when I see, you know Advertisements, you know lose 20 pounds in 10 days or a program that's called complete transformation in four months weeks.

Oh, that sounds possible. Yes, there are things you can do today. that you can take, you consume, eat, drink, that will make you feel better, will give your body what it needs in the moment, but it's not going to heal the underlying causes.

So eventually, we're going have to get to that, unless you want to keep doing these things all day, every day. We're gonna need to the heal underlying cause.

That's where the labs come in, and that's like in my red dress protocol, about three months in. I work on all this stuff based on your lifestyle, based On what you tell me, we start with diet.

We start With, you know, stress a little bit. we work that in. Then when you're, You know feeling better, when You feel like you have some agency now over the way that you feel.

Now let's get the body to heal. You're already cutting out the crap. So giving it a chance to Heal there, but now let us do some targeted Um, natural therapies, whether it's supplements or therapies red light, you know, whatever body to heal.

And then, but the body's always going to be bombarded. So there'll always be things that come up even in my own life. I mean, if, like last night, well, last two nights, two night's ago, I was running a fever, so I wasn't feeling so good.

Well, the next day I had shit to do. And I'm like, I, you know, The whole thing, that brain fog, everything. I was just tired. My body needs sleep. Period.

Story right now. So what can I do? You know? And that's what I help the clients with immediately. We want to get some early wins. What can I do right now to…

I know I need to sleep, but right know, I can't sleep. So now what do I? Amazing. You just mentioned your Red Jest method. Let's go ahead and talk about that for a minute.

I have a graphic that you shared with me, so I'm just going to pop that up on the screen for those that are actually watching. For those who are listening, you can just carry on and keep listening.

But for those, who whoops, is that good? Can you see that there, Roxanne? I can see it, and you scroll down as we go through it. Okay, yeah, take us away.

Tell us about your red dress method. This looks amazing. It's so exciting and it's really this method that I've developed over my lifetime, I'm going to say.

I practice everything that i preach and I am always tweaking and refining And in the order of things, what do we need to work on first? So root cause discovery, What we're doing right there is just looking at what I mentioned, your symptoms.

There's a couple like symptom questionnaire, if you will, and kind of a medical history questionnaire. I wanna know your biography and your biology, right?

Just tell me all about it. So I get to know a day in life of Denise, Right? And we start talking about that. Right then and there and right at that beginning phase is where you say you, say to me, you know, I've got to travel next week.

I have to, work late nights. for some supplements you can take, some things that you do, behaviors you could do to help you get through this, okay? So we look at this and we also, I'm able with these forms I've seen so many of them now I am able to really dial in when I see certain symptoms I know which system in the body is being affected, whether it's hormone, could be inflammation, it could digestion, detox.

So that's on me. My clients don't worry about that. They just fill out these forms and I can look at this and go up. Let's start there. Start with some detox, let's with diet, start with inflammation, whatever.

And so we start working on what can you do, behaviors, what you can take for a supplement, natural supplements. What can you drink? What? Can you eat?

what should you maybe not eat so much and we just kind of start there to get him feeling better to the second one we need some early wins and I mean early winds within like a week.

You know I want my client to know that the things that they're doing. They feel better. They're not hundred percent. Well, they just feel bad. It's like, OK, I got this.

I can do this and then the next part is dietary alignment. And so what we've done at the beginning and the root cause discovery, we have actually I've actually ordered some labs.

There's four main. functional lab tests that I order sent to the person's home. They do the finger stick or whatever, send it back. So by the time the deploy targeted plan and dietary alignment, depending on timing comes in, we have the labs back, so I know, okay, Denise, you have high histamine, leaky gut, or, whatever.

I can see this. And now we can really deploy a targeted supplement protocol. What we use is professional grade supplements, and all of my clients They just go right to full script.

They get a discount. I pass on a disc to them, order the supplements, and I give them this targeted protocol. Take these, take these. Do this. We're gonna do this for 60 to 90 days.

Let's get going. Now, this is where we start to heal the body. And we started to feel those root causes that we kind of figured at the top, but we'd start the heal.

At this point, I don't talk to him about de-stressing. until they're able to de-stress. Things lined up, they are stressed. So this is where we talk about things that they can do to relieve their stress.

And then sleep, sleep hygiene, and sleep behavior. If it's okay with you, I want to give your audience one thing they could do right now in this moment to destress?

Yes, absolutely. Okay. All I want you to do is just put your arms down, you know, arms, down. We're not going to meditate for 20 minutes, anything like that.

What we're going is we are going breathe in for six seconds and breathe out for 10. And I don't care if you do five seconds and 10, four seconds, and tan, whatever you just, the breathing out has to be longer than the breeding in.

So we're going to do six and ten. And on the briefing out, I want you to consciously relax your shoulders. It's like, uh, Like your arms just got really heavy.

And you'll feel the shoulders relax. You don't have to close your eyes. Don't do anything. I just want you to, you know, close mouth, breathe in for six, out for 10. Ready?

Here we go. Out for ten, eight, seven, six. Five, four, three. Let your shoulders drop. Now take a deep breath in and shoulders up. Don't you feel better already?

And what it's doing physiologically, it telling the body you're safe. It's telling your body, you are safe, It is okay. That's all it is doing. And it just breathing in and then out longer than you breathe in.

Pick a number and let your shoulders drop and one deep breath in, and out. That alone will bring down your cortisol levels. It'll bring the whole stress response cascade.

So just do that anytime throughout the day. Just take a moment and go, okay, let me just breathe in, breathe out and then in and out quick and going on with my day One simple thing.

And then this second little tip I'm gonna give them has to do with that environment next. So the environmental audit, as you well know Denise, we're bombarded by lighting and toxins in the air and glyphosate on our food and the cleaning products and then the hair care, the skincare, all these things.

There's toxins and all of them. Don't worry. I have a whole list of toxic free stuff where I can recommend. Environment. One thing that I tell my clients to at the very beginning in the morning, your alarm goes off, you open your eyeballs.

I don't care what you look like, what your wearing, just get up and get to some sunlight. If it's a balcony at a hotel, if it is your backyard, even if its like a window, I dont care.

Just get some sun light, preferably for 10 minutes. If you have it, don't look at your phone. Don't check your email. It's okay, it's just 10 minutes.

it'll be there when you get back. Morning sunlight, just for 10 mins. 100% perfect, go out, walk in the grass barefoot in morning for ten minutes, if you got that.

That would be gold star but that alone will reset your circadian rhythm which will help you sleep better at night it'll reduce your cortisol it will actually help with insulin your glucose and insulin throughout the day that 10 minutes of morning sunlight we've all heard of red light saunas right how they're so great for us that's nature's red lights on a.

There's the sun. Just 10 minutes in the morning, don't need sunglasses. Like this morning I just went out and I

literally sat on my deck with my feet on the grass below and just sat there.

It was hard, because I had a lot to do for 10 minutes. So two little simple things. And then after that, we do work on strength and movement. Building muscle is vital for women our age.

How do you do that? How you incorporate it when you don't have a gym, you have time? And the last thing we talk about, how do we sustain this? So this is a typical six month kind of journey that we're on.

At the end, it's like we look back and we go, What are the things that worked well? What do we still need to work on? And how can we tweak that for the next six months?

We really do a sustainable plan. Amazing. You put a lot of heart and thought into this, obviously. But you're right. That first morning sun in the morning is the best way to really anchor in, get yourself grounded, right?

Get yourself some of that natural nature. Right. Nature is our best support and our biggest ally when it comes to most things. I say most thing because Mother Nature, you know, brought a flood situation to my area this year and I can't really necessarily say it was for my best good, but Jerry's still out on that one.

But yeah, no, nature is just so healing and so giving. And if you can start your day with her, Even looking just looking at something green I read a study the other day that looking something Green if it's plants in your office that will work if its a picture of a plant in a waterfall that'll work just getting that eyes and that your body doesn't know that you're not actually there at the time it seeing it.

So lay your eyes on something green think of something peaceful surround yourself with it get outside nature listen to birds birds singing there was a study on that even just listening to bird sing reduces the cortisol levels in the stress I mean.

Mother nature has it all for us if we would just get out and absolutely. On top of the birds, I'll add frogs. I love the sound of frogs and I wait every spring.

It's like I go outside and be like, was that a frog? Was that frog like my husband is now? He's, like no, no. No, it's The ground is still frozen, honey.

The frogs are not coming out yet. And I'm like, I think that was a frog for me. I don't know why. It's just, you know, so it's so soothing. the birds, the frog is just listening to the leaves rustling in the trees like it.

Music and so calming to me, So that's why on those meditation apps, You'll hear that you'll here birds. You hear water. and I haven't heard frogs, but you haven' heard my meditation.

There's a great app, one little tidbit, another thing I'll leave with your audience, it's called BrainFM, B-R-A-I-N-F-M. And it is an app. I use it every single day because they have modes.

They have meditation, they relax, and they also have motivation. Do you need to do deep work? Do need creative work. I mean, it's scientifically proven the tones, the rhythm, whatever they put into the, you know, how they created this, this track, It will get your body into that mode.

So brain FM highly recommend. Yeah. Use it every single day. Amazing. I hate to say it, Roxanne, but we are out of time. And I knew I would not get to all the questions.

I know we would just have to have you come back another time, another summit. But this has been such a great conversation. Thank you so much. Just wanted to give you a minute just to share about your freebie that you have for the listeners.

Yes, thank you for that. Cut that out of the interview or not. Cause you know, we're live. Um, shit happens. I, um, have, I worked on this, it's called the immediate relief guide and it has all of these.

Don't think I put sunshine and morning light in that one, but it. All of different, let's say supplements that you can take. You can try, you could do to help get that energy back.

to help with the carb cravings, to helps sleep a little bit better. But it's called the Immediate Relief Guide and it products I'm not affiliated with them, I don't get paid by them I just use them.

Ketones is one of them ketones turns the brain on. People are like what's a ketone? Go read the guide. Where do I get it? go read The Guide. There's just there's so many things in there that they can do protein eat more protein protein powder, which kind, what type, how much, all of that's in there.

So all these tips and tricks that, that I give to my clients throughout, you know, six or 12 month program, um, the hot ones are in their, so just look through it, read through, it try some of them.

Let me know what you think it's free, download it. It's just, I'm apex executive wellness.com forward slash relief. Perfect. And I'll have the link for that below this video as well.

So make sure you check out below. This video, the little freebie link, it'll be there for you to, to grab. That sounds amazing. Yeah. Like what a way to take off stress off of somebody, right?

When you're like, I don't know, this is what I'm experiencing. this was what. I heard like which one is the best, Right? You go to the health food store and there's like five different kinds, all different, you know it's the same thing, but there are five, different brands and five so stressful and overwhelming just to try and release your stress and not be overwhelmed.

So many women will say, you know, I'll recommend something and their response is I tried that it doesn't work. Yeah. you tried something in a bottle that said that was in it yeah that didn't work try this you know what i mean because you never know the brand the quality on all of that and i or the dose or like just because it says it's in is it like the micro like tiniest little month but they can put it on the bottle if if it has just a little bit in and as we know as things become popular and it''s like you somebody sees it they're going to buy it because oh I heard about that right but it might have like the smallest dose in it so you've really got to talk to somebody like yourself a functional medicine doctor that really like is in the work and like you said recommends things that you take yourself right you don't recommend the things And I just want to make sure the audience understands.

So I am not a licensed medical doctor. I'm not an MD. Am a practitioner and I only use natural therapies. They want prescriptions for something. Still recommend they work with their regular doctor or find a functional medicine doctor that can prescribe things to them, because there are needs for prescriptions sometimes, and let's be honest, testosterone, that's a prescription.

I can't give that to people. And so, yeah, so find both. Find a functional medicine doctor who knows about diet and lifestyle, find a practitioner, regular doctor.

There's so many different choices out there. Yeah, absolutely. Perfect. Thank you for that clarification. It said doctor instead of practitioner. So thank you correcting me on that.

Do you have any final thoughts that you'd like to leave the listeners with? I would say don't lose hope. Don't. Lose hope you are not stuck this way. You do not have to feel this for the rest of your life.

This is not your sentence. Just because you've always felt this way, it doesn't matter. There are things you can do. I'm not saying if you're, you know, if your paralyzed, your gonna get up and walk.

And I mean, I am not making claims like that. But there are thing you could do to take back control. So don't feel hopeless. Find somebody that understands, that can listen to you.

and help you, you know, and not throw all this at you at once, but let's just start with a few things. Yeah, just don't lose hope. You could feel amazing again.

That segues perfectly into my closing out. My closing goodbye. I just wanted to take a quick second and thank you, Roxanne. What an incredible conversation, full of so much information.

Your freebie sounds amazing. So thank for your presence, your energy, and your time today in sharing your wisdom. It's greatly appreciated. And ladies, I hope that you heard something today that reminds you that where you are right now, exactly as Roxanne says, doesn't have to be where your stay.

It's just where are you right know. So take one thing from this conversation, one idea, a tool, and one small step and do something with it. Because you don't need to change your whole life today, you just get to begin.

And do remember that this is like one conversation in an incredible week of wisdom, healing and possibility. So keep showing up for yourself, keep listening, stay tuned and keep taking what it speaks to you and just leave the rest.

Not everything is going to resonate with you, and that's fine. Just take what speaks with to And if you love these conversations, if want to keep them with you long after the summit ends, you can always upgrade to the VIP All Access Pass, where you'll have the interviews and all of the V. I. P.

resources to return to whenever you need them. And it sounds like Roxanne's yogurt, egg yogurt recipe is going to be in there. That's right. I'll get that to you tomorrow.

It's amazing. Can't wait to hear what people think about it. Just made it up. So we'll see. Awesome. Great. Make sure I get you the feedback. Ladies, you are worth the time, the investment and it is never too late to create a life that feels so damn good to live.

So keep choosing you, one small step at a time. Much love to you all, many blessings and we'll see you in the next interview.