

EPISODE 278

[INTRODUCTION]

[00:00:19] AVH: Hey everybody, welcome to Paleo Magazine Radio. I'm your host Ashleigh VanHouten. Today, I have a special guest who falls under the category of "I can't believe she hasn't been on the show already." But these things happen so better late than never. My guest is Sarah Fragoso. She is an author, a coach, she's the mind behind Everyday Paleo which I'm sure you're familiar with.

She's been an influential person in the paleo and health and wellness scene for a long time and she's just come out with a new book, coauthored with functional medicine doctor, Dr. Brook called *Hangry* so you know I'm obviously into it already but yeah, it's called hangry, five simple steps to balance your hormones and restore your joy and it's intended for women and it's about how to figure out and establish a healthy lifestyle for every individual based on what you need and it's tied up into the sustainability of the lifestyle.

It's tied into movement, self-care, mindfulness, self-talk, hormonal balance. Everything that makes women's health an especially complex topic. It's like, it's written by women, it's written for women and it's a really beautiful, positive, easy to read, easy to implement book. Some really tangible sort of steps and guidelines and takeaways and I was just so excited to speak to Sarah, she's just such a positive and helpful force in our industry.

I highly recommend this book if you're feeling stuck or unsure or if you have a woman in your life who is looking to make some positive changes, they should definitely check out hangry. But before we get into it, a quick word about our show sponsor, Joovv. They are a light therapy company and Joovv is spelled by the way in case you're trying to look it up with two O's and Two V's.

Light therapy as we know is something we talk about a little bit on the podcast, it's backed up by a lot of clinical studies, the research is out there if you want it and we did actually interview the founder of Joovv in episode 271 of Paleo Magazine Radio, if you want to go back and have a listen to a bit more about the actual technology behind the company but there's a lot of research

out there that's showing regular light therapy can improve your skin, reduce joint pain, help you get better sleep.

We all know going out in the sun is good for our health. We can't always do it all the time and all year around so that's why companies like this are coming out with technology for us to help us kind of maintain that year round and all the time.

Joovv is registered with the FDA, they deliver clinical power with a modular design so it's not like you necessarily have to sit in a sauna that's going to give you the light, you can order a bunch of different kind of products that are more or less easy to setup and move around and put whatever you want in your house and you've got folks like Ben Greenfield who have their Joovv that they stand in front of when he does his podcast.

We've got Paleo Mom, Dr. Sarah Ballantyne who uses a full body Joovv to help her with joint pain. If you want to learn more, if you want to invest in a Joovv product, head to joovv.com/paleomag. Once you're there, you'll see, they have special bonuses for you guys if you want to buy something, you can choose from a range, kind of special add on gifts so use the code paleomag at checkout and if you try them out or if you've used them before or if you use any other kind of light therapy products, I'd like to hear from you.

Make sure you reach out, let us know on social media, @paleomagazine or @themusclemaven. That's it, on to my interview with Sarah Frago.

[INTERVIEW]

[0:03:45.7] AVH: All right Sarah, welcome to the podcast, I'm so excited to have you on finally.

[0:03:49.6] SF: I'm so excited to be here Ashleigh, thank you so much for having me.

[0:03:53.0] AVH: It's one of those things we were saying offline. It's better late than never, it's just kind of crazy that I have not had you on the podcast yet but I'm really glad we managed to kind of make this time because I have lots to ask you. I hope you're ready.

[0:04:05.5] SF: I am so ready girl, and you know what? Everything happens at the right time. I fully believe that so this is the right time, yeah.

[0:04:10.9] AVH: I like that approach, I like it. Okay. Before we get into one of the big topics I want to talk about which is your new book *Hangry*, which I loved by the way. I have a lot of specific questions. I think that's one of the great things about being a podcast host is I get to be super selfish and ask the questions I want to ask and hope that other people get something from it too and usually they do. Maybe I'm not being totally selfish.

But before we get into that stuff, can you kind of give our listeners, I'm sure most of them are familiar with you from Everyday Paleo and you know, you've been around in this industry putting out great information for a long time but if you could just kind of give our listeners a little bit of like the elevator pitch about your background and your health and wellness journey and kind of how it brought you to writing the book that you just wrote.

[0:04:55.4] SF: Yeah, you know, it's funny. I always try to like keep my stories super short and the longer I am in this industry. Gosh darn it, the story gets longer.

[0:05:02.3] AVH: Yeah, resume gets longer.

[0:05:04.2] SF: I know, right? I kind of stumbled accidentally into this field almost 12 years ago now and I've always been interested in health and fitness, I was athletic as a child, I did gymnastics, I was kind of just naturally strong and agile. I grew up in a farm, it wasn't a working farm but we had 12 acres so I was outside all day every day. Loved to use my body in that way, you know, climbed trees and road bikes and I was a tomboy or whatever the term is for that, I don't even know, right?

I'm 42, that's what they used to call me when I was a kid. You're such a tomboy. Which you know, whatever. I was active which is a good thing, right? Growing up, I had obviously parents and my mom was very health conscious. She basically dabbled in all sorts of things like she was a vegetarian for years and we had our own year round garden, we used to walk down the street to our neighbor who had a cow. One dairy cow and we'd watch our neighbor milk the cow and we would bring the milk home and we would drink it.

You know, raw milk, my mom would make her own cheese, it was very much like a *Little House on the Prairie* kind of existence growing up.

[0:06:14.3] AVH: Amazing.

[0:06:14.9] SF: It was amazing in a lot of ways but you know, my mom really struggled with health issues for as long as I can remember. You know, I was handed handfuls of vitamins in the morning. One of my earliest memories is my mom literally chasing me around the house with a spoon full of fermented cod liver oil and you know, I remember going to school and being like, what's white bread?

She used to make our own whole wheat bread. I saw like wonder bread for the first time I think in probably first grade and you know, peanut butter that came out of a jar and so the kind that we would grind yourself at the health food store. I had kind of this idyllic childhood of you know, food comes from the garden and milk comes right from the cow and you would think that that would have had a bigger impact on me but I watched my mom struggle consistently with what I know now was to be inflammation and probably some hormonal imbalances, she had horrific migraine headaches.

Every month with her cycle, she was you know, would complain of being bloated and joint aches and I remember now, looking back, knowing that she was suffering from depression and she did a lot of work on herself and went back to school and she became a licensed clinical social worker and she was really one of my biggest inspirations for just how driven and powerful she was despite often not feeling well.

She actually ended up with breast cancer and when I was in my early 20s and did a lot on her own to try and fight that and never really wanted to do anything conventional and I unfortunately lost her in 2005 to cancer. After that, I really had this concept that there is really no correlation between diet and health. I just thought, you know, you tried really hard and you eat healthy food, you eat vegetables and you take your vitamins and you're still going to get cancer and die.

That was my philosophy at that point, I was really jaded and frustrated and sad and all the things. It's not too long after I lost my mom, I became pregnant with my third child. He was born when I was 30 and a few months after the birth, I just was not bouncing back like I did with my second child. I just felt miserable, I was you know, achy and inflamed, I had crazy edema in my legs, I was having candida issues and not really dissimilar to what my mom was dealing with.

It was scary, I was really freaked out and I cannot go down the same path and I have this random chance meeting with Robb Wolf who we all know is the author of *The Paleo Solution* and what to eat and at the time he hadn't written his books yet, he had just started his gym here in Chico at the time was NorCal CrossFit and I ran into him and I knew his girlfriend who I went to high school with and now his wife, Nicki Violetti.

They're like, you got to come to the gym, you got to check it out. I did and it took me a while to be convinced but that's what I needed to try to do but I was desperate so I went to their gym and started to exercise and started to feel a little bit better and then Robin and Nicki were like, you really need to eat better.

I'm like, this is crazy, no pasta, not cheese? Whatever, I feel so awful, I'm going to give it a try and I literally drank the Kool-Aid because I felt so much better like within weeks, I was a new person and it was one of those things like so many people's stories that you hear on the Internet now where when you start to actually feel better, you want to share your journey.

I dove in, I was so committed, I had my degree at that point in psychology and wanted to kind of go down the same path as my mom but instead, got my personal training certification, started training at Rob's gym, started my blog, Everyday Paleo and I was hardcore paleo dieter, CrossFitter and that worked really well for me until it stopped working.

Unfortunately, about you know, gosh, I guess three years, two years into that journey, as I was writing Everyday Paleo actually. I totally crashed and knowing now, that I had you know, HBA access dysfunction or what we call adrenal fatigue where I literally ran myself into the ground, I'm sure I wasn't eating enough carbohydrates to support my activity level. I was you know, chasing after a toddler and two other kids, I was nursing all the way up until he was two and doing crazy CrossFit workouts and you know, eating a pretty restrictive paleo diet which is good.

It worked really well like I said initially but I wasn't tuning into like what my hormones were telling me, I wasn't listening to my fatigue, I wasn't really in my body at all, I wasn't dealing with my grief, I wasn't dealing with my emotional pain, my discomfort, just in my own life and distracting myself in every which way to not be present and it backfired big time.

To make a really long story short, the years proceeding that have been kind of this awakening journey for me on learning more about how my body actually works on how my hormones dictate what I should be doing with my food and my exercise.

You know, how sleep is so incredibly important and stress management and not in like a fluffy and tangible way but like a real purpose driven, self-care sort of way and I've been through a lot of struggle to get to kind of where I am now where I feel like you know, I'm a little more balanced and open to knowing that my health is fluid and things are going to change and what worked for me 10 years ago isn't going to work for me now necessarily and that I need to not be so dogmatic about my approach to health and fitness because really, my body dictates what it is that I need to do.

I just learned to listen to those queues. That was kind of a long story but that's where I am now. I'm still strength and conditioning coach, I own a gym with my husband here in Chico California and I've been really diving deep into my practice over the last several years and working towards certifications there and what else? That's basically it.

Home schooling and raising three boys, one which is already grown up and yeah, it's a crazy life.

[0:12:19.0] AVH: Yeah. But incredible story, thank you for sharing that, there's more to that than I knew which of course, there's always more to it than everybody knows but I think one of the key points from this story that I'm taking away that is both I think in some cases, daunting and frustrating but also, you can look at it in a positive light too is health is way more than just being perfect about what you eat and one of those – you'll kind of learn it a little bit the hard way growing up with your mother.

That you lived in this environment that was probably far and away healthier than a lot of standard families were living. Your mother was still struggling with health issues because it's not just about eating from a garden, if it was that easy, we wouldn't have the health issues that we're having, there's so much more to it and especially for women. I think that that's why the book is valuable but also I think this evolution that we're seeing in the paleo world.

Which is going a little bit away from the dogma that we all have when we first get into it because as you said, we're excited, things are feeling good, things are changing, we're pumped about it, we want to tell everybody about it but there's like this natural evolution that happens where you stick to the rules for a while and then you can kind of relax a little bit but also do a little bit more of that like personalized nutrition approach.

That intuitive, what works for you, there's nothing wrong with using paleo as this base line, this common sense sort of initial approach and then kind of tweaking it from there and it seems like that's something that you're kind of doing yourself, right?

[0:13:49.4] SF: Absolutely, that's the whole premise of *Hangry* too. Is to let go some of the dogma around dieting and really lean into understanding those queues that your hormones are telling you because our hormones are talking to us all day long that we rail against that, right? Because most of us, I know myself personally, before I really started to get in touch with what it was I needed to do to be healthy and be okay which is blame myself, right?

My gosh, I can't believe you're so stinking tired, what's wrong with you? Yeah, you're having all these crazy cravings. Get it together, you know? Instead of being like – okay, maybe that's cortisol telling me that I need to calm down a little bit and meditate and really do some real acts of self-care and do something that brings me joy and get some sleep tonight versus fight against those messages and think that I'm somehow bad or wrong or not doing something right or strict enough or whatever. Yeah.

[0:14:47.7] AVH: Yeah, I mean, saying nasty things to yourself, I don't think in the history of humanity has ever worked and yet we all still kind of fall back into that routine for some reason when we aren't I guess doing the harder work of really kind of uncovering what the actual issues are. It's always sort of this knee jerk reaction to kind of blame yourself and say that maybe

you're not good enough or not working hard enough or not strong enough or whatever and I think that addressing that a little bit more. That's just as important as addressing how you're eating and how you're sleeping, right? They're all connected.

[0:15:17.6] SF: 100%. If anything, I think it's the most important thing as our mindfulness practice, right? How do we build this foundation of trust with their own bodies and ability to be an acceptance of where we are right now? And then, think that anything is going to be sustainable if we don't do that, right? I really think it's why so many diets fail is because they're done in this punishing, self-deprecating sort of way versus what can I do that's so super nourishing for me?

For me personally, I have to kind of have that be the purpose for health is for me to show up for my life and then it's easier for me to make better choices about my exercise and the food that I eat when I'm really present. I'm here right now with what's happening versus spinning out about what's happened in the past or worrying about what's going to happen in the future and beating myself up in the process.

[0:16:09.7] AVH: Yeah, you mentioned, you've got your gym and it's co-owned with your husband and the chiropractic clinic that's there and that you were taking some certifications around like mindfulness practice and stuff like that, just out of curiosity, what are some of these courses you're taking?

[0:16:23.8] SF: Last summer I went to and it was a very intensive five-day retreat for mindful self-compassion and it was basically the preemptive to becoming a trainer or a teacher for mindful self-compassion. I did walk away with a certificate but I'm not certified to teach a group of teachers to be able to train a mindful self-compassion but I can talk about it and say hey, you know, this is my experience and I can teach my clients how to use that.

It's a beautiful practice. It's not the only practice that I use, I like to kind of cherry pick. I've also gone through Tara Brach's mindfulness certification where it is also around love and compassion but it's a little bit more focused on like how do you just meditate? How do you be in that space essentially and open up to more abundance and more opportunity and what I love about Tara Brach's teachings.

Which I really use a lot in my own life and in my own practice and with my clients especially is how sometimes, I think right now, we get this really kind of fluffy esoteric, intangible idea of mindfulness practice from the “Internet” where we have these life coaches and I guess, you call them gurus telling us that we always need to be positive and we always need to just be able to reframe and everything should be roses and cherries all the time and don’t be negative and I just think that that’s so intangible.

In my opinion, being fully engaged and in your life is to be able to experience all of our feelings fully and be able to let them come up and come through us and sit with that emotion that we all experience without being – this one’s bad because it doesn’t feel good. Let me just reframe that and I think being positive is awesome and important and I’m a very positive person but I suppressed my negative feelings until it nearly killed me.

I have to be able to address this stuff when it comes up because I’m a super sensitive person, I’m very empathetic, I tend to be able to pick up on other people’s feelings right away too and that I carry that around with me and if I don’t allow space for me to actually be able to sit with my emotions. It has this physical manifestation that’s not good. You know, I see that so often with my clients especially who carry around so much emotional stuff that they have not yet dealt with.

Because it’s so scary to think about actually having permission to feel our emotions that again, for them too, manifests in physical symptoms. I think stress is more responsible for leaky gut at this point than probably our diets and when you combine the two and it’s like, yeah, not good.

[0:18:57.1] AVH: Yeah, this whole like feeling all the feelings sounds simple. I’m not going to say it sounds easy, it sounds like simple on the surface but it takes so much courage. I think, especially in a world and a culture now where it’s so easy to distract yourself from stuff that’s unpleasant, right?

I think humans are still hardwired to kind of take the easy road and a lot of cases, right? It’s why we have issues with hyper palatable foods and being too sedentary and all these things because there is still that sort of part of our brain, our physiology that’s like, just take, do

whatever is easiest, that makes a lot more sense and when we apply that to our emotional intelligence and think like, there's some really crappy feelings coming up but I guess I can just get on Instagram and kind of forget about it for an hour.

It's so easy to do that and it's so much harder to be more introspective and spend more time with the bad feelings, right? I think that that's something that, I mean, that could be a whole book on its own I'm sure.

[0:19:55.3] SF: Yes, my gosh. Absolutely.

[0:19:57.3] AVH: But you do cover these stuff in your book too and like, one of the questions I wanted to ask before we even get into the content of the book as you were talking about when you were doing *Everyday Paleo* that you were kind of hitting a breaking point in terms of your own sort of health and wellbeing.

How was writing *Hangry* different because I talk to a lot of people who write books and it seems like, this is a goal of mine sometime in life as well, that it's just a really daunting arduous like labor of love but a really rough one. How was writing *Hangry* for you?

[0:20:29.8] SF: It was definitely a different experience than writing all of my other books because I was so much more mindful about the daunting arduous process and how soul sucking and energy sucking it can be and plus, you know, I also have a family and a business and you know, other priorities besides this.

Fortunately, my coauthor and I are – well, we wrote the book together so we have the same philosophies on our priorities and what's important to us and it was – we joke about it now but it was literally a testament to what's in this book. Our ability to use the tools that we were writing about in real time and you're like, you know what? The last three years and the process of writing this book, we've gone through a lot of pretty major life trauma together and we're like, I think it's the lesson, right?

It's the lesson that we needed to learn that we have to take care of ourselves no matter what it is that we're facing. To be honest though too, there are going to be times in everyone's life

where they're going to have to – you're going to have to push a little bit hard and kind of take yourself to that edge when it comes to your health.

But what I've learned is that I can't let everything go. In our book, we have our five habits which is super simple. 54321, five walks per week, four meals per day, three strenuous sessions a week, two liters of water a day and one commitment, daily commitment to real self-care, rest, recovery.

You know, those tools that we teach these habits that we teach are all customizable once people kind of determine what their hormonal issues are, how to customize those five habits that what I have learned is when I am in something like this, like writing a book where I'm like probably not getting enough sleep or my stress levels are a little bit high. I can't let everything else go. My mindfulness practice and points so that I get myself that time during the day, even those five minutes to just tap into my parasympathetic and you know, breathe deeply and say my mantras, everything's going to be okay.

To not bottle it all up when I'm frustrated or sad or exhausted to talk about it, to take a day off, to make sure I'm in bed on time that night so that I'm not pushing it and trying to you know, eat this product out that's not even going to be authentic if I can't keep myself sustained and healthy in the process.

No, I definitely let some stuff go, I wasn't as consistent in the gym where before I felt like a failure if I wasn't, you know, getting my five workouts in a week and you know, seeing progress or whatever where now I understand that you know, if I back off a little bit on my fitness, I can still get my walks in and maybe I'm only lifting two times a week if I can and I'm not seeing any big strength gains, guess what, it's not the end of the world because I'm not pushing myself past that brink and you know, oversteering my system.

I had to let go of a lot of stuff and then I also had to make room for the things that really mattered. Scheduling time away from the project to just be with my family and be with my kids and be fully engaged with them. It wasn't perfect for sure, it definitely – there were times when Brooke and I both were like this might be the end of us but then we would reign it back in and we ended up pushing the launch date back twice for various reasons but honestly, part of it too

is just we just needed more time to make sure we put this product out in a real, authentic way that didn't kill us.

[0:23:50.2] AVH: An authentic way that won't kill you. That's about as good a goal as you can get I think when you're writing a book. Well, I appreciate that you did it because I think it's going to help a lot of people and I mean, even your commitment to just getting this information out there, you just told us that the five main sort of tenants, right? The walks, the meals, the strength training, the water, the daily commitment to self-care, there it is.

But, of course, the reason why your book is not just one page with that listed is because there's always more to it and you have to figure out your own individual challenges and goals and approaches that work for you and your lifestyle and all of these things. I think – I guess you can correct me if I'm wrong but I think one of the main goals of this book and especially why it's directed for women is because, in addition to just sorting out some lifestyle factors that are probably going to help 99% of people right away.

If they get these sort of under their belt is the fact that women have more complicated hormonal landscape and that we all have to address our own kind of unique hormonal issues that range from anything from menopause to thyroid issues to PCOS to you know, chronic fatigue and stuff like that.

Can we kind of like, dig in to that part of it, it's one thing to just lay out, here are the things that you can start doing right now to feel better but as these individuals are reading this book and maybe I'm dealing with chronic sleep issues, maybe as a result of too much cortisol and then maybe somebody's that's post-menopausal is reading it and it has their own host of issues. How do we take this book and make it our own?

[0:25:24.5] SF: Right, well, that is the whole point of this book is for you to be able to customize it to basically focus on your unique hormonal issues. There's a lot of great hormone books out there. You know, there's books on thyroid disorders and books on you know, insulin resistance but the reality is that most women bring to the table, a host of hormone issues and it's very uncommon for someone to just be like, I just had estrogen dominance.

Well, why do you have estrogen dominance, right? Like the chicken or the egg, did it come from first, your thyroid started to slow down and then not effected cortisol. It's really uncommon for anyone to just say I only have this one thing but that's typically how we treat a woman who comes to the table with a hormone issue.

They just look at one. Also, testing isn't necessarily always created equal, you might go to your doctor and say hey, I've got all of these symptoms and then they run tests and they say, well your test results look normal so I'm sorry. What you're experiencing is just common, everybody your age feels this way or you just had a baby, of course you feel tired or the list goes on and on. I'm sure that the women who are listening right now can relate to that. I know I can.

Definitely I've been in doctor's offices before where I felt like I wanted to die and I was told, well, maybe it's psychological and like yeah, probably it's that too. But why am I so fatigued that I want to crawl in bed at 2:00 in the afternoon and I can't get out of bed in the morning and then I'm so wired at night, I can't fall asleep.

We help women figure out what exactly their hormone issues are by taking – we have several quizzes in the book that help you determine what is it that you have going on? It's really common for a lot of women to have symptoms of both low and high cortisol because their cortisol timing and rhythm is out of whack because of stress usually, right? Lack of sleep, stress, and then blood sugar issues.

Sometimes too, women will have that and insulin resistance. But the advice for low cortisol for example and insulin resistance is often the exact opposite of each other so you know, if you have low cortisol, women are often told, well, you probably shouldn't be exercising, you just maybe take a walk or do some yoga and you know, make sure you're eating more carbs and you're going to bed early. For insulin resistance, the advice is, well, you need to exercise more.

You need to do more of like a ketogenic or intermittent fasting type diet and that's not at all what you should do for low cortisol. We have what's called our hormone hierarchy. After you take our quizzes, you follow that hormone hierarchy where you start to heal your most delicate hormones first. Low cortisol and low thyroid. The beautiful thing is, once you start to address those more delicate hormonal imbalances, everything downstream, usually starts to correct itself but then of

course we have tools and tips to help with things like estrogen and progesterone issues or insulin resistance.

Or, if you have PCOS. But you have to address those more delicate hormones first, otherwise, you're going to just continue to drive yourself into the ground without healing those more immediate issues. We take those five habits and teach you how to customize them based on your quiz results and then walk you through downstream, you know what to do with your exercise and of course your food and your lifestyle plan.

All of this is on a foundation of mindfulness practice, you know? We have our five pillars that really help women get grounded in their commitment to doing what works for them, helping them to opt out of overwhelm, to live a more fully engaged life, to be your own best friend. You know, it's a multifaceted, very holistic approach and that sounds like a lot but we've taken women through this program online, hundreds of women at this point who actually now feel empowered enough to know what it is that their body is saying to them and be able to adjust in real time.

To finally start feeling better. Yeah, that's it in a nutshell.

[0:29:15.4] AVH: Yeah, I mean, I love that in the book, you talk about stress management before you even talk about diet because I think again, we've been talking about this entire conversation that we still hold to this belief that if we just eat perfectly whatever that means, that everything else is going to be fixed, we've seen time and again that that's not the case but the thing is, stress management is while it's more important probably than diet in most people's cases.

It's also a much bigger, harder category to tackle, right? Because in some cases, of course, some people have struggles with fixing their diet but ultimately, if you give somebody like an elimination diet or a whole 30 for a month or just say, cut out the bread or whatever. It's a pretty easy thing to get your head around like the rules are pretty black and white but if we're saying like, we need to address our mind and the language that we use to talk to ourselves and the way we feel about who we are and you know, how we could take up space in the world and all of these things.

That's a huge category to tackle. Why do you think it should be addressed in this order? Would there not be – I'm just playing devil's advocate here but would there not be some benefit to like, let's just get people walking five times a week first or let's just get people eating like healthy, paleo breakfast first and like kind of make this tiny steps before addressing really the ultimate thing that we need to address.

[0:30:39.5] SF: Right, you are so right when you said, it is the hardest thing and we resist it so much and it's because we do want it to be easy, absolutely, we would love all of this, myself included, it would be awesome if someone could just say follow this plan by route and your life will be rainbows and unicorns forever and ever, amen. Right?

We all want the easy button but the reality is if it were that simple, we'd all be able to sustain it. Why do 95% of all diets fail? It's because they're not grounded in being in acceptance of who you are in that moment. It's all based on deprivation, restriction, be less of who you are and be more of who you are. All of these old beliefs and ideas and dogma that keep us really stuck and lacking joy.

You know, even if I can get one woman to tap into what brings her happiness, what brings her joy in any given moment, if they can be more engaged in the life that they have right now, if they, you know, can take that five minutes to like really look into the eyes of the person that they loved or their children or feel just more in her own body instead of lost in her thoughts and in her head that I feel like our mission has been accomplished because once we're more respectful of who we are and more in like, even just neutrality about our body and how –

What we might see in the mirror versus always wanting to be less than what we are, change our appearance and it is really hard to jump right from where a lot of them are where they are just disappointed in themselves and how they look potentially loving everything about themselves. I think that is a really big ask but I think that it is possible for women to start really just showing up more for what they have right now and being in gratitude around that and it changes everyone's perspective that I have worked with anyway and my own included.

On what it means to eat food that's healthy and to exercise in a nourishing way rather than a punishing way. It makes those changes that we know we need to take on more sustainable essentially right? I think when we jump from diet to diet it's because it is really hard for us to sit in the discomfort of owning our journey and in the process and where we are right at this very moment because it is often an uncomfortable place to be.

So why would we want to be in acceptance around that? But when we do lean into that acceptance, we start to learn more about our own worth and our own value and what makes us amazing beautiful women and then from there it's just that next step to say, "Yeah I am worth it to take that walk today" or "It is going to feel really nourishing for me to eat this vegetables" versus the other idea of "If I don't eat these vegetables I'm bad" and see there I am again eating the cookies instead.

And then teaching women too that these are your hormones talking to you. This insulin and cortisol are giving you these messages that makes us feel crazy that makes us feel hangry. So how do we get on top of that in a mindful way?

[0:33:37.5] AVH: It's a big one and it sounds corny when you say things like you have to talk to yourself. You love yourself, which you should and you wouldn't speak to your best friend the way you speak to yourself. All of these things you have heard them over and over again but there is a lot of legitimacy to that because how can you ever improve upon a project and that project being your own self and happiness if you don't really have respect for it.

Or if you don't think it is worth putting work into, if you don't think you're worth the work or the trouble to get healthier then of course, you're not going to be able to follow through with that because it is a lot of work. So one question that I have for you because I keep going back to these five pillars that I think is so clear and easy and people could memorize this in a day and just always be able to come back to these key things, the walking and the meals and the strengths training.

The water and the daily commitment to self-care, can you talk about a couple tangible exercises that people can do like what are some things that women could do starting today to take five minutes or however long to just either be with themselves, maybe ask themselves a question,

speak to themselves in a certain way, treat themselves a certain way. What are some of these self-care things that women can start looking at right away?

[0:34:54.1] SF: Yeah, so we talk about real self-care in the book and I think that self-care is often thought of as like, “I am going to get a pedicure or I am going to get a massage” and those things aren’t bad. I mean I love to get a good massage, it’s awesome but it doesn’t necessarily last as far as the results that we want to be – we want to have to feel more fulfilled and more alive and for something that I think some of your listeners could start doing today is just incorporating some mantras into their daily life.

When you wake up in the morning say some real positive things to yourself that sets the tone for what is happening in our head all day every day. So you know we often talk to ourselves in a way that you just mentioned that is very berating like, “God, I feel like crap” and “Why did I eat that?” instead of setting the tone. So I love the I am mantras where if we start to talk about how we want to actually be in the world and see if we can feel like what that feels like just by imagining, it is easier for us to come into being that.

So I am healthy, I am letting it be easy. I am worthy, I am supported and I don’t know if you are familiar with Byron Katie’s work where she talks about the four questions like are your thoughts even true? Is what you think every day actually is something you can say, this is the valid 100% truths because so often we think things like, “No one supports me in my efforts to be healthy” and I am sure if you think back, you can think of one time when someone was supportive of your efforts to be healthy.

So let us put that out there. I am supported. I am enough. I am my best friend. So just starting your day with some mantras before you eat to just like stop and take a deep breath. We call it two timed out breathing when you breathe deeply into your chest and your belly for a count of four to five and then hold your breath for a couple of seconds at the top and then exhale for two times as long as you breathe in. You tap into your parasympathetic.

You’re ready to rest and digest. You are more likely to digest your food better and notice when you’re full and notice when you are hungry. If you can just be more in your body versus in your head about all of these stuff. So two really simple things, say a mantra in the morning and then

do your two time out breathing exercises before you sit down to eat and I guarantee you, if you do this for five days you're going to start to feel better.

You know 10 days you really start to grow of a habit and these are things that don't take a lot of time and that's the other thing I think we think about with self-care too is "How am I going to have time for more stuff?" where really just a few little pockets throughout your day when you are tapping into your heart and your spirit and your spirituality a little bit and just being more in tuned just makes such a huge difference.

[0:37:32.1] AVH: I like those. Another one that I use and I know I have heard of athletes doing this one too because I have struggled with meditation and being able to sit with myself and trying to clear my mind and even just focusing on one thing, I have a hard time with but I recognize the value in it. So I try to do it a lot but one thing that I try to do is a positive visualization of something that's going to happen. So if you have something coming up, if you have a trip or a competition or an event.

Or anything that maybe you're thinking about or maybe you're worried about or nervous about to sit and meditate on that but to almost visualize it happening successfully in a way that you want it to unfold and I think that there is a lot of value to that because again, it just switches your brain from running on a hamster wheel of worry and generalized anxiety to actually planning this out on your brain and thinking about it. What's it going to feel like if this goes the way I want it to and if everything goes well and positively?

And it usually helps switch my mood and also calm me down when I am just being anxious for no reason so I like that one too.

[0:38:40.0] SF: Totally and I think just staying open to the outcome too right? Because I feel like we get so attached to whatever the outcome is supposed to be in our imagination and then when it is not that outcome, it feels like this horrible failure where really whatever the outcome is it's exactly what it is supposed to be and whatever happens next is going to either be the lesson or the next right thing. So you know we have such little control.

I think it is part of wanting to maintain control is getting so anxious and worked up about, “Well what’s going to happen tomorrow and I’ve got all of these big plans and then it is like we set ourselves up for things to not go the way we expect when if we could be more open to life unfolding how it is supposed to, it just makes the ride so much easier and then we see the value in it too. We see those opportunities if we shut down and close it off.

Shut our heart down and we don’t stay open then we miss those opportunities when the outcome is different than we think it should potentially have been.

[0:39:38.1] AVH: Yeah, I want to talk a little bit about the food part of it too because there is a couple of questions that I wanted to ask you and you can tell me if I am wrong here but I think that generally speaking the approach here to be more mindful and think about diet is to start from a whole foods unprocessed paleo, pretty close to paleo sort of approach, right?

[0:40:01.7] SF: Yeah, for sure. So the whole concept of the book when it comes to the nutrition suggestions is to definitely start with more of a low inflammatory diet, right? Because inflammation is the great hormone mess maker. If we are super inflamed it’s really hard to even know which hormones are at whack because it muddies the water. I don’t know how to say that right. It makes things murky, it muddies the water of what we are actually trying to accomplish here.

So we definitely want to help women rat it down to any pre-existing inflammation. So we take more of a paleo Mediterranean approach, which means animal fat is not bad by any stretch of imagination but as women age and especially if they have an any sort of thyroid condition or estrogen progesterone imbalance what we found and research proves that if you back off an animal fat and added more plant based fat like olive oil and avocado, etcetera that that helps clear out some of those issues.

And you know in fat, in animal fat there are properties called POPS where its persistent organic pollutants that is found unfortunately even in high quality meat. There are pollutants found in the fat that can be endocrine destructors. So you have to eat part of it is animal fat for that to happen but on a paleo diet that is pretty prominent, right? There was a time that I think for about six years straight I was eating bacon and eggs and red meat for almost every day for years.

And I ended up with some pretty intense estrogen dominance issues. So I had to remember that vegetables are a good thing and really increase my fiber intake and back down on the animal fat a little bit and replace some of that animal fat with like I said, more plant based fats and I was able to detox that excess estrogen and now I am in a much more balanced hormonal state. So you know and then after women get off their or launch onto this kind of Mediterranean paleo plan we teach them again how to have a customize that.

Especially with their carb intake, what is your unique carb tolerance because we all react differently. We all have maybe a different blood sugar issues or responses to different types of carbs or carb timing. So we help women really tune into what works for them when it comes to their carbohydrate intake and then once women are healed they can start in our opinion dabbling with adding some of the stuff back in and then they are more in tuned with what we call your ACES appetite, craving, energy, sleep.

Those responses that come from our hormones dictating like what is it that I need to change about my diet or my exercise plan based on my appetite, cravings, energy and sleep. So it's definitely not a one size fits all approach. We like all women to jump off on the same foot to help reset their metabolism. Like I said kick out any inflammatory foods, help with hormone balance and then once they are starting to heal, see what they can maybe add back in and tolerate or not tolerate.

[0:42:59.0] AVH: The animal fat was actually the thing I wanted to bring up because I got to tell you that that made me a little bit sad just because my approach has always been more of like – people talk about plant based paleo. So it is like plant heavy and some good healthy protein. Mine was always more like meat based paleo like a hunk of meat and then some vegetables on the side if I have room on my plate but I thought that was really interesting and honestly quite disheartening.

Since so much of the conversation around ethical meat eating and sustainable meat eating is well get the best quality and sustainably sourced and ethical and all of this stuff and it is still so pervasive and is it true that the research is showing that this is affecting women more strongly than men or should men be watching out for this stuff too?

[0:43:43.2] SF: Well in the research that I have done and the studies that I have read, it looks like it is definitely affecting women more than men but you know, I don't know what research is going to say down the road, right? And I think it is so important for us to not be dogmatic about this stuff and I don't think in any way, shape or form are we saying that it's bad to eat animal fat but it might not be the best idea for some women to make that be their predominant source of caloric intake, right?

It is proving time and time again that it is leading to some hormonal imbalances that can be avoided by backing off and it doesn't that I don't eat bacon or rib eye. I love that stuff but I definitely don't have that as my main source of protein like I used to. So no, I think it is still really smart if you can just source your meat from grass fed sources. You know you are going to be getting higher quality protein that amino acid profile is going to be better, all of it.

That fat is going to be healthier but you know, we have seen everything from women having drastic changes on their testing, their hormone testing just by cutting out three times a week backing off on the animal fat. So it is not just going to be sad. Don't be sad, still eat your rib eye just that if you have thyroid issues and endocrine dominance issues you might need to consider not bathing in beef tallow.

[0:45:04.5] AVH: Yeah maybe don't make your only fat source be literally just bacon all day every day. Yeah, okay we got to be adults about it and then similarly because we're having this talk about inflammation and inflammation is a topic that is very near and dear to my heart because that is one of the things that I struggle the most with all of the blood testing and DNA testing I've done and all of this stuff I coming back always that I have maybe higher than normal inflammation.

Or a harder time like detoxing and getting rid of free radicals and I need to up my antioxidants this is something I am hearing time and time again. We also go down a different rabbit hole about how much of this blood and DNA testing is accurate anyway but I know that I have spent a lot of my time and probably working out too much and being too sore and inflammation is I think something that we all struggle with from different angles.

Whether it is just life stress or not sleeping enough or the foods that we are eating or maybe we are drinking too much or whatever, inflammation is huge and so I can't really talk about that enough and ask enough questions but if we are talking about inflammatory foods, there is more of a conversation these days and the research I think still has to see these things through about the possible inflammatory effects of a lot of vegetables, right?

Because we were talking about phytonutrients and I know you touched on nuts and stuff on the book and how to be mindful about that too and again the answer is always it depends. It depends on the person and all of these things but it does seem it is more of a conversation now about circumstances where vegetables or an abundance of vegetables or certain vegetables may not be the best for everyone. So how do you approach that when we're trying to get women to eat a more nutrient dense and balanced whole foods diet?

[0:46:52.3] SF: Well you know I think that the underlying cause of inflammation is there is a myriad of issues that you know lead to that and I think that we can vilify one thing right? Like, "Oh these vegetables are bad and are causing inflammation and the more women that we work with, the more that we start to connect the dots of stress being the underlying cause of acute and chronic inflammation and not addressing gut health in general.

So yeah, stress and lack of sleep can cause leaky gut and we tend to go right towards the food and until you start to address the underlying issues of what cause inflammation, I don't think it is valid to say well – because we eat right like back in the beginning of paleo we're like it's all the gluten. Only the gluten is what's causing all the problems and I think that they're definitely still is some validity to that and there are some people who are celiac or very sensitive to gluten.

But I know in my own experience when I am managing my stress well, when I am sleeping enough, when I am not over exercising, when I am recovering well from my workouts then I can tolerate more food. At the end of the day, I just can and I am seeing that across the board and the reality is too is that women need a lot of fiber in their diet to help detox estrogen and to basically have a healthy gut. So you know it is hard for me to say, "Yes, you just need to avoid these specific things and then your life is going to be perfect."

Where once again, it goes back to having a holistic balanced approach and I think testing is really important too because often women have food sensitivities that they are not even aware of that might be causing some underlying inflammation even if everything else is pretty dialed. So we lived in such a toxic world these days and our environment is riddled with endocrine disruptors and things that cause inflammation that we didn't ever used to be exposed to.

So I think cleaning up your home environment as much as possible is really important to try to get rid of all of your plastic and storing your food in glass containers and drinking out of stainless steel or glass water bottles and not using really toxic chemicals to clean with and make up that is filled with phytoestrogens or other chemicals that can cause inflammation or disruption in your endocrine system but you know the other side of that coin too is can we just relax about all of this a little bit?

And take a minute to just breath and enjoy, have times during your day where you are just laughing and you are playing and you're just letting yourself be who you are. So it's just –

[0:49:23.4] AVH: You are not thinking about phytonutrients.

[0:49:25.9] SF: Right every second of the day, right? Exactly so I –

[0:49:29.5] AVH: I think one way that I have always tried to approach this because again, we're both in the same industry where it's almost like you have too much information sometimes and it can be paralyzing and it can be overwhelming and whenever I start to feel like, "What is even the point? There is so much. I am never going to get all of this stuff sorted out." I am never going to have my lifestyle perfect. There is always going to be something else that I need to sort out.

Again, I try to reframe it in a positive way that yes, to be healthy and to – if we are even just thinking about inflammation, to lower inflammation there are a million things you need to do that go from stress management to food to the products you're putting on and around your body to everything you can think of that is overwhelming but you can also look at it like every day is a thousand choices you can make and you can make a couple every day.

That are going to improve your health without a lot of work, you know? You can make one small change in your skin care regimen or using glass instead of plastic or whatever. There's so many little things. It is not like this giant hill you have to climb every day. It's a ton of little things and you can learn and get better at it and do your part every day where you can and every one of those little choices is making yourself healthier and that's the way you got to approach it or that's the way I try to approach it.

[0:50:49.9] SF: Well yeah, it has to be that balanced approach where we can't just change everything overnight and everything isn't always to be perfect either. I always think about for myself like what is more stressful, going out to eat and worrying about "Oh I didn't bring my own olive oil with me and I am probably going to get exposed to some bad seed oils" and "Oh my gosh what am I going to do? I am going to feel so awful?" is that more stressful than just relaxing and to knowing that, "Okay I am going to go to this restaurant. I am going to have a wonderful time with my friends and really connect with them."

"And listen and respond and be there and laugh and be open to this experience and make the best choices that I can on this menu" you know? What is more stressful? And then what repercussion is going to be worse? So you're right, we make little choices every day that impact us in a big way like our health is impacted by those little choices that we make and I think so often it has to do with also just like who we are in the world around those choices and I think we make better choices when we're at ease and more awake and aware and mindful of just what's happening around us.

[0:51:59.7] AVH: And another thing that I think you touched on and another positive way to look at this is that the more you get your stuff sorted out, your own personal approach to what health and balance and sustainability and happiness looks like for you and as your health and mindset improves, you become more resilient. So that as you said, you can go out and have a dinner where maybe you have a couple of drinks and you eat something with canola oil and you're fine.

Because consistently and generally you're making the choices that are best for you so that your body and your mind are more resilient against those things. I was just saying on social media the other day that it isn't about – for me it isn't about perfection. It's about the consistency of the

hours and the days and the months and the years of paying attention and caring about my health and wellbeing. So that not so that I never fall off the wagon and go on vacation.

And have a binge meal and chill out and don't exercise for a week, not so that never happens but when it does happen I can get right back on my healthy feel good train a lot faster because I got that muscle memory and my body knows what it feels like to make the right choices and to be healthy and to not beat yourself up over living your life. So I think that that's why we need to approach it less as, "Well, let us just lose real quick for a month and then try to maintain that and see what happens."

And just be like look, you're in this for the long haul. This is going to take your whole life. This is your whole life. So approach it in a positive this is cool, this is a fact finding mission about yourself and you are learning and having fun with it rather than trying to always hit that end goal whatever you think it is.

[0:53:38.8] SF: Right and the reality is life and health is very fluid. We can't expect our health to always be the same and there are things that come up that are unexpected or that are expected that will change our hormonal landscape that will affect our health, right? Like a big stressful life event, losing somebody that you love or having a baby or getting married or whatever or aging, pre-menopause and then going through menopause, what works for us right now might not work for us in five or 10 years.

Or after the next big thing that happens in our life and yet we tend to blame whatever it was we were doing before is not working anymore and so just adjusting and saying, "Okay, so now I can't exercise as intensely but I can still lift heavy, I can still be strong. I can still be capable but right now, maybe I shouldn't be doing a whole lot of metabolic conditioning." It doesn't mean that I can't do it again down the road but we get so stuck in the process of "This is what I do, this is what I do, this is what I do, oh crap it's not working anymore. Let me just do it harder instead of requesting in real time.

That is the whole point of *Hangry* is to give women the empowerment to be able to know that it is okay to make changes to your "plan" and that doesn't mean that every week it's going to be

different. It just means that you'll be more aware of when it does need to be different, which is just empowerment. It is information versus a problem or something that's bad you know?

[0:55:03.5] AVH: Yes, so much of life is about the framing, right? It's just about how you look at the situation. It is so much more important than what the actual challenge is. It is how you look at it and how you internalize and how you feel about it. Are you doing a book tour for *Hangry* or is that happened or?

[0:55:19.9] SF: So we really wanted to but again, going back to being in our own authenticity around this book and launching it, Brook has little children that are much younger than mine and my middle child is about to go into his junior of high school. My youngest is a competitive gymnast and he is really practicing right now for his next season. I am dealing with aging and ailing parents. My dad is not doing well and neither is my stepmother.

So I have been really just tuned in with them and helping to take care of them and I am solely responsible for his health care and his finances. So I am trying to keep my priorities in check and staying close to home right now. You know if this book continues to do what we hope it does then maybe down the road we'll take a little tour and do some book signings. I had someone come into the gym this morning and I signed her book. So if you're in Chico and you want to come by I'll sign your book.

[0:56:12.4] AVH: That's amazing, yeah.

[0:56:12.8] SF: You know I don't have it in me right now to go on this big book tour and leave my family, which I wish that I did but I don't think it would be what it was supposed to be if I did that right now. So am just hoping that we'd go –

[0:56:25.9] AVH: Isn't that proof though of you literally living like walking the talk of this book though? Instead of like, "I am going to do a 50 city tour" and then try to pretend that that's not insanely stressful like finding your priorities and doing what is most important and I think that's another great thing like one of the good things. We love to harp on how awful social media is because it can be awful in a lot of ways but that is one of the great benefits of this too.

You can share and get the information out there and get feedback and talk to people without necessarily having to be on a plane every day for six months.

[0:57:01.1] SF: Right but you know I really love to just connect with people one on one. That is truly what I get the most joy out of when I am doing this work and you know, we'll have retreats and have women come to us and that's all so fulfilling to me and I do wish that we could get out there and give every single one a hug that she's bought this book. That kind of connection to me is so impactful and important because it feels so much more tangible than putting up a post on social media and hoping somebody likes it.

And you know that doesn't really feel all that good to me, which is why I might post more infrequently but it is because when I do share something, I want it to really be something that I spend some time on and cultivate and think about wanting to put out into the world that I love to go on tour. Maybe we can manifest that for next year for sure.

[0:57:44.8] AVH: Yeah, that would be cool. You mentioned women's workshops or gatherings or whatever. Is there anything like that that is on the horizon for people maybe who are local to where you are?

[0:57:56.3] SF: Yeah, well we've had two women's retreats. I have been on putting on retreats over the years several of them but we just have one last spring and we are hoping to have another one this fall. We haven't yet put it all together or announced and we've had women come from all over the world to little tiny Chico, California to come to our women's retreats but I will definitely be sharing that information when we decide to do one.

It is just easier right now for you all to come to us. So that is the goal is to put another retreat together but we have a lot of support online on our website on sarahanddrbrooke.com and we're always available it is just not as tangible as we'd like to be in real life right now.

[0:58:34.3] AVH: Got it. I feel like I need to make a pilgrimage to Chico because like you said, it is a small place but so many awesome minds have come out of Chico. I need to make my way over there. I have to keep my eye out for these retreats.

[0:58:48.5] SF: It is the mecca from Jimmy LaBonte. I don't know if you know Jimmy LaBonte to Adam and Vanessa Lambert like we've all –

[0:58:55.9] AVH: Yes, those two are good friends of mine and I am actually going on one of their retreats. I am going to go to Montana in September and I am super pumped.

[0:59:01.5] SF: That's so exciting. I was just on their show the other day. So yeah they are good friends of ours and we were in the incubator, we were like the Robb Wolf guinea pigs over here on North Cal –

[0:59:10.1] AVH: Yes, I know I love that. We were talking about the beginning like it really is a small world. We think and sometimes when you are in this bubble you think like, "Oh everybody knows Mark Sisson" and yeah that's cool. Everybody knows all the latest nerd stuff about paleo and they're like, "Actually, not really. It is just a couple of us nerds that are just sharing on podcasts and stuff" yeah.

[0:59:32.6] SF: It's so true but it is fun.

[0:59:34.6] AVH: It's cool. Well Sarah thank you so much for taking the time. I am so glad that we were able to connect and chat and I feel like we could definitely do this again but I just appreciate you doing the hard work for us because I think that it is a really valuable book and one thing I will also say because I read every book cover to cover before I do podcast because it is a personal pet peeve of mine when I listen to podcasts and they have a guest on and they have no idea what they didn't do anything.

[1:00:00.0] SF: What they are talking about, yeah.

[1:00:01.3] AVH: Right? I am just anyway, one of the things I love about this book is that it is really positive and conversational because this can be a very – I have used the word already but a very daunting task for people and some people aren't coming to it from, "Yay, I am all pepped up and ready to get healthy" perspective. Some people are very run down and very frustrated and very tired of feeling crappy and so they are not necessarily in a super positive rearing to go headspace.

And this book is just so accessible and positive and it reads like it is a friend who cares about you who has some information for you and I think that that is such a great place to start so that it is not intimidating. It is welcoming and I think it is going to help a lot of people so I really appreciate you giving that to us.

[1:00:50.7] SF: Thank you so much, yeah who you described is who we wrote this book for. You know women who are overwhelmed and exhausted and frustrated and just tired of all the BS that is out there and just really needed to be grounded in something that is tangible that works for them. So yeah, this book is for everyone for sure but most definitely for those women out there who have just had it. Okay, I am over it.

[1:01:12.9] AVH: Yeah just over it, just ready to figure this out already and I love the colors too. It is super bright and pretty and it makes me happy.

[1:01:20.4] SF: I know, me too. When we saw the design we're like, "Yes, it is exactly what we visualized. This is what we wanted so yeah, thank you. We're hoping to pop sock it off and people will notice it."

[1:01:30.1] AVH: Yeah so I love this. So where can folks go online and follow both of you and get the book and just follow along with what you are doing?

[1:01:36.4] SF: So book is out in the world available anywhere books are sold. So you know Amazon, Barnes & Noble, booksellers all over the world, around the world hopefully and then of course online. I think I already mentioned that we have together is sarahanddrbrooke.com. My website is sarahfragoso.com and then Dr. Brooke and I are both on Instagram. I am @sarah_fragoso on Instagram and she is @betterbydrbrooke on Instagram and we have a lot of those amazing support coming up to help those of you who are working through the book.

So definitely stay tuned, check out the website and you'll be getting a lot of great information and if you buy the book, you can go to sarahanddrbrooke.com and there's a bunch of bonus material that comes with the book that is very helpful and just getting started and a ton of

webinars, videos, printables, tangible tools that you can print out and have right in front of you. So definitely take advantage of that as well.

[1:02:30.6] AVH: Beautiful, everybody loves free stuff, right?

[1:02:32.9] SF: Heck yeah.

[1:02:34.2] AVH: Yeah, nothing wrong with that. All right Sarah, thank you again so much for you time and yeah, hopefully you'll come hang out and get a workout in Chico before too long.

[1:02:41.6] SF: Anytime Ashleigh, please make your way here. We would love to have you.

[1:02:45.2] AVH: Thank you.

[END OF INTERVIEW]

[1:02:50.0] AVH: All right, thank you everyone for listening. Thank you to our show sponsor, Joovv. Head to joovv.com/paleomag use the code paleo mag to get yourself some light therapy and please join me next week. I am going to be discussing how to set smart goals for yourself. This is something that I talk about on my own social media a lot because I think we sometimes get caught up in whatever is trendy or big or what looks successful for other people.

And we sometimes set goals based on external factors when we shouldn't really be maybe doing a little more introspective work and figuring out what we actually need and want in order to set goals. So I think this is a really important one and this wisdom is actually coming from none other than Dr. Chris Kresser. So you don't want to miss it. Please don't forget, share this podcast if you love it. Leave me a nice rating and review on iTunes.

We'll send you a cookbook and say hi on social media @paleomagazine or to me personally @themusclemaven. All right, that's all thanks again. Have a great week.

[OUTRO]

[1:03:47.8] AV: The intro music for Paleo Magazine Radio is a song called Stronger performed by Alter Ego and I hope you love it.

[END]