

N.Y.B.L. Podcast Ep 239 (Eat to Treat- How to Heal Your Body and Your Life with Maggie Berghoff)

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[00:00:00] **Rebecca Zung:** Hello and welcome to another episode of Negotiate Your Best Life. Today we are going to learn how to reduce your inflammation and detoxify your life by eating. to treat your body. We have a really special guest today. Maggie Berghoff is a successful entrepreneur, but she's also a former nurse practitioner who is teaching everybody how to be happier and healthier by treating your body through food.

[00:00:38] And she's been featured in Forbes, Business Insider, Entrepreneur Magazine, Oxygen Magazine, Glamour, all sorts of places. And she's got a brand new book out. Fantastic book, which is already a USA Today bestseller, Eat to Treat, a three step plan to reduce inflammation, detoxify your life, and [00:01:00] heal your body.

[00:01:01] She's a functional medicine practitioner. She is amazing. And you guys are in for a treat. No pun intended. No pun intended. So welcome Maggie to our show.

[00:01:17] **Maggie Berghoff:** Well, I am thrilled to be here and offer up all the goodness around simple, simple steps that you can take to reduce inflammation so that you can feel better.

[00:01:26] Yeah.

[00:01:27] **Rebecca Zung:** And as somebody who deals with this myself from time to time, I also have some autoimmune issues myself. I'm really excited to hear what you have to say today. So tell us, how did you get into this? Like where did this all start for you?

[00:01:45] **Maggie Berghoff:** Well, actually this started... For me, really from stress, mental stress, and physical stress, physiological stress that I was putting on my own body back in my own, in my young 20s, and I had a bunch of health [00:02:00] problems happen.

[00:02:01] I was bloated all the time, I was having migraines, I was super dizzy, um, I was so tired no matter how long, I could sleep for 10 hours straight and still wake up super fatigued, like I was so tired no matter what I was doing, and I was gaining a bunch of weight. All related to stress. stresses that I was putting on my body.

[00:02:17] And I know probably a lot of you all can relate something stressful maybe happened to your life or that you are going through and then your health ends up declining. Well, my health ended up declining and I was bounced around from doctor after doctor, specialist after specialist, continuously being told that there is nothing they can do to help me and being offered medications to help with my symptoms.

[00:02:40] That made me angry. And I actually went back to school solely to heal my own body and specialize in functional and integrative medicine. You mentioned in the, um, the bio that I used to be a nurse practitioner. That's my actual formal degree is nurse practitioner in a traditional medicine model. And I told you that that traditional medicine model was kind of letting me [00:03:00] down.

[00:03:00] And so I went back to heal my body, completely reversed everything, really within six months, got off my medications, started feeling amazing. And within that next year, I was like a different human. And this changed everything from me and for me and really led to my career pivot where in 2017, I put my nurse practitioner job and open my own online business.

[00:03:21] And that's really what led to all of this never intended to be an entrepreneur, but I could not keep this to myself. And, you know, a passion was so deep inside of me to help others through this as well. Wow. So

[00:03:34] **Rebecca Zung:** you like, um, at one point in your life, actually, you had like a TIA mini stroke, right? I mean, like that is really, really

[00:03:46] **Maggie Berghoff:** serious.

[00:03:48] Yes. And that's also why I'm so passionate about this because. Because my doctors at first, they would tell me that everything is normal because I was coming to them with all these symptoms, but my lab tests at that [00:04:00] time were normal, and so they would just tell me like, Oh, you're fine. Everything's normal.

[00:04:03] And I look normal on the outside. So they kind of just shoved, like, brushed me off, but I knew that things were not normal because inside my body, all this inflammation was happening. I was having all these symptoms. My body was screaming at me. Something is not right. But in traditional medicine, I kind of like went underneath the the markers of where you would flag a client kind of addressing.

[00:04:24] And so my body was still inflamed and still having, you know, all this war going on inside. And so eventually, yes, I did have a mini stroke when I think I was like 24 years old in my young 20s. And then after that, all of my labs did PCOS.

[00:04:46] severe immunodeficiency just like all this, all of these diagnoses all of a sudden because finally my body kind of said enough is enough and all of this stuff started to show but I knew it was coming. I knew it was coming. That's why it's so important to [00:05:00] listen to your symptoms because your body knows and sometimes in traditional medicine, then it won't show on that lab test until kind of it's too late.

[00:05:08] And so if you feel sick, know that, you know, there's probably a reason why and that's what we do in functional and integrative medicine is find that reason so that we can fix that to hopefully avoid some big crashes down the road.

[00:05:21] **Rebecca Zung:** So a lot of the people who listen to me are dealing with like CPTSD, you know, they are dealing with a lot of stressful issues because they are dealing with toxic relationships on a On a continuous basis on a chronic basis.

[00:05:40] Can you talk about that? What, what would, what, what would happen with CTP, CPTSD?

[00:05:47] **Maggie Berghoff:** Well, likely you're in a chronic state of sympathetic nervous dominance where your body is in fight and flight mode. Not to mention you have a lot of mental stress, which is stress on the body, [00:06:00] right? And that causes inflammation, which can impact all different things in your body.

[00:06:05] If your body is chronically inflamed, which it would be if you have CPTSD, then you probably do have imbalances in your body. Maybe you're like shaking your head. Yes, I don't feel good right now. Like you're struggling with something. It doesn't really matter even what symptom it is because everybody

is unique and different, but that inflammation and that chronic stress will cause problems.

[00:06:25] with your health. And you know, and sometimes obviously you would work through that and the work that you do is so amazing. And what I do is I help people to also work on the health side of things so that at least we're doing what we can to optimize to help support our body in this time of stress so that hopefully we are feeling the best that we can and hopefully we are preventing autoimmune disease, chronic illnesses, mini strokes, cancers from happening.

[00:06:54] **Rebecca Zung:** Yeah, talk about the nexus between gut health [00:07:00] and autoimmune diseases.

[00:07:03] **Maggie Berghoff:** Well, it's a good thing. Actually, that's also connected to the stress that we were just talking about. A majority of your neurotransmitters are actually created in your gut lining. And so if your gut health is kind of like what happened first.

[00:07:15] So if your gut health is not optimal, your neurotransmitters will not be optimal. However, if you're in neurotransmitters and you're sympathetic, that fight or flight is not optimal. And your parasympathetic is not optimal. That rest and digest system is not optimal. Same. Your gut lining is going to be, um, inflamed and you may have parasites or, um, it's an environment for bad bacteria to overgrow.

[00:07:38] So it's kind of like this cycle going on. And also, like you mentioned, it also impacts immunity, autoimmunity, because it gives your body basically the option to have chronic illnesses, to have symptoms and imbalances. Because of the gut lining and the gut, health is not on point. Any of the other [00:08:00] symptoms may be messed up.

[00:08:03] They may be out of balance because we know that the body as a whole all needs to be in balance in order to function fully. It's not just like one little component. It impacts everything.

[00:08:12] **Rebecca Zung:** Yeah, and talk about what happens if your cortisol levels are super high because it's like that stress

[00:08:19] **Maggie Berghoff:** hormone. Yeah, so it can cause a lot of inflammation, a lot of damage, a lot of symptoms and a lot of diseases.

[00:08:26] And so your cortisol in the state that like many of your listeners are in is probably chronically high and your, your adrenals are probably chronically burned out. And so since that is the situation that you are dealing with, there are things like activating your parasympathetic nervous system that could really help you to kind of like lessen that, or even things that you can eat or supplementations or maybe even a medication.

[00:08:50] Like I'm not opposed to that either, but we really need to get those adrenals, that cortisol level of hormones level, hormone levels, the gut health. We need to get that [00:09:00] in balance in order to heal your body.

[00:09:05] **Rebecca Zung:** Yeah, so what kinds of things do you recommend that people start to do when they are Well, let me, let me start with this.

[00:09:16] What happens to the body when all of these things are happening? Like what are the first outward signs that people are going to start to see when? the body is in this sort of stress. So what are they going to start to see? You know, is it hair loss? Is it rashes? Is it tires? You know, are they sluggish? Are they, you know, like what are they going to

[00:09:42] **Maggie Berghoff:** start to see?

[00:09:43] Well, each person is different. Usually this stress Makes whatever you're predisposed to. Maybe it's like what your family usually always has or what you're predisposed to will show up. What your weakest, weakest system or weakest organ will start to deteriorate [00:10:00] or decline. So say that's a thyroid to you, you might show symptoms of hypothyroidism or Hashimoto's disease, the autoimmune disorder.

[00:10:07] So whatever it is for you. But usually these are mild symptoms at first where maybe you just have headaches. or your hair is starting to thin or you're not sleeping well at night or you're bloated or you have acne and you're, you're disregarding it and just saying like, well, yeah, I'm stressed. Well, yeah, I'm dealing with a lot, which you are, you are.

[00:10:28] However, that means that it's not, it may be because of that stress that these symptoms are happening, but there's a lot more now going on not to make you feel like, oh shoot, but kind of inside your body. Because when the stress goes away or lessens, you still are going to have those imbalances in your body because something is going on, whether that be, like I said, in your heart or your thyroid or your gut or your liver or whatever it is for you.

[00:10:58] Any of these little symptoms, [00:11:00] these are, these are things that your body's saying to you like, hey, we're not okay right now. And it's not just the stress that perhaps you need to fix at that point. There are probably things inside your body that you can fix as well to make sure that you are fully healing and nourishing yourself.

[00:11:17] Okay.

[00:11:18] **Rebecca Zung:** So what about weight gain or weight loss? Would it show

[00:11:24] **Maggie Berghoff:** up like that? Yeah, yeah, yeah, for sure. I know when my body was dressed, I gained about 40 pounds in the span of a month. Like months, not a month. Months. But in the span of months, I gained about 40 pounds. I was inflamed. My skin was swollen. Um, I always say my face just looked like a balloon.

[00:11:42] Like I, I always say I kind of blew up and it was because of this chronic stress. My body was starting, it's kind of like the perfect storm. Your body is starting to show symptoms and it cannot compensate anymore. And so with weight gain, um, you know, that's a very [00:12:00] common symptom of inflammation and imbalances in the body.

[00:12:03] Also things like nutrient deficiencies, hormonal imbalance, and so that can definitely be a symptom of this. Now, that said, because it is a symptom of this, instead of going on some crash diet or killing yourself in the gym to get this weight off, Really what you needed to focus on it. For example, you are gaining weight and amidst all your other problems that you're dealing with.

[00:12:26] Now you are feel uncomfortable on your skin and not confident and you don't want to go anywhere because you know, you're uncomfortable. So, instead of focusing on the weight loss and being shameful about this or punishing yourself about this and going to work out for forever and not eating and all this kind of stuff, instead of doing that, focus on loving yourself crazy.

[00:12:48] And the pro, like, focus on the process of rebalancing your body and rebalancing your, your hormones and your nutrients and fueling your body with food that's going to light it up and [00:13:00] heal and the weight will come off naturally. And bonus points, you're also going to heal everything wrong with your body.

[00:13:06] So, yeah, but that's definitely a common symptom that people find as well, especially when you're stressed out. Mm hmm.

[00:13:13] **Rebecca Zung:** So how does somebody know what it is that they need to put inside of their body? Like, like, would it help for them to just take vitamins?

[00:13:25] **Maggie Berghoff:** Um. You know, perhaps more than, uh, better than nothing, but it's not my gold standard answer.

[00:13:32] Um, you know, but if you are chronically stressed, like at bare minimum, perhaps it would be beneficial to take a really high quality multivitamin. Vitamin D is very important in your mood. is specifically since we're talking about stress and most people are chronically deficient in vitamin D. So there are things that could help everybody, but what I like to do is I like to exactly part one of this book is find out what is going on with you.

[00:13:59] I told you every [00:14:00] single body is unique. Like you are not the same as anybody else. And when you're stressed, it may cause something else going on in your body than when someone else is stressed. And so part one is really figuring out what is it that you're dealing with. And that is found out through specialty lab testing, not traditional lab testing, but there are specialty lab tests on the market that you can get typically through working with a functional medicine practitioner or integrative health practitioner.

[00:14:25] Or most recently on our site, for example, we're allowing consumers to purchase this. from us and from third p So if you want to find ou on your body, there are t that's important because you know what to do for y give some general recomme everybody is different an find on

[00:14:49] So you know exactly if you're deficient in nutrients, which ones, how much, and so that you know exactly what to do. Do you, is gut, is gut health really a problem for you? I mentioned [00:15:00] gut health earlier that it can be a major problem, but maybe for you it's not. Maybe that's not the thing for you. And so if you go, you know, crazy on gut health supplements and like this gut health protocol or on parasite detox and things like that, maybe you're focused on the wrong things.

[00:15:12] So really, it's looking at what's going on in your body, finding that root cause, so you know what your next steps would be.

[00:15:19] **Rebecca Zung:** Yeah, okay. And isn't it true, though, that also you could go crazy on taking all these vitamins and sometimes your body is, like, can't even absorb sometimes because of how unhealthy

[00:15:35] **Maggie Berghoff:** you are?

[00:15:35] Well, two reasons. Yes. Mal digestion. So you're not digesting these things and breaking them down. Same goes with food. You could be eating really healthy food, but if you're not digesting it, it's it's not, it's not doing what it's supposed to do. And malabsorption. So if mal, if you have malabsorption, maybe you're eating the healthy food, you're taking the healthy nutrients and vitamins, whatever it is, but your body is not able to absorb it properly to utilize [00:16:00] it.

[00:16:00] Okay. in yourself. So there are also vitamins. You want to be sure that you are getting a high quality, really good vitamin protocol or recommendation from somebody who is like in the functional integrative world because a lot of the vitamins on the market are not really as usable in your body or they have super, super low doses of things where it's actually like not even worth taking or They unfortunately like put food dye colorings in it to make it like a bright purple pill and that actually can be damaging for your body as well.

[00:16:33] So you want to make sure that you are beneficial because Lord knows you don't need more on your plate right now, right? So we want to make sure that what we do do in your life is making a positive change and it's worth it. It's doing what it should be doing. Absolutely.

[00:16:51] **Rebecca Zung:** So what can cause your body to have maldigestion or malabsorption?

[00:16:57] **Maggie Berghoff:** Stress. When your body is in [00:17:00] a heightened state of stress, that sympathetic nervous system, the fight or flight that I was talking about, the last thing your body cares about is absorbing a nutrient or digesting your food even. It kind of shuts that system off. I talk to clients about it like kind of like a light switch.

[00:17:15] When you're super stressed out and like you're go, go, go, or like all this kind of stuff and you're anxious and all this, your body turns off the system that is responsible for healing, resting, and digesting. If you are in that calm, parasympathetic nervous state, then your body turns on that system. And so for most people who are watching this and who you work with, they're chronically in that sympathetic state.

[00:17:40] And so their body is kind of in survival mode all the time. And in survival mode, it is not going to digest and absorb the foods that you eat or the nutrients that you take in the best way. So

[00:17:51] **Rebecca Zung:** how can they change this? What can they do? Well,

[00:17:57] **Maggie Berghoff:** it really takes a full [00:18:00] approach and focusing on just a few things that you would want to change in your life right now.

[00:18:04] You do not have to, like, say you get the book. You only need to make a few changes that are going to lead to the next few changes and the next few changes. Because as you heal with these changes, you're going to start to feel better and you're going to want to do something else. And you're going to feel more energy and you're going to feel happier and things are going to get well.

[00:18:20] So a few things that you could do to help that is number one, work on, we talked a lot about sympathetic parasympathetic kind of unintentionally, but since we have work on activating your parasympathetic nervous system consciously, you can even do this in the car, um, you know, say you're in the car and you're feeling super stressed out.

[00:18:39] You can just take a beat and do some breathing exercises to activate this parasympathetic state. Okay. Just simply by breathing in through your nose for 5 seconds, holding it for 5 seconds, exhale 5 seconds, hold 5 seconds, do that 5 times, and you'll start to decrease that sympathetic, tell your body, you know, it's okay, [00:19:00] I, I know we're in kids, I know we have, are going through a lot, but it's okay, it's okay, and that'll actually activate that parasympathetic state.

[00:19:08] There are other things we can do. Um, you know, infrared saunas are really a lot of clients who love doing that. Epsom salt baths can really relax clients and relax people and help to activate that parasympathetic nervous system. So one thing we can do is that intentionally, as hard as it may be intentionally, relax.

[00:19:30] Try to get your body in a calm state because that's how you're going to heal your body. There are other things you can do though too, like we talk about food a lot. Instead of focusing on restricting and avoiding food, which can cause more stress. I have definitely seen that in my life personally, as well as in many, many, many clients.

[00:19:50] So that can actually increase stress when you're like, I can't have this, or I'm on this diet, or like, oh my gosh, I have to do this thing. Instead, focus on being super [00:20:00] excited about what you can add to your nutrition that is going to decrease inflammation but actually excite you. So what can you nourish your body?

[00:20:09] I talk about this all the time as flooding your body with nutrients. Like, what can you flood your body with that's going to be sucked up in those cells and give you the energy you need and start to heal your body and really just like be your best friend supporting you on this stressful journey that you're on, right?

[00:20:25] So what can you add to your nutrition? And that's going to help you a lot as well. So where

[00:20:31] **Rebecca Zung:** would somebody start? Give them something that's easy to start with.

[00:20:35] **Maggie Berghoff:** Well, actually my easiest place to start with has nothing to do with mindset or nutrition. Because to me, those are hard things. Those are habits that we need to change, and it's going to be exciting and fun and amazing, but for me personally, that did not happen overnight.

[00:20:50] That was a journey of me changing my mindset around food. That was a journey of me learning to let go of my stresses and my decision making [00:21:00] and be nicer to myself in those moments. But one thing that I was able to do right away that gave me like those bonus points of I did it and also reduces inflammation.

[00:21:10] So it helps making those other things easier is my environment. I detoxified my environment so that now, yes. So now every day when I would wake up, instead of being bombarded by all the inflammation and toxins and all this kind of stuff that my body now has to interpret and detox and do something with, I was waking up to a clean home and I was setting myself up for success.

[00:21:33] So does this make sense when you have toxins in your home? Your body has to interpret and detoxify those things. Your body is trying to do enough. So by lessening the inflammation from there, we reduce what's called your total toxic burden. Which gives your body more energy to focus on the other things it has to do.

[00:21:51] So that was really the easiest thing, and I can give some examples. Yeah, so

[00:21:54] **Rebecca Zung:** give me some ideas of like things you did, like to detoxify your home. [00:22:00]

[00:22:00] **Maggie Berghoff:** Yes, so the first easiest thing, and I just love this because it doesn't take discipline or habit changing to do this. So the first thing that I did is I learned about how toxic the products that I was using every day for my makeup, my skincare, my household was for my body and how they can contribute to a lot of inflammation and endocrine problems specifically and I was really struggling with hormonal imbalance and um.

[00:22:24] chronic inflammation. So I first got rid of the, you know, the fragrant, smelly lotions that I was using and my perfume I was spraying on my body every day and all the makeup that I was wearing, I switched to more natural, non toxic versions of these things of makeup, of skincare, and of household items.

[00:22:44] Household items is another easy thing. And in my belief, right? You're just wiping off the counter. You're cleaning the stuff and all of those scents and all of those chemicals are circulating in your air. So with just switching to a more non toxic version of these cleaning products, you're [00:23:00] immediately reducing your toxic exposure.

[00:23:02] So those are the three areas. Household items. Makeup and personal hygiene, and there's two more things I can talk about with this real quick to give you some easy like actual things is air quality. I talked about like the, the, the fragrances in the air and the toxins in the air. So, I did invest in an air filter to help to clean up the home.

[00:23:22] Even things like your furniture can have toxins in it and they, they, what they do, what's called off gassing. But if you have an air filter in your home, it can help to detoxify your air. So again, when you breathe, you're breathing clean, unscented, healthy air that your body needs to heal because air is a nutrient.

[00:23:40] So your air and your water. I was drinking water sometimes from the sink, honestly, and sometimes from this little refrigerator filter that I had bought from like Target, which they're, they're, that's not what you need. So I got a nice, um, water filtration system. And again, like you're going to drink water

anyways, it might as well be the best [00:24:00] water for you so that you can reduce inflammation.

[00:24:04] So these are things like I said that you can make one time right away and I don't care what I'm cleaning my counter with. So if I can do something so easy at that, that's actually going to give my body less inflammation or less inflammation. So I have more energy so it can just heal whatever the heck is going on.

[00:24:21] Those are some easy things for me to focus on.

[00:24:23] **Rebecca Zung:** Yeah, for sure. Okay, and how about eating? What's something that somebody can start eating that's easy? I

[00:24:32] **Maggie Berghoff:** like to talk about, with eating, it's a little different because it depends on, really, if you have a history of, um, eating complications or disorders.

[00:24:42] Because if you do, then things would be very different than if you don't. In general, I like to do a pantry and a fridge detox. Um, kind of like a mental detox or whatever you want to say, but I like to do a pantry and a fridge detox first. And I like to throw away anything that's expired. That's like an easy win.

[00:24:58] I love easy win. [00:25:00] Look through your stuff and just throw away what's expired, right? That's an easy win. Let's clean things out because I'm sure that you notice when things are clean and organized in your space around you, you feel more at ease and organized. If things are... So there's canned

[00:25:13] **Rebecca Zung:** goods from pre COVID.

[00:25:15] No good.

[00:25:17] **Maggie Berghoff:** When things are a mess and disorganized, it really impacts your mood and it causes stress. And so getting rid of those things, number one. Number two, I like to take inventory on your favorite snacks, drinks, foods, etc. And then find healthier swaps for those items. This does not have to be crazy, a crazy diet where you like change everything about you.

[00:25:40] Actually even have clients who simply, they love to eat Starburst. We change those dopers to like the healthier organic fruit fruit tube versions, which

they love just the same. And that's an easy swap. There's no chemicals. It has like way less sugar. It has fruits in it, so at least they're getting some antioxidants and we make those swaps.[00:26:00]

[00:26:00] So look at what you're eating. And luckily nowadays there are a lot of healthy swaps we can make that are very similar to those items but with less toxins. Those are kind of first two steps. And then the third step is trying to reduce packaged foods and encourage whole foods into your diet. This even is like instead of eating a granola bar, even if it's organic and all the things, I would actually rather you have a bowl of oats.

[00:26:27] instead of eating in a fruit strip, I would rather you have a bowl of cut up fruit. So as much as you can, kind of steer your weight from the packaged goods and opting for some whole food. You know what this is. Fruits and veggies and proteins and nuts and seeds. Just whole real foods. That will be an easy swap as well that helps to reduce inflammation, increase your energy, heal your body.

[00:26:51] So, no crazy like diet to start with, to start with I would really just focus on those three first things.

[00:26:58] **Rebecca Zung:** Yeah, okay. I [00:27:00] think, I think that's pretty easy. You know, I think that people can, can do that. Um, so, uh. I'm just trying to think, like, what are some ways that, um, some other ways that people can, um, help reduce inflammation?

[00:27:16] I know, I hear a lot about vagus nerve stimulation. Tell us about that.

[00:27:22] **Maggie Berghoff:** So that would be one of the strategies for the parasympathetic nervous system activation that I talked about a little earlier about like that breathing exercise. Vagus nerve stimulation is one of the things that you can do for that.

[00:27:34] It actually helps with digestion too. So kind of like bonus point that helps relax your body and digest your food. And there are some things that you can do for that. Easy, easy. One could be humming. Um, again, you can do this like alone in the car or wherever you are, you can hum and that vibration actually activates that nerve and will help to relax your body and activate the parasympathetic state.

[00:27:55] Um, another way to activate it could be gargling. So if you gargle water, that could, [00:28:00] that could help as well or even like singing. So if

you sing, that can help to vibrate that nerve too. So those are things that we can help to, um, to activate for that. There are just, there are so, so many things and the best thing to do, though, is to just pick a few.

[00:28:16] Pick a few topics to focus on for me personally when I was going through my health problem and really for most everybody. I think number one, detoxify your environment because it's an easy win and it makes a big difference whether you think it or not. When, when you get rid of those toxins every single day that you're exposing yourself to, you're going to be feeling better.

[00:28:34] You'll feel better and it doesn't take discipline and it's pretty simple. Especially nowadays, there are so many swaps on the market. So number one doing that and then number two, really nutrition, but instead of focusing on a diet or punishing yourself and feeling guilty or like you have to follow this new thing, really get excited about eating for energy, eating to heal.

[00:28:55] I would always mantra to myself. I eat to nourish my body. So when you're, you're [00:29:00] eating, you know, like, love yourself and eat to nourish your body. Yeah. Even if it's a brownie. So this is a mindset swap, like a mindset shift. So we talked about, we've been talking about stress a lot and that sympathetic state.

[00:29:18] Sometimes if people are specifically struggling with weight. or with eating. If they eat a brownie or ice cream or whatever it is, they feel guilty. They're, they know, they know this is bad. They feel anxious when they're eating it. And usually they even like kind of black out. Like, did I finish that whole pack already?

[00:29:34] Like, right. And this causes more stress, more damage. And you just shut off that light switch for digesting your food. And so now you're not able to break it down. So even in moments like that, I would rather you like love the heck out of that brownie and appreciate how delicious it is and who you're with while you're eating that and be happy and taste all the flavors and love it because then you are, your, your switch for [00:30:00] digesting that is on and your body knows how to break down that item likely, um, at least better than when the system is off.

[00:30:06] So I really want to focus on all, all food. as a positive mindset, knowing though that we do want to eat to nourish our body. And in doing so, the best thing is to eat anti inflammatory foods that are going to really, really help our systems heal. I

[00:30:24] **Rebecca Zung:** love it. All right. So why is your book different than any other types of books out there like, like this?

[00:30:31] **Maggie Berghoff:** Well, number one, it covers everything. So it's a three part series. It's called Eat to Treat. That's part three, but part one talks about inflammation types and root causes of symptoms. Um, and then part two talks about creating an anti inflammatory lifestyle mindset. So those books actually cover like one chapter.

[00:30:49] of the books. It's a very comprehensive all in one game plan. You could buy this one book for forever and kill your body and have so much to learn and read again and implement a few new [00:31:00] things and read again, implement more. So that's the first thing. The second thing is I am so chill with health advice.

[00:31:07] I really come at it at like a very modern, easy, simple, fun way where yes, although it's science backed and I have this medical background and all this kind of stuff, I'm a real human who has had real stress in my life and works with real people who have a lot going on. And the last thing you need is a super strict, like 100 percent you have to do this thing plan.

[00:31:28] So I really encourage you to make different changes in your life and what changes those are, but I have a way of making it so simplistic is what many people have said. So that you feel like you actually can do this and you're excited to do it. So then you actually do do it. Now I say those are two big things of how our book is different than any other wellness book out there.

[00:31:49] **Rebecca Zung:** And where can people, you mentioned a link on where they can actually access your wellness materials, where can they, where can they access those?

[00:31:59] **Maggie Berghoff:** Eat2Treat. [00:32:00]

[00:32:01] **Rebecca Zung:** com. So Eat2Treat. com, go check it out. Her book is Eat2Treat as well. Where can they find that?

[00:32:10] **Maggie Berghoff:** Um, Well, you could try it. You eat to treat dot com backslash book so you can get it there.

[00:32:14] But really, each retreat is available anywhere you would buy a book. Amazon, Barnes and Noble, Target, wherever you would buy a book and specifically on the website. It's great. We have a lot of resources, too. So I talk

about non toxic swaps. For example, we have this huge PDF of a bunch of links of my favorite non toxic swaps.

[00:32:33] So as you go through this journey, there are different tools that we can give you to empower you to take action. Charge of your health and to make some positive changes.

[00:32:42] **Rebecca Zung:** Love it. And where can they follow you, check you out, all that good stuff.

[00:32:47] **Maggie Berghoff:** Well, my name is Maggie Bergoff, as you now know, and I'm on Instagram.

[00:32:52] I think that's probably like the best place, but I am on all the platforms, so anywhere you go, if you type in Maggie Bergoff, you will find me. But I love to hang out on [00:33:00] Instagram specifically.

[00:33:01] **Rebecca Zung:** Okay, so it and it's just at Maggie Berghoff at

[00:33:04] **Maggie Berghoff:** Maggie underscore Berghoff. Yep.

[00:33:07] **Rebecca Zung:** Okay. So at Maggie underscore Berghoff to check her out on Instagram, go check out her book.

[00:33:15] check out her resources as well. Thank you so much. The book is Eat to Treat, and this has been such a pleasure. Thank you so much for being here and giving us all of your really, really great information. I know I learned a lot. I hope everybody else did too. So really, really good. Thank you.

[00:33:39] **Maggie Berghoff:** You're welcome was my honor and I'm really excited for.

[00:33:42] I hope everybody listening to this feels empowered and hopeful that even if you just make a few simple changes like whatever is simple for you right now, even if you make a few simple changes to your life, you can start to feel your best and I'm excited for you guys to experience that.

[00:33:59] **Rebecca Zung:** Yes, [00:34:00] me too. All right.

[00:34:01] Thank you so much. Thank you.