

Adrenal ReCode Quarterly Webinar 9 - June 7, 2022

Christa: Hi, welcome beautiful ReCoders. You caught me drinking my GOODONYA Hydrate and my golden milk. How's everybody? There's my girls. My two die-hard girls are here, Denise and Susan Erica. Stacy, hi. How's everybody? Vicky, this is the OG [00:00:30] crowd. All right. New and good. Finally seeing near normal temperature, about 80%. Healing, healing. I love it. "Well, now I know the reason and can course correct. Finished Gut Thrive recently and that helped a lot." Awesome. It's so great when we can combine forces, and that's why we built out this model with the clinical team. So I'm so happy to hear it.

Now, this webinar, [00:01:00] we didn't get anybody to write in. If you remember the last time we had a webinar, by the way, it's just me today. Jeanne had a schedule conflict, but we were going to review logs. So Vicky, Stacy, Denise, Susan Erica, nobody sent anything in. But if you want to come on-screen and show us and screen share, and review your logs, like Vicky you're 80%, which is awesome, [00:01:30] I'm so proud of you, but I would love to look at those logs and help you get to 100%, 99%, right? No such thing as perfection. So raise your hand to speak if you want to come on.

Hello, Barbara. A few questions. "I'm barely able to keep 99 pounds on me." Okay. "And yet I eat everything from your recommendations. I'm gaining fat around my middle." Yeah, this is a log review situation here, Barbara. "I want to gain weight, but not there." [00:02:00] You're gaining weight around your middle because your cortisol is still high. And so the logs, the temperature and the pulse and what you're eating and when you're sleeping and having me understand your energy or your energetic signature is going to be really helpful. So if you don't come on today, if you don't show me your logs, I want you to send this in to the team and we'll review them for you. We'll look at three days of logs, if you have been taking them, then do three days of logs. And either [00:02:30] myself, Bridget, Lori, Jo, or Nicole will review those and we'll pinpoint what's happening. Okay? Because you're not in parasympathetic dominance to be able to gain weight in the right places and build muscle. You're still in fight or flight, is what that tells me.

Good news. Okay. I like it. "Good days of no fatigue, others when I can barely move. Okay, is this normal? Will things start to even out?" Yes, they will [00:03:00] start to even out. This is a process. And I know a lot of the other people that are on this webinar can say it's a process and you have to trust it, and it's slower but once you get it, it's really like a permanent you get it and you're in the zone, you have the lifestyle down.



And there's a lot going on in the world, so if I were privately coaching you, I would say, "What is it that you're dealing with on a personal level? Are you an empath? Look, what's going [00:03:30] on in the world. How is this affecting you?" Because all of the energy, all these things really affect our cortisol levels. So I want you to check in with yourself, whether you are on Instagram or you watch the news, with really just checking in like your own best friend, your own observer, everyone you've talked to, friends, neighbors, do you feel good or do you feel bad? How is this for my nervous system? Okay. You are attracted to this program for a reason, because you're energetically sensitive beings, [00:04:00] and you process life through your nervous system.

And so if you and you find yourself getting in a nervous system response, you have to catch it, right? Take a deep breath. Or some person's triggered, right? And they're just talking and they're negative and you feel like they're just offloading on you, you take a deep breath, this is where we set up the boundaries. So I want you to kind of take it from that perspective and we'll look at your logs, from a physiological perspective, and we'll combine these two, okay? We're a team here, [00:04:30] to help you start to get some regularity.

Okay. "Processed meats are never good for you." Yeah. I mean, it's always better to eat as organically and close to nature as possible. But if you're going to do free-range pasture-raised no-nitrates, you're fine, right? And that's still a healthy food. That's what I put in my son's lunch everyday because I know he'll eat it [00:05:00] unless I have leftover chicken or fish, right? Or the Paleo Valley Meat Sticks. It's about how they cure them, how they process them, and so nitrates are horrible for you and it's about the quality of it. And what's your convenience, right? That's the thing. If you don't need that convenience, then, yeah, you can just roast turkey breast and roast chicken breast and have it all that way.

"Too overwhelmed [00:05:30] to work the course. So far, seven weeks in." So in this case, again, when you use the word overwhelmed, you're too overwhelmed, you've gone too fast. And so I would really recommend that you do a 30-minute private consult with Jeanne, number one, or with Nicole, but in this case, I'd like you to work with Jeanne because if you are overwhelmed seven weeks in, then you're not doing the program, okay? Because you may stay in module one or module two for [00:06:00] several months. You can't be overwhelmed. You can't be overwhelmed and in fight or flight and be doing the program.

That's why this is such a mind vendor for people, because we're dropping you out of the mind. We have been programmed and conditioned for millennia, I'm going to say to mindfuck ourselves all the time, right? And if you're living in your mind, no, you have to drop from the mind into the body. All the wisdom is in the body. When you're embodied, you're empowered. [00:06:30] When you're



embodied, you are physiological health works. Because if the mind is driving the body, it's got to be flipped. The calm, healthy, happy body then it informs the mind and it's this beautiful figure eight, right? And they're supporting each other instead of fighting each other.

We're so used to, in our culture, living in the mind trying to do a protocol or trying to do it perfectly, that the body suffers. And I know [00:07:00] this is a tough concept to get, but it's so important to get. Because once you get it viscerally, that's when your whole experience of life changes. Not just your physical health, your emotional health, the things you're able to manifest in your life, the quality of your relationships, your career, your purpose, all of it. It comes from embodiment. So let's take you back. Let's take all the pressure off, okay? There is no rush to the finish line. Rushing [00:07:30] is a form of self violence. Tune in at a deeper level to yourself. We have the objective assessments, the temperature and the pulse, and we have those assessments so that we can understand physiologically.

But you are your own best doctor, you are your own best healer. And so think about it. You're your own parent. I always relate to my four-year-old. I'm not going to ask him, "What do you need? Why are you upset?" Right. It's really not his job. I'm observing him and I'm trying [00:08:00] to see how to bring him back into his body when he's upset. So you're observing yourself like that loving, nurturing parent that you maybe never had, okay? Or you didn't get what you needed as a child, which is why part two of The Adrenal ReCode is so powerful, why I created it, I didn't get what I needed as a child, and I never knew what it meant to feel safe. I had to create that for myself. And many of you have been attracted to this program because you didn't ever know what it meant to feel safe. [00:08:30] So you've lived in that fight or flight, the doom and gloom, the sense of dread, and then the mind follows suit. The body feels physiological stress and the mind starts to create problems that aren't actually there.

So, Barbara, my second advice to you is go back module one, module two, and look at it and say, "Okay, this is what's easy. This is what I can do. It's all I can physiologically handle," [00:09:00] and skip all the rest. Even if you just module one, and go to the emotional mastery part of The Adrenal ReCode. Because if you're having, seven weeks in, a cortisol response, you can't gain weight, right? And you're in that fight or flight mode, you're going to do the emotional part of The Adrenal ReCode and you're going to somatically release trauma, trapped negative emotions, from your physical body and learn how to have healthy boundaries [00:09:30] and learn how to have your own back. Really understand the limiting belief systems that all of us, the programming and conditioning that is not us, that takes away our shine and our sparkle of who we really are. You're going to learn all about that and you're going to become your own therapist, your own best friend, and you're going to create safety that way.



And I get the sense that if you do that and you create emotional safety and you feel grounded in that way, and you still kind of got the hang of the program, you're [00:10:00] eating well, then you can go back and the program's not going to feel overwhelming. So I'd love for you to come on camera, because these are two separate things, two separate paths up the same mountain that I offered you, but only you can say, "Okay, that resonates with me. I'm going to start with the physical. I'm going to work with Jeanne. We're going to review logs." Or, "No, there's some trauma in my life. There's unhealed things." Every single one of us, right? Then come up so that they can come out.

And a lot of times we're afraid [00:10:30] to let it out. And we think it has to be so hard and so painful and so ugly, but it isn't. It can be as simple as, "Oh, there's that grief. There's that shame. There's that murdered, 'I'm coming back,' that I learned from childhood, or there's..." Whatever it is. "There's that anger towards that ex, or this financial situation, or..." Whatever that feeling is. And imagine you're in a car and a fly gets in your car. When [00:11:00] you do this work, you think it's going to be like being locked and it's like a supply closet with a bunch of Hornets around you, so nobody wants to do that work. But it can be, we've developed a process where it's like, "Hey, roll down the window and just let it go. Just start to let it go, so you can find who you really are, okay?" That's for everyone.

P, "I followed The Adrenal ReCode way of eating for over a year and was feeling good symptom-wise, [00:11:30] but still gaining weight steadily." This is where. Okay. "So I slowly started cutting calories and moving more. I got down to 1,200 calories a day, still couldn't lose weight. I was just hungry all the time. I have put on a lot of body fat over the years, it was really starting to affect my mental health. Out of desperation, I tried Octavia." I do not know Octavia.

"For the first time in 10 years, I was able to lose weight. I lost 12 pounds in 15 weeks, but eating 800 to 1,000 [00:12:00] calories a day isn't sustainable for me. Okay. Is this one of those HCG programs? I started to notice tons of bruises on my arms and legs again, which for some reason happens when I don't eat right. So my question is how do I lose this body fat in a healthy and sustainable way? I still have 30 pounds to lose to be at a comfortable healthy weight. Also, I know eggs are one of the preferred proteins when following The Adrenal ReCode eating plan, but I have low blood... Sugar? I'm not sure.

It [00:12:30] cut off after that, P. Okay. So here's our clue. Thank you to your amazing body that when you bruise easily, you have to support your liver and you are low on vitamin C, and you're not recycling your glutathione or able to use it. So we're going to start there. What you have done, this is no blame, this is very mainstream thing, is you go back to that deprivation, that [00:13:00] desperation, that externally giving your power away, because you're so



desperate to lose weight and get results, when your body's talking to you. It's telling you what it needs.

And so this is a problem in the adrenals and the liver and the hormones. And so this is where we have to go. So if you were my private client, I would run a hypothalamus HPA axis, pituitary, adrenal, saliva test with you. I would look [00:13:30] at your sex hormones, I would look at your thyroid hormones, and then I would start to say, "Okay, where are you in cortisol?" Right? "Why are you having all this weight loss?" Well, your body is exhausted. There's no possible way it can produce cellular energy in that state of exhaustion. And then when we kick it while it's down and we do a calorie deficit diet, worse and worse, that's going to keep you gaining weight, right? It's going to keep you from [00:14:00] who you really are.

So we are going to take a deep breath and we are going to start over again, and I would like you to do a one-hour consult. One hour. This is a private consult situation. It involves emotions, it involves food, and this would be perfect to do with Jeanne. I would like for you to do that, and so now Jeanne is going to come to you and she's going to have you start the right way. Do three days [00:14:30] of logs, preferably six days of logs, and she's going to help you. She's going to have to understand your entire ecosystem, right? By doing that. So fill them out as much as you possibly can. And then she's going to start to help you understand how to get into that healing zone, that parasympathetic dominance.

And then I would like to see you taking a product called Stellar C, and that's, by design, it's for health. I [00:15:00] think you can get it on Amazon. I would like to see you taking two, twice a day. I would also like to see you taking N-acetyl cysteine, 900 milligrams a day for four months. N-acetyl cysteine is a precursor to glutathione. So it's going to help your body produce more glutathione. The questions I ask are, are you completely exhausted, or are you overwhelmed? [00:15:30] And Jeanne and I, we always go back and forth, because I believe in the healing power of supplements. And I know we live in a culture where nothing happens fast enough, and I use them with outrageous success, and it helps me keep people on their plan where, otherwise, it would have taken three or six months longer.

So depending if you're not dealing with anxiety and you have energy, then I would just do a very low dose, and she can run a lab on you, you can run a lab, [00:16:00] you can email her team, P, and they can give you a lab, to run the saliva lab that I just talked about to bring that to Jeanne. And so as long as your system's not in chaos and you're not overwhelmed and exhausted, I mean, exhausted for sure, but if you're not overwhelmed and anxious, then I would put you on a low dose, 10 to 20 milligrams of Pregnenolone. Because that's the beginning of the chain hormone that then your thyroid and your adrenals can



pull from what they need and go all the way down, right? To start making [00:16:30] the sex hormones.

And so this is the holistic way to lose weight. We haven't created that safety in the body yet, and when we create the safety in the body, the fat cells open up and they release toxins and they shrink and we surge with cellular energy. And the more cellular energy we have, the better the fibroid works, the better the metabolism, the easier it is to lose and maintain your weight. If you're not taking the Desiccated Liver by Radiant Life, [00:17:00] a 100% necessary in this case, 100% necessary, I'm going to say for the next six months, to build cellular energy to support the thyroid, to support the adrenals. So I hope that's helpful for you, okay? Because I think that that's a great plan and you're going to get what you're looking for with that.

Stacey H., welcome. "Just getting back into the program after COVID last month." Okay. I hope you dealt with COVID okay. [00:17:30] By the way, if you search COVID on our site, we just wrote a blog, Seven Natural Remedies to Get Over COVID Faster, because Jenny, our creative director, got COVID and I just went in my pantry and I put together a COVID survival kit for her as I've done for like four or five local friends and I dropped it off at her door. And so she was like, "Well, I'm better," in like three days. So just send that blog to everyone you know, because the whole world's going to have COVID and then we'll be finished with it.

Okay. Anxiety and depression. [00:18:00] Totally understand. You are not alone. "Anything that you would recommend to help with the anxiety and the depression?" Well, I would recommend you see a therapist. Excellent. So I would recommend Thorne's L-theanine, and take that anytime throughout the day that you have anxiety. And then I would also recommend 5-HTP by Thorne. And you also have to have [00:18:30] a Cystine with that. So if you guys are willing to talk amongst yourselves, some working from home, I'm going to run in the kitchen and grab those two things so you can see them. So do you mind chatting amongst yourselves? I'll be right back so that we can make sure that we complete this, because there's a lot of people in this program dealing with anxiety and depression. Okay, I'll be right back. (Silence).

[00:19:30] Supplements to the rescue. Okay. Let me show you. This is my arsenal, right? From my room to my kitchen. This is magic. Can you see it? Jatamansi and you can get this on Amazon, Vadik Herbs is amazing. This is like nature's at Ativan, [00:20:00] and I take this before bed if I can't wind down and I have an early day the next day. And anytime you're feeling anxiety, you can combine these two, all right? See how that does. If you still have anxiety, because we want to get you calmer so you can do the program and get through things, then you're going to do Thorne's PharmaGABA. Now, and when they say pharma, it means small molecules so it can cross the blood brain barrier. I'd



rather you start with 100 milligrams instead of 250. [00:20:30] That's going to help a lot. Magnesium 3 and 8 helps with anxiety, okay. A lot of times, if you can get anxiety under control, then depression starts to lift as well, because they're one and the same. I think you can avoid medication.

So then there's this product here called CysReplete. Replacing cystine. And so this is nature's antidepressant, along [00:21:00] with Thorne's 5-HTP, two capsules before bed, two cysteine before bed, and then do two of each at one point just throughout the day. And so I went through the worst, most grueling custody situation you could imagine. And I had nine court hearings as a single mom running this business, running the house, having the dog, you name it, right? And these two things, I said, "Okay, I know it's going to be a rough couple of years. It's [00:21:30] totally behind me. And, hey, I wouldn't be talking to you today with The Adrenal ReCode. I created it for this, right? Because life's going to happen. And these completely kept me calm and balanced throughout one of the most stressful periods of my life and got me through it. I didn't want to go on antidepressants. So tried and tested, okay? And I'll write follow-up links. I'm going to write the follow-up email to this. It may come out tomorrow or the next day. Okay, did that help? [00:22:00] I hope it helped.

Vicky, "I have not done a log in a while, but we're doing some this week. I'm still working on the fatigue and high heart rate." Okay. Well, yeah, and post them. Go ahead and post it in the Facebook group, and Vicky, I think it's, yes, trust your intuition. We all need to know how powerful we are and rely on ourselves. Definitely. Hi, Rebecca.

Okay. Denise, "I'm starting step four on Gut Thrive, [00:22:30] so following the dietary guidelines. It's great to use with what I've learned in The Adrenal ReCode." Yeah, they're meant to be combined, and we do that with so many customers. We combine both programs based upon what they need and that's why we provide the clinical customer service support.

Okay. Barbara, "Thank you so much, Christa. You're right on target. I've got a session with Jeanne next week. Whew, got some trauma to process." Yes, let me tell you something guys. We are at a point in humanity where the rubber has met the road. We are moving [00:23:00] into this ascension period, and I don't know if it means anything to you when I say 3D or 5D, but we're moving into a period where you can't hide your trauma or your thoughts or judgments. We're moving into becoming energetic beings of rock solid integrity. And I have been experiencing this process over the last year-and-a-half, and it's like any little bit of energetic dissonance, I cannot sweep it under the rug.

It's like the princess and the pee. I have to stop, I [00:23:30] have to process it, and I have to let it go. And now is the time to learn that, right? Because you deserve to live how humans were intended to live, which is in a state of peace



and unity and compassion and love. That is not pie in the sky. That is how we were designed to exist. And so processing your trauma, and when it comes up, I'm telling you, I don't care if you have 1,000 emails to answer or dinner to cook or any of that, that's the most important work that a human can [00:24:00] do in the world. That will make you better for everyone else and especially yourself, and it will change the course of your life.

Yeah. Thank you, Denise, for backing this up. "The emotional part is what opened me up for all parts of the program." Frederique, I remember you, "I'm trying to follow the diet. However, I feel like I'm eating too much meat. And then for the whole nature environment, is there a possibility not to eat that much meat in the program and save the planet a bit more? Is animal protein really the best protein?" I know we just [00:24:30] hired a CFO who is a vegetarian, and he asked me the same question. I understand. I don't want to take another life to support my own. But to heal, for your healing in this cycle of life, you will get well fastest. We have a vegan vegetarian track for Kick Candida, for Gut Thrive, but to really heal, especially as a woman, if you're above [00:25:00] age 30, animal protein is the best protein.

And you can stick to the metabolic proteins, you can stick to white fish and shellfish and eggs, but if you don't want to eat beef or beef liver or chicken or those types of things. But the way I look at it is I like getting my needs met when I can. It's on my list to order consistently from [00:25:30] Belcampo and going to the Farmer's Market and understanding the farming practices, the animals are pasture raised, they have great lives. You're not eating stress hormones. And Belcampo, and I know you're in Europe Frederique, so maybe you can find a regenerative farm. Regenerative agriculture. When they are euthanizing their cows, let's say, they play classical music, they put weighted blankets on them, and they do a painless euthanasia.

And so, [00:26:00] eventually, you'll get to the point where you're for the planet. I mean, it's factory farming that's killing our planet and environment. It is glyphosate that we are spraying on the corn and all of the vegetables completely unnecessarily that is killing our environment. It is not these regenerative farms. But you will get to a point, when you're eating that meat and you start to heal, that you use less and less, and you use it as a condiment instead of the centerpiece of your meal, right? [00:26:30] As you heal, you'll be able to extract protein better from vegetarian sources, and then you'll be adding in beans and rice and legumes, all of those things as well. And then that can work and then that feels better, mind, body, spirit. So I hope that helps.

Susan Erica, "Do you prefer Pregnenolone or DHEA if you were to choose one?" I prefer Pregnenolone C because if the body needs DHEA, it's going to convert [00:27:00] Pregnenolone into DHEA. Versus if you take DHEA, it's just straight up



DHEA. You don't know how much you need, and I would want to look. I would want to run a lab on that before I give someone DHEA, because I want to know, "Okay, well, where is their testosterone, and where's their circuitry. Is it working? Is that DHEA going to be able to do the conversion process?" So Pregnenolone is easier, okay?

Aww, thank you for the kind words. Good. Good. Everybody [00:27:30] needs hope. Do I have suggestions? C, "Do you have any suggestions for..." I think my eyes are going. I think I'm going to need glasses. I got to make this bigger. [Piriformis 00:27:46] syndrome. I'm sorry. I don't know what that is, C, and sciatica. I do have suggestions for sciatica. "I'm Thinking my body is asking to slow down and listen within." Yeah, look up Louise Hay. Here, I'm [00:28:00] going to look up this Piriformis syndrome.

But sciatica, find a good chiropractor, do your yoga, and look up yoga stretches for that. Let me look up this syndrome. Look up a yoga stretch for that. So you're going to find a corner of a wall. So let's say you have sciatica on your right side, then you're going to put your right hip and leg all the way against [00:28:30] the wall. Your right butt is going to be right up against the wall. And then your left leg is going to go straight out, and then you're going to flex your toes back there and you're going to stay like that for 10 minutes. That's the best, coming from a former yoga instructor, sciatic stretch that I could ever do or give anyone. So that will help, Rolfing will help, our practical adjustments will help. Rolfing first, then chiro-adjustment. Knowing you and what a sensitive soul you are, cranial and psychotherapy will probably be [00:29:00] really effective for you.

Okay. This syndrome, do you have pain and nerve damage? Do you have this? A rare neuromuscular disorder, okay, oh, that irritates the sciatic. Okay, so they're kind of one and the same, which we're talking about. Yeah, so this may be kind of finding your ongoing, like once a month, the three treatments that you do with the continual stretching. And then, of course, what we're [00:29:30] doing in The Adrenal ReCode, mind, body, spirit should definitely give you some relief. But I think some hands-on healing would be great.

Okay. P, you're welcome. More follow-up. "The plan I was following wasn't HCG, just low-calorie packaged foods, a lean and green meal with two healthy fats a day. Soy-based protein." Have I taught you nothing? No, I'm just kidding. I'm not shaming you. Soy should be used for paving potholes, not for human consumption. [00:30:00] And it's pro-estrogenic. You're going to get cellulite, you're going to get high cortisol. No bueno, okay? I want you off the soy. Please. Unless it's Tempeh, just a little bit, Tamari, Miso. Those are the only forms of soy. Unless you're getting the magic-sprouted totally clean Tofu, and that I would even say twice a month from Japan.



Yeah. "No fruit or starter carbs." Yeah, it caused this starvation [00:30:30] cycle and put you back in fight or flight, and your whole, your poor body is yo-yoing around, right? I know, still too low in calories and not healthy overall, no judgment and no blaming, okay? You should look up a product. I just discovered this company called Heal Right, and they make bars. Heal Right makes bars that are perfectly micro and macro nutrient balanced for metabolism. So if you're going to do something, order those bars, order them as snacks. [00:31:00] I don't know what the source of vitamin B12 is in there, though. They don't say on the package.

You had a DUTCH test run and blood work prior to starting, and all my hormones and thyroid were good except my cortisol. Interesting. "I was told my cortisol level is incredibly high, and I had both the gas and the brake." Yeah. I mean, I want to know what's going on in your life. Where is the trauma? Where is the pain? Why are they so high? Why [00:31:30] is the stress? Where do you need support physically, mentally, emotionally? Where do you need space? When we get to this, it's sometimes we need a life change that we're otherwise unwilling to create. People, neighbors, friends, right? They can keep us locked in this play that we live in life because they expect certain things from us.

And so, again, I'm taking you back to, I think it's module five. I [00:32:00] developed this accountability continuum to find. And when you're an empath and you've been codependent, there's seeds of codependency everywhere. Codependency is the way we do relationships in the United States. It's transactional. I'm in a relationship with you, I expect this out of you, you expect this out of me. There's no room for love in that, right? But yet we all stay in these relationships that drain our power, that drain our energy, or that drive our cortisol sky high.

So [00:32:30] I think all of you should look around your relationship cleanse. Even when you think that the people in your life are healthy, go deeper. Meditate on it. Sometimes, there's still that codependency. And enmeshment is not healthy, right? If you can't rely on yourself and there's this enmeshment, then you need to look at it. If you are a deep person and you do your work but there are people in your life that are spiritual bypassing and [00:33:00] they just want to stay on the surface, they're going to keep you in these karmic loops, they just want to keep talking about their story, their problems, and they're not progressing in life but you are moving forward, these are relationships to take space from, okay?

I have done that this year with several people, and I'm much better off for it. And these are friendships of 20 years plus, and I just say, "I'm taking a lot of space. I'm in a healing zone. I'm transitioning. I'm focusing on myself and my spirituality." And if that upsets them, [00:33:30] they are not for you. That's just



what was coming through me here when you can't get that. And then you got to heal. You got to take baths, you got to lay in a dark room, you got to have three days where you have no responsibility and no one expects anything from you, and you can just treat yourself like a baby. Just tune into every single need. Stop, get the fuel off the fire, as my good friend Dr. Tom always says, right? Is it physical, is it mental, is it emotional? Because cortisol also, [00:34:00] when you have food sensitivities can be driven high. So I sense it's a combo of both physical and emotional here.

Yeah. Yeah, you're just not regulated and so it's okay. I mean, you're a perfect case for a little supplement help with phosphatidylserine, right? That binds to high cortisol and pulls it down. And the Chromium. I don't know if you're doing the number two kit. I think supply chain issues. I don't even know if you can order it as a kit anymore, but you can do it individually. [00:34:30] Get the Chromium. For you, it's going to be searching for Chromium GTF, not Picolinate. Chromium GTF, glucose tolerance factor, and take that with your phosphatidylserine or phosphatidylcholine. And I'm going to say 100 milligrams of PS and 200 micrograms of Chromium with each meal. Do that for a week and start [00:35:00] to eat Adrenal ReCode balanced meals into your logs, okay?

Oh, when you have a low blood sugar response, you eat eggs with starchy carbs, not animal protein. Wait. Yeah, well, it's just not enough for you. I mean, your body's asking for more fat and more sustenance. And so this is where I would say replace the eggs with short ribs and sweet potatoes, okay? Big, high, sky high cortisol, the [00:35:30] energy of foods, eat foods that grow in the ground. Nice, warm, cooked. I don't care that it's summertime, sorry, but you gotta eat the nice warm, cooked carrots and beets and, maybe if you eat red meat, short rib and you cooked in bone broth and... Right? Let your body know it's safe. These are going to be grounding, calming foods. Think of the energy of a cow. Austin, my son, and I were just camped up at organic pastures, raw milk farm a few weeks ago. We camped with the cows and [00:36:00] showed him the milk that he drinks and where the cows come from. And the energy of a cow is so peaceful. And so red meat, this is going to calm things down.

Okay. Denise. "I lost 30 pounds after The Adrenal ReCode in 2019." Wow. Awesome. "And 20 more this year. Going back to Adrenal ReCode more deeply. And eight pounds more after starting GT5." Holy cow. "Total of 45 pounds following the recipes and guidelines. [00:36:30] The main reason to join GT5 was rosacea. I have now for three years. My skin's getting a little better but still red. Is there anything else I can do about this and keep it healthy, Christa?" Yes. I'm blanking on the supplement. It's in my kitchen. So we're rebuilding your HCL. It's going to help that aspect of rosacea, but you're going to need 200 grams of Alpha Lipoic Acid, okay? That's going to shrink the broken [00:37:00]



capillaries. And so doing that and just lowering inflammation is going to work over time, okay?

Barbara. "I had an abdominal hysterectomy last year," oh, I'm sorry, "For noninvasive uterine cancer. No treatment necessary. And since then I've developed body pain at night. I'm not sure if it's fibromyalgia." Okay. Cell salts help. Minerals. Minerals are going to help you heal. " [00:37:30] I can't eat any restaurant food or process oils without creating pain." Okay. So it's an inflammation issue, which is why cell salts help. So, Barbara, I'm going to ask you to get a homeopathic protocol for this. "Yes, the surgery was another trauma, although I was in a very high, happy state before. Any thoughts?"

It's funny, I just got off the phone with one of my best friends, Willow Buckley, from balancingyourhealth.com. [00:38:00] She's also my co-author on How to Conceive Naturally and I think she can handle this naturally. We help you on the food and on the supplement end, and then she helps you homeopathically. I would like for you to book a session with her, balancingyourhealth.com. She'll do your constitutional remedy, okay? That's like doing your entire system so that all of our work works better with this. And then she'll give you several customized homeopathy for pain.

[00:38:30] Where is the pain? If the pain is in your joints, you could reach out to Nicole on our team and you can ask if you can do a private order for JOT, J-O-T from Systemic Formulas, and Inflamma-Blox. That should be in our store. And so my mom, who had lupus, I mean, it's just a game changer. I think we may have a few bottles left. [00:39:00] We brought it in just for our COVID blog. So it's got turmeric and skullcap and Bromelain and the most powerful anti-inflammatories. So, step one, just get Inflamma-Blox and start taking two, twice a day, at different times throughout the day. See if that helps. Keep on the cell salts. Add trace minerals to your water. Make sure you're having 28 drops a day of trace minerals. And then, if the pain goes away, you're good. If the pain doesn't go away, that's when we reach out to Willow, [00:39:30] okay? And then again, turmeric-ginger lemonade, one glass a day. Keep your bone broth up one mug a day.

Sorry you pulled a muscle, C, the universe is slowing you down. Okay. Vicky. "My dream has always been to have a week with no responsibility." Guys, give it to yourself. This is a new day and age. Who's going to break the mold of your life if you don't do it? Okay. [00:40:00] So I'm taking off the week of the 20th. Austin's going away with his dad and I've never done this before. I was supposed to go away with a friend, get out and have some fun, I said, "You know what? I'm going to stay home. I'm going to take the week off of work. I'm going to stay home and I'm going to have no responsibility." I have never done that before either. So I'm taking my own advice that I'm giving it to you and just see who you are, really, when the world's not at you and you have space and no one



needs anything from you. And then let's report back how our weeks go, okay? I love [00:40:30] it. Do it, Vicky.

"Someone is waiting on me." Well, you wait on you, right? You can wait on you with that week. It's hard to accept, right? Here's a book I want you to get by Amanda Owens. It's called The Power of Receiving. It's on my bookshelf in my office. It's a short book. And when you take that week off, I want you to do the power of receiving. We are programmed to think if we do, do, do, we're only as valuable as our productivity, and it's a lie. It's an utter lie [00:41:00] that will keep you stuck in this cycle. When you learn how to be, that's our feminine essence. That divine masculine essence is going out and action and doing. It's easier, it's more natural for them. Ours is to ground and just be and attract and receive.

And we have this patriarchy, right? This kind of toxic masculine culture, that is toxic for both men and women, that's starting to break down right now. It's starting to break down. Everyone's having a hard time emotionally [00:41:30] wondering who they are, what's the meaning of life. Look at what's happened in the world. It's not just going to keep going like this. We're realizing that we're the creators of our own reality and we have to unplug from this matrix, right? This week off is going to help you do it.

Okay. Yeah, I'm glad you keep coming to be reminded. This is exactly why we keep going with all of these. This is why we keep going. I used to feel like, when I first [00:42:00] started teaching yoga, not teaching yoga, just really getting into yoga in my early 20s, and I would go to yoga every day and my body was flying, I felt so great, and everyone in there was joyful and happy and loving and compassionate. And then I'd go out into the world and I'd be like, "Wow, what's all these people? Why are they all like this, right? The energy was totally different.

And I started to realize, I go, "Okay, actually, what's in here is the real world. And what's out there is the matrix, right? People running around, nobody present, nobody conscious. Convenience, [00:42:30] 'Oh, I'm tired. I'll drink a Pepsi.' Right?" That type of a thing at four o'clock in the afternoon. Just nobody is conscious enough to really care about themselves. It's like a chicken with their head cut off. It's just programming and conditioning. You're the only one who can give you yourself back.

Okay. In the legs and arms, Barbara, let's do... Oh, ding, this just came to me. In the legs and arms, okay, so you're not going to do JOT, but you're going to go on [00:43:00] our website, you're going to order Inflamm-Blox, and you're going to order Neurosin, okay? It's fantastic. Fantastic for nervous system health. That will help. Let's go from there. Okay. Thanks for being so honest. Thanks for being so vulnerable. Yes, Barbara. I'm trying to remember everything I'm telling



you. Normally, I keep notes, but I've been too present with you to keep notes. But when I do the [00:43:30] replay, when I type that out tomorrow, maybe the next day, it's a pretty big week so I'm sorry if the replay is going to be a little late, I'll make sure I include some links to the supplements I'm talking about.

Frederique, oh, you're six weeks pregnant. Congratulations to you. "I do know how important my own body state is for the new life in me, but I cannot get myself to eat super healthy for some reason. I'm focusing on finishing my PhD and it takes up all the [00:44:00] energy that there is next to two kids and work." Holy moly. "Is it okay for me, and I am not putting myself down for it, but I'm a bit worried about the baby. My mitochondria are in an especially bad shape, I think. Should I be worried? I gave my mitochondria to the baby."

I mean, I don't know what your financial situation is like, I don't know what your dreams and goals are, and I don't know if you can either do your PhD slower or [00:44:30] get some extra help with kids, nannies, people you trust, so that at somewhere along the line, something needs to give just to give a little bit more to you. And in that more relaxed state, your appetite for healthy foods will start to become better. Because the stress response will be lowered. And so the baby is going to take what the baby needs, and you do not need to add additional stress [00:45:00] to worry about that.

Okay. But you are in early pregnancy. So maybe whatever you can do to restart, can you take six weeks off of any PhD? Or whatever feels better in your nervous system. Or is it to have a few extra hours of help with your husband, with your family, with a nanny, with the kids, the two kids, so that, "Hey, oh, I don't have to do bath time tonight." I'll bring the nanny over and say, "Oh, I need a night off from the monotony of the shuffle, [00:45:30] right? Dinner, bathtime, bedtime, stories." I love it, it's sacred, not seven days in a row, right? You have to hit the pause button. It's like, "Oh, I get to go to yoga tonight. I get to take care of myself tonight. I'll be asleep. We start fresh tomorrow." So that type of a thing. There's nothing wrong with that.

All right. Alanna talks of earth people, not in a good way. I don't know how to respond to that or what that means, but I love the earth. [00:46:00] Okay. Barbara, same advice with the pain in your legs, is Inflamm-Blox and Neurosin and then let's go from there. I think that's it, my friends.

Okay. One more question from P. "Regarding the relationships, thank you for being honest here, that drain us and cause high cortisol, mine is my sister. She has no one else, has run them off, stuck in her victim mentality and won't do the work. I do my best to protect my energy when I talk to her, but [00:46:30] it's tough. She's very ill and lives alone." Good that you found the Inflamm-Blox. I have discovered that there is ruthlessness and compassion, and ultimate



compassion. Maybe she needs to hit rock bottom. Maybe she needs to know you're a little less available for her, and maybe she needs to know why.

It's like you're either, in any given moment in time, any thought, any feeling, any action, you're a victim or [00:47:00] you're a creator. You constantly choose. And so there's a podcast by Aubrey Marcus, From Victim to Creator. Say, "Hey, my sister, I love you and I appreciate you, but I'm realizing I'm having a lot of trouble with my health. I'm working with healers and I'm figuring out why. I need to take more time for myself and I need to take space from people who are not willing to work on themselves." Oh, [00:47:30] this is giving me chills. It's hard and it's scary. I'm telling you I've been going through the same thing this year. Something's in the air, in the water, and you own that boundary. And it will activate. You're activating your throat chakra. What do you think you're activating with the throat chakra? Your thyroid. You're freeing your thyroid.

As women, we're taught to be polite, be good, do what other people want, don't speak up. [00:48:00] That's bullshit. Speak up with kindness and boundaries. Go revisit the boundary exercise and be able to speak up. And her reaction, her response, is her business. As long as you do what you need to do for you and you do it with kindness, however she reacts, that's throw up. You don't accept it. Because when you put a boundary, you also activate your solar plexus, right? Your power center. What do [00:48:30] you think that does for your energy and your motivation and all of that? We're not just physical beings, we're not just emotional beings, right? We're not just mental beings. We're energetic and spiritual beings as well.

And I want you to report on the next webinar, because I think you're going to be feeling a lot better. You're going to need a lot less supplements. It's like sometimes we're just barking up the wrong tree because we're afraid to really change who we've been in this life. People are like, "That's not how [00:49:00] you talk to me. That's not how you react to me. You don't have any boundaries, right?" And so the only people that get mad when you give them a boundary are the people who benefited from you not having any. And whether they are family, you don't need them in your life, you don't need them in your life to that extent. Maybe it will create a rock bottom for her or she reaches out, she figures out how to get help from the state, she finally wants to turn around and maybe she'll get well as a result. Paramahansa Yogananda says, "Change yourself, you change thousands." [00:49:30] You don't have to change anyone else. By honoring and respecting yourself, you're inviting her to do the same.

Frederique. "I find breathing hard to do because I have the feeling my nostrils are not letting through enough air. Got you. I think that you talked about this a few years ago. I can't find the advice you gave then." Well, there's Super Nasya Oil that you can get on Amazon, and this Super Nasya Oil, it will open up your nasal [00:50:00] passages. I use it before flying. By the way, you won't get COVID



if anybody has it, so that's why I use it before flying. It protects everything, kicks things out, and opens up the pathways. And then a neti pot with a little bit of sea salt. That can help as well. As long as it's not structural. If you look here at my nose, I mean, I have a little bit of that too. I have a 30% blockage here so I could get better air if that was cleaned out, tunneled out, right? [00:50:30] So I don't know if it's structural.

So you might want to look at an ENT, you might want to talk to an ENT, in my wheelhouse, that's what I can give you to help you get deeper breaths. And because I have a similar issue, I'll go do really deep breathing classes. And so I'm just kind of forced to do it, and I just do that twice a month. And because you're doing this cyclical breath for like an hour-and-a-half, you get the cramping [00:51:00] and all that, but you totally detox the nervous system and then you're also breathing out of your mouth and it helps a little bit, so...

Thank you for those kind words, Barbara. "I'm just living my Dharma." Right? That's it. It's like whatever. I'm just human just like you guys, experiencing life, trying to self-actualize. And after 15 years in the health business and the way that the world has changed it is just not simply about the physical anymore. [00:51:30] We have to understand that we're constantly wielding all of these bodies, physical, mental, emotional, energetic, and you have the best intuition, right? You have the best intuition as to, "Okay. What's the big rock here, right? Is it the relationship? Is it the food? Is it the lack of self love?" Right? If you kind of wake up every day and you're like, "I know I want to eat breakfast. I have to eat breakfast and I just want to drink coffee so I'm going to drink coffee." It's okay to do that every now and then, but if that's your go-to all the time, you've got to put up [00:52:00] the mirror and be like, "Why am I not loving myself? What am I afraid of? Where is this fear?"

And I'll tell you, when that happens to me, I go to Tamara. I went to Tamara last week. I had one of the most profound emotion code sessions that I've ever had. She is amazing and kind and compassionate. You have a ton of trauma, you list out the top 10 negative emotions you're experiencing and you book a session with her. She will pinpoint the age that that trapped emotion, that emotion, got stuck in your body, you'll get some [00:52:30] memories that come up, you'll find where it is in the body, she'll walk you through releasing it, right? And so that's it. You are beautiful and perfect and divine. You are God.

And so what happens is we have all these layers of an onion that we can't see our own magic. And so you got to cleanse them out. They're coming up so they can come out, right? And so if you do something like the emotion code or Chris's Meditation on releasing trapped negative emotions, you could do that every single [00:53:00] day if you're struggling, right? That's easy. That's free. And just imagine, where is it in your body? And roll down the window and let it



out. Okay? You're just trying to unpack, to get to the diamond that you really are.

Okay. Yeah. Thank you, Frederique. Thank you. You're saying they're my words of wisdom and things you're saying are really brave. It gives me chills. Yeah. Well, I'm really ready to play full out. I feel different, right? I really feel different as I keep doing the work, and [00:53:30] I'm always changing. Tamaralogan.com. Okay, let me give you that. Okay. Tamaralogan.com. And there's no one else like her, because she's so compassionate and intuitive. So it's like when you're doing work that would otherwise feel like it would fry out your nervous system, her kindness and her compassion helps you get through it with ease. There's her website. [00:54:00] I just posted it into the chat. Can you see it? It should be at the top.

All right. Beautiful, beautiful ladies, thank you for the kind words, and I love you all. We really are all in this together. And the more we do our healing work, the more we heal the world. Don't focus on anyone else but yourself. Release the lie. That's just the lie that it's selfish to help yourself, because when you shine your light, [00:54:30] you just light up other people. You don't have to talk to them or see them. I did this beautiful workshop over the weekend, and I'll leave you with this, because I just had some stuff coming up. My parents were in town from New Jersey and just the whole thing, the eclipse, everything, it brought up a whole bunch of stuff and I was like, "Oh, man, here it comes again." You think it's done, and you're like, "This again." But it really felt like the last bits. You may experience things multiple times because your nervous system can only handle so much at once.

I felt like I was kind of going [00:55:00] through the last bits to let it go and I took a workshop, did an emotion code session with Tamara, and then I felt so much clearer. And I went for a walk on the beach with my dog and this gentleman stopped me and he goes, "I just want you to know that you radiate positivity, and I feel like you're lighting up this whole place. Thank you." Right? Who says that? A stranger. So what I'm trying to say is, do your healing work. It's the most important thing. I didn't have to coach him or counsel him to make him feel better. I just had to be myself, [00:55:30] clean and clear, and just be out in the world. And that's special. I'm not different than you are, right? It's just this is the work we do.

New Jersey. My Jersey girl, Barbara. All right, Vicky. "Hot baths. I'm tired after. Too hot. Too hot. I've drank mineral water before, but my stomach aches." So go a little bit less. Or for you, Vicky, here's the hint I'm getting, a hot-cold therapy, right? So [00:56:00] warm baths, fine. But when you're in the shower, take a hot shower and then turn it all the way to cold. And get that blood circulating and then go back. I think Jeanne or Josh has an Instagram post on this. And then



turn it back to cold. Just do that three times in the shower. You can have three minutes of all the way cold. You can do it. It's going to stimulate cellular energy.

Okay. That's it for me. The clock is striking noon. Boy, did we cover a lot today. I'm going to try to remember everything because I [00:56:30] didn't take notes, but I have to say it felt really good to be totally present with you all. So I'll do a brain dump. If I missed something, then I'll write to the team and they'll get them, okay? "Tips for the brain?" Frederique, I'm going to pop it in. Terry Walls, do you know her, Terry Walls? She's amazing. She healed her MS. She has a Ted Talk. I want you to watch her Ted Talk. Just search Terry Walls Ted Talk, put [00:57:00] her on the map. It's 18 minutes. I didn't know you had MS. I'm so glad I didn't hang up. So watch that, I'm getting chills. You're going to take, and I believe it's safe for pregnancy, just double check, 100 milligrams of CoQ10, three times a day, four cups of cruciferous vegetables a day.

She just went to the Mayo Clinic, she's a medical doctor, she was in a tilt-recline wheelchair. She started doing the protocol she talks about in this Ted Talk. She's doing [00:57:30] 18-mile bike rides. I know her, I've interviewed her on the Randy and Christa Show several times, so everything is healable. Everything. I promise you that, okay? This human body that you've been given, this spirit, this energy, you're meant to heal and you can, okay? Love you guys. Take good care. I'll see you next time. Bye.

